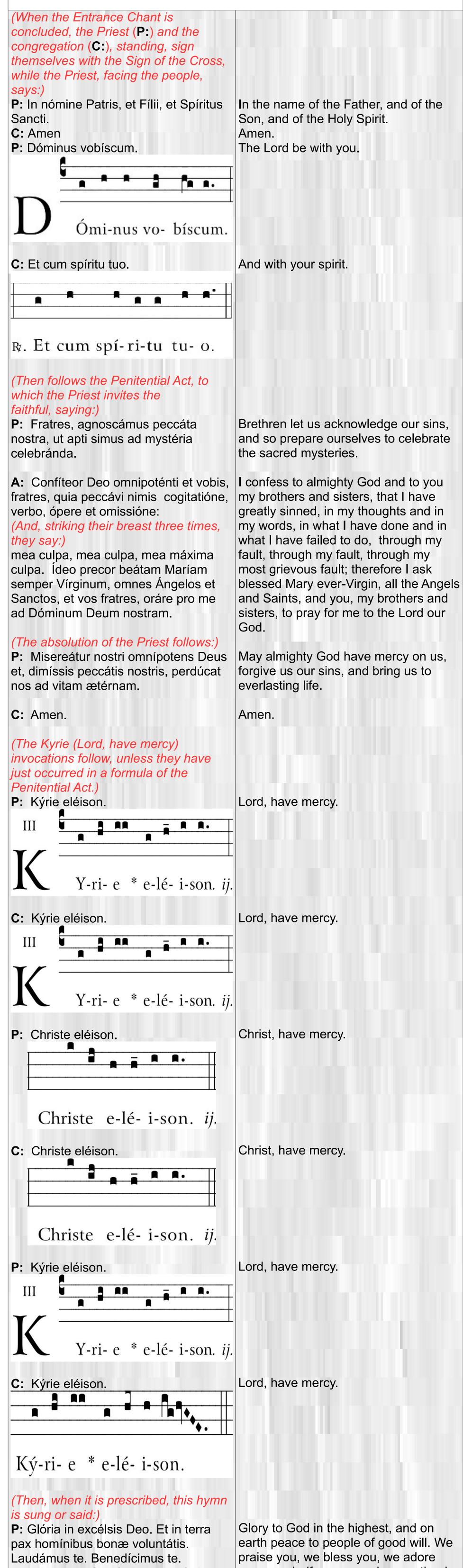
THE ORDER OF MASS FOR THE ORDINARY FORM OF THE ROMAN RITE

Latin text taken from the *Missále Románum, edítio týpica tértia emendáta* of 2008. English translation of The Order of Mass © 2010, International Committee on English in the Liturgy, Inc. All rights reserved.



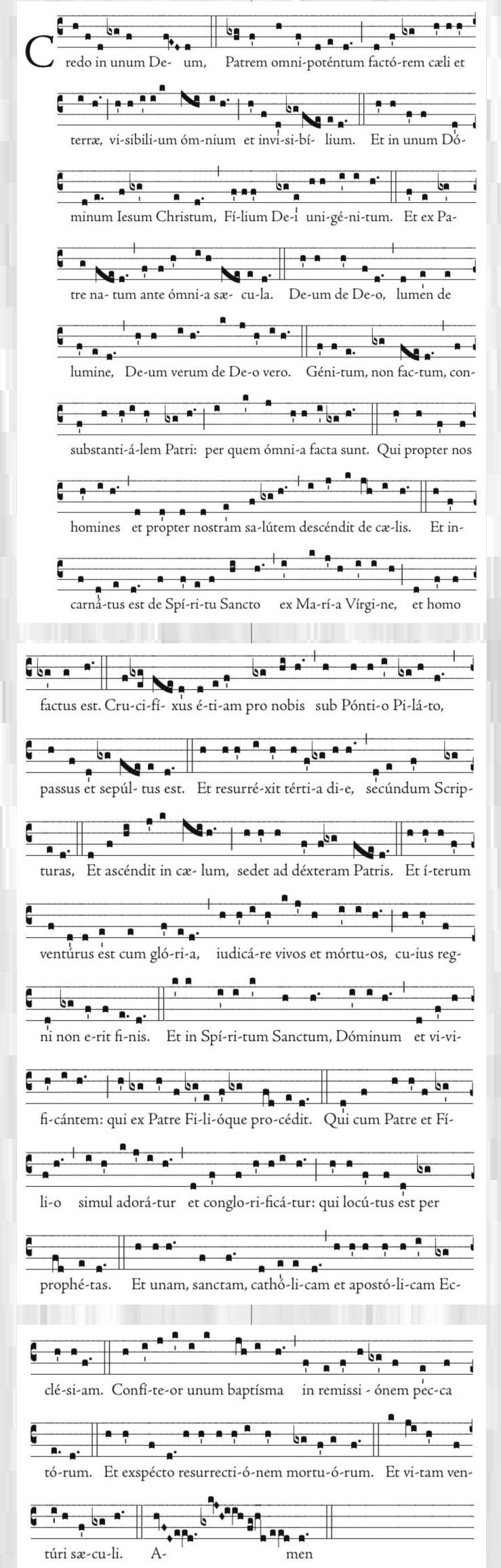
Adorámus te. Benedicinius te. Adorámus te. Glorificámus te. Grátias ágimus tibi propter magnam glóriam tuam. Dómine Deus, Rex cæléstis, Deus Pater omnípotens. Dómine Fili unigénite, Iesu Christe. Dómine Deus, Agnus Dei, Fílius Patris. Qui tollis peccáta mundi, miserére nobis. Qui tollis peccáta mundi, súscipe deprecatiónem nostram. Qui sedes ad déxteram Patris, miserére nobis. Quóniam tu solus Sanctus. Tu solus Dóminus. Tu solus Altíssimus, Iesu Christe, cum Sancto Spiritu: in glória Dei Patris. Amen. Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.



(Then the R eader goes to the ambo	
and reads the first reading, while all sit and listen. To indicate the end of the	
reading, the reader acclaims:)	
R: Verbum Dómini.	The Word of the Lord.
A: Deo grátias.	Thanks be to God.
(After the First Reading the psalmist or cantor sings or says the Psalm, with the people making the response. On Sundays and certain other days there is a second reading. It concludes with the same responsory as above.)	
(There follows the Alleluia or another chant laid down by the rubrics, as the	
<i>liturgical time requires. Meanwhile, if</i> <i>incense is used, the Priest puts some</i> <i>into the thurible. After this, the</i> D <i>eacon</i>	
who is to proclaim the Gospel, bowing	
profoundly before the Priest, asks for the blessing, saying in a low voice:)	
D: lube, domne, benedícere.	Your blessing, Father.
(The Drivet cover in a low value)	
<i>(The Priest says in a low voice:)</i> P: Dóminus sit in corde tuo et in lábiis	May the Lord be in your heart and on
tuis, ut digne et competénter annúnties	
Evangélium suum: in nómine Patris, et Filii, et Spíritus Sancti.	Gospel worthily and well, in the name of the Father, and of the Son, and of the Holy Spirit.
(The deacon signs himself with the	
Sign of the Cross and replies:) D: Amen.	Amen.
(If, however, a deacon is not present, the Priest, bowing before the	
altar, says quietly:)	
P: Munda cor meum ac lábia mea, omnípotens Deus, ut sanctum	Cleanse my heart and my lips, almighty God, that I may worthily proclaim your
Evangélium tuum digne váleam	holy Gospel.
nuntiáre. (The deacon, or the Priest, then	
proceeds to the ambo, accompanied, if	·
appropriate, by ministers with incense and candles. There he says:)	
and candles. There he says.)	

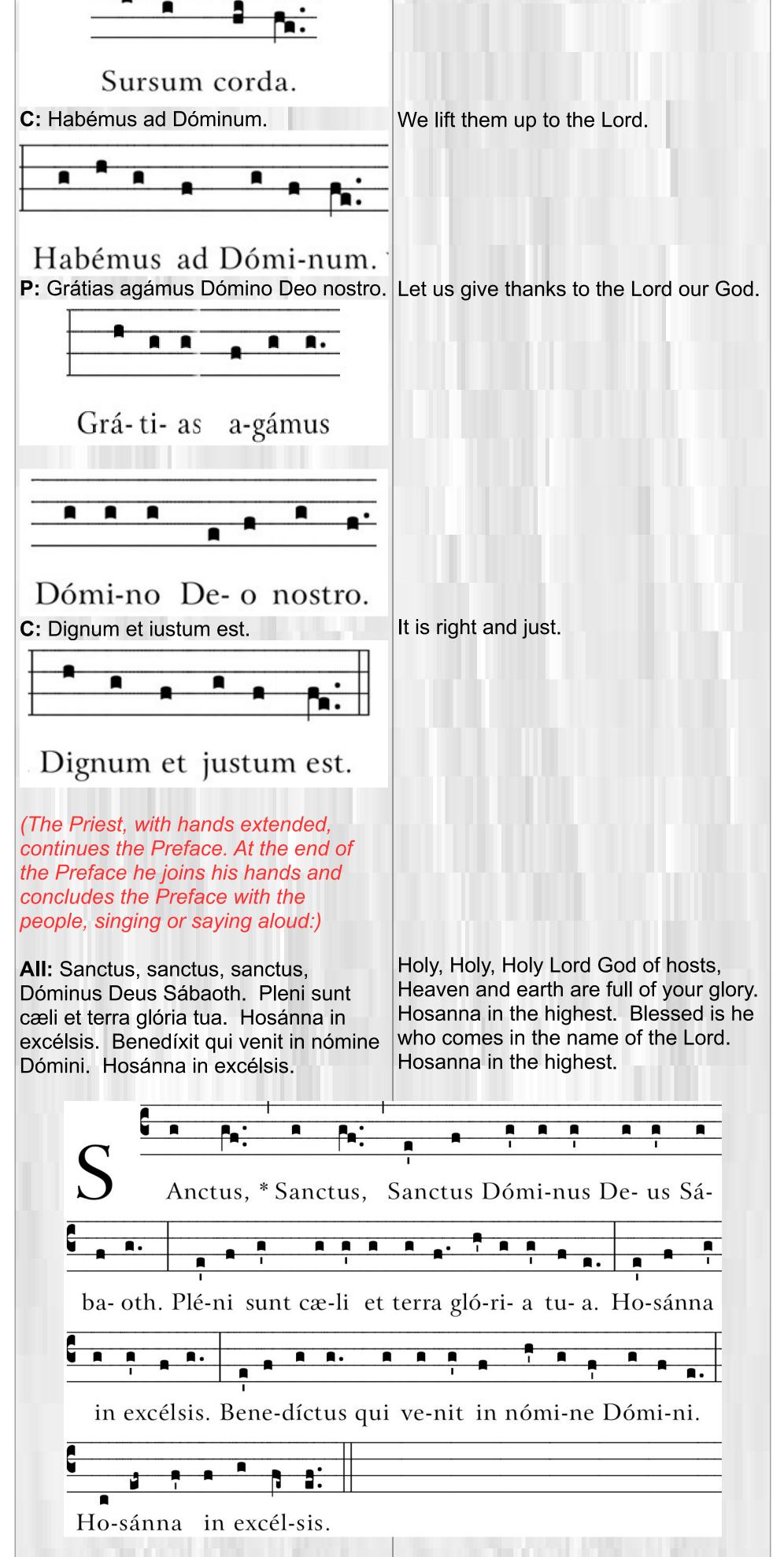
C: Et cum Spíritu tuo.	And with your spirit.
(The deacon, or the Priest:)	
P: (D:) Lectio sancti Evangélii	A reading from the holy Gospel
secundum N	according to N.
(and, at the same time, he makes the	
Sign of the Cross on the book	
and on his forehead, lips, and breast.	
The people acclaim:)	
C: Glória tibi, Dómine.	Glory to you, O Lord.
(At the end of the Gospel, the deacon,	
or the Priest, acclaims:)	
P: (D:) Verbum Dómini.	The Gospel of the Lord.
C: Laus tibi, Christe.	Praise to you, Lord Jesus Christ.
(Then he kisses the book, saying	
quietly:)	
P: (D:) Per evangélica dicta deleántur	Through the words of the Gospel may
nostra delícta.	our sins be wiped away.
(At the end of the homily, the Symbol	
or Profession of Faith or Creed,	
when prescribed, is sung or said:)	
All: Credo in unum Deum. Patrem	I believe in one God, The Father
omnipoténtem, factórem cæli et terræ,	almighty, maker of heaven and earth,
visibílium ómnium et invisibílium. Et in	and of all things visible and invisible. I
unum Dóminum Jesum Christum,	believe in one Lord Jesus Christ, the
Fílium Dei unigénitum. Et ex Patre	Only-Begotten Son of God, born of the
natum ante ómnia sæcula. Deum de	Father before all ages. God from God,
Deo, lumen de lúmine, Deum verum de	Light from Light, true God from true
Deo vero. Génitum, non factum,	God, begotten, not made,
consubstantiálem Patri: per quem	consubstantial with the Father; through
ómnia facta sunt. Qui propter nos	him all things were made. For us men
hómines, et propter nostram salútem	and for our salvation, he came down
descéndit de cælis.	from heaven,
(At the words that follow up to and	(At the words that follow up to and
including "et homo factus est" all bow.)	including "and became man" all bow.)
Et incarnátus est de Spíritu Sancto ex	and by the Holy Spirit was incarnate of
María Vírgine, et homo factus est.	the Virgin Mary, and became man.
Crucifíxus étiam pro nobis: sub Póntio	For our sake he was crucified under
Piláto passus, et sepúltus est. Et	Pontius Pilate, he suffered death and
resurréxit tértia die, secúndum	was buried, and rose again on the third
Scriptúras. Et ascéndit in cælum: sedet	day in accordance with the scriptures.
ad déxteram Patris. Et íterum ventúrus	He ascended into heaven and is
est cum glória iudicáre vivos, et	seated at the right hand of the Father.
mortúos: cuius regni non erit finis. Et in	
Spíritum Sanctum, Dóminum et	living and the dead and his kingdom
vivificántem: qui ex Patre, Filióque	shall have no end. I believe in the Holy

procédit. Qui cum Patre, et Fílio simul adorátur et conglorificátur: qui locútus est per Prophétas. Et unam, sanctam, cathólicam et apostólicam Ecclésiam. Confíteor unum baptísma in remissiónem peccatórum. Et expécto resurrectiónem mortuórum. Et vitam ventúri sæculi. Amen. Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins, and I look forward to the resurrection of the dead and the life of the world to come. Amen.



(Then follows the Universal Prayer, that is, the Prayer of the Faithful or Bidding Prayers.)

(The Priest, standing at the altar, takes	
the paten with the bread and holds it slightly raised above the altar	
with both hands, saying in a low voice:)	
P: Benedíctus es, Dómine, Deus	Blessed are you, Lord God of all
univérsi, quia de tua largitáte accépimus panem, quem tibi offérimus,	creation, for through your goodness we have received the bread we offer you:
fructum terræ et óperis mánuum hóminum: ex quo nobis fiet panis vitæ.	fruit of the earth and work of human hands, it will become for us the bread
	of life.
(Then he places the paten with the bread on the corporal. If, however, the	
Offertory Chant is not sung, the Priest may speak these words aloud; at the	
end, the people may acclaim:)	
C: Benedíctus Deus in sæcula.	Blessed be God for ever.
(The deacon, or the Priest, pours wine and a little water into the chalice,	
saying quietly:)	Dy the mystery of this water and wine
P: Per huius aquæ et vini mystérium eius efficiámur divinitátis consórtes, qui	By the mystery of this water and wine may we come to share in the divinity of
humanitátis nostræ fíeri dignátus est párticeps.	Christ who humbled himself to share in our humanity.
(The Priest then takes the chalice and holds it slightly raised above the altar	
<i>with both hands, saying in a low voice:)</i> Benedíctus es, Dómine, Deus univérsi,	Blessed are you, Lord God of all
quia de tua largitáte accépimus vinum, quod tibi offérimus, fructum vitis et	creation, for through your goodness we have received the wine we offer you:
óperis mánuum hóminum, ex quo nobis	fruit of the vine and work of human
fiet potus spiritális.	hands it will become our spiritual drink.
(Then he places the chalice on the corporal. If, however, the Offertory	
Chant is not sung, the Priest may	
speak these words aloud; at the end, the people may acclaim:)	
C: Benedíctus Deus in sæcula.	Blessed be God forever.
(After this, the Priest, bowing	
<i>profoundly, says quietly:)</i> P: In spíritu humilitátis et in ánimo	With humble spirit and contrite heart
contríto suscipiámur a te, Dómine; et sic fiat sacrifícium nostrum in	may we be accepted by you, O Lord, and may our sacrifice in your sight this
conspéctu tuo hódie, ut pláceat tibi,	day be pleasing to you, Lord God.
Dómine Deus.	
(Then the Priest, standing at the side of the altar, washes his hands, saying	
<i>quietly:)</i> Lava me, Dómine, ab iniquitáte mea, et	Wash me, O Lord, from my iniquity and
a peccáto meo munda me.	cleanse me from my sin.
(Standing at the middle of the altar,	
facing the people, extending and then joining his hands, he says:)	
Oráte, fratres: ut meum ac vestrum sacrifícium acceptábile fiat apud Deum	Pray, brethren (brothers and sisters), that my sacrifice and yours may be
Patrem omnipoténtem.	acceptable to God, the almighty Father.
(The people rise and reply:)	
C: Suscípiat Dóminus sacrifícium de mánibus tuis ad laudem et glóriam	May the Lord accept the sacrifice at your hands for the praise and glory of
nóminis sui, ad utilitátem quoque	his name, for our good and the good of
nostram totiúsque Ecclésiæ suæ sanctæ.	all his holy Church.
(Then the Priest, with hands extended,	
says the Prayer over the Offerings, at the end of which the people acclaim:)	
C: Amen.	Amen.
(Then the Priest begins the Eucharistic	
Prayer:) P: Dóminus vobíscum.	The Lord be with you.
D Omi-nus vo-bíscum.	
C: Et cum spíritu tuo.	And with your spirit.
. Et cum spí-ri-tu tu- o.	
P : Sursum corda.	Lift up your hearts.



(The Priest, with hands extended, says:)

P: Te ígitur, clementíssime Pater, per lesum Christum Fílium tuum, Dóminum nostrum, súpplices rogámus, ac pétimus uti accépta hábeas, et benedícas, hæc dona, hæc múnera, hæc sancta sacrifícia illibáta, in primis, quæ tibi offérimus pro Ecclésia tua sancta cathólica: quam pacificáre, custodíre, adunáre, et régere dignéris toto orbe terrárum: una cum fámulo tuo Papa nostro N., et Antístite nostro N., et ómnibus orthodóxis, atque cathólicæ et apostólicæ fidei cultóribus.

Meménto, Dómine, famulórum, famularúmque tuárum N. et N. et ómnium circumstántium, quorum tibi fides cógnita est, et nota devótio, pro quibus tibi offérimus: vel qui tibi ófferunt hoc sacrifícium laudis, pro se, suísque ómnibus: pro redemptióne animárum suárum, pro spe salútis et incolumitátis suæ: tibíque reddunt vota sua ætérno Deo, vivo et vero.

To you, therefore, most merciful Father, we make humble prayer and petition through Jesus Christ, your Son, our Lord: that you accept and bless these gifts, these offerings, these holy and unblemished sacrifices, which we offer you first of all for your holy catholic Church. Be pleased to grant her peace, to guard, unite and govern her throughout the whole world, together with your servant N. our Pope, and N. our Bishop, and all those who, holding to the truth, hand on the catholic and apostolic faith.

Remember, Lord, your servants N. and N. and all gathered here, whose faith and devotion are known to you. For them and all who are dear to them we offer you this sacrifice of praise or they offer it for themselves and all who are dear to them, for the redemption of their souls, in hope of health and well being, and fulfilling their vows to you, the eternal God, living and true. Communicántes, et memóriam venerántes, in primis gloriósæ semper Vírginis Maríæ, Genitrícis Dei et Dómini nostri Jesu Christi: sed et beáti Joseph, ejúsdem Vírginis Sponsi, et beatórum Apostolórum ac Mártyrum tuórum, Petri et Pauli, Andréæ, (Jacóbi, Joánnis, Thomæ, Jacóbi, Philíppi, Bartholomái, Matthæi, Simónis, et Thaddæi: Lini, Cleti, Cleméntis, Xysti, Cornélii, Cypriáni, Lauréntii, Chrysógoni, Joánnis et Pauli, Cosmæ et Damiáni,) et ómnium Sanctórum tuórum; quorum méritis precibúsque concédas, ut in ómnibus protectiónis tuæ muniámur auxílio. (Per Christum Dóminum nostrum. Amen.)

Hanc ígitur oblatiónem servitútis nostræ, sed et cunctæ famíliæ tuæ, quæsumus, Dómine, ut placátus accípias: diésque nostros in tua pace dispónas, atque ab ætérna damnatióne nos éripi, et in electórum tuórum júbeas grege numerári. (Per Christum Dóminum nostrum. Amen.)

Quam oblatiónem tu, Deus, in ómnibus, quæsumus, benedíctam, adscríptam, ratam, rationábilem, acceptabilémque fácere dignéris: ut nobis Corpus, et Sanguis fiat dilectíssimi Fílii tui Dómini nostri lesu Christi.

Qui prídie quam paterétur, accépit panem in sanctas, ac venerábiles manus suas, et elevátis óculis in cælum ad te Deum Patrem suum omnipoténtem, tibi grátias agens, benedíxit, fregit, dedítque discípulis suis, dicens:

ACCÍPITE, ET MANDUCÁTE EX HOC OMNES, HOC EST ENIM CORPUS MEUM, QUOD PRO VOBIS TRADÉTUR.

(He shows the consecrated host to the people, places it again on the

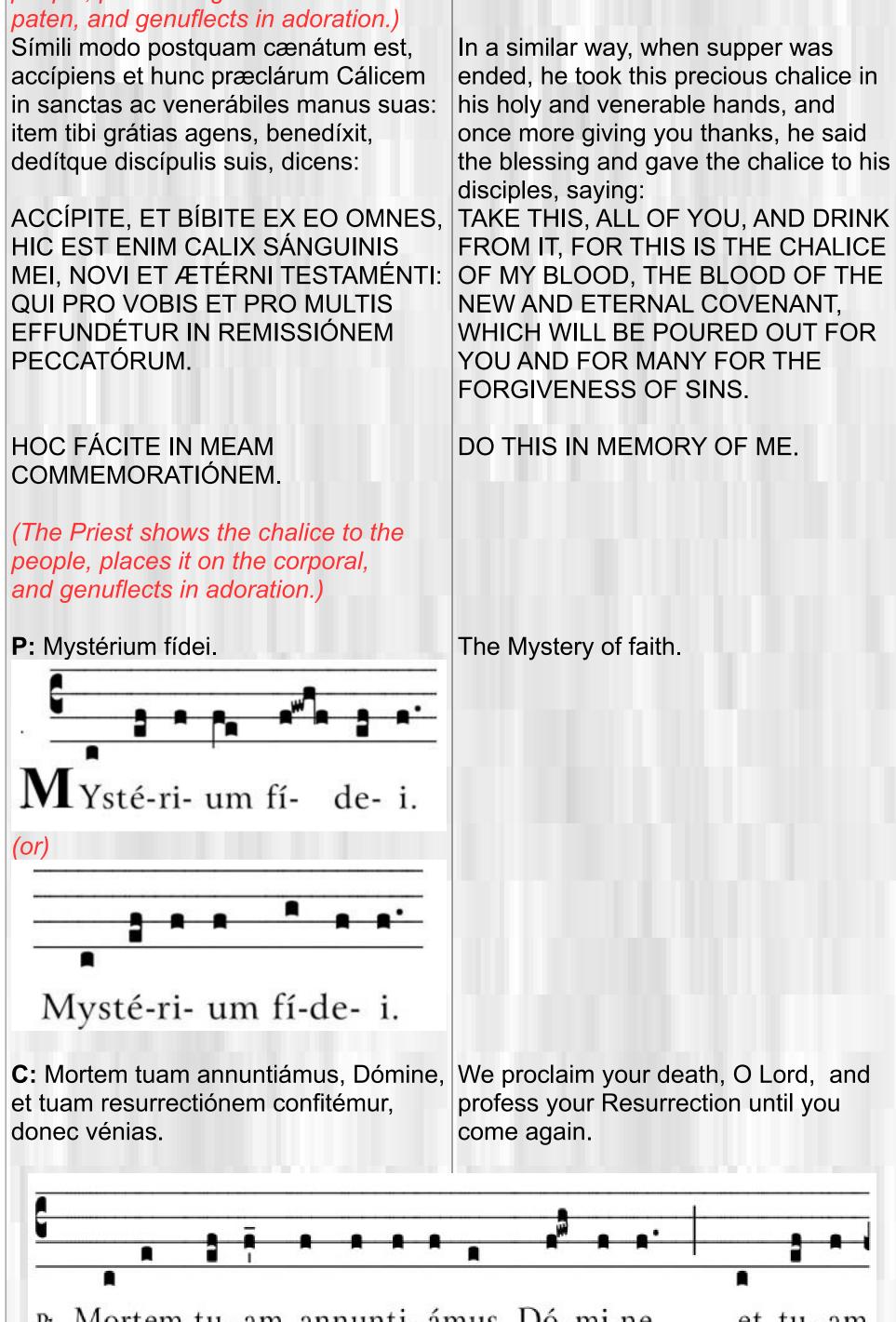
In communion with those whose memory we venerate, especially the glorious ever-Virgin Mary, Mother of our God and Lord, Jesus Christ, and blessed Joseph, her Spouse, your blessed Apostles and Martyrs, Peter and Paul, Andrew, (James, John, Thomas, James, Philip, Bartholomew, Matthew, Simon and Jude: Linus, Cletus, Clement, Sixtus, Cornelius, Cyprian, Lawrence, Chrysogonus, John and Paul, Cosmas and Damian) and all your Saints: through their merits and prayers, grant that in all things we may be defended by your protecting help. (Through Christ our Lord. Amen.)

Therefore, Lord, we pray: graciously accept this oblation of our service, that of your whole family; order our days in your peace, and command that we be delivered from eternal damnation and counted among the flock of those you have chosen. (Through Christ our Lord. Amen.)

Be pleased, O God, we pray, to bless, acknowledge, and approve this offering in every respect; make it spiritual and acceptable, so that it may become for us the Body and Blood of your most beloved Son, our Lord Jesus Christ.

On the day before he was to suffer, he took bread in his holy and venerable hands, and with eyes raised to heaven, to you, O God, his almighty Father, giving you thanks, he said the blessing, broke the bread and gave it to his disciples saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT, FOR THIS IS MY BODY, WHICH WILL BE GIVEN UP FOR YOU.



R. Mortem tu- am annunti- ámus, Dó- mi-ne, et tu- am

re-surrecti- ó-nem confi-témur, do-nec vé-ni- as.

P: Unde et mémores, Dómine, nos servi tui, sed et plebs tua sancta, ejúsdem Christi Fílii tui Dómini nostri tam beátæ passiónis, nec non et ab ínferis resurrectiónis, sed et in cælos gloriósæ ascensiónis: offérimus præcláræ majestáti tuæ de tuis donis, ac datis, hóstiam puram, hóstiam sanctam, hóstiam immaculátam, Panem sanctum vitæ ætérnæ, et Cálicem salútis perpétuæ.

Supra quæ propítio ac seréno vultu respícere dignéris; et accépta habére, sícuti accépta habére dignátus es múnera púeri tui iusti Abel, et sacrifícium Patriárchæ nostri Ábrahæ: et quod tibi óbtulit summus sacérdos tuus Melchísedech, sanctum sacrifícium, immaculátam hóstiam.

Súpplices te rogámus, omnípotens Deus: iube hæc perférri per manus sancti Ángeli tui in sublíme altáre tuum, in conspéctu divínæ majestátis tuæ: ut quotquot, ex hac altáris participatióne sacrosánctum Fílii tui, Corpus, et Sánguinem sumpsérimus, omni benedictióne cælésti et grátia repleámur. (Per Christum Dóminum nostrum. Amen.)

Meménto étiam, Dómine, famulórum, famularúmque tuarum N. et N. qui nos præcessérunt cum signo fídei, et dórmiunt in somno pacis. Ipsis, Dómine, et ómnibus in Christo quiescéntibus, locum refrigérii, lucis et pacis, ut indúlgeas, deprecámur. (Per Christum Dóminum nostrum. Amen.) Therefore, O Lord, as we celebrate the memorial of the blessed Passion, the Resurrection from the dead, and the glorious Ascension into heaven of Christ, your Son, our Lord, we, your servants and your holy people, offer to your glorious majesty from the gifts that you have given us, this pure victim, this holy victim, this spotless victim, the holy Bread of eternal life and the Chalice of everlasting salvation.

Be pleased to look upon them with serene and kindly countenance, and to accept them, as you were pleased to accept the gifts of your servant Abel the just, the sacrifice of Abraham, our father in faith, and the offering of your high priest Melchizedek, a holy sacrifice, a spotless victim.

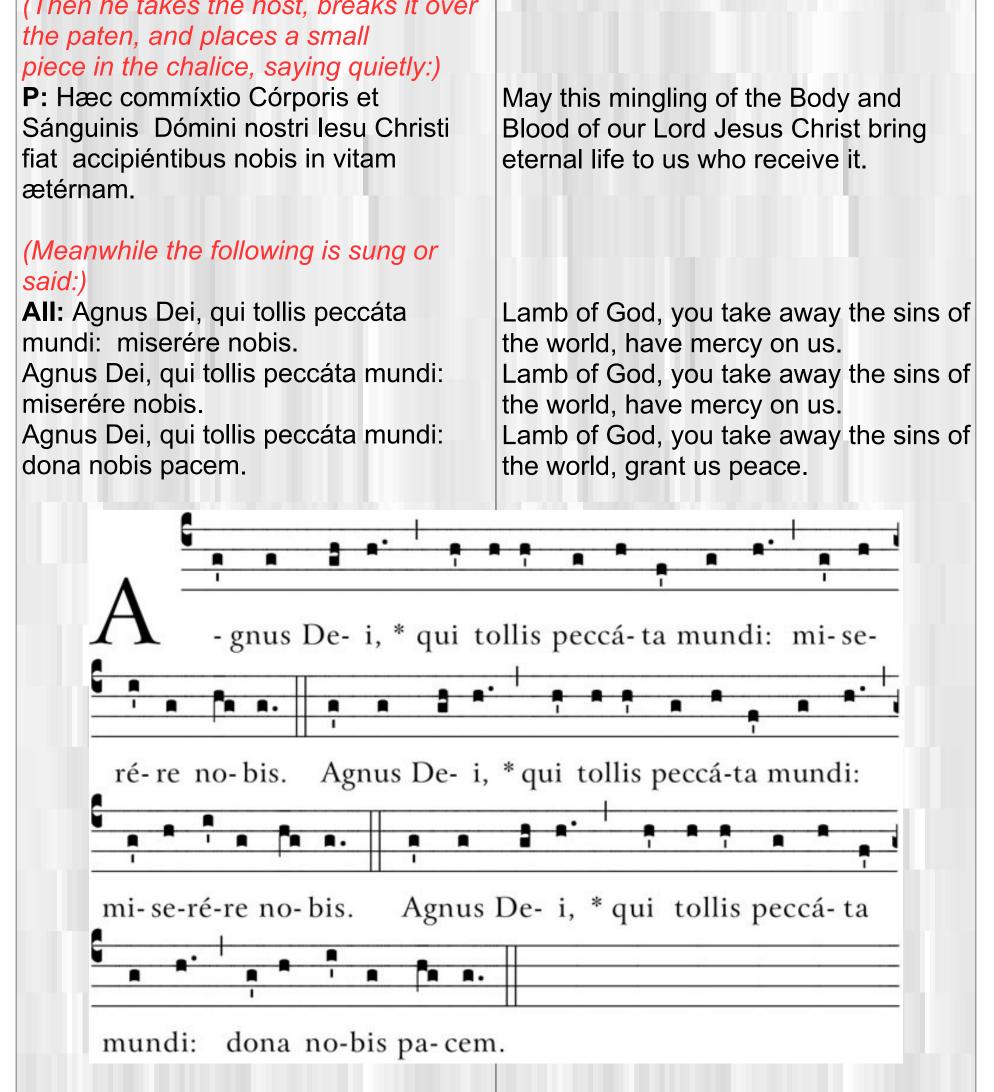
In humble prayer we ask you, almighty God: command that these gifts be borne by the hands of your holy Angel to your altar on high in the sight of your divine majesty, so that all of us who through this participation at the altar receive the most holy Body and Blood of your Son may be filled with every grace and heavenly blessing. (Through Christ our Lord. Amen.)

Remember also, Lord, your servants N. and N., who have gone before us with the sign of faith and rest in the sleep of peace. Grant them, O Lord, we pray, and all who sleep in Christ, a place of refreshment, light and peace. (Through Christ our Lord. Amen.)

Christum Dóminum nostrum. Amen.)	
Nobis quoque peccatóribus fámulis tuis, de multitúdine miseratiónum tuárum sperántibus, partem áliquam, et societátem donáre dignéris, cum tuis sanctis Apóstolis et Martýribus: cum Joánne, Stéphano, Matthía, Bárnaba, (Ignátio, Alexándro, Marcellíno, Petro, Felicitáte, Perpétua, Ágatha, Lúcia, Agnéte, Cæcília, Anastásia,) et ómnibus Sanctis tuis: intra quorum nos consórtium, non æstimátor mériti, sed véniæ, quæsumus, largítor admítte. Per Christum Dóminum nostrum.	To us, also, your sinful servants, who hope in your abundant mercies, graciously grant some share and fellowship with your holy Apostles and Martyrs: with John the Baptist, Stephen, Matthias, Barnabas, (Ignatius, Alexander, Marcellinus, Peter, Felicity, Perpetua, Agatha, Lucy, Agnes, Cecilia, Anastasia) and all your Saints: admit us, we beg you, into their company, not weighing our merits, but granting us your pardon, through Christ our Lord.
Per quem hæc ómnia, Dómine, semper bona creas, sanctíficas, vivíficas, benedícis, et præstas nobis.	Through whom you continue to make all these good things, O Lord; you make them holy, fill them with life, bless them, and bestow them upon us.
Per ipsum, et cum ipso, et in ipso, est tibi Deo Patri omnipoténti, in unitáte Spíritus Sancti, omnis honor, et glória. Per ómnia sæcula sæculórum.	Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever.
(The people acclaim:) C: Amen.	Amen.



P: Líbera nos, quæsumus, Dómine, ab ómnibus malis, da propítius pacem in diébus nostris, ut, ope misericórdiæ tuæ adiúti, et a peccáto simus semper líberi et ab omni perturbatióne secúri: exspectántes beátam spem et advéntum Salvatóris nostri lesu Christi.	Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.
(He joins his hands. The people	
<i>conclude the prayer, acclaiming:)</i> C: Quia tuum est regnum, et potéstas,et glória in sæcula.	For the kingdom, the power and the glory are yours now and for ever.
(Then the Priest, with hands extended,	
 says aloud:) P: Dómine lesu Christe, qui dixísti Apóstolis tuis: Pacem relínquo vobis, pacem meam do vobis: ne respícias peccáta nostra, sed fidem Ecclésiæ tuæ; eámque secúndum voluntátem tuam pacificáre et coadunáre digneris. Qui vivis et regnas in sæcula sæculorum. 	Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you; look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who lives and reigns for ever and ever.
(The people reply:)	
C: Amen. (<i>The Priest, turned towards the people, extending and then joining his hands, adds:</i>)	Amen.
P: Pax Dómini sit semper vobíscum.	The peace of the Lord be with you always.
<i>(The people reply:)</i> C: Et cum spíritu tuo.	And with your spirit.
(Then, if appropriate, the deacon, or the Priest, adds:)	
P: (D:) Offérte vobis pacem.	Let us offer each other the sign of peace.
(And all offer one another a sign, in keeping with local customs, that expresses peace, communion, and charity. The Priest gives the sign of peace to a deacon or minister.)	
(Then he takes the host, breaks it over	



(Then the Priest, with hands joined, says quietly:)

P: Dómine lesu Christe, Fili Dei vivi, qui ex voluntáte Patris, cooperánte Spíritu Sancto, per mortem tuam mundum vivificásti: líbera me per hoc sacrosánctum Corpus et Sánguinem tuum ab ómnibus iniquitátibus meis et univérsis malis: et fac me tuis semper inhærére mandátis, et a te numquam separári permíttas. Lord Jesus Christ, Son of the living God, who, by the will of the Father and the work of the Holy Spirit, through your death gave life to the world, free me by this, your most holy Body and Blood, from all my sins and from every evil; keep me always faithful to your commandments, and never let me be parted from you.

(Or:)

P: Percéptio Córporis et Sánguinis tui, Dómine lesu Christe, non mihi provéniat in iudícium et condemnatiónem: sed pro tua pietáte prosit mihi ad tutaméntum mentis et córporis, et ad medélam percipiéndam.	May the receiving of your Body and Blood, Lord Jesus Christ, not bring me to judgment and condemnation, but through your loving mercy be for me protection in mind and body, and a healing remedy.
(The Priest genuflects, takes the host and, holding it slightly raised above the paten or above the chalice,	
while facing the people, says aloud:)	
P: Ecce Agnus Dei, ecce qui tollit peccáta mundi. Beáti qui ad cenam Agni vocáti sunt.	Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.
(And together with the people he adds once:)	
All: Dómine, non sum dignus, ut intres sub tectum meum, sed tantum dic verbo et sanábitur ánima mea.	Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.
(The Priest, facing the altar, says	
<i>quietly:)</i> P: Corpus Christi custódiat me in vitam ætérnam. <i>(And he reverently consumes the Body</i>)	May the Body of Christ keep me safe for eternal life.
of Christ. Then he takes the chalice and says quietly:)	
P: Sanguis Christi custódiat me in vitam ætérnam. (And he reverently consumes the Blood of Christ.)	May the Blood of Christ keep me safe for eternal life.
(After this, he takes the paten or	
ciborium and approaches the communicants. The Priest raises a	
host slightly and shows it to each of the communicants, saying:)	
P: Corpus Christi. (The communicant replies:)	The Body of Christ.
C: Amen. (And receives Holy Communion.)	Amen.

(When the distribution of Communion is over, the Priest or a deacon or an acolyte purifies the paten over	
the chalice and also the chalice itself. While he carries out the	
 <i>purification, the Priest says quietly:)</i> P: Quod ore súmpsimus, Dómine, pura mente capiámus, et de múnere temporáli fiat nobis remédium sempitérnum. 	What has passed our lips as food, O Lord, may we possess in purity of heart, that what has been given to us in time may be our healing for eternity.
(Then, standing at the altar or at the chair and facing the people, with hands joined, the Priest says:)	
P: Orémus.	Let us pray.
(All pray in silence with the Priest for a while, unless silence has just been observed. Then the Priest, with hands extended, says the Prayer	
after Communion, at the end of which	
<i>the people acclaim:)</i> C : Amen.	Amen.
(Then the dismissal takes place. The Priest, facing the people and extending his hands, says:)	
P: Dóminus vobíscum.	The Lord be with you.
\mathbf{D}	
Úmi-nus vo- bíscum.	
C: Et cum spíritu tuo.	And with your spirit.
R. Et cum spí-ri-tu tu- o.	
(The Priest blesses the people, saying:)	
P: Benedícat vos omnípotens Deus, Pater, et Filius, et Spíritus Sanctus.	May almighty God bless you: the Father, and the Son, and the Holy Spirit.
<i>(The people reply:)</i> C: Amen.	Amen.
(Then the deacon, or the Priest	
himself, with hands joined and facing the people, says:)	
P: (D:) Ite, missa est.	Go forth, the Mass is ended.
<i>(The people reply:)</i> C: Deo grátias.	Thanks be to God.

Norms for the Reception of Holy Communion

For Catholics:

As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. We are encouraged to receive Communion devoutly and frequently. In order to be properly disposed to receive Communion, participants should not be conscious of grave sin and normally should have fasted for one hour. A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case, the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible (canon 916). A frequent reception of the Sacrament of Penance is encouraged for all.

For our fellow Christians:

We welcome our fellow Christians to this celebration of the Eucharist as our brothers and sisters. We pray that our common baptism and the action of the Holy Spirit in this Eucharist will draw us closer to one another and begin to dispel the sad divisions which separate us. We pray that these will lessen and finally disappear, in keeping with Christ's prayer for us "that they may all be one" (Jn 17:21). Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life, and worship, members of those churches with whom we are not yet fully united are ordinarily not admitted to Holy Communion. Eucharistic sharing in exceptional circumstances by other Christians requires permission according to the directives of the diocesan bishop and the provisions of canon law (canon 844 § 4). Members of the Orthodox Churches, the Assyrian Church of the East, and the Polish National Catholic Church are urged to respect the discipline of their own Churches. According to Roman Catholic discipline, the Code of Canon Law does not object to the reception of communion by Christians of these Churches (canon 844 § 3).

For those not receiving Holy Communion:

All who are not receiving Holy Communion are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus and with one another.

For non-Christians:

We also welcome to this celebration those who do not share our faith in Jesus Christ. While we cannot admit them to Holy Communion, we ask them to offer their prayers for the peace and the unity of the human family.

