

## **Session Plans**

### **Mass 101 Trail**

**First Hiker Formation Session** (Takes place at the same time as the Parent/Catechist formation session. The youth and youth ministry core team members are the kids' catechists.)

1. Introduce the kids to what a Trail is.
2. Introduce the kids to how they will be recognized when they complete a Trail.
3. Introduce the kids to the Mass 101 Trail and the purpose for hiking this Trail.
4. Introduce the kids to the mileposts for the Mass 101 Trail.
5. Teach the kids the four parts of the mass.
6. Have the Hikers try to name each of the different elements of the mass and put them in order on the floor using note cards with the names of the elements on the cards. Then divide the Hikers up into teams of three or four. Give each team a set of note cards. Have them compete by putting the cards in the right order on the floor. Put the cards with the four parts of the mass across the top on the floor then have the kids put the elements of the mass in order underneath the four parts of the mass.

## **Second Hiker Formation Session** (taught by parents and catechists)

1. Review 1. through 5. of last week's session.
  1. Introduce the kids to what a Trail is.
  2. Introduce the kids to how they will be recognized when they complete a Trail.
  3. Introduce the kids to the Mass 101 Trail and the purpose for hiking this Trail.
  4. Introduce the kids to the mileposts for the Mass 101 Trail.
  5. Teach the kids the four parts of the mass.
2. Take the kids to the church where they will be given a tour of the church and introduced to the sacred items in a church.
3. Introduce the kids to the "sacred items" flash cards and how to use them.

### **Third Hiker Formation Session** (taught by parents and catechists)

1. Teach the Hikers when the bread and the wine become the Body and Blood of Christ. The Consecration. Describe what the priest says and does when he consecrates the bread and the wine. This is why the bells are rung.

If a priest is available, this activity will take place in the church.

2. Teach the Hikers the name for what the priest does when the bread and the wine become the Body and Blood of Jesus: The Consecration.
3. Teach the Hikers what we call what happens to the bread and the wine when it becomes the Body and Blood of Jesus: Transubstantiation
4. Have the Hikers try to name each of the different elements of the mass and put them in order on the floor using note cards with the names of the elements on the cards. Then divide the Hikers up into teams of three or four. Give each team a set of note cards. Have them compete by putting the cards in the right order on the floor. Put the cards with the four parts of the mass across the top on the floor then have the kids put the elements of the mass in order underneath the four parts of the mass. (They did this activity in the First Hiker Formation Session.)

#### Test Questions:

1. Does the bread and the wine really become the Body and Blood of Jesus?

Yes or No

2. Which word describes what the priest does when the bread and the wine become the Body and Blood of Jesus?

The Big Change or the Magic Moment or the Consecration

3. Which word does the Church use to name what happens to the bread and the wine on the altar during the consecration?

Magic or Transubstantiation or Consubstantiation

### **Fourth Hiker Formation Session** (taught by parents and catechists)

1. Describe what the “sacrifice of the mass” means in simple terms.  
It is the actual sacrifice of Jesus on the cross which is represented on the altar sacramentally at every mass.
2. Teach the kids that only a priest can consecrate the bread and the wine. If there is not a priest, we can’t celebrate mass.
3. Have the kids practice using the “sacred items” flash cards.

#### Test Questions:

1. Can we have a mass without a priest?

Yes or No

2. Jesus’ death is represented on the altar at every mass. What simple phrase do we use to describe what happens at mass?

Come up with a simple way to teach the hikers the meaning of sacrifice.

Hiker must be able to write down from memory “the sacrifice of the mass.”

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#### Mileposts Sign Off Time (See Mass 101 Mileposts Sign Off Sheet)

Take whatever time is necessary toward the end of this Fourth Hiker Session to work with each child individually to sign them off on their mileposts and their test questions. Remember that kids who don’t complete the Trail can still have you sign them off at a later time once they have completed the mileposts.