

Catholic Mass Reflection Form
(Bring to the final Youth Mass)

Name _____

Grade _____

Group Leader _____

For Catholic Christianity, the Sunday Liturgy is the source and summit of our faith life! Please reflect and complete the questions on the front side *before October 15th*, then reflect and complete the back side after Easter.

1) Mass Participation: Describe when and where you celebrate Mass as a family right now. Does this seem appropriate to you? Why or why not?



2) Mass Attitude: Describe your feelings right now about the Sunday Mass. Do you look forward to gathering with your Catholic family in faith, or is this a burden to you?

3) Memories: What are some memorable experiences you have of liturgies so far in your life? These can be highlights or disappointments from Masses or other sacraments that you participated in so far in your young life.

4) Liturgical Goals: What do you think you would like to do in order to get more out of Mass between now and Easter Sunday? Describe your goals below and how you think you may be able to reach these goals!

**“THE GREAT THING, AND
THE ONLY GREAT THING
IS TO ADORE AND PRAISE GOD.”**

~ THOMAS MERTON

Parent Signature

Small Group Leader Signature

Date

Complete This Side After Easter and Bring to the Final Youth Mass!

1) Mass Participation: Were you able to celebrate Mass as a family more this year than last year? Why or why not?

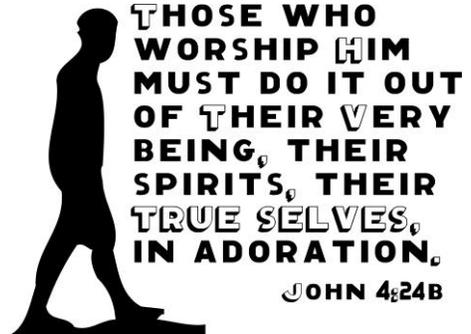
2) Mass Attitude: How have your feelings about celebrating Mass changed this year?

3) Liturgical Goals: How were you able to achieve the Liturgical Goals you set for yourself last fall? What goals do you think you may want to set for yourself next year?

4) New Memories!: Looking back upon the liturgies you participated in this year (*Sunday Masses, Youth Masses, Shadow Stations, small and large group prayer experiences, etc.*), please describe what happened and why you think you will remember this for a long time.

5) Faith Formation: How have the various liturgies helped you to form your faith into becoming a better Catholic Christian Disciple this year?

6) Significance of Mass: Based on your liturgical experiences this year, why do you suppose that Eucharist is the “source and summit” of our Catholic Christian life?



Parent Signature

Small Group Leader Signature

Date