

## When to Sit, Stand & Kneel at the Traditional Latin Mass

By Latin Mass Devotee

Summary: Brief Summary of Latin Mass Postures (For High & Low Mass)

Keywords: Latin Mass, 'Tridentine' Mass, Traditional Latin Mass, Extraordinary Form, Mass Posture, High Mass, Low Mass, Sit, Stand, Kneel, Genuflect

I think it would be helpful to provide instructions in the Latin Mass section regarding when to sit, stand & kneel during Mass. The following "quick summary" can be put in table form and inserted into the missal.

[Note: We have placed the following in table form for your convenience.]

### Mass Postures: Low Mass (Traditional Latin 'Tridentine' Mass)

Key*	WHEN	POSTURE
	Entrance of Priest	Stand
\	"IN NOMINE PATRIS..."	Kneel
	Gospel (at "Dominus vobiscum")	Stand
-	(when priest approaches for the sermon)	Sit
	Reading of Gospel [at time of sermon, in the vernacular (e.g. when priest reads the Gospel in the English language)]	Stand
-	(rest of sermon)	Sit
	"CREDO IN UNUM DEUM..."	Stand
\	From "ET INCARNATUS EST" through "HOMO FACTUS EST"	Genuflect
	(rest of Creed, until after "Oremus")	Stand
-	Offertory (immediately after "Oremus")	Sit
\	"SANCTUS, SANCTUS, SANCTUS" (right after preface...preface often ends in "una voce dicentes")	Kneel
\	Receiving Holy Communion	Kneel before Holy Communion - stand only to walk to altar rail, then kneel for Holy Communion, then stand only to return to pew, kneel after Holy Communion
	Last Gospel - at "Dominus vobiscum" (just after "BENEDICAT VOS OMNIPOTENS...", "Amen")	Stand
\	"ET VERBUM CARO FACTUM EST" (may not be audible - watch priest)	Genuflect
	Rest of Last Gospel	Stand
\	Prayers After Mass	Kneel

\* Key: | = Stand; - = Sit; \ = Kneel

For postures for High Mass, see column at right

### Mass Postures: High Mass (Traditional Latin 'Tridentine' Mass)

Key*	WHEN	POSTURE
	Entrance of Priest, continuing through the "ASPERGES ME..."	Stand
-	(while priest vests for Mass)	Sit
	(as priest returns from vesting)	Stand
\	"IN NOMINE PATRIS..."	Kneel
**	"GLORIA IN EXCELSIS DEO" (when omitted - e.g. Lent / Advent / Masses for the Dead - stand instead at "Domimus vobiscum")	Stand **
-	Epistle (e.g. "Lectio Epistolae...")	Sit
	Gospel (at "Dominus vobiscum")	Stand
-	(when priest approaches for the sermon)	Sit
	Reading of Gospel [at time of sermon, in the vernacular (e.g. when priest reads the Gospel in the English language)]	Stand
-	(rest of sermon)	Sit
**	"CREDO IN UNUM DEUM..."	Stand **
\	From "ET INCARNATUS EST" through "HOMO FACTUS EST"	Kneel
	(rest of Creed, until after "Oremus")	Stand
-	Offertory (immediately after "Oremus")	Sit
	(incensing of the people)	Stand
-	(after incensing)	Sit
	"Dominus vobiscum" (immediately after "Per omnia saecula saeculorum", "Amen")	Stand
\	"SANCTUS, SANCTUS, SANCTUS" (right after preface...preface often ends in "una voce dicentes")	Kneel
	Pater Noster [At "Oremus" ("Oremus. Praeceptis salutaribus...PATER NOSTER...") (right after "Per omnia saecula saeculorum", "Amen")]	Stand
\	Mixture of the Body & Blood (right after "Pax Domini sit semper vobiscum", "Et cum spiritu tuo")	Kneel
\	Receiving Holy Communion	Kneel before Holy Communion - stand only to walk to altar rail, then kneel for Holy Communion, then stand only to return to pew, kneel after Holy Communion
	"Dominus vobiscum"	Stand
\	Immediately after "Deo gratias" (e.g. "Ite, Missa est", "Deo gratias")	Kneel
	Last Gospel - at "Dominus vobiscum" (just after "BENEDICAT VOS OMNIPOTENS...", "Amen")	Stand
\	"ET VERBUM CARO FACTUM EST" (may not be audible - watch priest)	Genuflect
	Rest of Last Gospel	Stand
\	After Mass	Kneel for private prayer

\* Key: | = Stand; - = Sit; \ = Kneel

\*\* If priest sits during singing (e.g. during the Gloria & Credo), sit while he sits.

Primary Reference: Latin-English Booklet Missal (Coalition in Support of Ecclesia Dei)

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