

What did God "show" you at mass? How will you live out your faith this week?

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Please tell me two things you learned from Mass
today:

Please tell me two things you learned from Mass
today:

Who said Mass today?

Who said Mass today?

Rate your behavior and participation at Mass:



What will you do differently next time?

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What will you do differently next time?



ST. BENEDICT
— of Nursia Parish —
A WALLINGFORD, CT. CATHOLIC COMMUNITY

First and Last Name_____

Mass Reflection for ____/____/____

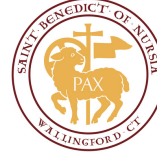
Getting Ready for the Mass:
Talk to God: (Kneel and Pray)

Ask him to help you become a better person:
"God, please show me one way at this
mass that will help make me a better person this week."

Thank Him for all He has given you,
especially Jesus, His son who has died for YOU!

Just talk to him about anything you want.
If you don't know what to say, say some
prayers you do know:
The Our Father, Hail Mary, Glory Be, and others.

Which Church did you attend?



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Sunday Mass Reflection Sheet Information

Why do I need to complete Sunday Mass Reflection Sheets?

It is important that you attend Mass each week and on Holy Days of Obligation (see the Precepts of the Catholic Church). However, as a young person preparing to receive the Sacrament of Confirmation, you should be able to reflect on the readings, liturgical music, homily and other aspects of the Mass. Your Sunday Mass Reflection Sheet gives you that opportunity. It is also a great chance to review Scripture, the liturgical calendar, parts of the Mass as well as different occasions for Mass.

Can I bring my Sunday Mass Reflection Sheet to Mass with me?

Yes, you can bring a Sunday Mass Reflection Sheet to Mass with you however; do not write during the Scripture readings, homily or Consecration (the act of giving the sacramental character to the Eucharistic elements of bread and wine).

How many Sunday Mass Reflection Sheets do I need to submit?

You need to submit at least three Sunday Mass Reflection Sheets per month beginning in October throughout the Confirmation Preparation program which concludes upon reception of the Sacrament at the Cathedral.

Do I have to write a reflection every week?

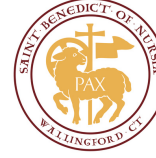
We encourage you to reflect on **every** Mass you attend. (If you attend a 'special Mass' like a wedding or funeral you are welcome to reflect on those Masses too.)

What if I attend Mass at a different parish than St Benedict of Nursia?

We encourage you to attend Mass at any of the 3 Parish campuses - Church of the Resurrection, Most Holy Trinity, Our Lady of Fatima) Some weeks you will be required to attend Mass at a specific campus where attendance will be taken. However, we understand that family schedules can be hectic and so you can certainly complete a Sunday Mass Reflection Sheet if you attend Mass at a different Catholic parish.

Sunday Mass Reflection Sheets are available from your catechist, the Faith Formation website and/or the Parish/Faith Formation Office.

25 N. Whittlesey Avenue, Wallingford, CT 06492 • 203-269-8791 •
faithformation@wallingfordctcatholic.org



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This reflection is designed to help you process your thoughts, connect with the liturgy, and grow in your faith. Please answer the following questions thoughtfully.

1. General Reflection

How did you feel during Mass today?
(e.g., peaceful, distracted, inspired, etc.)

What was one moment during the Mass
(e.g., a reading, hymn, prayer, or part of
the homily) that stood out to you? Why?

2. Connection to the Liturgy

What was the main message or theme of today's
homily or readings?
How does it relate to your life or the world around you?

Which Church did you attend?



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