

Catholic Mass Etiquette

No food or drinks in church

Bringing a drink or snack into church is not appropriate because we want to set the church apart as a place of prayer and reflection.

Take your hats off

Just as we take off hats for our National Anthem, we do so in church too: as a sign of respect.

Don't chew gum in church

It is considered impolite in a formal setting, it can distract us and others from praying and reflecting during mass.

Cross yourself with Holy Water on entering and leaving the Church

We use Holy Water to bless ourselves! Try to remain mindful of what is happening when you do so by saying a prayer to yourself.

Dress appropriately!

Dress up and dress modestly! We consider mass to be a formal setting, dressing nicely and modestly shows respect for God.

When we enter and leave Church, genuflect towards the Tabernacle

By allowing our right knee to touch the floor, we acknowledge He is our Lord and God. If someone is physically unable to genuflect, then a bow is sufficient. During Mass, if you pass in front of the altar or tabernacle, bow reverently.

Cell phones should never be used in Mass

A church is a quiet and intimate place. Its peace should not be disturbed by a cell phone ringing. Buzzing cell phones and loud talking are signs of inappropriate etiquette and disrespect to others in the church.

Please be quiet while in church

Once you enter the church remember to be quiet. If you must talk do so as quietly and briefly as possible. Remember that your conversations might be disturbing someone who is in prayer.

Communion or Blessing?

If you have been Baptized Catholic and have received the Sacrament of Holy Eucharist in the Catholic Church, you may receive communion. Hold your hands outstretched reverently to receive the Eucharist. When the minister says, "The Body of Christ" the response is a clear "Amen!" (Which means "I believe!" or "So be it!") and consume immediately. If you will not be receiving communion you are invited to come up for a special blessing. Cross your arms over your chest as you approach the priest or Eucharistic minister for a blessing.

Check out this video that showcases Catholic Mass etiquette:
[Catholic Know-How Series - Church Etiquette](#)



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