

Table 2

The Order of Kneeling, Sitting and Standing (U.S.)

	Regular		Requiem	
	Low Mass	High Mass	Low Mass	High Mass
Entrance procession	Stand	Stand	Stand	Stand
Asperges	Stand	Stand	N/A	N/A
While priest vests	Sit	Sit	Sit	Sit
When priest returns from vesting	Stand	Stand	Stand	Stand
Prayers at the foot of the altar ¹	Kneel	Stand	Kneel	Stand
Priest ascends the altar	Stand	Stand	Stand	Stand
Priest recites the Introit	Stand	Stand	Stand	Stand
Kyrie	Stand	Stand	Stand	Stand
Gloria	Stand	Stand ²	N/A	N/A
Collect	Stand ³	Stand ³	Kneel	Kneel
Epistle	Sit	Sit	Sit	Sit
Gradual	Sit	Sit	Sit	Sit
Alleluia (Tract, Sequence)	Sit	Sit	Sit	Sit
Gospel	Stand	Stand	Stand	Stand
Sermon	Sit	Sit	Sit	Sit
Credo	Stand	Stand ²	N/A	N/A
At "Et incarnatus est..."	Kneel ⁴	Kneel ⁴	N/A	N/A
After "Oremus" before Offertory	Sit	Sit	Sit	Sit
Offertory	Sit	Sit	Sit	Sit
Incensing of people	N/A	Stand ⁵	N/A	N/A
At "Orate, fratres"	Stand	Sand	Stand	Sand
Secret	Stand	Stand	Stand	Stand
Preface	Stand	Stand	Stand	Stand
After Sanctus	Kneel ⁶	Kneel ⁶	Kneel ⁶	Kneel ⁶
At "Per omnia saecula saeculorum" ⁷	Stand	Stand	Stand	Stand
Pater Noster	Stand	Stand	Stand	Stand
After Agnus Dei	Kneel ⁶	Kneel ⁶	Kneel ⁶	Kneel ⁶
Communion	Kneel	Kneel	Kneel	Kneel
At "Dominus vobiscum"	Stand	Stand	Stand	Stand
Post-communion	Stand ³	Stand ³	Kneel ⁸	Kneel ⁸
"Ite missa est" ⁹	Stand	Stand	Stand	Stand
Final blessing	Kneel	Kneel	N/A	N/A
Last Gospel ⁷	Stand	Stand	Stand ⁷	Stand ⁷
"Et Verbum caro factum est" ⁷	Genuflect	Genuflect	Genuflect ⁷	Genuflect ⁷
Leonine prayers ¹⁰	Kneel	N/A	Stand ¹⁰	Stand ¹⁰
Recessional	Stand	Stand	Stand	Stand

Notes:

1. The psalm *Iudica me* is omitted at a Requiem Mass
2. Sit when the priest sits; stand when the priest rises to return to the altar.
3. Kneel at ferial Masses in violet vestments.
4. Bow instead of kneel when seated. However, all must kneel on March 25 and December 25.
5. Bow to thethurifer before and after incensation, and remain standing.
6. Kneel only *after* the *Santus/Agnus Dei* is recited or sung.
7. Omitted at a Requiem Mass if the Absolution follows immediately.
8. Rise immediately after the postcommunion prayer.
9. "Requiescat in pace" at a Requiem Mass.
10. The Absolution replaces the Leonine prayers at a Requiem Mass.