

Holy Mass Etiquette

How we act at Mass should help us pray, listen and worship as well as help our neighbors do the same.

We should remember:

- 1. that Mass is holy.**
- 2. to dress appropriately.**
- 3. to be on time.** It is distracting when people arrive late to Mass. If you are delayed or late, be thoughtful of others and sit in the back so as not to disturb those already into prayer of the Mass.
- 4. to turn cell phones and pagers off.**
- 5. to genuflect toward the tabernacle before sitting down.** Genuflecting is bending the right knee to the floor and rising up again. If one is physically incapable of genuflecting, they should instead make a profound bow. The purpose of this is to show respect to our King and to acknowledge His Presence in the tabernacle.
- 6. to sit quietly.** Once we've found a seat, we should sit or kneel quietly to pray or meditate. This isn't the time to socialize with our friends. If we must talk quietly regarding something important and pertinent to the Mass, we should make it brief. The purpose of this is again to show respect of the Blessed Sacrament, and to show that **WE BELIEVE HE IS TRULY PRESENT-Body, Blood, Soul and Divinity!** If we do not believe this, we need to be considerate of those who do and use the quiet time to contemplate this Truth.
- 7. Chatting anytime during Mass, except for the exchange of peace is not acceptable. This includes before Mass, as well as in between the final blessing and the closing song.**
- 8. to stay until the end of Mass.** Judas was the first one to leave Mass early at the Last Supper. Let's not follow in his footsteps. Mass after Father says: "The Mass is ended, go in peace", we say: "Thanks be to God," and then Father exits the sanctuary. It is most polite to stay in our pews until the end of the recessional hymn. Emergencies will arise from time to time; in such cases, we should be as discreet as possible so as not to disrupt the Mass that has not yet ended.
- 9. to reverently, gently, & silently leave the church.** Again, this is to show respect of our Lord in the Blessed Sacrament. There is a custom where some stay several minutes after in thanksgiving for the Eucharist they have just received; the church should also be quiet out of respect for this deep union taking place. We can talk all we want once we've reached the vestibule, and we are encouraged to really yack it up at the coffee hours that follow many Masses!