



"Virtual" OneWith

One of the great strengths of our formation for high school youth, is offering a process of 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 offer the following format for youth – *along with their families*, to focus on the **OneWith** core competencies of analyzing scriptures/liturgical traditions and distilling them into practical wisdom that youth can apply in their own lives.

"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:

- 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.
- Youth (along with an adult family member/faith mentor) may view SJTW's prerecorded Mass on the weekend (Saturday or Sunday) that corresponds with your scheduled **OneWith** Session. You can find the video on the SJTW website home page beginning at 5:00 pm on Saturday (sjtw.net).
- ON REQUEST – Preview Link. If your weekend is booked up, you can send an email request to receive a Preview Link for SJTW's prerecorded Mass (available on Wednesday). Send your request to bshay@sjtw.net between Tuesday and Thursday prior to the scheduled **OneWith** Session.

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, should pay special attention to the movements of the liturgy and discerning the meaning of the Scripture passages during the Mass. Then, using the **Mass Reflection Guide** provided, spend a few minutes following Mass to reflect on and discuss the various aspects of what you have just experienced and how those insights might be applied in your own life.

It will be most helpful to write down these insights to use as notes for discussion when the youth explore these areas and other theological aspects of Scripture and liturgy 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

Step #3: Application

This is undoubtedly the most difficult part of the Christian life. What we are asking of each youth is what 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 your **OneWith** sessions is to apply one aspect of truth, wisdom or understanding from your reflection to improve your relationship with God and/or impact the world we live in. Your "Discipleship Challenge" is to make a specific commitment that results in a positive impact on your family, friends, teammates, school, or community. Keep track! You will likely be asked what you did and how it is working the next time you meet for **OneWith**.



OneWith Mass Reflection Guide

"Virtual" Session #1
October 11, 2020

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. 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 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.

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/101120.cfm>]

Reading #1: Isaiah 25:6-10

Responsorial Psalm: 23:1-4

Reading #2: Philippians 4:12-14

Gospel: Matthew 22:1-14

Choose one of the readings used at Mass this weekend...

Who is speaking in this passage? _____

To whom are they speaking? _____

What is the "message" and how might that be applied in your own life? (3-4 sentences)

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

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...

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?

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.

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:

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

OneWith Mass Reflection Guide

"Virtual" Session #2
October 25, 2020

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. 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 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.

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/101120.cfm>]

Reading #1: Isaiah 25:6-10

Responsorial Psalm: 23:1-4

Reading #2: Philippians 4:12-14

Gospel: Matthew 22:1-14

Choose one of the readings used at Mass this weekend...

Who is speaking in this passage? _____

To whom are they speaking? _____

What is the "message" and how might that be applied in your own life? (3-4 sentences)

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

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...

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?

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.

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:

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

OneWith Mass Reflection Guide

"Virtual" Session #3
November 8, 2020

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. 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 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.

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/101120.cfm>]

Reading #1: Isaiah 25:6-10

Responsorial Psalm: 23:1-4

Reading #2: Philippians 4:12-14

Gospel: Matthew 22:1-14

Choose one of the readings used at Mass this weekend...

Who is speaking in this passage? _____

To whom are they speaking? _____

What is the "message" and how might that be applied in your own life? (3-4 sentences)

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

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...

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?

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.

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:

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

OneWith Mass Reflection Guide

"Virtual" Session #4
November 22, 2020

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. 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 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.

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/101120.cfm>]

Reading #1: Isaiah 25:6-10

Responsorial Psalm: 23:1-4

Reading #2: Philippians 4:12-14

Gospel: Matthew 22:1-14

Choose one of the readings used at Mass this weekend...

Who is speaking in this passage? _____

To whom are they speaking? _____

What is the "message" and how might that be applied in your own life? (3-4 sentences)

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

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...

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?

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.

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:

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

OneWith Mass Reflection Guide

"Virtual" Session #5
December 6, 2020

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.

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~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.

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2. *Sign of the Cross and Greeting*
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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 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.

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/101120.cfm>]

Reading #1: Isaiah 25:6-10

Responsorial Psalm: 23:1-4

Reading #2: Philippians 4:12-14

Gospel: Matthew 22:1-14

Choose one of the readings used at Mass this weekend...

Who is speaking in this passage? _____

To whom are they speaking? _____

What is the "message" and how might that be applied in your own life? (3-4 sentences)

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

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...

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?

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.

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:

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