

Going to Mass with them

One hour. Here is what happens, and what to do.

In short. Catholics are asked to take part in Mass every Sunday.¹ It has two great parts: the Liturgy of the Word and the Liturgy of the Eucharist.² Catholics believe Jesus is truly present in the Eucharist.³

The hour, in five moments

- 1. Arrive.** Come five minutes early and sit anywhere; near the back is fine. Silence your phone.
- 2. The Word.** Readings from the Bible, then a short homily. Sit for the readings, stand for the Gospel.
- 3. The Eucharist.** Bread and wine are offered. Many kneel during the Eucharistic Prayer; you can sit or stand quietly.
- 4. Communion.** Stay seated, or come forward with arms crossed over your chest for a blessing.
- 5. Sent out.** A blessing, a hymn, and “Go forth.” Then coffee, and questions.

Quick answers

- **Do I kneel?** Only if you want to. Sitting quietly is fine.
- **Communion?** It is for Catholics who are prepared.⁴ Come forward for a blessing, or stay seated.
- **Money?** Guests are never expected to give. Let the basket pass.
- **Kids?** Welcome. Families with little ones often sit near the back.

Remember: copy the person next to you. Nobody is checking, and you are welcome.

Sources

1. CCC 2180
2. CCC 1346

3. CCC 1374
4. CCC 1415

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