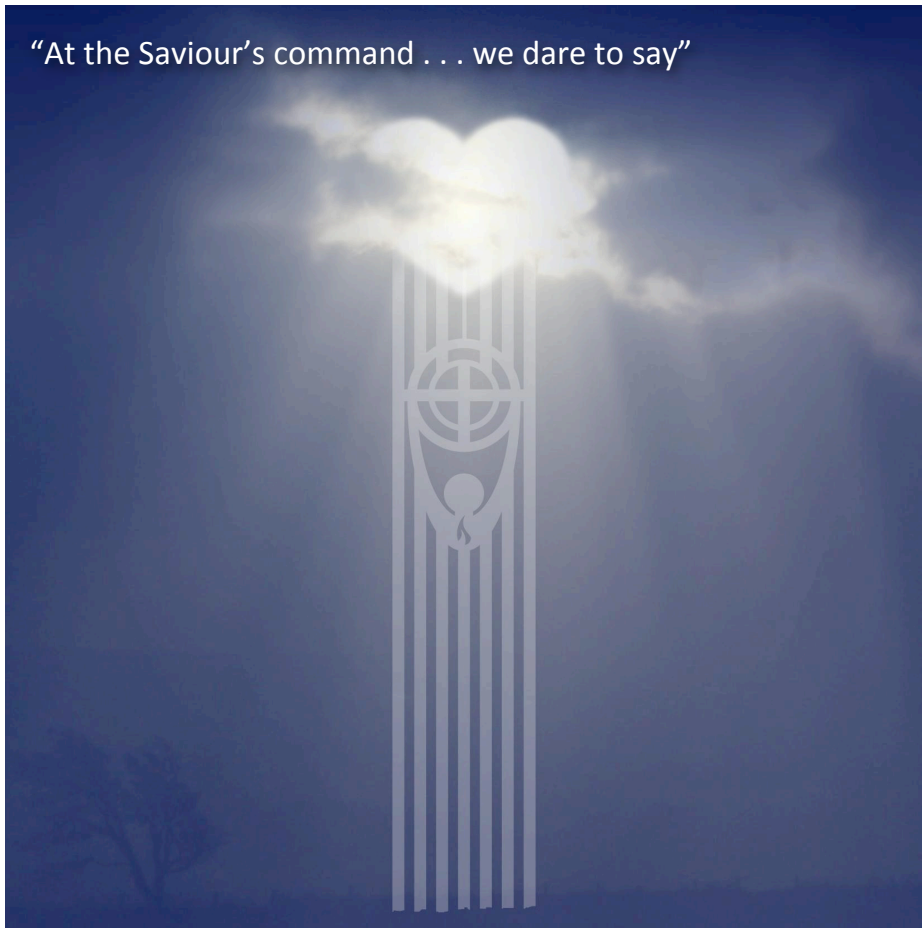


90 MINUTES

# session 3

## engage

“At the Saviour’s command . . . we dare to say”



## Aim

To help young people to explore how they are involved, and how they might become more involved, in the celebration of the Mass

## Overview

The session is made up two parts; the first is based around an activity that encourages thinking about roles in a group and the second is thinking about the way that we get involved in celebrations of the Eucharist.

## Set-up

If it is possible have the room set in a circle, so that everyone present will be able to participate equally. You may invite the group to split into smaller groups for discussion, so try to meet in a room where space allows for this.

The prayer stations will need to be set up beforehand, so either use one end of the room for this, or if possible, use a different room/ space for prayer. If you are meeting in your church hall, going into the church would be a lovely way to finish the evening.

### YouCat Paragraphs:

181-184

189-191

Sunday duty is ...

219

“Sunday duty is just as inappropriate expression as ‘kiss duty’ would be for someone truly in love. No one can have a living relationship with Christ without going to the place where he is waiting for us . . . the celebration of Mass is the ‘heart of Sunday’ and the most important appointment in the week.”

equipment	you	will	need
<p>Download the role cards and powerpoint from the website</p>	<p>1 each</p> <p>Role cards for opening activity</p>	<p>1 batch</p> <p>For each group: Lego, meccano or other construction toys or cardboard and boxes</p>	<p>1</p> <p>Flip chart or wall to stick on</p>
	<p>1 pad</p> <p>Flip chart paper / wallpaper lining paper</p>	<p>5 each</p> <p>Sticky notes / post-its</p>	<p>1</p> <p>Powerpoint of structure of Mass</p>
	<p>1</p> <p>data projector</p>	<p>Optional</p> <p>Speakers</p>	

## Activity

## Explanation

**Welcome:**  
**5 minutes**

Invite the group to have a moment of quiet together and think back over their day/ week/time since the last meeting.

Ask how they got on with their challenge – did they manage to get to church early, and who did they see?

*With a group who know each other well, you might ask if they want to share anything with the group.*

**Introduction**  
**activity:**  
**20 minutes**

Distribute Participation Cards to all those present, telling them they must keep the information on the card a secret until after the task is complete. Explain that the group will have 10 minutes to create a working model of a machine (either something sensible, like a letter sorter, or something silly). At the end of the 10 minutes, invite the group to explain what they have created.

Invite the group to tell each other what was on their participation card;

How were you invited to get involved during the task?

What difference did your reaction have on the group?

As a group, can you identify the different ways that people joined in? Who didn't get involved, and why?

In what ways did people's participation, or lack of it:

Help the group to get the job done?

affect the way that people felt about the task and the group?

**Communication**  
**game:**  
**10 minutes**

Ask the group to get into pairs. Go round and give each pair a scenario to act out, eg:

Asking to borrow money; Celebrating; Saying sorry; Being bored; Listening; Gossiping; Having lunch; Having a great idea

But tell them that they are only allowed to use body language/mime – no talking or sound effects.

Go round a second time and give out some more scenarios:

Having a fight; Falling in love; Watching TV; Complaining; Saying hello; Buying a loaf of bread; Giving someone a job; Making someone feel better

This time, they are not allowed to use their bodies at all – just their voices. They have to stand/sit perfectly still.

## Activity

## Explanation

**Discussion :**  
**10 minutes**

Ask the group how they felt while doing this. Which one was easiest – no words or no actions?

When we are at Mass, we also use our bodies and our voices. Get as many different ways of participating as possible from the group. As you're writing them up, ask the group if you use these different ways to mean different things. What does it mean to sit, to stand, to kneel? Why do we do all these different things at church?

Hopefully the group will start to work out that just as we worship God in different ways through the Mass, so we use our bodies in different ways too, and what we do has a big impact on what we feel.

To really make this point, get two volunteers up the front. Ask one act out ask a favour of the other. Next get them to say the same thing again kneeling down. What difference does this make?

For the last example, ask 4-5 of your group to ask a favour. What difference does it make when we act collectively? When does this happen in the Mass?

*Sample answers here include: standing, kneeling, sitting, shaking hands, singing, speaking, eating, thinking, listening, praying, smelling incense/flowers, smiling, walking*

**Link to powerpoint:**  
**2 minutes**

Sometimes we're so used to going to church that we don't really think about what we're doing when we're there. The powerpoint we're going to watch will help us to go deeper into the Mass, challenging us to think again about why we go, and what happens when we're there.

**Powerpoint:**  
**5 minutes**

Show the powerpoint / video. Ensure that everyone will be able to see and hear.

## Activity

## Explanation

**Discussion Activity:**  
**10 minutes**

Invite the young people to talk about the discussion points;

Did anything strike you as new?

What surprised you?

Which part meant the most to you?

Was there anything you didn't understand?

Will you think anything different the next time you're at Mass?

*If you are working with a larger group, split into smaller groups for the discussion, and allow time for feedback.*

**Challenge:**  
**10 minutes**

The challenge this week is to notice all the different ways we pray during the Mass.

**Multi-sensory  
prayer:**  
**5 minutes**

Set up various stations around the room for the young people to wander around. Use a variety of different ways of praying, for example:

Beads and string to make rosaries, together with cards on how to say the rosary

Clay – with a card on the table asking the young people to make something to represent their relationship with God

Food – different bowls with sweet, bitter, sour and salty foods, to think about the nature of our lives.

A set of different pictures of Jesus for the young people to contemplate.

Once the group have had plenty of time to go round, finish the evening with a simple prayer all together.

*You can find images of Christ online at*

*[http://www.rejesus.co.uk/site/module/faces\\_of\\_jesus/](http://www.rejesus.co.uk/site/module/faces_of_jesus/) or try googling "Christ we share"*

*Instructions on how to make rosaries can be found here:*

*<http://www.nymo.org/uploads/documents/rbeads.pdf>*

*Play reflective music, light candles and turn the main lights down to help your group engage prayerfully with the stations.*