

# Mass Family Handout

The Holy Sacrifice of the Mass is the source and summit of the Christian life.

The Mass, like all the sacraments, is about encountering Jesus.

Jesus is truly present in the Blessed Sacrament; body, blood, soul, and divinity.

We do not simply come to Mass to get something out of it, we come to give worship and thanksgiving to God.

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| <p><b>FAMILY TIPS</b></p>                                   | <p>Every family is unique and will watch the Mass distinctly from another family, so do what is best for your family's needs. Watching Mass can be a great opportunity to grow in deeper love with each other and God, through better understanding and appreciating the Mass.</p> <p>Ideas to help before Mass begins:</p> <ul style="list-style-type: none"> <li>• Set up the room a little differently, bring out some religious items, light candles, set up a prayer table, put out a Bible.</li> <li>• Take time to do physical activity before watching the Mass</li> <li>• Preview the readings ahead of time (make a game of how many times you hear a word)</li> <li>• Ask the kids about their prayer intentions (who they want to pray for)</li> </ul> <p>Ideas to help after Mass:</p> <ul style="list-style-type: none"> <li>• Have a snack afterwards (I prefer donuts – YUM!)</li> <li>• What do you remember from Mass? What was one thing you heard or saw that connected to your life?</li> <li>• Take a walk together</li> </ul> |
| <p><b>PARENT VIDEOS</b></p>                                 | <p><b>The Veil Removed:</b> <a href="https://www.youtube.com/watch?v=OOLZDaTgIaM">https://www.youtube.com/watch?v=OOLZDaTgIaM</a><br/>The Veil Removed is a short film that reveals the coming together of heaven and earth at Mass, as seen by saints and mystics, revealed by scripture and in the catechism of the Catholic Church.</p>   |
| <p><b>BIBLE VERSES:<br/>JOHN 6:35-40</b></p>                | <p>Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. But as I told you, you have seen me and still you do not believe. All those the Father gives me will come to me, and whoever comes to me I will never drive away. For I have come down from heaven not to do my will but to do the will of him who sent me. And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day."</p>   |
| <p><b>BIBLE STORY:<br/>LAST SUPPER<br/>MT. 26:26-28</b></p> | <p>While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins.</p>  |
| <p><b>SAINT OF THE WEEK</b></p>                             | <p><b>St. Clare of Assisi: Patron saint of television.</b> <a href="#">To learn more about, click here</a></p>   |
| <p><b>FAMILY FUN</b></p>                                    | <p>Take some time to create and put up religious pictures in each room of your house. Make them yourselves or print them out online.</p> <p>For ideas go to the Catholic Icing website: <a href="https://www.catholicicing.com/">https://www.catholicicing.com/</a></p> <p>This website has many ideas for Mass &amp; other Catholic topics too.</p>   |

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