

# Welcome Home

## What to Know Attending Your First Catholic Mass

### Before You Enter:



**Silence  
your phone**



**No food  
or drink**



**Use the  
restroom**

### Order of the Mass

- ➔ **Introductory Rites:** Gather, Procession, and Prepare to Worship
- ➔ **Liturgy of the Word:** Read and Learn from the Bible
- ➔ **Liturgy of the Eucharist:** Commemorate Jesus's Sacrifice
- ➔ **Concluding Rites:** Blessing & Dismissal

### Things to Know

- ✓ We genuflect (kneel on one knee) towards the altar, any time we enter or exit a pew
- ✓ When preparing for the Eucharist, there will be several switches between standing, sitting, and kneeling.
- ✓ Before Communion, we offer one another a sign of peace through a handshake or wave. You can say, "Peace be with you" or just "Peace."
- ✓ If you are not a baptized Catholic who has received your first Communion, or not in a state of grace to receive Communion, you are encouraged to remain in prayer in your pew instead of receiving communion at this time.
- ✓ Please say "hello" to the priest or others in the lobby after service. We want to meet and welcome you!

### What is Mass?

In the Catholic Church, Mass, also known as the celebration of the Eucharist, is the primary liturgical service. It's the central act of worship where Catholics gather to honor God and unite in prayer, commemorating Jesus's Last Supper and his sacrifice on the cross. During Mass, bread and wine are consecrated, becoming the Body and Blood of Christ, and Catholics who are in a state of grace can receive communion.

### Prayers to Know:

#### The Lord's Prayer (or Our Father)

Our Father, who art in heaven, Hallowed be thy name.  
Thy kingdom come, thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil: For the kingdom and power is yours, forever and ever. Amen.

#### Nicene Creed:

I believe in God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and our salvation he came down from heaven, [*bow your head*] and by the Holy Spirit was incarnate of the Virgin Mary, and became man. [*stop bowing*] For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

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The Catholic Foundation of Southern Minnesota Exists to empower Catholic parishes, schools, ministries and individuals to fulfill their divine stewardship calling and sustain a vibrant mission of faith, hope and charity within the Diocese of Winona-Rochester.

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