



### A Sweet Smell

Have you ever had fresh, hot, cookies?  
Can you remember how, while they are baking,  
they make the whole house smell nice?

Just by the smell, we know that something great  
is happening. Great smells help us to prepare for  
good things.

What is your favorite smell?

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**Your mission** until the next Mass Book is to  
imagine your prayers going up to God like the  
sweet smell of incense.

## My Mass Book



Name: \_\_\_\_\_

Date: \_\_\_\_\_



### Remember

In our last Mass Book, we talked about processions and singing. We remember that singing a song to God is like praying twice. Singing together can fill people with happiness.

**This week we are going to learn about incense. Incense is made up of small pieces, that looks like rocks, but when you burn them they make white smoke and a sweet smell. We place incense in a thurible. It helps make and spread the incense.**

We use **incense** at Mass to represent our prayers rising up to heaven. We also use it as a sign of honor. By using it on people and sacred things, we are saying to God, “We want these things to rise up to you as well.”

Is there incense at your Mass today? **Yes**      **No**

When we have incense we often use it in our opening procession, for the gospel, for communion and to bless the priest and people.



### Watch and Listen

During the Mass with incense we will see the priest or deacon use it.

In the space below write down a time the incense is used and draw a picture of it.

Did you notice that we bow before and after incense? That is a sign of love and respect.