



# HEAVEN AND EARTH

## MASS/LITURGY LIFE NIGHT OUTLINE

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### CATECHISM

# 1088 - 1089

# 1324

# 1333

# 1382 - 1389

### SCRIPTURE

Matthew 26:26 -29

Luke 14:22 -25

John 6:32 -71

Revelation 4:1 -8

Revelation 19:1 -10

### KEY CONCEPTS

## GOAL OF THIS NIGHT

The goal of this Edge Night is to make the middle school youth aware of their responsibility for “full, active conscious participation” in Mass.

## ABOUT THIS NIGHT

For many middle school youth, going to Mass is often a struggle. They live in a culture where they are constantly entertained and have very little quiet time. Mass, however, calls us to a sacred time and a time to be connected to God in full communion. We are also called to enter into Mass with “full, conscious and active participation.” After Vatican II, a document called *Sacrosanctum Concilium* discusses this sense of active participation: “Mother Church earnestly desires that all the faithful should be led to that fully conscious and active participation in liturgical celebrations which is demanded by the very nature of the liturgy” (14).

The activities for the Gather are to help the youth be exposed to many different terms from the Holy Mass as well as signs and symbols that they may see, hear or smell at Mass and at your parish. The Proclaim will help the youth to process the information from the Gather and prepare them for a small group discussion. The Edge Night concludes with Mass. Be sure to leave 30-45 minutes for Mass.

You will need to do quite a bit of preparation on two different activities for this Edge Night. First, you will need to prepare pictures of signs and symbols from your parish for the opening activities. Second, you will need to prepare to have Mass as your Closing Prayer.

## PARENTAL NOTICE

Tonight was all about the Mass. In another Edge Night this semester, the youth discussed the five precepts of the Catholic Church. One of those precepts is that we should attend Mass each week and on Holy Days of Obligation. Tonight, we helped the youth to experience the flow of the Mass as well as some of the symbols seen each week during Mass. Knowing what they see, hear and smell will help them grow to not simply attend Mass, but to be present during Mass. When we are at Mass, we are called to “full, active and conscious participation.” One way to do that is to prepare as a family and read the Scripture Readings for the upcoming week. You can find the readings at [www.usccb.org/nab](http://www.usccb.org/nab) and reflections on the Readings on the “Sunday, Sunday, Sunday” podcast on [www.lifeteen.com](http://www.lifeteen.com).

## ENVIRONMENT

The room should be set up with signs and symbols from Mass. However, with each item, place a cardboard sign with the name of the item on it in large enough letters for the youth to read when they enter the room. Using a table and podium, you can design an altar and ambo. Using a cross or crosses, you can have a sample of the Stations of the Cross. If you cannot get items, use larger signs with the names of various signs and symbols from the church on the wall.

# GATHER

## OPENING MUSIC

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Song: “Remembrance” by Matt Maher (*Alive Again*, Provident Label Group)

YouTube: “Holy Mass – A Beautiful Collision” by malaroux

Edge Video: “Drag and Gary: Mass” (Edge Video Support 3)

## WELCOME & INTRODUCTION

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1. Welcome and introduce new youth.
2. Recognize and celebrate any youth or Core celebrating a birthday by singing “Happy Birthday.”
3. Present a brief overview of the session.

## OPENING PRAYER

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This prayer should be based on the overview of the session. Ask the Holy Spirit for guidance and understanding about the theme/topic for the night.

## MASS CHAOS

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You can do this portion of the Edge Night a few ways. The following is one way the activity can be done and a second suggestion is in the Adaptations section of the guide. The goal is to expose the youth to many of the terms, signs and symbols that they see, hear and smell in Mass.

**Chaos Part 1:** Give each small group an envelop with the various Mass parts mixed-up inside of it. The Mass parts can be found on “Mass Parts” (Handout A on page 59). Before the Edge Night, cut up the parts of the Mass, mix them up and place them in the envelop for each small group. Allow each youth in the group to help with the activity.

When the leader says, “Go,” the youth will begin working to put the parts of the Mass in order. When the group believes they have the Mass parts in the correct order, call over the leader to check their answers. If there is a mistake, encourage the youth to continue trying until they are 100% in correct order. If there are no mistakes, instruct the group to move to one of the stations around the room for Chaos Part 2.

**Chaos Part 2:** Once a group has successfully completed the Mass parts, have them move to one of the stations in the room where there are Memory Stations set up and ready. The Memory Stations are similar to the game of Memory with signs/symbols on one side of a card, while the other side is blank. The cards are placed face down (so you only see the blank side), mixed up and placed in a grid that is 4x4 (four columns and four rows).

On four of the cards, place four pictures of commonly seen symbols or items used for Mass at your parish. Use a digital camera to take pictures of a chalice, baptismal fount, holy water, stained glass window, altar, ambo, etc. Print out the pictures and paste them onto an appropriate sized card. On the other four cards, write a description of what the item is and what it is used for during Mass. For example, “Chalice: Standing cup for holding sacramental wine that becomes the Blood of Christ during the Eucharist.”

When a group comes to the Memory Station, they begin taking turns within the small group to try and make matches. Youth One will pick two cards at random to turn over. If he/she turns over an image and definition, discuss whether or not that is a correct match. If it is, you may remove these two cards and another youth takes a turn to try and make a match. If it is not a correct match, turn the cards back over and allow another youth to take a turn. The youth must work together to get all four matches to complete the activity. The first group to complete the activity wins.

# PROCLAIM

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## LARGE GROUP PROCESS

Once the groups have had a chance to work on the two opening activities, go through both activities and discuss the correct answers to both the Mass parts and the Memory game. Encourage the youth to pay attention to the order of Mass later that night and during the upcoming Sunday Mass.

## SCRIPTURE PROCLAMATION

Matthew 26:26-29 (Institution of the Lord's Supper)

## PROCLAIM TALK

### Gather

Long before many of you were born, the bishops and pope came together for a meeting we call Vatican II Council. At this council and from other meetings about Liturgy/Mass, it was decided that Mass would be in the language of the people and you and I were called to "full, active and conscious participation." Prior to Vatican II, the Mass was in Latin and some people had a hard time understanding what was happening in Mass. After Vatican II, the Mass was said in the language of the people. For instance, in Mexico, the Mass would be said in Spanish, French in France, English, German, etc. The great thing about Mass is that no matter what language it is being said it is the same Mass. The same prayers and the same readings are heard throughout the world in many languages. That is the beauty of the Catholic Mass.

The Mass is holy and sacred. We did not simply make up a bunch of stuff and call it "mass." What we say and do during Mass is based on Scripture and Traditions passed on to us from the early Church. During the first part of Mass called the Liturgy of the Word, we gather together, hear Scripture proclaimed and a homily to help us understand the readings. The second part of the Mass is called the Liturgy of the Eucharist. During this part of the Mass, our gifts are offered and simple bread and wine are transformed into the Body and Blood of Christ. As all of this is going on, one of the things the Catholic Church tells us is that we are not supposed to just "sit there" during Mass and do nothing.

Some of you may have grown up Catholic and see nothing exciting about going to Mass. In fact, you may even try to find ways so that you do not have to go. We sometimes come to Mass hoping to be entertained, but we forget that Mass is sacred. After Vatican II an important document was written that encouraged the faithful (that is you and me) to "full, conscious and active participation" in Mass.

Here are some ways you can be prepared to fully engage in the liturgy:

- Read the Sunday readings before you come to Mass. There are resources to help you understand them as well. On [lifeteen.com](http://lifeteen.com), there is a podcast called "Sunday, Sunday, Sunday" that discusses the readings in a way you can understand.
- Get to church on time. When you rush in, it is hard to get focused. Show up early, take time to pray and get your heart and mind ready for worship.
- Remember that when you enter the church, you are entering sacred space. You may see people you know, but greet one another in a way that respects others who are trying to pray. Before Mass, take a moment to quiet yourself as well.
- Sing and make a joyful noise to the Lord. Join in the songs; do not just sit there. When you sing, you pray twice.
- Listen carefully to the readings. If you prepared before Mass, you will be able to listen and try to hear something new.
- Find a way to participate in the offering. If you make an allowance or have some money, place your tithe in the

basket. This helps the church. Also, sing as the choir leads the congregation in song.

- Enter into the Eucharistic Prayer. Hear the words that the priest is saying and pray along with him. Ask the Lord to help you more fully understand His sacrifice and what is happening during this time.
- When you walk forward to receive Holy Communion, come reverently and with respect. Give a respectful bow before you receive and then place your hands out, right over left, to receive Communion. If you also receive the Precious Blood, give a respectful bow and reverently take a sip from the cup. Return to your seat and reflect on what it means to receive Jesus into your body, heart and soul.

There are other ways you can more fully participate in Mass. Prepare with your family before you come to Mass and be ready to sing, read, pray, stand, sit and kneel. This routine helps us to know the Mass and to focus more on Jesus.

(Note: If this Edge Night is done close to the changes in November of 2011 regarding the Roman Missal, spend a few moments encouraging the youth to learn the changes so they are ready to enter in fully to the prayers of the Mass.)

# BREAK

## SMALL GROUP PRAYER

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As your small group begins, say a prayer for the group and the activities for that session. Ask the Holy Spirit to help each youth better understand the Mass and a conversion of heart to want to attend Mass fully active and conscious participation.

## SMALL GROUP DISCUSSION

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In your small group discuss the following questions:

1. What was one thing you learned during the Mass Chaos activities at the beginning of the night?
2. Why do you think it was tough to complete the activities?
3. How can you better prepare for Mass on Sunday?
4. Do you pay attention during Mass? If not, what distracts you? If so, what is your favorite part?
5. What does it mean to say we are required to have “full, active, conscious participation” at Mass?
6. Personal challenge: What is one part of Mass you want to participate in more tonight or during this Sunday’s Mass?

## SUNDAY READINGS

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As a small group, read the Readings, Psalm and Gospel for the upcoming Sunday Mass. You can find the readings at [www.usccb.org/nab](http://www.usccb.org/nab). Use a Bible to help the youth make a connection about where the readings come from during Mass.

# SEND

## CLOSING PRAYER

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Invite all groups to come to the chapel in time for Mass. Before Mass, introduce the priest and thank him for being present for the middle school youth. If worship aids are present in the chapel, help the youth identify where they are and the important pages for some of the prayers. Encourage the youth to have “full, active and conscious participation” during the Mass.

## SUMMARY CHALLENGE

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Before the middle school youth are sent home they will be challenged to remember:

1. The Mass is the most important prayer we have as Catholics.
2. Take time each week to prepare for Mass so that you better understand what is happening.
3. During Mass, you are called to “full, active and conscious participation.”
4. When you go to Mass this week, challenge yourself to remain focused throughout the entire Mass. Listen to the readings and the homily.

## TO THE PARENTS OF

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# CONCLUSION

## ADAPTING THIS NIGHT

There are quite a few good short videos on [www.youtube.com](http://www.youtube.com) and searching Catholic Mass. Be sure to view each video before showing it during your Edge Night.

Before the night, talk with your priest about Mass for the Edge youth. Go over the Edge Night with him so he understands the lesson and can follow up on the lesson during Mass.

Mass Chaos, Plan B: If you have a small group, you could set up one side of the room with the envelopes with the Mass parts and the other side of the room with the Mass Memory Game. This allows the youth to move around and use up some energy.

You could give a copy of the “Mass Parts” (Handout A on page 59) to the parents to discuss with their youth at home. In your parent letter, encourage them to take time to understand the various parts of Mass and why they are important.

If you are unable to have Mass, Take the middle school youth to the church and walk them through the parts of the Mass and connect it to what they have learned during the Edge Night. For instance: Walk to the ambo and ask them what happens at that place (readings).

## GOING DEEPER