

you enter the church. Gum chewing before Mass breaks the 1 hour fast required for reception of communion. If you don't plan to go to communion, you still should not be chewing gum during Mass. Think of others. It is also a disrespect of the Eucharist (sacrilege).

- Children do not need foods during mass, except those who have not been weaned yet. Stop the cookies and 'cheerios.'
- Children do not need toys during Mass. If they have a children's book, it should be religious in nature—preferably about the Mass.
- Turn the sound off for your cell phones, pagers. Teens should not even have need of a cell phone or smart phone during Mass.
- Avoid giving children food or drink (except for nursing babies) within an hour of Mass start time, then they won't have to go to the bathroom during Mass. Avoid needless wandering.
- Sit as a family during Mass, with children on either side of each parent (for behavior assistance).

Teach your children to pay attention to the action at the Altar, only. Teach them to Respond appropriately to the liturgical actions, but otherwise, do not talk.

Paying attention to these things will make yours and other's prayer more focused and give honor to God. !

Some tips for attending Mass

Dress modestly

Pay attention to the Mass and participate

Remove gum before entering the Church

All should Fast one hour before Mass- avoids unnecessary bathroom trips

Don't bring food to Mass for children who have been weaned.

No toys at Mass

Arrive a few minutes before the start of Mass



Arkansas Valley Parishes

1209 Swink Avenue
Rocky Ford, CO 81067

Phone: 719-254-3565

Fax: 719-254-3921

E-mail:

sprockyfordpastor@centurytel.net

www.arkvalleyparishes.org



Serving Catholics of
Otero and Crowley
Counties

behavior at Mass



Arkansas Valley
Parishes

Tel : 719 254 3565

Decorum in
common or public
worship

Community re-
quires some
sense of duty

Parish communities are more than gatherings of individuals to worship God. We have certain responsibilities to one another to help each other to achieve our salvation. So, from time to time it is good to reflect on our duty to the parish community, and the respect we afford our God and our brothers and sisters in Christ.

St. Paul's teaching on eating meat sacrificed to idols in the First Letter to the Corinthians (Ch 8) articulates a principle that we should use in many other arenas of our lives. He says: "Make sure that this liberty of yours in no way becomes a stumbling block to the weak... through your knowledge, the weak person (*can be*) brought to destruction."

This destruction he speaks of is the judgment of the weak person to: a) disregard his conscience, or b), to judge you as

under God's condemnation. A more contemporary saying that relates to this is "There is nothing so bad to a smoker as an ex-smoker."

People who want to turn away from some self-destructive or sinful behavior have a grace from God to hate the sins that they formerly committed. When we indulge in the same behaviors they are trying to quit, they may flag in their resolve or judge us, something that is reserved only to God. So it is best that we not do things that others might be trying to eliminate from their lives.

Here are two examples:

Perhaps, a person has been disrespectful of God and so wants to behave better during Mass. If they see you doing something not oriented to worshipping God during the Mass, this troubles them.

Perhaps a person is breaking away from viewing others as a means to self gratification, or displaying themselves as an object for gratification/attraction, especially during Mass. So they dress modestly, and then see you dressing or behaving immodestly. This, they find disturbing

As much as we don't like it, we have a responsibility to each other,

not to draw one another away from God, or from loving God and neighbor in a holy way.

Suggested family
rules for at-
tending Mass

With this in mind, I offer you the following rules for attending church:

- Dress appropriately:
- Women: covered from collar bone to knees, no form revealing cuts or see-through fabrics, with sleeved blouses without words, messages or advertisement images printed on them.
- Men: in sleeved shirts, no insignia or words, advertisements, messages or the like, pants, not shorts, shoes.
- Please remove gum before

	Arkansas Valley Parishes
<p>1209 Swink Avenue Rocky Ford, CO 81067 Phone: 719-254-3565 Fax: 719-254-3921 E-mail: sprockfordpastor@centurytel.net www.arkvalleyparishes.org</p>	