

The following is a list of suggested additional activities that can be incorporated into the *Altaration* class structure. The *Altaration* Leader's Guide includes an eighty-minute session outline, and additional outlines for forty-five-, sixty-, and 120-minute sessions are available as free downloads at CatholicFaithForTeens.com.

These outlines can be adapted to meet the particular needs of your group by adjusting the time spent on particular components or by assigning suggested in-class activities as homework.

1. Visit to a Church or Chapel for Eucharistic Adoration

The *Altaration* program is designed to introduce teens to a deeper understanding and appreciation for the Eucharist. Explain to students that you're going to give them an opportunity to simply be present in front of our Lord and arrange a class visit to spend some quiet time in Eucharistic adoration. Tell them that they can use this time for prayer, and encourage them to reflect on what is happening in their lives as well as what they are learning in class. Remind them that prayer is a conversation, and that they can both "speak to" and "listen to" God. While this can be done more than once during the program, we recommend that the first visit occur after students have begun to develop a greater appreciation for the Eucharist, perhaps as part of (or after) Sessions Three and Five, as they both delve into some of the deeper mysteries of the Mass.

2. Highlight and Reflect on Liturgical Prayers

Additional time can be spent praying and discussing the prayers we pray every Sunday at Mass. Go to "Prayers You Might Hear During (and After) Mass" on pages 90-93 of the Workbook, and select a particular prayer (or prayers) to reflect upon. Search the *Catechism* or the Internet for background material relating to the prayer(s) to spark additional discussion. Encourage students to relate what they find interesting, comforting, or even confusing about the prayer(s). Answer students' questions as best you can and don't hesitate to look up anything you are unsure of. Finish by praying the selected prayer(s) together.

3. "Breaking the Code" - Understanding the Words Used at Mass

Choose one of the seventeen "Additional Words and Phrases You Will Hear at Mass" found on pages 94-104 of the Student Workbook. Read the summary, and then have students share their thoughts. As an option, ask students for their thoughts before reading the summary—for example, "When we say the words 'God of Hosts,' what do you think we mean by the word 'hosts?'" Allow some time for discussion, then have them turn to page 97 and read the summary. (Here, we discover that the word "hosts" refers to the angels). This, in turn, could foster a conversation about angels, the power of God, and the supernatural aspect of the Mass.

4. Discuss and Examine the “Holy Stuff” Used at Mass

The “Resources for Diving in Deeper” in the Student Workbook contains a section entitled “Altar Servers 101: An Introduction to Holy Stuff.” This section provides an effective way to introduce some hands-on activity to the class. Check with your pastor to see if some of the items could be made available during a visit to the parish church. While discussing the items using the images and definitions in the Workbook is certainly helpful, allowing students to get up close and actually touch some of them will serve to “demystify” these important liturgical objects.

5. Find the Mass Prayers in the Bible

Explain to students that the Mass is rooted in the Bible, and ask them to look up some of the verses used during Mass. (You will need several copies of the Bible, ideally one for each student.) Before you begin, read, “Finding the Mass Prayers in Scripture” on page 84 and say or write one prayer (e.g. “In the name of the Father and of the Son, and of the Holy Spirit”). Then say or write the book and verse that the prayer comes from (e.g., “Matthew, chapter 28, verse 19” or Matthew 28:19). Give a prize to the student who finds the verse first, and have them read the verse(s). Consider these inexpensive prize ideas: key chains, dollar bills, donuts, candy, cookies, coupons (donated by local restaurants) for free pizza, free hamburgers, free milkshakes, and as a “big” prize at the end, perhaps a gift card (\$5 for iTunes for example).

6. Preview the Readings for the Upcoming Sunday Mass

This is actually one of the “Challenges of the Week” for Session Two (see page 20), but it could be time well spent during the other sessions as well. Begin by reading the “Introduction to the Cycle of Sunday Scripture Readings” on page 107. (The actual cycle of readings follows on pages 108–116.) Ask for volunteers to read the particular passages assigned. Allow students to discuss what they think is the common theme (or themes) running through all the assigned readings.