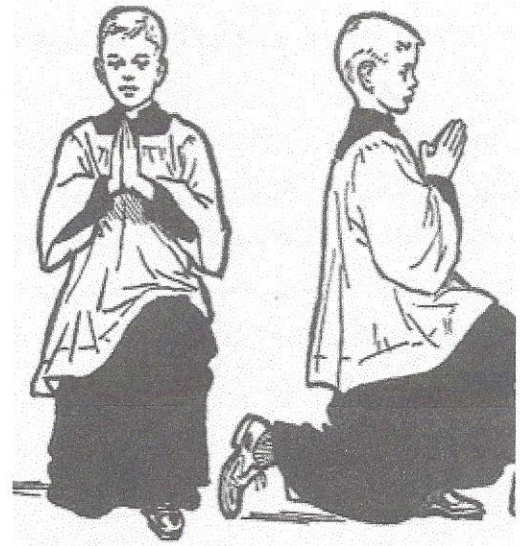


GENUFLECT or BOW: WHEN AND HOW?

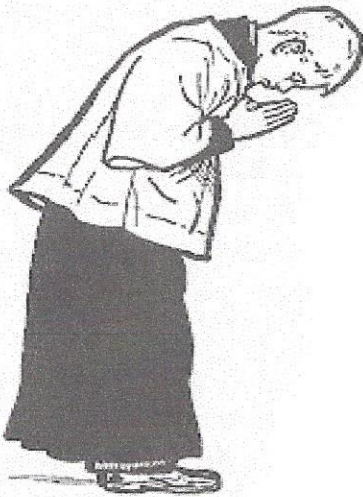
The definition of genuflect reads '... made by bending right knee to the ground signifying adoration and is reserved for the Most Blessed Sacrament (the consecrated Eucharist) when arriving and leaving Its presence'. Remember there is no Eucharistic presence at the altar until the consecration during Mass so we do not genuflect to the altar when entering or leaving church.

An exception is that we genuflect to the Holy Cross on Good Friday thru the Easter Vigil.

After genuflecting to the Tabernacle you may also bow to the altar since both of our altars contain a relic and the altar is a symbol of Christ.



Single genuflection



Deep bow

Bowing, instead of genuflecting, is acceptable but only if you are unable to genuflect (age, disability). A profound bow, made with purpose and reverence from the waist can be substituted. A bow is not a head nod, nor a curtsy and it should always be done slowly as a fitting way to show reverence to the Blessed Sacrament.

If the tabernacle is in the sanctuary the priest, deacon and all other ministers genuflect when entering or departing the sanctuary for setup prior to the procession or after the final procession out of church. God is present in the Tabernacle and always deserves our utmost respect.

Reverence to Our Lord should always be shown when passing the Blessed Sacrament. Ministers within the Mass Liturgy will bow to the altar when they enter and leave the sanctuary (do not genuflect). The exception is that a Minister never bows while carrying any sacred item (procession cross, Book, candles, Body or Blood of Christ, etc.).