



MASS ETIQUETTE

(Do's and Don'ts When Attending the Mass)



FAST

Do not eat any food an hour before the Mass. Only water is allowed.



COME EARLY

Allow 10–15 minutes of meditation before the Mass.



DRESS PROPERLY

This is to show decency and honor to God.

DO NOT EAT

Eating is not allowed during Mass.



PARTICIPATE

Sing, respond, listen, and pray.



GENUFLECT

Kneel your right knee in the direction of the tabernacle before sitting.



PARTICIPATE

Sing, respond, listen, and pray.

COMMUNE

Examine conscience beforehand.



THINK OF OTHERS

Respect the pew and queue.



BE STILL

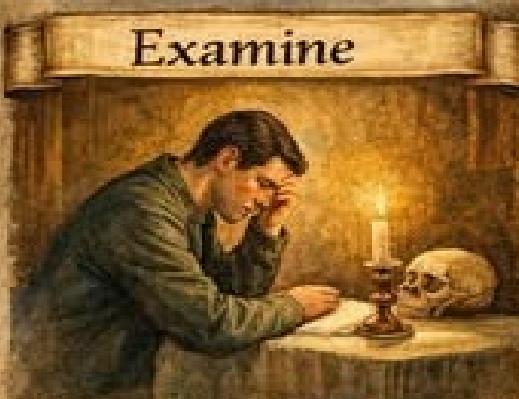
Don't be in a hurry. Enjoy and feel God's presence and thank Him for His graces.



Confession Etiquette

(Do's and Don'ts)

Examine



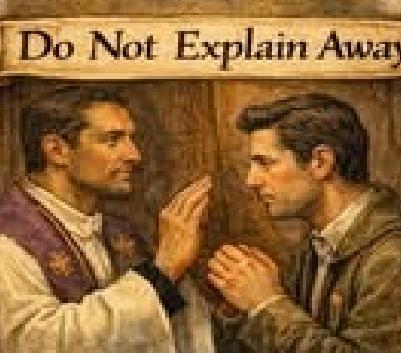
Do Not Fear



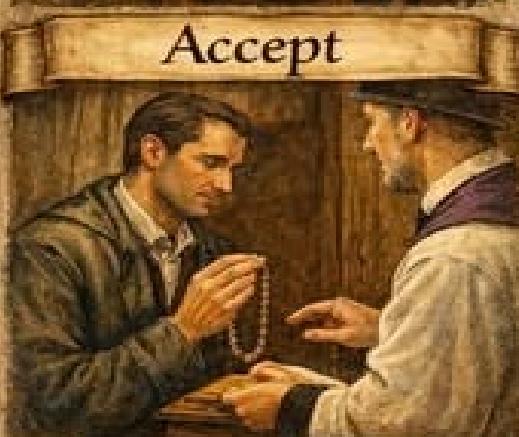
Be Honest



Listen



Accept



Act



Give Thanks

