

## Introduction

This booklet contains a revision of the mass which I have written as a result of the questionnaire, community meetings and homilies dealing with the topic of bringing our liturgy and our theology into alignment with each other.

In doing this, I have tried to combine elegance and tradition, and to prune bad theology and bad psychology.

I wanted to create a liturgy that celebrates 13 billion years of God's love affair with the *entire universe*, and not simply a sectarian, anthropocentric ritual that focuses only on human frailty.

Though we can all experience the ineffable transcendence of God, we cannot articulate it. But we can use poetry, art, symbol and metaphor to give expression to God's immanence. We are the Word Made Flesh. Everything that exists is an incarnation of God.

The *Eucharistic Prayer of the Cosmos*, which is the core of the liturgy, seeks to portray this in poetic metaphors.

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Tír na nÓg

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## **To Buy A Copy**

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## Section 1 – Introductory Rites

Note: “P” represents the priest or the presider  
“C” represents the community or congregation  
“A” represents all (priest and community)

### **Initial Blessing**

P: Let us begin our celebration in the name of a God  
whom we experience as Father and Mother  
and whom we experience as Word and Spirit.

C: Amen

P: God is within us and God is among us.

C: Amen. Indeed, it is so.

### **Prayer for Alignment**

P: As we bring ourselves into alignment with God  
let us be aware of the ways in which we live  
in the shadow-land of unmindfulness.

Here we pause to reflect silently on the ways in which we are  
unaligned as individuals and as communities.

A: I acknowledge to you, my sisters and my brothers  
that I have been unaware of the God-in-all-beings.  
I have been unmindful  
in my thoughts and in my words,  
in what I have done  
and in what I have neglected to do.  
So, I ask Mother Mary  
all the angels and saints  
and you, my sisters and my brothers  
to help reawaken me.

P: May we realign ourselves with the God-in-all-beings,  
may we forgive each other's transgressions  
and may we commit to the journey into enlightenment.

C: Amen

### **Prayer for Compassion**

P: May we be compassionate to ourselves.

C: Amen.

P: May we be compassionate to all humans.

C: Amen.

P: May we be compassionate to all beings.

C: Amen.

### **Hymn of Praise**

Typically we will sing some version of the Gloria here.

### **Focusing Prayer**

P: Let us pray:

God, our Father and our Mother,  
keep before us the wisdom and love  
you have revealed in Christ Jesus.

Help us to be like him, in word and deed,  
for he lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.

C: Amen

## Section 2 – Liturgy of the Word

### **Readings**

We will use readings from:

- The Judeo-Christian scriptures
- The Apocryphal writings
- Other scriptural traditions
- Other inspirational writings.

At the end the reader will say, **“This is a reading inspired by God.”** and we will respond, **“Thanks be to God.”**

We will, typically, have three readings, separated by hymns or chants. Such a chant is the one that Seán sings in Gaelic before he reads the gospel. Here it is given (a) in the original (b) in rough phonetics and (c) in translation.

### **A Íosa glan mo chroí-se**

A Íosa glan mo chroí-se, go glé-ghlan gach lá  
Ah Eesa glon muh kree-sheh, gu glay-glon gok law  
Jesus cleanse my heart sparkingly clean each day

'is a Íosa cuir m'intinn faoi léir-smacht do ghrá  
Iss ah Eesa kur mean-tin fwee layer-smakt duh graw  
And Jesus put my intellect under the full control of your love

Déan mo smaointe go fíor-ghlan agus briathra mo bhéil  
Dane muh smweenteh guh fear-glon agus breehreh muh veil  
Make my thoughts truly clean, and the words of my mouth

'is a thiarna, a Dhé dhílis, stiúraigh coíche mo shaol  
Iss ah heerna, a Yea yeelish, stewrig keehe muh hale  
And Lord, faithful God, always direct my life.

## **Homily**

After the final reading there will be a homily.

Following the homily, there will be a brief period of silence.

## **General Intercessions**

Then a prayer-leader, often one of the readers, will invite the community to pray aloud for our needs. At the end of each petition, the prayer-leader will say,

**“For this we pray to our God.”**

and the community will respond,

**“Loving God, hear our prayer.”**

The prayer-leader or presider will end these prayers by saying,

**“God, our Father and our Mother  
we offer you these and all our needs  
in confidence through Jesus the Christ.”**

and the community responds,

**“Amen.”**

### **Section 3 – The Offertory Rite**

#### **Procession with Gifts**

Two or three members of the community will process with the elements of the Eucharist: bread, wine, grape-juice and water, which they will present to the presider. This will normally be accompanied by an offertory hymn.

#### **Preparation of the Gifts**

The presider then prays over the bread, either in English, or occasionally in Hebrew to honor the Jewish roots of this ritual.

- P: Blessed are you, God of all creation.  
Through your goodness we have this bread to offer,  
which earth has given and human hands have made.  
It will become for us the bread of life.
- C: Blessed be God forever.

The presider then pours some water into the wine and into the grape-juice to represent the mingling of divinity and humanity in us, saying:

- P: By the mystery of this water and wine  
may we come to share in the divinity of Christ,  
who humbled himself to share in our humanity.

The presider then prays over the cup, either in English, or occasionally in Hebrew to honor the Jewish roots of this ritual.

P: Blessed are you, God of all creation.  
Through your goodness we have this cup to offer,  
fruit of the vine and work of human hands.  
It will become our spiritual drink.

C: Blessed be God forever.

P: Loving God,  
We realize that everything is of you;  
and so we offer you these gifts  
as a symbol of ourselves  
that we may move into the fullness of enlightenment.

Then, while washing his hands, the presider says,

P: God, help me to awaken from the shadow-land  
and to come into the light of mindfulness.

Now the presider invites the community,

P: Pray my brothers and sisters,  
that this ritual may awaken us  
to our true nature.

C: May we fully recognize God  
as transcendent Other  
as immanent creation  
as community  
and as the image within us.

The presider prays again over the offerings,

P: God, our Mother and our Father,  
may the bread and the cup we offer  
bring your people the unity and the peace they signify.  
We ask this in the name of Jesus the Christ.

C: Amen.

## Section 4 – The Eucharistic Prayer

### **Preface**

The Eucharistic prayer, the very heart of the mass, begins with a Preface which starts off in a chant-and-response mode between the presider and the community.

P: God is within us and God is among us.

C: Amen. Indeed it is so.

P: Let us lift up our hearts.

C: We lift them into the mystery.

P: Let us be thankful for all the ways

In which we feel God's presence.

C: It is good to be grateful.

P: Father all-powerful and Mother ever-living God,  
we do well always and everywhere to give you thanks.

All things are of your making,  
all times and seasons obey your laws.

You created us in your own image,  
making us responsible for the planet and its wonders.  
As stewards of creation we recognize and honor you  
in all of your other creatures.

And so, with angels and archangels,  
with saints and sages of all traditions,  
and with all sentient beings,  
we cry out in gratitude.

And the community sings some version of the Holy, Holy.

## **Eucharistic Prayer of the Cosmos**

P: God, the *Cosmic Dancer*, we honor you.  
You who choreograph  
the solar flares,  
the orbits of the planets  
and the wild careening of comets and meteors.  
You who can name every ancient rock in the  
Asteroid Belt,  
you who can tango with  
typhoons and twisters and tornadoes,  
we honor you.

C: We honor you

P: God, the *Ultimate Artist*, we honor you.  
You who paint sunrises and sunsets,  
the plumage of birds and the camouflage of insects.  
You, who with your finest brushes,  
watercolor the wings of butterflies  
and the costumes of flowers,  
we honor you.

C: We honor you

P: God, the *Sculptor*, we honor you.  
You who chisel out rocks and mountain ranges,  
and cup your hands to form sand dunes,  
we honor you.

C: We honor you

P: God, the *Writer*, we honor you.  
You who leave traces of your penmanship everywhere;  
holographically concealing your entire Magnum Opus  
in every line of the text.

You whose mystical meaning  
is often misunderstood  
by the scriptures of the world,  
scriptures in which Unity Consciousness  
is fragmented into sectarian separation.  
You who secreted, in the winking of a distant star,  
the Rosetta Stone which would allow us  
to translate every experience  
into a Christ-consciousness moment of 'Eureka',  
we honor you.

C: We honor you

P: God, the *Musician*, we honor you.  
You who make flutes  
of the willows by the lakeside  
and of the reeds on the river bank;  
you whose bass-baritone reverberates in the thunder  
and whose soprano trills  
in the morning music of the blackbird;  
you who drum ecstatically with your raindrops  
on the sun-parched plains;  
and you who hold all of these sounds  
in the silence of a star-studded night sky,  
we honor you.

C: We honor you

P: God, the *Mathematician*, we honor you.  
You who love to play with binary codes  
with base 4 and 6 and 8;  
with rational numbers and with irrational numbers,  
with real numbers and with imaginary numbers;  
you who from nothing created the One  
and from the One, created the partnership of the Two;

and from the Two created the Many;  
and, then, from the Many  
collapsed all, mystically, back to the One,  
which vanishes into the womb of No-thing-ness  
awaiting rebirth,  
we honor you.

C: We honor you

P: God, the *Physicist*, we honor you.  
Quantum-leaping  
from the impossible to the possible;  
from the improbable to the probable;  
and from the potential to the actual,  
we honor you.

C: We honor you

P: God, the *Biologist*, we honor you.  
You who whirl ecstatically around your own image  
in the double helix of life-making,  
we honor you.

C: We honor you

P: God, the *Architect*, we honor you.  
You who silently whisper the secrets of home-building  
in the hearts of weaver-birds and ants;  
in the hearts of spiders and mice;  
in the sacred geometry of the temple-makers  
and in the wombs of mammal mothers,  
we honor you.

C: We honor you

P: God, the *Awakener*, we honor you.  
You who patiently call forth

more and more complete images of Yourself,  
until a species is born that remembers fully.  
You who send avatars into every age  
to nudge religion towards spirituality  
and to move us from mere belief-in-gods  
to experiences of the God-within and the God-among-us.  
You who are the Sender of Siddharta  
and the Commissioner of the Christ;  
you who continue to send countless others  
to awaken us from illusion.  
You who are the Gentle Mother  
watching while the great crises of our times  
are understood for what they really are:  
great opportunities for seeing beyond the separation  
into the Oneness of Isness,  
our origin, our mission and our home,  
we honor you.

C: We honor you

P: Are you a creator God?

C: You are!

P: Do you design things intelligently?

C: You do!

P: Is it by evolution?

C: It is!

P: And so, since infinity is contained in a single grain of sand,  
we choose bread and we choose the blood of the vine,  
symbols offered us by the avatar, the God-man Jesus.  
And, with altered vision,  
we see back into his lifetime as a carpenter-mystic  
to the mystical core of his message,  
and beyond that into the purpose of his coming.

P: Even at the greatest crisis-time of that incarnation,  
on the night before he was cruelly killed,  
even then, he could reach into the core of his own being,  
and, using the food of his last meal with his friends, say:

**A: Take this all of you and eat it.  
This is my body;  
the body which I accepted at my incarnation,  
the body that I needed for my mission,  
the body which is the visible sign  
of the Word made flesh.  
And you, also, have done the same.  
Remember that!**

P: Then, reaching for the cup, he told them:

**A: Take this, too, all of you  
who would aspire to Christ consciousness.  
For this is the cup of my blood;  
it binds us together  
since we all share the blood of being human.  
Truly, we are blood brothers and sisters.  
So, it is a covenant between us.  
It is the final covenant.  
A covenant to dissolve the illusions of separation;  
a covenant that opens your eyes  
to the realization  
that we are not separate from God;  
that we are not separate from each other;  
and that we are not separate from nature.  
This remembering will take away  
the sin of living in a state of separation.  
Whenever you celebrate this ritual,  
remember that.**

P: Let us proclaim the Mystery of Faith.

Here we will sing an appropriate consecration proclamation to bring to awareness the Christ consciousness come among us.

P: God, You are the *Ocean*  
bathing in the waters of your own awareness;  
we are the fish  
agreeing that we can feel the wetness  
but demanding proof that the ocean exists  
Help us to awaken.

C: Help us to awaken.

P: God, You are the *lamb*  
gamboling ecstatically  
in the meadow of your own mindfulness;  
we are the sheep  
peering jadedly through a prison-pen  
of our own making.  
Help us to awaken.

C: Help us to awaken.

P: God, You are the *forest*,  
a miracle of ecological cooperation.  
You are the *oak tree* in the forest,  
a miracle of individual might.  
You are *a single leaf* on the oak tree,  
a miracle of intricate skin-stretching.  
You are a *cell* within that leaf,  
a reminder of how life was 4 billion years ago.  
You are an *atom* within that cell,  
a reminder of how life was 13 billion years ago.

- You are the *energy* within that atom,  
juggling a multitude of microcosms,  
each one a hologram of the universe of Hubble.  
Help us to awaken.
- C: Help us to awaken.
- P: God, You are the *Hound of Heaven*  
following us down the years and down the days.  
You are the *tiger*  
prowling patiently in the garden of your delights,  
and we the prey who fearfully hide  
from the deadly embrace  
of being consumed by the mystery.  
Help us to awaken.
- C: Help us to awaken.
- P: And so we acknowledge all of our relations.  
We acknowledge the Stone People,  
the first children of the rock we call Earth.  
We acknowledge the Plant People,  
whose intelligence invented photosynthesis and Earth-life.  
We acknowledge the Wingéd People,  
soaring in the vault of the sky, singing and searching.  
We acknowledge the Finnéd People,  
silently visiting the depths of the water world.  
We acknowledge the 4-legged People,  
who found the forests and the plains,  
the wilderness and the desert,  
and learned to be at peace in all those places.  
We acknowledge the 6-legged and the 8-legged,  
the most ubiquitous of us all,  
investigating and inhabiting Gaia  
like nobody before or since.

We acknowledge the 100-legged and the 1,000-legged,  
the lowly ones,  
taking forever to go nowhere  
because nowhere is where the present moment always is.  
Help us to awaken.

C: Help us to awaken.

P: And we acknowledge the 2-legged ones,  
the human family which you joined through incarnation.  
We are one family,  
but we are the twin energies of our race,  
the feminine and the masculine,  
which are the two facets of your immanence.  
We are the intrepid seekers  
who started in Africa  
and then discovered Asia and Europe,  
America and Australia,  
the Arctic and the Antarctic.  
And everywhere we traveled,  
we found your footprints.  
We are Black and Yellow,  
we are Brown and White and Red.  
We are the hues on the palette of your art-working.  
We have learned to speak 7,000 languages  
and each one can sing of your wonders.  
Help us to awaken.

C: Help us to awaken.

P: We have followed the signs of your safari on Gaia,  
getting occasional glimpses of you  
in our theologies,  
and having full-on encounters with you  
in our mystical moments.

We are Buddhists and Bahai,  
we are Christians and Confucianists,  
we are Jews and Jains,  
we are Muslims and Zoroastrians,  
we are Shintos and Shamanists,  
we are Sufis and Sikhs,  
we are Taoists and Hindus.

We are Seekers,  
sometimes sleepy seekers  
and sometimes awakened ones.

Help us to awaken.

C: Help us to awaken.

P: We do not ask for signs anymore  
for we are surrounded by miracles.  
Rather, we ask only that we come fully awake.  
We ask that we become mindful of our true nature  
which is Buddha-nature;  
that we become aware of our core essence,  
which is Christ-consciousness.

Help us to awaken.

C: Help us to awaken.

P: Through this realization,  
under the guidance of the Holy Spirit,  
we offer you honor and glory,  
forever and ever.

C: Amen

## Section 5 – The Communion Rite

### **The Lord's Prayer**

P: Remembering that God is both our Father and our Mother we pray:

A: Our Father and our Mother, who art in heaven hallowed by thy name, thy kingdom come, thy will be done on Earth as it is in Heaven. Give this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

P: Deliver us, oh God, from every evil and grant us peace in our day. In your mercy keep us free from darkness and protect us from all needless anxiety as we wait in joyful hope for the coming of Christ consciousness.

C: For the kingdom, the power and the glory are yours, now and forever - Amen.

P: Jesus the Christ, you said to your apostles: I leave you peace, my peace I give you. Look not on our lack of mindfulness, but on the faith of your people, and grant us the peace and unity of your kingdom, where you live and reign forever and ever

C: Amen.

P: May we always experience the peace of God.

C: And may we *live* in such a way that others can experience it too.

## **The Breaking of the Bread**

P: Lamb of God, you bring your love into our fear-filled world

C: Teach us love.

P: Lamb of God, you shine your light into the darkness of our times

C: Help us turn to the light.

P: Lamb of God, you offer life to a world that believes in death

C: Re-awaken us to life.

The priest/presider now breaks off a section of the bread and drops it into the chalice, saying,

P: May this mingling of the body and blood  
of Jesus the Christ  
bring eternal life to us who receive it.

## **Sharing Communion**

P: Christ Jesus, with faith in your love and mercy  
we eat your body and drink your blood.  
May we do this consciously,  
with awareness that brings health  
to our minds, to our souls and to our bodies.

P: This is the lamb of God, this is Jesus the Christ  
who has come to take away the darkness of the world.  
Happy are we who are called to his supper.

C: Christ Jesus, may I be mindful as I receive you.  
Touch my soul and I shall be healed.

P: May the body and blood of Jesus the Christ  
bring eternal life to us who receive it.

P: For any visitors that are with us today  
It is the custom in our community  
to invite everybody to receive communion with us,  
in recognition of the fact  
that we are all equally beloved of God.  
It is food for our souls.

Everybody is now invited to come forward and receive  
communion under the symbols of the consecrated bread and  
wine (or grape-juice.)

## **Section 6 - Concluding Rite**

### **Prayer**

- P: Let us pray:  
God, our Father and our Mother,  
by this sacrament you make us one with Christ.  
By becoming more like him on earth,  
may we come to share his glory in heaven,  
where he lives and reigns forever and ever.
- C: Amen

### **Announcements**

This is an opportunity to, very briefly, make the congregation aware of activities that build our community and our world.

### **Dismissal**

- P: God is within us and God is among us.
- C: Amen. Indeed, it is so.
- 
- P: Let us end our celebration  
in the name of a God  
whom we experience as Father and Mother  
and whom we experience as Word and as Spirit.
- C: Amen
- 
- P: The mass is ended,  
let us go to bring peace to our world.
- C: Thanks be to God

## Addendum

### **Kyrie**

Occasionally, instead of the **Prayer for Compassion**, we may sing the Kyrie, to honor our Greek roots:

*Kyrie Eleison (Lord, have mercy)*  
*Christe Eleison (Christ, have mercy)*  
*Kyrie Eleison (Lord, have mercy)]*

### **Peruvian Gloria**

P: Glory to God, Glory to God, Glory to our Father.

C: Glory to God, Glory to God, Glory to our Father.

P: To God be glory forever.

C: To God be glory forever.

P: Alleluia, amen.

C: Alleluia, amen.

P: Alleluia, amen.

C: Alleluia, amen.

P: Glory to God, Glory to God, Glory to our Mother.

C: Glory to God, Glory to God, Glory to our Mother.

P: To God be glory forever.

C: To God be glory forever.

P: Alleluia, amen.

C: Alleluia, amen.

P: Alleluia, amen.

C: Alleluia, amen.

P: Glory to God, Glory to God, Glory to Christ Jesus.  
C: Glory to God, Glory to God, Glory to Christ Jesus.  
P: To God be glory forever.  
C: To God be glory forever.  
P: Alleluia, amen.  
C: Alleluia, amen.  
P: Alleluia, amen.  
C: Alleluia, amen.

P: Glory to God, Glory to God, Glory to the Spirit.  
C: Glory to God, Glory to God, Glory to the Spirit.  
P: To God be glory forever.  
C: To God be glory forever.  
P: Alleluia, amen.  
C: Alleluia, amen.  
P: Alleluia, amen.  
C: Alleluia, amen.

### **Hebrew Blessing over the Bread**

*Baruch atah adonai (blessed are you, Lord)  
Eloheinu, melekh ha 'olam (our God, king of the universe)  
Hamotzie lechem, min ha-aretz. Amen. (who causes  
bread to come forth from the land. Amen.)*

### **Hebrew Blessing over the Cup**

*Baruch atah adonai (blessed are you, Lord)  
Eloheinu, melekh ha 'olam (our God, king of the universe)  
Bore p'ri haGafen. Amen. (who creates the fruit of the  
vine. Amen.)*

## **Sanctus**

Occasionally, we may sing this in Latin, to honor that part of our liturgical history:

*Sanctus, sanctus, sanctus (Holy, holy, holy)*

*Dominus, Deus sabaoth (Lord, God of hosts)*

*Pleni sunt coeli et terra gloria tua (heaven and Earth are full of your glory)*

*Hosanna in excelsis (hosanna in the highest)*

*Benedictus qui venit in nomine Domini (Blessed is he who comes in the name of the Lord)*

*Hosanna in excelsis (hosanna in the highest)*

## **Alternate Eucharistic Prayer**

### **- A modified traditional one**

P: Father, Mother, you are holy indeed,  
and all creation rightly gives you praise.  
All life, all holiness comes from you  
through your Son, Jesus Christ,  
by the working of the Holy Spirit.  
From age to age you gather a people to yourself,  
so that from East to West a perfect offering may be made  
to the glory of your name.

P: And so we bring you these gifts.  
We ask you to make them holy by the power of the Spirit,  
that they may become the body and blood  
of your Son and our brother Jesus Christ,  
at whose invitation we celebrate this eucharist.

P: On the night he was betrayed,  
he took bread and gave you thanks and praise.  
He broke the bread, gave it to his disciples and said

A: **Take this, all of you, and eat it:  
this is my body which will be given up for you.**

P: When supper was ended he took the cup.  
Again he gave you thanks and praise,  
gave the cup to his disciples and said:

A: **Take this, all of you, and drink from it:  
this is the cup of my blood,  
the blood of the new and everlasting covenant.  
It will be shed for you and for all  
so that sins may be forgiven.  
Do this in memory of me.**

P: Let us proclaim the mystery of our faith.

C: When we eat this bread and drink from this cup  
we proclaim your life, your death and your resurrection,  
until you come in glory.

P: Father, Mother, calling to mind the teaching of Jesus,  
his glorious resurrection and ascension into heaven,  
and ready to greet him when he comes again,  
we offer you in thanksgiving this holy and living sacrifice.

P: Look with favor on your people's offering.  
The love of Jesus has reconciled us to you.  
Grant that we, who are nourished by his body and blood,  
may be filled with his Holy Spirit,  
and become one body, one spirit in Christ.

P: May he make us an everlasting gift to you  
and enable us to share in the inheritance of this love,  
together with Mary his mother;  
with the apostles, the martyrs, and all your saints,  
on whose constant intercession we rely for help.

P: God, our Mother and our Father,  
may this sacrifice, which has made our peace with you,  
advance the peace and enlightenment of all the world.  
Strengthen in faith and love your pilgrim people on Earth;  
we ask you to bless all spiritual travelers,  
those who seek you through:

Judaism or Christianity,  
Islam or Sufism,  
Bahai or Zoroastrianism,  
Jainism or Sikhism,  
Buddhism or Hinduism,  
Confucianism or Taoism,  
Shintoism or Shamanism  
Art or Science

or any of the great wisdom traditions of our planet.

P: Father, Mother, hear the prayers of this family  
which you have gathered here before you.  
In mercy and love unite all your children,  
wherever they may be.  
Welcome into your kingdom  
our departed brothers and sisters,  
and all who have left this world.  
We hope to enjoy forever the vision of your glory,  
through Jesus the Christ,  
from whom all good things come.

A: Through him, with him and in him  
in the unity of the Holy Spirit,  
all glory and honor is yours, almighty God,  
forever and ever - Amen.

### **Agnus Dei**

Occasionally, we may sing this in Latin, to honor that part of our liturgical history:

*Agnus Dei, qui tolis peccata mundi miserere nobis.*

*(Lamb of God, you who take away the sins of world have mercy on us.)*

*Agnus Dei, qui tolis peccata mundi miserere nobis.*

*(Lamb of God, you who take away the sins of world have mercy on us.)*

*Agnus Dei, qui tolis peccata mundi dona nobis pacem.*

*(Lamb of God, you who take away the sins of world grant us peace.)*