

OUR POSTURE AT MASS

“On the 1st Sunday of Advent 2011, the new English edition of ‘The Roman Missal’ is being fully introduced. In Kildare & Leighlin Diocese, we are also introducing a common practice of posture at Mass in accordance with the Missal. We hope that a common practice will help make people feel even more welcome and at home in whatever Church in our diocese that they attend the celebration of the Eucharist.”

Monsignor Brendan Byrne, Diocesan Administrator



STANDING:

In daily life we stand to greet people, to honour someone of importance and to express readiness for action. As Christians, we do the same in Mass as we welcome the risen Lord in our midst. Thus we stand at various parts of the Mass including the Introductory Rites, the Gospel and finally for the concluding rites as we show our readiness to go out and live what we have prayed.



SITTING:

We sit to listen, to rest and to watch. Within the Mass it is appropriate then to sit during the readings prior to the Gospel as we listen to the Lord who is our teacher. We sit for the homily as the priest applies these words to our lives. We may also choose to sit or kneel as we observe a time of sacred silence after receiving Holy Communion.



KNEELING:

In the early Church kneeling signified penitence. In the Middle ages it came to signify homage. More recently, kneeling has come to signify humble adoration. It is for this reason that it is appropriate for the congregation to kneel for the consecration during the Eucharistic prayer –that is from after the “Holy, Holy” until after the “Amen” that concludes the Doxology.

ORDER OF MASS

From the start of Mass until the end of the Opening Prayer:

STAND

From “May the Lord accept ...” until the end of the “Holy, Holy...”:

STAND

For the First Reading until the end of the Second Reading:

SIT

After the “Holy, Holy...” until after the “Amen” to the Doxology:

KNEEL

From the Gospel Acclamation until the end of the Gospel:

STAND

From the Lord’s Prayer until the end of the Lamb of God:

STAND

During the Homily:

SIT

At the end of the Lamb of God until the Distribution of Holy Communion:

KNEEL

From the Creed to the end of the Prayer of the Faithful:

STAND

During silence after Holy Communion:

SIT OR KNEEL

During the Offertory and the Preparation of the Gifts

SIT

From the Prayer after Communion until the end of Mass:

STAND