The Mass is the central liturgical rite in the Catholic Church, encompassing the Liturgy of the Word and the Liturgy of the Eucharist, where the bread and wine are consecrated and become the body and blood of Christ. As defined by the Church at the Council of Trent, in the Mass, "The same Christ who offered himself once in a bloody manner on the altar of the cross, is present and offered in an unbloody manner." The Church describes the Holy Mass as "the source and summit of the Christian life". It The Ambrosian belongs to the Galilean family of liturgies a group of rites that is now represented only by itself and the Mozarabic, although fragments of Galilean ceremonial and even of ritual still persist in many of the local uses, and indeed are to be found within the pre-number. sent. mass-book.Â upon us." " The Ingressa for the mass " said in all churches on the Sixth Sunday in Advent may be given as an example of one founded on Scripture. Dost thou not see Elisabeth discoursing with Mary the mother of God? Why hast thou come mother of my Lord? For had I known, to me, For thou I should have come to meet thee. bearest the Ruler, and I the Prophet: thou the Giver of the Law, and I the Receiver of the Law thou the Word, and I the Voice crying out the Advent of the Saviour." The "Order of Mass" is based on the Missale Romanum (The Roman Missal, revised by Decree of the Second Vatican Council and published by authority of Pope Paul VI). The English translations of the prayers and responses given here are copyright 1970-1985 by the International Commission on English in the Liturgy (ICEL), and reprinted here with permission. The explanations printed in small italics are by Felix Just, S.J., Ph.D. The basic structure of the Mass has four parts: two main parts and two framing rites: Introductory Rites. LITURGY of the WORD (Biblical Readings, Homily, Creed, I