

Postures for the Traditional Latin Mass

| Part of the Mass | Low Mass | High Mass |
|--|---|-----------|
| Asperges/Vidi aqua | - | Stand |
| Priest vesting in chasuble | - | Sit |
| Prayers at the Foot of the Altar | Kneel | Kneel |
| Gloria in excelsis Deo* | Kneel | Stand |
| Epistle | Sit | Sit |
| Gospel | Stand | Stand |
| Homily | Sit | Sit |
| Credo* | Stand | Stand |
| Offertory Verse | Sit | Sit |
| Incensation | - | Stand |
| Orate Fratres' | Maintain previous posture | |
| 'Per omnia saecula saeculorum' after Secret | Sit | Stand |
| Sanctus | Kneel | Kneel |
| Pater Noster | Kneel | Stand |
| Agnus Dei | Kneel | Kneel |
| Postcommunion Prayer | Kneel | Stand |
| Final Blessing | Kneel | Kneel |
| Last Gospel | Stand | Stand |
| *If the celebrant sits while it is sung, the congregation does so as well. | At Low Mass the Propers and Mass Parts are not chanted. | |
| Postures are maintained until the following part of the Mass indicates a change. | At High Mass (Sung or Solemn) the Propers and Mass Parts are chanted. | |

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