

# *From the Pastor*

## *Fostering a Right Disposition and Gestures for the Celebration of the Sacred Liturgy of the Mass at Holy Infant\**

Our new liturgical norms require that we make some changes to our worship practices. Following are some reminders for parishioners of all ages.

### *Before and After Mass*

- ***Weekly preparation*** – Throughout the week, we are encouraged to take time for prayer, for reflection on the Sunday scripture readings and for other devotional practices that help us to prepare to worship and celebrate well at the Sunday Mass.
- ***Arrival and departure*** – In gratitude for all that God does for us, we are encouraged to arrive for Mass prior to our new five-minute period of silence (discussed below), and depart following the conclusion of the closing hymn.

### *Sacred Silence*

- ***Five minutes prior to the start of Mass***, at the invitation of the Music Ministry through chimes/bells, we are invited to pray and reflect in silence throughout the worship space as we prepare to celebrate the Mass. Simple, soft instrumental music may accompany this period of silence.
- ***During Mass***, personal conversations and remarks should occur only when necessary so that all are able to focus on and worship God without distraction for this one short period of time each week.

### *Gestures by the Faithful During Mass*

- ***The Nicene Creed*** – During the recitation of the Creed, we (the priest and the faithful) are to bow at the words “...by the power of the Holy Spirit, He was born of the Virgin Mary, and became man,” as a sign of reverence for the wonder of the Incarnation.
- ***Eucharistic Prayer*** – The faithful make a bow when the priest genuflects following the elevations of the ciboria or paten and the chalice.
- ***When receiving the Holy Eucharist***, the communicant makes a bow of the head before the sacrament as a gesture of reverence prior to receiving the Precious Body from the minister. When Holy Communion is received under both kinds, the bow also is made before receiving the Precious Blood.
- ***Following the reception of Holy Communion***, individual communicants return to their places in the assembly and, in communion with one another, are encouraged to remain standing, singing the Communion song.

\* Based on the document, *Diocese of Raleigh, General Norms for the Celebration of the Sacred Liturgy of the Mass in the Forma Ordinaria*, available at [www.dioceseofraleigh.org/docs/liturgy/GeneralNormsMass.pdf](http://www.dioceseofraleigh.org/docs/liturgy/GeneralNormsMass.pdf).