

FULL NAME \_\_\_\_\_

# FAMILY HANDOUT 6

As Christians we can have a relationship with Jesus. We can relate to Jesus in all sorts of ways. But there is no more amazing or privileged way to relate to him than at Mass. At Mass all God's children come together to hear Jesus speaks to us and we can speak back to him in the Liturgy of the Word (through scripture). Then we share a meal together receive Jesus himself through the Liturgy of the Eucharist (his body and blood). This is the best hour of our week!

## THE MASS



Parents read these bits

There are 1.2 BILLION Catholics in the world! Although we speak different languages, and have different customs, we are one Church. 'Catholic' means 'universal'. We can go to Mass all over the world.



Question 50: What does the word "Church" mean? (p.87)

? Have you ever attended Mass in another country? Draw the flag of the country.



Sometimes we have to decide not to do other things so that we can go to Mass. **Have a chat** about you need to do as a family to go to Mass every week.



Question 80: Why do Christians go to Mass on Sundays? (p.130)

“ For where two or three are gathered in my name, I am there among them. Matthew 18:20 ”



# WHAT HAPPENS AT MASS – A SUMMARY



Spend time together reading through the stages of the Mass.

Introductory Rites

1 On Saturday night or Sunday, we all get ready and go to **Mass**.

2 We arrive and we genuflect or bow towards the **tabernacle**, behind the altar, before we sit together in a pew.

3 When everyone is ready, the Mass usually starts with a song. Then the priest greets everyone. Find out what he says on the next page.

4 We recognise that this past week we may not have loved others the way that Jesus taught and say we are sorry by saying “I **confess to almighty God and you my brothers and sisters that I have greatly sinned.**” Then, we **glorify** God with a song.

5 We sit and hear someone read some passages from the **Bible**.

Liturgy of the Word

6 Then the priest or deacon gives a **homily** - talks to us about the meaning of the readings. While the priest or deacon is talking, everyone listens.

Liturgy of the Eucharist

7 We offer the gifts of bread and wine.

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

10 We say the prayer that Jesus taught us, the **Our Father** or **Lord's Prayer**.

9 We all kneel in **reverence** and pray with the priest. We respond to all the prayers.

12 Then everyone who is prepared receives **Holy Communion**.

11 Communion unites us in Christ. We try to mend things that divide us in any way. So, we give each other a **sign of peace**.

13 Communion changes us. After Communion, the priest or deacon says a prayer and sends us back home. Because we received Jesus and we all shared in the Mass, we try to live like him.

Concluding Rites



## BEGINNING OF MASS: THE SIGN OF THE CROSS



Names are so important. Your name is very special to you. It marks you out as a person in your own right - as being different and special.



When the priest reaches the altar, he invites the presence of God to be with the community by saying:

**“In the name of the Father and of the Son and of the Holy Spirit”**

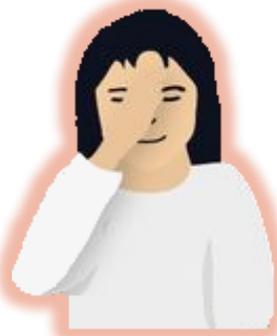
Question 63: What is the shortest summary of the faith? (p.104)

At the same time, we make the sign of the cross. This is a sign that we belong to God – we are God’s children. We belong to each other in God; not just in families. As God’s people, we call each other brother and sister. We identify with God and surrender our presence to him because we are there in his name.

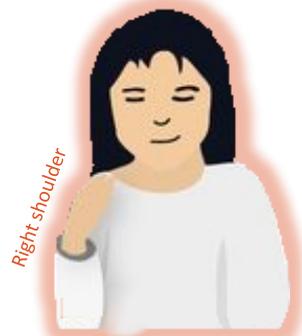


Practice making the sign of the cross together.

In the name of...



the **FATHER** and of... the **SON** and of... the **HOLY**



**SPIRIT**



*“When we make the sign of the Cross, it is a sign of love, we are saying ‘we’re happy to belong to Jesus and that Jesus died on the cross for us.’ Everyone who belongs to this family of the Church, uses that sign all the time: when we begin to pray, at the beginning of Mass and hopefully before we go to sleep at night.”*

*Cardinal Vincent Nichols*



# PENITENTIAL RITE



God loves us very much and wants us to be good and kind to others. This is the part of the Mass when we recognise that, during the past week, we may not have loved others and ourselves the way Jesus taught. We ask for forgiveness for things we have done wrong and things we have failed to do.



Fill in the words that fit in each empty box:

### What the priest says

### What the people say

|   |                     |
|---|---------------------|
| Lord, have mercy.   | L....               |
|   | Christ, have mercy. |
| Lord, have mercy.   |                     |
| May almighty God have mercy on us, forgive us sins, and bring us to life everlasting. |                     |

**Mercy** is when someone shows love towards us even though we have hurt them.



# WE LISTEN TO THE WORD OF GOD



The Liturgy of the word is the time for us to listen to readings from the bible and to learn about Jesus. God speaks to us through his Word.



Listening can be difficult. There are many distractions and some words may not be easy to understand. In order to understand what God is saying to us, we need to listen not only with our ears but also with our hearts. God speaks to our hearts of his love.



When the priest or deacon introduces the gospel reading by saying "The gospel according to..." we trace the cross on our forehead, lips and heart because God's word is so important. Practice doing it while saying the prayer: "May the Word of the Lord be in my mind, on my lips and in my heart."





# WHAT IS THE LITURGY OF THE WORD?

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

## Word

Gospels

The first reading

Prayers of the faithful  
("bidding prayers")

The second reading

Creed

Psalm

Homily

The Bible

Liturgy of the Word

New Testament

Gospel Acclamation

## What it means

Prayers for what we need at the very end of the Liturgy of the Word

Usually from one of the Letters in the New Testament written by early church leaders, especially from St Paul

The book that contains all the stories of the Old and New Testament

The 4 stories about Jesus in the New Testament

We "profess our faith" by saying what we believe

The first part of the Mass when we hear readings from the Bible

The Gospels and all the letters about Jesus and his followers

This prayer usually is sung after the first reading at Mass

Old testament: The stories about the Jewish people who were ancestors of Jesus

When the priest or deacon explains the readings at Mass so we can take God's teachings home with us and live them out every day.

We sing this happy song to prepare our hearts to hear the Gospel reading.



At the end of the First and Second Readings, the reader says "The Word of the Lord".

What are the words we say in answer?

At the end of the Gospel, the priest or deacon says "The gospel of the Lord".

What are the words we say in answer?



Candles are used at Mass to remind us that Jesus' words guide us like a candle in the dark.



Try to spend 5 minutes on this page

# THE CREED (PROFESSION OF FAITH)



*“What we believe in most of all is the person of Jesus as the one who gives us the shape and the lead in life and then gives us himself so we can put it into action.”*

Archbishop Vincent Nichols

I believe in God, the Father Almighty, Creator of Heaven and Earth. I believe in Jesus Christ His only Son, Our Lord Who was conceived of the Holy Spirit born of the Virgin Mary, Suffered under Pontius Pilate Was crucified, died and was buried. On the third day, He rose again He ascended into Heaven and is seated at the right hand of God, the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

*“When we say we believe these things, it's more than a proclamation, it's a prayer.”*

“ Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? 1 Corinthians 6:19 ”

## I BELIEVE IN ONE GOD, THE FATHER ALMIGHTY

When we call God “Father”, we are saying that we believe in God’s love for us. God’s love is strong, tender, and caring like the best love of our mothers and fathers, only better. We also believe that God created everything on earth and in heaven, everything we can see and everything we cannot.

There are no right or wrong answers to the questions below. Spend time thinking about your answers in your heart.



*What do you think about the idea of being a child of God?*

*What do you think about the idea of God being the creator of everything?*

## I BELIEVE IN ONE LORD JESUS CHRIST

Jesus is the only son of God, the Father. He invites us all to become sons and daughters of God too. We do this by taking God’s name in baptism and by becoming more and more like Jesus all through our lives.



*What do you think about what we believe about Jesus?*

- He was born of the Virgin Mary
- He suffered death and was buried
- He rose again three days later
- He is now seated at the right hand of the Father in heaven

## I BELIEVE IN THE HOLY SPIRIT

The Holy Spirit is the power and love of God at work in our lives. The Holy Spirit helps us to become more like Jesus. The Holy Spirit helps the Church to carry on the work of Jesus.



*Do you think that the Holy Spirit is somewhere out there or in our hearts? What difference do you think the Holy Spirit will make in your life?*





Did you know that the Profession of Faith is based on the Apostles Creed?  
Fill in the gaps with one of the words in the box.

I believe in God, the **F**\_\_\_\_\_ Almighty,  
Creator of heaven and earth;  
and in **J**\_\_\_\_\_ Christ, His only Son, our Lord:  
Who was conceived by the **H**\_\_\_\_\_ **S**\_\_\_\_\_,  
born of the Virgin **M**\_\_\_\_;  
suffered under Pontius Pilate, was crucified, **d**\_\_\_\_ and was  
buried. He descended into hell;  
on the third day He **r**\_\_\_\_ again from the dead;  
He ascended into **H**\_\_\_\_\_,  
is seated at the **r**\_\_\_\_\_ hand of God the Father Almighty;  
He shall come to **r**\_\_\_\_\_ the living and the dead.  
I believe in the **H**\_\_\_\_\_ **S**\_\_\_\_\_,  
the Holy **c**\_\_\_\_\_ Church,  
the communion of **S**\_\_\_\_\_,  
the forgiveness of **s**\_\_\_\_,  
the **r**\_\_\_\_\_ of the body, and life everlasting. Amen.

right  
rose  
sins  
Father  
Mary  
Holy Spirit  
Saints  
died  
resurrection  
raise  
Jesus  
Heaven  
catholic  
Holy Spirit

## PRAYERS OF THE FAITHFUL (BIDDING PRAYERS)

? Tick off the words that describe prayer for you.

- |  |   |
|--|---|
| <input type="checkbox"/> Speaking with God | <input type="checkbox"/> Prayers you learn by heart |
| <input type="checkbox"/> Singing to God    | <input type="checkbox"/> Prayers you make up        |
| <input type="checkbox"/> Thinking of God   | <input type="checkbox"/> Being silent with God      |
| <input type="checkbox"/> Asking God's help | <input type="checkbox"/> Conversation with Jesus    |
| <input type="checkbox"/> Listening to God  |   |



After the readings and the homily, we all stand together to pray to God  
→ for the needs of the Church;  
→ for the world;  
→ for those in need;  
→ for the local community.



Question 145: How can I pray?  
(p.204-205)



# WE OFFER OUR GIFTS

The next part of the Mass is the offertory. During this part of the celebration, we offer bread, wine and our gifts.



## FEEDING OF THE FIVE THOUSAND



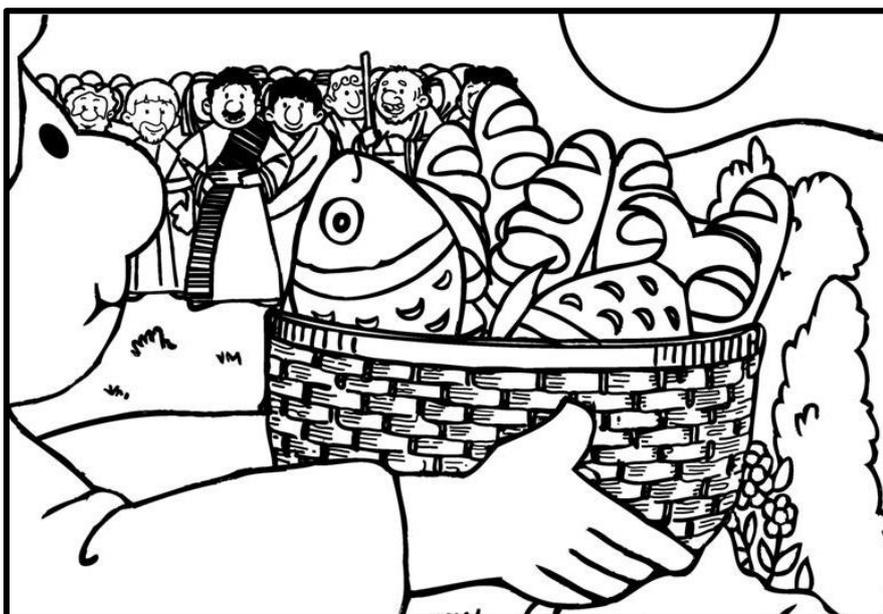
**Find** together the passage in the bible about the feeding of the five thousand, in the Gospel of John, chapter 6 verses 1 to 14 (**John 6:1-14**). Have a **chat** about what the passage shows us about Jesus. How do you think the crowd would have felt after seeing the miracle?

The crowd were getting hungry and rather than send them away Jesus asked his disciples to give them all something to eat. A boy gave all that he had – only five loaves and two fish. Jesus said the blessing, broke the bread and fish and gave them to his disciples to hand out to the crowd. Everyone ate as much as they wanted and there was even enough to spare. What a miracle!



I **wonder** what the crowd would have felt like after seeing the miracle of Jesus feeding everyone.

When the people saw what Jesus had done, they began to say, "This is indeed the prophet who is to come into the world." I **wonder** what they meant by that.



Have fun colouring in the picture. As you do think about how the boy would have felt meeting Jesus.

The gifts we give to God, God transforms into something beautiful.



In the next Family Handout, we will find out what happens with our offerings to God at Mass.