

Reflection on a Mass

This sheet can be turned in
Any Month

The goal of a Mass Reflection is to help engage your family with what is going on during Mass, helping make faith connections to our daily lives. After discussing your family's experience, please answer these questions (with at least one complete sentence for each) and turn in **ONE** per month for your entire family (please list **EVERYONE'S NAME** so each child receives credit).

Family Name: _____ Catholic Church: _____

Time of Mass: _____ Date of Mass: _____ Please circle children's FF sessions

First names & grades: _____ Sun A 10:15 Tues A 5:30 Wed A 5:30

_____ Sun B 10:15 Tues B 6:00 Wed B 6:00

_____ Families Called to the Table (FCT)

_____ JH Huddle: _____

_____ 7th / 8th Sun / Mon

Before or as Mass begins, pray:
"Lord, please open my eyes to see You,
open my ears to hear You,
and open my Heart to receive
you today at Mass. Amen"

Which season is our Church celebrating?

Ordinary Time **Advent** **Christmas**
Lent **Easter**

What "signs of the season" do you notice (church
decorations, songs, readings, etc.)

Name one part of this Mass you really liked, or that "stuck" with you. Or
explain how one part of this Mass was **personally meaningful** to you.

(Hint: a song, a reading, part of the homily, etc.)

I urge you, brothers
and sisters, in view
of God's mercy, to
offer your bodies as
a living sacrifice,
holy and pleasing
to God—this is
your true and
proper worship.
Romans 12:1



When we bring up the gifts and the priest offers the bread
and wine to God, we can offer ourselves, our lives,
our struggles, and our joys to God.

What gift or challenge did you **offer to God** today?

Family Prayer:
"God, we praise you because
you are...
We thank you for...
We are sorry for...
I need your help with...
Please bless...
I offer you my day and my
gifts to serve others. Amen."

What did you hear in one of the **readings** or the **homily** that surprised you, challenged you, confused you, or made you think?

What was the **Gospel** about today? What is **God** telling us through this story?
How does that apply to your life?

Was there one part of the Mass that you didn't understand? Were you unsure of why we do something, or the meaning of a certain gesture or movement?

Parent Signature: _____