

# Sunday Mass, Prayer, and the Sacramental Life of the Church.

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Due: Weekly beginning Sept. 1<sup>st</sup> or earlier

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Preparation for Confirmation should facilitate a continual process of conversion and enable full and active participation in the life of the Church with ever-growing depth. A key sign of readiness for any sacrament is how a person participates in the sacramental life of the Church.

**Confirmation candidates are expected to participate in the sacramental and liturgical life of the parish by:**

- **Actively participating in Mass every Sunday**
  - ➔ Participate in person whenever possible. RSVP is no longer required due to Covid.
  - ➔ To participate via streaming simply go to the parish website and follow the links on the main page at [www.oldsmarys.com](http://www.oldsmarys.com).
- **Receiving the Sacrament of Reconciliation frequently**
- Intending to live a sacramental life from today forward.

**Candidates are asked to complete a simple online Mass journal each week. Below are two short videos. I encourage the youth & parents to watch both as they relate to understanding the Catholic Mass, the way that we worship.**

1. 3 minutes on the purpose of the Mass. [Click here.](#)

- ▶ **Consider Discussing as a family:** *Liturgy is remembering and sharing our story and to praise God. Stories can change our lives and shape our identity. In what way has the story of Jesus and our redemption shaped and changed your identity and in what ways has the story of Jesus and our redemption continuing to unfold and shape you today and as you grow?*

2. 5 minutes on signs and symbols. This link is part of the Mass journal and while it can be skipped after watching once, I encourage you to revisit it, watch it every so often. The second half of the video brings it all together very well. Watch the video frequently, just like we practice our sport, instrument, debate, theater roles, visit the gym, etc, we continually need to form ourselves in our faith. This video is also part of the Mass journal so you can watch often as the more we train ourselves to become aware of things happening in the context of Mass each week, the more we are engaged in active worship. [Click here.](#)

- ▶ **Discuss as a family:** *. What are some of the signs in the liturgy that you would like to better understand? How do the words the Church uses manifest the meaning of these signs?*

3. [CLICK HERE FOR THE ONLINE WEEKLY MASS JOURNAL](#)