

# THE POSTURE OF THE PEOPLE AT MASS

## INTRODUCTORY RITES

*From the beginning of Mass until after the Opening Prayer*

STAND

## LITURGY OF THE WORD

***During the First Reading, Responsorial Psalm, Second reading (and Sequence)***

SIT

*From the Gospel Acclamation until the end of the Gospel*

STAND

***During the Homily***

SIT

*From the Profession of Faith until the end of the General Intercessions*

STAND

## LITURGY OF THE EUCHARIST

***During the Preparation of the Altar and the Gifts (and the collection)***

SIT

*Before the priest says "Pray brethren..." until the completion of the Prayer Over the Gifts*

STAND

***Eucharistic Prayer: Opening Dialogue, Preface and Holy, holy, holy***

STAND

*Eucharistic Prayer: After the Holy, holy, holy until after the Great Amen*

KNEEL

***From the beginning of the Lord's Prayer until the completion of the Lamb of God***

STAND

*From the words "Behold the Lamb of God" or "This is the Lamb of God" to the conclusion of the Prayer of Humility (... "and I shall be healed.")*

KNEEL

***During the Distribution of Holy Communion – from the priest's to the end of the distribution to all in the assembly***

STAND

*During the sacred silence or Song of Praise after the Distribution of Communion*

SIT or  
KNEEL

***Prayer after Communion***

STAND

## CONCLUDING RITE

*Greeting, Blessing, Dismissal*

STAND