

Liturgy 101 for Families with Children

Let's begin by going to the Sacrament of Reconciliation

To be totally ready to receive Jesus in Mass, it would be a great habit for a family to attend confession on a regular basis (every 6-8 weeks would be ideal). Most churches offer the Sacrament of Reconciliation on Saturday afternoons before the 5:00 mass. St. Joseph offers confession from 4-4:45pm every Saturday. Plan on attending as a family, and then go out for a celebration! You are as clean as at baptism! That is something to Celebrate! Please see the [Sacrament of Reconciliation Page](#) for good videos and Examination of Conscience.

Preparing for mass

Do you know? - Everything we do before mass - actually prepares us for mass??

Watch this funny video as a family and see if it is a little familiar about getting ready for mass with your family...

<https://www.youtube.com/watch?v=ydf4ggjapBE>

Sharing Questions: What happens in our home as we get ready for mass? What is our attitude when we walk into the church? What is our attitude while we are sitting in mass?

Why do we sit, kneel and stand? What is with all the movement in a Catholic mass?

Here are some videos to watch as a family and then see if you can remember what each position means when you are at mass.

<https://www.youtube.com/watch?v=8NFuu6W392k>

Getting into shape for mass: another fun video about getting into shape for mass by Lifeteen:

<https://www.youtube.com/watch?v=LS5CiU2ciD0>

Stepping into the Church! Why do we do this?

Make the sign of the cross with Holy Water

Holy Water - Outside da Box Video -

<https://www.youtube.com/watch?v=mUxcoiOASog&list=PLdTm02GZ28R9dpveh8BPHmzaRO2yaayCa>

Why do we have to go to mass? What's the point? Do your children complain about going to mass? Do you have to drag them, bribe them, and coerce them? (How do you really feel about going to mass?)

Catholic Mass - Why Go to mass!!! <https://www.youtube.com/watch?v=dy19ZqITWx0>

I believe the more we understand what is happening in the mass, being with Jesus, experiencing the mystery of Heaven and earth coming together in a beautiful mystery of faith, the more we will fully participate in the mass and the result will be that we will want to be at mass more often (even daily mass!!!) and our lives will truly be transformed by this powerful prayer and the Summit of our Faith!

How the Challenge will work! **My challenge to each of you:** If you could take the next 8 weeks and watch one video each week....perhaps you and your family will find more joy in the mass! (They are all under 3 minutes).

Watch one video as a family - talk about what you heard, what you saw- what other questions do you have about this part of the mass? Then go to mass, experience it...come home and talk about it again...watch the video again and see if it makes more sense. If you have more questions...write them down and send them to me! I will find answers to your questions!

At the end of 8 weeks, you should all be finding more Joy in going to mass! There is more to know than these short videos explain....I will be hunting the resources for you - in case you want more!

Finding Joy in the Mass -

Week 1: The Introductory Rites:

https://www.youtube.com/watch?v=PpEfZeholpE&index=6&list=PLK00cGVNvhaXeX8_HIRSY_VmdzwqbZwGa

Week 2: Introductory rites : <https://www.youtube.com/watch?v=zXRp7a7rGDM>

Week 3: Liturgy of the word <https://www.youtube.com/watch?v=o8CkBvlrhTk>

Week 4: The creed, intentions and Presentation of the gifts:

<https://www.youtube.com/watch?v=85kOEOi81mE>

Week 5: Consecration: https://www.youtube.com/watch?v=RGEuCJF_nmM

Week 6: Our father and sign of peace: <https://www.youtube.com/watch?v=1hGwoqtI6BM>

Week 7: Communion: <https://www.youtube.com/watch?v=8e9kNYWhVXs>

Week 8: After communion: <https://www.youtube.com/watch?v=zxtEFgz8RJM>

You can subscribe to Arrayofhope1 on YouTube- to get more of these wonderful, short videos

Email me (religioused@stjosephlb.org) and let me know what you think about these videos and if they helped! I will have more information for Adults under the Adult Faith Formation Page.

