

# Mass Quick Guide

*A rough, and hopefully useful, overview of the structure of the Catholic Mass.*

<i>Section</i>	<i>Posture</i>	<i>Notable Responses and Notes</i>
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## 1 INTRODUCTORY RITES

1.1 Entrance Chant	Stand	<i>Use proper</i>
1.2 Sign of the Cross	Stand	<b>“Amen.”</b>
1.3 Greeting	Stand	<b>“And with your spirit.”</b>
1.4 Penitential Act	Stand	<i>1 of 3 different penitential acts and responses, Kyrie eleison follows unless just said</i>
1.5 The Gloria	Stand	<i>The Gloria (omitted in Advent and Lent)</i>
1.6 The Collect	Stand	<i>Use proper, “Amen.”</i>

## 2 THE LITURGY OF THE WORD

2.1 First Reading	Sit	<b>“Thanks be to God.”</b>
2.2 Psalm	Sit	<i>Use proper</i>
2.3 Second Reading	Sit	<b>“Thanks be to God.”</b>
2.4 Gospel	Stand	<i>Gospel acclamation (use proper), “And with your spirit.”, “Glory to you, O Lord.”, “Praise to you, Lord Jesus Christ.”</i>
2.5 The Homily	Sit	<i>Brief silence may follow</i>
2.6 The Creed	Stand	<i>Either the Niceno-Constantinopolitan or the Apostles’ Creed, Bow within certain section of either creed</i>
2.7 The Prayer of the Faithful	Stand	<i>Usually 4 intentions, Usually “Hear our prayer.”</i>

## 3 THE LITURGY OF THE EUCHARIST

3.1 The Offertory	Sit	<i>Offertory chant may also begin, “Blessed be God for ever.” (if Priest prays aloud), “Blessed be God for ever.” (if Priest prays aloud)</i>
3.2 Prayer Over the Offerings	Stand	<b>“May the Lord accept...”</b> , <i>Use proper, “Amen.”</i>
<b>The Eucharistic Prayer</b>		
3.3.1 The Preface	Stand	<b>“And with your spirit.”</b> , <b>“We lift them up to the Lord.”</b> , <b>“It is right and just”</b> , <b>“Holy, Holy, Holy...”</b>
3.3.2 The (rest of the) Eucharistic Prayer	Kneel	<b>“We proclaim...”</b> or <b>“When we eat...”</b> or <b>“Save us...”</b> , <b>“Amen.”</b>
<b>The Communion Rite</b>		
3.4.1 The Lord’s Prayer	Stand	<b>“Our Father...”</b> , <b>“For the kingdom...”</b> , <b>“Amen.”</b> , <b>“And with your spirit.”</b> , <i>Sign of Peace</i>
3.4.2 Breaking of the Bread	Stand	<b>“Lamb of God...”</b>
3.4.3 Invitation to Communion	Kneel	<b>“Lord, I am not worthy...”</b>
3.4.4 Communion	Go Forward	<i>Communion antiphon (use proper), “Amen.” (when receiving)</i>
3.4.4 Prayer After Communion	Stand	<i>Use proper, “Amen.”</i>

## 4 CONCLUDING RITES

4.1 Blessing	Stand	<b>“And with your spirit.”</b> , <b>“Amen.”</b>
4.2 Dismissal	Stand	<b>“Thanks be to God”</b>