

THE GESTURES OF THE PEOPLE AT MASS

BEFORE MASS

ENTERING THE CHURCH

Dip our hand into the font and recall our baptism with the Sign of the Cross

PASSING THE TABERNACLE OR
ACKNOWLEDGING THE PRESENCE
OF THE BLESSED SACRAMENT

Genuflect toward the tabernacle

*Once Mass begins, no additional signs of reverence toward the tabernacle are required
[GIRM #274]*

PASSING THE ALTAR

Bow at the waist toward the altar — a sign of Christ

INTRODUCTORY RITES

CONFITEOR

May strike our breast at the words “through my fault”

IF THE SPRINKLING RITE
IS USED

*Make the Sign of the Cross as the presider passes by
sprinkling the assembly with blessed water*

LITURGY OF THE WORD

ANNOUNCEMENT OF
THE GOSPEL READING

Make the Sign of the Cross on forehead, lips and heart

CREED - AT THE WORDS “BY THE
POWER OF THE HOLY SPIRIT HE
WAS BORN OF THE VIRGIN MARY”

Bow at the waist

*At Christmas and on the Annunciation, we genuflect
[GIRM # 43]*

LITURGY OF THE EUCHARIST

INCENSATION OF THE PEOPLE

Stand and bow before the deacon or server who incenses your section of pews

CONSECRATION

*If circumstances prevent our kneeling, we make a profound bow as the priest genuflects
[GIRM # 43]*

LORD’S PRAYER

*A variety of gestures may be used in the Catholic Diocese of Saginaw —
hands folded in prayer, holding hands with those next to us,
holding our hands out, elbows bent in the ancient orans position*

EXCHANGE OF PEACE

Shaking hands or otherwise acknowledging those near us with a prayerful greeting

WHEN RECEIVING THE BODY AND
BLOOD OF CHRIST

*We bow our head when the minister says, “The Body of Christ” or “The Blood of Christ”
and shows us the host or presents the cup.*

We extend our hand or tongue to receive and say “Amen”

ANYTIME DURING
THE LITURGY

*We bow our head at the mention of the name of Jesus, the Trinity, Mary,
or the Saint whose feast we celebrate [GIRM #275]*