

## A GUIDE TO WHEN TO SIT, STAND AND KNEEL

PART OF MASS	HIGH MASS & MISSA CANTATA	LOW MASS
Entrance – The Priest processes in	Stand	Stand or Kneel according to local custom
Before High Mass (“ <i>Asperges Me ...</i> ”)	Stand	n/a
While Priest vests	Sit	
When Priest returns from vesting	Stand	
Opening prayers of the Mass (“ <i>In Nomine Patris ...</i> ”)	Kneel	Kneel
Gloria (“ <i>Gloria in Excelsis Deo ...</i> ”)	Stand. Sit if Priest sits during singing	Kneel
Epistle	Sit	Kneel
Gospel (at “ <i>Dominus Vobiscum ...</i> ”)	Stand	Stand
Sermon	Sit	Sit
Creed (“ <i>Credo in Unum Deum ...</i> ”) “ <i>Et ... Incarnatus Est</i> ” through “ <i>Homo  Factus Est</i> ” Remainder of Creed until after “ <i>Oremus</i> ”	Stand. Sit if Priest sits during singing	Stand
	Genuflect	Genuflect
	Stand. Sit if Priest sits during singing	Stand
Offertory (bells rung once)	Sit	Sit
Incensing of people	Stand	n/a
After incensing	Sit	
Dialogue before Preface (“ <i>Dominus  Vobiscum ...</i> ”)	Stand	Sit
“ <i>Sanctus, Sanctus, Sanctus ...</i> ” (bells rung three times)	Kneel	Kneel until Last Gospel
Communion – <i>if receiving Eucharist:</i> Receive on tongue while kneeling. “Amen” is not said by the communicant	Walk to Altar Rail/Sanctuary, kneel and receive Remain kneeling when in pew Do not sit when Communion ends	
“ <i>Dominus Vobiscum ...</i> ”	Stand	Kneel
“ <i>Deo Gratias</i> ”	Kneel	Kneel
Last Gospel “ <i>Et Verbum Caro Factum Est</i> ” Remainder of Last Gospel	Stand	Stand
	Genuflect	Genuflect
	Stand until Exit	Stand
Exit of the Priest	Stand	Stand or Kneel according to local custom

Note: When Prayers after Low Mass are said the congregation kneels.

Bodily postures were never comprehensively codified by the rubrics, and these are only offered as a guide to help those attending the extraordinary form of the Roman rite. Depending on local customs different postures from these may be followed, particularly at Low Mass.