

**What are the postures for the Mass?**  
(for those who are able)

- Beginning of Mass until the 1st reading: **STAND**
- 1st reading until Gospel Reading: **SIT**
- Gospel Acclamation to end of the Gospel: **STAND**
- During Homily: **SIT**
- Creed until the end of the General Intercessions: **STAND**
- Preparation of Gifts until the completion of “Pray brothers and sisters...”: **SIT**
- Beginning of “May the Lord...” until end of “Holy, holy...”: **STAND**
- After Holy Holy until after Great Amen: **KNEEL**
- After “Great Amen” through “Lamb of God”: **STAND**
- End of “Lamb of God” until distribution of Communion: **STAND OR KNEEL**
- When receiving Communion: **STAND**
- Silence after Communion: **SIT or KNEEL**
- Prayer after Communion until the end of Mass: **STAND**



Advent 2003

**What are the postures for the Mass?**  
(for those who are able)

- Beginning of Mass until the 1st reading: **STAND**
- 1st reading until Gospel Reading: **SIT**
- Gospel Acclamation to end of the Gospel: **STAND**
- During Homily: **SIT**
- Creed until the end of the General Intercessions: **STAND**
- Preparation of Gifts until the completion of “Pray brothers and sisters...”: **SIT**
- Beginning of “May the Lord...” until end of “Holy, holy...”: **STAND**
- After Holy Holy until after Great Amen: **KNEEL**
- After “Great Amen” through “Lamb of God”: **STAND**
- End of “Lamb of God” until distribution of Communion: **STAND OR KNEEL**
- When receiving Communion: **STAND**
- Silence after Communion: **SIT or KNEEL**
- Prayer after Communion until the end of Mass: **STAND**



Advent 2003

**What are the postures for the Mass?**  
(for those who are able)

- Beginning of Mass until the 1st reading: **STAND**
- 1st reading until Gospel Reading: **SIT**
- Gospel Acclamation to end of the Gospel: **STAND**
- During Homily: **SIT**
- Creed until the end of the General Intercessions: **STAND**
- Preparation of Gifts until the completion of “Pray brothers and sisters...”: **SIT**
- Beginning of “May the Lord...” until end of “Holy, holy...”: **STAND**
- After Holy Holy until after Great Amen: **KNEEL**
- After “Great Amen” through “Lamb of God”: **STAND**
- End of “Lamb of God” until distribution of Communion: **STAND OR KNEEL**
- When receiving Communion: **STAND**
- Silence after Communion: **SIT or KNEEL**
- Prayer after Communion until the end of Mass: **STAND**



Advent 2003

## Unity and Participation

The unity and participation of the assembly are among the primary concerns of the church. “This unity is beautifully apparent from the gestures and postures observed in common by the faithful” (GIRM 96). “The gestures and posture of the priest, the deacon, and the ministers, as well as those of the people, ought to contribute to making the entire celebration resplendent with beauty and noble simplicity, so that the true and full meaning of the different parts of the celebration is evident and that the participation of all is fostered” (42).



The guide on the opposite side of this card is designed to assist Catholics of the Diocese of Green Bay as we implement the postures directed in the revised General Instruction of the Roman Missal. Let us continue to gather in worship and praise of our God who is Father, Son, and Spirit.



The guide on the opposite side of this card is designed to assist Catholics of the Diocese of Green Bay as we implement the postures directed in the revised General Instruction of the Roman Missal. Let us continue to gather in worship and praise of our God who is Father, Son, and Spirit.

## Unity and Participation

The unity and participation of the assembly are among the primary concerns of the church. “This unity is beautifully apparent from the gestures and postures observed in common by the faithful” (GIRM 96). “The gestures and posture of the priest, the deacon, and the ministers, as well as those of the people, ought to contribute to making the entire celebration resplendent with beauty and noble simplicity, so that the true and full meaning of the different parts of the celebration is evident and that the participation of all is fostered” (42).



The guide on the opposite side of this card is designed to assist Catholics of the Diocese of Green Bay as we implement the postures directed in the revised General Instruction of the Roman Missal. Let us continue to gather in worship and praise of our God who is Father, Son, and Spirit.



The guide on the opposite side of this card is designed to assist Catholics of the Diocese of Green Bay as we implement the postures directed in the revised General Instruction of the Roman Missal. Let us continue to gather in worship and praise of our God who is Father, Son, and Spirit.

## Unity and Participation

The unity and participation of the assembly are among the primary concerns of the church. “This unity is beautifully apparent from the gestures and postures observed in common by the faithful” (GIRM 96). “The gestures and posture of the priest, the deacon, and the ministers, as well as those of the people, ought to contribute to making the entire celebration resplendent with beauty and noble simplicity, so that the true and full meaning of the different parts of the celebration is evident and that the participation of all is fostered” (42).



The guide on the opposite side of this card is designed to assist Catholics of the Diocese of Green Bay as we implement the postures directed in the revised General Instruction of the Roman Missal. Let us continue to gather in worship and praise of our God who is Father, Son, and Spirit.



The guide on the opposite side of this card is designed to assist Catholics of the Diocese of Green Bay as we implement the postures directed in the revised General Instruction of the Roman Missal. Let us continue to gather in worship and praise of our God who is Father, Son, and Spirit.