



## "Virtual" OneWith

One of the great strengths of our formation for high school youth, is offering a process for unpacking the truth and wisdom found in the scriptures and liturgical traditions of our Catholic faith – and allowing these young Catholics to reflect on, *and apply*, those truths into the context of their own lives.

Even though we are not able to offer our interactive **OneWith** Teaching Mass sessions at this time, we humbly offer the following liturgical guide and reflection questions as a tool to help youth – *along with their families*, analyze the scripture readings and liturgical practices of the Catholic Mass.

"Virtual" **OneWith** sessions consists of 3 steps. **Analysis, Reflection, and Application.** Some of these steps will overlap as the youth work through the process outlined below, but I think you (high school youth/family/faith mentors) will find it helpful to understand the goals of these 3 steps as you begin to unpack the truths and “mysteries” of sacred Scripture and our Catholic faith.

### **Step #1: Attend Sunday Mass with an adult family member/faith mentor.**

Youth (along with an adult family member/faith mentor) should attend or view a Catholic Mass that corresponds to the weekend of your **OneWith** Session.

#### **Options for Attending/viewing Mass:**

- **Attend Mass in Person** - Youth (along with an adult family member/faith mentor) may attend Mass in person at *any Catholic Church* on the weekend (Saturday or Sunday) that corresponds with your scheduled **OneWith** Session.
- **Listen from your car** – Youth (along with an adult family member/faith mentor) may attend Mass in the SJTW parking lot. The indoor liturgy is simulcast on FM frequency 106.7. Eucharist will be offered (drive-by style) at the north end of the parking lot.
- **On Demand** – Youth (along with an adult family member/faith mentor) may stream SJTW’s prerecorded Mass “on-demand” beginning at 5:00 pm on Saturday of the weekend corresponding to your scheduled **OneWith** Session. You can find the video on the home page of the SJTW website ([sjtw.net](http://sjtw.net)).

## **Step #2: Reflect**

*In addition to being physically present at Mass, being intellectually/spiritually present to the Word of God and Catholic liturgical experience is at the heart of **OneWith**.*

The process of unpacking layers of highly ritualized worship and interpreting literature that are thousands of years removed from our own culture is no small task!

Youth, along with their family member/faith mentor, are asked to pay special attention to the movements of the liturgy and discerning the meaning of the Scripture passages during the Mass. Then, using this **Mass Reflection Guide**, spend a few minutes following Mass to reflect on and discuss with each other the various aspects of what you have just experienced and how those insights might be applied in your own life.

The following materials are not intended to be “homework” but a *framework* to help facilitate discussion between youth and their families and peers.

*If it is helpful* – youth are encouraged to write down their insights from the reflection questions to use as notes to help with their discussions when they meet with their peers...

The second part of the reflection consists of youth participating in a “virtual” discussion with the leader and peers of their **OneWith** Discipleship Group. Youth should be in contact with their Group Leaders to coordinate meeting time and logistics (Zoom, Skype, etc.). Reflection materials for these reflections may be found at [www.onewith.online/virtual-onewith-sessions](http://www.onewith.online/virtual-onewith-sessions)

## **Step #3: Application** - “*Discipleship Challenge*”

This is undoubtedly the most difficult part of the Christian life. What we are asking of each youth is the same thing that God asks of all of his children... to love God with all your heart, soul and mind and to love your neighbor as yourself. *Mat. 22:37-38*

The final component of the Virtual **OneWith** session asks youth to make a commitment to apply one aspect of truth, wisdom or understanding that they have learned from their reflections (with parents, leaders and peers) in a practical way that will improve their relationship with God and/or impact the world we live in. Keep track! Youth will likely be asked about their “*Discipleship Challenge*” the next time they meet for **OneWith**.



## OneWith Mass Reflection Guide

**"Virtual" Session #7**  
**January 10, 2021**

### **Attend/View and reflect on a Sunday Mass**

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. My hope (and prayer) is that by intentionally and regularly participating in the "work" of the people, the "*Mass confusion*" that many people have about Catholic liturgy will give way to "*Mass understanding*".  
~Barry

The following materials are not intended to be "homework" but a *framework* to help facilitate discussion between youth, their families, and peers.

**Name of Catholic Church:** \_\_\_\_\_

**Name of Presiding Priest:** \_\_\_\_\_

**Date of Mass Attended:** \_\_\_\_\_

## Part 1: Liturgical Reflection

### Movements of the Mass...

**Introductory Rites:** 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 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 back to the community to be living examples of the Gospel.

1. Closing Prayer
2. Blessing
3. Dismissal

**Reflection #1** – **The Introductory Rites** are a specific set of prayers, songs, and ritual actions which are intended help the assembled people of God to prepare for worship – *in God's presence...*

- Choose one of the 5 components of the Introductory Rites (*highlighted above*) and discuss with your family/sponsor how it helps you focus on worshipping God. (*Please be specific about HOW that component is effective for YOU.*)
- **Digging Deeper** - Choose one of the 5 components of the Introductory Rites that you don't know much about – Research it's meaning/history with your “*Mass Reflection Partner*” and discuss why you think it does/does not help the assembly focus on worship, presence of God, etc.

[Optional - Record your reflection notes 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.

### Scripture Readings of the week

[A full copy of the readings for the week can be found on the U.S. Bishop's website: <https://bible.usccb.org/bible/readings/011021.cfm>]

Reading #1: Isaiah 42:1-7

Responsorial Psalm: 29:1-10

Reading #2: Acts 10:34-38

Gospel: Mark 1:7-11

**Reflection #2** – As Catholics, we believe that the Bible is the living Word of God. That alone should give us reason to pay attention, but there's more! Scripture offers us lessons and wisdom that can be beneficial to OUR lives – right now!

At today's Mass we celebrate the **Feast of the Baptism of the Lord**, but it is also a reminder and celebration of our own Baptism. Today's gospel is a reminder that we are baptized with the Holy Spirit, not merely with water. To be baptized with the Holy Spirit means that we are drawn into communion with God and we are also empowered by that communion to make a difference in the world—to reach out a helping hand to those in need and to proclaim the good news of Jesus through our actions and our words.

### Choose and discuss one or more of the following questions:

- What purpose is served by John preaching about someone “more powerful” than himself?
- Why does Jesus need to be baptized by John?
- What do you think motivates parents today to have their children baptized?
- What is the difference between a baptism of water & being baptized with the Holy Spirit?

**Homily:** *What was the main point of the Priest/Deacon's homily?*

[Optional - Record your reflection notes here]

---

---

---

---

---

---

---

---

### Part 3: Personal Reflection / Discipleship Challenge

One of the goals of our **OneWith** formation is to help make sense of the unfamiliar language and ritual that IS the Catholic Mass so that we can better appreciate and understand God’s loving messages and powerful sacrifice that is being offered to all of us...

#### Make it Personal:

Looking back on all you’ve experienced at Mass today (Prayers, music, Scripture readings, homily, etc.) - what is one thing that gave you the most encouragement/inspiration?

*[Optional - Record your reflection notes here]*

---

---

---

#### Discipleship Challenge

Another signature component 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.

**Note:** We are looking for a specific/concrete action for you to commit to. “Being a better person” is too generic. The commitment should also be more interactive than “praying for someone” - We certainly want you to pray, but prayer is a separate practice of discipleship. The point of the **Discipleship Challenge** is to put your faith into action by committing to a tangible action and become an agent of mercy, justice, and love in the lives of your family, friends and in our world.

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)*

#### Ask Fr. Mike...

Was there something that happened during this liturgy that you did not understand or would like to know more about?

---

---

---

# OneWith Mass Reflection Guide

**"Virtual" Session #8**  
**January 24, 2021**

## **Attend/View and reflect on a Sunday Mass**

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. My hope (and prayer) is that by intentionally and regularly participating in the "work" of the people, the "*Mass confusion*" that many people have about Catholic liturgy will give way to "*Mass understanding*".

~Barry

The following materials are not intended to be "homework" but a *framework* to help facilitate discussion between youth, their families, and peers.

**Name of Catholic Church:** \_\_\_\_\_

**Name of Presiding Priest:** \_\_\_\_\_

**Date of Mass Attended:** \_\_\_\_\_

## Part 1: Liturgical Reflection

### Movements of the Mass...

**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 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 back to the community to be living examples of the Gospel.

1. Closing Prayer
2. Blessing
3. Dismissal

**Reflection #1** – As Catholics, we believe that *the Bible is the living Word of God*. **The liturgy of the Word** gives us the chance to participate in the very ancient tradition of proclaiming the Word of God to the assembled people of God.

- Why do you think the final reading is always from one of the four Gospels?
- **Digging Deeper** - Choose one of the 5 readings and discuss with your family/sponsor a phrase or word that stood out to you. Why is that meaningful to you? (*You may find it helpful to look up and re-read the passage. You can find a list of the readings on the next page.*)

[Optional - Record your reflection notes 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.

### Scripture Readings of the week

[A full copy of the readings for the week can be found on the U.S. Bishop's website: <https://bible.usccb.org/bible/readings/012421.cfm>]

Reading #1: Jonah 3:1-5

Responsorial Psalm: 25:4-9

Reading #2: I Corinthians 7:29-31

Gospel: Mark 1:14-20

**Reflection #2** – This week's gospel marks the beginning of Jesus' public ministry in the Gospel of Mark. It shows us clearly that Jesus chose ordinary people to follow him into his ministry. Today, anyone wanting to launch some sort of public life would likely assemble a team of advisers - an image consultant, a public relations expert, a market analyst, and probably a bodyguard or two. Who did Jesus choose to be his "entourage"? A few fishermen, some friends of friends, and even a tax collector (one the most despised occupations of his time). The very ordinariness of these disciples was a deliberate action on the part of Jesus. It was a clear statement that his teaching was not for the learned scholars and interpreters of the Torah but rather a practical way to experience the love and presence of God for the "average" person.

The gospel also introduces us to one of Jesus' primary teachings: "*The kingdom of God is close at hand.* This is one of Jesus' core messages found throughout the gospels. Namely that God's kingdom is present on earth (by extending God's love, mercy and justice to those around us) as well as in heaven. Jesus' encouragement to repent and believe this Good News is as relevant for us today as it was for the first believers.

### Choose and discuss one or more of the following questions:

- Why might Jesus have chosen fishermen as some of his first disciples? Explain...
- What would be your equivalent of being called to abandon fishing to follow Jesus?
- What signs exist that the kingdom really is "close at hand"?

**Homily:** *What was the main point of the Priest/Deacon's homily?*

[Optional - Record your reflection notes here]

---

---

---

---

---

### Part 3: Personal Reflection / Discipleship Challenge

One of the goals of our **OneWith** formation is to help make sense of the unfamiliar language and ritual that IS the Catholic Mass so that we can better appreciate and understand God’s loving messages and powerful sacrifice that is being offered to all of us...

#### Make it Personal:

Looking back on all you’ve experienced at Mass today (Prayers, music, Scripture readings, homily, etc.) - what is one thing that gave you the most encouragement/inspiration?  
*[Optional - Record your reflection notes here]*

---

---

---

#### Discipleship Challenge

Another signature component 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.

**Note:** We are looking for a specific/concrete action for you to commit to. “Being a better person” is too generic. The commitment should also be more interactive than “praying for someone” - We certainly want you to pray, but prayer is a separate practice of discipleship. The point of the **Discipleship Challenge** is to put your faith into action by committing to a tangible action and become an agent of mercy, justice and love in the lives of your family, friends and in our world.

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)*

#### Ask Fr. Mike...

Was there something that happened during this liturgy that you did not understand or would like to know more about?

---

---

---

# OneWith Mass Reflection Guide

**"Virtual" Session #9**  
**February 7, 2021**

## **Attend/View and reflect on a Sunday Mass**

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. My hope (and prayer) is that by intentionally and regularly participating in the "work" of the people, the "*Mass confusion*" that many people have about Catholic liturgy will give way to "*Mass understanding*".

~Barry

The following materials are not intended to be "homework" but a *framework* to help facilitate discussion between youth, their families, and peers.

**Name of Catholic Church:** \_\_\_\_\_

**Name of Presiding Priest:** \_\_\_\_\_

**Date of Mass Attended:** \_\_\_\_\_

## Part 1: Liturgical Reflection

### Movements of the Mass...

**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 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 back to the community to be living examples of the Gospel.

1. Closing Prayer
2. Blessing
3. Dismissal

**Reflection #1** – The rites and prayers that make up the Liturgy of the Eucharist are some of the most recognized parts of the Mass (people carrying in the bread and the wine, reciting the Creed, The Lord's Prayer, sharing the “Sign of peace”, Standing/Kneeling during the Eucharistic Prayer, receiving Communion, etc.).

- Choose a moment mentioned above (*or another moment following the homily*) that stands out to you. How does this moment draw you closer to God?
- **Digging Deeper** - Choose a moment mentioned above (*or another moment following the homily*) that stands out to you. How does this moment connect you with the Catholic (Roman Catholic Christians)/catholic (“universal” Christian) community?

*[Optional - Record your reflection notes 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.

### Scripture Readings of the week

[A full copy of the readings for the week can be found on the U.S. Bishop's website: <https://bible.usccb.org/bible/readings/020721.cfm>]

Reading #1: Job 7:1-7

Responsorial Psalm: 147:1-7

Reading #2: I Corinthians 9:16-23

Gospel: Mark 1:29-39

**Reflection #2** – *As Catholics, we believe that the Bible is the living Word of God. That alone should give us reason to pay attention, but there's more! Scripture is offers us lessons and wisdom that can be beneficial to OUR lives – right now!*

*Suffering comes to everyone. Jesus knew the harshness of life because he was one of us. He saw it in the lives of those he loved, and he was touched by their torment. He came to release people from the demons that possess them, from the illness that undermined their lives. He came to bring the reign of God, the reign of peace and fulfillment. He came to heal the brokenhearted, to bind up their wounds.*

*Paul was a messenger of this gospel of salvation and fulfillment. He was so committed to his mission that he empathized with all those who heard his preaching—the slaves, the weak, the brokenhearted, all those who knew well the harshness of life. Now it is our turn. We are the disciples who must bring the good news to the brokenhearted, to those who are enslaved, to those who are weak. We are the ones who will then share in the blessings of this good news.*

### Choose and discuss one or more of the following questions:

- Why might healing have been such an important part of Jesus' ministry?
- Why did Jesus go away by himself to pray?
- How can you better follow Jesus' example of using prayer in the busy times?

**Homily:** *What was the main point of the Priest/Deacon's homily?*

[Optional - Record your reflection notes here]

---

---

---

---

---

---

---

---

## Part 3: Personal Reflection / Discipleship Challenge

One of the goals of our **OneWith** formation is to help make sense of the unfamiliar language and ritual that IS the Catholic Mass so that we can better appreciate and understand God's loving messages and powerful sacrifice that is being offered to all of us...

### Make it Personal:

Looking back on all you've experienced at Mass today (Prayers, music, Scripture readings, homily, etc.) - what is one thing that gave you the most encouragement/inspiration?

*[Optional - Record your reflection notes here]*

---

---

---

### Discipleship Challenge

Another signature component 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.

**Note:** *We are looking for a specific/concrete action for you to commit to. "Being a better person" is too generic. The commitment should also be more interactive than "praying for someone" - We certainly want you to pray, but prayer is a separate practice of discipleship. The point of the **Discipleship Challenge** is to put your faith into action by committing to a tangible action and become an agent of mercy, justice, and love in the lives of your family, friends and in our world.*

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)*

### Ask Fr. Mike...

*Was there something that happened during this liturgy that you did not understand or would like to know more about?*

---

---

---

# OneWith Mass Reflection Guide

**"Virtual" Session #10**  
**February 21, 2021**

## **Attend/View and reflect on a Sunday Mass**

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. My hope (and prayer) is that by intentionally and regularly participating in the "work" of the people, the "*Mass confusion*" that many people have about Catholic liturgy will give way to "*Mass understanding*".

~Barry

The following materials are not intended to be "homework" but a *framework* to help facilitate discussion between youth, their families, and peers.

**Name of Catholic Church:** \_\_\_\_\_

**Name of Presiding Priest:** \_\_\_\_\_

**Date of Mass Attended:** \_\_\_\_\_

## Part 1: Liturgical Reflection

### Movements of the Mass...

**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 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 back to the community to be living examples of the Gospel.

1. Closing Prayer
2. Blessing
3. Dismissal

**Reflection #1** – The Closing/Sending rites are so easy to overlook... in fact, many Catholics don't even stay for this part of the Mass! But for those who stay (*and are not too busy checking ~~my~~ their phones or getting ready to leave*), a very personal blessing for your week awaits!

- Watch for the moments on the list above at the end of Mass today... Which stands out to you? Why is this moment meaningful to you today?
- **Digging Deeper** - Why do you think so many people leave after Communion? How would you describe the importance/reason why you stay through the “Dismissal”?

[Optional - Record your reflection notes 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.

### Scripture Readings of the week

[A full copy of the readings for the week can be found on the U.S. Bishop's website: <https://bible.usccb.org/bible/readings/022121.cfm>]

Reading #1: Genesis 9:8-15

Responsorial Psalm: 25:4-9

Reading #2: I Peter 3:18-22

Gospel: Mark 1:12-15

**Reflection #2** – *The First Reading, from Genesis, and the Gospel this week need to be looked at together. In the Genesis reading, God has just wiped clean the earth and is ready to re-establish the relationship with humanity through Noah and his family. In the short gospel passage, Jesus enters the wilderness as a time of preparation and renewal, ready to embark on his mission of re-establishing the relationship between God and humanity. In both readings there is a sense of a fresh start—a clean slate—for humankind. It is a clear indication of God's commitment to humanity, even when we have totally distanced ourselves from God and forgotten about keeping up our part of the relationship, God is willing to make a clean start of it all again. Both readings offer a reminder of God's constant desire for us to be in right relationship with God and with the world. The presence of Jesus in the world was as clear a signal as the rainbow in the sky that God was willing to give us another go—give us a chance to again see God with new eyes and new understanding.*

*In the gospel passage, we have a picture of Jesus preparing himself for his public ministry. He takes himself out into the wilderness, away from all that he has known until this time, to reflect on his life so far and this next vital stage that he is about to enter. In the wilderness, Jesus is tempted. He has to face his own doubts and demons before he sets off on the road of his public ministry. When he leaves the desert wilderness and enters back into Galilee he immediately begins to preach and, in the first words accredited to him in this gospel, Jesus announces that the kingdom of God is at hand and it's time to repent and believe. It's a call to open your eyes and get with the program! © Greg Sunter*

### Choose and discuss one or more of the following questions:

- Why do you think it necessary for Jesus to go out into the wilderness before he began his public ministry?
- How can you use Lent as a time to respond to the call to “Repent and believe the Good News”?

**Homily:** *What was the main point of the Priest/Deacon's homily?*

[Optional - Record your reflection notes here]

---

---

---

---

### Part 3: Personal Reflection / Discipleship Challenge

One of the goals of our **OneWith** formation is to help make sense of the unfamiliar language and ritual that IS the Catholic Mass so that we can better appreciate and understand God’s loving messages and powerful sacrifice that is being offered to all of us...

#### Make it Personal:

Looking back on all you’ve experienced at Mass today (Prayers, music, Scripture readings, homily, etc.) - what is one thing that gave you the most encouragement/inspiration?

*[Optional - Record your reflection notes here]*

---

---

---

#### Discipleship Challenge

Another signature component 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.

***Note:** We are looking for a specific/concrete action for you to commit to. “Being a better person” is too generic. The commitment should also be more interactive than “praying for someone” - We certainly want you to pray, but prayer is a separate practice of discipleship. The point of the **Discipleship Challenge** is to put your faith into action by committing to a tangible action and become an agent of mercy, justice, and love in the lives of your family, friends and in our world.*

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)*

#### Ask Fr. Mike...

*Was there something that happened during this liturgy that you did not understand or would like to know more about?*

---

---

---

# OneWith Mass Reflection Guide

**"Virtual" Session #11**

**March 7, 2021**

## **Attend/View and reflect on a Sunday Mass**

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. My hope (and prayer) is that by intentionally and regularly participating in the "work" of the people, the "*Mass confusion*" that many people have about Catholic liturgy will give way to "*Mass understanding*".

~Barry

The following materials are not intended to be "homework" but a *framework* to help facilitate discussion between youth, their families, and peers.

**Name of Catholic Church:** \_\_\_\_\_

**Name of Presiding Priest:** \_\_\_\_\_

**Date of Mass Attended:** \_\_\_\_\_

## Part 1: Liturgical Reflection - Lent

**Reflection #1** – You are probably familiar with Lenten practices of fasting... “giving up” pop or chocolate during the 40 days of Lent; not eating meat on Fridays, etc. What you may not realize is that Catholic liturgical practices also “fast” during Lent. Have you ever noticed that the water is removed from the Baptismal Font (no baptisms during Lent); ornate altar cloths are replaced with plain white cloths; the “closing”/recessional song (usually very up-beat) is replaced with silence; even the flowering and green plants in our Gathering and Worship spaces are replaced with dried plants! Also, notice the content of the readings (and the lyrics of the music – if you Mass has singing), these all work together to highlight the themes of repentance, sacrifice, and mercy. As you participate in the Mass today try to notice what might be different about the “environment” of the worship space, the music, the “vestments” (priest’s robes, etc.).

- What connections can you draw between personal practices of fasting/abstinence and liturgical/environmental practices during Lent?
- How might these Lenten liturgical/environmental practices help the community focus on the theological virtues of prayer, fasting and almsgiving?
- **Digging Deeper** - What can **YOU** “set aside” during Lent that will help you focus on the virtues of prayer, fasting and almsgiving?

*[Optional - Record your reflection notes here]*

---

---

---

---

*[Optional resources to help with your discussion, or general knowledge...]*

### Lenten Links

**Simply Catholic** – *Short* articles on a series of Lenten topics.

<https://simplycatholic.com/your-guide-to-a-catholic-lent-everything-you-need-for-a-more-spiritual-lent/>

**Dynamic Catholic** – “Best Lent Ever” Daily devotional videos emailed to you or on your phone. <https://www.dynamiccatholic.com/lent/best-lent-ever.html>

## Part 2: Scripture Reflection

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

### Scripture Readings of the week

[A full copy of the readings for the week can be found on the U.S. Bishop's website: <https://bible.usccb.org/bible/readings/030721-YearB.cfm>]

Reading #1: Exodus 20:1-17

Responsorial Psalm: 19:8-11

Reading #2: I Corinthians 1:22-25

Gospel: John 2:13-25

**Reflection #2** – *The Temple in Jerusalem was (and still is) a powerful symbol of holiness and a symbol of the connection and relationship between God and the Hebrew people. It is often assumed that Jesus' anger was directed at the traders and moneychangers because their business had infringed on and desecrated the temple precinct. But the reality is a bit more complicated. The Temple was the holiest site for sacrifice to God. The tradition dictated that sacrifice made by a priest on the altar was the highest form of worship. The best animal to sacrifice was a healthy, properly formed creature. Rather than walking a lamb all the way from somewhere like Galilee to Jerusalem, the faithful would purchase their sacrifice animal at the Temple itself—thus the presence of the people selling cattle, sheep, and doves. However, to further complicate matters, the Temple traders would not accept Roman coins to purchase the sacrificial animals as they bore the image of the deified emperor. Therefore, money changers were required to exchange Roman currency for acceptable coinage—so the money changers were also playing their part in the prayer life of the Temple.*

*Jesus' outrage is not so much with the traders and the money-changers as with the whole religious practice and hierarchical structure that has developed to a point where the only way a person can pray in a 'valid' way is to purchase an animal and hand it over to a priest who goes behind a screened wall to sacrifice the animal. The only way to seek God's forgiveness and mercy was to 'buy' it at the Temple. This was what outraged Jesus. He could not stomach the injustice nor the barriers that had been erected between the people and their God. © Greg Sunter*

### Choose and discuss one or more of the following questions:

- What aspects of this gospel passage do you find confronting or challenging?
- What was Jesus' dream of the way people should be able to relate to God?
- **Digging Deeper:** Are there Church practices today that may be seen as unjust or discriminatory?

**Homily:** *What was the main point of the Priest/Deacon's homily?*

[Optional - Record your reflection notes here]

---

---

---

---

## Part 3: Personal Reflection / Discipleship Challenge

One of the goals of our **OneWith** formation is to help make sense of the unfamiliar language and ritual that IS the Catholic Mass so that we can better appreciate and understand God's loving messages and powerful sacrifice that is being offered to all of us...

### Make it Personal:

Looking back on all you've experienced at Mass today (Prayers, music, Scripture readings, homily, etc.) - what is one thing that gave you the most encouragement/inspiration?

*[Optional - Record your reflection notes here]*

---

---

---

## Discipleship Challenge

Another signature component 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.

**Note:** *We are looking for a specific/concrete action for you to commit to. "Being a better person" is too generic. The commitment should also be more interactive than "praying for someone" - We certainly want you to pray, but prayer is a separate practice of discipleship. The point of the **Discipleship Challenge** is to put your faith into action by committing to a tangible action and become an agent of mercy, justice, and love in the lives of your family, friends and in our world.*

Drawing on one of the themes you heard today (Scripture, homily, etc.) - what is one thing that you can do during Lent to help you pray, fast and be *financially* generous to those in need?

---

---

---

*(Optional)*

### Ask Fr. Mike...

*Was there something that happened during this liturgy that you did not understand or would like to know more about?*

---

---

---

# OneWith Mass Reflection Guide

## "Virtual" Session March, 2021

**Please Note:** Typically, we try to provide spiritual two spiritual formation experiences a month for our youth. Unfortunately, we will not be able to offer the **Living Stations of the Cross** experience (originally scheduled for March 17<sup>th</sup> & 19<sup>th</sup>) this year. However, we do expect to be able to offer a variety of Lenten reflection experiences ("Drive-Thru Stations" in the parking lot, "On-Demand" Lenten Reflection Videos, etc.) for the whole community in the weeks leading up to Easter. It is my hope that all of our youth will find one or more of these offerings helpful for their spiritual growth. We will be sending more information about SJTW's Lenten liturgies and events as they become available.

## "Virtual" Session #12 - April 11, 2021

**Please Note:** Virtual Session #12 will be held online - webinar style for each grade-level. Details will be forthcoming!

## "Virtual" Session #13 April 25, 2021

### Attend/View and reflect on a Sunday Mass

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. My hope (and prayer) is that by intentionally and regularly participating in the "work" of the people, the "Mass confusion" that many people have about Catholic liturgy will give way to "Mass understanding".

~Barry

The following materials are not intended to be "homework" but a *framework* to help facilitate discussion between youth, their families, and peers.

**Name of Catholic Church:** \_\_\_\_\_

**Name of Presiding Priest:** \_\_\_\_\_

**Date of Mass Attended:** \_\_\_\_\_

## Part 1: Liturgical Reflection – Year in Review...

**Reflection #1** – Congratulations! You are part of a community that has an ancient and royal pedigree! The main way that we gather and express our faith is so old that the layers of meaning behind the things we say and do... have layers of meaning – mostly forgotten through the centuries. One of the guiding principles of the OneWith formation is that a better understanding of the forms, rites, signs and symbols that are woven throughout the Mass will help our young people (all of us) to participate more fully in this very Catholic form of worship.

The second guiding principle of the OneWith formation is the belief that the Mass is imbued with the living presence of God! And as a result, it does not matter whether you are a relative novice or the Pope, the Catholic Mass is an inexhaustible Mystery worth exploring and contemplating for a lifetime!

- Thinking about your reflections and experiences of the Mass this year, what learning, or rite/part of the Mass or “habit” have you developed that has helped you engage in the experience of worshipping God?

*[Optional - Record your reflection notes here]*

---

---

---

---

- The statement that “*the Mass is imbued with the living presence of God!*” is a pretty bold claim. Explain why you think this is true - or not.

*[Optional - Record your reflection notes here]*

---

---

---

---

- **Digging Deeper:** Has the practice of “unpacking” different parts of the Mass or Scripture verses helped you better understand your identity as a Catholic Christian? Explain why/why not...

*[Optional - Record your reflection notes 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.

### Scripture Readings of the week

[A full copy of the readings for the week can be found on the U.S. Bishop's website: <https://bible.usccb.org/Bible/readings/042521.cfm>]

Reading #1: Acts 4:8-12

Responsorial Psalm: 118:21-29

Reading #2: I John 3:1-2

Gospel: John 10:11-18

### Reflection #2 Historical Context – The GOOD Shepherd?

*The image of Jesus as the good shepherd is such a familiar image that it can sometimes become over-familiar and cease to engage us. Countless works of art have presented this image literally, picturing Jesus as a shepherd with a crook and surrounded by sheep or even with a lamb draped around the back of his neck. The John gospel writer's use of the image of Jesus as the good shepherd would have been a confronting image for the initial audience. Shepherds in first century Palestine were far from the idyllic pastoral image that we generally associate with the image. They occupied one of the lowest steps on the social ladder—men of such poor reputation that they could only be trusted to herd sheep; they certainly couldn't be trusted around other people! Jesus' use of the image cut two ways: it was a confronting image for the audience; but it was also a challenge to those leaders who had been charged to "shepherd" their people and behaved no better than thieves—Jesus was giving them an image of what it means to be a good shepherd.*

© Greg Sunter

### Choose and discuss one or more of the following questions:

- What message does the image of Jesus, the good shepherd, hold for you?
- What contemporary image might convey the same message as the image of the good shepherd?
- **Digging Deeper:** How might this image be confusing or misinterpreted by today's society?

**Homily:** *What was the main point of the Priest/Deacon's homily?*

[Optional - Record your reflection notes here]

---

---

---

---

## Part 3: Personal Reflection / Discipleship Challenge

One of the goals of our **OneWith** formation is to help make sense of the unfamiliar language and ritual that IS the Catholic Mass so that we can better appreciate and understand God's loving messages and powerful sacrifice that is being offered to all of us...

### Make it Personal:

Looking back on all you've experienced at Mass today (Prayers, music, Scripture readings, homily, etc.) - what is one thing that gave you the most encouragement/inspiration?

*[Optional - Record your reflection notes here]*

---

---

---

## Discipleship Challenge

Another signature component 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.

**Note:** *We are looking for a specific/concrete action for you to commit to. "Being a better person" is too generic. The commitment should also be more interactive than "praying for someone" - We certainly want you to pray, but prayer is a separate practice of discipleship. The point of the **Discipleship Challenge** is to put your faith into action by committing to a tangible action and become an agent of mercy, justice, and love in the lives of your family, friends and in our world.*

Drawing on one of the themes you heard today (Scripture, homily, etc.) - what is one thing that you can do during Lent to help you pray, fast and be *financially* generous to those in need?

---

---

---

*(Optional)*

### Ask Fr. Mike...

*Was there something that happened during this liturgy that you did not understand or would like to know more about?*

---

---

---