

A GUIDE TO WHEN TO SIT, STAND AND KNEEL

PART OF MASS	HIGH MASS & MISSA CANTATA	LOW MASS
Entrance – The Priest processes in	Stand	Stand
Asperges	Stand	n/a
Opening prayers of the Mass	Kneel	Kneel
When the Celebrant ascends the altar	Stand	Kneel
Gloria and Collect	Stand	Kneel
Epistle	Sit	Sit
Gospel (at “Dominus Vobiscum...”)	Stand	Stand
Homily	Sit	Sit
Creed	Stand	Stand
Offertory (after “Dominus vobiscum ...”)	Sit	Sit
Incensing of people or at “... per omnia saecula saeculorum.”	Stand	n/a
Sanctus	Kneel	Kneel
“... per omnia saecula saeculorum.” leading to the Pater Noster .	Stand	Kneel
Agnus Dei	Kneel	Kneel
Communion	Kneel	Kneel
Thanksgiving – an opportunity to sit once the Blessed Sacrament has been taken back to the tabernacle and while the second collection is taken up.	Sit or Kneel	Sit or Kneel
“Dominus Vobiscum ...” Postcommunion	Stand	Kneel
After Ite Missa Est	Kneel	Kneel
Last Gospel	Stand	Stand
Prayers after Low Mass	n/a	Kneel
Recessional	Stand	Stand

Bodily postures were never comprehensively codified by the rubrics, and these are only offered as a guide to help those attending the extraordinary form of the Roman rite. Depending on local customs different postures from these may be followed, particularly at Low Mass.