



## Purpose 2.0 Notes: Session Thirteen

“Holiness consists simply in doing God’s will, and being just what God wants us to be.”  
— St. Thérèse of the Little Flower

Dear Purpose 2.0 Parents:

Please use these notes to guide you through each week’s ALIVE session.

You can log in at: [damascus.net/alive/](https://damascus.net/alive/)

### Video Format

Each week’s ALIVE session includes a video for your family to watch and engage in together to learn more about our Catholic Faith. These episodes challenge your family to **play, learn, pray, and discuss** together.

**Play:** Each ALIVE session begins with a short and spontaneous family game and short humorous videos to engage your family in laughter and fun together!

**Learn:** This core teaching segment communicates a core faith teaching in an engaging way to touch your minds and hearts.

**Pray:** This segment prompts families to engage in prayer in different ways.

**Discuss:** Discussion questions allow your family to engage in meaningful dialogue about the core faith teaching.

### Resources

**ALIVE Resource Guide:** Accessible by clicking a button beneath each ALIVE video.

**Previous Purpose 2.0 Notes:** notes from past ALIVE sessions can be found at:  
<https://littleflowertoledo.org/nextgen/middle-school/>

### This Week’s Lesson - Session 13

We encourage you to focus on the **LEARN** segment of the **Session 13** video (core teaching). As you open the video, this section begins at **18:53 minutes**. As time and interest permits, we invite you to engage in the other sections of the video as you desire. We highly recommend viewing the segment that begins at 10:00 minutes. This is an engaging song and dance presentation that beautifully explains the parts of the Mass.

After viewing the **LEARN** segment, please **DISCUSS** the following questions:

1. After viewing the video, what part(s) of the Mass do you understand better? Explain.
2. What distracts you from participating in Mass?
3. How can you engage more in Mass?

**IMPORTANT:** After viewing each week’s video, please scroll down and click on **MARK COMPLETE**. This will allow you to view the next week’s video.