

Standing, Sitting and Kneeling: High Mass

Approach altar rails as altar servers are receiving communion.

<u>Order of Mass</u>	<u>Position</u>
When the bell rings	Stand
During the <i>Asperges</i>	Stand
From beginning to <i>Gloria</i>	Kneel
At the <i>Gloria</i>	Stand
— Sit when the clergy do. Rise at the <i>Amen</i> .	
At the <i>Dominus vobiscum</i> and Collects	Stand
At the Epistle	Sit
At the Gospel	Stand
At the notices and for the Sermon	Sit
At the Credo	Stand
— Sit when the clergy do. Rise at the <i>Amen</i> .	
<i>Dominus vobiscum</i> and <i>Oremus</i> of the Offertory	Stand
During the Offertory	Sit
— Rise when the congregation is incensed.	
<i>Dominus vobiscum</i> of the Preface to the <i>Sanctus</i>	Stand
At the <i>Sanctus</i> to the end of the Canon	Kneel
<i>Oremus</i> of the <i>Pater Noster</i> to the <i>Pax Domini</i>	Stand
At the <i>Agnus Dei</i> to the Communion Antiphon	Kneel
At the <i>Dominus vobiscum</i> to the Blessing	Stand
At the Blessing	Kneel
At the Last Gospel to the exit of clergy	Stand

Standing, Sitting and Kneeling: Low Mass

Approach altar rails as altar servers are receiving communion.

<u>Order of Mass</u>	<u>Position</u>
When the bell rings	Stand
From beginning to Gospel	Kneel
At the Gospel	Stand
At the notices and for the Sermon	Sit
At the Credo	Stand
During the Offertory	Sit
From the <i>Sanctus</i> to the Last Gospel	Kneel
At the Last Gospel	Stand
Leonine prayers	Kneel
Exit of clergy	Stand