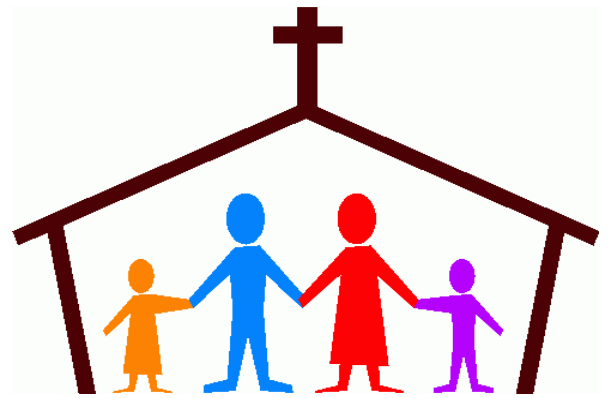


*As Catholic Christians, we are called to deepen our Faith in Christ and for each of us, this can take different forms. Certainly the Eucharist is at the center of our Faith, and our full participation in Mass facilitates growth. Prayer, scripture study, retreats and a variety of other avenues can also work in concert to assist us in our growth as Catholic Christians.*

*Too often, however, the pressure and pace of our lives present barriers to our pursuit of a deeper relationship with Christ. In our understanding of this we still attempt to find ways to help strengthen our faith. As we, at St Leo's, continue to develop additional opportunities for our parishioners to increase their knowledge and growth as Catholic Christians, we are offering this new tool as a way to help facilitate your responsibility in full, active and conscious participation in the Mass.*

*The **Mass Memos** can be used (after and beyond Mass time) by adults, youth, your family, your Bible Study buddy or anyone else that would like to continue the dialogue of what happened at Mass.*



*There are several ways that this simple sheet can be used:*

*One way is that it can be copied (or downloaded from [St. Leo's website](#)) and used by every member in the family. Each member writes down their thoughts, answers, memories and then discuss at, or after, dinner.*

*Another idea is to use it on the car ride home from church; one person is designated as the "secretary" to record everyone's answers & thoughts as it is being discussed.*

*I plan on making copies, putting them in a folder for my college students. So often they tell me about hearing a perfect or awesome homily but then can't remember the exact points that made it so. This **Mass Memos** sheet will give them a place to jot down those thoughts for us to discuss when we have the chance to talk.*

*A different example is to use it as inspiration for a prayer journal, writing about something from the sheet that made an impression.*

*It is my hope that each parishioner at St Leo's will find this tool as a means of taking the Mass home and into the world; as well as bolstering your prayer life. The Holy Spirit is at work at St Leo, and as we embrace ever closer our Faith, we invite great things to happen for us and for our Church.*

# Mass Memos

Our Priest / Deacon today \_\_\_\_\_ Date \_\_\_\_\_

Church attending \_\_\_\_\_

Today we are in  
the season of:

Advent



Christmas



Ordinary Time



Lent



Triduum



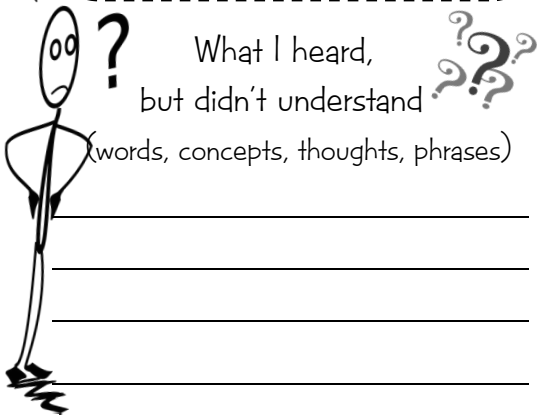
Personal Prayer Intentions

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Favorite Song  
from today



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



What I heard,  
but didn't understand

(words, concepts, thoughts, phrases)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1st Reading (OT) \_\_\_\_\_

Key points \_\_\_\_\_

Responsorial Psalm \_\_\_\_\_

2nd Reading (NT) \_\_\_\_\_

Key points \_\_\_\_\_

Gospel (Mt Ma Lu Jo) \_\_\_\_\_

Key points \_\_\_\_\_

What I heard from the homily

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What I learned

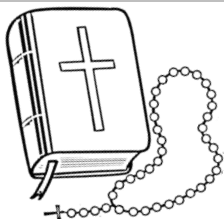
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What I want to remember

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My sacrifices  
for the week

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



My intentions for  
the week

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

You can find the readings listed either in the missalette/song book  
or you can look them up at: <http://www.usccb.org/>

click on the calendar of the date you need for the readings.