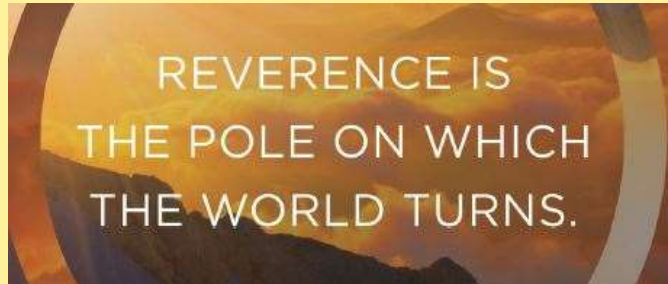




*From the Desk of Father Peter*

*The Mass—What to Do When You Come to Church*

*When you come to church, be sure to greet other people who are coming to church. We are a family and we act like family when we show friendship and care for each other.*



*When you come to church, remember that you are one of the Baptized by signing yourself with holy water—dip your hand into the font and make the sign of the cross carefully and thoughtfully.*

*When you come to church and you are headed for your seat, be gracious to other people who are in church. “Remember, keeping silence together at Mass can be a school for learning to seek silence regularly, each day to be in communion with God.” Please know that some people are praying quietly, some are preparing the sanctuary, and some are greeting each other. Be aware of who is around you. We are family; the people of God gathered together to offer praise and thanksgiving.*

*If you walk past the tabernacle, where the Eucharist is reserved, be sure to genuflect (kneel down on one knee for a moment) to show reverence for Jesus in the Blessed Sacrament. If you have trouble kneeling, any other reverent gesture is appropriate.*

*If you pass by the altar, be sure to pause for a moment and bow as a sign of reverence, for this holy place is where bread and wine will become the Body and Blood of Christ in a short while. The altar is*

*further looked upon as a symbol of Christ —the cornerstone and spiritual rock of the Church. The veneration of the altar is an act of reverence which recalls that the common table is holy and sacred to all of us gathered as one assembly.*



*With peace and love to all,*

*Fr. Peter Enyan-Boadu*