



LATIN

It is not something uncommon for man to pray to God in a language that has not been corrupted by vulgar usage. Many other religions do that. And since ancient times the Catholic Church has preserved Latin as a holy language, a language that we keep pure and undefiled by vulgar use, so that the priest may speak to God, who is all pure, in a pure tongue.

EAST

No, the priest does not have his back to you! He is simply facing the same way you are. Like a father will face front when he is driving the family car, so also the priest stands before the congregation as mediator for the congregation, and presents the prayers of the congregation behind him to God who is before him. He stands ahead of us to direct our prayers to Heaven. Traditionally the priest is facing east, because according to ancient belief, Christ will come from the east on the Last Day. We are facing Him when we pray to Him.



holy

If this is your first time attending the Holy Mass according to the Extraordinary Form, (or the Traditional Mass as it is more commonly known,) you will probably come away not having grasped much.

And that is to be expected. Holy Mass is not intended to be primarily something didactical, but it is intended first and foremost to give glory to God.

Do not leave and never come back because you did not understand anything. It is only after a couple times that you can begin to appreciate what is going on, and the more you understand, the more you will grow to love this Holy Sacrifice of the Mass.

But even if the language is foreign, even if you are a little lost, every soul that attends this Mass, Catholic or Non-Catholic, sinner or saint, even for the first time, and even if nothing else is understood... one thing is clear: That whatever is going on at the Altar, it is something very Holy. Even if we don't get anything out of it... what we get or don't get doesn't really matter. It is giving glory to God.

WELCOME

TO THE HOLY MASS *according to the Extraordinary Form*



IS THIS YOUR FIRST TIME..

to see the Holy Mass celebrated according to the Extraordinary Form? You are not alone. All over the globe older people are recalling and young people are discovering this treasure that has been the heart of Catholic Liturgy since the first century. Do not feel out of place because of Latin or not knowing what is happening. This is the Mass that has been known by saints and sinners of all centuries as simply the Catholic Mass. Fellow Catholic: this is your Mass. Welcome!



The Mass of the Ages, the Mass of all time



FINDING YOUR PLACE IN THE MISSAL

If this is your first time, you may want to just watch what is happening, because the Mass is so rich in symbolism that you will not tire to just observe. Once you have come a few times you may want to follow the prayers the priest is saying. You will find little red booklet missals at the back of the church. Grab one and follow along!

For a Low Mass (no singing) this is where you will find your place:

When the priest enters, **stand**. When he genuflects and begins the prayers, turn to p. 11. **Kneel**.

When he ascends the altar, you should be on p. 15.

The Introit, Collect, Epistle and Gospel, Offertory, Secret, Communion and Postcommunion change each day. The ones you find in the red booklet are from Trinity Sunday. So the actual ones the priest will say will be different.

When you hear the priest (at the right side of the altar) say "Lectio Epistolae Beate..." you should find yourself at the bottom of p. 17. **Sit** for the Epistle if you like.

When the priest goes to the left side of the altar, it will be for the Gospel. **Stand**.

If he goes to the pulpit afterward, **sit**.



If there is a Creed, stand, and it will be on p. 21. If not, stay seated, and when the priest uncovers the chalice, go to p. 25.

When you hear the Sanctus bell, (3 rings) kneel down. Turn to page 31 to follow the prayers for the Canon, that the priest will be saying silently.

Next time you hear the bells, it means that you are arriving at the most solemn part of the Mass: the consecration. Bow when the priest bows, in adoration of the solemn moment of the consecration, and then adore the Holy Host and Chalice when the priest raises them above his head.

Then the Canon will continue on p. 37.

After the Pater Noster, continue on p. 41.

Do not be too concerned about fiddling with the missal after you have received Holy Communion. Rather spend time with Our Lord in your heart. But if you would like to find your spot: when the priest begins purifying the Sacred Vessels, you can follow on p. 45 at the bottom of the page.

Stand for the Last Gospel. It is on p. 49. **Kneel** again when the priest kneels for the prayers after Mass. You will find them on p. 50. As a holy priest once said, say these prayers loud enough for the devil to fear! While they have been said for various reasons according to the pope's intentions at different times in history, the prayer after the Hail Holy Queen sums up why they are said: "For the liberty and exaltation of Holy Mother the Church".

Finally, **stand** as the priest processes back to the sacristy.

Remember to make a short thanksgiving before leaving the church to continue your day.



For Holy Communion at the Traditional Mass, come to the altar rail and kneel if you are able. The priest will come to you and make the sign of the cross with the Host as he blesses you with the words: "May the Body of Our Lord Jesus Christ

preserve your soul unto Life Everlasting. Amen." Open your mouth and bring your tongue to rest on your bottom lip, and he will place the host directly on your tongue. At Holy Communion at the Latin Mass we do not feed ourselves, but rather Christ comes by the most direct route into our souls. And even according to the rules and rubrics, Communion in the hand was not permitted at the Traditional Mass, and did not come into effect until after the New Rite of Mass was enforced.



For more information on the **Priestly Fraternity of St. Peter** or on the Traditional Mass, visit:

www.fssp.org

If you know a priest who would like to learn how to celebrate Holy Mass according to the Extraordinary Form, visit:

www.fssptraining.org

There are many other websites out there. If you would like to obtain a DVD of a Solemn First Mass which also includes a commentary DVD, visit:

www.thefirstmass.com

If you would like to buy a Daily Missal that will have all the propers that change each day, see Father after Mass.

When to stand and kneel etc., as is presented in this flier is the manner to do so at a Low Mass. For a High Mass, consult the red booklet missal.