

Missa

How to Prepare for the Mass

Silence

- I. **GIRM 45** Sacred silence also, as part of the celebration, is to be observed at the designated times...Even before the celebration itself, it is a praiseworthy practice for silence to be observed in the church, in the sacristy, in the vesting room, and in adjacent areas, so that all may dispose themselves to carry out the sacred celebration in a devout and fitting manner.
- II. **Praying with Body, Mind, and Voice** These times of silence are not merely when nothing happens
 - a. Reminder to enter more deeply in prayer
 - b. We are here to worship
- III. **Saint Thérèse of Lisieux** You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them

Holy Water

- I. Reminder of baptism for the baptized
- II. Points forward to baptism for the unbaptized
- III. Blessing against evil
- IV. Reminder of sorrow for our sins

Sign of the Cross

- I. Trinitarian
- II. Christ's Sacrifice
- III. **Rev. Fr. Romano Guardini, Sacred Signs** On the cross Christ redeemed mankind. By the cross He sanctifies man to the last shred and fibre of his being. We make the sign of the cross before we pray to collect and compose ourselves and to fix our minds and hearts and wills upon God. We make it when we finish praying in order that we may hold fast the gift we have received from God. In temptations we sign ourselves to be strengthened; in dangers, to be protected. The cross is signed upon us in blessings in order that the fulness of God's life may flow into the soul and...sanctify us wholly.
- IV. Always made with the right hand
- V. Forehead / Breast / Left shoulder / Right shoulder

Reverence Jesus Christ

- I. Genuflect if Jesus is present in the Tabernacle (Adoration)
 - a. Kneel down, only on right knee and stand back up
 - b. **Praying with Body, Mind, and Voice** Traditionally, Catholics genuflect on entering and leaving church...

- c. **GIRM 274** [A]ll who pass before the Most Blessed Sacrament genuflect, unless they are moving in procession.
 - d. External gestures influence internal attitude
 - e. Internal attitudes are expressed externally
- II. Profound bow towards the Altar if Jesus is not present in the Tabernacle (Veneration)
- III. Simple bows
 - a. **Praying with Body, Mind, and Voice** As a sign of respect and reverence even in our speech, we bow our heads at the name of Jesus,
 - b. **GIRM 275a** [w]hen the three Divine Person are named together,
 - c. **Praying with Body, Mind, and Voice** at the name of the Blessed Virgin Mary, and at the name of the saint whose particular feast or memorial is being observed.