

The background is a solid blue color. In the upper left quadrant, there are several overlapping, curved, light blue shapes that resemble stylized waves or a large, partial circle. These shapes create a sense of movement and depth.

Five Tips for Teaching the Mass

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1. *Be the example.*

The best way to help students appreciate the beauty of the liturgy is to model how important it is in your life. If you're a parent, take your kids with you. If you're a catechist, talk about your positive experiences in Mass. The best way for students to understand the impact of the Mass is to see it lived out authentically.

2. *Emphasize the miracle.*

The Catholic doctrine of transubstantiation reminds us that at every liturgy, a miracle occurs. Sometimes we fail to understand the beauty of what happens before our very eyes. We need to be enthusiastic in explaining to our kids that they have the opportunity to witness a miracle every single Sunday at Mass. Who would want to miss that?!



3. *Pull back the curtain.*

If young people don't understand what's going on at Mass, they won't develop a real appreciation for the Mass. In order to help kids develop a solid understanding and deep affinity for the Mass, we need to explain to them what is going on. Break down the parts of the Mass into terms they'll understand. Explain why we do everything we do. Make sure they understand that every part of the liturgy has a purpose.



4. *Don't be afraid to talk.*

Sometimes, Mass may seem like a mystery. The best way to help kids understand the Mass is to take them to Mass! If possible, encourage them to ask you questions throughout if they want to know what is going on. Quietly answer their questions as they arise, so that kids will be able to put an action to their answer concretely, rather than just relating knowledge to abstract concepts. Or schedule a "teaching Mass" in which the priest goes through the entire Mass for the young people (except for the words of consecration), adding explanation and answering questions throughout.



5. *Create a kid-friendly environment.*

The opportunity to influence the environment at the parish level most often lies with parish catechetical leaders, youth ministers, and clergy, but every parishioner can help. Encourage the parish to be as welcoming as possible to young children and families. We as members of the faithful can help to create a welcoming atmosphere by receiving young children and families with a warm spirit, by showing compassion to mothers with fussy children or parents with kids who have questions about what is happening.



