

**DID YOU KNOW THAT PARTICIPATION AT MASS** reflects our reverence to the presence of the Lord? With keeping this in mind, as we attend Mass we ought to participate as follows:

Arriving at church before Mass has begun which helps us to have time to meditate on the love and respect for Our Lord who has gathered us together to share His gifts.

Remembering the acts of reverence:

- Making the sign of the cross with the holy water
- Genuflecting as best we can before entering the pew and upon leaving
- Staying after Communion which allows us time to give thanks for the precious gift that was received
- At the conclusion of Mass remaining in the pew until the priest has proceeded down the aisle
- Using a soft voice in Church not to disturb others in this house of prayer.

Remembering that any food, drink or chewing gum is inappropriate to be eaten or drunk during Mass. For a young child a light snack is acceptable if necessary.

Remembering to turn off all cell phones, beepers and Ipads upon entering church as not to disturb others and keeping the reverence of the Mass being celebrated.

As Archbishop Fulton Sheen said that courtesy "is the homage of the heart to the sacredness of human worth" (Thoughts for Daily Living, p. 50). Manners, whether at Mass or in other situations, reveal the value we place on each other and God.