

# ONEWITH

OneWith community, OneWith faith, OneWith Christ.

October 27, 2019

## Reflection Break Outline Grade 9 ~ Session #3

I Believe in  
ONE God  
the Father the Almighty  
Maker of Heaven & Earth  
of all that is SEEN and UNSEEN

### Session Goals

#### Mass Unpacked:

Catholic worship (Mass) is arranged in 4 major movements (Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist and Concluding Rites). This session's "Mass Moment" unpacks the purpose and significance of the "Preparation of Gifts". Bread and wine hold significant meaning in Scripture (*see the reference section for verses*). We bring these gifts - the "work of human hands" along with other gifts of sacrifice (money, acts of mercy and justice, etc.) to the altar where God does something amazing... (*see reference section for more notes*).

#### Mass Learning Outcomes:

- Catholic worship (Mass) is arranged in 4 major movements (Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist and Concluding Rites).
- In the *Preparation of Gifts* we bring our "ordinary" gifts (bread, wine, personal sacrifice, money, etc.) to the altar to be transformed by God.

#### Catholicism Unpacked:

Creed: In the early centuries of the Catholic Church there were great debates about the nature of God, Jesus and the Holy Spirit and their relationship to each other. It is out of these great debates – this deep thinking and searching about the truths of our faith that the core doctrines of Christianity developed.

#### Catechetical Outcomes:

- Reflect on what we *really* believe about Jesus. (Group Discussion)

- Commit to one practice that these “qualities” or teaching of Jesus can affect the way we live our lives. (Discipleship Challenge)



### **Ice Breaker Activity / Questions (5-8 minutes)**

*OneWith format is a very different way of exploring the Catholic faith and experiencing liturgy. It is important for you to remember – and pass on to the youth, that you are still at Mass.*

*This is time is for you and the youth to reflect on the messages that you have just heard in scripture (and homily) and explore how this teaching might be practically applied your lives.*

*This peer-to-peer witnessing is critical to the process – but such authentic sharing does not happen easily. It may take a few or perhaps many sessions for your group to build trust in each other and become comfortable with this new format for exploring their faith.*

*Take a few minutes to help everyone get to know each other and feel welcome in this space...*

[See the “Resources Section” for suggestions and links]

### **Processing Questions (3-5 minutes)**

*The following questions are more than just review, they help the young people to start the process of identifying, clarifying and focusing on the subject for discussion.*

*Be on the look-out for answers that synthesize “gospel” concepts with “secular” cultural beliefs. This is our (your) chance to correct or put a theological fine point on any misconceptions or perceptions that our teens might have.*

Ask questions like...

- What did you hear in Scripture readings?
  - What did you hear in the homily (Fr. Mike’s teaching)?
  - What do you think was Father Mike's point?
  - Did you see or hear anything that you did not understand/needs to be clarified in your mind?
- Close this part of the lesson by reiterating the teaching focus for the session.*

## **Reflection (12-20 minutes)**

### **“I Believe...”**

*For more than 300 years after his death Jesus' followers were still debating “who” he was. Was he really human or only human in appearance? Was Jesus fully divine or part-God/part-human? Etc... After much prayer, discernment and a lot of time sorting out “heresies” of all kinds, the Church was able to say with confidence some things about the true nature of Jesus... Jesus is fully human. Born from a virgin - Mary. He taught with great spiritual insight and authority... Jesus is fully God. He performed miraculous deeds. He was publically executed but rose from the dead after 3 days. Jesus is and always has been “one-with” God.*

*This debate began during Jesus' own ministry. Many wondered who this man could be to work such wonders and speak so compellingly about the nature of God and his kingdom. In the Gospels, Jesus asks his disciples two important questions... “Who do people say the Son of Man is?” [Matthew 16:13] and “But what about you? Who do you say I am?” [Matthew 16:15]*

*It is this question that every disciple must answer for themselves and the question that we ask our young people to consider tonight!*

~ Barry

On a whiteboard or poster board make a list from the following questions...

- What do you believe about Jesus?
- Name some qualities about Jesus that stand out to you.

Looking at your list of things that you believe about Jesus...

- *Is there anything that you would like to add?*
- *Identify those things on which you can all agree.*
- *Work this list to your **top 3-5 qualities/attributes that you can all agree on.***

*Keep your list! You will be referring back to it in a few weeks.*

### **Unpacking the Mass:**

*At each Mass ordinary bread and ordinary wine are brought to the altar. Bread and wine have an ancient and spiritually rich tradition which is found throughout the Bible. We offer these gifts which are the “work of human hands” as an offering to God. But these are not the only gifts we bring to the table. We offer other “fruits of our labor” like money (reflecting our gratefulness/and acknowledgement that God is ultimate source of our ability to earn an income) – At **OneWith** we offer “Discipleship Commitment Cards” our pledges and ordinary works of kindness, justice, mercy and love... All of these gifts – “the work of human hands”, our life and work, we bring to the table and ask God to accept our offering...*

*Then something amazing – something miraculous happens! God takes these ordinary gifts and just as Jesus promised, transforms them in ways beyond our imagining.*

*During the Preparation of the Gifts, we set the table and bring some pretty ordinary stuff... and in return, God offers back to us His very self!*

~ Barry

*[see page 7 for full set of notes from Barry and Fr. Mike]*

### **Coordinators Notes:**

*These two sections (Discipleship Challenge & Presentation & Prayer) can be done in any order you like. Some group leaders find that collecting the prayer intentions makes for a nice icebreaker at the beginning of the Reflection Break. I also know of at least one group that write their Discipleship Challenge on the note cards during check-in time at the very beginning of the session. I have placed them in this order as it roughly follows the Order of the Mass, but the only thing that really matters is that it happens.*

### **Discipleship Challenge (2-3 minutes)**

*With your group brainstorm some concrete ideas for the following question. Ask each member of the group to write down one of the brainstorm ideas (or one of their own) on an index card, post-it note, or **on their phone** – somewhere that they will be able to see and be reminded of the challenge to connect and act.*

- *What is one thing you can do in the next few weeks to draw closer to Jesus?*
- *What is one thing you can do to demonstrate Jesus' teaching/love/sacrifice to others?*

### **Presentation & Prayer (5-8 minutes)**

Both of these are part of the Mass experience so make sure to leave time for them. They also provide a prayerful tone as you transition back for Mass.

**Presentation of Gifts:** Ask each teen to fill out a note card describing a contribution that they have made to the community since the last time the group has met. *Ideally it will be a response to the challenge given by the priest during the closing prayer at the previous session, but this "gift" can be pretty much anything! A good deed, a monetary contribution to a worthy cause (almsgiving), talking to a friend about God, Jesus or the Church are all examples of the gifts we bring with us to Mass. Youth will offer these gifts (drop card into the basket) along with their tithe or donation during the Presentation of the Gifts portion of the liturgy. Then watch what God can do with our ordinary gifts!*

*After everyone has filled out their cards, choose one person to represent your group and bring all of the cards with them to the Worship Space. That representative will be part of the procession for the Presentation of the Gifts. Meet at the statue of Jesus & Joseph in the Gathering Space for detailed instructions. Choose a new representative each week.*

**Intercessory Prayer:** Collect prayer requests from your Discipleship Group and add them to the universal intentions. *Ask a volunteer to read the intentions aloud; and ask everyone to respond with "Lord, hear our prayer" (following each intention).*

*Ask a volunteer to read the intentions aloud; ask everyone else to respond by saying "Lord, hear our prayer" (following each intention).*

### **Leader:**

Our prayer response is "Lord hear our prayer"

For all who proclaim the Gospel with their lives...  
For peace among nations...  
For victims of systematic injustice ...  
For all who gather at this table...  
For an end to domestic violence and abuse...  
For all who strive to end disease and suffering...  
For our sister parish,  
St. Catherine's in Bouzy, Haiti...  
For [Read your group's intentions here...]  
For those who have died...  
For the prayers we hold in silence, (pause) ...

We pray: "Lord hear our prayer"  
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# OneWith

## Resources

### Mass Unpacked (Mass Moment):

- Four Movements of the Mass
  - <http://www.usccb.org/prayer-and-worship/the-mass/order-of-mass/> (USCCB)
- Presentation of the Gifts.
  - <https://clarionherald.org/2012/02/28/presentation-of-the-gifts-preparation-of-the-altar/>
  - [https://www.youtube.com/watch?v=6xXOT5Oq8TA&list=PL8-1Dil2Zzb9GuvPXBbBAdocpTCY1k\\_sW&index=9](https://www.youtube.com/watch?v=6xXOT5Oq8TA&list=PL8-1Dil2Zzb9GuvPXBbBAdocpTCY1k_sW&index=9)
- Barry’s Mass Moment” Notes – see text below (pg. 7).

### Mass Learning Outcomes:

- In the “Presentation of Gifts”, we (individually and as a community) bring to the altar “ordinary” gifts of bread, wine, money – the “work of human hands” as an offering to God.

### Catholicism Unpacked:

We continue to imitate the discussions about the nature of the Trinity in early centuries of the Catholic Church. It was out of these great debates – this deep thinking and searching about the truths of our faith that the core doctrines of Christianity developed.

### Catechetical Outcomes:

- Reflect on what we *really* believe about Jesus.
- Commit to one practice that these “qualities” or teaching of Jesus can affect the way we live our lives.

### Resource Videos: Who is Jesus?

Fully Human/God (Great science analogy): <https://www.youtube.com/watch?v=EtoevOdB7m0>

Jesus & Kingdom of God (Bible Project): <https://www.youtube.com/watch?v=xmFPSof-kzs&t=>

Jesus & “Love” (Bible Project): <https://thebibleproject.com/explore/the-advent-series/>

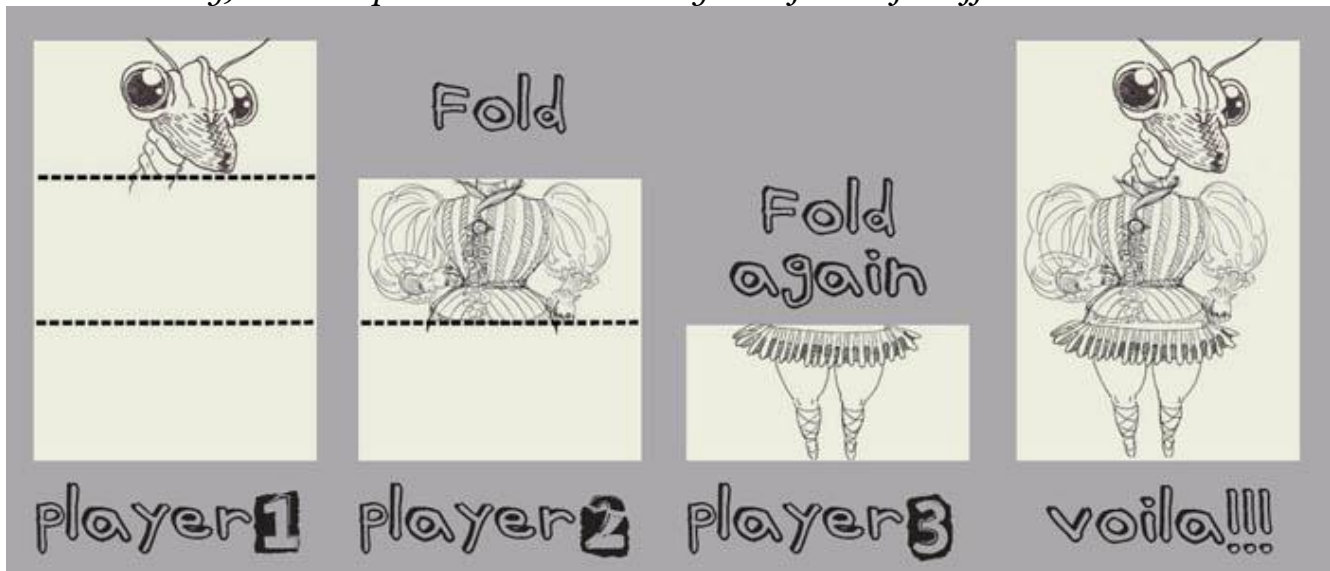
Jesus’ Miracles: <https://www.youtube.com/watch?v=7EyrbdQ1M9U>

## Ice Breaker Suggestions:

### Exquisite Corpse

This is a game that was created by the Surrealists in which you divide a piece of paper in three, and then three people must draw the head, torso and legs, respectively, without seeing what the person before them drew. Inevitably, the final drawing is a hoot. So, break the group up into threes and have them get drawing as you set up the meeting. Who cares if they draw well or not? The worse they draw, the more hilarious the outcome.

*Instead of folding, I would recommend drawing the neck, torso and hips/legs transitions on the blank page then cut through them (allowing each group to work on their section simultaneously) – then tape the sections back together for the full effect.*



### One Word Nom De Plume

What's the one word you'd use to describe yourself? After everyone picks one, pass out nametags and markers. Use their *Nom De Plume* throughout the rest of the reflection break. It's a silly way to start the session and helps everyone get to know one another a bit better.

HELLO  
my name is

HUNGRY

Links to websites with games and activities:

- <https://www.jubed.com/9-Icebreakers-Thatll-Leave-Your-Group-Buzzing>
- <https://teens.lovetoknow.com/teen-activities/youth-icebreakers-without-materials>

- <https://www.thereligionteacher.com/catholic-ice-breakers/>

## **Presentation of the Gifts...**

At each **OneWith** Session I will ask you to take special notice of one moment during the Mass. As you probably know, the Mass is comprised of 2 major liturgies (the Liturgy of the Word and Liturgy of the Eucharist) which are bookended by a set of prayers and blessings – called rites (the aptly named Introductory Rites and Concluding Rites).

The moment I want you to watch for today is called the “Preparation of the Gifts” and is a moment in the Mass is often overlooked but which is actually PACKED with meaning and purpose.

It is easy to take the *PotG* for granted, simply as transition between the two big sections of the Mass Liturgy of the Word (which ends after our reflection on scripture and the homily) and the Liturgy of the Eucharist... an interlude while the altar is set up; a chance for the choir to show off; to collect cash and/or a chance to quickly check your social media.

But there are significant logistical and theological purposes to this moment that point to a higher reality that is present in the Mass...

At each Mass ordinary bread and ordinary wine are brought to the altar. Bread and wine have an ancient and spiritually rich tradition which is found throughout the Bible. We offer these gifts which are the “work of human hands” as an offering to God. But these are not the only gifts we bring to the table. We offer other “fruits of our labor” like money (reflecting our gratefulness/and acknowledgement that God is ultimate source of our ability to earn an income) – At **OneWith** we offer “Discipleship Commitment Cards” our pledges and ordinary works of kindness, justice, mercy and love... All of these gifts – “the work of human hands”, our life and work, we bring to the table and ask God to accept our offering...

Then something amazing – something miraculous happens! God takes these ordinary gifts and just as Jesus promised, transforms them in ways beyond our imagining. We set the table and bring some pretty ordinary stuff... and in return, God offers back to us His very self!

So remember this as you are filling out your “Discipleship Commitment Card”... What gift do you want to offer to be transformed?

Instead of sneaking a peek at your phone, or “visiting” with your neighbor, watch as the table is being set. Consider the significance of this ancient tradition of bread and wine being brought to the altar by your friends... Anticipate the transformation that is to come. Welcome to Mass!

**Note from Fr. Mike:** *In the early church there was no money. People brought freshly picked vegetable, fruits and live animals to Mass. The priest would select those that were going to be prepared for the “banquet” that followed the Eucharistic celebration. Then he would wash his hands. Everything would be blest by the priest and what was not selected to be used by the community was either left for the poor, hungry and homeless, or it would be brought home and served throughout the week. This was seen as a way to bring Christ to the home table.*

*This communal action was seen as something vitally important to connecting the two parts of the Mass. After hearing what Jesus said and did, the people now do what Jesus did. That is, take care of the people who were outcasts. Give to others from our abundance before we take care of our wants.*

## **The Nicene Creed**

*I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.*

*I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.*

*For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.*

*I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.*

*I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.*



