

*Participation of the Heart*

By Vicki Klima

Activities for the 34 sections of Part 2

Written for Small Groups but could be used by individuals

**Section 1, Gathering, Pages 31-34**

1. Begin with Introductions and “Getting to know you”

2. Use of Method 5, Using the Senses, pages 27-30

First: Imagining the experience: ask people to choose a day and time they were coming to Mass and to think through that experience from getting ready at home, driving/walking to the church, entering the church, and finding a place to sit.

(You could play some soft instrumental music in the background to set the mood, but it is not necessary. People could close their eyes or jot down notes – whatever might help each individual “relive” the experience.)

As they go through the experience in their minds, tell them to pay special attention to their senses: What did you see, hear, touch, taste, smell?

As they are imagining themselves sitting in church, ask them to think about any words, phrases, images that they remember? Did anything touch you ... surprise you ... challenge you?

Second: Go to Page 27 of the book and look at questions B through E. Discuss any or all of the questions as time allows and as insights occur to people. You do not have to go through the questions in order or answer every question.

Questions from Page 27

B) What does the experience mean for you?

In what ways does what you’ve experienced remind you of anything outside the liturgy?

Can you connect the experience to your home and family, your workplace, your friendships, or something else?

What are the implications of the above for how you will try to act “the rest of the week”?

C) What does this reflection teach you about God ... Jesus ... the Holy Spirit?

D) What does this reflection teach you about being in community, about the Church, about membership in the Body of Christ?

E) What does this reflection teach you about yourself?

## **Section 2, Gathering Song, Pages 35-36**

Use of Method 2, Praying the Text, pages 11-18

1. Choose a song that could be used as Gathering Song for Mass. Ask your parish musician for help if needed. (Often lyrics can be found online).

2. Use the text as a prayer. Pray it slowly, phrase by phrase. Pause between phrases. People could write down the thoughts or images that occur to them as they are praying.

3. After the prayer, ask people to share insights. What does the text mean to them?

4. If the group is comfortable, sing the song.

This activity can be done with more than one song as time allows.

## **Section 3, Sign of the Cross, Pages 37-39**

There are 2 possible activities to use as time allows.

1. Use of Method 3, Questioning the Text, pages 19-21

Go to page 39. Slowly read the quotation from Gabe Huck from the box at the top of the page.

Ask people what words, phrases, or images struck them from the passage.

What does the text mean to them? Can they relate this text to their daily living?

2. Use of Method 2, Praying the Text, pages 11-18

We are making the what we call a Sign of the Cross of Jesus Christ. Ask people to reflect on the crosses (hardships; struggles; loss) in their lives. Ask: Would anyone be willing to share about a cross(es) in their lives? Would anyone be willing to share about a cross they have overcome in their lives?

## **Section 4, Greeting, pages 40-41**

Use of Method 5, Using the Senses, pages 27-30

1. How does this Greeting at Mass relate to other kinds of greetings we experience? Ask people to think about how many people they greet in any given week. Brainstorm different types of greetings such as greeting a friend, a relative, a coworker, someone they haven't seen in a long time, visiting someone in the hospital, a stranger in line at the grocery store, being introduced to a new person, etc.

2. Ask: how are these greetings similar, how different? What do you feel when you greet someone? What do you feel when you are greeted by someone?

What does the Greeting at Mass mean to you?

## **Section 5, Penitential Act, pages 42-44**

Ask your parish to provide a copy of the Roman Missal, Appendix VI which gives 7 sample invocations for the Penitential Act. Depending on time, decide if you will look at one or more of the 7 samples. You may also choose one or both of the methods suggested below, or use the third activity with the option known as the Confiteor, "I confess."

### **1. Use of Method 1, Lectio Divina, pages 2-10**

Read out loud one of the samples asking the group to say the responses together.

Ask: What word, phrase, or image strikes you from what you heard?

Follow the instructions on page 2 for delving deeper into the words by reading the passage and reflecting more than once.

These samples each consist of 3 short sentences. Challenge people to go beyond their surface first impressions as you repeat the process.

### **2. Use of Method 2, Praying the Text, pages 11-18**

Slowly read and pray one of the samples at a time. For example, in Sample III:

a) "Lord Jesus, you came to reconcile us to one another and to the Father."

Ask: What is reconciliation? How does reconciliation work? What did Jesus teach us about being reconciled to one another? What did Jesus teach us about being reconciled to the Father?

b) "Lord Jesus, you heal the wounds of sin and division."

Ask: In what areas of our world does sin and division exist? (Be specific) How can Jesus heal them? In what areas of my life are there sin and division? What do I need to do to let Jesus heal me?

c) "Lord Jesus, you intercede for us with your Father."

Ask: What does it mean to intercede?

Read this quotation: "For there is one God.

There is also one mediator between God and the human race,  
Christ Jesus, himself human,  
who gave himself as ransom for all." 1 Timothy 2:5-6

Ask: What does it mean that Jesus became human?

### **3. Use of Method 2, Praying the Text, pages 11-18**

Slowly pray through the Confiteor, page 43, form A, phrase by phrase. Pause between phrases.

People could write down the thoughts or images that occur to them as they are praying.

After the prayer, ask people to share insights. What does the text mean to them?

## **Section 6, Glory to God, pages 45-47**

Use of Method 3, Questioning the Text, pages 19-21

Read (or sing) through the Glory to God. Go to page 19 in the book and discuss the questions listed there.

## **Section 7, Collect, pages 48-49**

Use the Collect below, or choose another from the Roman Missal. Pray and discuss as time allows.

Use of Method 2, Praying the Text, pages 11-18

1. Pray through the text slowly out loud. First, make certain everyone understands the sentence structure and the meaning of the text. In order to match the Latin original, sometimes the sentence structure in English becomes convoluted, in particular by adding multiple phrases.

Example: Seventh Sunday of Easter

“Graciously hear our supplications, O Lord,  
so that we, who believe that the Savior of the human race  
is with you in your glory,  
may experience, as he promised,  
until the end of the world,  
his abiding presence among us.  
Who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.”

*Note: The ending is the regular reference to the Trinity which concludes many of our prayers.*

2. Address the sentence structure:

We ask God to graciously hear our supplications. (to graciously hear our prayers)  
We believe that the Savior of the human race is with you God in your glory.  
May we experience what he promised us: that is, his abiding presence among us.  
And may we experience that abiding presence among us until the end of the world.  
“Abiding presence:” enduring, long-lasting; unshakable; steadfast

3. Once the structure is clear, discuss what the prayer means to you personally.

## **Section 8, Scripture – Introduction, pages 51-53**

Use of Method 5, Using the Senses, pages 27-30

1. Have everyone reflect on the usual way their parish celebrates the Scripture part of the Liturgy of the Word. What did you see, hear, touch, taste, smell?

2. As they are imagining themselves sitting in church, ask them to think about any words, phrases, images that they remember? Did anything touch you ... surprise you ... challenge you?

3. Ask: How do you feel the Scripture readings you hear at Mass influence the way you live during the week? Can you think of an example of a reading that had an impact on you?

**Section 9, First Reading, pages 54-55**

**Section 10, Psalm, pages 56-57**

**Section 11, Second Reading, page 58**

**Section 12, Gospel Acclamation, page 59**

**Section 13, Gospel, pages 60-62**

Use of Method 1, Lectio Divina, pages 2-10 is suggested for all of the above Scripture.

Find the readings for the upcoming Sunday. One place to locate the readings is at [uscgb.org/bible/readings](http://uscgb.org/bible/readings)

Examples for the use of Lectio Divina are given on these pages, so no further information is needed here. Read pages 2-10 before the session as preparation to discuss the readings and/or the psalm.

Feel free to sing the psalm and/or the Gospel Acclamation if the group is able to do so.

**Section 14, Homily, pages 63-64**

Use of Method 5, Using the Senses, pages 27-30

The Homily changes every week, so this activity is best done soon after the Mass in order to best remember what was said.

1. During the Homily, try to listen intently. What words, phrases, or images strike you? Does anything touch you, surprise you, or challenge you?

2. After the Homily, reflect by yourself or in a group by answering the questions on page 27 of the book. If members of the group are reflecting on different homilies, more time may be needed.

**Section 15, Creed, pages 65-68**

Use of Method 3, Questioning the Text, pages 27-30

1. Depending on time, choose the Nicene Creed (page 67), the Apostles Creed (page 68), or parts of either one.

2. Discuss line by line what you believe when you recite that part of the Creed. (What does that line, phrase, or word mean to me?)

If there are questions about the meaning, there are many resources available. The most thorough (but may be difficult to understand) is the *Catechism of the Catholic Church*, Part One, The Profession of Faith. You can also find simpler explanations on websites. Be certain to use Catholic websites. Ask a parish staff person to help with specifics if needed.

## **Section 16, Universal Prayer, pages 69-70**

Use of Method 2, Praying the Text, pages 11-18

1. Make specific lists of prayer intentions for the following categories: a) for the needs of the Church, b) for public authorities, c) for those who are burdened, and d) for the local community. Also, you may include e) personal intentions.

2. Use these petitions as your concluding prayer for this session.

## **Section 17, Preparation of the Gifts: Presentation and Prayers, pages 71-75**

Use of Method 5, Using the Senses, pages 27-30

Go to page 27 in the book. Use the questions there to reflect on this part of the Mass. Share insights.

## **Section 18, Preparation of the Gifts: Conclusion, pages 76-77**

Use of Method 3, Questioning the Text, pages 19-21

Find the Roman Missal Text at the bottom of page 77.

Reflect on the following:

In what ways are we brothers and sisters?

What does the word sacrifice mean to me? What are the sacrifices I make in daily life?

What is acceptable (pleasing, welcome) to God?

How do we give God's name praise and glory?

What is "our good?"

What is the "good" of the Church?

How is the Church holy?

## **Section 19, Eucharistic Prayer: Overview, pages 78-80**

Use of Method 5, Using the Senses, pages 27-30

Think back to the last Mass you were at and remember the Eucharistic Prayer. It begins after the Preparation of the Gifts. We are standing, and the priest says, "The Lord be with you." It ends after the Great Amen which is before the Lord's Prayer.

Reflect on the experience by answering the questions on page 27 as time allows. People can reflect silently, and then share answers after that time of silence.

## **Section 20, Eucharistic Prayer: Preface, pages 81-83**

You will need to find a preface in the Roman Missal or online. There is one on page 83 of the book. Ask a parish staff person for help if needed.

1. Use of Method 1, Lectio Divina, pages 2-10

Read out loud one of the prefaces.

Ask: What word, phrase, or image strikes you from what you heard? Follow the instructions on page 2 for delving deeper into the words by reading the passage and reflecting more than once. Challenge people to go beyond their surface first impressions as you repeat the process.

2. Use of Method 2, Praying the Text, pages 11-18

Use one of the prefaces as a prayer. Pray it together out loud. If there are plural pronouns, change them to singular pronouns so the prayer feels more personal. Ask people to think about the meaning of the prayer in their personal life. Examples: What does it mean to me in my home life? What does it mean to me in my work life? What does it mean to me as a person of faith?

**Section 21, Eucharistic Prayer: Holy, pages 84-85**

Use of Method 2, Praying the Text, pages 11-18

Pray (or sing if possible) the Holy as a prayer. Then, pray it through again, phrase by phrase. What does it mean to you to sing this prayer at Mass?

**Section 22, Eucharistic Prayer: Epiclesis, pages 86-87**

Use of Method 3, Questioning the Text, pages 19-21

Look at the text examples on page 87 of the book. Look at all of the nouns. Next, look at all the verbs. Are there any other words that strike you from the texts? Discuss the meanings of these texts as examples of the Epiclesis and what they mean to you.

**Section 23, Eucharistic Prayer: Institution Narrative, pages 88-89**

1. Use of Method 1, Lectio Divina, pages 2-10

*Need a Bible.*

Look up the references on page 88 of the book under Roots in Scripture.

Read out loud one (or more if time allows) of the references.

Ask: What word, phrase, or image strikes you from what you heard? Follow the instructions on page 2 for delving deeper into the words by reading the passage and reflecting more than once. Challenge people to go beyond their surface first impressions as you repeat the process.

2. Use of Method 4, Being There, pages 22-26

*Need a Bible.*

a. Read Luke 22:14-34 (Shorter version possible: Mark 14:17-31)

b. Tell people to choose one point of view in the story. They can be Peter, Judas, another disciple, a server, or Jesus.

c. Read the account out loud.

d. Ask people what they were thinking/feeling as that person (from that point of view) in the various parts of the story.

## **Section 24, Eucharistic Prayer: Anamnesis, pages 90-92**

### **1. Use of Method 1, Lectio Divina, pages 2-10**

Read out loud one (or more if time allows) of the references on page 92 of the book.

Ask: What word, phrase, or image strikes you from what you heard? Follow the instructions on page 2 for delving deeper into the words by reading the passage and reflecting more than once.

Challenge people to go beyond their surface first impressions as you repeat the process.

### **2. Use of Method 2, Praying the Text, pages 11-18**

Pray out loud together one (or more if time allows) of the references on page 92 of the book.

Pray slowly, one line at a time. Spend time in silent reflection.

What does this part of the Eucharistic Prayer mean to you?

## **Section 25, Eucharistic Prayer: Offering, pages 93-94**

*Use the example on page 94 of the book or find Eucharistic Prayer III and read the whole section of the prayer indicated, adding the parts after the ellipsis.*

### **1. Use of Method 1, Lectio Divina, pages 2-10**

Read out loud the references on page 94 of the book.

Ask: What word, phrase, or image strikes you from what you heard? Follow the instructions on page 2 for delving deeper into the words by reading the passage and reflecting more than once.

Challenge people to go beyond their surface first impressions as you repeat the process.

### **2. Use of Method 2, Praying the Text, pages 11-18**

Pray out loud the references on page 94 of the book.

Pray slowly, one line at a time. Spend time in silent reflection.

What does this part of the Eucharistic Prayer mean to you?

## **Section 26, Eucharistic Prayer: Intercessions, pages 95-96**

### **1. Use of Method 1, Lectio Divina, pages 2-10**

Read out loud together (or one person) the Intercessions sample on page 96.

Ask: What word, phrase, or image strikes you from what you heard? Follow the instructions on page 2 for delving deeper into the words by reading the passage and reflecting more than once.

Challenge people to go beyond their surface first impressions as you repeat the process.

### **2. Use of Method 2, Praying the Text, pages 11-18**

a. Read out loud together the Intercessions sample on page 96.

b. Add specific prayers for each category mentioned, e.g. Pope; Bishop; Clergy; entire people; etc. as time allows.

c. Ask people to think about the meaning of the prayer in their personal life. Examples: What does it mean to me in my home life? What does it mean to me in my work life? What does it mean to me as a person of faith?



## **Section 27, Eucharistic Prayer, Doxology, pages 97-98**

1. Use of Method 1, Lectio Divina, pages 2-10

Read out loud together the Doxology on page 98.

Ask: What word, phrase, or image strikes you from what you heard? Follow the instructions on page 2 for delving deeper into the words by reading the passage and reflecting more than once. Challenge people to go beyond their surface first impressions as you repeat the process.

2. Use of Method 2, Praying the Text, pages 11-18

a. Read out loud together the Doxology on page 98.

b. What does “through Christ,” “with Christ,” and “in Christ” mean to you?

c. Ask people to think about the meaning of the prayer in their personal life. Examples: What does it mean to me in my home life? What does it mean to me in my work life? What does it mean to me as a person of faith?

## **Section 28, Lord’s Prayer, pages 99-101**

Use of Method 2, Praying the Text, pages 11-18

Pray the prayer, line by line as in the example on pages 99-100. Stop after each line to write and/or discuss what each line means to you.

Use the priest’s prayer after the Lord’s Prayer as the concluding prayer for this session.

## **Section 29, Sign of Peace, pages 102-103**

Use of Method 3, Questioning the Text, pages 27-30

Make a list of places and people in need of peace in our world, our nation, our city, our parish, and/or our own lives. Use this list for the session’s concluding prayer.

## **Section 30, Lamb of God, pages 104-105**

*Need a Bible or the Lectionary*

Use of Method 1, Lectio Divina, pages 2-10

Read Exodus 12:1-8, 11-14 (First reading for Holy Thursday) using the Lectio Divina method and discuss insights about Jesus as the Lamb of God.

## **Section 31, Invitation to Communion, pages 106-108**

Use of Method 3, Questioning the Text, pages 27-30

a. Read the Invitation to Communion on page 108.

b. Look at the verbs; look at the nouns; look at the adjectives. Discuss how the emphasis changes for the different parts of speech.

c. What is the meaning of this text and how does it relate to your daily life?

### **Section 32, Reception of Communion, pages 109-111**

Use of Method 5, Using the Senses, pages 27-30

Ask people to remember and walk through the last time they received communion. After silent reflection on this action, you can use the questions on page 27 for reflection together, or you can use the text on page 30 to compare your experience/reactions with that example or with each other.

### **Section 33, Prayer After Communion, page 112**

*Find some Prayers after Communion from the Roman Missal or online.*

Use of Method 2, Praying the Text, pages 11-18

Take one or more examples of a Prayer after Communion from the Roman Missal. Pray them together. Discuss insights and how the prayer responds to the action of receiving communion.

### **Section 34, Concluding Rites, pages 113-116**

None of the Methods listed in the book.

Instead, use this wrap-up question:

How will you take what you have learned in these 34 sections about the Mass into your daily life? (What are your “Key Takeaways” from this study of the Mass?)

