CATHOLIC MASS REVIEW presents...

What should I do? Or NOT do!
MASS ETIQUETTE
1. No gum chewing
2. Turn cell phone all the way off
3. Arrive on time (or better yet – EARLY!)
4. Maintain “sacred silence” before Mass (Should be prayer time, not chit chat time)
5. No bulletin reading during Mass (Imagine if you invited a guest to your house for dinner and they decided to read a magazine instead of talk or listen to you!)
6. Participate!
Say all the responses and sing even if you don’t have a great voice. If you’re not going to sing, at least be praying!

7. No butt-kneeling
(unless you feel sick or are injured, of course)

8. Make sure and fast from food at least 1 hour before receiving communion
CLOTHING

Rule of thumb: Wear your “Sunday best”

- No hats
- No t-shirts, jerseys, or sweatshirts
- No yoga pants or sweatpants
- Nice jeans can be okay, but are not ideal
- Modest clothing (The last thing you should want to do is distract another person from prayer, Jesus, etc.)
ENTERING
a
CATHOLIC
CHURCH...
STEP 1

Dippity dip!
SIGN OF THE CROSS Fun Facts!

Western/Latin Catholics

Q. Why 5 fingers?
A. 5 = represents the 5 wounds of Christ

Up, down, left, right 1 time

Eastern Catholics and Eastern Orthodox Christians

Q. Why 3 and 2 fingers?
A. 3 = represents the Holy Trinity
2 = Jesus being 100% human and 100% divine

Up, down, RIGHT, LEFT Sometimes 3 times in a row!
2.

3.
1. If Jesus is present in the Eucharist we should “take a knee”. If it’s a tabernacle or a monstrance, then genuflect onto 1 knee (some people go down on 2 knees when Jesus is in a monstrance, but 1 knee is all that is necessary).

Q. Which knee? A. The RIGHT is always RIGHT!

Remember:

- A red or white sanctuary lamp will tell you if Jesus is present.
Remember:

2. If Jesus is NOT in the church but an altar is, then **bow** towards the altar.

We do this because the altar is where the bread and wine turn into Jesus' body and blood and because there are usually saint bones ("relics") in the altar.
PRACTICE TIME!

A new picture will display on each of the next few slides.

YOUR JOB: Perform the proper Catholic action based off what you see.
May the Gospel (Good News) always be in my mind, on my lips, and in my heart.

Priest: “The Lord be with you.”
People: “And with your spirit.”

Priest: “A reading from the holy gospel according to ______.”
People: “Glory to You, O Lord.”

“May the Gospel (Good News) always be in my mind, on my lips, and in my heart.”
Receiving Communion
1. Bow when the person in front of you is receiving Communion.

2. Say “Amen” (“Yes, I believe!”) like you really mean it.

3. RECEIVE Communion. Don’t TAKE.

4. When receiving the Eucharist, don’t make big chews.
   Try and let the host soften in your mouth, then swallow.

5. Drink slowly from the chalice and hand it very carefully.

6. Don’t receive from the chalice if you have a cold or feel “under the weather”.

7. Use the time after receiving Communion to pray.

8. If you’re not Catholic or have a mortal (really big) sin that you haven’t yet confessed, cross your arms and pray for “spiritual Communion”.

Receiving Communion:

1. One hand on top of the other

2. “Amen!”

3. One hand on top of the other
Receiving on the Tongue:
Receiving Communion

Practice Time!
When should I leave?

(A.K.A. Don’t pull a Judas!)

Don’t leave early!

- The time after receiving Holy Communion is SUPER special. Pray with all your heart during this time.

- Stay for the final blessing and sing (pray) the entirety of the last song.

- It’s courteous to wait until both the priest has exited and also when the song is all the way done

- Although it’s not required, sometimes people kneel for a short bit and offer a prayer of thanksgiving
The whole point of Mass is... to get kicked out of Mass!
In other words, once you have been energized by God in the Eucharist and fellowship with one another, it’s time to go and tell the world about Jesus!

The term “Mass” comes from the Latin phrase, “Ite, missa est” which translated says, “GO, YOU ARE SENT!”
CATHOLIC MASS REVIEW
What should I do? (Or not do!)

Now you know! Way to go!