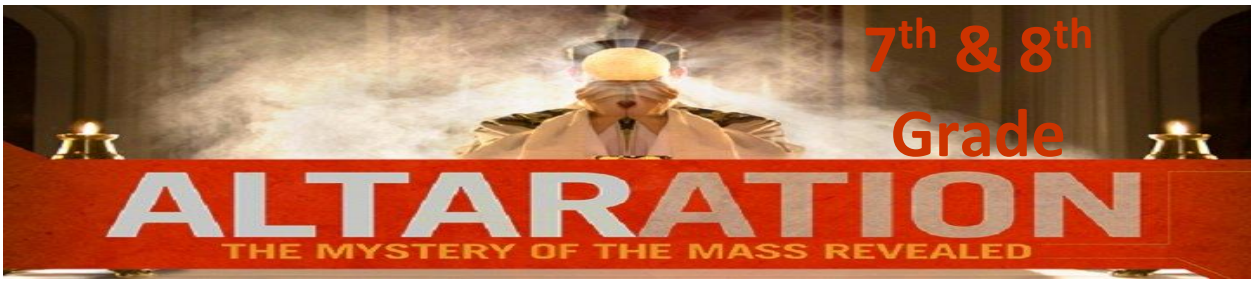

Overview

Altaration: The Mystery of God Revealed seeks to help youth appreciate the awesome beauty and mystery of the Mass so they will look forward to attending and participating. Through a unique learning experience, including powerful cinematography and workbook resources, teens will come to see the Mass and the priesthood in a dramatically new way. *Altaration* is designed to stir thought, create conversation, dispel myths, and inspire young souls to a deep and lasting love for the Mass.

7th & 8th Graders will be completing the *Altaration* this year with their parent(s) as part of their faith formation. The key word here being **with**; parent(s) should review the Overview and Session objectives for each Session before working through the Session alongside their children. Each child will be given their own *Altaration Workbook* and parent(s) will be an *Altaration Leader's Guide.* Directions for how to complete each session are included in this guide. When a Session has been completed fill-out a reflection form at https://chelmsfordcatholic.org/altaration-session-reflection.

If you have any questions relating to a Session, ask at your Discipleship Group or attend a 7th & 8th Grade Office Hours!

An important component of each *Altaration* session is the video component. In order to access the videos for each session, follow these directions.

1. Go to https://ascensionpress.com/
2. Click on SIGN IN (top right corner)
    a. If you already have an account, login using your email and password
    b. If you do not have an account, create one by clicking on "BECOME A MEMBER' on the left side
3. Using the MENU dropdown on the top right corner of the page go to My Dashboard
    a. If you have already registered for this year's *Altaration* study, click on "Your Library" and then chose *Altaration*- St. John & St. Mary Church
    b. If you have not already registered for this year's *Altaration* study, click on JOIN A STUDY and then the blue-green REDEEM CODE button. The code is **WZRNHR**
4. Once in the *Altaration* study, click on the appropriate session to view the videos.

Session Guide

Below is a suggested schedule for which months to complete each session.

October- Focus on the other components (prayer, Mass, etc.) for the first month
November- Session One
December- Session Two
January- Session Three
February- Session Four
March- Session Five, Part A
April-Session Five, Part B
May- Session Five, Part C

<u>Session One</u>

- Complete *Welcome and Opening Activity* (pg. xviii-xix) together.
- Read the *Letter from Mark Hart* (pg. xx-xxi) together.
- Pray the *Opening Prayer* (pg. 1) together by:
    - A parent reading the prayer intro (purple box, in the Leader's Guide).
    - Having one child read the Scripture verse.
    - Praying the prayer together.
- Read the *Dive In* (pg. 2-3) together and then have a brief discussion regarding the reading. There are many questions in this reading, it is not necessary to answer all of them but pick one or two as a jumping off point for discussion.
- Watch & Discuss the *Video Presentation.*
    - To access the videos, use the included instructions.
    - After each video segment concludes, allow a few minutes for everyone to record their answers to the included questions (pg. 4-5). Then have a brief discussion (~5 mins.) based on your answers.
- Read *Entering the Mystery* (p. 6-7) together and discuss the two provided questions (purple box, in the Leader's Guide).
- Review the *Challenge of the Week* (p. 8), *Find It* (p. 9), and *Any Questions & What's that Word?* (pg. 10-11) together.
    - For the *Challenge of the Week,* everyone should pick one challenge that he/she will do before gathering to do the next lesson and record the experience of doing the challenge on the lines provided.
    - For the *Find It*, youth should do a little research to find the answer the question(s). (NB- The answer in red in the Leader's Guide does not appear in the Student Book)
    - For *Any Questions & What's that Word?*, everyone should read these on their own before gathering to do the next lesson.
- Read the *Wrap-Up* (p. 9) together.
- Pray the *Closing Prayer* (p. 9) together.
    - One person should read the Scripture verse.
    - Everyone should join for the prayer.

Session Two

- Review the *Challenge of the Week* (p. 8) and *Find It* (p. 9) from last Session.
- Pray the *Opening Prayer* (pg. 13) together by:
    - A parent reading the prayer intro (in the purple box).
    - Having one child read the Scripture verse.
    - Praying the prayer together.
- Read the *Dive In* (pg. 14-15) together.
- Watch & Discuss the *Video Presentation*
    - To access the videos, use the included instructions.
    - After each video segment concludes, allow a few minutes for everyone to record their answers to the included questions (pg. 16-17). Then have a brief discussion (~5 mins.) based on your answers.
- Read *Entering the Mystery* (p. 18-19) together and discuss the two provided questions (in the purple box).
- Review the *Challenge of the Week* (p. 20), *Find It* (p. 27), and *Any Questions & What's that Word?* (pg. 22-27) together.
    - For the *Challenge of the Week,* everyone should pick one challenge that he/she will do before gathering to do the next lesson and record the experience of doing the challenge on the lines provided. Note, if choosing the 1st Challenge, reading the Sunday readings in advance, all of the readings can are listed in the back of the *Altaration* book (pg.108-116), they can also be easily be found at- https://bible.usccb.org/readings
    - For the *Find It*, youth should do a little research to find the answer the question(s). (NB- The answer in red in the Leader's Guide does not appear in the Student Book)
    - For *Any Questions & What's that Word?*, everyone should read these on their own before gathering to do the next lesson.
- Read the *Wrap-Up* (p. 21) together.
- Pray the *Closing Prayer* (p. 21) together.
    - One person should read the Scripture verse.
    - Everyone should join for the prayer.

Session Three

- Review the *Challenge of the Week* (p. 20) and *Find It* (p. 27) from last Session.
- Pray the *Opening Prayer* (pg. 29) together by:
    - A parent reading the prayer intro (in the purple box).
    - Having one child read the Scripture verse.
    - Praying the prayer together.
- Read the *Dive In* (pg. 30-31) together.
- Watch & Discuss the *Video Presentation*
    - To access the videos, use the included instructions.
    - After each video segment concludes, allow a few minutes for everyone to record their answers to the included questions (pg. 32-33). Then have a brief discussion (~5 mins.) based on your answers.
- Read *Entering the Mystery* (p. 34-35) together and discuss the two provided questions (in the purple box).
- Review the *Challenge of the Week* (p. 36), *Find It* (p. 33), and *Any Questions & What's that Word?* (pg. 38-41) together.
    - For the *Challenge of the Week,* everyone should pick one challenge that he/she will do before gathering to do the next lesson and record the experience of doing the challenge on the lines provided.
    - For the *Find It*, youth should do a little research to find the answer the question(s). (NB- The answer in red in the Leader's Guide does not appear in the Student Book)
    - For *Any Questions & What's that Word?*, everyone should read these on their own before gathering to do the next lesson.
- Read the *Wrap-Up* (p. 37) together.
- Pray the *Closing Prayer* (p. 37) together.
    - One person should read the Scripture verse.
    - Everyone should join for the prayer.

Session Four

- Review the *Challenge of the Week* (p. 20) and *Find It* (p. 27) from last Session.
- Pray the *Opening Prayer* (pg. 43) together by:
    - A parent reading the prayer intro (in the purple box).
    - Having one child read the Scripture verse.
    - Praying the prayer together.
- Read the *Dive In* (pg. 44-45) together.
- Watch & Discuss the *Video Presentation.*
    - To access the videos, use the included instructions.
    - After each video segment concludes, allow a few minutes for everyone to record their answers to the included questions (pg. 46-47). Then have a brief discussion (~5 mins.) based on your answers.
- Read *Entering the Mystery* (p. 48-49) together and discuss the two provided questions (in the purple box).
- Review the *Challenge of the Week* (p. 50), *Find It* (p. 54), and *Any Questions & What's that Word?* (pg. 52-57) together.
    - For the *Challenge of the Week,* everyone should pick one challenge that he/she will do before gathering to do the next lesson and record the experience of doing the challenge on the lines provided.
    - For the *Find It*, youth should do a little research to find the answer the question(s). (NB- The answer in red in the Leader's Guide does not appear in the Student Book)
    - For *Any Questions & What's that Word?*, everyone should read these on their own before gathering to do the next lesson.
- Read the *Wrap-Up* (p. 51) together.
- Pray the *Closing Prayer* (p. 51) together.
    - One person should read the Scripture verse.
    - Everyone should join for the prayer.

Session Five, Part A

- Review the *Challenge of the Week* (p. 50) from last Session.
- Pray the *Opening Prayer* (pg. 59) together by:
    - A parent reading the prayer intro (in the purple box).
    - Having one child read the Scripture verse.
    - Praying the prayer together.
- Read the *Introduction* in *Resources for Diving Deeper* (p. 78) together.
- Watch & Discuss the *Video Presentation.*
    - To access the videos, use the included instructions.
    - Watch the first third of the Session Five video in three segments, using the following division:
        - 1. Vestments (00:00-09:37).
        - 2. Walking In, Genuflecting (09:37-14:42).
        - 3. The Processional, Reverencing, Sign of the Cross, Greeting (14:42-22:44).
    - Take notes on the provided pages (pg. 62-63), keeping in mind that these pages will be used for 3 sessions.
    - After each segment, pause and have a brief (~5 mins.) discussion using the following questions:
        - What is one thing you learned?
        - How does knowing this change your experience of Mass?
        - How can you be more mindful of the "Why" behind "What" of this particular thing when at Mass?
- Review the *Challenge of the Week* (found below), *Find It* (p. 69), and *Any Questions* (pg. 68-69) together.
    - For the *Challenge of the Week,* everyone should pick one of the Bible verses listed on p. 84, look-up that verse, and read the larger section of the Bible where it is found.
    - For the *Find It*, youth should do a little research to find the answer the question(s). (NB- The answer in red in the Leader's Guide does not appear in the Student Book)
    - For *Any Questions* everyone should read this on their own before gathering to do the next lesson.
- Pray the *Closing Prayer* (p. 67) together.
    - One person should read the Scripture verse.
    - Everyone should join for the prayer.

Session Five, Part B

- Review the *Challenge of the Week* and *Find It* (p 69) from last Session.
- Pray the *Opening Prayer* (pg. 59) together by:
    - A parent reading the prayer intro (in the purple box).
    - Having one child read the Scripture verse.
    - Praying the prayer together.
- Watch & Discuss the *Video Presentation*
    - To access the videos, use the included instructions.
    - Watch the second third of the Session Five video in three segments, using the following division:
        - 4. The 1st Reading, The Responsorial Psalm, The Gospel (22:44-28:36).
        - 5. The Homily, The Creed, The Prayers of the Faithful (28:36-31:46).
        - 6. The Offertory, The Blessing, Holy, Holy, Holy, (31:46-38:23).
    - Take notes on the provided pages (pg. 62-63), keeping in mind that these pages will be used for this session and the next.
    - After each segment, pause and have a brief (~5 mins.) discussion using the following questions:
        - What is one thing you learned?
        - How does knowing this change your experience of Mass?
        - How can you be more mindful of the "Why" behind "What" of this particular thing when at Mass?
- Read *My Side of the Confessional* (pg. 70-73) together.
- Review the *Challenge of the Week* (found below) and *What's in a Word* (p. 74-77), with your child(ren).
    - For the *Challenge of the Week,* everyone should pick three of the words listed in *Think Before You Pray* (pg. 94-105), read the entry for those words, and then see if they can hear them in the prayers the next time they attend Mass.
    - For *What's in a Word,* everyone should read this on their own before gathering to do the next lesson.
- Pray the *Closing Prayer* (p. 67) together.
    - One person should read the Scripture verse.
    - Everyone should join for the prayer.

Session Five, Part C

- Review the *Challenge of the Week* from last Session.
- Pray the *Opening Prayer* (pg. 59) together by:
    - A parent reading the prayer intro (in the purple box).
    - Having one child read the Scripture verse.
    - Praying the prayer together.
- Watch & Discuss the *Video Presentation.*
    - To access the videos, use the included instructions.
    - Watch the first third of the Session Five video in three segments, using the following division:
        - 7. The Epiclesis, The Words of Institution, The Great Amen, The Our Father, The Sign of Peace (38:23-46:00).
        - 8. The Fracturing Rite, Behold, the Lamb of God, Reception of Holy Communion (46:00-47:56).
        - 9. The Communion Meditation, The Purification Rite, Final Prayer & Dismissal, The Conclusion (52:14-57:42).
    - Take notes on the provided pages (pg. 62-63).
    - After each segment, pause and have a brief (~5 mins.) discussion using the following questions:
        - What is one thing you learned?
        - How does knowing this change your experience of Mass?
        - How can you be more mindful of the "Why" behind "What" of this particular thing when at Mass?
- Read *Entering the Mystery* (p. 64-65) together and discuss the two provided questions (in the purple box).
- Read *Tips for Getting More Out of Mass* and *Battling Through Distractions* (pg. 85-87) together.
- Review the *Challenge of the Week* (found below)
    - As there is no next Session, this *Challenge of the Week* is really a *Challenge for Life!* which is to be more engaged at Mass.
    - Read through *Tips for Getting More Out Of Mass* and *Battling Through Distractions* (pg. 85-87)
    - Pick two things to focus on for the next month at Mass, they can be from these lists or can be something you come up with on your own that you feel will be useful for you.
    - Focus on these two things for the next month; at the end of the month evaluate if you are ready to add something else or if you need to keep working on these two; repeat each month.
- Pray the *Closing Prayer* (p. 67) together.
    - One person should read the Scripture verse.
    - Everyone should join for the prayer.