



- ◆ Sign of the Cross
- ◆ Mass Responses
- ◆ Our Creed

O CIA at Saint Sylvester

The Sign of the Cross

Greatest Common Prayer A Brief History

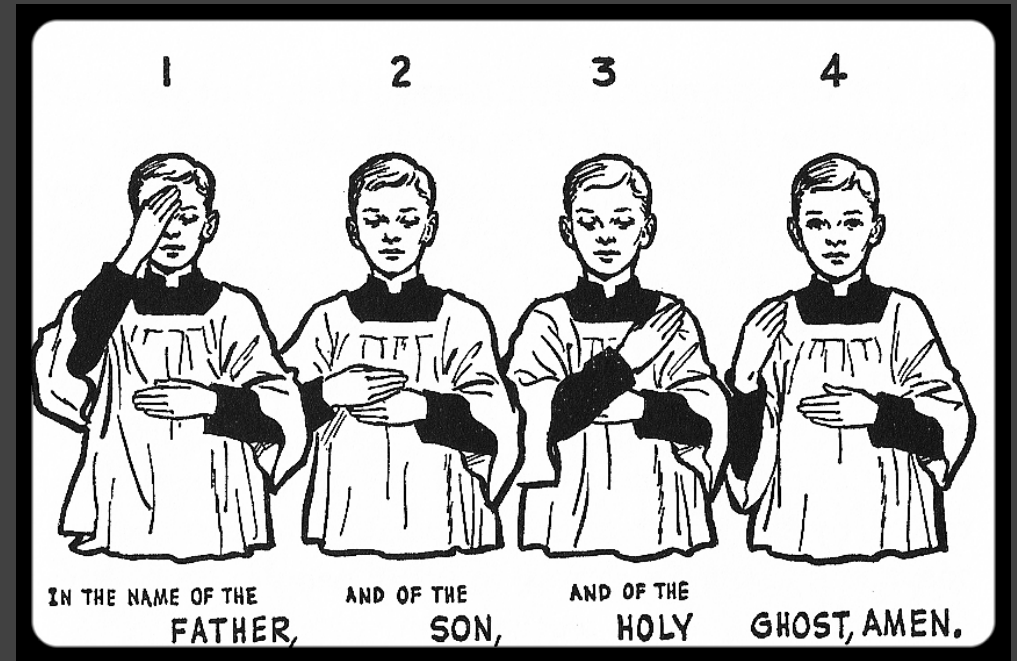
❖ Rooted in the Apostolic times of St. Basil [329-379 AD] who said that the Apostles ‘taught us to mark with the Sign of the Cross those who hope in the LORD.’

❖ Referenced in Ezekiel 9:7 and Revelation 7:3, 9:4, and 14:1 all of which describe believers bearing God’s seal on their foreheads.

❖ The Greek letter tau—that was written as a T and stood for the name of God.

❖ By the end of the Middle Ages, most Christians were making the Sign of the Cross as we do today.

❖ The Sign of the Cross is ALWAYS made with the RIGHT hand



Opening Prayer

God of Mercy and Understanding,
we know that with Your help we can
open our hearts more fully to the
mysteries of the suffering and death
of Your Son, Jesus Christ.

Help us to be humble in our Lenten journey
and to remember that any mercy and
compassion we feel is a gift from You.

May we await the joy of Easter with new
longing and patience.

Amen





The Sign of the Cross is a mark of discipleship.
It is a physical prayer.
It is a sacramental.

At baptism the Lord claimed us as His own by marking us with the Sign of the Cross. Now, when we sign ourselves, we are affirming our loyalty to Him. By tracing the cross on our bodies, we are denying that we belong to ourselves and declaring that we belong to Him alone.
[see Lk 9:23]

There are many meaningful ways to make the Sign of the Cross. Choose one that suits you/your culture, but no matter how you do this, ALL motions/postures should be done reverently—and with our Baptism in mind.

Every Mass begins and ends with the Sign of the Cross



Mass Parts | Responses | Postures

- ◆ Handout
- ◆ Missalette
- ◆ Magnificat
- ◆ USCCB website:

[The Mass](#)

The Order of Mass

Introductory Rites

Procession [Entrance Song or Antiphon]
Greeting
Penitential Rite|Kyrie [Lord, Have Mercy]
Gloria [Lenten exceptions]



Liturgy of the Word

First Reading [Old Testament]
Psalm
Second Reading [New Testament]
Gospel
Homily
Profession of Faith [Nicene Creed]—Apostles Creed @ St. Sylvester

Liturgy of the Eucharist

Presentation of the Gifts
Eucharistic Prayer
Great Amen
Lord's Prayer [Our Father]
Sign of Peace
Communion

Closing Rites

Final Blessing
Sending
Recession



why

STAND, SIT, KNEEL?

Postures | Gestures

Genuflecting

A genuflection is made by bending the right knee to the ground. It is given to the Blessed Sacrament when entering or leaving the church, or when passing in front of the Tabernacle. A genuflection is customarily made when acknowledging the Incarnation of the Death of Christ. We genuflect on BOTH knees when the Blessed Sacrament is Exposed [Adoration]

Standing

Standing posture shows a special level of respect and readiness—e.g. during the Gospel reading. It is also the normal posture when singing or praying in common [such as the Our Father].

KEY **STAND** **SIT** **KNEEL**

1 FROM THE ENTRANCE PROCESSION UNTIL AFTER THE OPENING PRAYER	2 FIRST READING, PSALM, AND SECOND READING	3 THE ALLELUIA AND THE GOSPEL	4 THE HOMILY
5 THE CREED AND THE PRAYER OF THE FAITHFUL	6 THE OFFERTORY	7 THE PRIEST SAYS "PRAY, BRETHREN..." UNTIL AFTER THE "HOLY, HOLY, HOLY"	8 THE EUCHARISTIC PRAYER UNTIL AFTER THE "AMEN"
9 FROM THE "AMEN" TO AFTER THE "LAMB OF GOD"	10 AFTER THE "LAMB OF GOD"	11 YOU MAY SIT, STAND, OR KNEEL AFTER COMMUNION	12 THE PRAYER AFTER COMMUNION UNTIL THE END OF MASS

Sitting

Sitting signifies attentiveness and eager reception, e.g. during the readings from Sacred Scripture—or during the preparation of the Altar.

Kneeling

Kneeling demonstrates adoration of God as well as humility before Him. Kneeling is the proper posture for the congregation during the Eucharistic Prayer and after the Agnus Dei [Lamb of God] before the reception of Holy Communion.

Striking of the Breast

This gesture is done during the *Confiteor* and by the priest during the Eucharistic Prayer, to signify acknowledgment of our sinfulness.

Kissing

The Book of the Gospels and the Altar are customarily venerated with a kiss by the priest. This is a gesture reserved for the priest alone. Also: only those serving the Mass are to bow before the Altar when entering with the presider into the Sanctuary—the laity should have already done so upon entering the **nave** [main body of the church] while acknowledging the Tabernacle/Altar prior to being seated in their pew.

Bow vs. Profound Bow

We bow our head during Mass at the name of Jesus, of the three Divine Persons mentioned together, Mary, and any saint in whose honor the Mass is celebrated. [Aids in our attentiveness !! 😊]

A profound bow is made to the altar whenever one passes in front of it during the Mass. Also during the Creed at the words that refer directly to the Incarnation:

“...and by the Holy Spirit was incarnate of the Virgin Mary, and became man.” —Nicene Creed

Whether bowing, sitting, standing, or kneeling...
Do so reverently and purposefully ~
These actions, done with intention, ARE a physical prayer.

Next we will review our responses during the Mass.
Father needs us to respond as part of our conversation [prayer] with
our Lord God...





Apostles' Creed

"I believe"

AD 200 - 450

"_____ into hell"

Father " & Son

N
-
A
G

APOSTLES' CREED

VS.

NICENE CREED

Closing Prayer

Anima Christi [Soul of Christ]

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me;

Within Thy wounds, hide me; let me never be
separated from Thee; from the evil one, deliver
me; at the hour of my death, call me and bid me
come to Thee, that with Thy saints, I may praise
Thee forever and ever.

Amen.



Embedded Video 1: Stand, Sit, or Kneel | Fr. Brice Higginbotham: 4 minutes

<https://www.youtube.com/watch?v=twPgQ14qkQo>

Embedded Video 2: Learning the Parts of the Mass | Nicholas Cuomo : 17 minutes

https://www.youtube.com/watch?v=3wet3n_VC8M&t=58s

Embedded Video 3: Apostles' Creed vs. Nicene Creed }The Religion Teacher: 6 minutes

<https://www.youtube.com/watch?v=dH5StNyn0gY>

Additional Teaching videos [optional]

Teaching the Mass | Diocese of Wichita: 17 minutes

<https://www.youtube.com/watch?v=H5nzAxPY0Wo>

The Mass Explained | Diocese of Wichita [updated]: 14 minutes

<https://www.youtube.com/watch?v=n1L-lte2YGA>



