A Story About Going to Mass

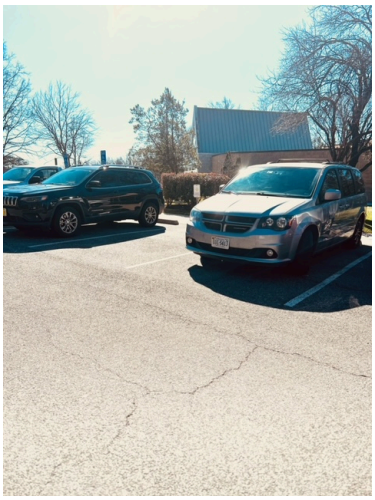


NATIVITY CATHOLIC CHURCH, BURKE VA

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.

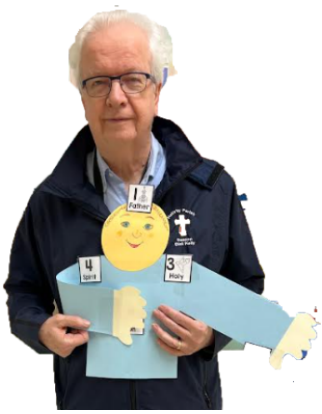


To myself or out loud I say, “In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

In the name of the Father



the Son



and the Holy



Spirit



Amen



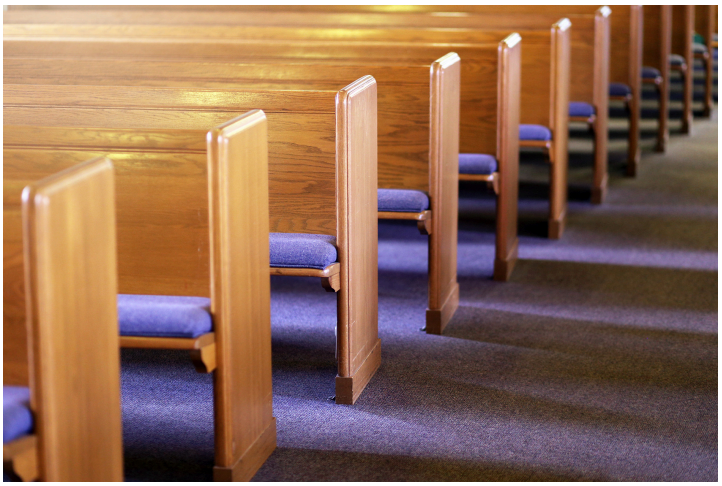
Next, I will walk into the church. There will be a lot of people and music might be playing. If it is too loud, I can use my noise-canceling headphones or earplugs.



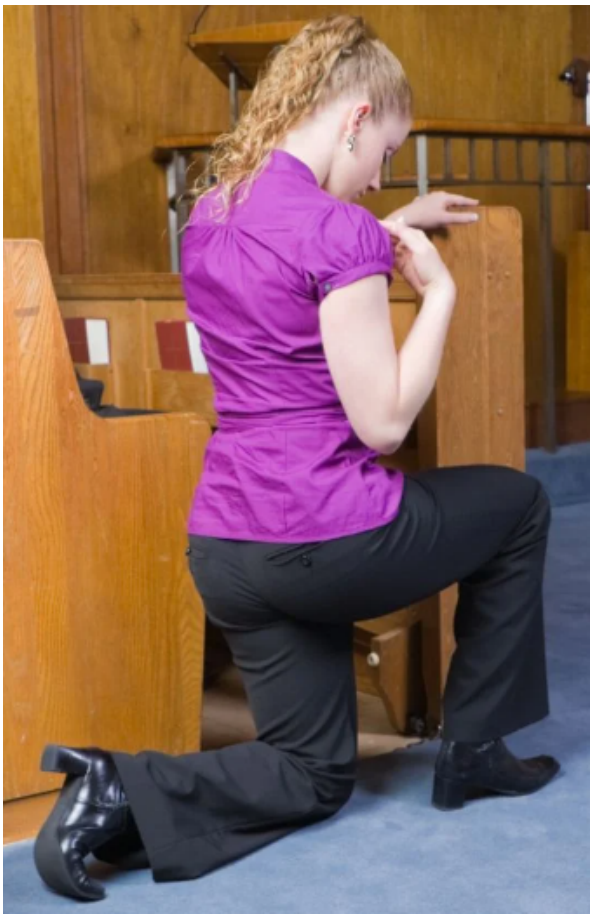


I find a place to sit with my family. All around us are other people in my parish. We all come together to celebrate that God is with us and active in our world.

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

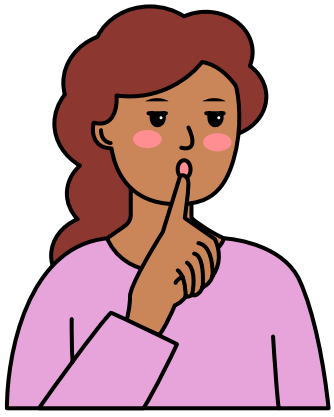


Weighted Blanket





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.”



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.







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



Second Reading



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



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



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



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.



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.



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





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





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.



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 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 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.



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.





