

BECOME ONE BODY ONE SPIRIT IN CHRIST: DVD RESOURCE

Introductory video plays whenever the interactive DVD is started (clicking on it will enable you to skip this and move straight to the main screen). (Time 1:50)

Navigation toolbar

Uses the buttons on the navigation bar that runs along the bottom of the screen. If you can't see this navigation bar, click on the ^ sign at the bottom of the screen. This bar is the best way of navigating between the different pathways on the interactive DVD.

Main Menu

Links to the five pathways around which the resource is constructed.

About

Brief video clip of Bishop Arthur Roche giving overview of resource. (Time: 1:03)

Details of interviewees.

User Guide

Overview of each of the five pathways and of the Navigation Toolbar.

Index

Details of the content of each of the five pathways.

Video

Full list of the videos in each pathway.

This can be a 'short cut' to a particular video clip.

It is also the only way of playing a video clip full screen (click on the icon which has 4 arrows pointing outwards).

However, the videos in the video bank run consecutively, so you will need to be prepared to pause the DVD after the one you want to watch.

Foundational essays

View or download the five foundational essays on which this DVD resource was built:

- A Walk through the Mass - Sr Janet Baxendale SC
- Theological Reflections on the Mass and on the Roman Missal – Rev. Monsignor Kevin W. Irwin
- Liturgical Roles and Liturgical Ministry – Rev. Monsignor Paul McPartlan
- Presidential Prayers and Practices: towards an *Ars Celebrandi* – Very Rev. Canon Alan Griffiths
- Living a Eucharistic Life - Rev. Monsignor Kevin W. Irwin

Resources

Links to:

- Foundational essays
- Essay summaries
- Supporting sources for essays
- The Order of Mass – text of the new translation
- Powerpoint presentation on the new translation (n.b. there are no accompanying notes with this presentation)
- Orations and Scripture – list of Scripture passages which underly some of the Collects and prayers of the Mass
- Discussion material for the Clergy, Liturgical Ministers, Musicians and the Assembly
- Powerpoint presentation template
- Vatican documents which can be downloaded via the internet
- Bishops' Conferences
- Other websites: Holy See, ICEL, *Become One Body One Spirit in Christ*, Federation of Diocesan Liturgical Commissions, National Association of Pastoral Musicians, Notre Dame Center for Pastoral Liturgy

PATHWAY: EXPLORING THE MASS			Length of video / spoken word (in minutes: seconds)
Introduction		Video	4:19
Scriptural Foundations			
	The Last Supper	Front page gives Scripture texts. Double click on each papyrus strip for full text. Reading: Last Supper	1:43
	Passion & Death	Front page gives Scripture texts. Double click on each papyrus strip for full text. Reflection: Passion & Death Reading: Passion & Death	0:59 2:00
	Resurrection	Front page gives Scripture texts. Double click on papyrus strip for full text. Reflection 1: Resurrection (on Letter to the Hebrews) Reflection 2: Resurrection (on the Paschal Mystery and the Liturgical Year)	1:21 2:17
	Emmaus	Scripture text. Double click on papyrus strip for full text.	
	Ascension	Front page gives Scripture texts. Double click on each papyrus strip for full text.	

Evolution of the Mass	Timeline: Mass through the ages	Interactive graphic and text depiction of 35 key dates in the history of the liturgy.	
	Christian Ministry in the Early Church	'In the early centuries we see very clearly the bond between the Eucharist and the Church; the same person, namely the Bishop, presided over both.'	2:55
	Expansion of the Church	'The Church's understanding of Eucharist and the Church's understanding of itself got rather separated in our theology; so that we started to think that Eucharist was simply the transformation of the bread and wine into the Body and Blood of Christ, and that the Church itself was an institution.'	1:05
	Developments in the Theology of the Eucharist	'When you say "is offered" you are recognising that there was one sacrifice of Christ ... but that it is perpetuated, continued, experienced anew in the Eucharist.'	1:41
	Background to Liturgical Reform	'When a Christian is baptised, he or she is given a share in the priesthood of Christ ... this gives us, not just the right, but the responsibility, to participate in the liturgical life of the Church.'	1:22
	Reforms of Vatican II	'Mass is not just something that is attended, but something that is participated in to the full.'	2:28
	Transubstantiation	'How is he present? The notion of substance, put simply, is about determining the essence of a person ... so we can talk of Jesus being substantially present, Jesus in his essence is present to his people; specifically, of course, and most superlatively, in the Eucharist.'	5:50
Theological Reflections			
All subsections have a 'Read more' arrow with extracts from the appropriate essay.			
	The Received Tradition (based on essay <i>Theological Reflections on the Mass and on the Roman Missal</i>)	'To receive this great gift is what the privilege of living the life of faith is, and then to hand it on is our challenge and responsibility.'	3:04

	Mystery (based on essay <i>Theological Reflections on the Mass and on the Roman Missal</i>)	“Paschal Mystery” means everything that Jesus accomplished, especially his betrayal, his suffering, his death, his resurrection, his ascension, as experienced in the liturgy of the Church, our Sacred Mysteries.’	2:01
	We go to God Together (based on essay <i>Living a Eucharistic Life</i>)	‘Liturgy is not just the forms and the outline and the structure and the ritual and the words, but it is the people who engage in them. We go to God together.’	3:11
	Sacred Signs (based on essay <i>Theological Reflections on the Mass and on the Roman Missal</i>)	‘We people who live on this earth, we who deal with the things of this earth, nourish our bodies with food, drink water, ... clothe ourselves, take care of our bodies – all of that is part of what the Church uses for the sacred signs of the liturgy. The very things we use on this earth we use in liturgy.’	2:16
	Human Work and God’s Work (based on essay <i>Living a Eucharistic Life</i>)	‘In the Eucharist the work of our redemption is accomplished. So human work and God’s work of redemption come together in the presenting of bread and wine, and these gifts become the Body and Blood of Christ, which is the Sacrament of our redemption.’	1:03
	Word and Table (based on essay <i>Living a Eucharistic Life</i>)	‘The Latin says: taking part in the Eucharist, in the sacrifice, is the source and summit of the Church’s life.’	3:28
	Liturgical Catechesis (based on essay <i>Theological Reflections on the Mass and on the Roman Missal</i>)	‘Catechesis is to hand on the tradition in a way that is valuable and makes sense.’	2:15

PATHWAY: RECEIVING THIS ENGLISH TRANSLATION			Length of video / spoken word (in minutes: seconds)
Introduction		Video	3:01
The Translators' Task: Principles	New Guidelines	'When we are celebrating the Mass and offering our prayers we are in the presence of God, and the language we want to use is not just common-day language, but language that is fitting to be addressed to God.'	2:48
	Importance of Words	'Words are very important because they convey truth, they convey beauty, and they will convey something of the grandeur, the magnanimity, the greatness of God.'	1:45
	A New Approach	'The Church's job is always to interface the tradition, the dying and rising of Christ, and our beliefs, our teachings, with contemporary society in words that can make some sense. Different words have been used to relate the same faith in light of different circumstances.'	2:19
	The New Lingua Franca	'The encouragement from Rome of a single English version is based on the fact that English has become for many countries the basis from which they make their own translation.'	4:12
The Translators' Task: Background: review the history (access from bottom left link on 'The Translators' Task: Principles' page)	The Missal: An Introduction	'The Roman Missal is well over two thousand texts; there are texts taken from different sources, all different times and places, cultures and forms of worship, and they are put together as the official prayer book of the Church at Mass.'	5:22

	Previous Translations	'The notion of dynamic equivalence means that when you translate a text you don't have to follow the word order and structure of the original text; what you have to be aiming to do is to have the same effect on the reader of your translation that the original text had on its original reader.'	2:16
	Imperfections	'The translation we have had for the past forty years tried to simplify the language and make it more approachable. this can become a trivialisation.'	2:29
	Benefits of Hindsight	'There was a misapplication of Nida's theories, and he himself expressed regret about it. He said, in his later writings, that his teachings had been misunderstood and misused.'	3:51
Issues of Translation			
Intentions	Renewed Focus on Scripture	'In a sense this whole retranslation of the Missal is a profoundly biblical gesture, trying to give more of Scripture, the Word of God, to the life of the Church.'	2:56
	Standard English	'The liturgy deals not with superficial issues, it deals with things that are central to the human heart ... these fundamental concepts tend to have the same vocabulary in every English-speaking country.'	3:29
	Inclusive Language	'There has been a huge increase in sensitivity to the way in which our language reflects and affects relationships between men and women.'	1:56
	Singing the Mass	'At this time we have the opportunity to consider our tradition, and to see particularly in the chant aspects of our tradition something that may be applied to our universal experience.'	3:09
	Silence	'We have become too verbose and have forgotten the power of ritual gesture, forgotten the power of ritual silence. Throughout the liturgy there is always an interplay between sound and silence.'	3:07

<p>Issues of Translation Scripture (link on left hand side of 'Issues of Translation' page)</p>		<p>43 active links which lead to Orations with their accompanying scripture foundations. (Move cursor over screen to highlight word and click to reveal full text.)</p>	
<p>Issues of Translation Process (link on left hand side of 'Issues of Translation' page)</p>	<p>Review Process</p>	<p>'It is challenging because at least two-thirds of the Bishops have to agree on the text ... It is an ongoing process ... but eventually when all the segments are in place, we have a Missal that has been recognised as reflecting the Roman Liturgy for the Universal Church.'</p>	<p>2:06</p>
	<p>The Role of ICEL</p>	<p>'Aware of the renovation to the liturgy that was taking place during the Council, they [the Bishops of the English-speaking world] decided that the translation into the vernacular of liturgical texts was going to be quite a challenge and one that could possibly be shared by Episcopal Conferences.'</p>	<p>2:50</p>
	<p>The Translation Experience</p>	<p>'The art of translation from Latin to English as we've undertaken it has been, I think, like dancing in chains, and the fact is that you might not be able to move far, but you can dance beautifully.'</p>	<p>1:28</p>
<p>Changes to the Text</p>	<p>Overview</p>		<p>3:41</p>
	<p>Missal Texts: review the changes Texts of the 1973 and 2010 Order of Mass are shown to illustrate the changes. These are accompanied by video clips and / or text to explain the changes. N.B. These videos are not in the Video bank.</p>		
	<p>Introductory Rite</p> <ul style="list-style-type: none"> • Greeting <ul style="list-style-type: none"> ○ The grace of our Lord Jesus Christ ... <i>communion</i> of the Holy Spirit ○ <i>Grace to you and peace...</i> ○ 'The Lord be with you...' ○ Bishop's Greeting: 'Peace be with you.' ○ 'And with your spirit.' • Penitential Act <ul style="list-style-type: none"> ○ Let us <i>acknowledge</i> our sins 		<p>1:10 2:54 4:53 1:14 5:35</p>

	<ul style="list-style-type: none"> ○ You were sent to heal the contrite <i>of heart</i> ○ You <i>are seated</i> at the right hand of the Father <i>to intercede for us</i> ● Gloria <ul style="list-style-type: none"> ○ People <i>of good will</i> ○ <i>We praise you, we bless you, we adore you...</i> ○ <i>Only begotten</i> Son ○ You <i>are seated</i> at the right hand of the Father 	
	<p>Liturgy of the Word</p> <ul style="list-style-type: none"> ● <i>'The Word of the Lord.'</i> 1:43 ● Blessing before the Gospel: <i>'worthily and well'</i> 1:04 ● Response at the beginning of the Gospel: <i>'and with your spirit'</i> 0:28 ● Acclamation after the end of the Gospel <ul style="list-style-type: none"> ○ <i>'The Gospel of the Lord.'</i> ○ <i>'Through the words of the Gospel may our sins be wiped away.'</i> ● Niceno-Constantinopolitan Creed <ul style="list-style-type: none"> ○ <i>'I believe'</i> 0:27 ○ <i>'visible and invisible'</i> ○ <i>'Only Begotten Son'</i> ○ <i>'before all ages'</i> ○ <i>'consubstantial'</i> 1:05 ○ <i>'and by the Holy Spirit was incarnate of the Virgin Mary'</i> ○ <i>'the Holy Spirit ... adored and glorified'</i> ○ <i>'I confess one baptism for the forgiveness of sins'</i> ○ <i>'I look forward to the resurrection of the dead'</i> ● The Apostles' Creed <ul style="list-style-type: none"> ○ <i>'descended into hell'</i> 	

	<p>Liturgy of the Eucharist</p> <ul style="list-style-type: none"> • Preparation of the Gifts <ul style="list-style-type: none"> ○ Bread and Wine <ul style="list-style-type: none"> ▪ <i>'through your goodness we have received the bread we offer you'</i> 0:52 ▪ <i>'fruit of the earth and work of human hands'</i> 1:04 ▪ <i>'through your goodness we have received the wine we offer you'</i> 0:52 (repeat of <i>'the bread we offer you'</i>) ○ Priest's prayer <ul style="list-style-type: none"> ▪ <i>'with humble spirit and contrite heart'</i> ○ Washing of hands <ul style="list-style-type: none"> ▪ <i>'Wash me, O Lord, from my iniquity'</i> ○ Prayer over the Offerings <ul style="list-style-type: none"> ▪ <i>'my sacrifice and yours'</i> 2:28 • Eucharistic Prayer II <ul style="list-style-type: none"> ○ Preface Dialogue <ul style="list-style-type: none"> ▪ <i>'And with your spirit' repeated from Response at the beginning of the Gospel</i> 0:28 ▪ <i>'It is right and just.'</i> 1:01 ○ Preface <ul style="list-style-type: none"> ▪ <i>'It is truly right and just, our duty and our salvation.'</i> repeat of <i>'It is right and just.'</i> 1:01 ▪ <i>'Father most holy.'</i> ▪ <i>'your Word through whom you made all things'</i> ▪ <i>'Saviour and Redeemer'</i> ▪ <i>'Fulfilling your will and gaining for you a holy people...'</i> ▪ <i>Holy, Holy, Holy Lord God of hosts'</i> 1:10 ○ Epiclesis <ul style="list-style-type: none"> ▪ <i>'by sending down your Spirit upon them like the dewfall'</i> 0:38 ○ Consecration <ul style="list-style-type: none"> ▪ <i>'entered willingly into his Passion'</i> ▪ <i>'he took bread and, giving thanks, broke it'</i> ▪ <i>'in a similar way'</i> 	
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	<ul style="list-style-type: none"> ▪ <i>'chalice'</i> ▪ <i>'new and eternal covenant'</i> ▪ <i>'poured out for you and for many'</i> ○ Memorial Acclamation ○ Remembrance <ul style="list-style-type: none"> ▪ <i>'bread of life ... chalice of salvation ... minister'</i> ▪ <i>'humbly we pray'</i> ▪ <i>'your Church, spread throughout the world'</i> ○ Intercession <ul style="list-style-type: none"> ▪ <i>'hope of the resurrection ... died in your mercy ... light of your face'</i> ▪ <i>'blessed Virgin Mary ... we may merit to be co-heirs to eternal life'</i> ○ Final Doxology ● Communion Rite <ul style="list-style-type: none"> ○ Introduction to the Lord's Prayer ○ Embolism <ul style="list-style-type: none"> ▪ <i>'graciously ... distress ... the blessed hope and the coming of our Saviour, Jesus Christ'</i> ○ Prayer before the Sign of Peace <ul style="list-style-type: none"> ▪ <i>'Peace I leave you...'</i> ▪ <i>'and graciously grant her peace and unity'</i> ○ Sign of Peace <ul style="list-style-type: none"> ▪ <i>'And with your spirit' (repeat)</i> ○ Priest's prayer <ul style="list-style-type: none"> ▪ <i>'judgement and condemnation ... protection'</i> ○ Invitation to Communion <ul style="list-style-type: none"> ▪ <i>'Behold the Lamb of God ... who takes away the sins of the world.'</i> ▪ <i>'Blessed are those called to the supper of the Lamb.'</i> ▪ <i>'Lord, I am not worthy that you should enter under my roof ...'</i> ○ Priest's prayer during Communion <ul style="list-style-type: none"> ▪ <i>'eternal life'</i> ○ Purification Prayer 	<p>0:34</p> <p>0:35</p> <p>2:42</p> <p>1:01</p> <p>1:27</p> <p>1:03</p> <p>1:00</p>
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	<ul style="list-style-type: none"> ▪ <i>'What has passed our lips as food...'</i> 		
	<p>Concluding Rite</p> <ul style="list-style-type: none"> ▪ Dismissal 	2:16	
Challenges and Opportunities	Insights of the Translators	'Language is fresh, language changes. Language has to communicate. You have to find the proper word that speaks to our generation, but is not limited to our generation.'	2:12
	The Challenge of Change	'The challenge is to look at the whole thing positively and as a marvellous opportunity for us to revisit the Roman Liturgy, to recognise its dignity, to recognise its great history.'	5:41
	Answering the Critics	'People can connect to poetic language, to more 'noble' English. Not everything has to be put in colloquial fashion, because often the poetic conveys a deeper meaning to people.'	7:34
	Opportunities Arising from the New Translation	'It's passing on the language of the faith. Some of the vocabulary that is recovered within the new translation will make people more and more aware of their continuity with the whole Church's tradition.'	5:00
	Inculturation	'Praying the one Roman Catholic liturgy should give us the opportunity to assert being universal and being local as well.'	3:39
	Youth and the Mass	'How can we express these timeless truths which form the centre of our faith in ways that will make them accessible to young people?'	2:36

PATHWAY: CRAFTING THE ART OF LITURGY			Length of video / spoken word (in minutes: seconds)
All subsections have a 'Read more' arrow with extracts from the essay.			
Introduction		Video	2:31
Liturgy as Art			
	Celebrating the Liturgy, Priest and people are artists		
	Rediscovering the Art of Liturgy (based on essay <i>Presidential Prayers and Practices: towards an Ars Celebrandi</i>)	'Liturgy is the work of our worship; through our words, through our gestures, through our actions, through our gathering, we are graced with an encounter with God.'	3:45
	Noble Simplicity (based on essay <i>Presidential Prayers and Practices: towards an Ars Celebrandi</i>)	'This is rather more than an aesthetic, I think this is a spirituality, and it has got something to do ... with a whole style of doing things, in which objects form a part. So it is not just what you wear, but how you wear it.'	1:16
Liturgical Prayer			
	Presidential prayer begins with the Congregation		
	Act of the Whole Church (based on essay <i>Presidential Prayers and Practices: towards an Ars Celebrandi</i>)	'The "we" of the liturgy is not just the community standing there celebrating Mass; it's much wider. It is understood to be the whole Church throughout the world, but it is also those who have gone before us in faith ... and above all there is the Father, Son and Holy Spirit.'	2:13
	The Priest's Craft (based on essay <i>Presidential Prayers and Practices: towards an Ars Celebrandi</i>)	'One of the arts of liturgy is to draw the congregation with you and not leave them behind. That is why the opening minutes of Mass are hugely important, and why an awful lot of ritual energy goes into the opening rites.'	6:31

	A Received Liturgy (based on essay <i>Presidential Prayers and Practices: towards an Ars Celebrandi</i>)	'We don't have to make up our prayers. The Church gives us the prayers. The question is, how do we pray them, enliven them, experience them? That is what liturgical tradition means.'	2:23
Liturgical Ministries	Varieties of service		
The Ministry of the Ordained	The Bishop (based on essay <i>Liturgical Roles and Liturgical Ministry</i>)	'The Second Vatican Council says that the Bishop is the vicar and legate of Christ, inviting us to appreciate the Bishop as the icon of Christ, the Good Shepherd, in the midst of his people.'	1:22
	The Priest (based on essay <i>Liturgical Roles and Liturgical Ministry</i>)	'The Priest lives in the midst of his people; he has a relationship with them and develops that relationship. He is their pastor on a day to day, week by week basis.'	2:13
	The Deacon (based on essay <i>Liturgical Roles and Liturgical Ministry</i>)	'The Deacons are very much concerned with practical care – those who are hungry, those who are needy – and yet they are also at the altar on Sunday ... The Deacon links together what happens at the altar and what happens in human life.'	3:07
Roles of the Liturgical Assembly : (link on left hand side of Liturgical Ministries page)	God's own people		
	The Liturgical Assembly (based on essay <i>Liturgical Roles and Liturgical Ministry</i>)	'St. John in his First letter talks about the people being anointed. We've been anointed. We are Christians. The very name "Christ" means "anointed" into the mystery of Christ.'	3:19
	Acolytes, Lectors and Readers (based on essay <i>Liturgical Roles and Liturgical Ministry</i>)	'The ministry of acolyte and the ministry of lector were formally reinstated in the life of the Church in the 1970s following the Second Vatican Council.'	1:38
	Altar Servers (based on essay <i>Liturgical Roles and Liturgical Ministry</i>)	'The altar servers are very important for the conduct of the liturgy to instil a sense of reverence and a sense of order so that when they are attentive and dignified in their ministry they help the people to be attentive and to look very closely at what happens at the altar.'	0:38

	Extraordinary Ministers of Holy Communion (based on essay <i>Liturgical Roles and Liturgical Ministry</i>)	'It is a ministry by which those who are housebound are linked to the community which is gathered in church for the liturgy.'	0:53
	Liturgical Musicians (based on essay <i>Liturgical Roles and Liturgical Ministry</i>)	'The ministry of cantor, the ministry of choir director, those who sing, those who belong to the choir, have a very important role in helping us to express the bonding with the Lord and with one another that the liturgy is all about.'	2:49
Art in the Liturgy			
	Through Graced Human Acts and Words		
	Bringing Beauty to the Liturgy	'Because the liturgy is not only about communication, but also expression, the manner in which we celebrate the liturgy is of immense importance. I think all of us in our humanity are susceptible to beauty and truth, particularly when those two things come together.'	3:57
		Case studies: Cathedral of Our Lady of the Angels in Los Angeles, Los Angeles, USA	3:53
		Cathedral of the Blessed Virgin Mary in Hamilton, NZ	2:46
The Chanting of Prayer			
	Introduction		6:56
	Music for the Missal	Principles Layout and notation ○	
	Listen to Sample Mass Chants	<ul style="list-style-type: none"> • Introductory Rites <ul style="list-style-type: none"> ○ Greeting ○ Kyrie ○ Gloria • Liturgy of the Word <ul style="list-style-type: none"> ○ Credo 1 	

		<ul style="list-style-type: none"> ○ Credo 3 ● Liturgy of the Eucharist <ul style="list-style-type: none"> ○ Orate, Fratres ○ Preface Dialogue ○ Preface (EP 2) ○ Sanctus ○ Memorial Acclamation ○ Doxology ○ Lord's Prayer. Embolism and Doxology ○ Agnus Dei ● Concluding Rites <ul style="list-style-type: none"> ○ Blessing ○ Dismissal ● Example Readings <ul style="list-style-type: none"> ○ First Reading ○ Second Reading ○ Gospel Reading ● Additional material <ul style="list-style-type: none"> ○ Exsultet 	
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PATHWAY: CELEBRATING THE EUCHARIST			Length of video / spoken word (in minutes: seconds)
Based on the essay <i>A Walk Through the Mass</i> . All subsections have a 'Read more' arrow with extracts from the essay.			
Introduction		Video	2:34
Introductory Rites		'When the community of believers, responding to God's call to <i>do this in memory of me</i> , gathers for Sunday Mass, its members come from a variety of situations. Those who are gathered need rituals that can help them to adjust their focus as one worshipping community. The Introductory Rites of Mass are designed to foster this unity.'	4:28
Liturgy of the Word		'In the Liturgy of the Word, God reveals himself to us through the proclamation of his Holy Scriptures. We respond to his revelation and his challenge to follow his ways with attentive listening, song, prayer and silence. It is for this reason that the Liturgy of the Word is considered a dialogue: God speaks and we respond.'	3:50
Liturgy of the Eucharist		'The Liturgy of the Eucharist is the pinnacle of the entire celebration of the Mass. Challenged and formed by God's Word, those gathered in faith move to celebrate and to participate in the sacred action of Christ which brought about our salvation.'	8:41
Concluding Rites		'Just as there are Introductory Rites to prepare us to celebrate Mass, there are also Concluding Rites that bring it to a close. These rites include brief announcements, if any are to be made, the Greeting, Blessing and Dismissal. When we leave the Eucharistic celebration, we are not simply	1:32

		dismissed. We are told to <i>go forth</i> and we are given a mission.'	
Explore the Text	Recording of the full text of the Order of Mass, both priest and people parts.	<p>Click icon abc top right of screen to access full text.</p> <p>Click on microphone symbol to hear text read / chanted.</p> <p>Click on screen symbol for chant.</p> <p>Scroll through text using side bar on right hand side or click through text using arrow ►. Click on reverse arrow ◀ to return to previous page.</p> <p>Click on highlighted words to access video clip and text commentary on changes. These are the same as those in Pathway: Exploring the Mass / Changes to the Text</p>	

PATHWAY: LIVING A EUCHARISTIC LIFE Further reading: essay <i>Living a Eucharistic Life</i> .			Length of video / spoken word (in minutes: seconds)
Introduction		Video	3:45
Dismissal for Mission	The Dismissal	'It's dismissal with a purpose, telling us to do something. ... You're not just leaving the building, but you're also being sent forth ... to live the Gospel.'	2:15
	What we Pray and Believe Shapes How We Live	'We go out from the Eucharistic celebration so as to live Eucharistic lives, which leads to the notion of the Eucharist as a heartbeat at the centre of our lives as Christians; we go out from the Eucharist renewed and strengthened so as to do the work of Christ, to be the Body of Christ in the world.'	4:23
	The Church in the World	'When we come together for Eucharist we come out of the Last Supper experience ... It's not just the transformation of the bread and wine, it is also the washing of the feet It's not just be nourished by my Body and Blood, but it's take my Body and my Blood and go out and wash the feet of other people.'	6:02
Believe, Pray and Act	Handing on the Good Earth	'There is nothing more green than the Eucharist in the sense that it's creation, it's the good earth, it's bread, it's wine ... all that reverence for creation is also presumed in the Sacrament of the Eucharist, and then I would say there are ethical challenges not to abuse the earth.'	4:24
	Young People Living and Praying	'We should have more young people proclaiming the Word, we should have more young people being Extraordinary Ministers of Holy Communion, more young people involved in outreach ... to be reconnected with the vibrant heart of the community.'	6:35

	Action for Social Justice	'For us, the celebration of the liturgy presents a unique opportunity to develop a great missionary sensitivity to make our Christian life relevant to the newer challenges coming up – we have many challenges.'	2:57
	Shared Spaces	'The plaza ... it's a welcoming space as people arrive. It gives them the opportunity of beauty ... a time to visit with each other, then to enter the cathedral for Eucharist and prayer, then, afterwards, to mingle and to continue to share our lives ... as we go out into the world.'	2:25
	Adoration in the Modern World	'Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.' (John 12:24)	2:08
	Youth Seeking Silence	'What they don't really know how to do for themselves is to create this cone of silence ... to carve out for themselves a reflective space. They are always tuned into something ... we can help show them there is a contemplative element to the Eucharist.'	2:24
Renewal of Hope			
	Video Wall	Arthur Serratelli	1:50
		Kevin Irwin	0:20
		Arthur Roche	0:48
		Roger Mahoney	0:37
		Janet Baxendale	0:38
		Paul Turner	1:05
		Mark Coleridge	0:23
		Dominic Jala	0:36
		Bruce Harbert	1:12
		Mario Conti	0:44
		Julia Upton	1:13
		Douglas Crosby	0:45
		Louise Campbell	0:28

	Trevor Murray	0:45
	Anthony Sherman	0:32
	Aidan Mulholland	1:37
	Hugh Slattery	0:17
	Romulo Valles	0:25
	Allen Morris	1:13
	Bernard Kiely	0:43