



A Simple Guide to St. Leo's Catholic Mass

Welcome to Saint Leo the Great Catholic Parish!

"Therefore welcome one another as Christ has welcomed you, for the glory of God"- Romans 15:7

A Quick Rundown

If you have been away from the Catholic Church/Parish for a while or are **new** to the Mass in the Ordinary Form it can be a little intimidating.

The Catholic Mass for beginners is **easy** and it is truly wonderful that you will be attending! Here are a few tips before you head out to Mass and use this Simple Guide to Catholic Mass.

1. Attend with Attention, Reverence, and Devotion.

Recommended Attire:

Jesus taught us in John VI at the Last Supper that He becomes physically and divinely present in the Holy Eucharist. The God who knit you in your mother's womb and who created the universe becomes present at Mass. Dressing respectfully for this reality is a sign of your respect for God and the others worshipping.

Men

Coat and tie or a Collared shirt

Women

Long dress/dress pants, skirt that falls below the knees

Shoulders covered

No cleavage

Extra

Chapel veil/mantilla

*Please keep in mind that this is just the recommended attire.

"Welcoming strangers is like welcoming Christ"-Mathew 25:42-46

Genuflection

You may wonder about people kneeling or bowing throughout mass:

Genuflection is a gesture of reverence. It is a sign of humility and submission to God.

- Genuflection is performed by bending one or both knees to the ground while keeping the upper body upright.
- The depth of the genuflection and whether one or both knees are bent can vary.
- If genuflecting is difficult, a bow can be used instead.
- It can be performed when entering or leaving a pew, or when passing by the tabernacle.
- It can also be performed during the Mass, at the end of the eucharistic prayer, or when venerating the cross on Good Friday.

Why it's performed

- Genuflection is a way to express faith in the real presence of Christ.
- It is a way to honor Jesus, who is present in the tabernacle.
- It is a way to symbolize submission to God.

2. You have found a Parish that Offers Mass with Reverence.

You have come to a Parish where you will be attending Mass where the utmost care, reverence, and devotion is given to Our Lord, Jesus Christ.

3. Arrive Early and Pray

It is really important to **arrive at least 15 minutes early**. This allows you some time to enter into a **prayerful state** where you can talk to God and prepare for Mass.

When you arrive right on time or late, focusing becomes more difficult.

In general, a good way to structure your prayer is as follows:

- Give praise and glory to God.
- Read the Daily Readings and Gospel and reflect on them. - (check the missal in the pew and flip to the correct date, **you will follow the days service on these pages**).
- Think about the times you have fallen and ask for pardon and mercy for your sins.
- Pray for yourself, the Church, your family, friends, and any other petitions
- Give thanks to God for all of His blessings.

Arriving early also gives you the opportunity to step into confession if it is needed.

FIRST TIMERS:

The most important thing to keep in mind is that the Mass is the re-presentation of the sacrifice of Jesus on the cross at Calvary. Because Jesus is truly present on the altar, for Catholics, the Mass is the source and summit of the Christian life.

If you are new to attending Mass in general, the best method is to just watch, listen, and take it in.

Don't worry about knowing or saying the responses. When it comes to kneeling, standing, and sitting, simply watch what, and when, everyone else does and follow suit.

4. The Order of Mass

"Mass starts with the sign of our redemption."

Place yourself in the presence of God and silence your mind as Holy Mass begins.

The priest will start us off with:

The Sign of the Cross

We then recite:

The Penitential Act

In the Ordinary Form the faithful say - I confess to almighty God, and to you my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, [All strike their breast at these words] through my fault, through my fault, through my most grievous fault; Therefore, I ask blessed Mary ever Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Daily Readings and Gospel (Pew Missal):

A **Missal** is a book containing all the prayers and responses necessary for celebrating the Mass throughout the year. They are placed at the pew for you to use.

Eventually, you will want to pick up a missal. When you open the missal, start by finding the day's date for the Mass you are attending. Read the Day's Readings and Gospel and reflect on them. Use the missal to follow along with the priest and pray at Mass the prayers that are being said.

If you follow along with the missal, you will be fully engaged in the worship of the Mass, even if you are unable to understand the meaning of everything being said or done at first. If you are new, it will be a challenge to keep up. **Just be patient** and it will come with time.

The Holy Eucharist:

Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life, and worship, members of those churches with whom we are not yet fully united are ordinarily not admitted to receive the Holy Communion. If this applies to you, you are encouraged to join us at the altar with your arms crossed over your chest as you kneel, and receive a special blessing.

5. Prayer After Mass Concludes

It is encouraged that you pray a prayer of thanksgiving for the opportunity to be close to our Lord in the Holy Eucharist and for His grace to help you through the week.

Customary Prayer for After Mass:

Saint Michael Prayer:

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do Thou, O Prince of the Heavenly Host, by the Power of God, thrust into hell Satan and all evil spirits, who prowl about the world seeking the ruin of souls. Amen.

Don't forget- Introduce Yourself!

Don't be afraid to introduce yourself to the priest after Mass. Our priest is outside of the door greeting and speaking with all of us as we exit. Tell him you are new and want to learn more. Everyone will be thrilled to help you along. We hope this helps!

Saint Leo's Website:

<https://www.stleo.info/>

Follow us on:

<https://www.facebook.com/stleothegreatcatholicchurchdemopolis/>

Mass Times

At St. Leo in Demopolis: Sunday: 8:00 a.m. & 10:15 a.m.

**Daily Eucharistic Service, Rosary and Devine Mercy:
Monday, Tuesday, Wednesday, Thursday, Friday: 8:00 a.m.**

At St. Francis in Livingston: Sunday: 12:15 p.m.

At St. Mary in Eutaw: Saturday: 4:00 p.m.

**Confessions are offered
30 minutes prior
to each Mass.**

**309 S. Main Ave. | PO Box 937
Demopolis, AL
334-289-2767**

Send us a message

@stleothegreatcatholicchurchdemopolis