

## **General Thoughts on How to Behave in a Catholic Church**

- 1) Dress appropriately. Corporate business casual is fine. Granted, perhaps in the summer people can be a little more casual, but we can still be neat, clean, and properly clothed.
- 2) Leave home with time to arrive at church before Mass begins, preferably about five or ten minutes. Doing so allows everyone to have a few moments for prayer and to be ready to participate in the Mass.
- 3) When arriving at church, discard any gum or candy in a proper garbage container.
- 4) When entering church, be sure to make the Sign of the Cross with the holy water; this prayer and gesture reminds us of our Baptism.
- 5) Before entering the pew, be sure to genuflect on one knee which is an important act of reverence to the presence of our Lord in the Holy Eucharist in the tabernacle.
- 6) Please turn off the cell phones and any other technology you have with you; everyone not only can give some undivided attention to God, but also spare everyone else the distraction of a phone ringing during Mass.
- 7) During Mass, please participate in the songs and prayers, follow the readings, and listen attentively to the homily. Use the missalette to follow along if need be.
- 8) Parents need to supervise their children. Jesus loves and welcomes children, but they do need our help. If a child is fussy, then the parent should quickly take the child to the vestibule or outside, and let the child calm down before returning. Children should not be allowed to rattle keys, drop toys, kick the pews, or run in the aisles. Parents simply need to be parents, using good judgment and discipline with the little ones.
- 9) When receiving Holy Communion, always do so reverently. You can receive on the tongue or in the hand. If receiving on the hand, the hands must be clean and held like a throne (one on top of the other) for the Lord. After receiving, one should consume the Sacred Host before turning around to go back to the pew.

- 10) After Communion, each person should give thanks for the precious gift received and allow the grace to fill our souls. Kneel or sit quietly until the Blessed Sacrament is reposed in the tabernacle and the priest sits down.
  
- 11) Finally, after the Mass is concluded with the blessing, wait to leave until the priest has proceeded down the aisle and the recessional hymn has concluded. However, before leaving the pew, be sure to put the hymnal back in its holder, and pick up used tissues, bulletins, or other items.