



**Going to Mass at the
Newman Center**

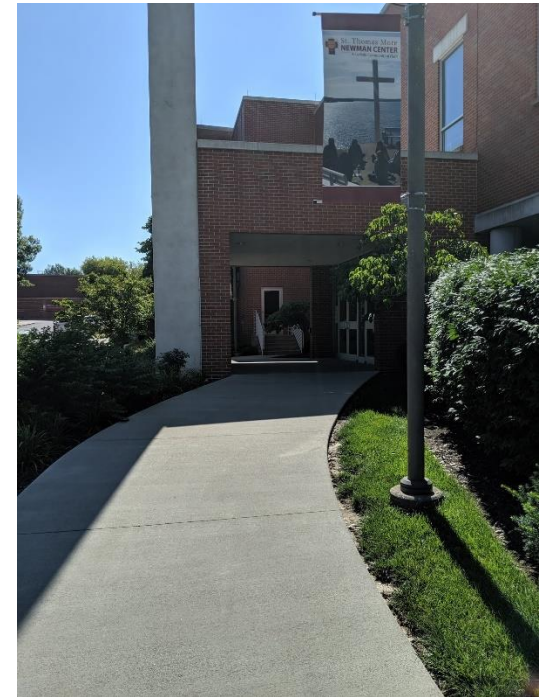
I am going to Mass at the Newman Center.



First, my family will park in the parking lot or in the parking garage.



I will hold an adult's hand as we walk to the building. I will stay calm and safe.



When we walk into the church, there will be a big space. This is called the Gathering Space. People will say hi to me. I can tell people hi.

Next, I will walk into the Chapel. There will be a lot of people and music might be playing. If it is too loud, I can cover my ears or tell my parents. I can be calm.



Sometimes there is incense. This looks like smoke but it is safe. It might smell sweet.

I will see a person standing at the front of the chapel. They will tell me to say hi to the people next to me. I can say hi or I can sit quietly.



Next, mass will start. All the people will stand and music will start playing. I can sing along if I want to. The Priest will walk to the front and say prayers.



I can sit quietly and listen. I will be safe. I can ask to use some toys to help me stay calm if I need them.



Once the songs are over, I will sit down. A teacher might tell the children to come to the front for a story. I can walk calmly to the front or I can stay in my seat.





When the story is over, I can walk back to my seat. Other people will read and sing from the Bible. I will sit quietly and listen.

Next, the Priest or deacon will read the Bible. I will stand up and be quiet. When he is done reading, I will sit down. The Priest or deacon will talk about the story. This is called homily.





After homily, there will be special prayers. People will sit and stand. I will listen to what my parents want me to do.

Next is the Sign of Peace. This means the Priest or deacon will ask me to shake hands with people around me. I can shake people's hands and say, "Peace be with you," or I can be quiet and watch.





Some people may go to the front of the church for communion. I will ask my parents what I should do. I will follow their directions.

If I have never received communion before, I can cross my arms in front of me, like this.



At the end of mass, music will play and the priest will walk out. I will sit in my seat until my parents tell me to get up. I will walk out of the chapel with my parents. I will stay by their side so I can be safe.



I am all done at the Newman Center! Going to mass was fun!