

Number Nine: Preparation of the Gifts:

One of the most noticeable changes is the priest's injunction during the preparation of the gifts to the people: "Pray brothers and sisters that *my sacrifice and yours* may be acceptable to God, the almighty Father". The sacrifice that we all offer at Mass is not only the bread and wine that will become the Body and Blood of Christ but also the sacrifice of our daily work, our prayers, and our family life – in short, the sacrifice of every area of our lives - that we all offer to God at every Mass. There is a Catholic traditional prayer that many people pray at the beginning of the day called "The Morning Offering" where we offer to God the whole day and everything in it – our works, our joys, our sufferings and our hopes – which echoes this total sacrifice of our lives to God. That is why everyone who attends Mass participates in the sacrifice of the Mass in offering themselves on the altar with the bread and wine to God and so we reflect that reality in the priest's words "*my sacrifice and yours* may be acceptable".

The Morning Offering:

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the holy sacrifice of the Mass throughout the world, in thanksgiving for your favors, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.