**Mass Etiquette**

Here are some tips for Catholic Church etiquette during Mass:

* **Dress Appropriately**: There is no dress code for Mass, however it is recommended to dress modestly & respectful.
* **Arrive early:** Arrive at Mass before Mass starts, give yourself time to find a seat and be able to spend time in prayer.
* **Turn off electronics:** Silence or shut off devices while at Mass
* **Be respectful:** Genuflect before entering or leaving the pew, and bow before the altar. Be reverent during the sign of peace
* **Be Prepared:** No eating or drinking during Mass, no chewing gum.
* **Participate:** There are pew cards in the pews to help you follow the Mass. Follow along during the Mass and participate with the children and other parishioners. Join in the singing and responses. Listen to the readings
* **Clean up:** Please take any papers you may have or trash out and make sure you have all your belongings.
* **Leaving the Church:** Always allow the Priest to leave before you exit. Exit the church after the final song and the recessional procession

**How to go to communion**

The children are not prepared to receive communion at this time, however we encourage you to take the children during communion to receive a blessing. A parent should accompany the children each time. Below are some helpful hints on how to go to communion for both children in the family formation program as well as anyone who has not received Holy Communion, anyone not prepared to receive or anyone who is not Catholic.

* **Cross your arms:** This is the usual signal to receive a blessing instead of communion.
* **Approach the minister:** Go to the priest or communion distributor like you would if receiving communion.
* **Short prayer:** The minister will typically say a brief prayer while placing their hand over the child's/ adults head
* **Return to your pew & Kneel:** Spend this time when you return to the pew, in quiet prayer and silence. You will remain kneeling (standing if you cannot kneel) until everyone has received communion and the Priest returns from the Tabernacle, typically he will gesture for you to sit down.