



Participating at **HOLY MASS**

A COLORING BOOK GUIDE



PART
1

From Your Arrival to the Prayers of the Faithful

The Mass is Catholic Worship



God taught the ancient Jews how to worship in the Temple. Jesus taught the Apostles to worship God all over the world. The Catholic Mass here on earth is modeled after the way God is worshipped in Heaven.

The things that are done and said during the Mass are taken from a large book—called the Roman Missal—which guides the priest.

Pay attention, so you can learn how to participate fully at Mass. **This coloring book will help guide you, step-by-step!**

When you enter the church ...

Make the Sign of the Cross with Holy Water. This is a reminder of your Baptism—when you became a child of God.

Write the date and place you were baptized below:

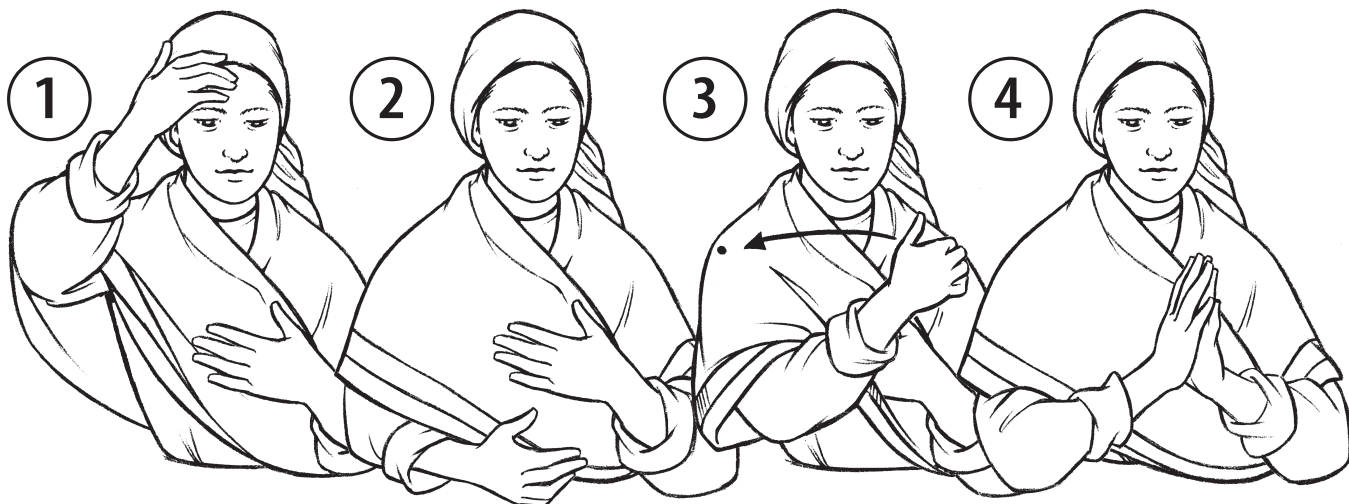
Date: _____

Church: _____



The Sign of the Cross

Saint Bernadette shows us how to make the Sign of the Cross, slowly and reverently. Do you know who taught her how? It was the Blessed Virgin Mary, when she appeared to Bernadette at Lourdes!



In the name of the
Father,

and of the
Son,

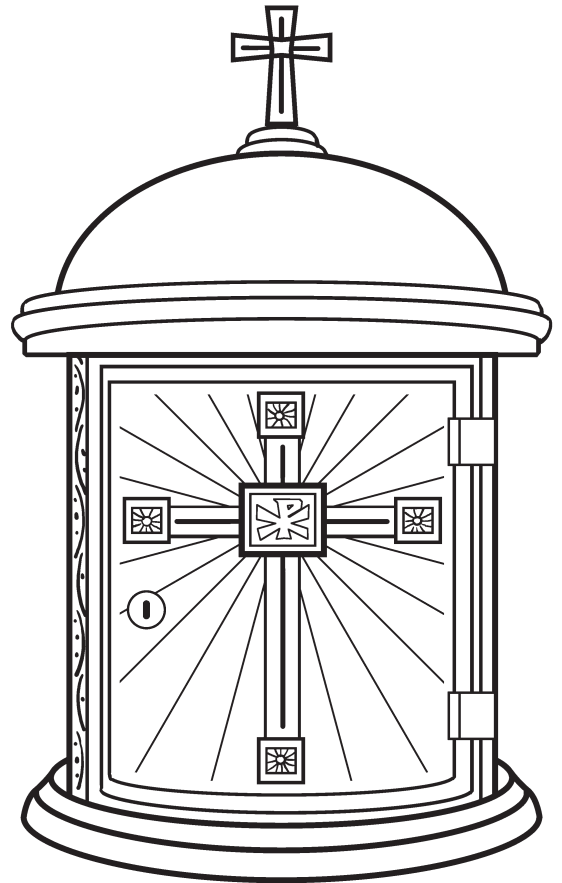
and of the
Holy - Spirit

Amen.

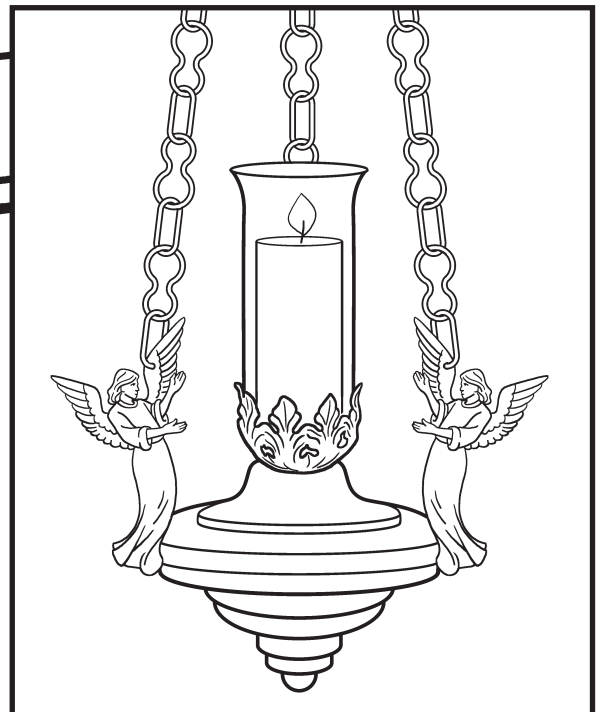
When you come into the church and see the red sanctuary lamp with the lit candle, you know Jesus is there in the tabernacle! Jesus is truly present in the Holy Eucharist inside the tabernacle, so we genuflect to Him, because Jesus is God.



Genuflect on the RIGHT knee.



Tabernacle



Sanctuary Lamp

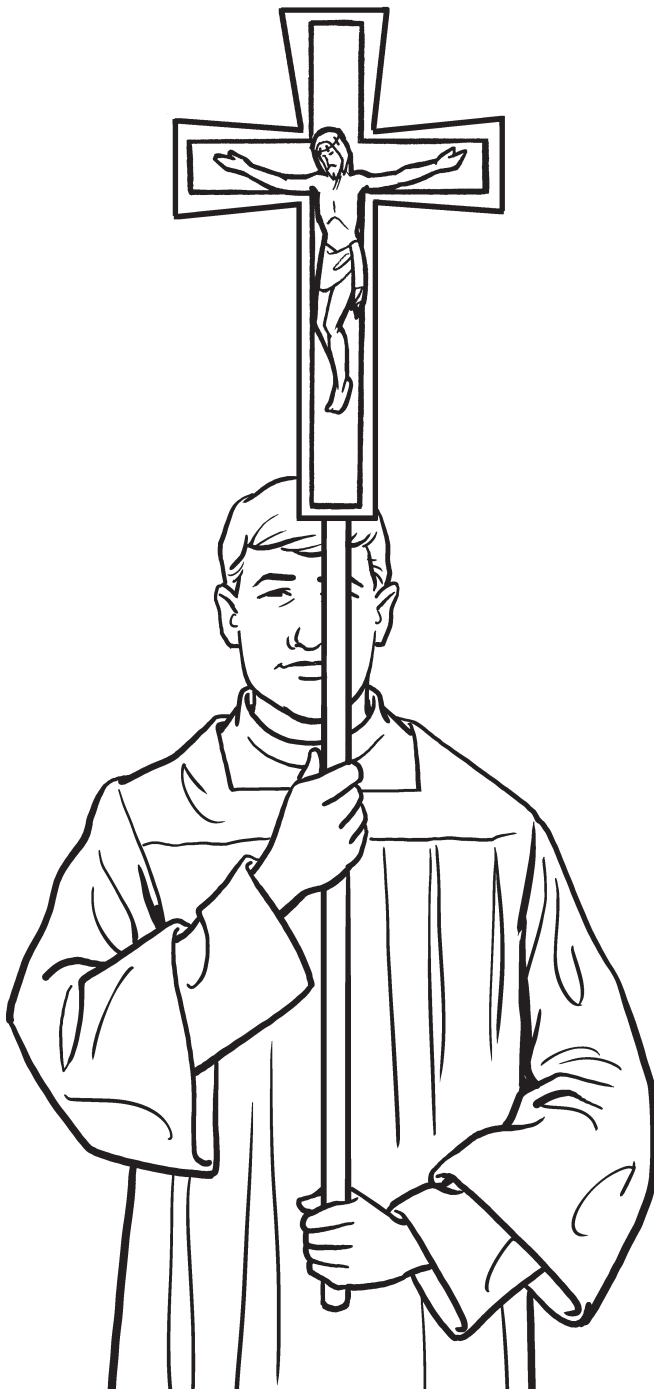
Pray before Mass begins



"Lord, I believe in You,
I hope in You, and I love You."

Holy Mass starts when the priest and servers come into the church. This is called a procession. Everyone STANDS.

The procession begins with a crucifix, followed by the altar servers, deacons, and the priest. If the Book of the Gospels is carried in the procession, it comes after the servers.



Cross Bearer

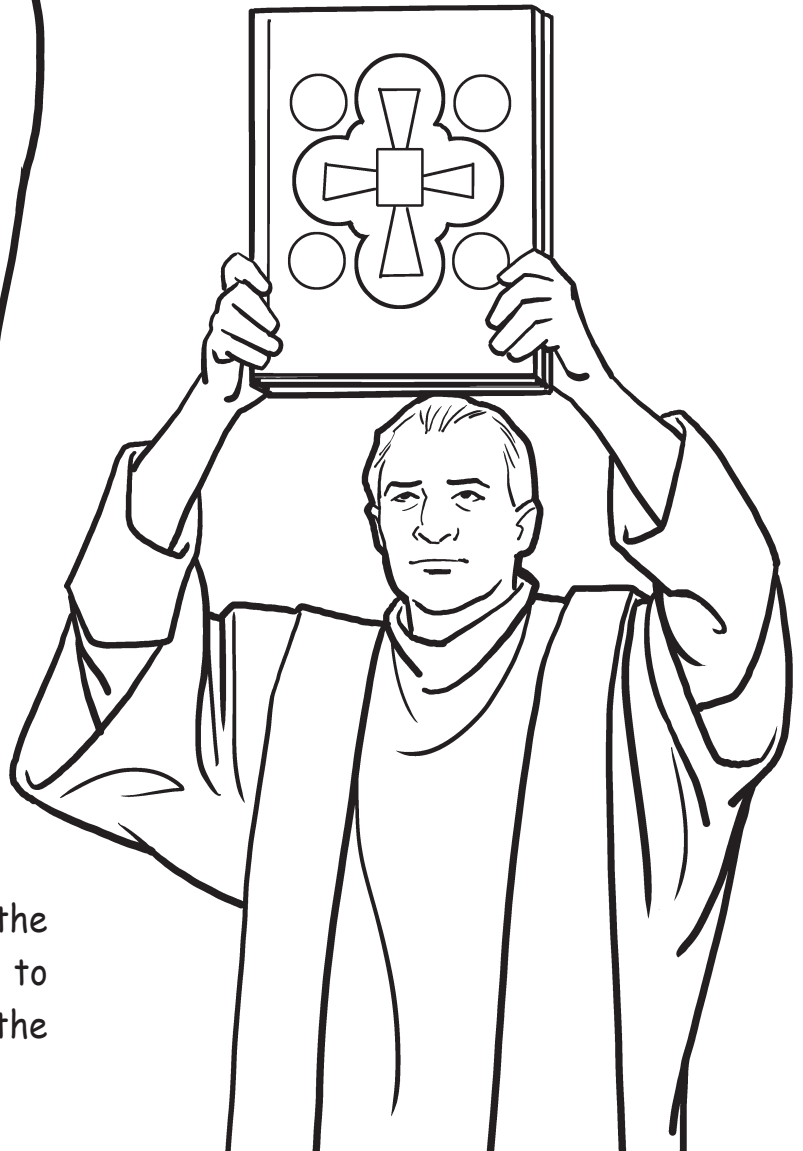


Candle Bearer



Priest

We continue to STAND to welcome the priest who acts "in the person of Christ," offering the Holy Sacrifice of the Mass and the Word of God in the Holy Scriptures. We stand to show respect to both.



The Deacon or Book Bearer

Some people bow slightly to the priest as he passes by them, to show respect for him bringing the Eucharist to us!

The priest goes up to the front of the church and kisses the altar as an act of reverence to Christ, Whose sacrifice saved us from our sins. The altar contains small relics of martyrs in a compartment under the altar cloth. If a deacon accompanies the priest, he will also kiss the altar.



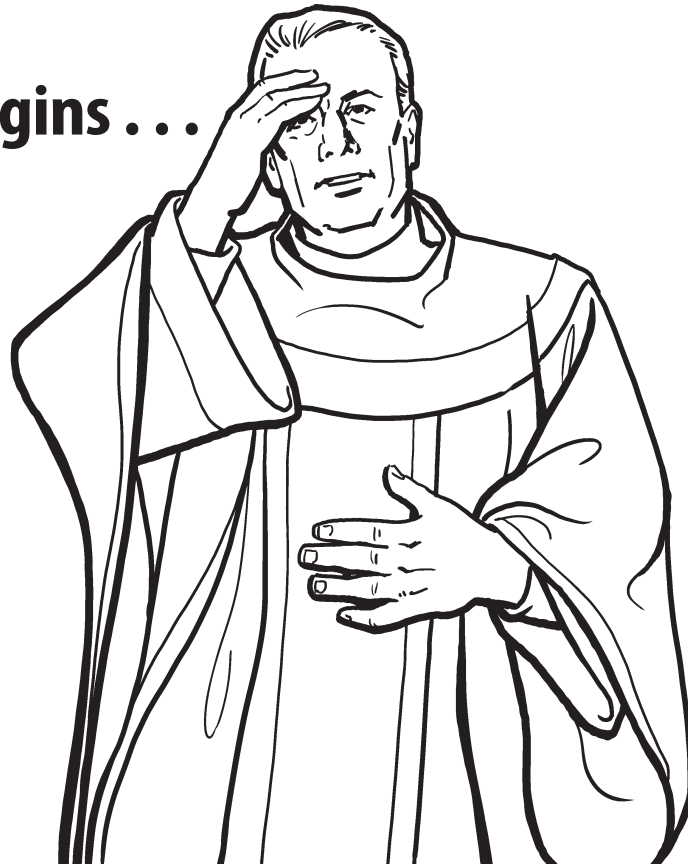
Bow your head reverently

Listen closely to everything that is said during Mass and **BOW** your head when you **HEAR**:

- The three Divine Persons named together (**Father, Son, and Holy Spirit**)
- **The name of Jesus** (which you might hear a lot in the prayers, the Gospel reading, the homily!)
- **The Blessed Virgin Mary's name**
- The **Saint** in whose honor Mass is being celebrated

(You'll find out who the saint is in the prayer at the beginning of the Mass on weekdays—listen carefully!)

As Mass begins . . .



Make the Sign of the Cross with the Priest



In the name of the
Father,



and of the
Son,



and of the
Holy - Spirit



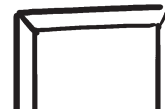
Amen.

Pay attention during the entire Mass:

Listen, Pray, Sing, Stand, Bow, Kneel, and Sit quietly and reverently in God's house.

**“Through my fault,
through my fault,
through my most
grievous fault”**

May almighty *God* have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.



Gently strike your breast three times to express sorrow for your sins.

The Gloria

The angels sang this song to the shepherds at Christmas!
Think of the angels in Heaven singing with us at Mass!



We **STAND** and pray the Gloria every Sunday except during Advent and Lent.
We also pray it on Solemnities and Feast Days—even during Advent and Lent.

The Collect

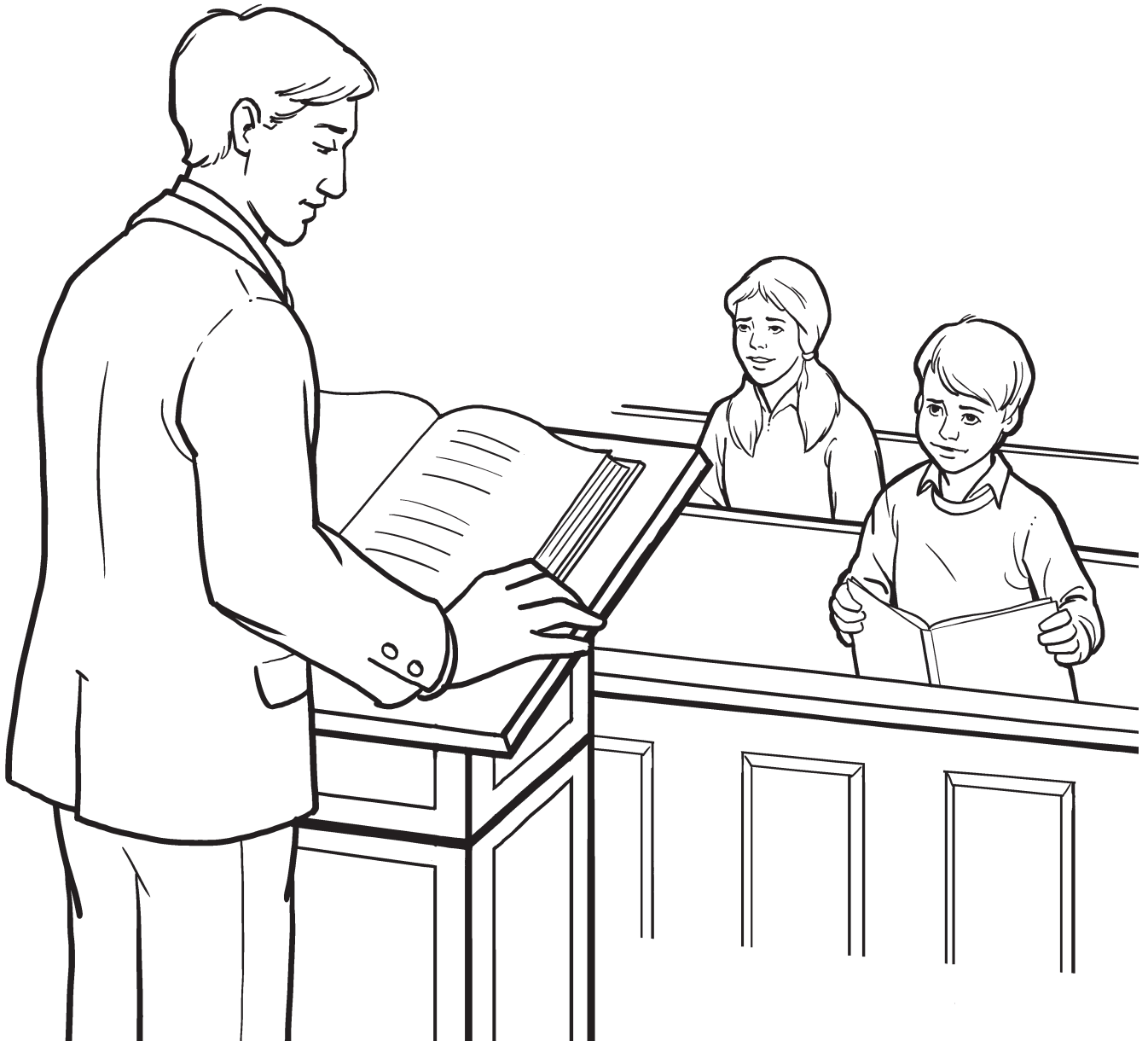
The priest says, "Let us pray" then pauses for a short moment of silence before reading this prayer from the Missal.



LISTEN: This is where you will hear the name of the saint for today's Mass. Don't forget to **BOW** your head when you hear the saint's name. All respond, "**Amen,**" at the end of the collect.

Listen to the Word of God.

Pay close attention as you read along or simply listen to Word of God.



Reader: "The word of the Lord,"

Response: "Thanks be to God."

Praying the Psalms

After the First Reading we sing or say the Psalm. The Psalms are part of the Bible. Just think: Jesus learned how to pray the Psalms, too!

A cantor or choir leads parts of the Psalm, to which the people sing or say a short verse in response.



Don't be shy, sing out loud and make your voices heard!

“Gospel” means “Good News”

The Gospel is read by either a deacon or the priest and always comes from one of the first four books of the New Testament: Matthew, Mark, Luke, or John. The Gospel tells us the “Good News” of Jesus.

Before the deacon reads the Gospel, he does a profound bow (from the waist) in front of the priest to receive a blessing. If the priest reads the Gospel, he bows before the altar and says a quiet prayer.



“May the Lord be in your heart and on your lips, that you may proclaim His Gospel worthily and well, in the name of the Father, and of the Son, and of the Holy Spirit.”



The Gospel Reading

Before proclaiming the Gospel the priest or deacon traces a small cross with his thumb on the page of the book, on his forehead, on his lips, and on his breast.

Priest or deacon:
"The Gospel of the Lord,"

Response:
"Praise to You, Lord Jesus Christ."

You can pray silently like this:

1



"May the Lord be in my mind,

2



on my lips,

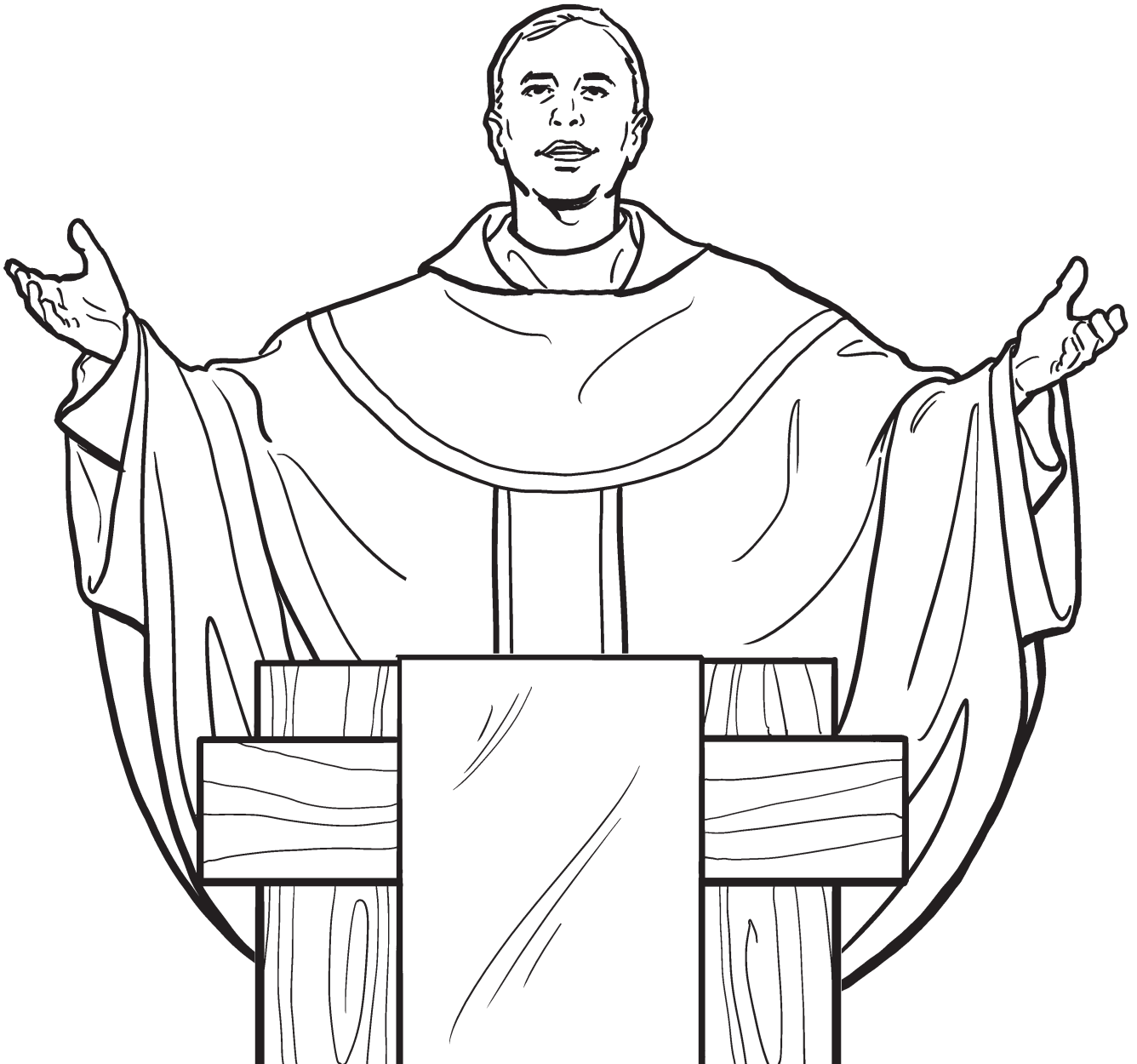
3



and in my heart. Amen."

The Homily

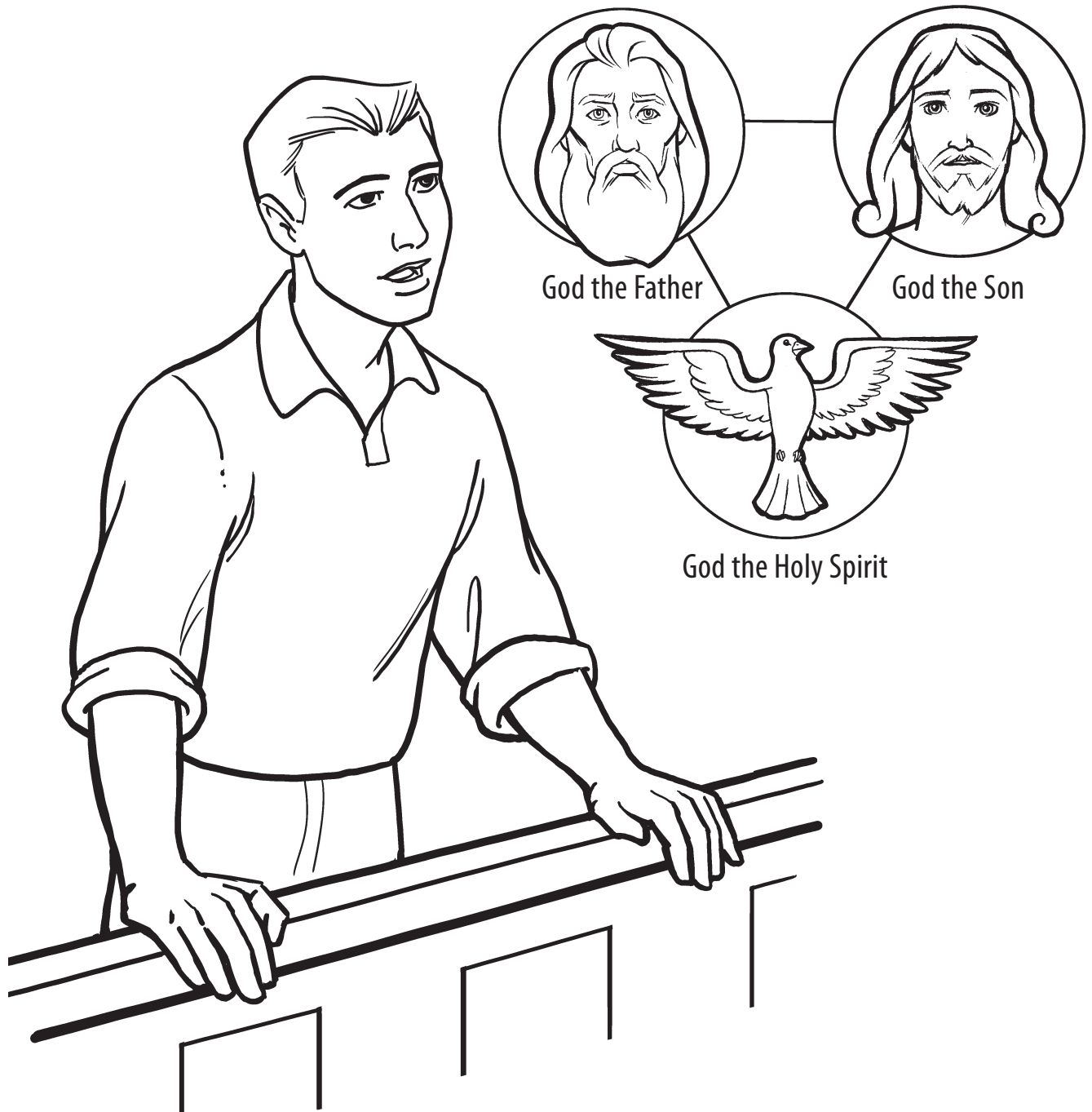
The Homily is usually an explanation of the readings at Mass.



LISTEN closely to the homily. Remember to BOW your head at the proper names!

The Creed

The Creed is a list of the main things that all Catholics believe, so, we all say it out loud, together.



The Creed is an important prayer to memorize, so you can recite it by heart.

The Nicene Creed

BOW from the waist ("profound bow") when you recite the words in **bold**.

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.

Prayers of the Faithful

We pray for the Church, the world, and ourselves.
We trust that God will hear our prayers and that He will take care of us.



Response: "Lord, in Your mercy, hear our prayer!"