**Altar Serving is a great responsibility.**

 **A prayerful activity to assist the priest during Mass.**

1. Naturalness and discretion of movement - do not fumble and stumble.
2. Alert and attentive - do not daydream, yawn or fall asleep.
3. Foresight - anticipate what will happen next.
4. Be able to work together in a team.
5. Be able to facilitate the public expression of shared prayer.
6. Humbleness in service.

**Walking**

Always walk with your back straight and your head held high.

**Bowing**

When you bow to someone or something at mass, it should be a smooth forward inclining of your head and shoulders. If carrying the cross or candles, bowing should just bowing your head.

**Genuflecting**

When you genuflect, keep your hands in front of your chest while you go down on your right knee.

**Kneeling**

When you kneel, your body should be upright and your hands should be in front of your chest, well above your waist.

**Standing**

Always stand up straight with both feet firmly on the floor.

**Sitting**

Sit down on your chair carefully and gracefully. Once you are seated, sit tall and do not slouch. Place your hands on your lap or flat on your thighs in a relaxed manner. Watch how the priest holds his hands and do as he does. Do not fidget, cross your legs and play with your Cincture.

**Hands**

Your hands should be kept joined in front of your chest; either locked together, or palm to palm, fingers pointing upward. Keep your hands high up on your chest. If you are carrying something in one hand, hold the other hand flat on your chest.

**Paten during Communion**

One hand is under the plate of the Paten and the other is on the handle. It is extended to catch any Host that may slip from the Priest’s hand or the Communicant. Look at the Communicant and do not look around the church at others.

**Eyes**

During Mass, always look towards the place where the action is happening. Focus on the priest and follow rituals of the Mass.

**General Appearance**

Please dress appropriately with your Sunday best. No flip flops, sandals, tennis shoes or snow or hiking boots. Preferred is black or brown shoes for the boys, with black pants and white dress shirt. For girls, black or white flats, with light colored dress or black pants/skirt and white shirt. No bright tee shirts with slogans or team logo’s that would show through the Albs. Be respectful of the position you are holding.