

Liturgy Sheet # 1

Young people sometimes complain that “Mass is boring...” This is often because they do not recognize that although the Eucharistic Prayer and the sequence of events are universal, individual parishes have different ways of expressing their spirituality. When young people become more aware of the individual styles of communities they become more willing to choose a parish that reflects their personal spiritual style and are more likely to become involved and engage themselves in the life of the parish.



Name: _____

Date of Liturgy Attended _____

Parish _____

What type of church building is this? Traditional or Contemporary?

Were there greeters or hospitality ministers?

Was there a choir or just a cantor? (One person leading)

Was the lector a man or woman – young or old??

What color vestments did the priest wear?

Did they offer both body and blood at Eucharist?

Listen carefully to the Gospel reading and the homily. Give a detailed explanation of what the Gospel reading was all about.

What are the main points of Father's homily?

How did (or didn't) the homily relate to the Gospel story that was read?

How could this homily relate to your life?

**Was there some sort of fellowship experience before or after Mass?
(donuts and coffee, bible study, prayer groups, etc..)**

Were there any young people involved in the liturgy??

List opportunities where young people could have become involved.

Find the bulletin and see if this parish offers any opportunities for parishioners to become involved:

- a. Social justice issues (food for poor, prayers for sick, help for elderly, etc)**
- b. Youth involvement or activities**
- c. Ministry with children.**
- d. Music ministry.**
- e. Opportunities to mentor new members or welcome people coming into the church.**

Liturgy Sheet # 2

The Church has been continuing the work of Jesus for over two thousand years. The church has developed vocabulary to describe four different ways members can participate in Jesus' work: evangelization, witness, a prophetic stance and works of mercy.



Name: _____

Date of Liturgy Attended _____

Parish _____

***Evangelization** is a word that basically means telling the good news about Jesus to people who haven't heard it yet. Your church community is committed to evangelize the people they come in contact with. Can you name some ways that your fellow Christians are bringing people into the church to be Disciples of Christ?*

The word "witness" means to have personal knowledge of something and be able to testify about that knowledge. We become Christian witnesses when we make Jesus' message and God's promises visible to others. We can do this verbally, or by how we treat others; by what we do, and what we fail to do. How many ways can you see people in this parish witnessing to others their beliefs about Christ.?

What sorts of things can you do in your own life and in church to witness your beliefs to others.

***A prophetic stance** is not a new idea to young people today. We all believe we have a right to speak our mind about things we feel are right or wrong. In the church, a prophetic stance means we are willing to speak out to bring people's attention to some evil or injustice that they might try to ignore. Where in the liturgy and in the activities of the church do you see areas where someone is taking a prophetic stance?*

Eucharist is our visible commitment to stand up for Christ in the world. What are some everyday challenges that threaten young people today?

How can we as Christians, take a prophetic stance against these evils?

Corporal and Spiritual Works of Mercy refers to the physical and spiritual needs of the human person. In what visible form is the church community tending to the needs of others, whether it be spiritual needs (loneliness or despair) or corporal needs (hearing loss, handicapped)?

In what ways is the larger Church performing works of mercy at Sacred Heart, in your neighborhood, in your school and in the world?

Gifts and Talents: We all have some. Believe it or not, your youthful health, energy, and enthusiasm are remarkable talents all by themselves. There are many different ways that you can use your abilities to help your church community do “the work of the church” during Liturgy.

Tell me (briefly) what the following people do in the church? If you don't know – ask someone (or look it up – don't make up answers!!).

Sacristan:

Usher:

Lector:

Eucharistic Minister:

Deacon:

Servers (or Acolytes):

Greeters:

Which of these things interests you most??

What talents or gifts do you have that would help you be good at that particular task?

Liturgy Sheet # 3



Name: _____

Date of Liturgy Attended _____

Parish _____

When people pray together in public there are often three different aspects of prayer we participate in: Focusing, Sharing and Listening.

Focusing means directing your thoughts and imagination to Jesus. Quieting down, putting aside the thoughts and cares of your everyday life and paying attention to the worship happening around you.

How do you see this type of prayer used at Mass?

Is it important to you? Why or why not?

Sharing means that you use words to tell each other how you are feeling, proclaim in song, to welcome others, or to proclaim a belief.

How do you see this aspect of prayer used at Mass?

It is important to you? Why or why not?

Listening means that you hear the words of others being spoken during mass. It might also refer to a time during which we quiet our hearts to hear a response from Jesus - you may not hear words, but you may get a feeling of peace, or a sense of joy, etc..

How do you see this aspect of prayer used at Mass?

Is it important to you? Why or why not?

Based on your observations of the mass and the different prayer types that it addresses, what parts of the Mass are your favorite?

There are two styles of spirituality necessary to be a balanced Disciple of Christ. You must be able to sink into yourself, listen to your heart, and be open to Jesus. This type of prayer is often accomplished outside of mass at such devotional activities such as Eucharistic Adoration, rosary, retreats or Meditation. We would call this a vertical spirituality. (Mostly about you and your personal relationship with Jesus).

The other style of spirituality is based on your love for others and your care and concern for the world. It is often expressed in Worship and Praise experiences, praying as a community at Mass, social justice work, mission trips and acts of mercy in the world, etc... This is called a horizontal spirituality. (All about you as a part of the larger Body of Christ – our fellow humans).

Based on the types of prayer experiences and/or spiritual experiences you do most often, which type of a spirituality do you think you favor? _____

What can you do to be more balanced in your spirituality?