

# Remember:

We want you to come to Sunday Mass. Whether or not the kids are restless, the baby is teething and you haven't had much sleep, your presence is a gift. You belong.

## Sunday Mass

### 10.15 am

**Come to Mass and set an example to your children by the public practice of your own faith every week.**

#### Parish contacts:

Infants and toddlers:	Helen Robinson
Children's Liturgy:	Mike Kerr
Sacramental Preparation:	Cathy Grant
Altar Servers:	David Cameron
Books:	Paul Rogerson; Marlene McCallum

### St Kentigern's Parkgrove Avenue Edinburgh



*But Jesus called the children to him and said, 'Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of God belongs.'*

## A PARISH FOR ALL THE FAMILY

Are you a parent with young children?

*Do you*

...sometimes find that bringing them to Sunday Mass feels more like a penance rather than a joy?

... get anxious when the kids are restless or the baby bawls?

... worry about disturbing those around you?

... miss having time for your own prayer and reflection?

Well, Sunday Mass is always going to be a rather different experience with young children, but please be assured of a very warm welcome from St Kentigern's parish. This leaflet will tell you how we want to help you and your children participate in the Mass as fully as possible and, also, how we want to help the children grow in the knowledge and practice of their faith.

The following activities and facilities are available if you wish to use them. It is entirely up to you, of course – you, as parents and guardians know your children's personalities and how best to stimulate their interest in the Mass.

## **You are very welcome**

If you are new to St Kentigern's, please ask one of the passkeepers if you are unsure about where to find anything.

## **A child-friendly parish**

### **Side Chapel (infants and toddlers)**

Parents of babies and very small children may wish to join families with children of the same age in the small chapel at the side of the altar. This gives some soundproofing if you think the baby will enjoy exercising his or her lungs and you may also feel more relaxed if, not surprisingly, you are unable to persuade your toddlers to sit still for long periods! Appropriate books for the age group will be found in the chapel.

However, some families like their young children to remain in the main body of the church and have devised ways of dealing with any problems that may arise.

You may want to try both approaches or do things differently on some Sundays depending on circumstances. Please be assured of the parish's support whatever you choose.

### **Children's Liturgy (3 to 7 years old)**

Older children may go to their own Liturgy of the Word. They listen to and reflect on the Sunday readings at a level appropriate to their understanding. We would like you to encourage your

children to participate in this, but, of course, it is your choice. You may, of course, accompany your children until you feel they are happy and confident enough to go it alone.

## **Learning**

We want to do everything possible to help you teach your children about the meaning of the Mass. Not only will this help them grow in faith, but it will help them to enjoy the Mass more. There are books available for you to borrow and we would encourage you to purchase these and other books we have on sale which will help your children's progress on their faith journey.

## **Preparation for the Sacraments (7 to 8 years old)**

The parish helps children with their preparations for the sacraments. Primary 3 children are guided in the way they should approach the Sacrament of Reconciliation, and in Primary 4 children are prepared to appreciate and receive the sacraments of Holy Communion and Confirmation. After First Holy Communion children are eligible to serve Mass.

## **General**

Children are encouraged to help pick up the hymn books which are left at the end of the pews after mass. This task introduces them to helping in the parish, makes them more at home in the church and, at the same time, they can make friends with the other children.

All the family are very welcome in the hall after mass where the parents can relax with coffee and biscuits and the children can let off steam after being so good for an hour!