

## BEGINNER'S GUIDE TO THE TRADITIONAL LATIN MASS

### WHAT IS THE TRADITIONAL MASS?

The Mass according to the liturgical books in use in 1962, the 'Traditional' Mass—the 'Old' Mass, the 'Tridentine' Mass, the '*usus antiquior*' or 'Extraordinary Form' of Mass: this is the 'Roman' Mass which has been said, with minor and very gradual changes, since before records began in Rome. Pope St Gregory the Great codified it, and the Council of Trent made it available for the use of every priest of the Latin Rite, in the place of local 'usages' and customs. Today it is fully approved for use alongside the 'New' Mass promulgated in 1970.

### HOW TO 'PARTICIPATE' IN THE MASS

As the priest offers the Sacrifice of Christ to the Father, in atonement for sin, we participate by offering ourselves with that Sacrifice: we unite ourselves to Christ's Offering. This can be facilitated in three ways:

1. Praying the prayers of the Mass, by following them in a Missal, especially:

–the Server's Confiteor (strike your breast at the words '*mea culpa*' (x3), cross yourself with the server when the priest gives the Absolution),

–the Gloria (cross yourself at the last line: *Cum Sancto Spiritu, in gloria Dei Patris. Amen.*)

–the Creed (cross yourself at the last line: *Et vitam venturi saeculi. Amen.*)

–when the priest shows the Blessed Sacrament to the people: *Ecce Agnus Dei...* (say silently with the priest, and strike your breast: *Domine, non sum dignus, ut intres sub tectum meum, sed tantum dic verbo, et sanabitur anima mea.* (x3))

–when the priest blesses the people at the end of Mass: *Benedicat vos Omnipotens Deus, Pater, et Filius, et Spiritus Sanctus.* (cross yourself).

2. Prayerful contemplation of the action of the Mass.

3. Praying other formal prayers during the Mass. Many appropriate prayers have been composed for this purpose, especially for the moment of Consecration, when it is customary to say silently, at the Elevation of the Host: *My Lord and my God.*

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Unless otherwise indicated, **responses are made by the servers alone.**

When the priest enters: STAND

When the priest begins to say the Prayers at the foot of the Altar: KNEEL  
*In nomine Patris... Introibo ad altare Dei... Judica me...*

At the Epistle: SIT  
*Lectio Epistolae beati Pauli Apostoli...*

At the Gospel: STAND  
*Dominus vobiscum... Initium sancti Evangelii secundum...*

At the Sermon (if there is one): SIT

At the Creed (if there is one): STAND

*Credo in Unum Deum...*

At the reference to the Incarnation, GENUFLECT (right knee to the ground) for the lines:  
*Et incarnatus est de spiritu sancto, ex Maria Virgine, et homo factus est.*

At the Offertory: SIT

*Oremus...*

At the Sanctus: KNEEL  
*Sanctus, sanctus, sanctus...*

At Communion, make An Act of Spiritual Communion

*My Jesus, I believe that thou art present in the Most Holy Sacrament. I love thee above all things, and I desire to receive thee in my soul. Since I cannot at this moment receive thee sacramentally, come at least spiritually into my heart. I embrace thee as if thou wert already there, and unite myself wholly to thee. Never permit me to be separated from thee. Amen.*

After Communion, when the priest begins the Communion prayer: REMAIN KNEELING

At the Last Gospel: STAND

*Dominus vobiscum... Initium sancti Evangelii secundum Joannem... In principio erat Verbum...*

At the reference to the Incarnation, GENUFLECT for the line *Et Verbum caro factum est.*

At the Prayers After Low Mass: KNEEL

Priest: Hail Mary...

All: Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen. (x3)

All: Hail, Holy Queen...

Priest: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

Priest: Let us pray. O God, our refuge and our strength...

All: Amen.

All: Holy Michael, Archangel, defend us in the day of battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, Prince of the heavenly host, by the power of God, thrust down to Hell Satan, and all wicked spirits who wander through the world for the ruin of souls. Amen.

Priest: Most Sacred Heart of Jesus,

All: Have mercy on us. (x3)

When the priest leaves: STAND