



ATTENDING MASS

IMPORTANT TIPS:

PLEASE ARRIVE ON TIME FOR MASS

*Out of respect for the Eucharistic Celebration
and for those attending Mass*

REVIEW GUIDELINES FOR PRAYER POSTURES AT MASS

See reverse side of this flier

RECEIVING THE PRECIOUS BLOOD

*We will begin offering the Precious Blood at Communion
September 9 & 10*

Please see reverse side for more information

POSTURES OF PRAYER AT MASS

During the Mass, we pray not only with our minds, hearts, and voices, but with our bodies as well.

We stand — an ancient posture of prayer and reverence.

We sit — the posture of listening and attention.

And we kneel — the posture of humble adoration.

All of these postures have their appropriate place in our liturgical celebrations:

Standing:

We stand at the Introductory Rites, the proclamation of the Gospel, the Profession of Faith, and the Prayer of the Faithful.

Sitting:

We sit Liturgy of the Word and the homily.

Kneeling

- * Beginning after the singing or recitation of the *Sanctus* (Holy, Holy, Holy) until after the Amen of the Eucharistic Prayer when we will stand to recite the Our Father
- * Then kneel again after the Lamb of God until it is time to go forward in the Communion procession.

Kneeling is a posture of adoration. When we are on our knees, we cannot “do” anything else! In this moment, we prepare to receive Communion by kneeling in the presence of Christ, already in our midst in the sacrament of his Body and Blood, until it is time to rise and join the Communion procession. (The Work of Redemption, Eucharistic Belief and Practice in the Archdiocese of Seattle, Archbishop Paul D. Etienne)

Kneelers: Please lower kneelers quietly as not to distract from the liturgical moment. Kneelers do not need to be raised to stand for the Our Father only to be lowered again for the Lamb of God. Leave kneelers in the lowered position from the Holy Holy Holy (Sanctus) until the time to stand to process for Communion.

Reception of Holy Communion:

As we move in procession to the altar, we bow before receiving the Body or Blood of Christ, extend our arms cross, cross our palms and **remain standing** to receive Holy Communion, whether the host or the chalice.

To kneel at this point, or to add other gestures, individualizes the reception of Communion. This is not the moment for personal expressions of piety, which can distract others and draw attention to ourselves. Rather, reverent in our belief in the Lord’s true presence in the Eucharist, this is the time when we should be most unified as a community. In receiving the Body of Christ, we become one with Christ, and through Christ, one with everyone else who receives the same Eucharistic Lord. (The Work of Redemption, Eucharistic Belief and Practice in the Archdiocese of Seattle, Archbishop Paul D. Etienne)

The Body and Blood of Christ

At Communion time we may receive the Body of Christ (the bread/host) or the Blood of Christ (the wine)

*It is important to note that each of us must make our own decision when it comes to receiving one or both species. If one is immunocompromised, has respiratory symptoms, or believes they may have been exposed to COVID or flu, it may be best to receive only the host. **It is also important to note that one does not need to receive Holy Communion under both species to receive the full grace of the sacrament.** The Catechism of the Catholic Church states: “Since Christ is sacramentally present under each of the species, communion under the species of bread or wine alone makes it possible to receive all the fruit of Eucharistic grace.” (CCC, No. 1390).*

Upon returning to our seats following Communion, it is appropriate to kneel during the period of sacred silence after Communion. This is a time to prayerfully reflect upon the mystery we have received and to give thanks for such a precious gift. After the priest has purified the vessels and returned to his chair we may be seated.