

## **MASS ETIQUETTE**

Remember, you have entered into the House of God for the purpose of prayer, adoration, reflection, or to celebrate a Sacrament. Now is not the time to talk to your friends but to talk to God.

### **ATTIRE**

The idea of 'Sunday Best' should be honored; churchgoers of all ages should dress conservatively. Coat and tie is appropriate for men but not required. Women should wear modest dresses, skirts and slacks; no tank tops, short skirts or tight-fitting clothing.

### **ARRIVAL**

Arrive at least 10-minutes before Mass begins. This helps reduce distractions and provides time to get settled. Latecomers should wait to be seated by ushers so as not to disrupt the service and the congregation. The Rosary usually begins 20-30 minutes prior to Mass.

### **ENTERING THE CHURCH**

It is optional to bless yourself with holy water, but as a sign of respect for the Blessed Sacrament, genuflect before taking your seat. Be courteous and accommodate others who may arrive after you.

### **QUIET TIME**

The liturgy is not the time to socialize with friends, walk around in Church or prepare the offering envelope. Instead, sit quietly or pray. Turn off cell phones and pagers and take care of all personal needs prior to Mass. Please do not go in and out of the Church during Mass unless it cannot be helped.

### **KNEELING**

Respect for the Eucharist demands that we kneel on our knees without leaning back on the pew. Be careful not to drop or bang the kneelers. If ill or disabled, it is acceptable to sit.

### **SIGN OF PEACE**

People usually shake hands or exchange a quick kiss, but if you have a cold or cough, you can politely say, "Peace be with you," without shaking hands.

### **COMMUNION**

Receive the Holy Eucharist with reverence, bow slightly and respond, "Amen." If receiving the host by hand, place the left hand over the right (or opposite if you are left-handed) and raise your arms slightly. You may also receive the Holy Eucharist kneeling. Gum or candy should never be in your mouth when taking the host.

### **SIGN OF THE CROSS**

Join your hands; touch the forehead with the tips of your fingers on your right hand, to the center of your chest, then to your left and right shoulder, in that order.

### **LEAVING THE CHURCH**

Mass has ended when the priest has proceeded to the back of the Church. Genuflect toward the Altar before leaving the pew or at the end of the pew.