

April Family Faith Activity #1 Learn about our Catholic Mass

The Mass commemorates and celebrates Jesus' Last Supper with his disciples before he died on the cross. Jesus instituted the Eucharist at his last supper. WE come to the table of Jesus as his disciples each week at Mass. At Mass, we receive Jesus in Holy Communion!



Coming to Mass and receiving Jesus in the Eucharist is the center of our Catholic faith!

We keep God's day holy (the 3rd Commandment) by coming to Mass each week and on Holy Days. We come to Mass to praise God and give thanks for all of the blessings we have received. We are nourished by God's Word in the readings we hear at Mass from the Bible. And we are nourished by the Eucharist - Jesus in Holy Communion.



Activity #1

Together as a family, watch the video we made called the Our Catholic Mass Explained for Children. You can access the video here

www.blessedtrinitypgh.org/student-faith-formation

* click on the yellow box "Our Catholic Mass Explained for Children"

Our own Fr. Ken Sparks explains all of the parts of our Catholic Mass and why we do what we do and say what we say. It is important to understand what Mass is and why we do and say what we do. *If we understand more, then Mass can have deeper meaning to us.*

As you watch the video together with your child/ren, you can pause the video at any time to talk about what you have heard or even rewind a bit and watch a section over again if you need to. After you watched the video, please email a response about your family's experience with this activity. Email it to: ceisenbarth@blessedtrinitypgh.net OR egarfold@blessedtrinitypgh.net

How can we give and get more out of Mass?

1 Be prepared - think of how much time we put into preparing for daily activities -- hosting a party, going on vacation, packing for a day trip, making decisions about your fantasy sports leagues,

Now imagine the King of the Universe was coming to our Church for a visit later this week. Would you prepare? We don't have to imagine ... the King of heaven and earth is at every Mass. Put effort into preparing accordingly.

* Prepare yourself - Take a look at the readings for the weekend Mass coming up. When you hear them again at Mass, they may resonate more * You can download the Laudate App for all things Catholic including the readings for each day of the year. Laudate means praise. You can find the app here Laudate - CatholicApps.com

*** Prepare your family** - Share the readings, plan which Mass you will be going to on Sunday or Saturday night, pick out special "Church clothes" And get out the door so that you get to Mass a little early and can settle down to get ready for Mass. Talk to your children about how to behave at Mass. If you have a pre-school age child, bring paper and a crayon or two for them to use during Mass. Show them how to draw a cross!

2 Follow along; Since we don't have the missalettes (Mass books) in the pews because of the pandemic, it is harder to follow along. But, you can pay extra attention to what is being said and done. Help your children to follow along. We PARTICIPATE at Mass- it is a give and take --

We participate by listening with close attention to God's Word that is read and explained to us. We receive Holy Communion. We sing songs of thanks and praise to God together as a Faith Community. We pray together.

3. Remember that everything flows from Sunday (or Saturday night)

Sunday is not the end of the week - It is the first day of the week! -- Instead of spending most of Sunday dreading Monday coming, start looking at Sunday as the point from which ever other day flows -- your source of STRENGTH for the week.

We should leave Mass with renewed energy to share God's love in our world outside of Mass for the whole week.

Then at the end of that week - we come back to Mass again to be nourished by God.

You can find our Blessed Trinity Parish in person Mass schedule in the bulletin here: www.blessedtrinitypgh.org/bulletins

If you aren't comfortable coming to Mass in person yet, watch Mass online with your family. Here are links to Mass online:

[Live Stream Schedule | Catholic Diocese of Pittsburgh | Pittsburgh, PA \(diopitt.org\)](#)

[Ascension Presents - YouTube Mass](#) with Fr. Mike Schmitz the Diocese of Duluth, MN