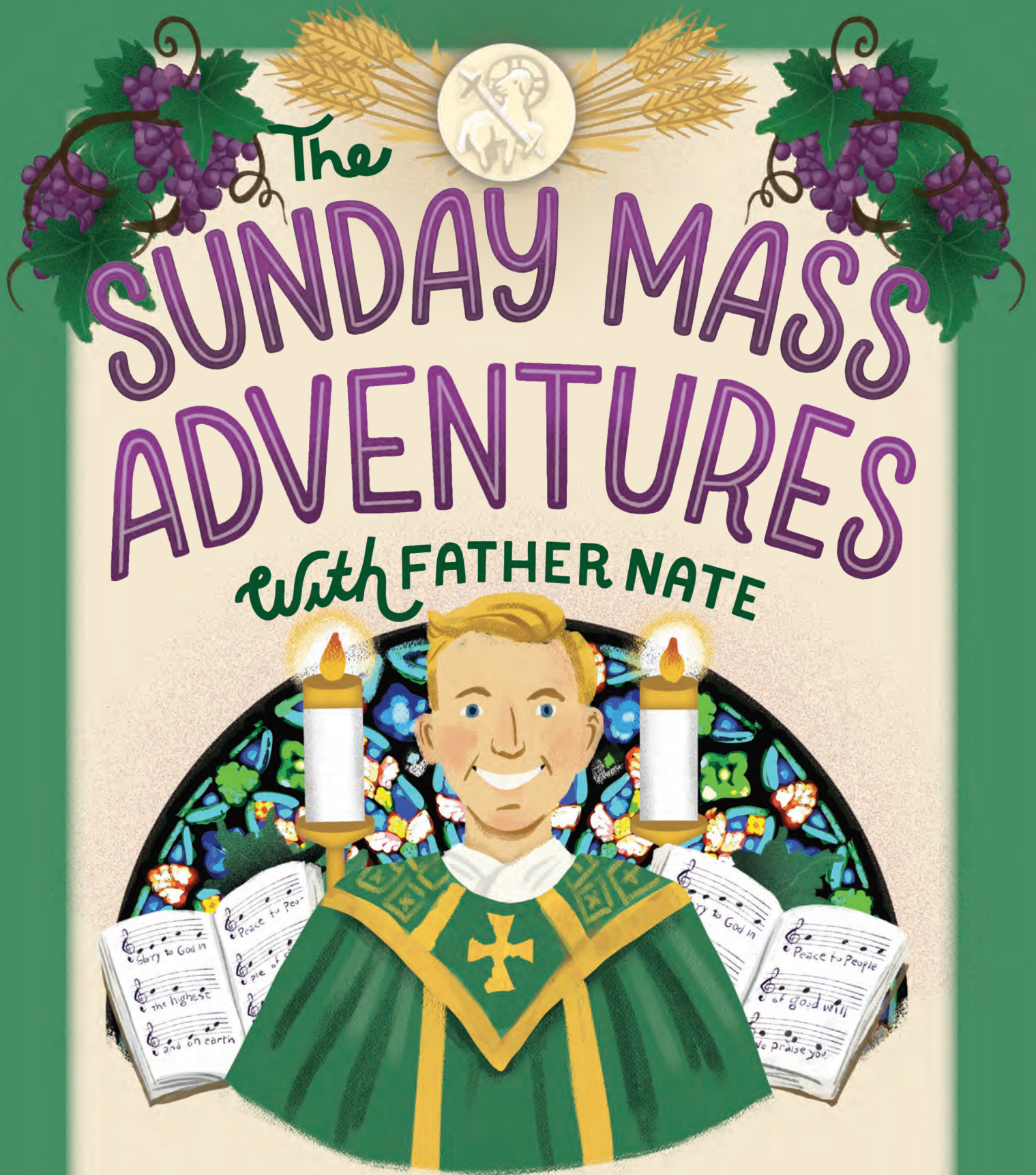




By Mia Toschi & Madalyn Allender Illustrated by Ted Schluenderfritz



Liguori
PUBLICATIONS
A Redemptorist Ministry

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Published by Liguori Publications, Liguori, Missouri 63057

Liguori Publications, a nonprofit corporation, is an apostolate of the Redemptorists (Redemptorists.com).

Phone: 800-325-9521 Web: Liguori.org

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ISBN: 978-0-7648-2904-8

E-ISBN: 978-0-7648-7284-6

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Printed in the United States of America

30 29 28 27 29 / 5 4 3 2 1

First edition

Cover design: Ted Schluenderfritz

This book was created to introduce children to the Catholic Mass and to help form them as young disciples. Included are several prayers along with descriptions of three young saints.

Free educational resources are available online at **thecatholicadventures.org**.

Father Nate is a Catholic parish priest in Indiana.

Father Nate is a Catholic priest in a beautiful town with a lot of lakes.

Father Nate begins his day with morning prayers to give thanks to God. He is careful every day to take care of his mind, body, and soul.





- Father Nate learns something new to take care of his mind.

- Father Nate walks around the lake to take care of his body.



- Father Nate reads his Bible and talks to God to take care of his soul.

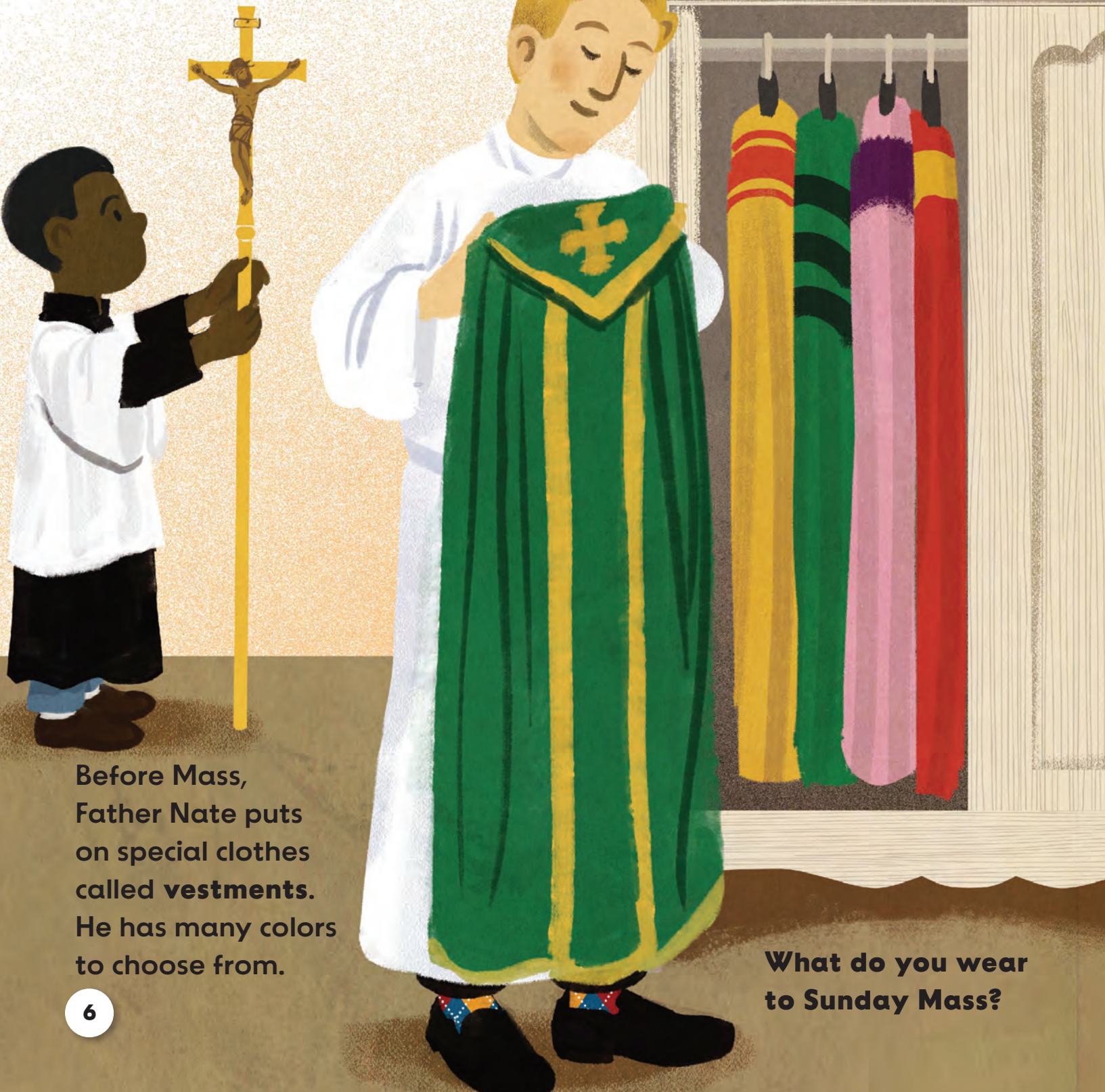


How do you take care of your mind, body, and soul?

It is Sunday. Father Nate is busy on Sundays because many people come to Mass.

Let's go on a Sunday Mass adventure with Father Nate.

It is time for Father Nate to get ready for Mass.



Before Mass,
Father Nate puts
on special clothes
called **vestments**.
He has many colors
to choose from.

**What do you wear
to Sunday Mass?**

The different colors at Mass have different meanings.

Purple and **rose** are for Advent and Lent.

Red is for the Holy Spirit. Red also reminds us of Jesus' suffering and is worn on Palm Sunday and Good Friday.

White and **gold** are for the happiest celebrations of Christmas, Easter, and remembering the Blessed Virgin Mary and the angels and saints.

Green reminds us of hope and growth, like the grass, and is for all the ordinary days of the year when we grow in our faith.

