

INSTRUCTIONS FOR PARTS OF THE MASS EXERCISE

MATERIALS NEEDED

1. 1 complete set of Major Parts of the Mass cards (4 cards), Elements of the Mass cards (31 cards), Silence cards (8 cards) for each group of 3-5 participants.
2. *Parts of the Mass Chart* handout sheet – 1 for each participant.
3. Copy of the *General Instruction for the Roman Missal* to show the participants (recommended).

BEFORE THE EXERCISE

1. Run Elements of the Mass, Silence and Major Parts of the Mass on card stock. Use a different color card stock for each, e.g., Elements on yellow card stock, Silence on red card stock, Major Parts of the Mass on blue card stock.
2. Cut into smaller cards, following the lines keeping each of the 3 sections separate.
3. Make sure you have 1 complete set for each group who will be present.

ROOM SETUP

1. Set up room as to allow for groups of 3-5 participants each
2. Make sure each group has room to spread the cards out. Round tables with one group to a table works well. If using rectangular tables, no more than two groups to a table – best if 8' tables are used. Kids may want to do the exercise on the floor.

THE EXERCISE

1. Shuffle the Major Parts of the Mass cards. Shuffle the 31 Elements of the Mass cards so they are very well mixed up
2. Introduce the exercise by explaining the documents all say the Liturgy is meant to be “living, conscious and active.” This exercise is to see how conscious we are. We participate in the Liturgy at least once a week, but are we really aware of all that occurs and when it occurs. Explain that the elements of the Mass were taken from the *General Instruction for the Roman Missal (GIRM)*. This is a good time to explain what the GIRM is.

INSTRUCTIONS FOR PARTS OF THE MASS EXERCISE

3. Divide participants into 3-5 people per group.
4. Distribute 1 set of Major Mass Parts cards to each group
5. Ask the group to put the Major Mass Parts in order.
6. After all groups have completed Step 5, Distribute 1 set of the element cards to each group.
7. Challenge each group to put the cards in order of the Mass under the correct Major Mass Part.
6. After all groups have completed Step 7, distribute a set of silence cards to each group.
7. Silence is an important aspect of the Mass. We have included 8 times of silence to highlight. We need to pay attention to the opportunities for silence. Challenge each group to put the silence cards where they occur in the Mass.
10. When all groups are finished, distribute a *Parts of the Mass Chart* handout sheet to each participant.
11. Ask the participants to use the sheet and to self-correct their work.
12. After all groups are finished, facilitate a discussion on what their reactions to the exercise were, their learnings from the exercise, etc.

Discuss the purpose of each of these sections of the Mass:

- a. *Introductory Rites*: "...to ensure that the faithful who come together as one establish communion and dispose themselves to listen properly to God's Word and to celebrate Eucharist worthily." (*GIRM*, 46)
- b. *Liturgy of the Word*: to open up the mystery of redemption and salvation, and offer those assembled spiritual nourishment; to listen, reflect and *respond* to God's Word in our daily lives; to prepare for the sharing of Communion
- c. *Liturgy of the Eucharist*: to become united with Christ in acknowledging the great things that God has done and in offering sacrifice; to express and receive our identity as the one Body of Christ; to become transformed into a sacrament of unity and reconciliation to one another and all creation
- d. *Concluding Rites*: to bless and send each one out to carry on Christ's mission in the world