



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.



DO NOT EAT

Eating is not allowed during Mass.



DRESS PROPERLY

This is to show decency and honor to God.

NO PHONES

Turn your mobile phones off.



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



Do Not Explain Away



Listen



Accept



Act



Give Thanks



@thyflameoflove