



Altar Server Manners and Bearing

One of the altar servers' duties is to help the congregation pray by providing an example of reverent demeanor. So, we must have a correct posture so that the attention of the congregation is directed towards mass.

How should I stand?

We stand for quite a bit during mass so it is important to be comfortable and look good!

Stand with feet straight and in line with your shoulders.

Hands should be in the “prayer hands” position.

Head up and eyes on the action.

How should I sit?

When sitting, sit up straight on the chair knees touching, feet together and eyes on the action.

Put your hands flat on your knees.

Resting your elbows on armrests is not appropriate.

Types of bows

There are two main types of bows, the deep (aka profound bow), and the head bow.

The deep bow comes from the waist inclining head and shoulders.

The head bow (or shoulder bow) is made with the head inclining the shoulders slightly.

ALERT!! Always bow when the priest bows to you!





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What should I do with my hands?

When standing:

your hands should always be together in an upright position(aka prayer hands), this shows how all of your attention is directed towards God.

When sitting:

Hands should rest on your knees.

What do I do with my eyes?

Eyes on the action!

Your eyes should be focused on the actions at the altar or the readers. It is very distracting to have a server staring at the congregation or at the ceiling.

If you don't know what to do with your eyes the best thing is to keep them lowered and look at the floor.

How should I walk?

Always walk slowly and with dignity while serving at the altar. Your movements should never appear rushed or hurried. At the same time stiffness must be avoided.



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How should I kneel?

When kneeling put all of your weight on your knees and kneel upright.

Do not squat or slouch! It looks terrible!!

Genuflection

Standing up straight bend your right knee until it touches the ground, naturally your left knee will bend as well. Keep your back straight.

Don't make it seem as if you are falling or crouching down!