

BLESSED SACRAMENT CATHOLIC CHURCH
OAKLAND PARK, FLORIDA
FAITH FORMATION IN YOUR HOME
Segment 4
Why do we do what we do at Mass?
Part by part.

Remember to keep it simple. No stress.

The Mass has two major parts. The first part is the Liturgy of the Word when we read from the Bible. The second part is the Liturgy of the Eucharist when we have the Lord's Supper. You might simply point this out to the children. No big explanation at this point. Just tell them there are two major parts to it.

Preparation for the family discussion and witnessing. This segment will take many separate moments of discussion and experience. In fact, it may take a few weeks. (In the meantime you may go on to discuss other segments.) You will see the reason for this coming up.

Parents' reading material: [Catholic Update](#), "A Walk Through the Mass: Why We Do What We Do". Given there are two major parts of the Mass, all together there are many other parts and the whole thing is very structured. The reading material gives a step by step description of each part including what takes place and what the meaning of each part is. What does it say in the very beginning of the article about the reason for the structure? Hint, ritual.

1. You might start your family discussion by talking about rituals you have in the home. Are there things you always do before you have the family meal, like setting the table in a certain way? Are their family rituals leading up to the seasons of Advent and Christmas you go through each year? What rituals have you ever observed of about sports athletes? Famously, baseball players have rituals they go through before every time at bat.

2. Now to the parts of the Mass. At first you may simply list the many parts of the Mass in your discussion. Notice there is a part one, two, three, and four to the reading. You may take one part at a time. It might be productive to read out loud each of the parts to the children. Take one part at a sitting. Ex., "Gathering Rites". Talk about how, when you first enter the church building at Blessed Sacrament someone is there to greet you. The person sanitizes your hands and points you in the right direction to get a seat. The greeter also might remind you to wear a mask because we all want to remain safe, etc. Ask the children to tell you what they remember about what happens when you first get to the church. (Even about parking the car if that is what is remembered first.) Follow along in a like manner with each other part of the Mass.

3. "It is all about Sunday!" Come and celebrate Mass on Sunday with the faith community!! All the talk in the world does not suffice for the real experience. (A study titled, "Evidence-Based Guidelines to Celebrate Mass Safely Are Working" points out the protocol used in the Roman Catholic Church is preventing the spread of the COVID 19 virus while at Mass.) Before you come to Mass pick out one or two elements of the Mass found in the reading. Write them down on a piece of paper and ask your children to pick them out or check them off as the Mass proceeds. (Silently) Then, after Mass, even on the ride home talk about what they saw and what happened at that time. Repeat this for many Sundays until you have gone through all of it. Now you see why this is a many week segment.

Milestone: turn in your family's check list of the parts of the Mass for each week until done.