

# P A R E N T C O N N E C T I O N

## UNIT TWO LESSON TWO, PART I

### Essential Question

*How does going to Mass help me know and love Jesus Christ?*

#### Learning Targets

*The new archdiocesan curriculum is designed in such a way that the learning information follows a spiral pattern in that similar topics are discussed at a progressively deeper cognitive level each year following the appropriate age of the learner, beginning with early childhood and concluding with adulthood. Below is a chart that shows this progression for our 2nd topic / essential question "What does Jesus Christ teach you about God?" Please review this to see what your child(ren) are covering at their own cognitive level.*

*Additionally, you will notice that each grade level is covering the same or similar topic each week. This chart can also be used as a tool for conversation starters about what was learned in formation, other family discussions, and as a means to unite the family under one theme. Our hope is that this information will help you be more aware of what your child(ren) are covering and that it can be integrated or reinforced at home in some fashion and may even inspire your own faith life as well.*

Early Childhood
<ul style="list-style-type: none"><li>• A4.2.3.5 – Sunday is a special day for the Church. (CCC#1193; 2169; 2174-75; 2190-94)</li><li>• <b>K.2.5.2</b> – Going to Mass every Sunday is a loving thing to do. (CCC-none)</li><li>• <b>K.2.3.3</b> – Catholics keep Sunday holy by attending Mass. (CCC#1267-68; 1279)</li><li>• <b>K.5.4.1</b> – Sharing faith together at church helps people to know that everyone is holy and loved by God. (CCC#867; 2179)</li></ul>
Elementary
<ul style="list-style-type: none"><li>• (U<sub>2</sub>) 1.2.3.2 – Sunday is special because the Church remembers and celebrates Jesus Christ's Resurrection. Catholics mark Sunday by participating in Mass. (CCC#193; 2169; 2174-75; 2190)</li><li>• (U<sub>1</sub>) 2.4.4.2 – Participating in Mass is the most special form of praying. (CCC#1088; 1373; 2698; 2720) [Transition from EQ #1]</li><li>• (K<sub>4</sub>) 4.2.2.6 – The Liturgy of the Eucharist is the part of the Mass in which the faithful offer gifts of bread and wine and themselves to God in praise and thanksgiving. God responds by transforming the bread and wine into the Body and Blood of Christ which they then receive in Holy Communion. (CCC#1346)</li><li>• (U<sub>3</sub>) 5.2.2.10 – When one receives Holy Communion, one is united with Jesus Christ and all his Church and is nourished by the Body and Blood of Christ. Typically, one must be absolved from all mortal sins through the Sacrament of Penance and Reconciliation before receiving Holy Communion. (CCC#1415)</li></ul>
Junior High
<ul style="list-style-type: none"><li>• 6.2.1.2 - The <b>Liturgy</b>, which celebrates and re-presents the Paschal Mystery, is the summit and fount of the faith. (Also in Unit One) (CCC #1074)</li><li>• 6.2.2.11 - The <b>Mass</b> is a meal because Jesus Christ gives Himself as food; it is a sacrifice because it is a memorial and re-presentation of all Jesus Christ did to save humanity from sin and give new life. (CCC #611-12; 1244; 1322-23; 1330-31; 1355-57; 1362-64; 1392; 1408-10)</li><li>• 7.2.2.10 - As a sacrifice, the <b>Eucharist</b> makes amends for the sins of the living as well as those who have died in Christ but not yet wholly purified. The Eucharist also helps to strengthen and renew persons in body and spirit. (CCC #1371; 1391-97; 1414)</li><li>• 8.2.1.2 - The Paschal Mystery of Jesus Christ, and Christians' entry and participation in it through the <b>liturgy</b> and sacraments, are the means by which God has chosen to give people all manners of grace, making them sharers in His divine life. (Also in Unit ONE) (CCC #1076; 1092; 1112; 1129; 1131; 2003; 2017)</li></ul>
High School
<ul style="list-style-type: none"><li>• 9.2.1.2 - Participation in the liturgical life of the Church, especially reception of Holy Communion, is the primary way in which Catholics grow, live and give witness to the suffering death, Resurrection, and Ascension of Jesus Christ. There</li></ul>

# P A R E N T C O N N E C T I O N

## UNIT TWO LESSON TWO, PART I

are other devotions such as adoration of the Blessed Sacrament, the rosary, penitential service and daily prayer that enrich one's faith in these mysteries.

- 9.2.3.1 - Every liturgy is an action of the Body of Christ, both head and members. Each individual Christian participates as a member of the Body of Christ.
- 10.2.1.6 - Disciples of Christ unite their suffering with Jesus in order to share in Christ's redemptive love.
- 11.2.3.1 - In the liturgy, the Church experiences and celebrates the Spirit of filial adoption as it worships God, the source of all blessings and provider of the gift of salvation in Jesus Christ

### Adult

- MA 2.1.1 – Catholics are called to grow in understanding and to live and bear witness to the suffering, death, Resurrection, and Ascension of Jesus Christ, celebrated and communicated through the sacramental life of the Church and in the daily lives of believers. (CCC#1113)
- MA 2.2.2 – Sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, through which divine life is dispensed through the power of the Holy Spirit; Catholics are sanctified and the Body of Christ gives greater honor and glory to God. (CCC#1127; 1131)
- MA 2.2.3 – The purpose of the sacraments is to sanctify people to build up the Body of Christ and to give worship to God. (CCC#1110; 1123; 1131)
- MA 5.4.4 - Eucharistic celebration in the parish is the source and culmination of communal life. (CCC#2179)

### Learning Target Videos

*A quick and easy way to wrap up integration of the Parent Connection (PC) at home, as well as relay the learning target of this session's Essential Question (EQ) to your child(ren), is through the use of the videos that have been chosen by the Archdiocese to convey an overarching theme of the EQ at hand. All videos are family friendly and are chosen with the intent to clarify EQ content in an engaging way.*

**Video one:** Grades 1-4, BF6 - Remembering What the Mass is About <https://youtu.be/ncYkyiaHPT8>

**Video two:** Grades 2-6, BF6 - The Entrance Procession <https://youtu.be/Ouk1n6fQcDU>

**Video three:** Grades 5-12, The Jewish Passover Seder, The Last Supper and the Roman Catholic Mass <https://youtu.be/g97VwxJdrfM>

### Parent Formation Opportunities

*The additional resources that are listed below are intended for your own personal growth, because they offer theological insight that circle back to the essential question through a more mature and personal approach. They offer spiritual guidance for prayer, day to day living, and apologetics. Although these resources are optional, they are strongly encouraged to be considered. Looking over these resources should take no longer than a few minutes and can all be found online.*

**Scripture:** [Exodus 12:1-30](#), [John 6:22-59](#), [Romans 3:21-31](#)

**CCC:** [1085](#), [1324-25](#), [1345](#)

**YouTube:**

- *Bishop Barron on the Mass*  
Channel: Bishop Robert Barron  
Publication: November 9, 2017  
[https://en.wikipedia.org/wiki/1345\\_in\\_Italy](https://en.wikipedia.org/wiki/1345_in_Italy)

**Podcast:**

- *The Mystery of the Mass*  
Podcast: Word on Fire

# P A R E N T C O N N E C T I O N

## UNIT TWO LESSON TWO, PART I

---

Publication: July 25, 2018

<https://www.wordonfire.org/resources/homily/the-mystery-of-the-mass/>

- *Episode 185: Why is it a mortal sin? Skipping Mass and Communion without Confession*

Podcast: The Fr. Mike Schmitz Catholic Podcast

Publication: January 10, 2019

<https://podcasts.apple.com/ca/podcast/episode-185-why-is-it-mortal-sin-skipping-mass-communion/id1200915759?i=1000427406770>

### Book:

- *Behold the Mystery: A Deeper Understanding of the Catholic Mass*

Author: Mark Hart

Sections: All

Publisher: Word Among Us Press (March 1, 2014)

- *The Lamb's Supper: The Mass as Heaven on Earth*

Author: Scott Hahn

Sections: Mostly Part I

Publisher: Doubleday; 1st edition (October 1999)

## Family Activities

### Conversation Starters

*Sharing the faith as a family is a great way for it to stick/grow. Here are some conversation ideas based on what your son/daughter was recently learning in formation. Consider using these immediately after picking up your child(ren) from Catechesis or at the dinner table.*

- What are three new things you learned during catechesis class today?
- What is something you learned that you already knew?
- Do you think you might have learned something that I don't know or you think is important for me to know? If so, what?
- What are some questions you have about the Mass? What is something you don't you understand about it?
- What do you like about Mass?
- What do you struggle with during Mass? *Use this time to find a way to help your child(ren) become more engaged with the Liturgy.*
- How is prayer in the Mass context different than praying at home?
- Did you know that going to Mass is the highest form of prayer? Why do you think that is?
- If you could invite one person to go to Mass with us on Sunday, who would it be? Why?
- Do you have any questions about what you learned today?

### Prayer Activity

Part of what the Liturgy of the Mass teaches us is what it means to be a part of one, holy, Catholic, and apostolic Church. This includes being a part of the mystical body of Christ — knowing that although we each have a unique and personal relationship with God, we aren't

# P A R E N T C O N N E C T I O N

## UNIT TWO LESSON TWO, PART I

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alone in this pilgrimage we call life. God calls all persons to Himself and being Catholic involves living that out together.

The Liturgy of the Hours, which is also known as the Divine Office, is the daily prayer of the Church that mark the hours of each day by sanctifying them with prayer. Through the use of scripture and prayer, the Hours offer meditation and dialogue between God and His Church — whether that be manifested through an individual's participation in the Hours or a group's.

With your family, pray the Liturgy of the Hours' Night Prayer of any given day of the week. Explain to your family that you, along with millions of people all around the world are praying together as one body — not unlike when participating in the Liturgy of the Mass.

*\*For further information on the Liturgy of the Hours:*

- *What:* <http://www.usccb.org/prayer-and-worship/liturgy-of-the-hours/index.cfm>
- *How:* <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/index.cfm>

*\*For guidance on how to pray Night Prayer:*

- <https://youtu.be/yksKMsmMyZY>

*\*Where you can find the Liturgy of the Hours:*

- <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/index.cfm>
- <https://divineoffice.org/welcome/>
- App:
  - *Laudate*  
Open app → Liturgy of the Hours → Compline (Night Prayer)
  - *iBreviary*  
Open app → swipe right → Breviary → Night Prayer

### **Physical Activity**

*At one point during the week, invite someone in need over for dinner. If not, consider inviting over friends or family. With your child, prepare a meal. While preparing the meal, discuss the Mass.*

Discussion:

Every Mass is centered around the Liturgy of the Eucharist. When we receive communion, we receive spiritual nourishment to the greatest capacity. Like any other meal, Holy Communion is also a *real* meal, although it be spiritual. In the same way we prepare meals for ourselves and others, so too has the Eucharist been prepared for us (*Luke 22:7-20*). Therefore, just as we acknowledge our corporal appetite and hunger, we must acknowledge our spiritual appetite and meet its needs. Going to Mass is a means of doing so. In our participation of the Mass, we prepare the spiritual gifts in the same way Christ prepared them for us. This, then, allows us to participate in the life of God, and thus grow closer to Him.

# P A R E N T C O N N E C T I O N

## UNIT TWO LESSON TWO, PART I

---

*\*For more information on the Eucharistic prayer:*

<http://www.usccb.org/prayer-and-worship/the-mass/order-of-mass/liturgy-of-the-eucharist/>

### **Closing Prayer**

*\*Begin and end every prayer with the Sign of the Cross*

Lord, we hunger for You. We desire communion with You — even in the times when cannot see that for ourselves. Therefore, help us to always remember our calling to seek You and love You at all times. Gives us the sustenance we need to grow closer to You, and give us the grace needed recognize our spiritual hunger.