

THE TRADITIONAL LATIN MASS CHEAT SHEET

LOW MASS WITH PICTURES



Prayers at the foot of the altar



Epistle



Gospel



Offertory



Elevation of Host



Elevation of Chalice



Communion



Last Gospel

RB / PR	PART OF THE MASS	ACTION
	Priest processes to the altar (🔔 bells are rung to signal Mass is about to begin)	Stand
RB 10	Prayers at the foot of the altar	Kneel
	- at " <i>In Nómine Patris, et Fílii, et Spíritus Sancti.</i> "	✙
RB 12	- at " <i>Indulgéntiam, absolutíonem...</i> "	✙
Propers	Introit	Kneel
RB 14	Kýrie (said by Priest and Server)	Kneel
RB 16	Glória (by Priest, if said)	Kneel
Propers	Collect(s), Epistle, Gradual, and Allelúia	Kneel
Propers	Gospel	Stand
	- at " <i>Sequéntia sancti Evangélíi secúndum (NAME)</i> "	✙ ✙ ✙
RB 20	Creed (by Priest, if said)	Stand
	- at " <i>Et Incarnátus est...et Homo Factus est.</i> "	Genuflect
	- Remainder of Creed until " <i>Oremus</i> "	Stand
Propers	Offertory, Secrets, and Preface	Sit
RB 28	Sanctus (🔔 🔔 🔔 bells are rung 3 times)	Kneel
RB 34	Consecration (🔔 bells rung at " <i>Hanc igitur</i> ")	Kneel
	- Elevation of the Host (🔔 🔔 🔔 🔔 🔔)	Kneel
	- Elevation of the Chalice (🔔 🔔 🔔 🔔 🔔)	Kneel
RB 38	Pater Noster (said by Priest)	Kneel
RB 40	Agnus Dei	Kneel
	Receiving Communion	
It is customary at the TLM for Holy Communion to be received kneeling (if physically possible) and on the tongue . The communicant does not say "Amen."		
Propers	Communion Verse and Postcommunion	Kneel
RB 46	Dismissal and Final Blessing	Kneel
	- at " <i>Benedicat vos Omnípotens Deus...</i> "	✙
RB 48	Last Gospel	Stand
	- at " <i>Ínitium sancti Evangélíi secúndum Joánnem.</i> "	✙ ✙ ✙
	- As Priest says, " <i>Et Verbum caro factum est.</i> "	Genuflect
	- Remainder of Last Gospel	Stand
RB 50	Leonine Prayers (responses said by all)	Kneel
	Recessional of the Priest	Stand

Notes and Key:

RB / Pr = page number of Red Book or if this is found in the Propers

✙ = Make the sign of the Cross

✙ ✙ ✙ = With your thumb, make a small sign of the Cross on your forehead, lips, and heart

🔔 = Bells are rung

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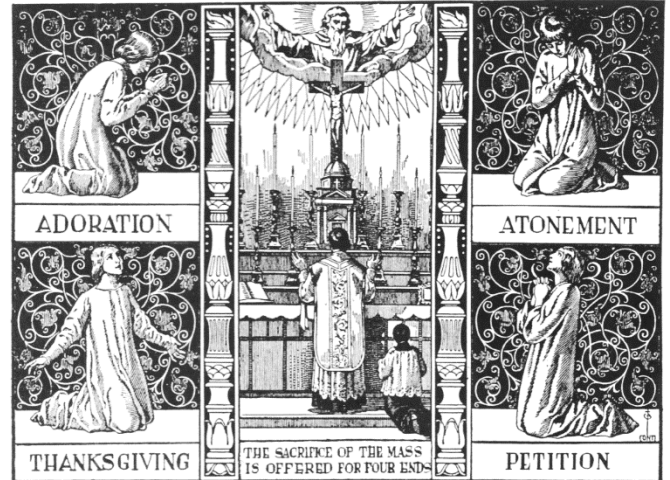
How do I receive the Eucharist?

The custom for receiving the Eucharist at the TLM is kneeling and on the tongue. Approach the altar rail and kneel. Practically speaking: close your eyes, tilt your head back, and stick out your tongue.

A server will hold a paten under your chin while the Priest says, “*Corpus Domini Nostri Iesu Christi custodiat animam tuam in vitam aeternam, Amen.*” This means “May the Body of our Lord Jesus Christ preserve your soul unto life everlasting. Amen.” Because the Priest says “Amen,” you do not need to.

What do I say and do?

The beauty of Low Mass is that you do not have to worry about all the responses or knowing Latin. The server says the responses on our behalf, which frees us up to focus on the four ends of Mass: Adoration, Atonement, Thanksgiving, and Petition. The Mass is your time before our Lord—Body, Blood, Soul, and Divinity—to pray and bring forward everything in your heart and mind. That is the most active participation you can ever do: devout prayer at the foot of the Cross just like our Blessed Mother at the Crucifixion.



What are the Propers?

The Propers are the prayers and readings that vary from one Mass to another. They are the: Introit, Collect, Epistle, Gradual, Alleluia, Gospel, Offertory Prayer, Secret, Communion Prayer, and Postcommunion.

FORMS OF CELEBRATION OF THE TRIDENTINE MASS

There are different ways of celebrating the Mass, which differ mainly in the elaborateness of the ceremonies used. If you are new to the Latin Mass, Low Mass is often the best choice, as the music of High Mass can make it difficult to discern the cues that can tell you what is happening on the altar.

Missa Solemnis
SOLEMN HIGH MASS



- Celebrant is assisted by a deacon and subdeacon.
- All parts of the Mass which are said aloud are chanted.
- All sung parts of the Mass are sung by the choir.
- Incense is used.
- 6 or more candles are lit.

Missa Cantata
HIGH MASS



- Celebrant is not assisted by a deacon or subdeacon.
- Some parts of the Mass which are said aloud are chanted.
- All sung parts of the Mass are sung by the choir or a cantor.
- Incense may be used.
- 6 or more candles are lit.

Missa Privata
LOW MASS



- Celebrant is not assisted.
- No part of the Mass is sung, but hymns may be sung while the Priest enters and exits the Sanctuary, and during the Offertory and Communion.
- Incense is not used.
- Only two candles are lit.

We have printed the Propers in English and Latin to help you follow along. However, do not be worried if you have difficulty keeping up with the priest or following the missal. St. Pio says:

“Renew your faith by attending Holy Mass. Keep your mind focused on the mystery that is unfolding before your eyes. In your mind’s eye transport yourself to Calvary and meditate on the Victim who offers Himself to Divine Justice, paying the price of your redemption.”

What are the different types of Masses?

There are different ways of celebrating Mass in the Extraordinary Form (see image at left). There are also Pontifical Masses, which is a Mass celebrated by a Bishop. An extra candle is lit to indicate the Bishop’s office.