

SITTING

Sitting is the posture of listening and meditation, so the congregation sits for the pre-Gospel readings and the homily and the preparation of the altar. All should strive to assume a seated posture during the Mass that is attentive rather than merely at rest.

THE WORD IS SPOKEN SO THAT WE MAY DESIRE TO CONSUME IT.

Instruction Manual for Mass When to stand, sit and kneel

KEY



1  FROM THE ENTRANCE PROCESSION UNTIL AFTER THE OPENING PRAYER	2  FIRST READING, PSALM, AND SECOND READING	3  THE ALLELUIA AND THE GOSPEL	4  THE HOMILY
5  THE CREED AND THE PRAYER OF THE FAITHFUL	6  THE OFFERTORY	7  THE PRIEST SAYS "PRAY, BRETHREN..." UNTIL AFTER THE "HOLY, HOLY, HOLY"	8  THE EUCHARISTIC PRAYER UNTIL AFTER THE "AMEN"
9  FROM THE "AMEN" TO AFTER THE "LAMB OF GOD"	10  AFTER THE "LAMB OF GOD"	11  YOU MAY SIT, STAND, OR KNEEL AFTER COMMUNION	12  THE PRAYER AFTER COMMUNION UNTIL THE END OF MASS

Basics

A 4 week series of homilies will be delivered during Advent to help you focus, reclaim or discover the little ways that will enhance and deepen your Catholic Christian Life through the Mass.

Part 1 Before Mass

Part 2 Liturgy of the Word

Part 3 Liturgy of the Eucharist

Part 4 After Mass

Week 2 of Advent

Be Intentional - Liturgy of the Word

During Mass, we assume different postures: standing, kneeling, sitting and we are also invited to make a variety of gestures. These postures and gestures are not merely ceremonial. They have profound meaning and, when done with understanding, can enhance our participation in the Mass.

Postures & Gestures

PROCESSIONS

Every procession in the Liturgy is a sign of the pilgrim Church, the body of those who believe in Christ, on their way to the Heavenly Jerusalem. The Mass begins with the procession of the priest and ministers to the altar. The Book of the Gospels is carried in procession to the ambo (lectern or pulpit.)

STANDING

Standing is a sign of respect and honor, so we stand as the celebrant who represents Christ enters and leaves the assembly. From the earliest days of the Church, this posture has been understood as the stance of those who have risen with Christ and seek the things that are above. When we stand for prayer, we assume our full stature before God, not in pride **but in humble gratitude** for the marvelous things God has done in creating and redeeming us.

SINGING

“By its very nature song has both an individual and a communal dimension. Thus, it is no wonder that singing together in church expresses so well the sacramental presence of God to his people” As we raise our voices as one in the prayers, dialogues, and chants of the Mass, as well as the other hymns and songs, we each lend our individual voices to the great hymn of praise and thanksgiving to the Triune God.

SIGN OF THE CROSS

We begin and end Mass by marking ourselves with the Sign of the Cross. Because it was by his death on the Cross that Christ redeemed humanity, we trace the Sign of the Cross on our foreheads, lips, and hearts at the beginning of the Gospel, praying that the Word of God may be always in our minds, on our lips, and in our hearts. The cross reminds us in a physical way of the Paschal Mystery we celebrate: the death and Resurrection of our Savior Jesus Christ

PRAYING IN UNISON

In the Mass, the worshiping assembly prays in one voice, speaking or singing together the words of the prayers. By saying the same words at the same time, we act as what we truly are one Body united in Christ through the Sacrament of Baptism.

BOWING

Bowing signifies reverence, respect, and gratitude. In the Creed we bow at the words that commemorate the Incarnation. The priest and other ministers bow to the altar, a symbol of Christ, when entering or leaving the sanctuary. As a sign of respect and reverence even in our speech, we bow our heads at the name of Jesus, at the mention of the Three Persons of the Trinity, at the name of the Blessed Virgin Mary, and at the name of the saint whose particular feast or memorial is being observed

See the General Instruction for the Roman Missal for more details.