

1

In this and the next page, we will review the parts of the Mass with your child. **You will be the leader.** Help your child fill in each missing word. We'll give you the answers here. The first word is "church."

2

The second word is "candles." Explain what it means to **genuflect** and demonstrate if your child is unfamiliar with the practice. We genuflect to show special reverence when we enter and leave the church building because Jesus is present in the tabernacle.

3

The third word is "read." The fourth is "Bible." Here explain to your child about the **Liturgy of the Word**. At the beginning of Mass, after the Penitential Rite (when we call to mind our sins), we listen to readings and the homily.

4

The next word is "listens." When we listen in Mass, it needs to be an active kind of listening that allows the Word of God to sink in.

5

The last words are "bread and wine." Your child may already be familiar with the bread and wine used at Mass. If not, explain that the Church has been meeting on Sundays and celebrating Mass **since the time of Jesus**. We have always used bread and wine for Mass. Jesus himself did at the Last Supper.

What Happens at Mass?

It's not just the buildings of the church, but we make up the parish. What do we do at Mass?

We arrive and we genuflect or bow by our pew and we all sit together. Someone lights the candles. There are usually two but sometimes more.

On Saturday night or Sunday morning, we all dress up and go to our parish.

When everyone is ready, the Mass starts with a song. Then the priest greets everyone and we hear someone read from the Bible.

Then the priest or deacon talks to us about the meaning of the readings. We listen while the priest or deacon is talking. Everyone listens.

We offer gifts of bread and wine.

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The next word is "prays." Explain that **without a priest, we cannot have Mass.**

2

This word is "peace." Explain that before we go to Communion we must be at peace with each other. **Communion unites us in Christ.** If we are divided in any way, then we try to mend that beforehand.

3

The next word is "Communion."

Explain that only those who are **prepared** should receive Communion. This may be difficult for a child to understand, but it is important.

By prepared, the Church means we must:

- (1) be Catholic (under most circumstances)
- (2) believe what the Church teaches
- (3) be free of serious sin
- (4) come to Communion of our own free will and not be forced to do so.



What Happens at Mass?

The priest over the gifts and we begin the most important action during the Mass.

We all kneel or stand in **reverence** and pray with the priest.
We all answer the prayers.
We say the **Our Father**.

Then we give each other a sign of

Then everyone who is **prepared** receives **Holy**

After Communion, the priest or deacon says a prayer and **sends us back** home.

Because we all shared in the Mass, we try to have more

We take care of other and everyone who needs us because we are trying to live like

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Child Page 2

4

The next word is "love." We must be loving toward each other, more so because Communion changes us. We receive Jesus and he goes home with us in a special way.

5

The final word is "Jesus." We share in the life of Jesus in a special way because of Holy Communion.

The chief way you can show this to your child is by **creating a loving home** filled with the things that marked Jesus' own life: forgiveness, generosity, love, prayerfulness, and concern for anyone needing help (especially the sick and the poor).

1

In this exercise, your child will rehearse the **Lord Have Mercy** prayer. Explain that this prayer is part of the Penitential Rite, when we tell Jesus we are sorry for our sins.

Tell your child about a **time when you have shown mercy** toward him or her (for example, a time when you had an honest talk with him rather than punishing him for wrong behavior, or instead of losing your temper for a mistake she made, you held your tongue).

See if you can think of a **time you have apologized** to your child and remind him/her of it. It is good for children to have examples of adults being imperfect and needing to ask for forgiveness too. If you aren't in the practice of apologizing to your child, consider trying it since we all lose our tempers, act irritably, or impatiently with our kids at times.

Help your child write in the correct lines:

Lord have mercy. **Lord have mercy.**
Christ have mercy. Christ have mercy. Lord have mercy. **Lord have mercy.** May almighty... **Amen.**



Reviewing the Mass

The Penitential Rite

What is mercy, anyway? When someone shows love towards us even though we have hurt them, God shows us mercy when He forgives us and continues to love us even though we have hurt Him by sinning.

Fill in the words that fit in each empty box:

What the priest says:	What the people say:
Lord, have mercy.	
	Christ, have mercy.
Lord, have mercy.	
May almighty God have mercy on us, forgive us our sins, and bring us to life everlasting.	

The Liturgy of the Word

- This is a time for us to listen to readings in the Bible and hear the homily.
- We learn about Jesus and his followers so that we can notice what they said and how they acted.
- We allow the Bible to teach us how to live like Jesus so that we can be:
 - friends to people different from us
 - kind to people even if we don't like them
 - brave enough to stand up for what is right even if others don't

2

Make sure your child understands the the Liturgy of the Word:

- Three readings
- The Psalm response
- The Homily
- Prayers of the Faithful
- The Creed

1

Each time we celebrate Mass, we celebrate **the central mystery of our faith**, known as the “Paschal Mystery.” It is that Jesus lived, suffered, died, rose from the dead, and will come again in glory.

Be sure they understand that now we are the ones who must die to ourselves out of love for each other. The Mass helps us do that.

2

Practice. It is important for your child to know by heart the words of the Mass, as much as possible. You can help your child by practicing with these offertory prayers. You read the part of the priest and ask your child to respond.

Reviewing the Mass

The Offertory Prayers

We offer our gifts to God because God has given us so much first. Jesus offered and sacrificed himself for us on the Cross. Even though Jesus had never sinned, people killed him.

The Mass is a sacrifice, too, because Jesus keeps offering himself to God and to us through the bread and the wine.



- We offer gifts of bread and wine.
- We also offer money, food for the poor, and our time and talents to help others.
- Everything we have comes from God and is a gift. We may think we have “earned it” but it is all from God, not of our own doing.
- God accepts everything we offer with good intentions.

The priest receives the gifts from the people who bring them to the front of the Church. He asks the Holy Spirit to bless them.

One of the prayers he might say is: “Blessed are you, Lord God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.”

We say: Blessed be God forever!

He says: “Blessed are you, Lord God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands it will become our spiritual drink.”

We say: Blessed be God forever!



From Papa Francis

In speaking about marriage, Pope Francis departed from his prepared text to say, “When I hear the confession of a young married man or woman, and they refer to their son or daughter, I ask, ‘How many children do you have?’ and they tell me. Maybe they’re expecting another question after that, but I always ask, ‘And tell me, do you play with your children? Do you waste time with your children?’”

“The free gift of a parent’s time is so important,” he said.

1

This review page continues the lesson on the Eucharistic prayer. Ask your child to look at the pictures and tell you what he or she sees in them.

2

As part of this retreat, you will walk with your child through the parish church. Take the time to carefully show them everything. Do this with reverence. How they see you behave is how they will behave.

3

Coach your child to say the Amen loudly and with faith!

Reviewing the Mass

The Sacrament of the Eucharist
Holy Communion



The Eucharistic Prayer

- The priest prays in the name of all the people
- Christ makes himself present in the bread and wine
- It becomes his body and blood
- Jesus is the Bread of Life
- We praise God for this great gift

The Great "Amen!"

What does it mean to say "Amen?"

It means, "I agree gladly!" or "Yes, it is so!"

When we say "Amen" after the Eucharistic Prayer, we are saying "yes" to everything God has done and is doing in our lives!



1

On the next page, we will treat the meaning of the **Our Father** at greater length. Please skip forward to that page now and do the exercise together.

2

The Kiss of Peace After the Our Father and before the Lamb of God, we do something that is VERY Christian. We wish each other peace. Teach your child that this means showing we can get along instead of fighting or competing. Being in God's family means we love each other. That's what we offer each other when we say, "Peace be with you."

We pray for mercy, not because God withholds it, but because the prayer reminds us that we depend on God.

4

Be sure to share with your child about **how we Catholics receive communion**. Place your right hand over your left and receive the communion in the palm of the right hand. Use the left hand to place the communion into your mouth. You can also elect to receive the communion directly on your tongue. Say "Amen" after the priest offers you the Eucharist and says "The body of Christ."

Reviewing the Mass



The Lord's Prayer

- One day, Jesus' friends asked him to teach them how to pray. So Jesus taught them the prayer we now call the Our Father.
- In the language Jesus spoke (Aramaic) the word he used for Father is like the word "Daddy."
- Every time we go to Mass, we pray the Our Father with the words that Jesus taught us.
- Sometimes the Our Father is called "The Lord's Prayer."

The Lamb of God

The priest says:

We respond:

Lamb of God, you take away the sins of the world,	have mercy on us.
Lamb of God, you take away the sins of the world,	have mercy on us.
Lamb of God, you take away the sins of the world,	grant us peace.

Holy Communion

The person sharing communion says:

"The Body of Christ."

We say: **"Amen!"**



3

Help your child understand why we pray for mercy in the **Lamb of God**. Mercy is when God "looks the other way" when we sin. God forgives us, even if we don't really deserve forgiveness all the time. That's how much God loves us!

We pray for mercy, not because God withholds it, but because the prayer reminds us that we depend on God.

1

This exercise may be difficult for younger children, but with your help, they will be able to work through it and **understand the Our Father** much better.

2

First, read through the words of the Our Father with them. A good way to do this is to **echo** it to one another. So you read the first line and your child repeats it. Then your child reads the second line and you repeat it. And so forth. It's OK to put your arm around your child while you do this.

3

Help them find the correct meaning of each phrase of this prayer. Draw a line to that. When you are finished, read the column on the right in the correct order. Use the echo method again.

Here's the key:

1 = 4	5 = 2	9 = 6
2 = 8	6 = 5	10 = 10
3 = 1 (given)	7 = 3	
4 = 7 (given)	8 = 9	



The Lord's Prayer

Let us pray in the words that Jesus gave us...

Match the phrase on the left with the correct meaning on the right.

Phrase	What It Means
Our Father Who art in Heaven	May your plan for our lives and the world happen – soon!
Hallowed be thy name	Continue to provide what we need
Thy Kingdom come	We forgive people who hurt us
Thy will be done, On earth as it is in Heaven	Oh God, you love us like a mom or dad – you are in Heaven and you are here
Give us this day our daily bread	Forgive any sins we have committed against you
And forgive us our trespasses	And protect us from all evil
As we forgive those who trespass against us	Let's follow your teachings every day while we live on earth just like we will when we get to heaven
And lead us not into temptation	Your name is special and blessed
But deliver us from evil.	Please don't let anyone tempt us
Amen.	Yes! Let it be so!

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From Papa Francis

Pope Francis preached about the Lord's Prayer and what it means for our lives: "We have a Father. Very close to us, eh! Who embraces us... All these worries, concerns that we have, let's leave them to the Father, He knows what we need. But, Father, what? My father? No: Our Father! Because I am not an only child, none of us are, and if I cannot be a brother, I can hardly become a child of the Father, because He is a Father to all. Mine, sure, but also of others, of my brothers. And if I am not at peace with my brothers, I cannot say 'Father' to Him."

Photo by Presidência da República/Roberto Stuckert Filho, Agência Brasil.

1

This is a **review** of the parts of the Mass. Help your child complete this. A good way to proceed is to allow your child to read each line (help them with words they might not know) and tell you what it is. You can then help them draw in the proper line. We have given one line to get you started.

Here's the key:

- 1 = 6
- 2 = 5
- 3 = 4
- 4 = 2
- 5 = 3 (given)
- 6 = 1
- 7 = 8
- 8 = 7



The Whole Mass

Draw a line to identify each part of the Mass.

What Happens at Mass

We all arrive and gather in the church.
We tell God and each other that we are sorry for our sins.
We listen to stories from the Bible and hear the priest explain them.
We offer ourselves and we offer bread and wine.
The priest prays a special prayer and the bread and wine become the Body of Christ.
We pray the Our Father and give each other a sign of peace.
We receive Holy Communion.
We are sent to help others and serve Jesus

Name the Part of the Mass

Lord's Prayer and Sign of Peace
Offertory and Preparation of the Gifts
Eucharistic Prayer
Liturgy of the Word
Penitential Rite ("Lord have mercy...")
Greeting and Opening Prayer
Blessing and Sending Forth
Holy Communion