

Mass Reflections

Provide a thoughtful answer that reflects your feelings and understandings from today's mass. Record your responses in your journal. You should complete 7 reflections (1 each month between October and April). If you have questions about the service, you can reach out to your parents, sponsors, members of the parish, or Father.

Your reflection should include the following elements:

Date:

Time:

Where:

Which reading from today's mass, could you most relate to and why? (Cite the book, chapter, and verses)

What was the message shared in the Homily? How did the Homily relate to things going on in your life? (*At home, at school, with friends, in the world, in your local community, at your church*)

During the Eucharistic Prayer we give thanks and praise to God. What are you grateful for?

What song did you most enjoy during the service? What was the song's message?

Participation in Sunday Mass is essential to our identity as Roman Catholics. Active participation in the Mass is essential – first and foremost through a lively interior and spiritual participation. As is stated in the Catechism of the Catholic Church, “the Sunday Eucharist is the foundation and confirmation of all Christian practice.