Christ himself is the Altar

V. The Lord be with you.  R. And with your spirit.

V. Lift up your hearts.  R. We lift them up to the Lord.

V. Let us give thanks to the Lord our God.  R. It is right and just.

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord. Having become both the true Priest and the true oblation, he has taught us to celebrate for ever the memorial of the Sacrifice that he himself offered to you on the altar of the Cross. Therefore, Lord, your people have raised this altar, which we dedicate to you with joyful praise.

Truly this is an exalted place, where the Sacrifice of Christ is ever
of-fered in mys-ter-y, where perfect praise is ren-dered to you
and redemption flows forth for us. Here is prepared the table of
the Lord, where your children, fed by the Bod-y of Christ, are gath-
ered into the one, the ho-ly Church. Here the faithful drink of
your Spirit from the streams that flow from Christ, the spir-itu-al
rock, through whom they, too, become a ho-ly ob-la- tion, a
liv-ing al-tar. And so, Lord, with all the An-gels and Saints,
we, too, give you thanks, as in exul-ta-tion we ac-claim: