



Changes in Movements and Posture with the Implementation of the New Roman Missal

The following summarizes changes in movements and posture with the implementation of the new Roman missal:

A. For the People

1. When reciting the Confiteor, the faithful are to strike their breasts as they say “through my fault, through my fault, through my most grievous fault.”
2. When professing the Creed, all should bow at the words “and by the Holy Spirit was incarnate of the Virgin Mary, and became man.”
3. The faithful should stand from the invitation, *Orate fratres* (Pray, brethren), before the prayer over the offerings. One way to help start the practice is to have the celebrant making a gesture of raising both hands to invite the faithful to stand before he begins the *Orate fratres* (#43, GIRM).
4. When standing before the minister to receive Holy Communion, the faithful should make a simple bow of the head. When receiving Holy Communion on the tongue, they reverently join their hands; when receiving Holy Communion in the hand, they reverently open their hands placing one beneath the other, and they consume the host immediately upon receiving it (#160, GIRM). When giving instructions on this gesture of reverence, it is good to go over the basics concerning the manners of receiving Holy Communion such as standing straight or kneeling properly, right hand under left hand, saying “Amen” clearly, and so on.

B. For the Priest

5. For concelebrants at Mass, after the commingling, when the prayer for Communion has been said, the principal celebrant genuflects and steps back a little. Then one after another the concelebrants come to the middle of the altar, genuflect and reverently take the Body of Christ from the altar. Then holding it in their right hand, with the left hand placed underneath, they return to their places. However, the concelebrants may remain in their places and take the Body of Christ from the paten held for them by the principal celebrant or held by one or more of the concelebrants passing in from of them, or they may do so by handing the paten one to another, and so to the last of them. For communicating from the chalice, the concelebrants approach the altar one after another or, if two chalices are used, two by two. They genuflect, partake of the Blood of Christ, wipe the rim of the chalice, and return to their seats. The concelebrants may partake of the Blood of the Lord while remaining in their places and drinking from the chalice presented to them by the Deacon or by one of the concelebrants, or even passed from one to another. The chalice is always wiped either by the one who drinks from it or by



- the one who presents it. After each has communicated, he returns to his seat (#242, GIRM).
6. Archbishop Miller has mandated that in Archdiocese of Vancouver the faithful are to kneel after the *Sanctus* (Holy, Holy, Holy) until the end of the Eucharistic Prayer (the Great Amen), and from the *Ecce Agnus Dei* (Behold the Lamb of God) until before Communion (#43, GIRM.)