

## **Mass is our Everlasting Gift**

### **Mass Journal Outline**

Someone may ask, “Why do I have to go to Mass when I can just pray to Him my own way?” You can pray and worship to God whenever you feel like it. In fact, it is encouraged! However, God asks us to pray in a communal and Eucharistic way - at Mass.

At Mass, we worship God as a community, pray together for our needs, collect gifts for the needs of our city, ask for forgiveness from each other and make peace with others in the community. We get together for so many events as family and friends- weddings, graduations, birthdays, concerts, the Grey Cup!- why shouldn't we celebrate the most important event of all.

Most importantly, Jesus called us to worship together at the Last Supper when he commanded, “Do this in memory of me”. And God commanded us to “Remember the Sabbath Day and keep it holy” (Exodus 20:8). In keeping with Christ's resurrection, the Church celebrates the Sabbath on Sunday, which for Christians is a “little Easter”. There are so many occasions in our lives that are important and where YOUR presence is noticed. There is no more important person than God and we honour HIM when we attend Mass.

*For the following weeks, you will take this booklet to Mass with you at your parish or when you are watching online and answer the questions. If you are unsure of an answer, please ask your parent, your Godparent or Sponsor, or ask a priest!*

Mass Reflection 1

Date:

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Which Mass did you attend today? (Church and time)

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Gospel Reading: (what did the priest read—Mark, Matthew, Luke or John)

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Who presided over the Mass today?

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What colour were the vestments today? \_\_\_\_\_ Why are they that colour?

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During the Eucharistic Prayer, we give thanks and praise to God. What are you grateful for today?

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What did Jesus say or do in the Gospel reading today?

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Mass Reflection 2

Date:

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Gospel Reading:

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What is the name of the church that you attended Mass?

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What time did you go? \_\_\_\_\_ Why did your family choose that time?

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Liturgical Season: \_\_\_\_\_

Which Creed was spoken or sung today? (Apostles' or Nicene?)

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What in particular do you remember about Mass today? (Think about the vestment colors, readings, songs, something said during the homily)

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Mass Reflection 3

Date:

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What were today's first and second readings? (Cite books, chapter and verse):

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What was today's Gospel about?

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How did the people respond to Jesus?

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How would you respond to him?

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During the Offertory, gifts are presented at the altar. What special gifts will you offer this week at home, church or in school?

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Mass Reflection 4

Date: \_\_\_\_\_

Which Mass did you attend today? (Church and time)

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Gospel Reading: (what did the priest read)

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Who presided over the Mass today? (who was the main celebrant priest)

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What colour were the vestments today? \_\_\_\_\_ Why are they that colour?

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During the Eucharistic Prayer, we give thanks and praise to God. What are you grateful for today?

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What did Jesus say or do in the Gospel reading today?

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Mass Reflection 5

Date:

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Which Mass did you attend today? (Church and time)

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Gospel Reading: (what did the priest read)

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Who presided over the Mass today?

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How many lectors were present today (Lectors read the First and Second readings)

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Where can you see yourself volunteering during the Mass?

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Mass Reflection 6

Date:

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Which Mass did you attend today? (Church and time)

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Gospel Reading: (what did the priest read)

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Who presided over the Mass today?

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What colour were the vestments today? \_\_\_\_\_ Why are they that colour?

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We have Extraordinary Ministers of Holy Communion (Communion ministers), altar servers and Lectors at our weekend Masses. How long do you think the Mass would last if there were no volunteers and Father was the sole person taking care of all the Mass parts?

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If you don't want to help at the Mass, where can you see yourself serving in our parish?

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