

## Quick Tips for Attending the Traditional Latin Mass

- 1) **You will likely be confused.** This is normal. But do not allow this to take away from the beauty of the Mass itself. While it is essentially the same as the Novus Ordo Mass, it often feels quite different. Remember that it is the sacrifice of Our Lord on Calvary and speak to Him from your heart.
- 2) **Use a missal.** Whether a hand missal from home, the Campion missal in the pew, or the red booklet, a guide to follow along with some of the Mass can be very helpful. At first you might also be totally lost in that. If you have a companion, they may be able to help you. You can also just put the missal down and enter into the experience.
- 3) **The postures are different.** Different places do different things. Different people in the same place do different things. It is good to sit behind 'the regulars' and imitate them.
- 4) **Embrace the silence.** Whether as (sung) High Mass or (spoken) Low Mass, there is more silence than many are used to at Holy Mass. Soak it in!
- 5) **Receiving Holy Communion is different.** Holy Communion is received only on the tongue and while kneeling (knees permitting). Also, you do not say "Amen" in response. You simply open your mouth and stick out your tongue and the priest will say (translated from the Latin) "May the Body of Our Lord Jesus Christ preserve your soul unto eternal life. Amen." and place the Host on your tongue.