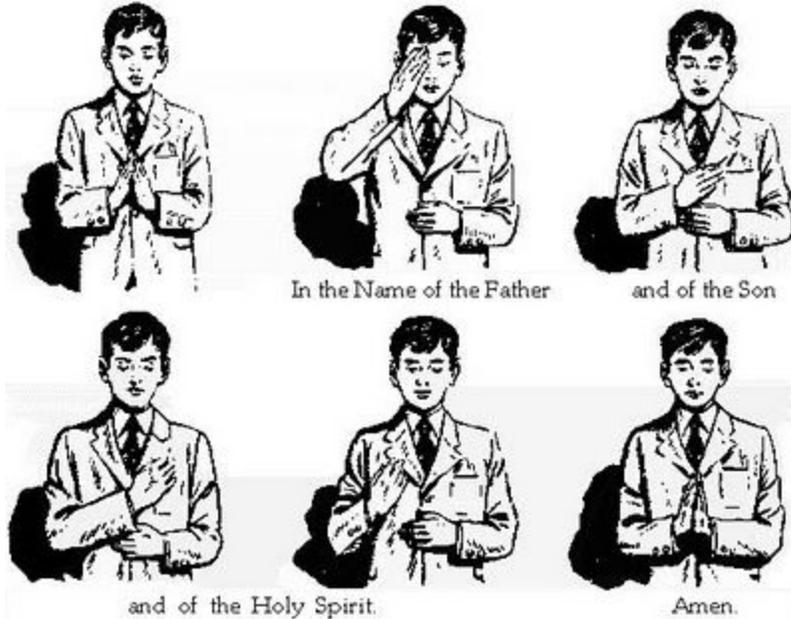


Dear 7/8th Grade Students and Parents,

As a student at Pope John Paul II Regional School you are expected and required to attend and participate in mass. After all, the more you participate in mass, the more God will know your love. Being in 7/8th grade comes with the responsibility of knowing these traditions, prayers, and proper church etiquette as the younger grades look to you as role models. Study the prayers, Catholic teachings, and basic rites on this packet. There will be an assessment the first week of school.

### The Sign of the Cross



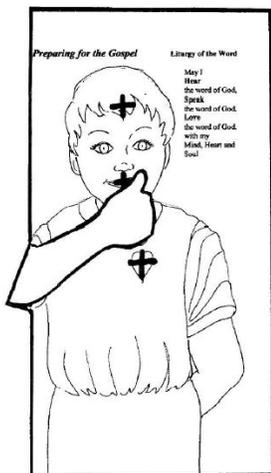
### The Gospel

Gospel means “good news” and the reading is taken from the New Testament. During the Gospel we stand and listen to the priest read from the Book of the Gospels. The priest will say to the congregation:

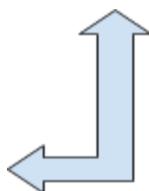
Priest: The Lord be with you.

People: And with your spirit.

Priest: A reading from the holy Gospel according to N.



**\* At the same time, he makes the Sign of the Cross on the book and on his forehead, lips, and breast. The people make a fist with their right hand and with our thumb we make a small Sign of the Cross on our forehead, on our lips and over our heart and silently pray, “God be in my mind, on my lips, and in my heart.”)**



People: Glory to you, O Lord.

Then the deacon, or the priest, incenses the book, if incense is used, and proclaims the Gospel. At the end of the Gospel, the Deacon, or the Priest, acclaims: The Gospel of the Lord.

All reply: Praise to you, Lord Jesus Christ.

Then he kisses the book, saying quietly: Through the words of the Gospel may our sins be wiped away. Then follows the homily, which is to be preached by a priest or deacon. The homily may even be given by a Bishop or a priest who is present at the celebration but cannot concelebrate. During the homily the people sit. This is when the priest shares special thoughts and ideas with us to help us connect the gospel to our own life experiences. After the homily a brief period of silence is appropriately observed.

### The Sign of Peace (A Good Handshake)

The infographic is divided into two main sections: 'DO' (left, blue background) and 'DON'T' (right, red background).

**DO**

- 1) MAINTAIN EYE CONTACT. (Illustration of two people shaking hands with dashed lines for eye contact)
- 2) SMILE. (Illustration of a smiling face)
- 3) LEAN FORWARD ABOUT 20°. (Illustration of a person leaning forward with a 20-degree angle marked)
- 3) A GOOD SHAKE COMES FROM THE ELBOW: THE FOREARM REMAINS FIRM. (Illustration of a handshake with the forearm and elbow highlighted)
- 5) FIVE SHAKES MAX. (Illustration of a handshake with arrows indicating pressure points: PRESSURE, KEEP THE WRIST FIRM, FINGERS CLOSE TOGETHER, FINGERS DON'T GO OVER THE PALM REGION OF THE HAND, and FIVE SHAKES)

**DON'T**

- THE LIMP FISH**  
The classic bad handshake. The hand is disengaged from the tenar space, instead it limply lays on the other hand and applies no pressure back. Awful.
- THE ACTION FIGURE**  
The hand is totally rigid and doesn't clasp so much as fit into the other person's grip with straight fingers pointing down. Awkward.
- THE STANDOFF**  
The handshake that doesn't end when it should. Nobody wants to make the wrong move so no move is made. It just keeps going forever. Terrifying.
- THE SOMETHING TO PROVE, OR WHAT?**  
The opposite of the Limp Fish. It applies entirely too much pressure to the point of being painful. You're trying too hard. No good.

<http://removeandreplace.com/2013/02/25/how-to-give-a-proper-handshake/>

**The Our Father (the prayer that Jesus taught his disciples personally)**

Our Father, Who art in heaven  
Hallowed be 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. Amen.

**The Hail Mary**

Our Father, Who art in heaven  
Hallowed be 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. Amen.

**The Glory Be**

Glory be to the Father, and to the Son,  
and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. *Amen.*

**The Act of Contrition**

My God, I am sorry for my sins with all my heart.  
In choosing to do wrong and failing to do good,  
I have sinned against you whom I should love above all things.  
I firmly intend, with your help, to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ suffered and died for us.  
In his name, my God, have mercy.

**On the following pages please memorize the prayers and parts of the mass marked \*. These are the parts of mass that you are expected to participate in.**

# Mass Responses and Prayers

The Roman Missal, Third Edition

## INTRODUCTORY RITES

### \* SIGN OF THE CROSS

*(Assembly stands)*

*(All make the Sign of the Cross)*

In the name of the Father  
and of the Son,  
and of the Holy Spirit, Amen.

### \* GREETING

Priest: The Lord be with you.

People: And with your spirit.

### \* PENITENTIAL ACT FORM A (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,  
*(striking their breast)*  
*through my fault, through my fault,*  
*through my most grievous fault;*  
therefore I ask blessed

Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

### OR FORM B

Priest: Have mercy on us, O Lord.

People: For we have sinned against  
you.

Priest: Show us, O Lord, your mercy.

People: And grant us your salvation.

### OR FORM C

Priest: You were sent to heal the  
contrite of heart:

People: Lord, have mercy.

Priest: You came to call sinners:

People: Christ, have mercy.

Priest: You are seated at the right hand  
of the Father to intercede for us:

People: Lord, have mercy.

Priest: May almighty God have mercy  
on us,

forgive us our sins, and bring us to  
everlasting life.

### \* LORD HAVE MERCY (KYRIE)

Priest: Lord, have mercy.

People: Lord, have mercy.

Priest: Christ, have mercy.

People: Christ, have mercy.

Priest: Lord, have mercy.

People: Lord, have mercy.

OR

Priest: Kyrie, eleison.

People: Kyrie, eleison.

Priest: Christe, eleison.

People: Christe, eleison.

Priest: Kyrie, eleison.

People: Kyrie, eleison.

### 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.

### LITURGY OF THE WORD

*(Assembly sits)*

FIRST READING

RESPONSORIAL PSALM

SECOND READING

## GOSPEL DIALOGUE

*(Assembly stands)*

Priest *(or Deacon)*:

The Lord be with you.

People: And with your spirit.

Priest *(or Deacon)*:

A reading from the holy Gospel  
according to \_\_\_\_\_.

People: Glory to you, O Lord.

## PROCLAMATION OF THE GOSPEL

*(Assembly sits)*

## HOMILY

## PROFESSION OF FAITH

### APOSTLES' CREED

*(Assembly stands)*

I believe in God,

the Father almighty,

Creator of heaven and earth,

and in Jesus Christ, his only Son,

our Lord, *(bow)*

who was conceived by the Holy Spirit,

born of the Virgin Mary,

suffered under Pontius Pilate,

was crucified, died and was buried;

he descended into hell;

on the third day he rose again

from the dead;

he ascended into heaven,

and is seated at the right hand

of God the Father almighty;

from there he will come to judge

the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church,

the communion of saints,

the forgiveness of sins,

the resurrection of the body,

and life everlasting. Amen.

or **NICENE CREED** ✱

*(Assembly stands)*

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, *(bow)*  
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 the Son,  
who with the Father and the 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.

**INVITATION TO PRAYER** ✱

*(Assembly stands)*

*Priest:* Pray, brethren ... acceptable to God,  
the almighty Father.

*People:* May the Lord accept the  
sacrifice at your hands  
for the praise and glory of his name,  
for our good  
and the good of all his holy Church.

**EUCCHARISTIC PRAYER**

**PREFACE DIALOGUE** ✱

*Priest:* The Lord be with you.

*People:* And with your spirit.

*Priest:* Lift up your hearts.

*People:* We lift them up to the Lord.

*Priest:* Let us give thanks to the  
Lord our God.

*People:* It is right and just.

**PREFACE ACCLAMATION**

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.

**EUCCHARISTIC PRAYER**

*(Assembly kneels)*

**THE MYSTERY OF FAITH**

*Priest:* The mystery of faith.

*People:*

A – We proclaim your Death,  
O Lord,

and profess your Resurrection  
until you come again.

B – When we eat this Bread and  
drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.

C – Save us, Savior of the world,  
for by your Cross and Resurrection  
you have set us free.

**THE LORD'S PRAYER**

*(Assembly stands)*

*People:*

Our Father, who art in heaven,  
hallowed be 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.

*Priest:* Deliver us, Lord, we pray,  
from every evil,  
graciously grant peace in our days,  
that, by the help of your mercy,  
we may be always free from sin

and safe from all distress,  
as we await the blessed hope  
and the coming of our Savior,  
Jesus Christ.

*People:* For the kingdom,  
the power and the glory are yours  
now and for ever.

**SIGN OF PEACE**

*Priest:* The peace of the Lord be  
with you always.

*People:* And with your spirit.  
*(All turn and offer one another  
a sign of peace)*

**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.

**INVITATION TO COMMUNION**

*(Assembly kneels)*

*Priest:* Behold the Lamb of God,  
behold him who takes away the  
sins of the world.

Blessed are those called to the  
supper of the Lamb.

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

**CONCLUDING RITES  
(AND BLESSING)**

*(Assembly stands)*

*Priest:* The Lord be with you.

*People:* And with your spirit.

*Priest (or Deacon):*

Go forth, the Mass is ended.

OR Go and announce the  
Gospel of the Lord.

OR Go in peace, glorifying the  
Lord by your life.

OR Go in peace.

*People:* Thanks be to God.



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States Conference of Catholic Bishops.

## **Pope John Paul II Regional School Mission Statement**

Pope John Paul II Regional School is a Christ-centered community devoted to teaching the values and beliefs inherent in the Catholic faith. The administration, faculty, and staff are committed to educating a diverse student population through a challenging academic curriculum in a safe, nurturing environment. Students are encouraged to reach their potential and share the Gospel message by supporting and respecting the efforts of others.

