Missalette for Sensory Mass

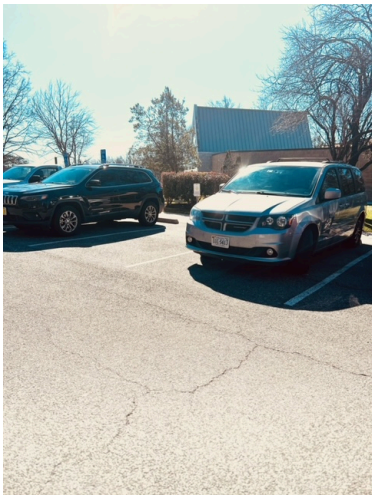


NATIVITY CATHOLIC CHURCH, BURKE VA

I am going to Mass at Nativity



First, my family will park in the parking lot.



As I walk through the doors of the church, into God's House, I will be reverent and use a quiet voice.





When I enter church, I dip the tips of the fingers on my right hand in the holy water and bless myself with the sign of the cross.

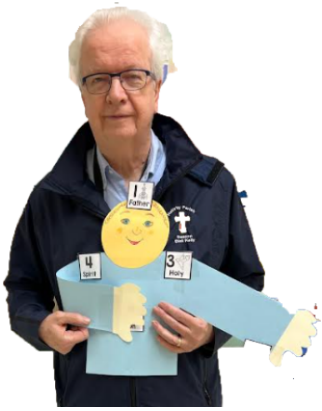


To myself or out loud I say, “In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

In the name of the Father



the Son



and the Holy



Spirit



Amen



Next, I will walk into the Church. There will be a lot of people and music might be playing. If it is too loud, I can use my noise-canceling headphones or earplugs.

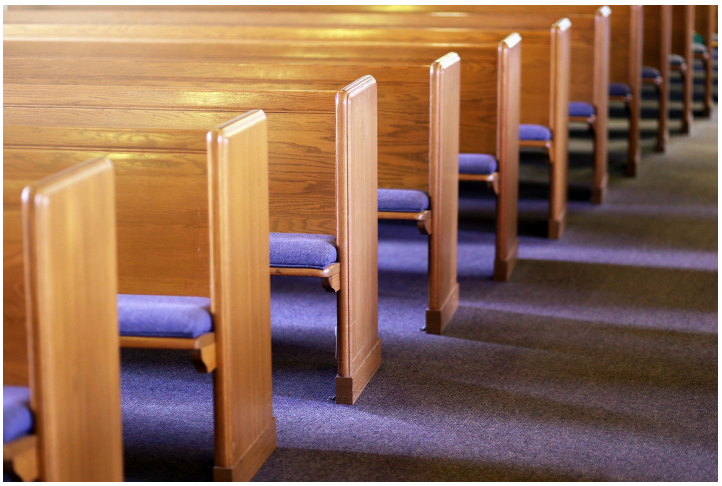


Quiet Headphones

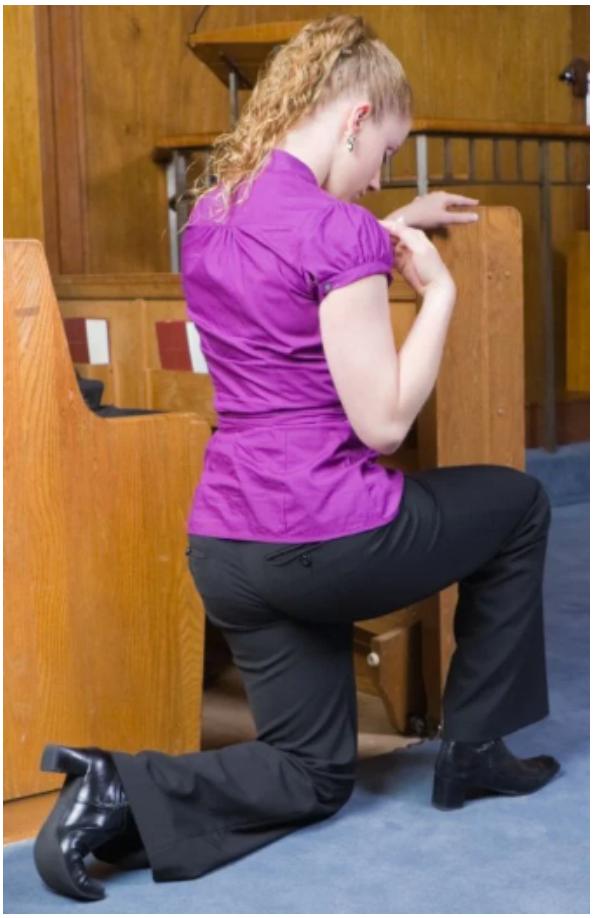


I find a place to sit with my family. All around us are other people in my parish. We all come together to celebrate that God is with us and active in our world.

The seats look like long benches. The long benches are called pews.



As I enter the pew I genuflect by lowing one of my knees to the ground or I can bow towards the altar.



I will try my best to stay quiet during Mass. To help me stay focused, I can use a quiet fidget or a weighted lap pad. If I feel like I need to move my body more I can use flexible seating tools.



Chair Cushion



Wobble Stool

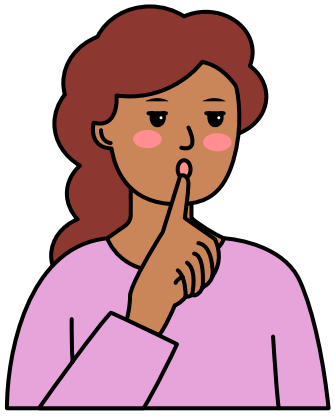


Weighted Blanket





If I need my parent or family member, I will try to speak in a quiet voice or whisper.





Everyone will greet each other. I can say hello to the people close by me.



Everyone stands and we sing to God. It is called the Gathering Song



The altar servers, lector, Deacon and Priest walk to the altar from the back of the church.



We know that the Mass has begun when the priest says, “In the name of the Father, of the Son and of the Holy Spirit, Amen.”



All make the Sign of the Cross as the Priest says...

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

Everyone: ***Amen***

Priest: *The Lord be with you.*

Everyone: ***And with your spirit.***

The Priest will say special prayers and there will be singing. People will sit and stand. I can join in and pray and sing or I can just listen quietly.



<u>Everyone</u>: ***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.***

<u>Priest:</u> *You were sent to heal the contrite of heart: Lord, have mercy.*
<u>Everyone</u>: ***Lord, have Mercy***
<u>Priest:</u> *You came to call sinners: Christ, have mercy.*
<u>Everyone:</u> ***Christ, have mercy.***
<u>Priest:</u> *You are seated at the right hand of the Father to intercede for us: Lord, have mercy.*
<u>Everyone:</u> ***Lord, have mercy.***

<u>Priest</u>: Glory to God in the highest,
<u>Everyone</u> : **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.**

The first part of Mass is the Liturgy of the Word. This is where God speaks to us through His word in the Bible.

The lectors read to us from the Bible.

First Reading



AFTER THE FIRST READING

🙏 Lector: *The Word of the Lord*
Everyone: ***Thanks be to God***

Second Reading



AFTER THE SECOND READING

🙏 Lector: *The Word of the Lord*
Everyone: ***Thanks be to God***

Next, the Priest or Deacon will read from the Bible the Gospel for today.
During this time people stand up and are quiet.

Before the Gospel Reading

Priest/Deacon: *The Lord be with you.*
Everyone: ***And with your spirit.***
Priest/Deacon: *A reading from the holy Gospel according to_____*
Everyone: ***Glory to you, O Lord***



After the Gospel Reading

Priest/Deacon: *The Gospel of the Lord.*
Everyone: ***Praise to you Lord Jesus Christ.***

When he is done reading, everyone will sit down. The Priest or Deacon will talk about the readings. This is called a homily.



During the Homily

🙏🏾 As the Priest or Deacon share the Homily, we listen and reflect.

Next, we say the Creed. This is a statement of our beliefs of our faith as Christians.



Nicene Creed

🙏🏾 *Everyone:* ***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***

The Deacon or the lectors say the *Prayer of the Faithful*. This is when we pray for our needs, the needs of others, and the needs of the church.



Prayer of the Faithful

🙏

Deacon or Lectors: *Let us pray to the Lord*

Everyone: ***Lord, hear our prayer***

The second part of the Mass is the Liturgy of the Eucharist



This is where the bread and wine become the Body and Blood of Jesus.



The presentation of the gifts is the time when the bread and wine are brought to the altar





Next the Priest gets the Altar ready for the Eucharist.



The priest prays thanking God for creating the world, making us, and for giving us Jesus.



Invitation to Prayer

🙏 *Everyone*: ***May the Lord accept the sacrifice at your hands for the praise and glory of his name for our good and the good of all his holy Church.***

Preface Dialogue

🙏 *Priest:* *The Lord be with you.*
Everyone: ***And with your spirit.***
Priest: *Lift up your hearts.*
Everyone: ***We lift them up to the Lord***
Priest: *Let us give thanks to the Lord our God*
Everyone: ***It is right and just***

Holy Holy Holy

🙏 *Everyone:* ***Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.***



The priest asks God to make the bread and wine holy, or special. This is where the bread and wine become the Body and Blood of Jesus.

We pray together and say the Lord's Prayer





The Lord's Prayer

Everyone: **Our Father who art in heaven,**
hallowed be thy name.
Thy kingdom come.
Thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.

Priest: Deliver us, Lord, from every evil, and grant us peace in our day. In your mercy keep us free from sin and protect us from all anxiety as we wait in joyful hope for the coming of our Savior, Jesus Christ.

Everyone: **For the kingdom, the power, and the glory are yours, now and forever.**

During the Sign of Peace, the Priest or Deacon will ask everyone to share peace with the people sitting close by.

SIGN OF PEACE

🙏

Priest or Deacon: *The peace of the Lord be with you always.*
Everyone: ***And with your spirit.***
Priest or Deacon: *Let us offer each other the sign of peace.*

I can look at the person and say:
"Peace be with you," or I can be quiet and watch.





The priest then shows us the Body and Blood of Christ. During this time we pray and prepare ourselves to receive Jesus.



Lamb of God

🙏 Priest: *Behold the Lamb of God. behold him who takes away the sins of the world. Blessed are those called to the supper of the lamb*

Everyone: ***Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed .***

Invitation to Communion

🙏 Everyone: ***Lamb of God, you take away the sins of the world, have mercy on us***

Lamb of God, you take away the sins of the world, have mercy on us

Lamb of God, you take away the sins of the world, grant us peace.

It is now time for me to receive Jesus.
This is called Communion.



I walk up to receive Communion quietly and prayerfully.



When it is my turn, I bow my head slightly to show respect for Jesus. The Priest, Deacon or minister of Communion will say "The Body of Christ."
I will say "Amen."



If I choose to receive Communion by drinking from the chalice, I walk up and the Priest, Deacon, or Minister of Communion will say
"The Blood of Christ."
I will say "Amen."

Once I have received Communion I go back to my seat, and quietly pray.



If I have never received communion before, I can walk up with my family with my arms crossed in front of me, like this and I will receive a prayer.



When Communion is finished the priest will say the closing prayers and give a blessing. We will all make the sign of the cross.



Concluding Rites

Priest:	*The Lord be with you*
Everyone:	***And with your spirit.***
Priest:	*May Almighty God bless you, the Father, and the Son and the Holy Spirit.*
Everyone:	***Amen.***
Priest or Deacon:	*Go forth, the Mass is ended. Go in peace*
Everyone:	***Thanks Be to God***

I will know that the Mass is finished when the Priest or Deacon says:
"The Mass has ended. Let us go in Peace."

Then the altar server, deacon and priest will walk out of the church. They may be led by someone holding the crucifix, called a “cross bearer.”



When I leave the church I dip my fingers into the holy water,



and bless my self while I quietly say “In the name of the Father and of the Son and of the Holy Spirit. Amen.”

The Priest and Deacon stand by the church doors and say goodbye to the people leaving the church.





I can say goodbye to the Priest and Deacon when I leave church.





