

CHANGES IN PRAYER / WORSHIP POSTURE AT ST. FRANCIS XAVIER

- Bishop Vetter is requesting that parishes in the Helena Diocese have a uniform prayer/worship posture at Mass
- In the past parishes such as ours were allowed some variations in the sit/stand/kneel postures as long as they were accordance with the General Instruction on the Roman Missal (GIRM)
- Beginning this weekend (Nov. 11-12), we will implement the prayer/worship postures that the US Catholic Bishops Conference obtained as an indult (waiver) from the GIRM; many of you are familiar with these postures from attending other Catholic parishes
- Bishop Vetter's desire is that the uniformity in postures will facilitate a greater union of minds and hearts in our Catholic faith
- You will find in the book holders in the pews a helpful handout

Here are the changes you will notice at St. Francis Xavier Parish:

- The priest/deacon will ask the congregation to stand prior to the invocation, "Pray, my brothers and sisters (friends), that my sacrifice and yours..."
- We have waited to ask people to stand only after this invocation
- After the Agnus Dei (Lamb of God) the congregation is asked to kneel or sit during the remainder of the Fraction Rite until it is their turn to go to the Communion line
- Because the congregation has knelt during this time before Communion there is not a need for a "profound bow" or kneeling to receive Communion; rather a simple bowing of the head will honor Our Lord in the sacrament
- The congregation is now being asked to kneel or sit after they return to their seat
- The congregation sits once the last person has received Communion and the sacrament is being collected into the ciborium

Some key points—PLEASE:

- As you prepare to kneel look behind you; taller people often push the kneeler behind them down and you could injure a person's ankle or foot; we have a report of a serious injury of this type from the recent past
- Please don't drop your kneeler or the one behind you suddenly; it disrupts Mass
- If you receive Communion in the hand put your dominant hand under the other one; if on the tongue open a little wider and say AMEN before receiving Communion