

7 Communion

The priest begins by chanting the Lord's Prayer, the prayer our Savior Himself taught us. The congregation joins in by singing only the part, "Sed libera nos a malo" ("But deliver us from evil"). Following this, the priest prays quietly for peace,



then says, "Per omnia saecula saeculorum". He then chants, "Pax Domini sit semper vobiscum" ("May the peace of the Lord be always with you") and proceeds to break the Host.

The "**Agnus Dei**" ("Lamb of God") is sung, proclaiming that Christ is the true Lamb sent to redeem our sins and pleading for God's mercy and peace. When the hymn concludes, the faithful **kneel**.



The act of Communion signifies receiving Christ, truly present in the Holy Eucharist, and uniting with Him (Communio). At the center of the altar, the priest bows his head and recites three prayers in a low voice in preparation for Holy Communion. During this time, the congregation also prays for peace and the unity of the Church. The priest first receives both

the Body and Blood of Christ. He then faces the congregation and, showing them the Host, proclaims, "Ecce Agnus Dei" ("Behold the Lamb of God"). This is the moment to pray for humility and to prepare to receive the Holy Eucharist worthily. As the "**Communio**" chant is sung, Catholic faithful who wish to receive Communion form a line and kneel in a row in front of the altar rail. In the Traditional Latin Mass, the Host is received on the tongue. Open your mouth wide and rest your tongue



lightly on your lower lip to make it easier to receive. Note that the communicants do not say "Amen" when receiving the Eucharist. Once you return to your pew, you may **sit down**.

After Communion is finished and the priest has purified the

chalice, he turns to the congregation and says, "Dominus vobiscum", at which point the congregation stands. The priest moves to the right side of the altar and recites the

Postcommunion prayer. He then returns to the center, says "Dominus vobiscum" again, and chants, "Ite missa est" ("Go, the Mass is ended"). The server responds, "Deo gratias" ("Thanks be to God"), and the Mass comes to a conclusion. The priest then



offers a final prayer in a low voice, facing the altar, and bestows a blessing upon the congregation. The faithful **kneel, make the sign of the cross, and then stand up**.

8 Last Gospel



As an act of thanksgiving after Mass, the priest moves to the left side of the altar and recites the Prologue of the Gospel of John. When the words "Et Verbum caro factum est" ("And the Word was made flesh") are proclaimed, the congregation **genuflects and then stands**.

9 Recessional Procession

As the seasonal Marian hymn or other appropriate chants are sung, the priest and servers depart from the altar. This symbolizes the sending forth (Missio) of the faithful into the world.



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A Guide to Participating in the Sung Mass on Sundays according to the Traditional Roman Rite

What is the Mass? How do we attend the Mass?

The Mass is both a perpetual commemoration of the sacrifice on the Cross and a sacred banquet in which we partake of the Body and Blood of Christ. In the Traditional Mass, all face the same direction towards God in worship. The priest, acting in the person of Christ, celebrates the Mass, and the congregation participates by offering their gratitude and praise to God.

Gregorian Chant and Responses During the Mass

In the Traditional Mass, Gregorian Chant is sung. Congregants meditate in silence while listening to the choir, though they may also sing along. Acolytes respond on behalf of the congregation during the Mass, but when phrases like "Amen" are to be said aloud, it is encouraged to join in.

1 Procession of the Priest and Servers



When the bell rings, the congregation **stands**. As the priest and servers process toward the altar, hymns such as the "Ave Maria" are sung.

2 Asperges

During the singing of "Asperges me" (or "Vidi aquam" during the Easter season), the priest sprinkles the congregation with holy water as a symbolic cleansing from venial sins.



3 Prayers at the Foot of the Altar

While the **Introit** is sung, the priest and acolytes recite the Prayers at the Foot of the Altar in alternation. The congregation **stands**, silently confessing their sins in preparation alongside the priest.



(Note: The Introit, along with the Latin text and English translation, is provided in the Proper Pamphlet, marked in **purple**.)

4 Beginning of the Mass



The **Kyrie** is sung as a plea for God's mercy, with the congregation remaining **standing**. The priest ascends the steps of the altar and incenses it, praying that our prayers may rise to God like the smoke of the incense. After the Kyrie, the priest begins singing "Gloria in excelsis Deo" (Glory to God in the highest), and the

Gloria, a hymn praising the glory of God, is sung. The congregation **sits when the priest sits during the singing**. The Gloria is omitted during penitential seasons (e.g., Lent).

After the Gloria, the congregation **stands**. The priest faces the congregation and says "Dominus vobiscum" (The Lord be



with you), and the server respond "Et cum spiritu tuo" (And with your spirit). The priest then turns to the Missal and says "Oremus" (Let us pray), leading into the **Collect**, which is the

Church's prayer for the day. The server concludes the Collect with "Amen."

The priest then reads the **Epistle**, and the congregation **sits**. At the end of the reading, the server says "Deo gratias"(Thanks

be to God). In the Traditional Mass, there are typically two readings from Scripture (the Epistle and the Gospel).

After the readings, the **Gradual** and **Alleluia** (or Tract and Sequence during certain seasons) are sung. As the chanting concludes, the priest prepares the incense and prays at the center of the altar, ready to proclaim the **Gospel**.



The priest then moves to the left side of the altar, says "Dominus vobiscum," and the congregation **stands**. The priest proclaims the Gospel, which directly recounts the words and deeds of Christ. After the Gospel, the priest moves to the pulpit to deliver the homily, and the congregation **sits**.

When the homily ends, the congregation **stands**. The priest returns to the center of the altar and begins the **Creed**, "Credo in unum Deum" (I believe in one God). The Creed is a solemn profession of faith in Christ's words. During the phrase "Et incarnatus est" (And was incarnate), the congregation **kneels**. **If the priest sits during the singing of the Creed, the congregation does as well.**

5 Offertory

After the Creed, the priest faces the congregation and says "Dominus vobiscum" before calling "Oremus." When the bell rings, the **Offertory** chant begins, and the congregation **sits**. The priest prays the Offertory prayers in a low voice, offering bread and wine to God. These prayers are said quietly to emphasize the sacred and mysterious nature of the moment and to allow the priest to concentrate on his service to the whole Church. In silent prayer, the congregation offers their own lives and daily actions to God,



hoping that the sacrifice of the Mass will be accepted and that their prayers will reach God.

The priest again incenses the altar. The server incenses the congregation, who **stand and**

bow their heads before sitting again.

At the end of the Offertory, the priest turns to the congregation and says "Orate, fratres" (Pray, brethren), and the server prays that God may accept the offerings. The priest then recites the **Secret** prayer quietly, which is the final prayer over the offerings. He concludes with "Per omnia saecula saeculorum" (Forever and ever), to which the server responds "Amen," and the congregation **stands**.

The priest then recites prayers alternately with the server before chanting the **Preface** aloud. The priest prays that we may offer the Eucharist with deep devotion, united with the angels. As the bell rings, the **Sanctus** is sung. When the hymn ends, the congregation **kneels**.

6 Canon of the Mass and the Consecration

The Canon of the Mass is a prayer of thanksgiving and consecration, reaching its climax in the **Consecration**, where the bread and wine are transformed into the Body and Blood of Christ. The priest says all prayers quietly. He elevates the Host and the Chalice, and the congregation adores them in silence. In deep reverence and awe, the congregation watches



this sacred mystery, offering thanks for the mercy and forgiveness granted to us, and prays for all people as members of the universal Church.

At the end of the Canon, the priest recalls that the offering was made through, with, and in Christ. When the bell rings and the priest says

aloud "Per omnia saecula saeculorum," the server responds with "Amen," and the congregation **stands**.