



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Catholic Calisthenics (Stand, sit, stand, kneel, sit, stand). What is Fr. Ted whispering on the alter? Why the bells and smells?

Have you ever wondered about the reason for some of the movement and rubrics of the Mass? Most of these are called for in the rubrics of the Mass and have a specific reason. Learning about the Mass can help enrich our experience.

Consider:

- Read a book or listen to a CD on the Mass
 - *How to Get the Most out of Mass* (Scott Hahn)
 - *The Mass Explained* (Fr. Larry Richards)
 - *A Biblical Walk through the Mass* (Dr. Edward Sri)
- Watch a 6-part video series on [YouTube](#)
- Attend a *Mass in Slow Motion* series at Seton

[THE CHALLENGE]

Choose from one of the options listed above to understand more about the Catholic Mass.