

1. When I come to the mass do I come only reflecting on me and my relationship with Jesus or do I come to celebrate Me and Jesus lived out in my neighbor? 1
2. Keep the end in sight, which are actually two:
 1 our baptismal calling to be holy and practical Catholics
 Eternal life with Christ for those who are faithful 2
3. Do you need to go to confession?
 Am I in a state of grace? Do I need the Sacramental Grace of Confession? Am I
 a public witness to my family and friends of my need for mercy and forgiveness? 1
4. Go to Confession. 1
5. Read over the readings before you come to Church. 1
 Am I prepared to hear the Word of God? Am I open to how the Word of God
 might be broken open in me?
6. Enter the Church and bless yourself with Holy Water. 4
 Our baptism, our hello, our being members of the one body of Christ.
7. Greet the hospitality people. 1
 Do I go to them or wait for them to come to me? Would I let someone come
 into my house without a greeting? Do I not receive my guest into my house? By our
 baptismal calling we are not alone, we are family.
8. Genuflect before entering your pew, seat. 1
 Once again a hello. Do I come to worship and do I know why and who
 I am worshipping? At the name of Jesus every knee shall bend.
9. Bless yourself as you genuflect. 1
 Who do we belong to, who's family?
10. Kneel down and pray, beginning with the sign of the cross. 3
 Start with the sign of the cross, in whose name do we pray? What are we
 asking for and from whom?
11. Tell God what your intention of this Mass is. 1
 Is it Praise? Is it Thanksgiving? Is it Petition? What directs your worship?
 Did you know you are allowed to ask? Father I offer this Mass to your altar in
 heaven and for the Holy Souls in purgatory.
12. What do you want from God today? 1
 Why am I here, spiritually.
13. Prepare yourself to celebrate with your God. 1
14. Find your silence, be still and know who is God. 1
 "Be still and know that I am God."
15. When the bell rings: Stand for the entrance hymn. 1
 Bells call our attention to something. Not all churches have the bell for
 gathering, but it is part of our tradition.
16. Take out your hymnal and join in the entrance hymn. 2
 Am I actively participating? Am I setting an example for family and/or friends?

17. Make the sign of the cross with the priest as he begins the Mass. 1
Signifies the presence of God, by this action the mystery of the Church gathered is made public.
18. Respond with a loud "Amen". 1
Our proclamation of yes we do believe.
19. Pray the Penitential Rite with Father. 1
Begin with a moment of silence to recollect ourselves. The Confiteor is preferred as it truly calls to mind and publically states what we are doing, asking God and neighbor that we all need reconciliation
20. Strike your breast admitting that your sins are your fault. 1
This public outward action of sorrow is still retained in the church, it was never removed, just forgotten. With the new ritual it has been restored to its proper place in the mass.
21. You may make the sign of the cross during the absolution. 1
Again, an outward action that was forgotten. Once again not removed but very often not practiced.
22. Proclaim "Amen" at the end of the Absolution. 1
23. Sing the Kyrie with the leaders of song. 1
24. Sing or say the Gloria. 1
Where the penitential rite reflects on us as sinners the Gloria celebrates the fact that we are redeemed and saved by Jesus in his action of sacrifice.
25. Listen to the opening prayer and respond "amen" at its end. 2
Now the prayer of the universal church is proclaimed.
26. Be seated. 1
27. Listen to the 1st Reading. 1
Do I remember this reading? What is it saying to me now?
28. What is your response? 1
29. Reflect silently. 1
30. Respond to the Responsorial Psalm. 1
31. Listen to the 2nd Reading. 1
Do I remember this reading? What is it saying to me now?
32. What is your response? 1
33. Reflect silently. 1
34. Stand for the Gospel Acclamation. 1
Stand up, stand up, for the "**Word**" is about to become truly present. In the

- beginning was the Word and the Word was with God and the Word was God.
35. Join in singing the Acclamation. 1
 36. Respond to the Gospel introduction. 1
 37. Make the sign of the cross on your forehead, lips and heart asking God to be on your mind, on your lips and in your heart. 6
 38. Listen to the Gospel reading. 1

Do I remember this reading? What is it saying to me now? Where am I looking and where am I focused?
 39. Respond at the conclusion of the Gospel. 1
 40. Be seated. 1
 41. Listen to the homily. 1

The homily is now given, a breaking open of the Word, making it concert in our lives “today.” This is not a story of the past, this is our lives today. During the homily we listen to hear the Holy Spirit speaking to us through the priest. We need to be attentive and reflective, we need to be open.
 42. Stand.
 43. Make your profession of faith. 1

Pray this prayer with attention, this is “our” faith, this is what we believe in, this is what people have died for and continue to die for, it is “my” faith. Bow or kneel when required, this again helps us to call to mind something.
 44. Respond to the General Intercessions. 1

The Universal prayers or requests of the church, more than me. Here again we have the opportunity to call to mind why we have come to church today, what petition am I putting before my God?
 45. Be seated.
 46. Make your monetary offering to God. 1

“All good things come from God the Father and shall be returned to the Father.” Are we giving back in the manner we receive? Are we just here to receive or are we also sharing our gifts? Do we recognize the gifts God has blessed us with?
 47. Sing with the leaders of Song. 1
 48. Respond to the prayers of blessing over the gifts of bread. 1

Do we understand where the gifts find their origin and our participation in the gifts? Through God’s goodness, fruit of the earth, work of human hands.
 49. Respond to the prayers of blessing over the wine. 1

Do we understand the role of wine in the life of Christ and his church? The wedding at Cana, the offer at the meal. The thanksgiving cup, the overflows?

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| 50. | Respond to the “Pray brethren...”.
Do we acknowledge that we are becoming what we are about to receive?
For our good and the good of all the church! | 1 |
| 51. | Stand for the prayer over the gifts. | 1 |
| 52. | Respond to the preface prayer with an “Amen”. | 1 |
| 53. | Respond to the preface prayer.
Do we lift up our hearts? The source of love and our understanding of love.
Are our hearts lifted up in praise and thanks to God or are these just words? | 3 |
| 54. | Listen to the prayer. | 1 |
| 55. | Sing the Holy Holy with the Leaders of song. | 1 |
| 56. | Bells are rung to call our attention: up to four times they will be rung.
A little before the Eucharistic prayer. At the end of the Eucharistic prayer.
Showing of the host. Showing of the chalice | |
| 57. | Pray silently the Eucharistic prayer with the priest.
Once again we are reminded that we are here to give worship to God
and God alone. This is also the prayer of the people and for the people.
Am I following along?
Do I claim it as my prayer? | 1 |
| 58. | When the Body of Christ is raised and when the bells ring look, gaze upon your Lord. | 1 |
| 59. | When the priest genuflects, bow your head and pray “my Lord and my God”. | 1 |
| 60. | When the Blood of Christ is raised and when the bells ring look, gaze upon your Lord. | 1 |
| 61. | When the priest genuflects, bow your head and pray “My Lord and my God.” | 1 |
| 62. | Sing or say the memorial acclamation.
We acclaim our faith once again. | 1 |
| 63. | At the end of the Eucharistic prayer make a resounding “Amen.” | 1 |
| 64. | You “may” join hands in preparation for the Lord’s Prayer. | 1 |
| 65. | Pray or sing the “Lord’s Prayer” with the congregation.
Also called the prayer of the people for it joins us to the Mission of
Christ. Joining of hands can be seen as joined in mission and prayer,
but is completely optional. | 1 |
| 66. | At the end of the doxology make a joyful “Amen”.
Do we offer back to Jesus present in the priest? Do we recognize the spirit
of God present in the priest as it is present in the congregation? | 1 |
| 67. | Respond to the offering of peace from Jesus saying “And with your spirit.” | 1 |
| 68. | Share with each other a sign of peace. | 1 |

69.	Sing or pray the “Lamb of God.”	3
70.	You may strike your breast each time we repeat the prayer.	3
71.	As the priest prepares himself to receive Jesus we also should be preparing ourselves.	1
72.	As the priest raises the Eucharist we gaze upon our Lord.	1
73.	As the priest concludes “called to his Supper” we make our proclamation of faith, hope and trust. “Lord I am worthy that you should enter under my roof, but only say the word and my soul shall be healed.”	
74.	We prepare ourselves to receive Jesus. Prepare silently for the gift, we are about to be reconciled and reunited with Christ, totally and completely.	1
75.	We join the line up to the Altar, for we are called. We go to the Altar of Sacrifice, the Altar of Reconciliation, the Altar of God’s willingness to die and triumph over evil out of love for “me”. We are called, we are chosen.	1
76.	We make a small head bow to Jesus. Respect and worship of our God.	1
77.	We present our tongue or our hands to receive the gift of Jesus. We come openly, to receive.	1
78.	We respond “Amen” to the words “Body of Christ”. Yes, I believe.	1
79.	We consume Jesus and then walk away. This is real food and so we chew it. We also chew upon what it means for us, united with the Body of Christ.	1
80.	We make the sign of the cross as we walk away. A prayer of thanksgiving.	1
81.	We prepare our hands to receive Jesus from the chalice.	1
82.	We respond “Amen” to the words “Blood of Christ.”	1
83.	We take the cup and consume Jesus. Only a small sip, for we are not worthy.	1
84.	We make the sign of the cross as we walk away.	1
85.	We return to our pews, seats.	1
86.	We remain standing and say a prayer of thanksgiving.	1
87.	We sing with the leaders of song.	1
88.	We sit in silence. We reflect upon the gift and gifts we have been given.	1

89. We stand for the prayer after communion. 1
90. We listen to the prayer. 1
 We bow our heads. We are called to serve. We will soon be sent with
 God's blessing and with God in us.
91. We end the prayer with our "Amen." 1
92. We respond to the priest's greeting. 1
93. We bow our heads for the blessing. 1
94. We respond with our "Amen." 1
95. We respond to the dismissal with our "Thanks be to God." 1
96. We join the choir in the recessional hymn. 1
97. We kneel and make our final thanksgiving prayer after Father has left. 2
 Once again we make a personal prayer of thanksgiving for the privilege
 of receiving and being united to and with the Body of Christ.
98. We stand and exit the pew, seat. 1
99. We genuflect facing the Altar or Tabernacle. 1
 Our goodbye, recognizing that it is God who is sending us and that God
 will be with us.
100. Bless yourself as you genuflect. 1
101. We walk out of the Nave of the church. 1
102. We bless ourselves with Holy Water as we leave. 1
 We are sent by our baptism for we are Holy People, a royal Nation of People.
 Set apart and by our baptism we are called to be:
 Priest – servant
 Prophet – voice
 King – caretaker
103. Take the bulletin home. 1
104. Read the bulletin. 1
 Do I know what is going on in my own parish and am I taking
 interest in all that goes on?
105. Discuss the homily with your family. 1
106. Begin the process of 167 hours of preparation for the next one hour with Jesus.