



# My Mass Book

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## I Belong

Work with someone in your family to fill out this page.

I belong to the \_\_\_\_\_ family.

At Baptism I became a member of the Catholic Church.

I promise to pray for the whole Church; for my parish,

\_\_\_\_\_;  
for my family; and for everyone who needs my prayers.

\_\_\_\_\_  
(My Name)

\_\_\_\_\_  
(Date)





## My Parish Church

As Catholics we look on our parish church as a very special place. It is God's house. We treat God's house with care and respect. In God's house we pray together as a parish family.

When we enter our pew in church, we genuflect toward the Eucharist in the tabernacle. When we come together at Mass in our church, we stand, sit, and kneel as signs of respect.

Some parish churches are large. Some are small. Every Catholic church may look different, but in every Catholic church some things are always the same.

Look at the picture of the church on the next page. Some things in the picture are marked with numbers. The names of these things are also listed in numbered order on the page.

As you look around your parish church, look for the things in the picture and try to remember their names.



# Introductory Rites

## STAND

### Entrance Song (Entrance Chant)

We sing to celebrate that we are gathered together with Jesus Christ and one another.

### Greeting

We make the sign of the cross as the priest says:

† *In the name of the Father,  
and of the Son,  
and of the Holy Spirit.*

We respond: **Amen.**





# The Mass

The priest welcomes everyone with these or other words:

*The grace of our Lord Jesus Christ,  
and the love of God,  
and the communion of the Holy Spirit be  
with you all.*

We respond: **And with your spirit.**

## **God Forgives Us** (Act of Penitence)

We ask God to forgive us.

Together we may pray:

I confess to almighty God,  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done  
and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

We may repeat each line of the following prayer after the priest:

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.



## Gloria

We praise God. We sing or say together:

Glory to God in the highest  
and on earth peace to people of good will.

We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the  
Father,  
have mercy on us.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.

## Opening Prayer (Collect)

The priest then says a short prayer.

We respond: Amen.



## Liturgy of the Word

### SIT

During this part of the Mass, we listen to God's Word from the Bible. The Bible readings tell us how much God loves and cares for us.

### First Reading

We listen to a reading. This is usually from the Old Testament.

At the end of the reading, the lector, or reader, says:

*The word of the Lord.*

We respond: **Thanks be to God.**

After the first reading, a psalm is read or sung. We say or sing a response.



### Second Reading

We listen to a reading from the New Testament.

At the end of the reading, the lector says:

*The word of the Lord.*

We respond: **Thanks be to God.**



## STAND

### **Alleluia or Gospel Acclamation**

As we stand for the reading of the gospel, we join in singing Alleluia. The Alleluia is a song of praise to God.

During Lent, instead of the Alleluia, we say other words of praise, such as:

Praise to you, Lord Jesus Christ,  
King of endless glory!

### **Gospel**

In the gospel we hear the good news of Jesus.

Before proclaiming the gospel, the deacon or priest says:

*The Lord be with you.*

We respond: **And with your spirit.**

The deacon or priest says:

*A reading from the holy Gospel according to \_\_\_ (Matthew, Mark, Luke, or John).*

We respond: **Glory to you, O Lord.**

At the end of the gospel, the deacon or priest says:

*The Gospel of the Lord.*

We respond: **Praise to you, Lord Jesus Christ.**





SIT

## Homily

We listen while the priest or deacon helps us to understand the Bible readings. We call this part of the Mass the homily.



STAND

## Profession of Faith

In the Nicene Creed we say what we believe as members of the Catholic Church.

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with  
the Father;

through him all things were made.  
For us men and for our salvation  
he came down from heaven,

and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.

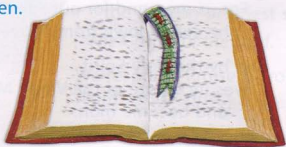
For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of  
the Father.

He will come again in glory to judge the  
living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the  
giver of life,  
who proceeds from the Father and  
the Son,  
who with the Father and the Son is  
adored and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic and  
apostolic Church.

I confess one Baptism for the  
forgiveness of sins  
and I look forward to the resurrection  
of the dead and the life of the world  
to come.

Amen.





# My Reconciliation and Prayer Book

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## Preparing for Penance and Reconciliation: How to Make Good and Loving Choices

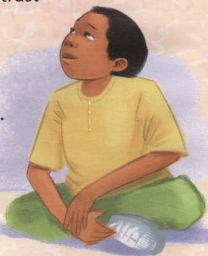
1. When you have a choice to make, find a quiet place where you can think. Think about each of the choices, good and bad, that you can make.
2. Pray:  
Holy Spirit, help me to make good and loving choices.
3. Now think about each of your choices, and ask yourself these questions.

Will this choice show that I love:

- ❖ God?
- ❖ others?
- ❖ myself?

If I say "yes" to loving God, others, and myself, it is a good choice.

4. Ask someone you can trust to talk with you about your choices.
5. With God's help you can choose to do the good and loving thing.



# The Sacrament of Penance and Reconciliation

## Preparing for Penance and Reconciliation: The Ten Commandments

The Ten Commandments are God's special laws. Following the commandments helps us to live as God's children. We show our love for God, ourselves, and others by obeying the Ten Commandments.

1. I am the LORD your God: you shall not have strange gods before me.
2. You shall not take the name of the LORD your God in vain.
3. Remember to keep holy the LORD'S Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.



### **Preparing for Penance and Reconciliation: How to Examine Your Conscience**

God has given each person a conscience. This gift helps a person to know what is right and what is wrong.

We can prepare to celebrate the sacrament of Penance and Reconciliation by examining our conscience. This means we think about our thoughts, words, and actions.

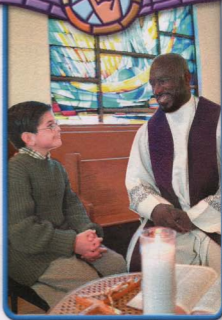
To examine your conscience, think quietly and prayerfully about the times you chose to do what you knew to be wrong. At these times you sinned, or disobeyed God's law on purpose.

To help you remember the times when you chose to do what you knew to be wrong, use questions like these. As you read each question, talk quietly to God about your answers.

- ❖ Have I prayed to God each day?
- ❖ Have I spoken God's name only with love and respect?
- ❖ Have I participated in Sunday Mass?
- ❖ Have I obeyed my parents and all those who care for me?
- ❖ Have I done anything to hurt myself or others?
- ❖ Have my actions shown love and respect for myself and others?
- ❖ Have I taken things that do not belong to me, or cheated in any way?
- ❖ Have I said mean things or told lies?
- ❖ Have I shown my feelings for other people in a loving and respectful way?
- ❖ Am I grateful for the things I have?

## Celebrating the Sacrament of Penance and Reconciliation

The sacrament of Penance and Reconciliation can be celebrated individually with the priest or with the whole parish community and one or more priests.



These things are always part of the celebration of the sacrament of Penance and Reconciliation:

**Contrition:** I examine my conscience and am sorry for my sins. I promise not to sin again. During the sacrament I pray an act of contrition.

**Confession:** I tell my sins to a priest. The priest talks to me about loving God and others.

**Penance:** The priest tells me to say a prayer or do a kind act to show I am sorry for my sins. By doing my penance, I show I am willing to live as Jesus' disciple.

**Absolution:** The priest, acting in God's name, forgives my sins.





## Celebrating Individually

First, I examine my conscience.

The priest greets me.

We both make the sign of the cross. The priest asks me to trust in God's mercy.

The priest or I may read from the Bible.

I talk with the priest and I confess my sins.

The priest talks to me about loving God and others. He gives me a penance.

I pray an act of contrition:

My God,

I am sorry for my sins with all my heart.

In choosing to do wrong  
and failing to do good,

I have sinned against you

whom I should love above all things.

I firmly intend, with your help,  
to do penance,

to sin no more,

and to avoid whatever leads  
me to sin.

Our Savior Jesus Christ  
suffered and died for us.

In his name, my God,  
have mercy.



The priest extends his hand over my head  
and prays:

God, the Father of mercies,  
through the death and resurrection  
of his Son  
has reconciled the world to himself  
and sent the Holy Spirit among us  
for the forgiveness of sins;  
through the ministry of the Church  
may God give you pardon and peace,  
and I absolve you from your sins  
in the name of the Father, and  
of the Son, †  
and of the Holy Spirit.

I respond:

Amen.



Through these words and actions, I receive  
God's forgiveness of my sins.

Then the priest says:

Give thanks to the Lord, for he is good.

And I respond:

His mercy endures for ever.

The priest sends me out saying:

The Lord has freed you from your sins.  
Go in peace.





## Celebrating with the Community

We sing an opening song.

The priest greets us.

The priest prays an opening prayer.

We listen to a reading from the Bible and a homily.

Each of us examines our conscience.

Together, we pray an act of contrition.

We may say a prayer or sing a song. Then we pray the Our Father.

I meet individually with a priest to confess my sins. The priest gives me a penance. Then the priest gives me absolution.

After everyone has met individually with a priest, we thank God together for loving and forgiving us. The priest says a concluding prayer to thank God.

The priest blesses us. Then the priest dismisses us, saying, "The Lord has freed you from your sins. Go in peace."

We respond, "Thanks be to God."