

Pastor:

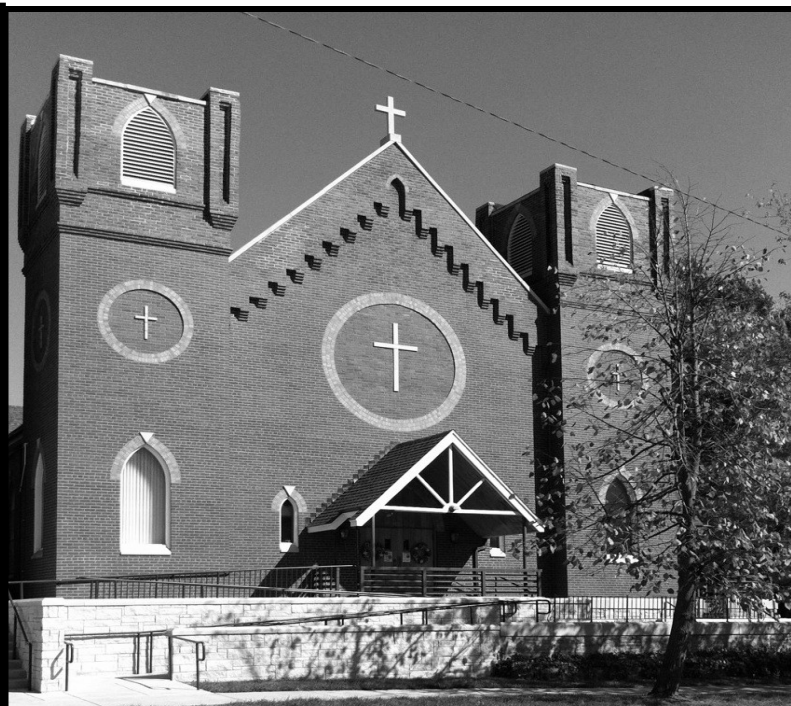
Rev. Rahab Isidor
rahabisidor69@yahoo.com

Director of Religious Education:

Sr. M. Socorro Lozoya,
MCM
sisterlozoya@yahoo.com

Admin Assistant

Suzanna Curry
stlawrence1892@gmail.com

**Youth Director:**

Jay Jastal
SLyouthdirector@gmail.com

School Principal:

Mark Keaton
mkeaton@stlawrencecatholic
school.com

**MASS SCHEDULE
HORARIO DE MISAS****Saturday/Sábado**

5:30 pm English

Sunday/Domingo

10:00 am English
12:30 pm Español

Tuesday-Thursday / Martes-Jueves

8:15 am English

First Friday/Primer Viernes

10:00 am English

CONFESSION/CONFESIÓN:**Saturday/Sábado**

4:30-5:15 pm or by appointment. *O con cita*

**SACRAMENT OF MATRIMONY/
SACRAMENTO DEL MATRIMONIO**

Please call the Parish Office for appointment (6 months of marriage preparation required).
Favor de hablar a la oficina para una cita (6 meses de preparacion requerida).

BAPTISM/BAUTISMOS

Please call the parish office. *Favor de hablar a la oficina.*

MASS INTENTIONS/INTENCIONES PARA LAS MISAS

Please visit the parish office. *Favor de hablar a la oficina.*

CONFIRMATION/CONFIRMACIÓN

The Bishop visits our parish for Confirmation every two years. *El Obispo visita nuestra parroquia cada 2 años.*

RELIGIOUS EDUCATION/EDUCACIÓN RELIGIOSA

Grades K-6/Grados K-6:
Sundays/Domingo 11:00 am -12:15 pm
Grades 7-12/Grados 7-12:
Wednesdays/Miércoles 7:00 pm

FIRST RECONCILIATION & FIRST COMMUNION/PRIMERA RECONCILIACIÓN Y PRIMERA COMUNIÓN

Children in first grade must be enrolled in the Parish School/Parish School of Religion (PSR) to receive the sacrament in second grade. *Los niños en primer grado deben estar inscritos en la Escuela Parroquial/Escuela Parroquial de Religión (PSR) para recibir el sacramento en segundo grado.*

EMAUS: Invites you to pray the Holy Rosary every Saturday at 7:50 am. *Se les invita a rezar el Santo Rosario cada sábado a las 7:50 am.*

Welcome to the Catholic Community of

Founded
1892

St. Lawrence Catholic Church

*Diocese of
Springfield-Cape
Girardeau*

Parish Office 417-235-3286 Parish School 417-235-3721 405 7th Street, Monett, MO 65708

Digital bulletins available at www.stlawrencemonett.com

Office Hours/Horas de Oficina: Monday-Friday/Lunes-Viernes 12:30pm-4:00pm

Please remember St. Lawrence Church and School in your will.

Parish Mission Statement/ Misión Parroquial

"We children of God and the Catholic community of St. Lawrence parish are committed to the worship of God and the spreading of the Gospel of Jesus Christ through education and our living example of love and concern for all the people of our area."

"Los hijos de Dios y la comunidad Católica de la parroquia de San Lorenzo estamos comprometidos con la adoración a Dios y la difusión del Evangelio de Jesucristo a través de la educación y nuestro ejemplo vivo de amor y preocupación por todas las personas de nuestra área".

March 3, 2024

3rd Sunday of Lent

Welcome

Welcome to St. Lawrence Catholic Church. Our Parish has helped to bring Jesus Christ to the city of Monett since 1892. We seek to foster the spiritual growth of our parishioners through the celebration of the Sacraments, Catechists, community life, and personal prayer.

Weekly Collection

February 25, 2024

Envelopes/Loose Checks	\$3,448.00
Loose Bills/Change	\$1,002.75
Mass Offerings	\$100.00
Votive Candles	\$30.00
Outreach	\$10.00
School Support	\$180.00
The Mirror	\$56.00
Religious Store	\$64.00
Central and Eastern Europe	\$1,092.00
Building Fund	\$10.00
Holy Day Flowers-Christmas	\$5.00
Sacred Heart Reimbursement	\$1,904.53
Total	\$7,902.28

Fr. Rahab would like to thank everyone for your generous contributions to our Parish.

Second Collections

March 10th—Catholic Relief Services
March 29th—Holy Land Good Friday

Prayer Chain

If you have a prayer request please call Joan McNerney (417-235-3836) or Marlene Hayes (417-235-5524) to make the request. If you wish to place a name in the parish bulletin please call the parish office (417-235-3286)

Adult Catechism Meeting

Adult Catechism Meeting held every Tuesday at 6:00pm in the Conference Room



NEED YOUR ROSARIES REPAIRED?
Please call Al Fiffe for Rosary repair at (417) 236-6220.

BULLETIN DEADLINE

If you would like to have something in the bulletin, please send it via email to the parish office no later than Tuesday. Please email: stlawrence1892@gmail.com

Flocknote-Sign up Today!

Keep in touch with us via email and text! Mass times, weather cancellations, ministry updates, and more delivered to your phone To sign up, text SAINTL To 84576 Sign up online at: Stlawrencecatholicchurc2.flocknote.com

Weekly Calendar Los Santos Y Otras Celebraciones

SAT. MARCH 2ND

11:0am Common Grounds Faith Study
4:30pm Confessions
5:30pm Mass Monett for— +Janet Markworth

SUN. MARCH 3RD: 3RD SUNDAY OF LENT

Domingo: Tercer Domingo de Cuaresma

8:00 am Mass Verona
10:00am Mass Monett— + Omar Mijares
11:00am PSR Class
12:30pm Misa de Domingo Monett-Spanish Mass
5:00pm Misa de Domingo Verona-Spanish Mass

MON. MARCH 4TH: ST. CASMIR

LUNES: SAN CASIMIRO

6:00PM PRAYER GROUP

TUE. MARCH 5TH

8:15am Mass—Monett —+ Mildred and Francis Monto
6:00pm Adult Catechism Meeting-Conference Room
5:00pm Holy Hour— Monett

WED. MARCH 6TH

8:00am Mass—Verona
7:00pm PSR and RCIA Class

THUR. MARCH 7TH: SS. PERPETUA AND FELICITY

JUEVES: SS. PERPETUA Y FELICIDAD

8:15am Mass—Monett— + Kathleen Younker

FRI. MARCH 8TH: ST. JOHN OF GOD; ABSTINENCE

VIERNES: SAN JUAN DE DIOS; ABSTINENCIA

8:00AM MASS—VERONA
1:00PM CARD PARTY— BASEMENT
5:00PM K OF C FISH FRY
5:30PM ENGLISH STATIONS OF THE CROSS
6:00PM SPANISH STATIONS OF THE CROSS

SAT. MARCH 9TH: ST. FRANCES OF ROME

SABADO: SAN FRANCISCO DE ROMA

11:00AM COMMON GROUNDS FAITH STUDY
4:30 CONFESSIONS
5:30pm Mass Monett— + Todd Storms

SUN. MARCH 10TH: 4TH SUNDAY OF LENT; DAYLIGHT SAVINGS TIME ENDS

DOMINGO: CUARTO DOMINGO DE CUARESMA; EL

HORARIO DE VERANO

8:00 am Mass—Verona
10:00 am Mass Monett— + Omar Mijares
11:00am PSR Class
12:30 pm Misa de Domingo Monett—Spanish Mass

Diocesan News

Upcoming Discernment Retreats

There are 2 opportunities for discernment for high school or young men considering the priesthood coming up in the next couple of months.

Kenrick-Glennon Seminary will also offer a high school retreat to learn about the seminary on the weekend of Palm Sunday, March 22-24. Again, type in stlvocations.org and scroll down to that even to register.

Finally, **Conception Seminary** in northern Missouri will hold its spring "Encounter with God's Call," April 20-22. Visit Encounter with God's Call—Conception Seminary College and click to register. Contact Ed Laning 760-250-4143

CMSWR Regional Workshop-All Women Religious are invited

All women religious are invited to a CMSWR regional workshop, Sat., Mar., 2nd, 9:30am-4:30pm, at St. James Catholic Church, St. Joseph, MO. The theme: "*That They May be One: The Role of Consecrated Women in Fostering Church Unity.*" The presenter is Sr. Marie Kolbe Zamora, of the Franciscan Sisters of Christian Charity. Appointed by Cardinal Mario Grech serve as an official for the General Secretariat of the Synod of Bishops in Rome. The workshop is free and lunch will be provided. Mass is included, with Bishop James V. Johnston, Jr., celebrant.

Diocesan Eucharistic Pilgrimage in March

The Knights of Columbus Council at Southeast Missouri State University will lead a Eucharistic pilgrimage, Anima Christi '24, across the Diocese of Springfield-Cape

Girardeau, beginning in Joplin and concluding in Cape Girardeau, March 10-17, 2024. The traveling pilgrims, accompanied by their chaplains, Fr. Laurent Okitakatshi and Deacon Tom Schumer, will make 21 stops throughout the diocese. In connection with the National Eucharistic Revival, the purpose of this pilgrimage of faith is to revive within our own diocese greater respect, love, and adoration for our Eucharistic Lord. Local communities are welcomed and encouraged to join the pilgrimage in Holy Adoration, Mass and walking Eucharistic processions. For more info email Jared Koehler at jaredlogankoehler@gmail.com

Pray for the Sick

PRAY. SEND CARDS. VISIT

Please let us know of any parishioners who are sick/home bound and would like visitors. If you know of anyone please call the parish office at (417) 235-3286.

Parishioners requesting prayers:

Barbara Alvarez; Jane Ellen Saunders; Sarah Sylvain Isidor (Father's Mom); Maria Padilla; Juan Cecenas; Maria Rueda; Father Peter Morciniec; Parker Laning; Pat Monto; Rosemary Schmidt

Stations of the Cross

Every Friday during Lent, St. Lawrence will be hosting Stations of the Cross:
—5:30pm English —6:00pm Spanish

READINGS FOR THE WEEK

March 3, 2024

1st Read: Ex 17:3-7; **Psalm:** 95:1-2,6-7,8-9; **2nd Read:** Rom 5:1-2,5-8; **Gospel:** Jn 4:5-42

March 4, 2024

1st Read: 2 Kgs 5:1-15ab; **Psalm:** Ps 42:2,3; **Gospel:** Lk 4:24-30

March 5, 2024

1st Read: Dn 3:25,34-43; **Psalm:** Ps 25:4-5ab,6 and 7bc,8-9; **Gospel:** Mt 18:21-35

March 6, 2024

1st Read: Dt 4:1,5-9; **Psalm:** Ps 147:12-13,15-16,19-20; **Gospel:** Mt 5:17-19

March 7, 2024

1st Read: Jer 7:23-28; **Psalm:** Ps 95:1-2,6-7,8-9; **Gospel:** Lk 11:14-23

March 8, 2024

1st Read: Hos 14:2-10; **Psalm:** Ps 81:6c-8a,8bc-9,10-11ab,14 and 17; **Gospel:** Mk 12:28-34

March 9, 2024

1st Read: Hos 6:1-6; **Psalm:** Ps 51:3-4,18-19,20-21ab; **Gospel:** Lk 18:9-14

March 10, 2024

1st Read: 2 Chr 36:14-16,19-23; **Psalm:** 137:1-2,3,4-5,6; **2nd Read:** Eph 2:4-10; **Gospel:** Jn 3:14-21

School News

The school Daddy/Daughter Dance this past weekend was a huge success. The parish hall was a perfect setting for the dance. Marty Probstfield provide beautiful music for the event. Thank you Marty! Thank you to Mr. and Mrs. Anthony Barchak, Ms. Jacquelin Bussell, Mrs. Patricia McCaffrey, and all who donate to our school. Your gifts are very important to keeping our school educating our students in the faith. Please continue to pray for the sick of our parish and for Pope Francis. I believe that our prayers are answered by God if we are sincere and truly need his intercession. I hope you have a great week, Mark

PCCW

Next meeting will be March 4th at 6:30pm. **Catholic Women's 65th Annual Spring Assembly:** From East to West, all Catholic women are invited to attend the 65th Annual Spring Assembly sponsored by the Diocesan Council of Catholic Women (DCCW) on Friday and Saturday April 19-20, 2024 at the Drury Plaza Hotel & Conference Center, 3351 Percy Drive, Cape Girardeau, Mo. If you have never attended an Assembly, this is a nourishing, full fellowship treat for your soul with our very own Fr. Kelly's private band for entertainment, and many more surprises. Invite your friends and get ready to be filled with Spiritual, Service, and Leadership knowledge to take back to your parishes, homes, and lives



March 3, 2024

3rd Sunday of Lent

English Lectors

Saturday 5:30pm

- March 2nd.....Nikki Pierce
- March 9th..... Patricia Randall
- March 16th.....Al Dohmen
- March 23rd.....Thomas Kump

Sunday 10:00am

- March 3rd.....Sandy Jastal
- March 10th..... Youth (Jonah Rosebaugh)
- March 17th.....Sara Schad
- March 24th.....Angie Madison

Eucharistic Ministers

Saturdays

March 2nd— Al Dohmen, Geri Carey, Nikki Pierce, Katelyn Conley, Agnes Bruner

March 9th—Jim Haston, Marilyn Ceselski, Jason Ceselski, Ashley Ceselski, Geri Carey

March 16th—Jim Haston, Teresa Verhoff, Aaron Holmes, Al Dohmen, Kirk Verhoff

March 23rd—Jim Haston, Nikki Pierce, Katelyn Conley, Agnes Bruner, Marilyn Ceselski

Sundays

March 3rd—Sara Schad, Gary Schad, Randy Schad, Charles Wilke, Bailey Flynt

March 10th—Youth Group

March 17th—Jay Jastal, Sandy Jastal, Jerry Hudson, Judy Hudson, Ann Saunders

March 24th—Ed Velten, Lynda Velten, Cathy Velten, John Velten, Sonie Probstfield

Servers 10am Mass

Mar. 3rd— Hudson Kramer, Joseph Velten, Isaac Saunders

Mar. 10th—Youth

Mar. 17th—Gabe Romo, Alex Apostol, Francisco Salas

Mar. 24th—Fernando Salas, Hudson Kramer, Joseph Velten

Mar. 31st—Isaac Saunders, Gabe Romo, Alex Apostol

Please join the parish in praying for the elect who will join fully into communion with us this Easter: Yovani Turcios, Marlene Villa, Robert (Bob) DeGraff, Paige Haddock and Yesenia Enriquez

Fast and Abstinence

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms for concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.



KNIGHTS OF COLUMBUS & LADIES AUXILIARY



- ♦ Meetings held every 1st Thursday of the month at 7:00p.m in the church basement.
- ♦ Join us in praying the rosary, every Saturday before Mass at 5:00pm and before Mass on the 5th Sunday at 9:30am.
- ♦ **Fish Fry:** Next Fish Fry is Mar. 8th 5pm-7pm

2024 DYC "Into the Deep"

Fri., Apr. 19 at 6pm—Sat., Apr. 20 at 5:30pm at Pinecrest Camp and Conference Center, Fredricktown, MO All Catholic Teens in 7th—12th grade are invited to DYC: Into the Deep For more information visit Diocese of Springfield-Cape Girardeau

Holy Hour

Every Tuesday from 5pm-7pm St. Lawrence is having Holy Hour. Come and spend an hour or two with the blessed sacrament.

Formed

Formed brings beautiful and faithful Catholic content to parishes, families, and individuals. There is something for everyone here: award-winning studies and parish programs, inspiring audio content, movies, e books, and family friendly kid's programming. Led by the Augustine Institute and Ignatius Press.

Registering for Formed

1. Go to formed.org/signup
2. Select your parish by entering name, city and/or zip code
3. Enter your name and email address
4. Check that email account for a link to begin using Formed It is completely free for our St. Lawrence Parishioners!

From the Desk of Sister Socorro

Parents of Confirmation students: Please visit or call Sister Socorro in the parish office, Tuesday through Saturday 9am to 8pm, (417) 235-3286. If you would like a rice bowl, they are in the back of the church. We are collected them on by Holy Thursday. You make bring them to the office during office hours. Thank you and God Bless you all.

Lenten Penance Services

Mar. 7th —Holy Family—Shell Knob—1pm

Mar. 10th —St. Mary's—Pierce City—4pm

Mar. 13th—St. Suzanne—Mt. Vernon—6pm

Mar. 14th—St. Agnes—Sarcoxi—6:30pm

Mar. 17th—St. Joseph—Billings—4pm

3 de Marzo de 2024

Tercer Domingo de Cuaresma

3 de Marzo de 2024**Primera:** Ex 20:1-17; **Salmo:** Salmo 18:8,9,10,11; **Segunda:** 1 Cor 1:22-25; **Evangelio:** Jn 2:13-25**4 de Marzo de 2024****Primera:** 2 Reyes 5:1-15; **Salmo:** Salmos 41:2,3; **Evangelio:** Lc 4:24-30**5 de Marzo de 2024****Primera:** Dn 3:25,34-43; **Salmo:** Salmo 24: 4bc-5ab,6-7bc,8-9; **Evangelio:** Mt 18:21-35**6 de Marzo de 2024****Primera:** Dt 4:1,5-9; **Salmo:** Salmo 147:12-13,15-16,19-20; **Evangelio:** Mt 5:17-19**7 de Marzo de 2024****Primera:** Jer 7:23-28; **Salmo:** Salmo 94:1-2,6-7,8-9; **Evangelio:** Lc 11:14-23**8 de Marzo de 2024****Primera:** Os 14:2-10; **Salmo:** Salmo 80:6c-8a,8bc-9,10-11ab,14 y 17; **Evangelio:** Mc 12:28-34**9 de Marzo de 2024****Primera:** Os 6:1-6; **Salmo:** Salmo 50:3-4,18-19,20-21ab; **Evangelio:** Lc 18:9-14**FLOCKNOTE:****Descarga la aplicación flocknote en tu celular****¡Manténgase en contacto con nosotros por correo electrónico y por mensaje de texto!**

Horarios de misa, cancelaciones por el clima, noticias de la parroquia y mucho más enviado directamente a su teléfono. Envíe la palabra SAINTL Al tel. 202-765-3441 Visítenos usando: Stlawrencecatholicchurc2.flocknote.com

Hora Santa

Todos los martes San Lorenzo tendrá hora santa desde las 5:00pm hasta las 7:00pm. Ven y pasa una o dos horas con el santísimo sacramento. Si quieres un plato de arroz, están en la parte trasera de la iglesia. Los recogeremos el Jueves Santo. Debes traerlos a la oficina durante el horario de oficina. Gracias y Dios los bendiga a todos.

**La Comunidad de Oración Católica****Fuente de Agua Viva**

Les hace la cordial invitación En los Lunes Hora: 6:00pm Lugar: Iglesia Católica San Lorenzo 405 7th Street Monett Mo 65708

De escritorio de la Hermana Socorro Lozoya**Padres de estudiantes de Confirmación:**

Por favor visite a la Hermana Socorro en la parroquia. Oficina, de martes a sábado de 9 a 20 horas.

Noticias Diocesanas**Proximos Retiros de Discernimiento**

Hay tres oportunidades de discernimiento para los hombres de secundaria o jóvenes considerando el sacerdocio dentro de los próximos meses.

El Seminario Kenrick-Glennon también ofrecerá un retiro en la escuela secundaria para aprender sobre el seminario durante el fin de semana de Domingo de Ramos, del 22 al 24 de Marzo. De nuevo, escriba stlvocations.org.

desplácese hacia abajo y haga clic en ese evento para registrarse.

Finalmente, **Conception Seminary** en el norte de Missouri, llevará a cabo su “Encuentro con la llamada de Dios” de primavera, del 20 al 2 de Abril. Visite “Encuentro con la llamada de Dios”— Conception Seminary College y haga clic para registrarse.

Contact Ed Laning 760-250-4143

Ayuno y Abstinencia Cuaresmal

El Miércoles de Ceniza y el Viernes Santo son días obligatorios de ayuno y abstinencia para los católicos. Además, los viernes durante la Cuaresma son días obligatorios de abstinencia.

Para los miembros de la Iglesia de rito latino, las normas son obligatorias desde la edad de 18 años hasta los 59. Cuando se ayuno, se le permite a la persona comer una comida completa, así como dos comidas más pequeñas que juntas no equivalgan a una comida completa. Las normas sobre la abstinencia de carne son vinculantes para los miembros de la iglesia católica de rito latino desde los 14 años en adelante.



Transforming society to respect and protect all innocent human life.

10 Reasons to DECLINE to Sign

1

Parental Consent laws will be eliminated

If a "right" to abortion is enshrined in our Missouri Constitution it would allow abortions to be performed on pregnant minors without notice to or consent from the minor's parents.

2

Partial-birth / Late-term abortions on demand

If our Missouri Constitution is amended with a "right" to abortion, abortion will be allowed from conception to live birth, including partial-birth / late-term abortions.

3

Abortion - all 9 months

If this amendment passes, abortions will be allowed for "physical or mental health" reasons all 9 months - from conception to live birth.

4

Health & Safety standards eliminated

Missouri law requires health and safety standards for abortion clinics. These would be eliminated if this amendment passes, and would allow anyone to perform abortions without a healthcare license.

5

MO's 52+ pro-life laws will be eliminated

Our Missouri Constitution is our state's supreme (highest) law and governing document. Our pro-life laws will be eliminated by enshrining a "right" to abortion in our Missouri Constitution.

Women lose ability to sue for malpractice

6

A woman's ability to seek criminal prosecution/civil penalty of any person who performs/assists/provides support to induce/seek/obtain an abortion will be eliminated.

PRCs forced to refer for abortion

7

Pregnancy Resource Centers will be forced to refer for abortion.

Ultrasounds eliminated

8

Abortion clinics will no longer be required to offer or show a mother her baby's ultrasound image.

Significant \$ Loss to MO

9

Missouri could suffer a significant loss to state and local revenue if this language is enshrined in the Missouri Constitution.

Taxpayer-funded abortion

10

If abortion is enshrined as a "right" in our Missouri Constitution, your legislator will be unable to refuse to appropriate funds to abortion providers.

Contact us for more information about how you can be a pro-life voice!

Missouri Right to Life, PO Box 651, Jefferson City, MO 65102 | 573-635-5110 | missourilife.org

To Report Signature-Gatherers Contact Us at Our TIPLINE: 417.413.4134

5 Things You Can Do *Right Now* to Save the Preborn & Protect Missouri Women



On Wednesday, January 17, a coalition of abortion-rights groups announced they are collecting signatures to put a pro-abortion constitutional amendment on the 2024 ballot.

Missouri Catholics and other pro-life advocates are committed to keeping current safeguards in place by telling the general public the truth about the harm the passage of a pro-abortion ballot initiative petition would do in Missouri. Here are 5 things you can do *right now* to help:



1. Pray

90 Prayer Days for Life is a state-wide prayer campaign from February 5-May 5. This covers the time in which pro-abortion supporters are attempting to collect signatures to insert abortion into our state constitution.

Individuals, families, groups, schools, and parishes are invited to:

1. *Choose a day to pray.*
2. *Sign up online here: <https://bit.ly/90DaysForLife-2024>*
3. *Pray before Jesus in the Blessed Sacrament, through our Blessed Mother's intercession, specifically for this intention on the scheduled day.*

2. Walk with Moms

Support moms in your parish and community, especially those facing an unexpected pregnancy. Partner with your local pregnancy help center to walk with them.

3. Decline to Sign

Take action by "Decline to Sign" any initiative that is labeled "Women's Reproductive Health." These initiatives, are in reality, a push to have Missouri become a pro-abortion state through the November 2024 ballot.

4. Promote Voter Registration

Encourage young people and other new voters to register. Help at a registration drive in your community or ask your pastor if you can organize one at your parish (per the Secretary of State guidelines).

5. Attend the Midwest March for Life

Promote and attend our state-wide March in Jefferson City on May 1, 2024. Activities starting at 8am, rally at 9am, and March immediately following. Parishes will be reimbursed for mileage.

Office of Respect Life
<https://dioscrg.org/respect-life/>
Sr. Janine Tran, CMR
417-866-0841 ex 1125
jtran@dioscrg.org



Genuflecting

Genuflecting Before the Blessed Sacrament –Bowing before the Altar Once we a Catholic church proper we walk to our pew and genuflect to the Blessed Sacrament in the tabernacle. If the Blessed Sacrament is reserved in a Blessed Sacrament chapel, we would then bow deeply to the altar as the altar represents Christ. Bowing and genuflecting are gestures of greeting and submission. Bowing is a lesser form of reverence than genuflecting. Let's look at the difference between these two signs. There's a traditional distinction that's very useful: a distinction using three Greek words: latria, hyperdulia, dulia. These three categories indicate different grades of reverence due to God and the saints. Latria means adoration: it is reserved to God alone. Hyperdulia means "extra special reverence". There is only one person in this category: Mary the Mother of God, since she is above all the saints by the glorious design of God. Dulia means reverence; it is given to the saints and to sacred objects. Latria, hyperdulia, dulia. When we reverence the altar – and the altar always represents Christ, we are showing honor to a sacred object. That means dulia. So we bow. When we reverence the Blessed Sacrament, however, we are adoring God Himself, since the Lord is truly present in the Blessed Sacrament. That means latria. So we genuflect. Let's take a look at both bows and genuflecting. There are two kinds of bows in use today. First, there is the bow of the head (or simple bow) this bow is a slow nod. It is made when the Father, Son, and Holy Spirit and named together and at the name of Jesus, Mary, or the saint in whose honor the Mass is celebrated (GIRM §275a). Reverence for the Holy Name of Our Lord, Jesus Christ, arose in the apostolic times. St. Paul in his Letter to the Philippians wrote, "So that at Jesus' name every knee must bend in the heavens, on the earth and under the earth, and every tongue proclaim to the glory of God the Father: Jesus Christ is Lord" (2:10-11). Secondly, there is the deep or profound bow, bending the entire body at the waist, touching the knees with the palms of the hand. This bow is the normal method of expressing reverence and respect throughout the church. It is made when the deacon asks the priest for a blessing before he reads the Gospel. Whenever we pass in front of the altar, when the Blessed Sacrament is not present, we are to bow deeply. The priest also demonstrates the profound bow when he presses his lips to the altar before Mass begins; this kiss is for our Lord. He thereby expresses his love, and asks for His in return. We also bow deeply when we recite the words of the profession of faith, which refer to the incarnation: "by the power of the Holy Spirit he was born of the Virgin Mary and became man." All kneel at these words on the solemnities of Christmas and Annunciation (GIRM §275b).

Genuflecting the word "genuflexion" comes from two Latin words: genu, knee; flectere, to bend. It is a natural sign of adoration or reverence. A genuflexion is not a curtsy. It is the momentary bending of the right knee to touch the floor; the body should be held erect and the sign of the Cross not made. It is frequently used in the ritual of the Church. All genuflect when passing before an altar at which the Blessed Sacrament is reserved, or is lying upon the corporal during Mass, and to the unveiled cross from the solemn adoration in the liturgy of Good Friday until the beginning of the Easter Vigil. The priest repeatedly genuflects during Mass in adoration of the Eucharist after the consecration. Since a genuflexion is an act of adoration, the general liturgical norms no longer make any distinction between the manners of adoring Christ reserved in the tabernacle or exposed, upon the altar, in a monstrance. The simple single genuflexion on one knee may be used in all cases. Some bishops' conferences have voted to retain the use of the double genuflexion for the Blessed Sacrament exposed, and it would be required in these countries. In this case, those who make the double genuflexion kneel briefly on both knees and reverently incline the head with hands joined together palm to palm with the right thumb crossed over the left, and held at the breast. The 2002 GIRM specifies that: "If there is a tabernacle with the Blessed Sacrament in the sanctuary, the priest, deacon and other ministers [e.g. altar servers] genuflect to it when they approach or leave the altar [beginning and end of Mass], but not during the celebration of Mass itself. Otherwise, all who cross before the most Blessed Sacrament genuflect [e.g. ushers], unless they are involved in a procession. "Three genuflexions are made during Mass by the priest celebrant: after the showing of the Eucharistic bread, after the showing of the chalice, and before communion. If there is a tabernacle with the Blessed Sacrament in the sanctuary, a genuflexion is made before and after Mass and whenever anyone passes in front of the Blessed Sacrament" (§274).