

Make-up options for missed **OneWith Sessions**

Option #1: Attend and reflect on a Sunday Mass

The strength of our formation for high school aged youth is in the shared witness and reflection of the gospel and our lived Catholic experience that happens in their peer “Discipleship Groups”. It is no coincidence that this is the same method that Jesus used to form his disciples. This is why we place such a premium on our youth’s participation in their Discipleship Groups. However, we acknowledge the reality of illness, family emergencies, etc. Though less than ideal, for any youth that misses a **OneWith** Session, we offer the following alternatives to deepen their understanding of gospel and/or their Catholic faith:

***Please note** that the following options are for missed **OneWith** Sessions only! **Missed Confirmation Prep sessions (“gifted”)** or other mandatory sessions (listed in red on the schedules) must be made-up by **appointment**. To schedule a make-up for a missed Confirmation Prep/Mandatory session contact Barry Shay.*

Option #1: Attend and reflect on a Sunday Mass

Any teen that misses a **OneWith** session may choose to make up their missed session by attending (and reflecting on) a Catholic Sunday Mass at a church of their choice.

Make-up Guidelines:

- Download “**Mass Confusion – Mass Understanding**” reflection sheet found on the Faith Formation webpage (sjtw.net).
- Using the form as a reflection aid, attend a Catholic Sunday Mass.
- Complete the “**Mass Confusion – Mass Understanding**” reflection form and email copies to Barry Shay (bshay@sjtw.net) and your Discipleship Group Leader.

OneWith

“Mass Confusion – Mass Understanding”

Name:

Grade:

Discipleship Group Leader’s Name:

Date of Missed Session:

For every Catholic the Eucharist is an inexhaustible mystery to be loved and to be lived. It is a sacrament; it is a sacrifice; it is a meal; it is a celebration, a public proclamation of our faith in sign and symbol; it is the “Source and Summit” of our Christian experience. To truly understand who we are as Catholics; to fully participate in the life and mission of the Church; to become the person of faith that God has called us to be, we must encounter God in the sacraments; we must seek Him in the Eucharist.

The goal of our **OneWith** formation is to unlock the meaning and power contained in the Catholic Mass. Please use this guide to help you unpack and reflect on the layers of meaning found in the signs and symbols of the liturgy. Our hope (and prayer) is that by intentionally and regularly participating in the “work” of the people, “*Mass Confusion*” will give way to “*Mass Understanding*”.

~Barry

Name of Catholic Church: _____

Name of Presiding Priest: _____

Date of Mass Attended: _____

Part 1: Liturgical Reflection

Choose one of the following elements and write about something that stood out to you or helped focus on or enrich your experience of Mass. (2-3 sentences)

Introductory Rites Reflection: The Introductory Rites help us prepare for worship and unite us as the Body of Christ.

1. *Entrance Procession and song*
2. *Sign of the Cross and Greeting*
3. *Penitential Act / Kyrie (Lord, have mercy)*
4. *Gloria – (Feast Days & Easter Season)*
5. *Opening Prayer (Collect)*

Liturgy of the Word:

As Catholics, we believe that the Bible (Scripture) is the living Word of God. The liturgy of the Word celebrates the ancient tradition of proclaiming God’s message to His assembled people.

1. *Reading #1 – Old Testament (Ordinary Time)*
2. *Psalm – “Call & Response” (usually sung during weekend Mass).*
3. *Reading #2 – New Testament (Book of Acts or Letters of Paul, Peter, etc.)*
4. *Gospel Acclamation - “Alleluia” (usually sung during weekend Mass).*
5. *Gospel – Priest or Deacon reads and preaches on a passage from one of the four Gospels.*

Liturgy of the Eucharist:

The Catechism of the Catholic Church calls the Eucharist the “Source and Summit” of our Christian experience. To truly understand who we are as Catholics, we must contemplate this central mystery of our faith.

1. *Preparation of the Gifts*
2. *Eucharistic Prayer*
3. *Sign of Peace*
4. *Communion Rite*

Closing Rites:

In the Closing Rites we are reminded that we are a people blessed and sent. The priest says a blessing over the assembled people of God and then we are dismissed – sent to back to the community to be living examples of the Gospel.

1. *Closing Prayer*
2. *Blessing*
3. *Dismissal*

[Write your reflection here...]

Part 2: Scripture Reflection

Write reflections on the Scripture and preaching (homily by priest or deacon) and how they connect with your lived experience.

Please list the Scripture readings of the week (Book, Chapter: Verse)

[A list of the readings for the week can be found in the bulletin or online at uscgb.org]

Example: If the first reading was from the Book of Genesis, chapter 1 verses 1 through 5...

Reading #1: **Gen. 1:1-5**

Reading #1: _____

Reading #2: _____

Responsorial Psalm: _____

Gospel: _____

Choose one of the readings used at Mass this weekend. What is one word or phrase that stood out to you in one of these readings?

Why is it significant to you? (2-3 sentences)

What was the main point of the Priest/Deacon's Homily? (2-3 sentences)

Part 3: Discipleship Challenge

One of the signature components of our **OneWith** formation is the “Discipleship Challenge”. Each week participants are challenged to make a specific commitment to make a positive impact on their family, friends, teammates, school, community, etc.

Drawing on one of the themes you heard today (Scripture, homily, etc.); what is one thing that you can do in the next week to help others experience the love of God?

Optional: Mass Confusion?

Was there something that happened during this liturgy that you did not understand or would like to know more about? (1-2 sentences)

Scan and email the completed document to Barry Shay (bshay@sjtw.net) **and** to your Discipleship Group Leader to receive credit for a missed **OneWith** Session.

Please note: The “Mass Confusion” option is for a missed **OneWith** Session only!

Missed “gifted” Confirmation Prep sessions or other mandatory sessions

(listed in red on your schedule) must be made-up by appointment with Barry or Fr. Mike.

To schedule a make-up for a missed Confirmation Prep/Mandatory session contact Barry Shay (bshay@sjtw.net).