



https://youtu.be/SQU3_0Rr0k8

The Catholic Mass
OCIA – October 28, 2025

GROUP DISCUSSION



- **What do you know about the Mass?**
- **As a group decide on the two most important things.**



EXPLAINING THE MASS



Time
for a
Break

DO I HAVE
to Go to
CHURCH?



Jim Auer

Why can't the
Mass be more
entertaining?

Let's Chat

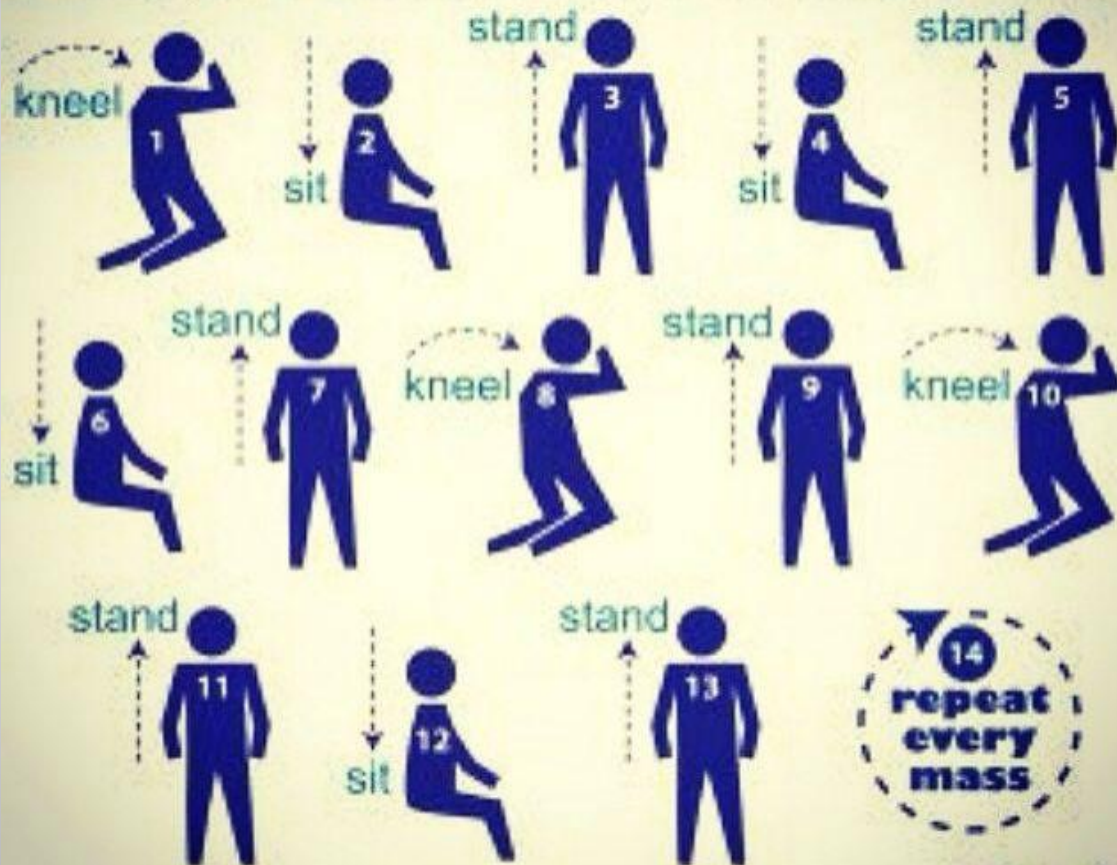
- Is missing Mass a serious sin?
 - But I work on Sunday
- At what point does the bread and wine turn into the body and blood of Christ?
- Do they always use red or white wine?
- What is the difference between a homily and a sermon?

Let's Chat

- **Why do we strike our chest at the penitential rite?**
- **At Communion why do some people receive a blessing? What is that?**
- **Why do we cross ourselves at the Gospel?**
- **Why does the deacon bow to the priest before reading the Gospel?**
- **Why do they ring bells during the Eucharist Prayers?**

Catholic Calisthenics

This exercise will bring you closer to God and may lead to eternal salvation.





End of Mass

“As my Father sent me, so I send you”
You need to GO!!!

We enter the church as
many souls, fractured,
tired, broken and hungry.
But we exit as one body in
Christ, rejuvenated, healed
and fulfilled!