

A Parent Aid for Helping A Child's Attentiveness at Mass



Moms and Dads: Pick 1 or 2 questions to ask. This Aid follows the order of the Mass, so when you need to help your child focus, find where we are in the Mass & ask a question. The more they see you are prayerfully interested, the more they, too, will be. You don't have to ask every question at every Mass, so just pick ones that are helpful to keep your child's attention. Next week you can use the ones you didn't ask this week. Each answer is in parenthesis () for you. The green sections help us in being prayerful at Mass. At the end of this Aid, there are extra questions in the area with a border around it. God bless!

QUESTIONS MOM & DAD CAN ASK:



Preparing for Mass:

Spend a couple of minutes getting everything ready, and getting our minds & our deepest part of ourselves, our souls, ready by thinking of God, telling God you give this time to Him, to be with Him, & ask His help to let us think of the words as God's word to us.

When **Mass starts**, the priest walks down the aisle, **WE STAND**. So please stand (yes, even at home, as it is out of respect as we come into God's holy presence).



What is the name of the first song we are singing? (If you don't know, you can use for the title the same words that repeat which is known as "the refrain")

Look & See: What is the first thing the priest (& deacon) do when they go up to the altar?

(He kisses it. Why? This is in reverence to this being where the Bread & Wine become the Body & Blood of Jesus. There is also a relic of a saint imbedded in the altar. It reminds us that at Mass we are connected with heaven. (A relic is something that has been touched by the saint or sometimes is a tiny piece of the saint's bone)



Listen & Hear: What's the first prayer the priest says at the beginning of Mass?

(The Sign of the Cross..." In the name of the Father, and of the Son, and of the Holy Spirit". This prayer says we do all this in God's name & recognizes God as 3 persons in 1 God or the Holy Trinity. The Holy Trinity shows us that God loves so much that love overflows to all).

We recognize God's presence in each of us when we say **and with your spirit**



Listen & Hear: What's the first thing we ask God for at the Mass? (Lord, have mercy. We ask God for

forgiveness of our sins so we can have a more open mind & heart to God & give this to God as our gift to Him.)



Listen & Hear: In the prayer Glory to God (also known as the Gloria) What *5 things do we say to God?* (we praise... bless... adore... glorify...give you thanks)



We Know: What is the whole first part of the Mass called? Hint: it's because the first part has readings from the Bible & we believe it is the Word of God to us. (The Liturgy of the Word)

WE SIT as this is a posture for listening, so we can hear what God is saying to us through these Bible readings.



Listen & Hear: What is the name of the book of the Bible the 1st reading is from? (It is stated at the very beginning of the reading. Usually the lector says: "A reading from the book of)

You can continue with.... What's the book of the Bible the second reading is from? What is the book of the Bible that the Gospel is from?

What's the ONE word that you think is most important in that Bible reading? Or

What word was used the most in that reading?



We Know: The Bible is composed of many books. There are two major parts of the Bible. What are they and why are they different? (The First section of the Bible is the Old Testament. The second section of the Bible is the New Testament. The Old Testament is the time before Christ & The New Testament is during or about Jesus Christ's life on earth to save us).



Listen & Hear: Which reading is from the Old Testament? (Almost always the 1st reading is from the Old Testament) Which reading is from the New Testament? (The 2nd reading & the Gospel). Where in the New Testament is the 2nd reading from? (The letters or Epistles to the different early church locations). Who wrote most of these letters? (Saint Paul...the lector, or reader, usually says "A Reading from the Letter of Saint Paul to the....")

Respectful of the Gospel, WE STAND Reminding us of God's Presence we say "And with your Spirit" and after the words " a reading from the Gospel according to... "Glory to you, O Lord" and at the end after "The Gospel of the Lord", we say "Thanks be to God"



Look & See: Watch for what hand movements we all do with the priest or deacon after he says the words "a reading from the holy Gospel according to...." (We make the sign of

your neighbor as yourself' so we pray for others in need).

WE SIT: the deacon prepares the altar.



We Know: What is the second part of the Mass called? (The Liturgy of the Eucharist).



What is the name of the song we are singing? (If you don't know, you can use for the title the same words that repeat which is known as "the refrain"). This hymn helps us prepare to see & receive Christ in the Eucharist.



Look &

See: Who is bringing the gifts to the priest? What are they bringing? (Often someone from the assembly is asked by an usher to bring the gifts up. They represent all of us bringing the gifts of ourselves, our talents, our financial support & all who God has created us to be. If there is no one else, the deacon or the altar server brings the gifts of bread and wine).

After the priest says "Pray, brethren, that my sacrifice & yours may be acceptable to God the almighty Father"

WE STAND & SAY: "May the Lord accept the sacrifice at your hands for the praise & glory of His name, for our good & the good of his church."



Say & Proclaim: When

the priest says "Lift up your hearts" you may raise your hands slightly up in an open gesture to show you are lifting up all you are to God. Tell God "I give my mind & heart all to you, O my God."

WE SAY: "We lift them up to the Lord." and "It is right & just."

Then, after the priest prays **we say/sing** "Holy, holy, holy Lord God of Hosts. Heaven & earth are filled with your glory Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest."



We Know: When Jesus came into Jerusalem on Palm Sunday, people waved their palm branches and said the same word that we say in the *Holy, Holy, Holy*. What is that word? (Hosanna. Which means Savior as Jesus we recognize that Jesus has come to save us from our sin. We express words of praise and adoration when we say Holy, Glory, Blessed which we use in the Holy, Holy, Holy).



WE NOW KNEEL as a sign of our reverence because, as the priest prays the same words Jesus said at the Last Supper, God comes and changes the bread & wine into the real and true Body & Blood of Jesus. Since this is such a holy moment, we kneel, which reflects our desire to be reverent & humble before our awesome God.



We Know: What is the gold cup that the wine is poured into called? (Chalice).



We Know: What is the gold circular plate that the large host is placed on called? (Paten)



Look & See: Where does the priest place his hands when he says the prayer to ask the Holy Spirit to come upon these gifts? You can explain it or put your hands in the same position he does to show us. (Both his hands are raised above the gifts on the altar with his palms down. This position is an ancient prayer position called “praying over”). He is blessing the gifts.



Look & See: Is there any design on the host the priest is lifting up? (Often there is either a cross or a P with an X over it which is a symbol for Jesus Christ. The P and X are Greek letters Chi and Ro the first two letters of the Greek word for Christ and are often seen also on priests’ vestments or

deacon’s stoles). These symbols help us to focus only on Jesus.



Think: Now the priest prays prayers of thanksgiving. *What can we say thank you to God for?* He also prays for many people, the church, our families, and those who have died. *Who do we want to pray for now?*

WE STAND



We Know: What is the prayer that Jesus taught us to pray? (The Our Father). *What do we ask Our Father for?* (our daily bread, forgiveness, & deliver us from evil) *How many times in the Our Father do we say the word “our”* (3) *How many times do we say the word “thy”?*(3). What is *another name* for the Our Father? (The Lord’s Prayer).



Listen & Hear: *How many times do we and the priest say “Lamb of God”?* (4, 3 here and 1 later when he says “Behold the Lamb of God”) (Lamb of God is a term used for Jesus Christ because just like lambs were sacrificed in the Old Testament, Jesus became the sacrifice on the cross which we remember at Mass, to save us from our sin in the New Testament). We say this to help be prepared to receive Jesus in the Eucharist or spiritually.

We SAY: “Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, have

mercy on us. Lamb of God, you take away the sins of the world, grant us peace.”

Then **WE KNEEL**

After the priest says “Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those who are called to the supper of the Lamb.”

WE SAY: Lord, I am not worthy that you should come under my roof, but only say the word and my soul shall be healed.”



How do we prepare to receive Our Lord Jesus Christ at Communion? Quietly pray asking Jesus to help us open our hearts to focus on Jesus alone, receive Him and say yes to follow Him every day.



What do we do after we receive the Body and Blood of Christ and go back to our pew or seat, even if we can only receive Him spiritually right now? (We kneel & pray silently as this is a time when Jesus is very close to us because we have received Him again in this Blessed Sacrament, so we share a moment, thinking and talking to Jesus silently, accepting His love for us. Many people bow their head in prayer & close their eyes during this silent prayer time).

 **Look & See:** Where does the deacon or priest place the remaining Eucharist after everyone has been given



the Eucharist? (In the tabernacle, which is the golden rectangular box behind the altar. The tabernacle holds the Body of Christ safely and is used to bring communion to the sick and home bound. This was started in the early church as people were concerned for those who were sick & could not attend & receive Jesus’ real Body & Blood).

 **Look & See:** What is the message a stained glass window you can see showing us? What is happening in that stained glass window? How many colors are there in that one window?

WE STAND for the Final Blessing



Listen & Hear: What does the deacon or priest say after we receive the final blessing? (after “May almighty God bless you in the name of the Father, and of the Son, and of the Holy Spirit. He uses the word “Go” this means to go and bring Jesus out to others; build God’s kingdom on earth).



What is the name of the song we are singing? (If you don’t know, you can use for the title the same words that repeat which is known as “the refrain”).



Before we leave, we thank God for being with us and ask His help to

live as His disciple this week, praying & bringing God's love by showing others you care, & helping bring His kingdom to all the world. As Saint Augustine said so that "we become what we received.

"EXTRA QUESTIONS YOU CAN ASK:

 **Look & See:** *What statue do you see in the church? (Could be Blessed Mother Mary, St Joseph, or others)*

 **Look & See:** *What are the several hangings on the walls in between each pew depicting Jesus called? (Stations of the Cross)*

 **Look & See:** *Where do the priests go? What is the name of the room behind the altar where they put on and take off the vestments they wear for Mass? (Sacristy)*

 **Look & See:** *On the wall behind the altar is a very large image of Jesus. What is that called? (Crucifix. Many people incorrectly say the cross. However the crucifix is a cross with the body of Jesus on it. The cross is just the wood alone without the body of Jesus on it).*

 **Look & See:** *What is the table on which Mass is said called? (altar)*

 **Look & See:** *What is the covering on that table called? (altar cloth).*

 **Look & See:** *How many candles are there? Why are there candles around the altar? (They are symbols of Jesus being the Light of the world. Light & Fire represent the Presence of God,*

as In the Old Testament, The Pillar of Fire led people out of Egypt & in the desert, God came to Moses in the Burning Bush).

 **Look & See:** *Is there a board with numbers on it near the altar? What is it called? (Hymnal Board) What are the numbers for? (The numbers in the Hymnal book that we are singing at different times during today's Mass)*

 **Look & See:** *Where is the tallest candle? (Either near the altar or next to the Baptistry, depending on the Church season) What is the tallest candle known as? (The Paschal Candle or the Easter Candle. A new Paschal candle is lit each year at the Easter Vigil Mass from a large fire outside the church).*

 **Look & See:** *What are the red colors in the middle of the Paschal Candle? (These mark the wounds of Jesus on the cross, they are red nails).*

 **Look & See:** *What is the name of the candle closest to the tabernacle? (The sanctuary lamp). Why is this candle lit? (To show that God is present in the Blessed Sacrament inside the tabernacle). When does this candle stay lit? (This is lit all the time the Blessed Sacrament is in the tabernacle. It is lit 24/7, all the time because God is with us ALL THE TIME! What does the priest/deacon do before he opens the tabernacle? (Genuflect, kneeling on one knee reverently)*



We Know: What is the name of the place where the Bible readings are

read from during the Liturgy of the Word? (the Ambo is the stand where the readings are read from; sometimes it is called the pulpit).



We Know: What is the name for the special clothes the priest wears during Mass? (Vestments. They reflect the love for God, their identity with Him, and their gift of self in service and their obedience to God).



We Know: What does the letters “IHS” on some vestments mean? (This is an abbreviation from the Latin words of “Jesus, Savior of Mankind”)



We Know: What is the bread or host made of? (Simply flour and water. There is no yeast so it does not rise. It is known as unleavened bread. This was the type of bread Jesus used at the Last Supper). *Why does it have to be unleavened bread?* (It reminds us that in the Old Testament, Jewish slaves in Egypt were going to be freed, so they could only make unleavened bread as regular bread took too long to rise and they needed to be ready when God was going to set them free).



Listen & Hear:



We

Know: At the beginning of the deacon or priest proclaiming the Gospel, he says “a reading from the holy gospel according to ...” How many gospel writers are there? (4). Who were they (Matthew, Mark, Luke & John)



We Know: If you are in Easter season, the second reading is usually not from a letter from St Paul, but is taken from the book that describes what happened to the apostles and the early church community after Jesus’ death & resurrection. What did the reader (or lector) say the 2nd reading was from? (The Acts of the Apostles, written by St Luke. It is found in the Bible immediately after the last Gospel, the Gospel of John. It includes the coming of the Holy Spirit at Pentecost, how the early church shared all their resources together, healings, missionary journeys, angel appearances, & imprisonment for believing in Jesus).



Look & See: After the Prayer of the Faithful, what usually happens that does not happen during virtual Masses? (The ushers take up the collection).



We Know: Why do we go to Mass? (God brings us together as a community to share our faith, He has called us not only as individuals, but also as a people. From earliest times in the Bible, God called Abraham & told him he would create a people known to know the One True God. We come together to worship God, to thank Him, to pray for ourselves & others, to hear Him in His Word through the scripture readings, to commemorate his sacrifice of giving His only Son’s life for us by dying on the cross that our sins be forgiven, & to receive His Most Sacred Body & Precious Blood in the Eucharist

(communion) which strengthens us to live as Jesus' disciples).



We Know: Why do we sing?

(Singing helps us lift our minds & hearts up to God, to focus on Him. We think of the words & we also use our voices. St Augustine said "Singing is praying twice." Singing uses our gifts of vocal cords to blend us together as one sound).



Listen & Hear: How many times do we hear bells ringing during the Liturgy of the Eucharist? (3) (The most important times When the priest prays over the gifts & ask the Holy Spirit to come, when he lifts up the host, & when he lifts up the chalice). Why do the bells ring? (Simply to get our attention & focus on the miraculous changing of the bread & wine to the Real Presence of Jesus' Body & Blood).

composed by Deacon Michael Wojcik 05/20