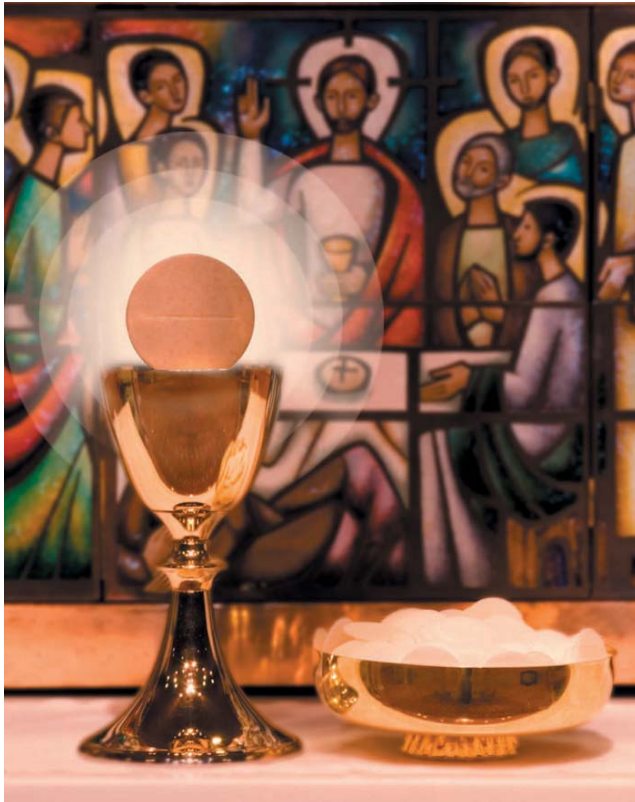


St. Theodore Guerin High School Mass and Communion Etiquette Guidelines



The Roman Catholic family has as part of her life the command for members to attend Mass on Sundays and on Holy Days of obligation. The Catechism of the Catholic Church reminds us "the Sunday celebration of the Lord's Day and his Eucharist is at the heart of the Church's life (CCC 2177). At Guerin Catholic High School, all of our students are required to attend Mass one time during each school week. This does not replace the Sunday obligation. It is also encouraged that our teachers, members of our faculty and staff attend Mass at least once each week as well. It is important that we remember our chapel is a place of worship and prayer. When we enter the Saint Joseph's Chapel, know that Jesus is there in the presence of the Blessed Sacrament. Please do your best to maintain reverence when you are in Saint Joseph's Chapel for Mass and prayer as well as when we gather in the Gymnasium for All School Masses.

Some helpful tips to remember:

- Arrive early and stay late. Use time to pray before and after Mass.
- Remember to fast from solid foods* one hour prior to Mass. (*This is not required of the anyone over 65 or those who are ill. Medication and water are allowed. Food and chewing gum are disrespectful and break the communion fast.)
- Dress modestly and appropriately for Mass, especially during summer months - see examples below.
- Silence or turn off cell phones, pagers and other electronic devices.
- Be aware of those arriving after you and make room for others.

- Sing loudly and pray with all your heart!

Please do your best to not be late for Mass:

Daily Mass begins at 10:25am in Saint Joseph's Chapel. All School Mass begins at 9:10am in the gymnasium. Thank you for coming to worship with us. You may double check our Mass times by visiting [here](#) or by giving us a call at 317-582-0120.

Receiving Holy Communion:

- All Catholics not in mortal (serious) sin and who have fasted for one hour are welcome to receive Holy Communion.
- Those who are non-Catholic or cannot receive may come up with their arms crossed on their chest to receive a blessing.
- Make a reverential bow as you step up to receive both the Body and Blood of Christ.
- Hold your clean hands chest-high and outstretched to receive the Eucharist or receive on your tongue. Around 400 AD, Saint Cyril of Jerusalem wrote: "When you approach, do not extend your hands with palms upward and fingers apart, but make your left hand a throne for your right hand, since the latter is to receive the King."
- "Receive" Communion in an out-stretched hand immediately. Do not "take" or "grab" from the minister.
- When receiving from the chalice, make sure you have a firm grip and return it to the minister slowly and make sure they have firmly re-grasped it when you are done.
- Ladies, please blot your lipstick before receiving from the chalice as lipstick stains are very difficult to get out of the altar linens.
- Please do not take a large gulp of the Precious Blood as it may prevent other people from receiving. We receive the entire Jesus even in the smallest of drops.
- If you are ill, please do not receive from the chalice.
- DO NOT dip the host into the chalice.
- When the minister says, "the Body of Christ" or "the Blood of Christ", the response is a clear "Amen!" (which means "I believe!" or "So be it!")
- Consume the host immediately. If you walk away with the host in your hand, the priest or extraordinary minister of Holy Communion may come to make sure you consume the host.

Dress for Mass:

Dress in your best, which should be clothing that never draws attention to yourself and is appropriate for being in the presence of God. Inappropriate dress can distract others and even cause sin in their thoughts, which is not why we are at Mass. Some examples of immodest or inappropriate attire that is unacceptable include:

- Clothing that bares midriffs or cleavage
- Tight clothing that accentuates various body parts that are considered sacred
- Short skirts
- Sleeveless or tank tops
- Clothes that are dirty

If you have further questions about Mass and Communion Etiquette at Guerin Catholic High School, please contact Fr. Janko, the Director for Catholic Mission via [email](#) or call him at 317-660-0428.