

THE MASS

"the source and summit of the Christian life"



What's the big deal?

Mass is a special way we can spend time with God, and with the people who belong to our church family, to help build relationships. Mass supports us, by feeding our **body**, **mind** and **spirit** for the coming week. So that we may be able to make good choices with God at the *centre* of our lives and so we can live like Jesus.

After trying to live our lives as God wants us to live, we meet at mass and we are reminded that we are not perfect. In fact, we come to mass because we know that to be whole, and to live a full life, we need God. We understand that there is something **more** to life, and that our faith although personal can only be understood in community and in relationships.

In the Eucharist we:

1

REMEMBER

Jesus died and rose again!

2

SACRIFICE

We offer God our lives so we can live like Jesus

3

ARE NOURISHED

Our, body, mind and spirit are fed.

What are the four ways we can meet Christ in the Mass?



In the people!



In the celebrant!



In the Eucharist!



In the Word of God!

Focussing on the Mass!

DIVING DEEPER



MASS BINGO

Can you find and draw all of these things during mass?

altar	lecturn	paschal candle
chalice	tabernacle	baptismal font
ciborium	holy water font	the host

If you get stuck make sure to ask the someone in your community to help!

May God protect me from gloomy saints!

ST TERESA OF AVILA

St Teresa who wrote the famous prayer 'Christ has no body now but yours' had a fascinating life. As a child of 7 she tried to become a martyr, then as a teenager she lived a bit of a wild, rebellious life so her father sent her to a convent. Life was no easier for her as a Carmelite nun, especially because everyone liked her and she liked to be liked, so she found it too easy to ignore God and get distracted by a worldly life. When she got very sick with malaria she used it as an excuse to stop praying completely! Eventually she returned to her life of prayer again at 41 and said "For mental **prayer** in my opinion is nothing else than an intimate sharing between friends; it means taking **time** frequently to be alone with him who we know loves us. The important thing is not to think much but to love much and so do that which best stirs you to love. Love is not great delight but desire to please **God** in everything."



Spiritual life is an attitude of love not rule!