

# LITURGY BYTES

## Managing the Kids at Mass

Please keep coming! We so enjoy the families attending Mass with their children each week. I am sure it is a chore getting everyone ready. In speaking with parents over the years, many find it difficult to manage the children at Mass, be able to participate themselves, and be ready to guide their child or children as to why we do things the way we do them!



Here are a few general suggestions, and please feel free to pass them on to others with children.

- A. Some preparation is always helpful. Explain that your family attends Mass because it is an amazing experience. We are transformed, being physically and spiritually united with Christ. Take a look at YouTube for some short videos for young people which will also help the cause!
- B. Since the Mass or Eucharist means “thanksgiving,” why not ask the children before Mass, or on the way to Mass, to name one thing for which they are thankful.
- C. If you arrive early, try a scavenger hunt — ask them to find certain things in Church, like candles, the book that the Priest prays out of, or the book he reads from on the altar.
- D. After Mass is over, either in the car or walking home from Church, unpack what they saw or heard at Mass.
- E. If you have not already done it, find times during the week to pray as a family. Mealtimes are the easiest and best place to begin. This way the children see that the family prays together and is thankful outside of Church, but the most important prayer is attending Mass all together.

Have a truly prayerful, blessed, and safe week ahead! ~ *Michele Hall*