The Catholic
Archdiocese
of Edmonton

A Ready-to-Use Faith Resource

THE MASS, REVEALED

UNDERSTAND. CELEBRATE. PARTICIPATE.

Explore the Catholic Mass
and participate fully, consciously, and actively
in its celebration.

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**THEN HE TOOK A LOAF OF BREAD,
AND WHEN HE HAD GIVEN THANKS,
HE BROKE IT AND GAVE IT TO THEM, SAYING,
"THIS IS MY BODY, WHICH IS GIVEN FOR YOU.
DO THIS IN REMEMBRANCE OF ME."**

LUKE 22.19

The Catholic Archdiocese of Edmonton has a deep and close relationship with the Catholic school divisions that exist within its boundaries. As such, the Archdiocese is interested in supporting Catholic schools in living out their Catholic ethos, especially in liturgical celebrations. Representatives from the Archdiocese and the Catholic school divisions have worked together to create a series of short videos on the Holy Mass. These short videos are intended to support worship in our Catholic schools, homes, and parishes.

The Holy Mass is the central celebration and prayer of our Catholic life. We are called to participate fully, actively, and consciously in the celebration of Mass (*CCC 1141*). This means we are not meant to be merely spectators or be on autopilot when we attend Mass; instead, we should cultivate a desire to learn more and deepen our understanding of the Mass so that we can engage intentionally and purposefully in worship.

> *"The Church, therefore, earnestly desires that Christ's faithful when present at this mystery of faith, should not be there as strangers or silent spectators; on the contrary, through a good understanding of the rites and prayers they should take part in the sacred action conscious of what they are doing, with devotion and full collaboration."* (*Sacrosanctum Concilium, 48*)

These videos aim to help viewers understand what full, active, and conscious participation looks, sounds, and feels like. When we celebrate Mass, we come together as a community and use all aspects of our being to worship God: our minds, hearts, souls, voices, and bodies.

Each video is hosted by Rev. Paul Kavanagh, the Episcopal Vicar for Clergy, Office of Divine Worship, Mission Leadership Senior Lead of the Catholic Archdiocese of Edmonton. The videos were recorded at St. Peter Catholic Church in Villeneuve, Alberta.

Notice:

This resource is intended to help everyone prepare to participate fully, consciously, and actively in Holy Mass. It may supplement school or parish practices and connect with curricular outcomes in our religious education programs. However, it is not intended to replace approved religious education resources and programs.

ACCESS THE VIDEO SERIES

All videos in The Mass Revealed series are available on the Archdiocese of Edmonton's YouTube channel. View the complete playlist at:
caedm.ca/themassrevealed

STRUCTURE

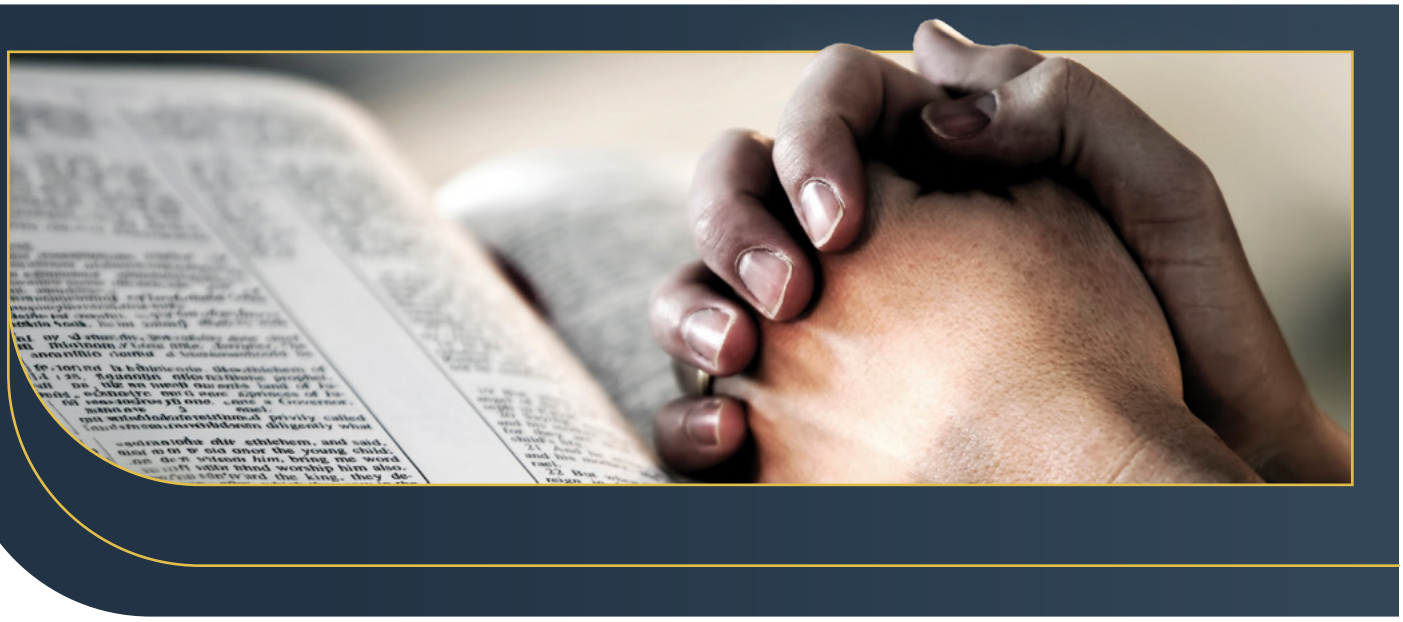
This document provides suggestions for best practices for using the videos in schools and parishes. It also includes a guide for learning for each video in The Mass Revealed series.

EACH VIDEO FOLLOWS A COMMON FORMAT:

- an introduction of the video topic from Fr. Paul, using an exploration question
- a brief teaching of the topic including:
  - » introduction of vocabulary *(read aloud and/or written on screen)*
  - » opportunities to practice responses and/or common prayers found within the Mass
  - » reflection questions *(read aloud and written on screen)*

EACH GUIDE FOR LEARNING INCLUDES:

- the title and topic of the video
- the run time
- a list of important vocabulary
- if applicable, practice guides for prayers and gestures
- key learning questions



BEST PRACTICES/SUGGESTIONS FOR USE IN SCHOOLS AND PARISHES

While videos do not need to be viewed in order, they are organized to introduce the Mass and its structure.

These videos may be used by schools, parishes, families, and individuals. They may be used in multiple ways and many times to reach all intended and interested audiences. The following are suggestions that may be adapted to each specific context.

To help prepare staff, students, and families to celebrate the Holy Mass within a school context, these videos may be used in the following ways:

WHOLE SCHOOL

- Show videos during a whole school assembly to help students and staff become familiar with the chosen topic
- Highlight video topic during daily or weekly announcements
- Provide links on school website (e.g. “Catholic Faith” tab)
- Share links (or QR code) in newsletters
- Display videos OR provide a QR code link to videos on video announcement board
- Show during parent evenings, parent council meetings and/or provide QR code to access videos
- Share links through social media platforms and encourage families to watch and repost
- Encourage families to watch videos together and discuss at home
- Extend invitations to families to the celebration of Mass at the local parish, especially prior to Easter and Christmas, Catholic Education Sunday, and/or school-led Sunday Masses, and include links to videos to aid families in preparation

INDIVIDUAL CLASSROOM

- Link specific videos through Google Classroom (to aid student preparation and participation)
- Share and discuss videos during homeroom/teacher advisory blocks
- View and discuss specific videos that link to grade-level religion curricular outcome(s)
- Use to support answering student questions regarding the Mass
- View to help prepare students for clergy visits and/or classroom liturgical celebrations
- Share with specific students and families who express interest in knowing more about the Catholic faith and Mass

To support those coming to celebrate Mass at a parish, videos may be used in the following ways:

PARISH

- Show individual videos before Mass to aid preparation and participation
- Highlight video topics and links in weekly bulletin
- Provide links on parish website and through Flocknote
- View during Sacramental Preparation sessions such as RCIA, Marriage, Baptism, and share with participants to aid further preparation and participation
- View as part of ministry training and/or study group
- View and discuss as part of parish groups such as parish council, Catholic Women’s League, Knights of Columbus, St. Vincent de Paul, and youth groups
- Link videos to invitations, especially prior to Easter and Christmas, youth-led liturgies, Catholic Education Sunday or other important parish celebrations, to assist individuals and families in preparation

EPISODE 1:

How can we get ready to celebrate Mass?

Runtime 3:17

Overview: This video explains the ways that people can show reverence when entering sacred space to celebrate Mass. It highlights actions, prayers, and attitudes we bring to Mass.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

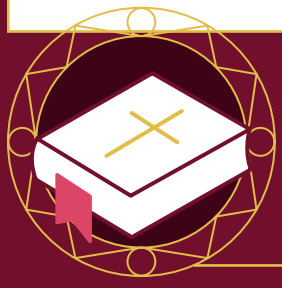
Sanctuary/Sacred Space	Where people gather, worship, and pray together.
Reverence	Having a deep respect for someone or somewhere.
Holy Water Font	A container which holds holy water, usually found at the front of the church.
Tabernacle	A cabinet-like box that holds the consecrated hosts (the Body of Christ).
Genuflect	Lowering down onto one knee towards the tabernacle. This shows respect and thanksgiving to the Blessed Sacrament (Body of Christ).

REFLECTION QUESTIONS

	Suggested Responses
What does it look like to prepare for Mass for each of you?	• Entering the sacred space quietly • Being respectful of the sacred space • Showing reverence by genuflecting, making the sign of the cross with holy water, and praying quietly • Learning the prayers of the Mass
How can you better prepare your heart for God before Mass?	• Learning the prayers of the Mass • Reading the Bible; the readings of the day • Praying to God • Being open to God's presence

FOR FURTHER EXPLORATION

Practice making the sign of the cross with Holy Water and genuflecting.



EPISODE 2:

Why do we go to Mass?

Runtime 3:34

Overview: This video explains that Mass is central to the lives of Catholics because of the presence of Christ in the Word, the people of God, the priest, and most especially, in the Eucharist.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

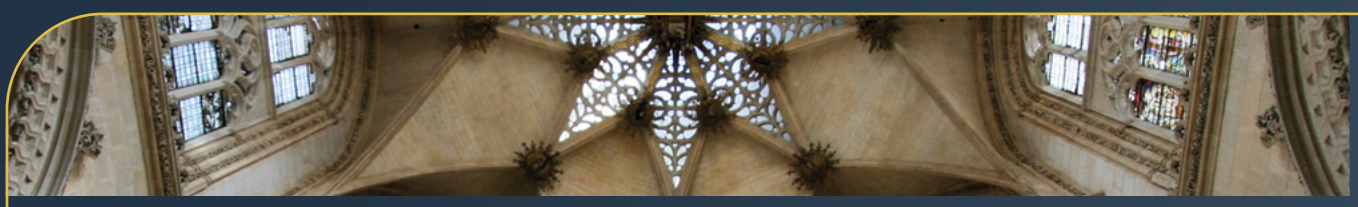
Mass	For Catholics, the most important form of worship and prayer. It comes from the Latin word “missa” which means “dismissal.”

REFLECTION QUESTIONS

	Suggested Responses
How does the Mass help us to be the person God has created us to be?	• It strengthens and inspires us to follow Jesus’ example and teachings. • We learn from God’s Word and from the example of the saints and each other. • We learn to pray together for the needs of the community. • We receive Christ in the Eucharist, which nourishes us for our life and faith.
How can we meet Jesus in the Mass?	• We meet Jesus in: » the priest: *Christ acts through the priest in the celebration of the Sacraments; the priest has been given a sacred mission to serve God’s people.* » the Word of God: *God reveals Himself to us through Scripture*. » each other: *we gather as a community of believers. We walk a life of faith together and see Jesus in one another.* » the Eucharist: *Jesus is truly present in the Eucharist: Body, Blood, Soul, and Divinity. It is not a symbol, but a reality. What a gift!*

FOR FURTHER EXPLORATION

What are days of obligation?	*Catholics must attend Mass on these days, including all Sundays and other important Solemnities.*



EPISODE 3:

What are priests and why are they important?

Runtime 4:55

Overview: This video explains that priests are essential to the life of the Church. Priests are necessary for celebrating most sacraments, especially the celebration of Holy Mass. When celebrating the sacraments, the priest is a representative of Christ. The video also briefly describes the role of deacons and the Pope.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Holy Orders	The sacrament where God gives certain men, like the twelve apostles, the authority to act and serve others in Jesus' name.
Ordained	Called by God and given authority to act in Jesus' name through the sacrament of Holy Orders.
Consecrate	To bless or make holy (sacred).
Deacon	A man who has received Holy Orders but is not a priest. A deacon is someone who helps serve the Church and others. Transitional deacons will become priests, but permanent deacons will remain deacons.

REFLECTION QUESTIONS

	Suggested Responses
Do you know who your priest is?	• Ensure you know the name of the local parish priest; you may show a picture of the local priest celebrating Mass in the school or parish. • Invite your local priest to your classroom to meet your students. • List the ways the local priest serves the local community and the school.
How can you support your priest by your prayer?	• Catholics pray for priests because priests have a very special and important job from God; we pray to ask God to help, guide, and give them strength. • Priests serve God and others. This requires much energy, patience, and time. • When we pray for our priest, we are showing him love and kindness, helping him stay close to God, and asking God to help him be the best priest he can be.

EPISODE 4:

Why do priests wear special clothes to celebrate Mass?

Runtime 3:40

Overview: This video explains the different vestments that priests wear during the celebration of Mass. It describes each garment and its symbolism and significance.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Vestments	The special garments (clothes) that a priest wears during Mass.
Sacristy	The room in the church where the vestments and other sacred objects used during Mass are stored. This is usually where the priest gets ready for the celebration of Mass.
Alb	The long, white robe that symbolizes the importance of being pure in heart and is a reminder of baptism.
Cincture	A cord tied over the alb, around the priest's waist. It symbolizes protection.
Stole	The primary vestment of the priest, it is a long piece of fabric that goes around a priest's neck and shoulders and hangs down to about his knees. It symbolizes his responsibilities as a priest. Its colour will match the Church (liturgical) season or feast.
Chasuble	The top layer of the vestments. A large round piece of fabric with a hole cut out in the middle. It is the same colour as the stole. It symbolizes that the priest is a servant to the people.

REFLECTION QUESTIONS

	Suggested Responses
What do you wear when you come to Mass? --- **How do you get ready to celebrate Mass?**	• Mass is a very special time when we are with Jesus. We can get ready in our hearts, minds, and bodies. • To get your heart ready, think about God's love for you, say a quiet prayer like, "Jesus, I'm ready to be with you," and try to forgive others and come to Mass with a loving heart. • To get your mind ready, remember you are going to listen to God's Word, read the Scripture readings for the day to familiarize yourself with them before Mass, and be ready to pay attention and learn. • To get your body ready, walk in quietly and genuflect, sit or kneel calmly and respectfully, and use a quiet voice and still body. • Be ready to join in and participate. Learn the prayers of the Mass.
Can you recognize the different vestments your priest wears for Mass?	• If you have pictures of your priest in different vestments from your own local church, show them now. • Next time you are at Mass, look and see if you can recognize the different vestments. » Can you see the chasuble and alb? » Can you see the stole under the chasuble? » What colour is he wearing? Do you know what the colour means? • Ask your priest if you can see the different colours of the vestments at the church.

EPISODE 5:

Why do we move in different ways during Mass?

Overview: This video explains the different gestures and movements that play an important part in our worship and prayer during Mass.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Worship	The way we honour, praise, and thank God.
Genuflect	Lowering down onto one knee towards the tabernacle. This shows respect and thanksgiving to the Blessed Sacrament (Body of Christ).
Procession	Walking from the back of the church towards the altar. This symbolizes that we are all on a journey towards Christ.
Sign of the Cross	A simple prayer invoking the Holy Trinity and a reminder of Jesus' sacrifice on the cross.
Standing	A posture and sign of respect and honour.
Sitting	A posture of listening and meditation.
Kneeling	A posture and sign of penance and adoration. We kneel during the consecration.
Penitential Act	When we pray the Confiteor ("I confess…"), we tap our chest three times when we say: "through my fault, through my fault, through my most grievous fault." This gesture shows our desire for God's forgiveness before we listen to His Word.
Bowing	A posture and action of reverence, respect, and gratitude.
Singing	A sign of joy, thanksgiving, and praise. We raise our voices together in song.
Cantor	A sacred singer who leads the entire congregation in the sung responses and hymns.

Runtime
4:45

PRACTICE: PRAYERS AND GESTURES

THE PRIEST SAYS:	*WE SAY:*
"Let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries"	**"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. Amen."** ***Practice lightly tapping the chest with a closed fist on the words "through my fault, through my fault, through my most grievous fault". Encourage students to do this gesture with reverence.*

REFLECTION QUESTIONS

	Suggested Responses
The next time you are at Mass, how will you participate fully using your body, mind, soul, and heart?	• We can participate with our body: » sit, stand, and kneel as directed » use a quiet and respectful body » sing and respond with the community • We can participate with our mind: » listen carefully to the readings and the priest » think about what God is teaching us » try not to let our mind wander • We can participate with our soul: » pray and talk to God » feel close to Jesus, especially during the Eucharist » ask God to help us grow in holiness • We can participate with our heart: » come with love for God and others » say thank you to God » try to forgive others
How does being unified in our gestures and movement help us show our unity as the Body of Christ?	• At Mass, we stand, sit, kneel, and pray at the same time; when we do this together, it shows that we are one. • It shows we are all part of the Body of Christ (the Church). • It reminds us that we are not alone; we follow Jesus together. • It helps us feel connected to each other. • It shows respect for God and each other. • It reminds us that the Church is one body with many people.

FOR FURTHER EXPLORATION

Practice the gestures and the Penitential Act.

EPISODE 6:

What are the important spaces you will find in a Catholic church?

Overview: This video shows and describes the various spaces found within a Roman Catholic church building. It encourages us to remember that the church is God's house, so we have the responsibility to care for the space and treat each space with reverence and respect.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Narthex	The entryway where people gather and prepare themselves to enter into the presence of God.
Nave	The area in the church where the people gather for Mass. There are usually pews within this space.
Sanctuary	A distinct place that is set apart from the Nave with the altar, ambo, tabernacle, and presider's chair.
Tabernacle	The box-like cabinet in which the consecrated hosts (Body of Christ) are kept safe.
Sanctuary Lamp	A special candle or light that is lit when Jesus is present in the tabernacle.
Ambo	The podium-like structure where we hear God's Word proclaimed. God speaks to us through Holy Scripture.
President's Chair	The largest chair in the Church because it is a sign of authority. It is the place where the priest sits. It is also called the Presider's Chair.
Altar	The table where we celebrate the Holy Sacrifice of the Mass, following Jesus' words at the Last Supper: "Do this in remembrance of me." This comes from the Hebrew word for "sacrifice."
Crucifix	A cross with an image of the crucified Christ (Corpus) on it. The crucifix is a reminder of the great sacrifice Christ made for us when He died on the cross.
Confessional	A private, sacred space within a church where the priest can meet with individuals to hear their confession and offer the mercy of God through the Sacrament of Reconciliation.
Sacristy	The room where a priest gets ready to celebrate the Mass, and where the vestments and other objects used during Mass are stored.

Runtime
4:30

REFLECTION QUESTIONS	*Suggested Responses*
How does each space in a Catholic church help us worship God?	• Each space in the church helps us to pray, listen to God, recognize God's presence and be reminded that we are part of God's family. • The nave allows us to gather to celebrate. We remember we are part of God's family. • The sanctuary and tabernacle remind us that the church is a holy place where Christ is always present, most especially in the Eucharist. • The ambo reminds us that God's Word is sacred. God reveals Himself through Scripture so we need to listen to and read God's Word often. • The altar and crucifix remind us of the sacrifice of Jesus. We give thanks for this sacrifice every time we celebrate Mass. • Other spaces remind us of the sacraments: special times when we receive God's grace.
Could you recognize each of these spaces in your own church?	• If you have pictures of these spaces from your own local church, show them now. • In our own church, look for: » the narthex » the nave and the sanctuary » the tabernacle and the sanctuary lamp » the ambo » the president's chair » the altar and the crucifix » the baptismal font, and the confession/reconciliation space and/or room

All videos in The Mass Revealed series are available on the Archdiocese of Edmonton's YouTube channel.

EPISODE 7:

What are the important objects we use in a Catholic church?

Overview: This video explains how the sanctuary is the special holy area in a church where we keep important objects to help us celebrate Mass. It also explains how these objects help us pray, listen to God, and come closer to Jesus.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Sanctuary	An important space in a Catholic church where you will find the altar, ambo, tabernacle, and president's chair.
Altar	The table where we celebrate the Holy Sacrifice of the Mass, following Jesus' words at the Last Supper: "Do this in remembrance of me." Comes from the Hebrew word for "sacrifice."
Credence Table	A small table to the side of the altar where the sacred vessels are made ready for the celebration of Mass.
Chalice	A sacred cup that holds the wine that becomes the Blood of Christ.
Corporal	A white square piece of cloth placed on top of the altar cloth to catch any crumbs that may fall.
Paten	A sacred plate that holds the bread that becomes the Body of Christ. It is placed on top of the chalice.
Pall	A square covering that is placed on top of the paten to prevent anything from falling into the chalice.
Purificator	A sacred cloth used with water to purify and clean the sacred vessels.
Cruets	Two containers; one holds water and one holds wine.
Ciborium	A sacred vessel that holds the bread that becomes the Eucharist, or the Body of Christ, after the words of consecration.
Lavabo bowl and pitcher	Two items used to wash the fingers of the priest before he consecrates the bread and wine.
Roman Missal	The priest's prayer book; contains official prayers and directions on how to celebrate Mass.

Runtime
7:13

Ambo	The podium-like structure where we hear God's Word proclaimed; God speaks to us through Holy Scripture.
Lectionary	A book used in the Mass that holds the first and second readings, responsorial psalms, and gospel readings.
Book of Gospels	A book used in the Mass on Sundays and holy days of obligation that contains only the gospel readings.
Processional Cross	A crucifix on the top of a long pole that is used during the procession from the back of the church toward the sanctuary and back again at the end of Mass.
Thurible	A sacred vessel that holds lit charcoal which produces fragrant smoke when incense is added.
Aspergillum and Aspersorium	Containers that are used to bless the people with holy water.

REFLECTION QUESTIONS	***Suggested Responses***
How do these sacred objects help us celebrate Mass?	• They help us focus on God and remember His love for us. • They remind us that the Mass is a holy and sacred time with God. • They help the priest lead us in prayer and teach us God's Word.
Can you recognize some of these sacred objects the next time you go to Mass?	• If you have pictures of these sacred objects from your own local church, show them now. • Look for the altar, the candles, and crucifix. • Can you see the chalice, paten, and ciborium during the celebration of the Eucharist? • What does the processional cross look like?

EPISODE 8:

What is the Eucharist and why is it important?

Runtime 3:20

Overview: This video explains how the Eucharist is Jesus' gift to us. He gives Himself through the bread and wine so that we may be nourished by Him to love and serve God and others.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

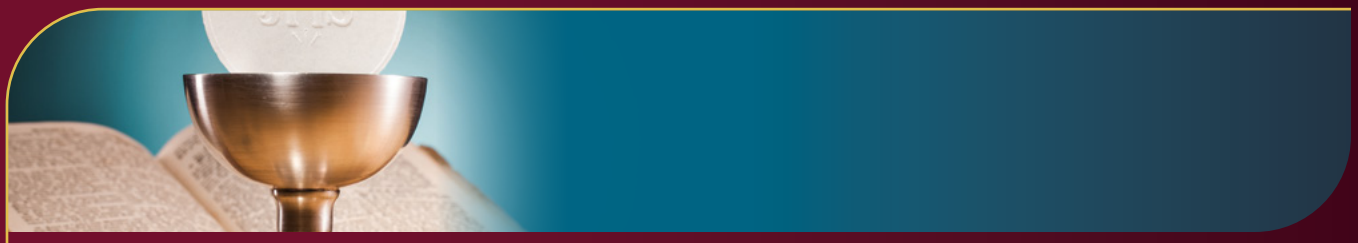
Sacrament	A special sign Jesus gave us to help us grow closer to God and receive His grace.
Eucharist	Body, Blood, Soul, and Divinity of Jesus. This comes from the Greek word for "thanksgiving."

REFLECTION QUESTIONS

	Suggested Responses
How can we thank God for the gifts that He has given us?	• By giving thanks to God through prayer • By receiving the Eucharist with respect and reverence • By using your talents to serve others • By using your words and actions to share God's love
How can you share the gifts that God has given you with our brothers and sisters?	• Be patient, kind, and helpful to others • Forgive others as God forgives us • Share joy, peace, and kindness as Jesus taught

FOR FURTHER EXPLORATION

What are some actions you can take to remember the love of Jesus throughout your day?	• Pray throughout the day • Make loving choices: help someone, be kind and caring • Think about how Jesus loves you and follow in His footsteps
Pray this simple prayer:	Dear Jesus. Thank you for the gift of the Eucharist. Help us to love others as you have loved us. Amen.



EPISODE 9:

How do we celebrate Mass?

Runtime 5:12

Overview: This video explains how we celebrate the Holy Mass in a specific way and order all over the world. Each part of the Mass helps us pray, listen to God, receive Jesus in the Eucharist, and then go out and share His love with everyone we meet.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Roman Missal	A special book which guides the celebration of Mass; provides the prayers and Order of the Mass.
Rite	A religious ceremony with a set of fixed words and actions.
Introductory Rite	• We stand • We sing • We ask for forgiveness • We worship all together as one family of God!
Liturgy of the Word	• We listen to God's Word • We profess our faith • We pray for needs around the world and our community
Creed	A prayer that expresses our faith as Christians.
Universal Prayers/ Prayers of the Faithful	Petitions, or prayers, for all the people in our community and around the world.
Liturgy of the Eucharist	• We offer bread and wine to God • We give thanks to God • We say the Lord's Prayer • We receive Jesus in communion
Eucharist	The Body, Blood, Soul, and Divinity of Jesus.
Sign of Peace	We promise to live our lives as God wants: in peace with each other.
Concluding Rite	Reminds us that we are being sent out to share God with others in our words and actions.
Mass	Comes from the Latin word "missa" which means "dismissal."

REFLECTION QUESTIONS	***Suggested Responses***
Can you recognize some of the parts of the Mass the next time you celebrate Mass?	• Can you find the four parts of the Mass: Introductory Rite, Liturgy of the Word, Liturgy of the Eucharist, and the Concluding Rite? • Notice the readings and where they come from in the Bible (Old Testament, New Testament, Gospel).
How does the Mass help us get ready to share God with others?	• The Mass fills our hearts with God's love and teaches us how Jesus wants us to live. • When we pray, listen to God's Word, and receive Jesus in the Eucharist, we are strengthened to go out into the world to serve and love God and others.
FOR FURTHER EXPLORATION	
How does each part of the Mass help you to grow closer to Jesus?	• The Introductory Rite helps you open your heart to Jesus by gathering, singing, praying, and asking God for forgiveness. • The Liturgy of the Word helps you hear Jesus speaking to you through the Bible and helps you learn how to live like Him. • The Liturgy of the Eucharist brings you the closest to Jesus because you receive Him in the Eucharist. • The Concluding Rite sends you out with God's blessing so that you can share Jesus' love with others by your words and actions.

EPISODE 10:

What is the Introductory Rite?

Runtime 3:57

Overview: This video explains the Introductory Rite: how we gather together as a community to worship God, ask for forgiveness, give glory to God and pray.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Introductory Rite	• We stand • We sing • We ask for forgiveness • We worship all together as one family of God!
Entrance Chant	Singing is a joyful way to pray together! The entrance song is meant to gather us together as one.
Sign of the Cross	We mark our bodies (forehead, chest, left shoulder, right shoulder) with the cross as we call on the names of the Trinity (In the name of the Father, and of the Son, and of the Holy Spirit).
Penitential Act	We speak to God and recognize what we have done wrong. We ask God and each other for forgiveness.
Confiteor	Latin for "I confess". "I confess to almighty God."
Kyrie Eleison/ Lord, Have Mercy	A prayer in which we ask God to have mercy on us; we ask for God's forgiveness.
Collect	A prayer that closes the Introductory Rite. The priest collects our prayers together and offers them to God.
Amen	A Hebrew word that means "I believe", "So be it", and "It is true".

PRACTICE: PRAYERS AND GESTURES

THE PRIEST SAYS:	***WE RESPOND:***
The priest leads us in making the Sign of the Cross	**In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**
The priest then greets us using words from Scripture, "The Lord be with you".	**And with your spirit.**
*****Practice lightly tapping the chest with a closed fist three times on the words "through my fault, through my fault, through my most grievous fault". Encourage students to do this gesture with reverence.***	**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.**

Typically, the priest or cantor will say the words first, and we repeat.	**Lord, have mercy,** **Christ, have mercy.** **Lord, have mercy.** **Amen.** **Glory to God in the highest.**
May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.	**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.**

REFLECTION QUESTIONS	***Suggested Responses***
Why is the Introductory Rite important?	• It gathers all of us together as a family of God and helps us get ready to meet Jesus in the Eucharist. • It helps our hearts and minds focus on God.
How can we prepare ourselves to pray the prayers of the Introductory Rite?	• By being respectful and reverent when Mass begins. • By learning the words to the prayers. • By making the sign of the cross and responding “Amen” with joy and respect. • By standing, singing, and praying the words together as a community.

FOR FURTHER EXPLORATION	
How do the prayers of the Introductory Rite help prepare us to celebrate the rest of Mass?	• The prayers help us remember to ask for forgiveness and to receive God’s mercy so that we are ready to listen to God in His Word and receive blessings.
Why do we lightly strike over our heart when we say *“through my fault, through my fault, through my most grievous fault”* in the Confiteor?	• In the Bible, striking the breast is an ancient gesture (action) that shows deep sorrow and sadness. • Today, we strike over our heart three times as a sign of our sorrow that we have sinned; we humble ourselves before God and ask for forgiveness before we listen to His Word.

Practice the responses and the prayers of the Introductory Rite.

EPISODE 11:

What is the Liturgy of the Word? (Part 1)

Runtime 3:39

Overview: This video explains the first part of the Liturgy of the Word which includes the first reading, the Psalm, and the second reading.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Liturgy of the Word	• We listen to God's Word • We profess our faith • We pray for needs around the world and our community
Lectionary	A book used in the Mass that has the First and Second readings, Responsorial Psalms, and Gospel Readings.
Book of Gospels	A book used in the Mass on Sundays and holy days of obligation that contains only the gospel readings.
First Reading	Usually from the Old Testament. In the Easter season, comes from the Acts of the Apostles.
Psalm	Usually from the Book of Psalms, Old Testament.
Psalmist	The person singing or reading the psalm.
Second Reading	Comes from letters written by an apostle to the first Christians or other writings, New Testament.

PRACTICE: PRAYERS AND GESTURES

THE PROCLAIMER SAYS:	***WE RESPOND:***
The Word of the Lord.	**Thanks be to God.**

REFLECTION QUESTIONS

	Suggested Responses
Why is the Liturgy of the Word important?	• God speaks to us through the Bible, the Word of God. He wants us to know Him and know how much He loves us. • This part of Mass helps feed our hearts and minds by helping us learn how to follow God in our lives.
How can we prepare ourselves to hear the readings?	• Learn about the Old Testament, the Psalms, and the New Testament, especially the different types of writing they include. • Prayerfully review the scripture readings before going to Mass and think about what God is saying to us. • Listen carefully as the readings are proclaimed; do not talk or get distracted.

FOR FURTHER EXPLORATION

Practice the response "Thanks be to God."

EPISODE 12:

What is the Liturgy of the Word? (Part 2)

Overview: In this video, we will explore the second part of the Liturgy of the Word, including the gospel, the homily, the creed, and the prayer of the faithful.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Liturgy of the Word	• We listen to God's Word • We profess our faith • We pray for needs around the world and our community
Gospel	**Gospel** means Good News! There are four Gospels: Matthew, Mark, Luke, John Written by four authors at four different times. By reading all Gospels, we get a clearer picture of Jesus, His actions, and His teachings.
Alleluia	Means "May God be praised and thanked!"
Homily	We listen to the priest who helps us understand and learn what God is saying to us today.
Creed	A prayer that expresses our faith as Christians.
Universal Prayer/ Prayers of the Faithful	Petitions, or prayers, for all the people in our community and around the world.
Petitions	Prayers that ask for something specific. We pray for the needs of: • the church • the world • the sick or hurting • our own community
Collection	Raises money for the needs of the local community, such as paying for the church building and helping those in need.

All videos in The Mass Revealed series are available on the Archdiocese of Edmonton's YouTube channel.

Runtime
5:13

PRACTICE: PRAYERS AND GESTURES

THE PRIEST SAYS:	*WE RESPOND:*
	We start with the Gospel Acclamation: We all stand and sing "**Alleluia.**"
The Lord be with you.	**And with your spirit.**
A reading from the holy Gospel according to Matthew, Mark, Luke, or John while he traces the sign of the cross on the page he is about to read.	**Glory to You, O Lord** while we trace the sign of the cross on our forehead, lips, and heart *(to show that the Word of God is in our mind, on our lips, and in our heart)*.
The Gospel of the Lord.	**Praise to you, Lord Jesus Christ.**
After the petition, the reader will usually say "We pray to the Lord".	**Lord, hear our prayer.**

REFLECTION QUESTIONS

	Suggested Responses
Why is the Liturgy of the Word important?	• God speaks to us through His Word (Bible). He wants us to know Him and know how much He loves us. • When we listen to the readings, especially the Gospel, we learn how Jesus wants us to live.
How can we participate more fully in the Liturgy of the Word?	• Listening carefully to the readings and the homily. • By following the gestures of standing, sitting, and praying the Creed and Prayer of the Faithful with the community.

FOR FURTHER EXPLORATION

How do the readings help us to learn more about God, His love for us, and how we can share His love with the world?	• The readings teach us stories about God's love and show us how Jesus cared for others. • They help us understand how we can be kind, loving, and helpful (just like Jesus) so we can share His love with everyone.

Practice the responses of the Liturgy of the Word.

EPISODE 13:

What is the Liturgy of the Eucharist? (Part 1)

Runtime 4:01

Overview: This video explains the Liturgy of the Eucharist when the bread and wine are prepared. It describes how we offer our gifts, pray together, and prepare our hearts to thank God and welcome Jesus in a special way.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Eucharist	The Body, Blood, Soul, and Divinity of Jesus.
Liturgy of the Eucharist:	The high point of the Mass for Catholics. • We offer bread and wine to God • We give thanks to God • We sing and pray together • We kneel as the priest repeats Jesus' words • We share Jesus' peace with each other • We receive Jesus in communion
Presentation and Preparation of the Gifts	Bread and wine are offered by the community to God. The priest offers prayers on behalf of the community. We promise to use the gifts God has given us to follow Him.

PRACTICE: PRAYERS AND GESTURES

THE PRIEST SAYS:	***WE RESPOND:***
Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.	**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.**
...Through Christ our Lord.	**Amen.**

Runtime
4:01

REFLECTION QUESTIONS	*Suggested Responses*
What are the gifts God has given you, and how can you share them during the celebration of Mass?	• I can use my gifts (kindness, patience, friendliness) to show God's love to others and to serve others. • I can share my time to help the world be a better place
What are the ways we can fully participate in the Liturgy of the Eucharist (especially in the Presentation and Preparation of the Gifts)?	• Listening carefully, praying reverently, and singing with the community. • By following the gestures of standing, sitting, and kneeling with the community. • Giving what you can to support the needs of the Church.
FOR FURTHER EXPLORATION	
Why is it important that we offer our human work to God?	• Everything we do with love is given back to God. • Offering our work reminds us that God gave us these gifts to share with others. • We can share our time, talents, and treasure to help the world be more like Heaven.

Practice the responses of the first part of the Liturgy of the Eucharist.

EPISODE 14:

What is the Liturgy of the Eucharist? (Part 2)

Overview: This video begins with the Eucharistic Prayer, leading into the Holy, Holy, Holy. It explains how during the Consecration, the bread and wine become the Body and Blood of Jesus and ends with the Great Amen.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Preface	An opening prayer that changes almost every day. The first part is a dialogue with a "call-and-response" structure (see below to practice).
Sanctus/ Holy, Holy, Holy	Latin for "Holy" and is a song of praise for God. The words come from two parts of scripture.
Consecrate	Means "To make holy." During the Consecration, the bread and wine become the Body, Blood, Soul, and Divinity of Jesus (Eucharist).
Memorial Acclamation	We state our belief that Jesus was alive, He died for us, rose again to life, and will return one day.
Amen	Means "I believe."

PRACTICE: PRAYERS AND GESTURES

THE PRIEST SAYS:	***WE RESPOND:***
The Lord be with you.	**And with your spirit.**
Lift up your hearts.	**We lift them up to the Lord.**
Let us give thanks to the Lord our God.	**It is right and just.**
The priest chooses a preface which ends with the words, "we acclaim."	**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.**
This is my Body, which will be given up for you.	When the priest bows or genuflects, we all bow our heads too. In our hearts, we can pray "Thank you Jesus" or "My Lord and my God."

Runtime
6:02

Do this in memory of Me.	When the priest bows or genuflects, we all bow our heads too. In our hearts, we can pray "Thank you Jesus" or "My Lord and my God."
The mystery of faith.	We say one of these three responses: **We proclaim your Death, O Lord, and profess your Resurrection until you come again.** **When we eat this Bread and drink this Cup, O Lord, until you come again.** **Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.**
Through Him, and with Him, and in Him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is Yours, for ever and ever.	**Amen.**

REFLECTION QUESTIONS	*Suggested Responses*
How are the Last Supper and the Liturgy of the Eucharist connected?	• At Mass, we do the same things that Jesus did during the Last Supper (offer bread and wine, give thanks, offer prayers and blessings, share with each other). • When the priest says the same words as Jesus, the bread and wine become Jesus' Body and Blood.
How do our actions and voices show our unity with each other during the Liturgy of the Eucharist?	• We stand, kneel, sing, and pray together as one family. • We say the responses with one voice to show we believe and worship together.
FOR FURTHER EXPLORATION	
What are the ways we can fully participate in the Liturgy of the Eucharist?	• Listen carefully, pray reverently, sing with the community. • Watch what the priest is doing at the altar, and follow the gestures respectfully.

Practice the responses of the second part of the Liturgy of the Eucharist, especially the Preface, the Sanctus, and the Memorial Acclamation.

EPISODE 15:

What is the Liturgy of the Eucharist? (Part 3)

Runtime 6:36

Overview: This video explains part three of the Liturgy of the Eucharist. It describes the Lord's prayer, doxology, and Sign of Peace, and the Lamb of God. It also gives direction and description on the Communion procession; including how to receive it and what to do after receiving.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Doxology	Doxology is a prayer of praise that gives glory to God.
Sign of Peace	We turn to people beside us and offer a small bow or short handshake while saying; "Peace be with you" or "Peace of Christ."
Minister of Communion	A person who distributes Communion (the Eucharist).
Communion Procession	A time of prayer. We process slowly and reverently to receive Holy Communion.

PRACTICE: PRAYERS AND GESTURES

THE PRIEST SAYS:	***WE RESPOND:***
Our Father… ***The priest will say a brief prayer asking God to keep us safe until we are with Him in heaven.***	**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.** **For the kingdom, the power, and the glory are Yours, now and forever.**
Lord Jesus Christ, who said to Your Apostles: Peace I leave you, my peace I give you… Who live and reign for ever and ever.	**Amen.**
The peace of the Lord be with you always.	**And with your spirit.**
Let us offer each other the sign of peace.	We turn to people beside us, offer a small bow, or short handshake and say: "**Peace be with you.**"

	We say or sing: **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.**
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.	**Lord, I am not worthy that You should enter under my roof, but only say the word and my soul shall be healed.**
The Body of Christ. Or May the Lord Bless you.	**Amen.**

REFLECTION QUESTIONS	***Suggested Responses***
How can we live in peace with others?	• Sharing God's love by being kind; even when it is difficult • Forgiving others when they make mistakes • Helping others feel welcome and included
How can you honour and show respect for Jesus' amazing gift during Communion?	• Being quiet, respectful, and prayerful • Bowing your head before receiving Jesus • Receiving the Eucharist carefully and reverently • Praying and/or singing with the community
FOR FURTHER EXPLORATION	
What are the ways we can fully participate in the Liturgy of the Eucharist?	• Singing and praying the prayers and responses with the community • Listening closely to the priest • Offering the sign of peace respectfully

Practice the responses of the third part of the Liturgy of the Eucharist, especially the Our Father and the Lamb of God.

Practice receiving Holy Communion in a careful and reverent way. Practice saying "Amen" when receiving.

EPISODE 16:

What is the Concluding Rite?

Runtime 3:28

Overview: This video explains the Concluding Rite. It highlights actions, prayers, and the blessing we receive to go out into the world and share God with others.

Link: caedm.ca/themassrevealed

IMPORTANT VOCABULARY

Concluding Rite	• We pray together • We are blessed in the name of the Father, and of the Son, and of the Holy Spirit • We are dismissed from Mass to spread the Good News to the rest of the world
Amen	Means "I believe!"

PRACTICE: PRAYERS AND GESTURES

THE PRIEST SAYS:	***WE RESPOND:***
The Lord be with you.	**And with your spirit.**
Then the priest gives a special blessing that includes the words, "May almighty God bless you, the Father, and the Son, and the Holy Spirit."	The priest leads us in blessing us with the Sign of the Cross when he names the Holy Trinity (Father, Son, and Holy Spirit). We respond, saying: **Amen.**
The priest says one of three possible dismissals. "Go in peace, glorifying the Lord by your life."	**Thanks be to God.**

REFLECTION QUESTIONS

	Suggested Responses
Why is the Concluding Rite important?	• Reminds us that our mission continues after Mass • Sends us out to share God's love with others • We receive a blessing to help us live our faith
How will you spread the Good News through your words and actions every day?	• By being kind and helpful to others • By forgiving others and choosing peace • By serving others as Jesus taught us • By showing God's love through our choices and behaviour

FOR FURTHER EXPLORATION

Practice the responses of the Concluding Rite.

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