

The Saints On Mass Etiquette

“Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself, and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself.”

- *Saint Paul (1 Corinthians:27-29)*

On the State
of the Soul

On
Kneeling

“Be a Catholic. When you kneel before an altar, do it in such a way that others may be able to recognize that you know before whom you kneel.”

- *Saint Maximilian Kolbe*

“When you are attending Mass and other religious services, be very reverent when you stand up, kneel, and sit. Perform each action with great devotion. Be modest in your gaze, and do not turn your head this way and that to see who is coming or going. Out of reverence for that holy place, do not laugh or look around to see who is nearby. Try not to talk to anyone unless charity or a strict need requires it.”

- *Saint Padre Pio*

On
Reverence

On
Participation

“The Mass is not a spectacle, it is the sacrifice of Christ in which we must participate with reverence.”

- *Saint John Paul II*

“Wherever I go in the whole world, the thing that makes me the saddest is watching people receive Communion in the hand.”

- *Saint Teresa of Calcutta*

On Receiving
the Eucharist