



## Younger Child Parental Guided Mass Participation Observation & Questions

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At Mass or prior to entering the church, the parent should pick one or two questions or observations for your 3-7 year old child to take extra interest in. There is an overlap of content to allow you to best meet the needs of your child. Repetition on the same question or observation over several weeks will help cement the significance of that part of the Mass.

Let these questions and observations help your child further enter into the gift of Mass by using his/her eyes, ears, hearts, and even his/her voice to keep engaged. The questions/observations will encourage your child to notice details in Mass he/she might ordinarily overlook. You are teaching your child to pay attention to the beauty of the details at Mass and to fully participate. As you move through the list, your child will hopefully continue to notice the previous observations and remember the questions already answered alongside the new ones.

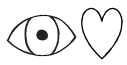
<p>❓ A question to answer</p>	<p>💬 A spoken or whispered part</p>
<p>✋ An action or motion to do</p>	<p>👂 Something to listen for/to</p>
<p>👁️ Something to look for or watch</p>	<p>❤️ A heart offering or prayer</p>

❓ Why should you be quiet when you go into the church? **Being quiet shows respect, wonder, and awe for Jesus whose Eucharistic presence is with us in the tabernacle and that you know He is God. Quiet also allows other Mass goers to have quiet time to talk with and think about Jesus.**





Use the Holy water and make the Sign of the Cross when you enter and leave the Church. Be sure to whisper very quietly or in your heart, "In the name of the Father and of the Son and of the Holy Spirit. Amen." The Holy Water is a reminder of your Baptism when you became a member of God's family. You might not remember your Baptism since you were a baby, but the Holy water can remind you each time you use it that you belong to God's family. God loves His family and He loves You!

?  Where is Jesus when you enter the church? **In the Tabernacle**




Look for the Tabernacle when you enter the church. Know that Jesus is inside waiting for you.


?  Can you see Jesus in the Tabernacle? **No. He is behind the closed door of the Tabernacle, but you can still say hello to Him and talk to Him like you talk to your parent on the other side of a closed door in your house. He always waits for you there!**




?  What do you see next to the Tabernacle? **A red candle, called a sanctuary lamp. The lamp lets you know that Jesus, our God, is in the Tabernacle.**




? What do you do before you enter your pew? **Genuflect with slowness to be sure you are really giving Jesus a good, reverent hello. Genuflecting shows that you know He is our Lord and God. You go down on your right knee. Your knee should hit the ground and stay there a moment as you look at the Tabernacle where Jesus is located. As you look at the Tabernacle, keeping your knee on the ground, slowly make the Sign of the Cross, pausing a couple seconds as your hand touches your forehead, chest, and both shoulders. Be sure to whisper very quietly or in your heart, "In the name of the Father and of the Son and of the Holy Spirit. Amen."**


?  Where do you look when you genuflect? **At the Tabernacle because Jesus is waiting in there for you.**


?  Should you make the Sign of the Cross slowly or really fast? **Slowly, with careful attention and reverence.**

   Genuflect with slowness when you enter and leave your pew. Be sure you are really giving Jesus a good hello/goodbye. You go down on your right knee. Your knee should hit the ground and stay there a moment as you look at the Tabernacle where Jesus is located. As you look at the Tabernacle, keeping your knee on the ground, slowly make the Sign of the Cross, pausing a couple seconds as your hand touches your forehead, chest, and both shoulders. Be sure to whisper very quietly or in your heart, "In the name of the Father and of the Son and of the Holy Spirit. Amen."

?  When you get into your pew, what should you do? **Kneel and talk to Jesus a moment quietly in your heart. You wouldn't enter a room with your friend in it and ignore them. Tell Him hello, that you love Him, that you think He is wonderful, thank Him for the good things in your life, and ask Him for help with anything you might need help with.**

 Watch carefully as the priest and deacon come up on the altar.

?  What is the first things the priest & deacon do when they stand behind the altar? **They kiss the altar in an act of veneration. (respect and reverence). The altar has "been set apart for a specific purpose and kissing the altar recognizes its privileged role and relation to the divine sacrifice of Jesus Christ." (Aleteia)**

?  What is the color of the robes of the priest and deacon? <sup>1</sup>  
**White - Christmas Time and Easter Time; celebrations of the Lord (except of his Passion), of Mary, of the Angels, and of Saints who were not Martyrs; solemnities of the Most Holy Trinity (Sun. after Pentecost), of All Saints (Nov. 1), and of the Nativity of St. John the Baptist (June 24); feasts of the Conversion of St. Paul (Jan. 25), of the Chair of St. Peter (Feb. 22), and of St. John (Dec. 27); also permitted in the United States at Masses for the Dead**

<sup>1</sup> According to the USCCB (United States Council of Catholic Bishops) website

Red - Palm Sunday, Good Friday, and Pentecost Sunday; celebrations of the Lord's Passion, of Apostles, and of Evangelists; celebrations of Martyrs

Green - Ordinary Time

Violet - Advent and Lent; Masses for the Dead


Rose - Third Sun. of Advent and Fourth Sun. of Lent


Black - Masses for the Dead


Gold or silver - permitted in the United States for more solemn occasions


?  How many priests and deacons? **Varies**

?  How many altar servers? **Varies**


 Watch the different things the altar servers do to help the priest and deacon during Mass. Be ready to describe at least three things you saw them do.


?  What motion do you do during the Penitential Act, when you say the words, "I Confess" to emphasis how sorry you are? **Hit your left chest over your heart 3 times in sorrow to emphasize to Jesus that you are very sorry for your sins**


?  Do you need to tell Jesus you are sorry for anything/for any sin during the Penitential Act, when you say the words, "I Confess"? If so whisper, "Jesus, I'm so very sorry."


 Listen for the song with words, "Glory to God in the highest and on earth peace to people of good will." Be sure to sing. The shepherds in the field heard the angels sing this when Jesus was born a baby. Imagine yourself hearing the angels singing.


?  Where does the priest/deacon get the Book of Gospels from before the Gospel Reading? **The Book of Gospels is on the Altar**


?  What do I do when the priest announces the Gospel? **Make three small Signs of the Cross. One each on your forehead, lips, and heart. You are asking God be in your thoughts, in your words, and in your heart.**


 Make three small crosses on your forehead, lips, and heart at the start of the Gospel Reading. One each on your forehead, lips, and heart. You are asking God be in your thoughts, in your words, and in your heart.


 When the basket is passed down the pews, place your love for Jesus in the basket along with any money you might put in. You could touch your heart and then touch the basket to offer Jesus all your love.

 When the basket is passed down the pews, look at the altar to see what the priest and deacon are doing.

?  What is happening on the altar during the First Collection? **The priest prepares the altar, says a prayer, mixes water in the wine, and washes his hands**

?  What is brought up during the offertory? **The unconsecrated Hosts (altar bread that is not Jesus), wine (that is not Jesus), the collection**

 Listen for the song with the words, "Holy Holy, Holy Lord God of host . . . Hosanna in the highest." Be sure to sing. Thousands of angels, your own personal guardian angel, the Virgin Mary, and all the saints are singing this joyful song of praise with you. Then we fall on our knees in reverence because very soon the altar bread and wine will be changed to the Body and Blood of Jesus.<sup>2</sup>

 Count how many times do the bells ring? **3 separate moments. A single ring and two triple rings.**


? Do the bells sound the same every time? **No**




<sup>2</sup> A Biblical Walk Through the Mass by Edward Sri. pg. 104

The first time you hear the bells, it is a single ring meaning, "Get ready! Something important is about to happen!"


The next time the bells are rung, it is typically three rings in succession meaning, "Look! Look! Here Jesus is!" The bread has been changed by the words of the priest and the power of the Holy Spirit into the Body of Jesus.


The third time the bells are rung, it is typically three rings in succession meaning, "Look! Look! Here Jesus is!" The wine has been changed by the words of the priest and the power of the Holy Spirit into the Blood of Jesus.



?  What should you do when the bells ring the first time? **Look at the altar quickly. Something important is about to happen!**


   Look at the altar when you hear the bells ring three times in a row. Look at the Blessed Sacrament / Jesus' Body and whisper "I love You, Jesus." This is the very moment when the bread has been changed into the Body of Jesus by the words of the priest and the power of the Holy Spirit.


In another moment the bells are rung again three times in a row. Look again at the Blessed Sacrament / Jesus' Blood and whisper "I love You, Jesus." This is the very moment the wine has been changed into the Blood of Jesus by the words of the priest and the power of the Holy Spirit.



 Count how many times the priest lift up the Blessed Sacrament very high (elevated).  
**4 times**  
**Once just Jesus' Body/Consecrated Host**  
**Once just Jesus' Blood in the Cup**  
**Once Jesus' Body/Consecrated Host and Jesus' Blood in the Cup together (Priest says, "Through Him, with Him and in Him . . . All Glory and Honor are Yours . . ." right in front of the Great Amen.)**  
**Once Jesus' Body/Consecrated Host and Jesus' Blood in the Cup together (Priest says, "Behold.")**



?  Can you see Jesus after consecration, when the priest says the words "Take this, all of you, and eat of it" AND "Take this, all of you, and drink from it"? **Yes! Be sure to look at Him every chance you can! This is your God, the One who created you and everyone and everything else! You get to see Him!**



?   What should you do when the priest lifts up the Blessed Sacrament? **Keep your eyes on the Blessed Sacrament (Body or Blood) and whisper "I love You, Jesus."**



 Say or sing the Great Amen. Think in your mind, "Yes, Jesus! I Believe in You!"




 Say the Our Father being sure to pay attention to all the words in the prayer.


  Listen for the words, "Behold the Lamb of God." The priest will hold up the Body and Blood of Jesus for you to look at. Look at Him!


  As you walk up the aisle for Communion, keep looking at Jesus the whole time you walk up the aisle. Look at Jesus in the Consecrated Host every time the Communion Minister holds Him up for a person. You are going to be right next to God, your King or get to consume Him!


  If you not old enough to receive Communion, cross your arms over your chest with your hands on your shoulders. Listen to the words the Communion Minister says to your parents as they receive Jesus.



  Listen carefully to the words of the blessings the Communion Minister gives you. Feel Jesus love you.



   If you **are** old enough to receive Communion, listen to the words the Communion Minister says to you. Say, "Amen" with faith to mean, "I Believe this is really Jesus!" Ask Jesus to make your heart ready to welcome as much of His graces as you can hold. Look at awe in your hands and ponder Who you are placing in your mouth.




 After receiving Communion, when you are kneeling in your pew, think about how Jesus is especially present in your soul. You, yourself, are a living tabernacle. Feel so close to Jesus. Ask Jesus to help you become more like Him.

 If you not old enough to receive Communion, still kneel in your pew after getting the blessing from the Communion Minister. Tell Jesus that you love Him and ask Him to help you make good choices and show love and kindness to others like Him.

 When Communion time is complete, watch what the priest does on and around the altar. **The priest cleans up and places any remaining Consecrated Hosts into the Tabernacle.**

  After Communion time is complete, watch the priest at the altar put the remaining Consecrated Hosts in a ciborium/container and then places the ciborium in the Tabernacle. When the priest kneels before the Tabernacle, bow with him to show Jesus respect and love.

  Sing the closing song joyfully as a gift to Jesus as you watch the priests, deacons, and altar servers process to the back of church.

   Use the Holy water and make the Sign of the Cross when you leave the Church. Be sure to whisper very quietly or in your heart, "In the name of the Father and of the Son and of the Holy Spirit. Amen." The Holy Water is a reminder of your Baptism when you became a member of God's family. You might not remember your Baptism since you were a baby, but the Holy water can remind you each time you use it that you belong to God's family. God loves His family and He loves You!