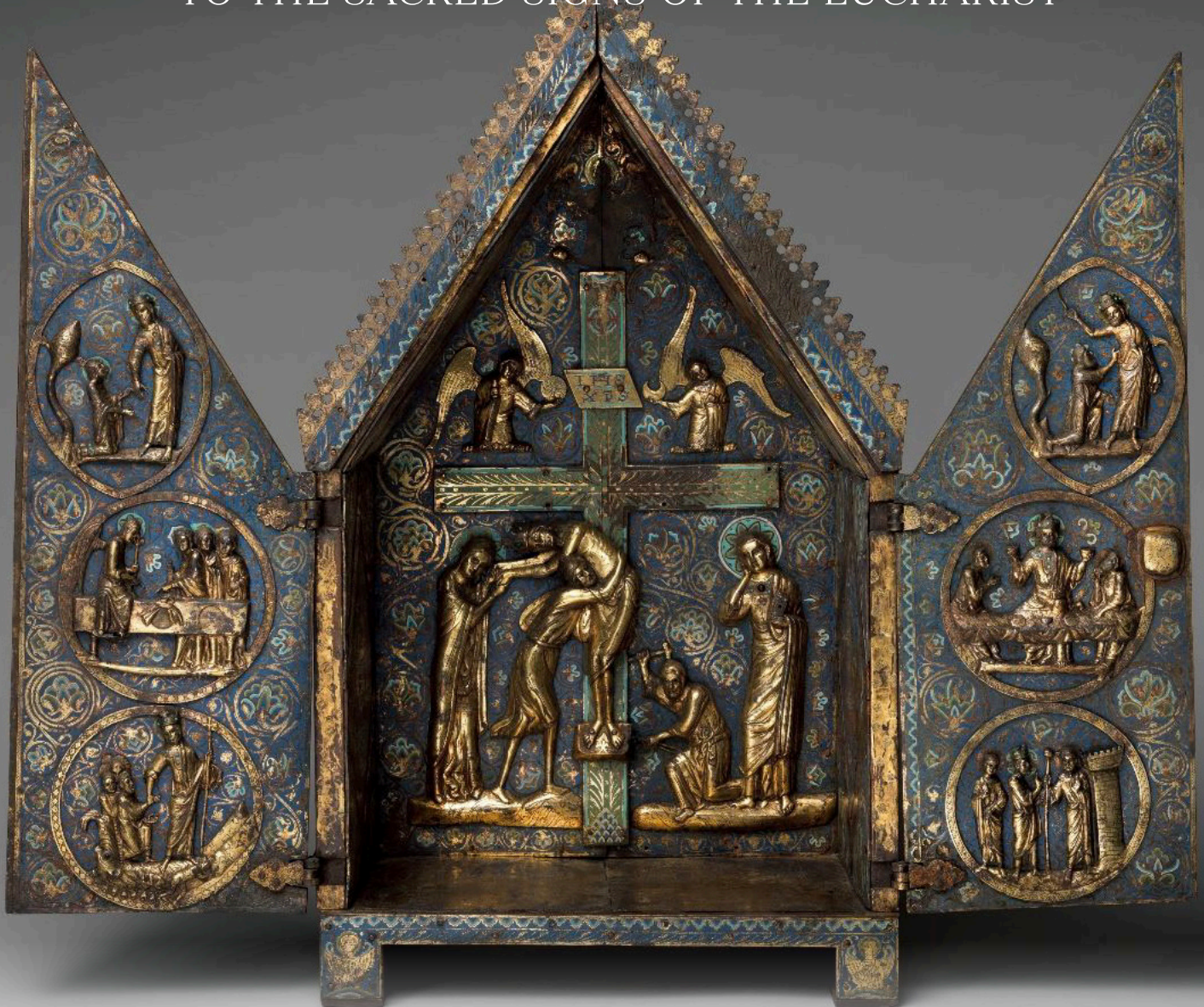


COME LET US WORSHIP:

A CHILDREN'S GUIDE
TO THE SACRED SIGNS OF THE EUCHARIST



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WELCOMING
CHILDREN
in WORSHIP

THE CATHOLIC
UNIVERSITY
OF AMERICA





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INTRODUCTION

FOR PARENTS, PASTORS, CATECHISTS, AND TEACHERS

In 1911, Romano Guardini, an Italian-born German Catholic priest and theologian, wrote a little book called *Sacred Signs*, which was written, in the words of Guardini, “to help open up the world of the liturgy.”¹ This opening up, as Guardini saw it, required a method of liturgical formation that would consider the experience of the whole person, spirit and body. It would also reclaim the capacity of the person to see and understand the signs, symbols, and gestures of the liturgy.

For more than a century, Guardini’s little book has continued to inspire, and the principles he sketches out in the introduction to *Sacred Signs* are as relevant today as they were when first published. Above all, they remind us that formation for the liturgy requires more than instruction, which by itself is superficial; rather, what is called for is engagement of the entire self, uniting intellect and experience, as well as the spiritual and material.²

Taken together, these principles have informed the methods we propose in this resource, methods which have proved to be fruitful, especially with children, who, by learning to see and learning to do, assimilate the meaning of the signs, symbols, and gestures of the liturgy.³ These methods include beginning with the basics, privileging experience over classroom instruction, and encouraging repetition to promote understanding.⁴ More specifically, our methods bring to the fore these principles of liturgical formation of children that:

- Highlight the goodness of Creation (body and soul) and prioritize the child’s participation (acclamations and responses, bringing up the gifts);
- Acclimate the child to the physical space (architecture, orientation, the liturgical year);
- Instruct the child in bodily movements (standing, kneeling, walking, hands);
- Present the objects and gestures of the liturgy as part of the child’s lived reality (chalice, paten, linens, epiclesis).

Your primary source of materials is your environment—the church, its structure and layout, its decoration—and the articles it holds for use in the Mass. Each lesson, however, provides the following support:

- Lesson Objective
- Suggested Materials
- Vocabulary
- Guiding Children’s Experience
- Children’s Activity
- Summary Lesson Plan

In addition to materials for artwork and for some activities, the only other item you will need is a Bible in order to locate and read selected passages. We recommend using the New Revised Standard Version Catholic Edition (NRSVCE) or the New American Bible Revised Edition (NABRE).

Thank you for your interest in using this resource for the liturgical formation of your students and children. May the Holy Spirit guide you and keep you as you carry out the vital ministry of forming the children in your care for worship and prayer.

A WORD ON FORMING CHILDREN FOR PRAYER AND WORSHIP

In the Catholic tradition the Mass is “the highest point in all our prayer.”⁵ Accordingly, formation in prayer is a natural, and arguably essential, part of liturgical formation. To this end, we have incorporated a period of prayer into the beginning of each lesson.

The *Catechism of the Catholic Church* mentions five forms of prayer: blessing and adoration, praise, thanksgiving, petition, intercession. Similarly, it identifies three expressions of prayer: vocal prayer, meditation, contemplative prayer.⁶ Against this background, we begin each lesson with *lectio divina*, which familiarizes children with these forms and expressions and the discipline required for participation in the Mass. A description of this practice may be found below.

We also recommend teaching children the responses, acclamations, and prayers of the Mass. These include the Confiteor, the Gloria, the Nicene Creed, the Sanctus (Holy, Holy, Holy), the Our Father, the Invitation to Prayer (Lord, I am not worthy), and the Agnus Dei (Lamb of God). These also may be found below.

Lectio divina and teaching children to pray with scripture

Lectio divina is an ancient practice dating back to the early Church. It is a method of praying with Scripture that helps us to discern what God is speaking to our hearts. There are four steps: **lectio, meditatio, oratio, and contemplatio or reading, meditation, prayer and contemplation**. Each of these steps is described below.

Lectio: Once you have chosen a Scripture passage, read it (or have it read to you) slowly and carefully. What does it mean, in the literal sense?

Meditatio: Read or listen to the passage again. Are there words or phrases that stand out to you? Ponder them. How do they make you feel? What is God saying to you?

Oratio: Read or listen to the passage again. In light of your meditation, respond to God. What would you like to say to him?

Contemplatio: Read or listen to the passage again. Now sit in silence, and rest in God. Listen for what he may be speaking to your heart.

With young children, our purpose is to show them that the Bible is a special book. We teach them how to hold it so they can feel its weight, and we let them turn its pages. The passages we read to them are narrative in nature, and we guide their responses with questions. Older children who are seven and above may be led through the usual steps. The passages we read to them may be narrative or not, and their responses, if they wish, may be private. Even so, their responses may still need to be prompted by questions, until they grow in prayer and worship.

Notes

1. Romano Guardini, *Sacred Signs*, trans. Grace Branham (St. Louis: Pio Decimo Press, 1956), <https://www.ewtn.com/catholicism/library/sacred-signs-11190>.
2. Romano Guardini, *Liturgy and Liturgical Formation*, trans. Jan Bentz (Chicago: Liturgy Training Publications, 2022), viii.
3. Fr. Samuel Weber, OSB, “Sacred Signs and Religious Formation: An Application of the Teachings of Monsignor Romano Guardini,” *Adoremus* 14, no.1 (March 2008), <https://adoremus.org/2008/03/sacred-signs-and-religious-formation/>.
4. Weber, “Sacred Signs.”
5. Benedict XVI, General Audience, https://www.vatican.va/content/benedict-xvi/en/audiences/2012/documents/hf_ben-xvi_aud_20120111.html.
6. *Catechism of the Catholic Church*, *Catechism of the Catholic Church*, 2nd ed. (Washington, DC: Libreria Editrice Vaticana-United States Catholic Conference, 2000), 2626-2643.

Confiteor

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned
in my thoughts and in my words,
in what I have done and in what I have
failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask the blessed Mary
ever-Virgin, all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Gloria

Glory to God in the highest,
and on earth peace to people of good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of
the Father, have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.

Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial
with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate
of the Virgin Mary,
and became man.
For our sake he was crucified under
Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father and Son,
who with the Father and Son is adored
and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and apostolic
Church.
I confess one Baptism for the forgiveness
of sins
and I look forward to the resurrection of
the dead and the life of the world to come. Amen.

Sanctus (Holy, Holy, Holy)

Holy, Holy, Holy
Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes
in the name of the Lord.
Hosanna in the highest.

Our Father

Our Father who art in heaven,
hallowed by thy name.
Thy kingdom come.
Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those who trespass
against us;
and lead us not into temptation,
but deliver us from evil.

Invitation to Communion

Lord I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.

Agnus Dei (Lamb of God)

Lamb of God,
you take away the sins of the world:
have mercy on us.
Lamb of God,
You take away the sins of the world:
have mercy on us.
Lamb of God,
you take away the sins of the world:
grant us peace.



UNIT IV | Lesson Ten

WELCOMING CHILDREN TO SACRED SPACE

More Liturgical Elements of the Mass

LESSON OBJECTIVE

The purpose of this lesson is to introduce and make accessible additional liturgical elements on or near the altar during the Mass.

SUGGESTED MATERIALS

- Bible
- “I Received the Living God,” *Prophets of Joy*, by The University of Notre Dame Folk Choir, digital download on iTunes or Amazon Music
- Phone or other device for playing music
- 11” x 17” white cardstock
- Chart depicting and labeling additional liturgical elements of the Mass
- Drawing activity for additional liturgical elements of the Mass
- Colored pencils

VOCABULARY

Ambo	the stand or lectern from which Scripture is read
Book stand	the support that holds the Roman Missal during the Mass
Consecration bells	the four small bells attached to a single handle rung during the elevation of the bread and wine
Cruets	two small glass pitchers for holding water and wine
Lavabo	the priest’s ceremonial washing of the hands during the Mass
Lectionary	the book from which Scripture is read during the Mass
Roman Missal	the large red book from which the priest prays during the Mass

GATHERING AND PRAYER

Pray *lectio divina* using Psalm 139:1-2.

GUIDING CHILDREN'S EXPERIENCE

Print the chart depicting the additional liturgical elements of the Mass onto the cardstock.

Remind the children that the altar is the table from which the Mass is celebrated. It is also the table from which we are invited to share a special meal—the bread and wine of the Eucharist. Review the liturgical elements from the previous lesson, namely the:

- Altar cloth
- Altar candles
- Chalice
- Crucifix
- Paten

Note that there are other liturgical elements that are equally important to the celebration of the Mass.

Using the chart, name the bookstand. The bookstand sits on the altar to the left of the priest and holds the Roman Missal. This book holds all the prayers the priest says during the Mass. Next, name the cruets. The cruets are two small pitchers made from clear glass. They are kept on a table near the altar. One holds the water and the other holds the wine that is used for preparing the chalice.

Name the elements for lavabo. (These, too, are kept on a table near the altar.) Lavabo is the priest's ceremonial washing of the hands during the Mass. The elements of lavabo are a small bowl of water and a small linen towel, usually white. Name the consecration bells. These are four small bells attached to a single handle. They are rung three times during the elevation of the bread and the elevation of the wine.

Tell the children that there is another book used during the Mass called the Lectionary. The Lectionary is kept on the ambo, and it tells us which Scriptures are to be read on which day. Explain that the Scriptures are carefully chosen so that together they become the story of God's plan for us.

As before, we have provided a list of questions for your use with the children. You may, however, develop your own. For the activity, have the children color in the coloring sheet for the additional liturgical elements of the Mass, while listening to "I Received the Living God."

REFLECTION QUESTIONS

- > *Why do the Scriptures tell the story of God's plan for us?*
- > *Is the story of God's plan for us important for us to know?*
- > *Why does the priest wash his hands during the Mass? Are they dirty?*

ACTIVITY

*Have the children use the activity sheet to draw the additional liturgical elements of the Mass, while listening to **I Received the Living God**.*

- Hand out the activity sheet.
- Review the additional liturgical elements of the Mass with the children.
- Have the children draw the additional liturgical elements of the Mass on the activity sheet.

<i>Ambo</i>	<i>Book stand</i>
<i>Consecration bells</i>	<i>Cruets</i>
<i>Lectionary</i>	<i>Roman Missal</i>
<i>Lavabo</i>	

SUMMARY LESSON PLAN

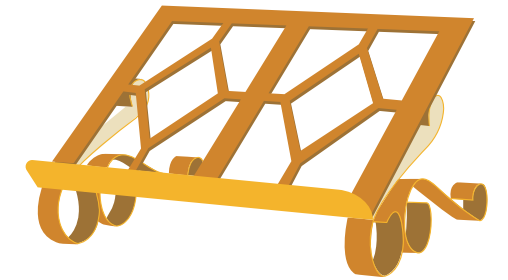
Lesson Ten: Welcoming Children to Sacred Space (*More Liturgical Elements of the Mass*)

MATERIALS: Bible, “I Received the Living God,” phone or other device for playing video, 11”x17” white card stock, chart depicting and labeling the additional liturgical elements of the Mass, activity sheet for additional liturgical elements of the Mass, colored pencils.

MOMENTS	PREPARATION	PRESENTATION/ACTIVITY	NOTES
Gathering and Prayer	Mark Psalm 139:1-2 in your Bible.	Pray <i>lectio divina</i> : Psalm 139:1-2.	
1st Moment		Remind children that the altar is the table from which the Mass is celebrated. It is also the table from which we are invited to share a special meal—the bread and wine of the Eucharist. Review the elements from the previous lesson.	
2nd Moment	Print the chart depicting the additional liturgical elements of the Mass onto the cardstock.	Point to the chart. Tell children the bookstand holds the Roman Missal. The cruets are two small pitchers that are kept on a table near the altar. The elements used for lavabo are kept on a table near the altar. The consecration bells are four small bells attached to a single handle. The Lectionary is a book which is kept on the ambo.	The Roman Missal holds all the prayers the priest says during the Mass. Both cruets are made from clear glass. One holds water and the other holds wine for the preparation of the chalice. Lavabo is when the priest washes his hands during the Mass. A small bowl of water and a small linen towel are used. The consecration bells are rung three times during the elevation of the bread and the elevation of the wine. The Lectionary tells which Scriptures are to be read on which day. The Scriptures are carefully chosen so that together they tell us the story of God’s plan for us.
3rd Moment		Ask children to share their reflections, using the questions provided as a guide.	
Activity	Print copies of the activity sheet. Have “I Received the Living God” ready to play.	Have children draw the additional liturgical elements of the Mass on the activity sheet. Play “I Received the Living God.”	
Closing Prayer	Choose closing prayer.	Pray closing prayer.	



Ambo



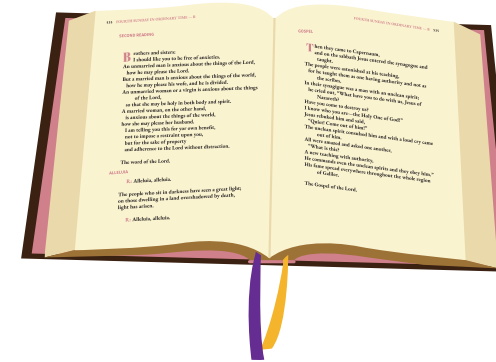
Book stand



Consecration bells



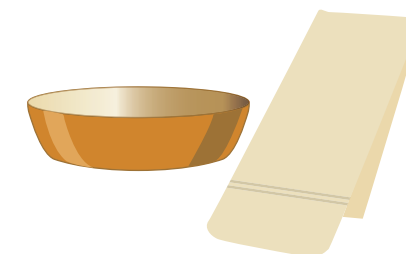
Cruets



Lectionary



Roman Missal



Lavabo

UNIT IV | Lesson Eleven

WELCOMING CHILDREN TO SACRED SPACE

Linens

LESSON OBJECTIVE

The purpose of this lesson is to introduce the linens of the Mass and their use.

SUGGESTED MATERIALS

- Bible
- Clear glass pitcher
- Clear glass bowl
- White linen cloth
- Water
- 11"x17" white cardstock
- Chart depicting and labeling the basic linens used during the Mass

VOCABULARY

Corporal	a white linen cloth on which the chalice and paten are placed during the Mass
Finger towel	a white linen cloth used by the priest to dry his hands after lavabo
Pall	a stiff square of linen placed on top of the chalice to prevent dust or insects from falling in
Purificator	a white linen cloth used by the priest to wipe the chalice and paten after Communion

GATHERING AND PRAYER

Pray *lectio divina* using Isaiah 1:18.

GUIDING CHILDREN'S EXPERIENCE

Print the chart depicting the additional liturgical elements of the Mass onto the cardstock.

Remind the children that the altar is the table from which the Mass is celebrated. It is also the table from which we are invited to share a special meal—the bread and wine of the Eucharist. Review the altar cloth and the alb from earlier lessons. Both are made from white linen. Explain that there are other linens that are equally important to the celebration of the Mass.

Using the chart, name the corporal. The corporal is a white linen cloth that is laid on the altar beneath the chalice and paten. Its purpose is to catch any crumbs from the Eucharist. Even the crumbs of the Eucharist are sacred and must be consumed by the priest. Next name the pall. The pall is a stiff square of linen placed on top of the chalice as needed. Its purpose is to prevent dust or insects from falling in.

Next name the finger towel. The finger towel is a white linen cloth used by the priest during lavabo, the priest's ceremonial washing of the hands during the Mass.

Name the purificator. The purificator is a white linen cloth used to purify the paten and chalice after Communion. The priest collects any crumbs from the Eucharist and places them in the chalice. He adds water to the chalice and drinks it. Then he uses the purificator to wipe the paten and dry the chalice. (This way, there are no crumbs or drops of wine left over.)

As before, we have provided a list of questions for your use with the children. You may, however, develop your own. For the activity, demonstrate lavabo, allowing each of the children to take a turn.

REFLECTION QUESTIONS

- > *Why does the priest collect the crumbs from the Eucharist?*
- > *Why does the priest wash his hands before the offering? Are they really dirty?*
- > *Why does the priest put the crumbs of the Eucharist and water in the chalice?*
- > *Why does he drink it?*

ACTIVITY

Demonstrate lavabo.

- Introduce the pitcher, the bowl, and the finger towel. The pitcher should be partially filled with water.
- Place the finger towel over your left arm. Take the bowl in your left hand and the pitcher in your right hand. Ask one of the children to hold his or her hands over the bowl.
- Pour water over the child's hands. With older children, recite the priest's prayer: "*Wash me, O Lord, from my iniquity and cleanse me from my sin.*"
- Ask the child to take the finger towel from your arm and dry his or her hands. then replace the finger towel on your arm.



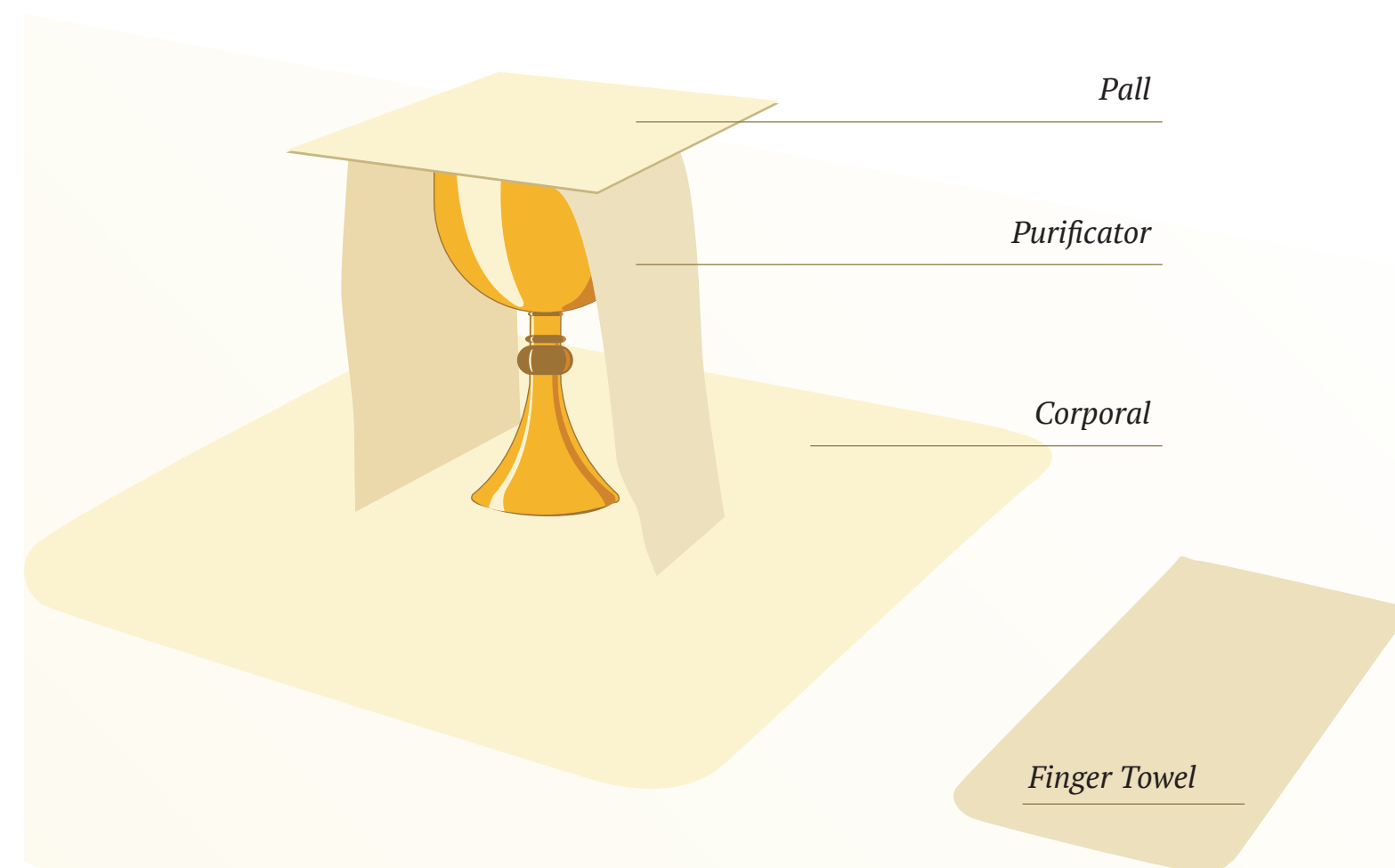
SUMMARY LESSON PLAN

Lesson Eleven: Welcoming Children to Sacred Space (*Linens*)

MATERIALS: Bible, clear glass pitcher, clear glass bowl, white linen cloth, water, 11"x17" white cardstock, chart depicting the basic linens used during the Mass

MOMENTS	PREPARATION	PRESENTATION/ACTIVITY	NOTES
Gathering and Prayer	Mark Isaiah 1:18 in your Bible.	Pray <i>lectio divina</i> : Isaiah 1:18.	
1st Moment		Remind the children that the altar is the table from which the Mass is celebrated. It is also the table from which we are invited to share a special meal—the bread and wine of the Eucharist. Review the linens from the earlier lesson.	
2nd Moment		Point to the chart. Tell children the corporal is a white linen cloth that is laid on the altar beneath the chalice and paten. Its purpose is to catch any crumbs from the Eucharist. The pall is a stiff square of linen placed on top of the chalice. Its purpose is to prevent dust or insects from falling in. The finger towel is a white linen cloth used by the priest during lavabo. The purificator is a white linen cloth used to purify the paten after Communion.	Even the crumbs of the Eucharist are sacred and will later be consumed by the priest. The pall is placed on the chalice as needed. Lavabo is the priest's ceremonial washing of the hands during the Mass. The priest collects any crumbs from the Eucharist and places them in the chalice. He adds water to the chalice and drinks it. Then he uses the purificator to dry the chalice and wipe the paten.
3rd Moment		Ask children to share their reflections, using the questions provided as a guide.	
Activity		Demonstrate lavabo with each of the children.	With older children, recite the priest's prayer: " <i>Wash me, O Lord, from my iniquity and cleanse me from my sin.</i> "
Closing Prayer	Choose closing prayer.	Pray closing prayer.	

CHART

Linens

UNIT IV | Lesson Twelve

WELCOMING CHILDREN TO SACRED SPACE

Work of Human Hands

LESSON OBJECTIVE

The purpose of this lesson is to point out the integral relationship between the created world and the celebration of the Mass.

SUGGESTED MATERIALS

- Bible
- Image of Juan de Juanes' *Last Supper*
- "For the Beauty of the Earth," *Together in Vilnius 2.0*, by Bel Canto Choir Vilnius, digital download on iTunes or Amazon Music
- Phone or other device for playing video
- Copywork template
- Pens or pencils
- Colored pencils

VOCABULARY

Preparation of the Gifts when the altar is prepared for the Liturgy of the Eucharist (The phrase "work of human hands" is found in the priest's accompanying prayer.)

GATHERING AND PRAYER

Pray *lectio divina* using Proverbs 6:20-22.

GUIDING CHILDREN'S EXPERIENCE

Invite the children to reflect on the fundamental relationship between the created world and the celebration of the Mass. This relationship is mediated by “the work of human hands.”¹

Remind the children that God created everything and everyone and that the gifts of the earth were created for our use. Ask the children how these gifts might be used in the celebration of the Mass.

Stone is a mineral that comes from the earth. The altar is made from stone. Gold and silver are precious metals. We find them in the chalice and ciborium. Linen is a natural fabric made from the fibers of the flax plant. The altar cloth, corporal, and purificator are made from linen.

Grain is milled into flour, which is mixed with water to make the bread of the Eucharist. After being mixed, the flour and water are kneaded into dough, then baked and cut into circles. Grapes are crushed and fermented into wine. The wine is aged and poured into bottles.

Bees produce the wax for the altar candles. Beeswax is known for its sweetness and purity, which reminds us of the purity of Christ. All of these things are made by people and have been used for centuries in the celebration of the Mass. They are “the work of human hands.”

Ask the children if they would like to see a picture with some of these elements in it. Show them the *Last Supper* painted by Juan de Juanes. Direct their attention to the stone floor, linen tablecloth, metal chalice, bread, and wine. Note also the view of the natural world, which is seen behind Christ through the window.

As before, we have provided a list of questions for your use with the children. You may, however, develop your own. For the activity, have the children copy and illustrate Psalm 90:17, while listening to “For the Beauty of the Earth.”

Notes

1. This phrase appears twice in the Liturgy of the Eucharist during the Presentation of the Gifts and Preparation of the Altar, both when the priest refers to the bread as the “fruit of the earth and work of human hands” and later when he refers to the wine as the “fruit of the vine and work of human hands.”

REFLECTION QUESTIONS

- > *What is meant by “the work of human hands?”*
- > *How does the work of human hands bring together the gifts of the earth and the celebration of the Mass?*
- > *Where do minerals, precious metals, plants, insects, and human beings come from?*

ACTIVITY

Using the template provided, have the children copy and illustrate Psalm 90:17, while listening to **For the Beauty of the Earth**:

*Let the favor of the Lord our God be upon us,
and prosper for us the work of our hands—
O prosper the work of our hands!*

SUMMARY LESSON PLAN

Lesson Twelve: Welcoming Children to Sacred Space (*Work of Human Hands*)

MATERIALS: Bible, image of Juan de Juanes' *Last Supper*, "For the Beauty of the Earth," phone or other device for playing music, copywork template, pens or pencils

MOMENTS	PREPARATION	PRESENTATION/ACTIVITY	NOTES
Gathering and Prayer	Mark Proverbs 6:20-22 in your Bible.	Pray <i>lectio divina</i> : Proverbs 6:20-22.	
1st Moment		Tell children God created everyone and everything. Point out that the gifts of the earth were created for our use. Ask children how these gifts might be used in the celebration of the Mass.	
2nd Moment		Tell children that stone is a mineral that comes from the earth. Gold and silver are precious metals. Linen is made from the fibers of the flax plant. Bread is made from grain. Wine is made from grapes. Beeswax is made by bees. All of these things are made by people. They are the "work of human hands."	The altar is made from stone. The chalice and ciborium are made from gold or silver. The altar cloth, corporal, and purificator are made from linen. The bread of the Eucharist is made from grain. The wine of the Eucharist is made from grapes. The altar candles are made from beeswax.
3rd Moment	Print copies of the <i>Last Supper</i> .	Ask children if they would like to see a picture with some of these elements in it. Point out the stone floor, linen, tablecloth, metal chalice, bread, wine, and view of the natural world, which is seen through the window.	The <i>Last Supper</i> was painted by Juan de Juanes between 1555 and 1562. It hangs in the Prado Museum in Madrid, Spain.
4th Moment		Ask children to share their reflections, using the questions provided as a guide.	
Activity	Print copies of the copy work template and Psalm 90:17. Have "For the Beauty of the Earth" ready to play.	Have children copy and illustrate Psalm 90:17. Play "For the Beauty of the Earth."	
Closing Prayer	Choose closing prayer.	Pray closing prayer.	

Last Supper, Juan de Juanes, Wikimedia Commons, Public Domain

