

TREASURES of OUR FAITH
by: Deacon Ryan Adams

Greetings brothers and sisters. As we go through this 'Year of Faith', each week we will take a journey together to deepen and rediscover our faith as Catholic Christians. We will take time to look at the rich traditions of our Church, we'll look at what certain things signify and their symbolism, take time to answer some frequently asked questions and look at why we do certain things as Catholics. This week we'll look at the bowing.

The bow is a display of respect. The General Instruction of the Roman Missal (GIRM) states that: A bow signifies reverence and honor shown to the persons themselves or to the signs that represent them.

There are two kinds of bows: a bow of the head and a bow of the body.

A) A bow of the head is made when the three Divine Persons are named together and at the names of Jesus, or of the Blessed Virgin Mary, and of the Saint in whose honor Mass is being celebrated.

B) A bow of the body, that is to say a profound bow, is made to the altar and is also made during the Creed at the words, "and by the Holy Spirit was incarnate of the Virgin Mary, and became man." This same kind of bow is made by the deacon when he asks for a blessing from the celebrating priest before the proclamation of the Gospel. The priest bows slightly as he speaks the words of the Lord at the consecration. All of these bows are cases of wanting to show respect and reverence.

Some other instances of bowing that you'll notice during the liturgy;

Bowing when crossing in front of the altar, the assembly bowing when the thurifer incenses them, we bow out of reverence when the Crucifix passes our pews during the entrance and exit processions Bowing prior to receiving either the body or blood of our Lord, (Eucharist) here we show our respect and love for the Eucharist by bowing slightly before we receive Communion and answering "Amen" to The Body of Christ and if also receiving from the chalice, we bow again, and answer "Amen" to The Blood of Christ. All of these examples of bowing are our ways of visibly showing our inner love, respect and reverence, in an outward sign.