

## Fourth Grade: Lesson 6: Liturgy and Gestures of the Mass

### Lesson Objective:

This lesson builds upon the previous lesson. Helping children understand the liturgical seasons, colors, objects, and vestments will help them experience the liturgy more fully. In addition, children should see the prayers of the liturgy and the gestures and postures at Mass as an external sign of what is in their hearts. This lesson also gives the children the opportunity to learn more about some cultural customs associated with the saints, especially.

### Learning Outcomes: Students will ...

- Demonstrate appropriate customs, gestures, and postures in various liturgical situations (e.g., when to genuflect, bowing, kneeling, processions) and understand why we do them.
- Identify the vestments and sacred objects used in the Mass.
- Explain the meaning of the colors of the liturgical seasons and how these colors are used in liturgy and special celebrations.
- Experience and identify the cultural customs associated with saints (i.e., throat blessing on St. Blaise's day, blessing of animals on Feast of St. Francis of Assisi).

### Supplies Needed:

- Prayer Space, Bible, pictures for picture sort, crayons, pencils
- Copies Needed: Liturgical Calendar, Coloring Book Pages, Liturgical Year Crossword puzzle (choice)

### While Students Enter Class:

- Consider offering a picture sort of the objects used in Mass. Have a few sets of pictures of the priest vestments, sacred items used in Mass, and items we find in our Churches. Working with a partner, students can sort the pictures any way they think they belong, as long as they can explain their thinking. (See below for pictures of some items you can use for this activity). This activity is called an anticipatory set and is used to prompt students to begin thinking about today's lesson in a fun and creative way.

### Beginning of Class:

- Pick a student to select a traditional Catholic Prayer to say all together. One idea is to have the prayers printed out on paper and place them in a bag or basket and have students pick the opening prayer.

Lesson Order	Implementation Ideas
Lesson 6 Video	<p>This video is 1:06 in length.</p> <p>Highlights: Review last week's lesson and highlights about the parts of the Mass. Today we are going to learn about the Liturgical Year. The Liturgical Year is the calendar of the Catholic Church. Just as we tell time using clocks, watches, phones, and calendars, the church also tells time, but in a special way.</p>
Engage and Discussion Question	<p>Can you guess who is the person that the Liturgical Year is based upon? (Jesus!)</p> <p>Each season of the Liturgical Calendar helps us prepare, celebrate and grow in our faith.</p> <p>We are also going to learn about the different garments the priest wears and why he wears them. Did you know that priests have special prayers to recite when they are putting on their garments?</p> <p>Lastly, we are going to learn about special customs in our faith.</p>
Engage and Discussion Question	<p>Does your family have a special custom or tradition? Possibly during Thanksgiving or Christmas?</p>
The Liturgical Year	<p>This video is 3:50 in length. Carla has a great visual that she uses to help explain the Liturgical Calendar.</p> <p>The seasons of the Church each have a different color.</p>
One suggestion:	

<p>You can start and stop the video while students complete the Liturgical Calendar Coloring Activity.</p> <p>Or, you can show the video and then have students color the Calendar. (Leave a picture of the Carla holding the Calendar up on the screen for students to use as a sample.)</p>	<p>The Church calendar begins with Advent. Advent is represented by purple and this means a time of preparation. There are 4 weeks in Advent.</p> <p>Christmas is a great feast of the Church and its color is white. White represents the great feasts of Jesus because is our light of the world and white is bright, like Jesus.</p> <p>We have 3 Sundays of Christmas (also white in color) then we move into Ordinary Time, which is green in color. Green means a time of growing. We grow in our love and faith in Jesus.</p> <p>Lent: Lent is purple because it is a time of preparation, just like Advent. We have 6 Sundays in Lent and then Easter. Easter is white on the calendar because it is a celebration of Jesus's love for mankind, by his death and resurrection on the cross. We also have 6 Sundays in Lent until the feast of Pentecost. Pentecost is red because it is the feast of the Holy Spirit. It celebrates the time the Holy Spirit came upon the 12 Apostles. Today, we receive the Holy Spirit in 8<sup>th</sup> grade, when we make our Confirmation.</p> <p>Then we move into Ordinary Time (green) the time of growing in our love and faith in Jesus. This continues until Advent. Then the cycle begins again.</p> <p>The 3 Great Feasts of the Catholic Church:</p> <ol style="list-style-type: none"> <li>1) Feast of Jesus's Birth (Christmas)</li> <li>2) Feast of Jesus's Death and Resurrection (Easter)</li> <li>3) Feast of the Holy Spirit (Pentecost)</li> </ol> <p>Remember the theme of the Church Calendar:</p>
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	Prepare/Celebrate/Grow
Liturgical Colors Song	This video is .56 in length and is a nice song sung by children.
The Priest's Vestments	<p>This video is 10:59 in length. A Priest explains the different garments he wears and recites the prayer for each garment.</p> <p>Highlights:</p> <p>Sacristy: The location in the Church where the priest's garments and other sacred items are kept.</p> <p>1<sup>st</sup>: The Amice – protective covering      2<sup>nd</sup>: The Alb – Latin for white; it is a white garment      3<sup>rd</sup> – The Cincture – belt      4<sup>th</sup> – Stole – around the neck and through the belt      5<sup>th</sup> – The Chasuble – final covering; often has the color of the Liturgical Season someone on the garment</p>
Items Used at Mass	<p>This video is 4:29 in length.</p> <p>The picture of the Sanctuary is used to help explain the items inside the Church.</p> <p>Highlights: Most of the terms for the items we use are in Latin.</p> <ul style="list-style-type: none"> <li>• Sanctuary – The area that contains all the furniture we need to use in order to offer the holy sacrifice of the Mass.</li> <li>• Wide steps typically lead to the back wall</li> <li>• Altar of Sacrifice – where the Priest resides and offers Mass</li> <li>• Behind the Altar of Sacrifice is the Altar of Repose – that is where the Blessed Sacrament resides (reposed) inside the Tabernacle.</li> </ul>

	<ul style="list-style-type: none"> <li>• Credence Table – left to the Altar of Repose and contains the sacred vessels needed for Mass. 1) Chalice 2) Purificator, and 3) Pall</li> <li>• Opposite the Credence Table is another table that houses the Ciborium (Communion bowls, pitcher and bowl for washing the Priest's hands).</li> <li>• Roman Missal is the book the Priest uses to pray</li> <li>• Ambo (Lectern) – the stand the readings are read from. The readings are housed in the Book of the Gospels.</li> <li>• Offertory Table – Located in the back of the Church and this is where the Offertory gifts are set.</li> <li>• Corporal – Is a white linen with a red cross on it. The Corporal is set on the Altar so any crumbs from the Host will fall on the Corporal and will be collected carefully.</li> </ul>
Discussion and Movement Break	Encourage students to share their thoughts and connections made from the video, such as, what items did you identify from inside our Church that were the same as the video?
<p><b>Your Body Posture and Gestures at Mass</b></p> <p><b>Engagement Strategy:</b> Take students to Church and practice the body postures and gestures of Mass</p>	<p>This video is 2:43 in length and is done in a Cartoon-like manner.</p> <p>Highlights: Prayer is turning our hearts to God. The postures and gestures we use during Mass supports the prayer coming from within ourselves.</p> <p>Standing – We stand as a sign of awe and respect, readiness and attentiveness</p> <p>Sitting – Is a time of rest and listening</p>

	<p>Kneeling – Acknowledges the superior greatness of God and kneeling is also a sign of adoration to God.</p> <p>Hands – raising of the arms is an ancient custom and priests still raise their arms during certain times of the Mass.</p> <p>Prayer hands or folding hands together – is a sign of our promise of service to God and that we place our lives and service in His hands.</p>
<p>Interesting Cultural Customs: 3 very short videos</p> <p>Watch all 3 or pick and choose, depending on time available.</p>	<p>1) St. Blaise and the Blessing of the Throat – 1.21 in length – Feast Day of St. Blaise is February 3. The story is that a boy had a fishbone stuck in his throat so his mother took him to St. Blaise, a very holy man. St. Blaise blessed the boy and he was cured. Today, parishes celebrate the Feast of St. Blaise, by blessing people's throat.</p> <p>2) St. Francis of Assisi and the Blessing of Animals – This video is 1:20 in length and shows the blessing of animals in an outside Church. St. Francis is the patron saint of the environment and animals because he loved all creatures and allegedly preached to even the birds.</p> <p>3) Oplatki Christmas Wafers – This video is .53 and explains that this tradition came from the country of Poland and is celebrated before the Christmas Eve meal. The eldest person in the family breaks off a piece of wafer and gives it to another person in the family, offering a blessing for that person.</p>
<p>Activities</p>	<p>If you haven't done the Liturgical Calendar coloring activity, then please do so here.</p>

	<p>Liturgical Calendar Coloring Book – This can be stapled as a packet and then sent home for students to finish if needed.</p> <p>You can use these pages to play a fun activity. Using the completed Liturgical Calendar coloring page and this coloring book, ask students to point to Advent on their Liturgical Calendar. Then ask them to point to Christmas, ordinary time, etc....</p> <p>Time permitting, have students make up question(s) for a classmate to answer, based on the calendar or coloring pages.</p> <p>Liturgical Year Crossword Puzzle – If you have time you can do this activity or save it for another class that has more time.</p>
Closing Prayer	<p>Model a Spontaneous Prayer of thanksgiving for the Church, the blessed items and traditions of our Catholic Faith, and ask Jesus to open students' hearts and minds to love Him and have willingness to learn more about Jesus each and every day.</p>

### Picture Sorting Items







