









Please do not do these hand gestures during Mass

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| <p>Raising up your hands when we say, "We lift them up to the Lord"</p> <p><i>*This gesture and the following are considered to be imitating the priest and should not be done. Please see note below.</i></p> | <p>Priest says: "Peace be with you"</p> <hr/> <p>Holding out our hands when we say: "And with your Spirit"</p> | <p>Holding hands during the "Our Father"</p> <p><i>*This is acceptable under Popular Piety and Inculturation, meaning: It isn't imitating the priest, or causing a disruption in the approved liturgy and may be done IF it is a custom in your local area/family. This is a personal choice and not required or promoted for anyone to do.</i></p> |

The only things you should do with your hands during Mass is:

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| <p>Making the sign of the cross: Beginning of Mass & the blessing at the end.</p> | <p>Making the sign of the cross on your forehead, lips & heart, before the Gospel reading</p> | <p>Striking your chest during the Confiteor</p> | <p>Holding your hands out to receive communion</p> |
| <p>Hold them together in prayer</p> | |  |  |

Holding your hands out, up, or with other people is not an approved liturgical posture for laity in any rite of the Church. It is not correct for people to imitate the postures or gestures of the priest during mass.

Pontifical council for the laity, document 1508, 1997
Article 6, section 2

"To promote the proper identity (of various roles) in this area, those abuses which are contrary to the provisions of canon 907 are to be eradicated. In Eucharistic celebrations deacons and non-ordained members of the faithful may not pronounce prayers — e.g. especially the Eucharistic prayer, with its concluding doxology — or any other parts of the liturgy reserved to the celebrant priest. **Neither may deacons or non-ordained members of the faithful use gestures or actions which are proper to the same priest celebrant. It is a grave abuse for any member of the non-ordained faithful to "quasi preside" at the Mass while leaving only that minimal participation to the priest which is necessary to secure validity.**"