

### **1. Fast Prior to Receiving Communion**

- Receive the Holy Eucharist with reverence, bow slightly and respond “Amen.” If receiving the host by hand, rather than kneeling at the Communion Rail, place the left hand over the right hand (or opposite if left-handed) and raise your arms slightly.

### **2. No Eating/Drinking in Church**

- The exceptions would be a drink for small children, water for the priest and water for those who are ill. Bringing a snack into church is not appropriate. Church is a place for prayer and reflection.

### **3. Remove Hats**

- It is impolite for a man to wear a hat into church. While this is a cultural norm, it is one that we should follow closely. Just as we take off hats for the Pledge of Allegiance, we do so in church; as a sign of respect.

### **4. No Chewing Gum**

- It breaks your fast, it's distracting, is considered impolite in a formal setting, and it doesn't help us pray better.

### **5. Sign of the Cross**

- Bless yourself with Holy Water when entering and leaving Church. As a sign of respect for the Blessed Sacrament, genuflect before taking your seat and leaving when Mass has ended.

### **6. Dress Modestly and Appropriately**

- The idea of “Sunday Best” should always be honored. Churchgoers of all ages should dress conservatively. As Catholics we believe God comes down to meet us at every Mass. So, why would we not dress appropriately for Him?

### **7. Arrive Early**

- Arrive at least 10-minutes prior to Mass. This helps reduce distractions and provides time to get settled. All entrance doors will be locked when Mass begins. Latecomers will be let in and seated by an Usher so you don't disturb others. Getting to Mass early allows time to pray.

### **8. Cell Phone Should NEVER be Used**

- The one exception would be a serious emergency and if you do have an emergency, please contact an usher for assistance and walk out of church.

### **9. Seating at Mass**

- Move down the row to sit in the middle so others don't have to climb over you to sit down.

### **10. Genuflect**

- Always genuflect toward the tabernacle when entering and leaving Church, by allowing our right knee to hit the floor. We acknowledge He is our Lord and God. If someone is physically unable to genuflect, then a bow is sufficient. During Mass, if you pass in front of the altar or tabernacle, bow reverently.