

**BLESSED SACRAMENT CATHOLIC CHURCH
OAKLAND PARK, FLORIDA
FAITH FORMATION IN YOUR HOME**

**Segment 3
Why do we go to Mass?**

Remember to keep it simple. No stress.

This segment and the next one, segment 4, might be good topics to talk about at mealtime. Why? The Mass is based on a meal and Jesus had many meals with people.

(Special Note: The Mass is part of special communal prayer and rituals in the Church that is known as Liturgy. The word liturgy means "the work of the people".)

Preparation for the family discussion and witnessing.

Parents' reading material: Catholic Update, "Ten Reasons for Going to Mass". Read this before your conversation with the family. Note the ten reasons. When speaking with the children simply use each of the 10 reasons. Ex. #1. Because I "Owe" God. Note the article speaks of nourishment from a mother to the child as it grows up. God wants to keep on nourishing us all throughout life. Talk about that. Then continue in a similar way through all the "reasons". Pick out a highlight from each one. Pick whatever "jumps out" at you. Tell that to your children.

Also, you might want to discuss with your child how going to Mass is often like a chore for you. But you do understand some better reasons for going now that you read the Catholic Update. Your honesty and witness will be the most important thing for your children. Conversely, you might have always liked going to Mass! Share that! (See, keep it simple.)

Milestone: here are a couple of things you may present to the Formation Team. One, ask your children to give some reasons of their own. List them and give them to the team. 2. What questions came up that your children expressed to you during the discussion?