

## THE POSTURE OF THE PEOPLE AT MASS

From the beginning of Mass until the First Reading	STAND
From the first Reading until the Gospel Acclamation	SIT
From the Gospel Acclamation until the end of the Gospel	STAND
During the Homily	SIT
From the Profession of Faith until the end of the General Intercessions	STAND
From the Preparation of the Gifts to the completion of Pray brethren (Pastoral adaptation is to sit until the Celebrant says Pray Brethren, then stand)	SIT
From the beginning of the peoples' response May the Lord... to the beginning of the Holy, Holy	STAND
From the completion of the Holy, Holy until after the Amen of the Eucharistic Prayer <sup>1</sup>	KNEEL
From the beginning of the Our Father until the completion of the Lamb of God	STAND
From the completion of the Lamb of God (at the Behold the Lamb of God...) until the Distribution of Holy Communion <sup>2</sup>	STAND
When Receiving Holy Communion <sup>3</sup>	STAND
During the sacred silence after the Distribution of Holy Communion	SIT or KNEEL
From the beginning of the Prayer after Communion until the end of Mass	STAND

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<sup>1</sup> The people may stand when prevented on occasion by reasons of health, lack of space, the large number of people present, or some other good reason.

<sup>2</sup> Bishop Tod Brown, our diocesan bishop has determined that the people should stand after the Agnus Dei (at the Behold the Lamb of God...).

<sup>3</sup> The norm for the reception of communion is standing. Communicants should not be denied Holy Communion because they kneel. Rather, such instances should be addressed by providing the communicant with a catechesis on the reason for the norm.

When receiving communion standing, the communicant is to bow his or her head before receiving the Body of the Lord. When receiving under both kinds, the communicant also bows his or her head before receiving the Precious Blood. Communion may be received on the tongue or in the hand at the discretion of the communicant.