

THE MASS

Aim

To explore the parts of the Mass with the child.
To help the child understand that Christ is present at Mass: in the gathered people, in the proclamation of the word, in the priest and in the consecrated bread and wine.

Resources

Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device – laptop/tablet for YouTube links
- Mass Book

Child

- Catholic Youth Bible
- Activity Book (page 21-22)

Materials for this session

- Download [Activity Sheet: Parts of the Mass](#) from www.crossroadsrcia.org (copy on page 41)
- Lectionary and Missal

Preparation

for Catechist

Spend some time in prayer for the child.

How do you reflect on the scripture?

Think of your own stories and be ready to share these.

When you are at Mass the weekend before this session, contemplate how a 9 to 12-year-old might view the Mass.

Background

for Catechist

Mass is a celebration of faith where the community comes together to give thanks and praise to God. The people receive nourishment from God's word as they listen to the readings, and nourishment from the table of the altar when they receive Holy Communion. It is not just the priest but each baptised person who participates in a full and active way in the liturgy.



Reflection

As we gather, we light a candle to remember that Jesus is the light of the world. Sit quietly and listen to the words of the song *Open the Eyes of My Heart*.

Open the Eyes of My Heart

<https://youtu.be/wutmEjdbedE>

Video **Link 6.1**



After listening to the words of the song, *Open the Eyes of My Heart*, share how you have encountered God this week.



Follow up from last session

Last session we looked at the Sacraments of Initiation, in particular Eucharist.

Do you have any questions from the last session or from the Activity Book?



Exploring

What is the Mass?

The Mass is where we, the faithful, gather as a community to listen to God's word and prepare to celebrate the Eucharist.

There are 4 parts to the Mass

- The Introductory Rites
- The Liturgy of the Word
- The Liturgy of the Eucharist
- The Concluding Rites



The Introductory Rites

 **Matthew 18:20**

For where two or three are gathered in my name, I am there among them.

- **Penitential Act** - before hearing God's word, we acknowledge our sins and ask for mercy and God's pardon.
- **Gloria** - except in Advent and Lent.
- **Collect** - prayer from the Mass of the day. The priest pauses to allow the assembly to pray their own prayer silently. Then the priest "collects" these prayers and offers them to God.

The Liturgy of the Word

 **Romans 10:17**

So faith comes from what is heard, and what is heard comes through the word of Christ.

During the Liturgy of the Word at Sunday Mass, we listen to the word of God through the scripture readings. The readings for the Liturgy of the Word are taken from the Lectionary. The Lectionary is made up of scripture readings taken from the Bible.

The first reading is usually taken from the Hebrew Scriptures (Old Testament), the Responsorial Psalm is taken from the book of Psalms and the second reading is from the New Testament in the Bible.

The Gospel reading is from the Gospels of Matthew, Mark, Luke or John. Prayers and texts are taken from the Roman Missal.

Let's look at the Lectionary and read this week's Gospel reading.

The Liturgy of the Word also includes:

- **Homily** - the priest helps us to understand how the readings relate to our life today.
- **Profession of Faith (the Creed)** - together we proclaim a statement of our faith, beliefs that have been handed down to us by generations of people of faith.
- **Prayer of the Faithful** - we bring our prayers for the Church, the world and ourselves to God.

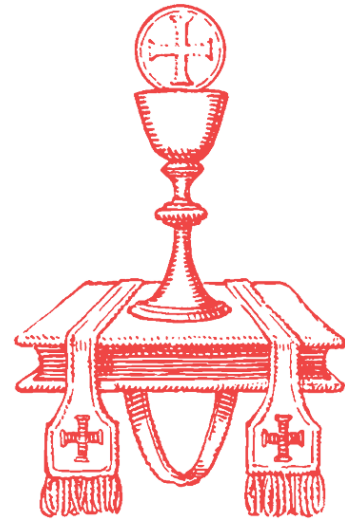
The Liturgy of the Eucharist

 Luke 22:19

Do this in memory of me.

The Liturgy of the Eucharist is the central part of the Mass. It includes:

- **Procession of the Gifts** - the bread and wine are brought to the altar to be consecrated during the Eucharistic Prayer.
- **Eucharistic Prayer** - we remember the words and actions of Jesus at the Last Supper as the bread and wine are consecrated through the power of the Holy Spirit and become the Body and Blood of Christ. We prepare to receive the Body and Blood of Christ in Holy Communion. When we sing or say the Great Amen, we are saying that we agree with all the words spoken by the priest throughout the Eucharistic Prayer.
- **Lord's Prayer** - we pray together the words that Jesus gave us. Read Matthew 6:9-13.
- **Sign of Peace** - the priest offers us peace and then invites us to share a sign of peace with others.
- **Breaking of the Bread** - just as Jesus gave thanks, broke the bread and shared it with his disciples, the priest breaks the bread to share with those receiving Communion.
- **Communion procession** - those who are receiving Communion are invited to process together to the table of the Lord to receive the Body and Blood of Christ.



The Concluding Rites

 John 13:15

For I have set you an example, that you also should do as I have done to you.

The Concluding Rites include:

- **Blessing** - we receive God's blessing before going out to take the love of Jesus into the world.
- **Dismissal** - we are sent forth to serve and help other people like Jesus did.

Activity Book

Download **Activity Sheet: Parts of the Mass** from www.crossroadsrcia.org (copy on page 41).

In the Activity Book (page 21-22) there are spaces for each of the four parts of the Mass. Match the Mass cards to their corresponding parts of the Mass.

Cards - Parts of the Mass

The Introductory Rites

- Penitential Act
- Gloria
- Collect

The Liturgy of the Word

- Readings and Psalm
- Gospel
- Homily
- Profession of Faith/Creed
- Prayer of the Faithful

The Liturgy of the Eucharist

- Procession of the Gifts
- Eucharistic Prayer
- Lord's Prayer
- Sign of Peace
- Breaking of Bread
- Communion Procession

The Concluding Rites

- Blessing
- Dismissal



Living it out in the everyday

Activity Book

At Mass this week, listen to the readings and homily.

What is the message for you?

How do you live this message in your life?



Scripture and Prayer

Scripture

Listen closely to the following scripture passage.

We begin with the sign of the Cross:



In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Use the Gospel from the following Sunday.

A reading from the holy Gospel according to ...



Glory to you, O Lord.

(At the end of the Gospel)

The Gospel of the Lord.



Praise to you, Lord Jesus Christ.

Following a couple of minutes of silence to reflect on the scripture passage, invite the child to share a word or two from the passage that was particularly meaningful for them.

What is one important message for you in this scripture passage?

Prayer

We pray together the words that Jesus gave us.



Our Father...

The Mass

Activity Sheet: Parts of the Mass

↓ Cut out the below cards and paste them into the correct locations in the activity book.

Prayer of the Faithful

Gospel

Penitential Act

Sign of Peace

Procession of the Gifts

Profession
of Faith/Creed

Collect

Dismissal

Readings and Psalm

Lord's Prayer

Eucharistic Prayer

Breaking of Bread

Communion Procession

Blessing

Homily

Gloria

