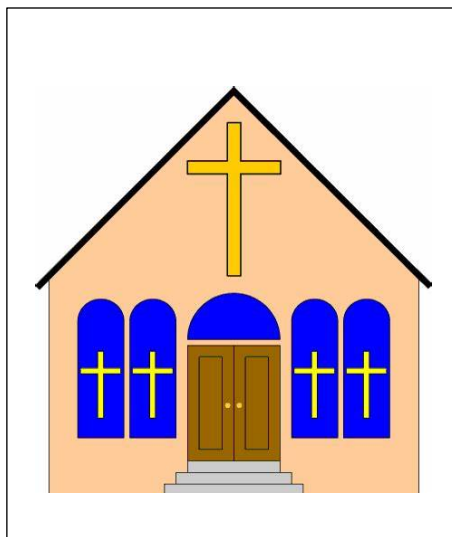


GUIDE FOR PREPARING TO ATTEND MASS

Why are we here?

Explain the reasons you attend Mass. Talk about your history with church and why your family attends Mass. Share with them that you learn at Mass about God and faith. There will be a group of people there that share our belief in God.

At Church



What do I see?

There will be pews (benches) or seats at Mass. There is an altar. The altar is where the priest is for most of the Mass. Just a few people go to the altar such as lectors, Eucharist ministers, altar servers and priests or deacons. There will be candles. There may be banners and flowers. Everyone will sit in a pew or seat.

Expected Behavior

Start by discussing the different times everyone is expected to stand, sit and/or kneel. Explain the reasons we stand, sit or kneel. Share that they can follow along with everyone else. Talking is not usually ok, but if talking is needed we are expected to whisper. Practice whispering at home.

Who goes to Mass?

Share that families like yours may be there. No behavior related to a disability should prevent a family from trying to attend Mass.

All families and family members are welcome.