

Expressing What We Believe: Liturgical Changes at St. James



The following are the various gestures and postures we will adapt at St. James beginning the first weekend of Advent (November 27 – 28) in order to follow what the Church asks of us as well as to express what we believe as Catholics.

Entering the Church- Upon entering the church, please genuflect on your right knee if you pass in front of the tabernacle and / or bow your head if you pass in front of the altar. These are signs of reverence. Please also do your best to maintain an atmosphere of prayer and silent meditation.

Introductory Rites (stand)

Entrance Song- The priest, altar servers, and lector enter. The procession is now longer to show its dignity. The lector now carries in *The Book of the Gospels* and places it on the altar, highlighting the connection between the Liturgy of the Word and the Liturgy of the Eucharist as one act of worship.

Greeting

Penitential Rite

Gloria

Collect or Opening Prayer

The Liturgy of the Word (sit)

First Reading

Responsorial Psalm

Second Reading

Gospel Acclamation- (stand) The priest now processes with *The Book of the Gospels* from the altar to the ambo, reminding us of the dignity of the Word of God and our need to be attentive.

Gospel

Homily (sit)

Profession of Faith- (stand) All will now make a profound bow at the lines: “By the power of the Holy Spirit, He was born of the Virgin Mary and became Man.”

General Intercessions

The Liturgy of the Eucharist (sit)

Preparation of the Gifts (sit)

Prayer over the Gifts (stand) We now stand as soon as the priest finishes washing his hands and the offertory music is finished in order to prepare for our response to the priest’s invitation to pray.

The Eucharistic Prayer

Preface

Sanctus (kneel when completed)

Memorial Acclamation

Great Amen (stand when completed)

Communion Rite

The Lord's Prayer

Doxology

Sign of Peace

Agnus Dei (Lamb of God) – (kneel) We now kneel when the Lamb of God is completed in adoration of Jesus. The priest presents him to us by holding us the host and the chalice, saying, “This is the Lamb of God who takes away the sins of the world. Happy are those who are called to his supper.” We are on our knees in humble adoration when we respond, “Lord, I am not worthy to receive you, but only say the word, and I shall be healed.” We remain kneeling until it is time for our pew to receive Holy Communion.

The Extraordinary Ministers of Holy Communion stand together and approach the altar *after* the priest receives Holy Communion in order to assist him with the distribution of Holy Communion. They return to the sanctuary, not the Blessed Sacrament Chapel, after the distribution of Holy Communion as a sign that everything comes from and goes back to the altar where the Holy Sacrifice of the Mass is celebrated.

Reception of Holy Communion- (kneel / stand) We come forward in procession to receive the Body, Blood, Soul, and Divinity of our Lord Jesus Christ. We make a bow of the head as the host or chalice is raised before us and the priest or the Extraordinary Minister of Holy Communion says, “The Body / Blood of Christ.” We respond, “Amen.” We also either receive Holy Communion on our tongue, which is fully out, or in our hand, which is held out in such a way that it makes a throne to receive our Lord. We then return to our pew and kneel in prayer until the priest returns to the celebrant's chair sits.

**As Catholics, we are encouraged to receive communion devoutly and frequently. In order to do so, we must not be in the state of mortal sin and we should have fasted for one hour. If we are aware of grave sin, we are not to receive the body and blood of the Lord without going to confession. We may, however, come forward with our arms crossed over our chest to receive the Sign of the Cross on our forehead.*

**We also welcome our fellow Christians to this celebration of the Eucharist as our brothers and sisters. Likewise, we welcome those who do not share our faith in Jesus. Because as Catholics, we believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life, and worship, both members of those churches with whom we are not yet fully united as well as non-Christians are not admitted to Holy Communion. They are, however, invited to come forward with their arms crossed over their chest to receive the Sign of the Cross on their forehead.*

Prayer After Communion (stand)

Concluding Rite

Dismissal- We go forth to live what we believe; what we have just expressed in our words, postures, and gestures. The procession returns to the sacristy by the same route. Please try to maintain a prayerful atmosphere while exiting the church for those who wish to remain and offer a prayer of thanksgiving for what they have just received.

**Thank you for your cooperation as we strive to express with our minds, bodies, and heart,
the faith that we believe!**