



Paul Inwood says (September 2023):

OK. Let's look at them.

Adoration— static. This is what happens at devotion to the Eucharist outside Mass. **The Mass is not about adoring.** It is an action.

Contrition— static. It's worth remembering that the Eucharist itself forgives sins (cf. Catechism of the Catholic Church). God knows why we are there, and makes us worthy to participate.

Thanksgiving— yes, the great central action of the Mass is the Prayer of Thanksgiving that we call the Eucharistic Prayer. The word Eucharist itself comes from the Greek word meaning to give thanks.

Supplication— not really, even though we might ask for things in the course of the General Intercessions.

The fourfold shape of the Mass **in fact** runs something like this:

Gathering* — we come together as a celebrating body, in order to

Listen* — to God's Word in the scriptures.

We then ***Give Thanks*** in the light of the Word that we have heard and are

Sent Forth — to take Christ into the world.

A shorthand way of summarizing that might be Communion and Mission. Both of these are active, not static. We are to be transformed by what we celebrate and then go and transform the world in our turn. Of course there is much more that could be said.