

Second Grade Study Sheet

Postures At Mass

Parts of the Mass	Posture
✘ <u>Entrance</u>	Sitting
✘ <u>Liturgy of the Word</u>	
* First Reading	Sitting
* Responsorial Psalm	Sitting
* Second Reading <i>(only on Sundays/ Holy Day of Obligation)</i>	Sitting
* Gospel Reading	Standing
* Homily / Sermon	Sitting
* Creed <i>(only on Sundays/ Holy Day of Obligation)</i>	Standing
✘ <u>Liturgy of the Eucharist</u>	
* Offertory	Sitting
* Consecration <i>(most important of the Mass)</i>	Kneeling
* Our Father	Standing
* Communion <i>(after receiving Jesus)</i>	Kneeling <i>(spend time talking to Jesus)</i>
✘ <u>Concluding Prayers</u>	Standing
✘ <u>Dismissal / Blessings</u>	Standing

LITURGICAL COLORS:

Color	Meaning	When it is used
1) PURPLE / VIOLET	penance	*Advent *Lent
2) WHITE	joy and gladness	*Christmas *Easter Season *Feasts of Saints (<i>who were not martyrs</i>)
3) RED	blood and fire	*Good Friday (<i>the day Jesus died</i>) *Feast of the Holy Spirit (<i>Pentecost Sunday</i>) * Feasts of the Apostles * Feasts of Martyrs
4) GREEN	hope	Ordinary Time (<i>between the seasons & for everyday that does not have special feast</i>)
5) BLUE	Blessed Virgin Mary	Mary's Feast Days