

It's Time to Go to Mass!

WHAT ARE YOU GOING TO WEAR? WHO IS GOING WITH YOU? WHAT PARISH WILL YOU GO TO?

Of all the things you're going to do today, Mass is the most special because Jesus will be there. Because he loves you so much, he will be really and truly present in the Eucharist. The Eucharist will look like bread and wine, but it will really be Jesus. Mass is the only place this miracle happens. You will watch it happen! Jesus is glad to see you at Mass. He loves you, and he is happy you are coming to spend time with him.



Even before Mass begins, you can prepare to be with Jesus. Think about it now. At Mass, you will be close to Jesus and you can tell him anything.

- What do you want to tell him today?
- What do you want to thank him for?
- How do you need him to help you?

A good prayer before Mass is

**“Jesus, help me listen to
you today at Mass.”**

Another way we prepare our bodies for Mass is to **fast**. This means we don't eat or drink anything except water or medicine for one hour before receiving Communion. Feeling hungry for food helps us think about how our souls are hungry for Jesus.

Why do we go to Mass?

YOU BELONG TO THE CATHOLIC CHURCH.

The Catholic Church is **universal**. This means that there are Catholics going to Mass in every place on earth. Did you know that Mass has the same parts everywhere in the world? If you go to Mass in another country or Mass prayed in another language, you will still know what is happening. God is so good to bless us with our beautiful Catholic faith.

We go to Mass to worship God and to keep God's commandments, especially





the commandment to keep the Sabbath day holy. God gave us the commandments to show us how to live a happy and holy life. To have a happy and holy life, it is important to spend time with Jesus. Every time you go to Mass, you spend time with Jesus. At Mass you worship God and show him that he is the most important person in your life. The more you love God first, the more you can love your family, your friends, and yourself. Going to Mass helps us grow stronger in love.

What do you notice inside the church?

You are a human person with a soul and a body, so your worship of God is connected to things you can see, hear, touch, smell, and taste with your body.

SEE



TOUCH



SMELL



HEAR

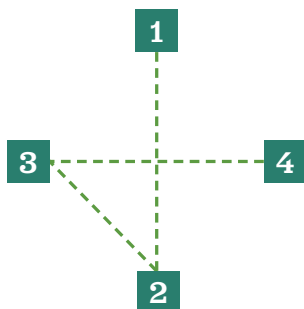


TASTE



When you go inside the church, do you see the holy water font? Holy water is a **sacramental**. Sacramentals are sacred signs that help us receive the full grace of the sacraments with a proper disposition. Holy water reminds us that we are God's children through our Baptism. Baptism was the very first sacrament that you received. Dip your fingers into the water and make the Sign of the Cross to let Jesus know you are here and ready to be with him.

This is how we make the Sign of the Cross



1

*In the Name
of the Father*



With your right
hand, touch
your forehead.

2

and of the Son



Touch
your chest.

3

and of the Holy



Touch your
left shoulder.

4

Spirit.

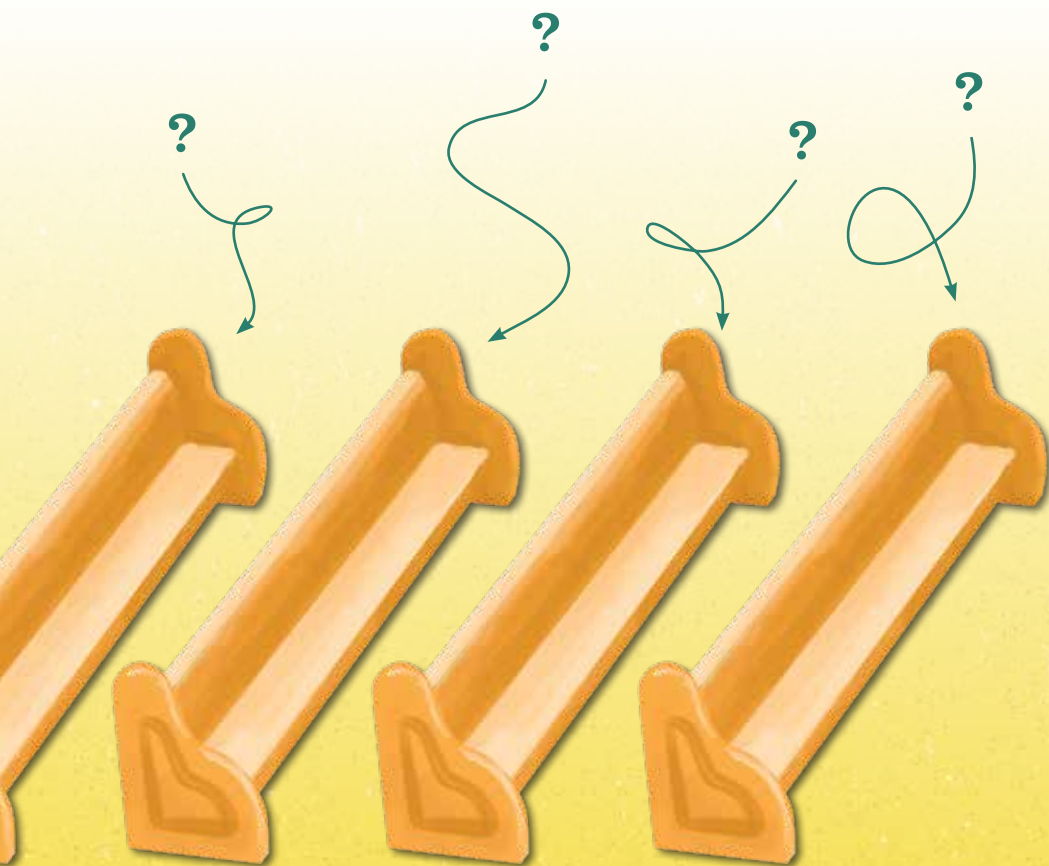


Touch your
right shoulder.



Amen.

WHICH PEW WILL YOU SIT IN? If you sit in the front, you will be able to see everything going on at Mass! You will be able to hear the music and the readings very well.



Look for the candles on the altar. How many do you see? We use candles for special occasions. The candles help us remember that Mass is the most special occasion of our lives.



Do you see the red candle near the **tabernacle**? This is the sanctuary light that tells us that Jesus in the Eucharist is inside the tabernacle right now!

Whenever you see the sanctuary light burning, **genuflect** toward the tabernacle to show Jesus that you know he is here and how much you love him.



What color cloth is on the altar today, and what color is the priest wearing? The different colors tell us what liturgical season or feast day is today.

GREEN means hope, growth, and life. We use green in Ordinary Time.

RED means sacrifice. We use red for Palm Sunday, Good Friday, Pentecost, and the feasts of the Apostles and martyrs.

Being Catholic means being part of so many celebrations!



PINK (OR ROSE) means something good is coming! We use pink on the third Sunday of Advent and the fourth Sunday of Lent.

PURPLE means waiting or sorrow for sin. We use purple during Advent and Lent.

WHITE AND GOLD mean glory or purity. We use white or gold for Easter, for feasts of the Blessed Mother, and for saints who were not martyrs.

