



2016 Chancel Party Customary

For the Normative Principal Service on the Lord's Day
in Ordinary Time

Acknowledgement

We would like to praise God for George Cookman, who, with others in their dedication to Christ and His Church, provided, in the format of previous editions, the basis for this revised customary of All Saints' Anglican Church.

Purpose

This document is to provide detailed information about the roles for each member of the chancel party, and the specific movements during the service from the opening processional to after the final dismissal. Pre-service preparation is covered in protocols provided elsewhere. This document is intended for anyone who serves on Sunday, in order to ensure that everyone knows their role, duties and timing for the service. It is our intention that, for other services and roles that are not detailed here (e.g., Clergy Manual Acts, ordinations, The Great Vigil, the Altar Guild), we will be providing customaries particular to those liturgical needs.

We desire the service to flow in a way that honors God and each person worshipping. [Remember, you are ushering God's people, Christ's Body, into His presence on the heavenly throne of His grace, joining in the "presence of Angels and Archangels, and all the company of heaven"] We glorify God by doing our jobs the best way possible. We honor God with our well-rehearsed, coordinated actions that call attention to the celebration of God's goodness and mercy, and not to ourselves. Abounding grace flows if any mistakes are made. This document is intended to give us all the best opportunity to excel in *liturgical choreography*. Surety in knowing what to do builds our self-confidence, enabling us to enter more fully into worship, as well as offering simple clarity of action for visitors unfamiliar with liturgical worship, ushering all of us into God's throne room of Grace.

There can be some flexibility in specific situations; however, the goal is for each role to always perform the same duties to *avoid confusion among other members of the party*. We want it to be clear which person has which duties based on their assigned roles. For example, embedded in this document is a graduated increase in role complexity: Epistle Torch-bearer → Gospel Torch-bearer → Crucifer. This will allow for growth in an Acolytes' (literally, "one who serves", here used in the traditional liturgical sense) ability and for increasing responsibility. Yet flexibility of teamwork is also intended, so that roles may adapt to the ability and comfort levels of participants. Hopefully, our youth will thus embrace the challenge of serving as sacred ministers.

This Customary will necessarily be refined over time through conversation and experience.

Above all, we affirm that the fullness of liturgical worship happens when it is empowered by the Holy Spirit. All of God's charismata are meant for His glory and should therefore infuse our *leitourgia*. This "Work of the People" is a vehicle to transform us into vessels open to the in-filling of His Spirit!

Soli Deo Gloria!

Please direct your questions, comments or concerns to the Church Office.


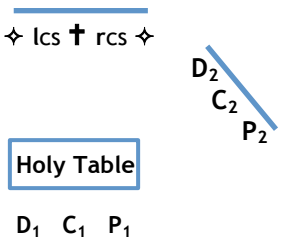
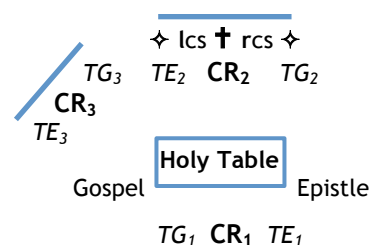
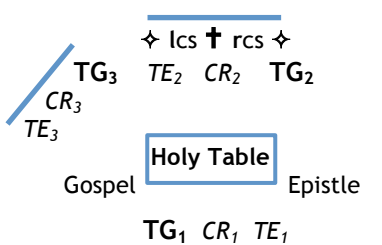
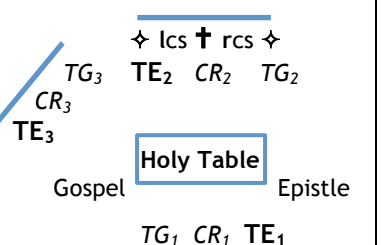
Roles

Title	Abb	Functions
Celebrant	C	Presides at the Eucharist, pronounces forgiveness & blessing.
Preacher	P	Proclaims the Gospel. May also be Celebrant or Deacon serving at the Holy Table* , whether it be clergy or a lay person.
Deacon	D	Processes in and out of the church with, as well as reads, the Gospel. Bids the Prayers of the People. Leads the Confession. Serves by setting the Holy Table, pointing the Service Book.
Crucifer and Gospel-Bearer and Chalice-Bearer	CR	The Acolyte who bears the Cross, leading Christ's worshippers in procession into the Church and out again into the World. (Left hand cups butt of shaft, arm extended fully down. Right hand grasps shaft at chin/lip height, elbow out at right angle.) Processes the Gospel Book at the reading, and holds it as it is read. Receives offerings from the People's Ushers & brings to Table: Oblations of Bread & Wine, Alms Offering Plate. Rings Sanctus Bells at Sanctus and during Eucharistic Prayer.
Torch-bearer, Gospel side and Chalice-Bearer	TG	The Acolyte who carries torch in procession on the Gospel side (stage right) (Outside hand grasps 2/3 from butt of the shaft, inside hand 1/3. Torch cup at lip level of shortest: TG/TE.) Facilitates moving Chalice, Water Cruet & Lavabo Bowl between credence tables and clergy. Provides the Lavabo for the Celebrant.
Torch-bearer, Epistle side	TE	The Acolyte who carries torch in procession on the Epistle side (stage left). (Outside hand grasps 2/3 from butt of the shaft, inside hand 1/3. Torch cup at lip level of shortest: TG/TE.) Facilitates moving Chalices between credence tables and the Holy Table. Post-communion, receives Sacred Vessels to rear credence table. Lights (R to L) & snuffs (L to R) Torches, then Holy Table candles. In due liturgical season, the Paschal Candle is lit first & last.

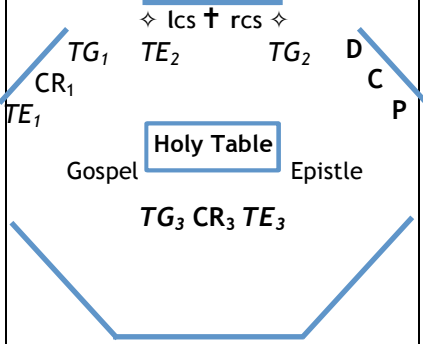
* **Please note:** The ACNA nomenclature, "Holy Table", used throughout this document, refers to the Table around which we gather, for the Passover Meal in which we share: With those Apostles then, the Church throughout time, and all the Angels, Archangels, and all of the company of heaven, spanning eternity. All of us participate in the "*anamnesis*" of the sacramental "re-calling" of Christ's Passion, Resurrection & Ascension through His institution of His once-for-all sacrificial feast of the Eucharist.

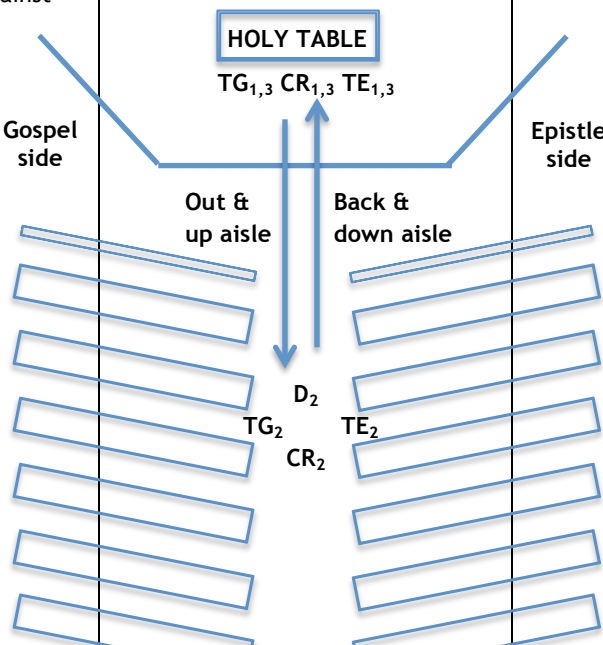
Historic Anglican theology does not, then, consider the Table an "Altar" upon which Jesus is re-sacrificed by the priest during the course of each Eucharist

Customary for Ordinary Time The *italicized notes* in the first column are ACNA rubrics, the [bracketed notes] are merely explanatory

Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
Pre-Service [Pre-set & mark all hymnals, service booklets and bulletins in chancel seats.] [Nothing is carried in procession, in hands or tucked in cincture, other than sacred objects. Sing from PowerPoint slides.]	20 minutes before: Vest Check Mics in sanctuary for sound levels. Leave on (muted on Board) D check Service Book/Stand D brings Gospel Book to Vestry Pray with party in Vestry . Proceed down Vestry stairs through undercroft, up back stairs into Narthex .	20 minutes before: Vest Check Left Credence Shelf for Gluten-Free & Alcohol-Free, Stack/Chalice 1 Bring Cross to Vestry . Pray with party in Vestry . Proceed down Vestry stairs through undercroft, up back stairs into Narthex .	20 minutes before: Vest Check Right Credence Shelf for Chalice 2 & Water Cruet & Lavabo Bowl. Credence Table: Veil/Burse Bring Torch to Vestry . Pray with party in Vestry . Proceed down Vestry stairs through undercroft, up back stairs into Narthex .	20 minutes before: Vest Reverence Holy Table & light Holy Table Candles , right to left. Bring Torch to Vestry . Pray with party in Vestry . Proceed down Vestry stairs through undercroft, up back stairs into Narthex . Once in Narthex , light torches.
Procession out of the World into the Church <i>A hymn, psalm, or anthem may be sung.</i>  † Cross mounted to credence wall cs Credence Shelf ✦ Torch mounted to credence wall [Note that the seating for the Acolytes reflects the concept that though laity—as part of the chancel party—they are as much sacred ministers in worship as are the ordained clergy.]	Move to head of aisle after Acolytes. Clergy process single-file. Space to minimize pause while ascending to footpace (platform). D places Gospel Book on the Holy Table , Gospel-side end. Line up, D-C-P left to right w/i 3 ft. of Holy Table . C cues reverence together with solemn bow. Proceed single-file around Epistle end of Holy Table . [Bp, when present, lays his crosier on Holy Table w/assistance from D before all reverence together.] Go single-file to seat on Epistle side and finish singing Hymn standing in front of seat: 	CR starts Procession : at head of aisle move on 1 st verse (after intro) Acolytes process together as triad, straight up to top of footpace (platform) before the Holy Table , TG at lft, TE at rt behind CR elbow No reverencing when carrying sacred object. CR pause, allow TG & TE to pull even in file. Turn 90° counterclockwise as one. Proceed Single-file around Gospel end of Holy Table . Follow TG to credence wall When lined up, place Cross in wall mount bracket. Go single-file to seat on Gospel side and finish singing Hymn standing in front of seat: 	Start Procession with TG behind left elbow of CR . Acolytes process together as triad, straight up to top of footpace (platform) before the Holy Table , TG behind right CR elbow. No reverencing when carrying sacred object. TG & TE pull even in file with CR . Turn 90° counterclockwise as one. Proceed Single-file around Gospel end of Holy Table . TG leads & ends at Right end of credence wall. When lined up, place Torch in wall mount clip. Go single-file to seat on Gospel side and finish singing Hymn standing in front of seat: 	Start Procession with TE behind right elbow of CR . Acolytes process together as triad, straight up to top of footpace (platform) before the Holy Table , TE behind right CR elbow. No reverencing when carrying sacred object. TG & TE pull even in file with CR . Turn 90° counterclockwise as one. Proceed Single-file around Gospel end of Holy Table . TE trails & ends at Left end of credence wall. When lined up, place Torch in wall mount clip. Go single-file to seat on Gospel side and finish singing Hymn standing in front of seat: 

Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
When postural rubrics are given, it is reasonable to assume as appropriate until next indication of otherwise.				
Acclamation <i>The People standing, the Celebrant says this or a seasonal greeting</i>	As the hymn ends, C moves to front of the footpace before the Holy Table , and, extending hands to the People , leads them in the Acclamation of God (memorized).	Stand where sitting, joins in the Acclamation of God.	Stand where sitting, joins in the Acclamation of God.	Stand where sitting, joins in the Acclamation of God.
Collect for Purity <i>The Celebrant prays (and the people may be invited to join)</i>	C, turning to face the Holy Table , addresses God by "collecting" the prayers of the People (beginning in the Laudans gesture, and ending in Orans) in the Collect for Purity (memorized).	Stand where sitting, may join, if invited by C, in the "collecting" of their prayers in the Collect for Purity .	Stand where sitting, may join, if invited by C, in the "collecting" of their prayers in the Collect for Purity .	Stand where sitting, may join, if invited by C, in the "collecting" of their prayers in the Collect for Purity .
The Summary of the Law <i>The Celebrant then reads the Summary of the Law. The Decalogue may be used at any time in place of the Summary of the Law.</i>	C turns to again address People , (hands together) and reads the Summary of the Law (memorized), or lead them in the Decalogue (memorized) during penitential seasons.	Stand where sitting, hear & mark Jesus' Summary of the Law, or join the C in the Decalogue during penitential seasons.	Stand where sitting, hear & mark Jesus' Summary of the Law, or join the C in the Decalogue during penitential seasons.	Stand where sitting, hear & mark Jesus' Summary of the Law, or join the C in the Decalogue during penitential seasons.
Kyrie or Trisagion <i>The Celebrant and people may sing or pray together...</i>	With this option, C turns to face Holy Table , and leads the People in petitioning God for mercy (memorized).	Stand where sitting, join the C in petitioning God for mercy.	Stand where sitting, join the C in petitioning God for mercy.	Stand where sitting, join the C in petitioning God for mercy.
Gloria in Excelsis <i>The Gloria or some other song of praise may be sung or said, all standing.</i>	With this option, C, facing the Holy Table , leads the People in glorifying God. The Gloria (memorized) is begun with a Laudans gesture and ends in a solemn bow.	Stand where sitting, joining the C in glorifying God. The Gloria is begun with a solemn bow.	Stand where sitting, joining the C in glorifying God. The Gloria is begun with a solemn bow.	Stand where sitting, joining the C in glorifying God. The Gloria is begun with a solemn bow.
Songs of Praise <i>may be sung or said, all standing.</i>	C moves to stand in front of the C's chair, facing the Holy Table . Either the hymnal or service booklet insert is used.	Stand where sitting, in attitude of praise. Either the hymnal or service booklet insert is used.	Stand where sitting, in attitude of praise. Either the hymnal or service booklet insert is used.	Stand where sitting, in attitude of praise. Either the hymnal or service booklet insert is used.
Collect of the Day <i>The Celebrant prays the Collect. When concluded, the people respond praying [Amen]</i>	D holds text of the collect for C. C, from the C's chair, yet facing the Holy Table , addresses God by "collecting" the prayers of the People (beginning in the Laudans gesture, and ending in Orans) in the Collect of the Day .	Stand where sitting, in attitude of prayer. When the Collect is concluded, join in the Amen .	Stand where sitting, in attitude of prayer. When the Collect is concluded, join in the Amen .	Stand where sitting, in attitude of prayer. When the Collect is concluded, join in the Amen .

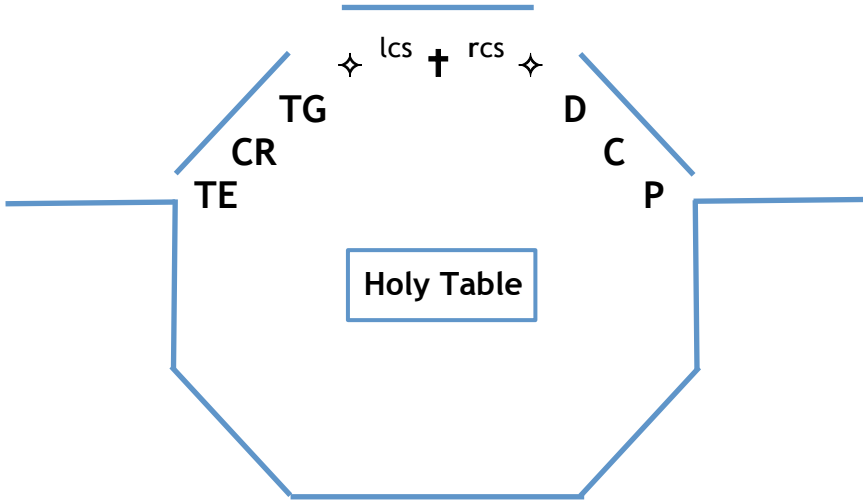
Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
The Lessons: OT <i>One or more Lessons, as appointed, are read. A citation giving chapter and verse may be added. Silence may follow. A psalm, hymn or anthem may follow each reading.</i>	It is customary to sit to attend to God's Word. After the reading, at the Lector's prompting, thank God for His Word.	It is customary to sit to attend to God's Word. After the reading, at the Lector's prompting, thank God for His Word.	It is customary to sit to attend to God's Word. After the reading, at the Lector's prompting, thank God for His Word.	It is customary to sit to attend to God's Word. After the reading, at the Lector's prompting, thank God for His Word.
The Lessons: Psalm	Attend to God's Word. The Gloria Patri is closed with a reverential bow, while seated, to glorify God.	Attend to God's Word. At the Gloria Patri, close in a reverential bow, while seated, to glorify God.	Attend to God's Word. At the Gloria Patri, close in a reverential bow, while seated, to glorify God.	Attend to God's Word. At the Gloria Patri, close in a reverential bow, while seated, to glorify God.
The Lessons: NT <i>One or more Lessons, as appointed, are read. A citation giving chapter and verse may be added. Silence may follow. A psalm, hymn or anthem may follow each reading.</i>	Attend to God's Word. After the reading, at the Lector's prompting, thank God for His Word.	Attend to God's Word. After the reading, at the Lector's prompting, thank God for His Word.	Attend to God's Word. After the reading, at the Lector's prompting, thank God for His Word.	Attend to God's Word. After the reading, at the Lector's prompting, thank God for His Word.
The Lesson: The preparation for the Gospel Procession. <i>All standing.</i>	At cue from D, All rise from sitting. D moves around to face the Celebrant. D then either bows head to receive a Priestly blessing, or kneels to receive an Episcopal blessing. C finishes as Acolytes assemble D turns to stand facing Holy Table. 	At cue from D, All rise from sitting. CR waits for TG & TE to move toward credence wall. CR steps out to retrieve the Gospel from the Holy Table or LECTERN. While D receives their priestly blessing, the CR carries the Gospel Book facing out, one hand each side, at chest height, to the front & center of the Holy Table, facing the Table.	At cue from D, All rise from sitting. TG proceeds first in single file with TE following, to credence wall. TG on right & TE on left, line up before, and facing, credence wall. TG retrieves Torch. TG & TE, together, turn left. TG follows in single-file behind TE, around Gospel end of Holy Table. TG & TE array in front of & facing the Holy Table, on either side of waiting CR, TG on the left, TE on the right.	At cue from D, All rise from sitting. TG proceeds first in single file with TE following, to credence wall. TG on right & TE on left, line up before, and facing, credence wall. TE retrieves Torch. TE & TG, together, turn left. TE leads in single-file, TG follows, around Gospel end of Holy Table. TE & TG array in front of & facing the Holy Table, on either side of waiting CR, TE on the right, TE on the left.

Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
<p>The Lesson: The Gospel Procession into the midst of the People.</p> <p><i>All standing.</i></p> <p>[The first half of the Gospel Hymn or Alleluia is sung.]</p>	<p>When the Acolytes start to move, D moves to front of footpace, faces Holy Table & reverences.</p> <p>D turns & follows Acolytes down steps and up aisle to Gospel place.</p> <p>D opens the Gospel Book to reading, in cupped hands of the CR</p> <p>D may adjust height of CR's hands in order to place Gospel Book at a comfortable reading height.</p>	<p>CR sees D has finished, turned and is ready, CR turns clockwise 180° with TG & TE following CR's lead.</p> <p>CR elevates the Gospel Book with both hands to a height above eye-level (in reverence and for safe viewing of steps).</p> <p>CR then leads TG & TE, in procession, as an inverted triad – at appropriate spacing– down steps an up the isle to their spike marks at the Gospel place.</p> <p>When CR arrives at Gospel place, stops & turns to face back down aisle between TG & TE & facing D.</p> <p>CR lowers and holds out the Gospel Book, closed, in cupped hands at rib-cage height, so that the top of the book rests against chest approx. at sternum.</p>	<p>TG & TE following CR's lead, turning clockwise 180°.</p> <p>Following the CR, TG & TE process together as a triad down the steps and up the aisle to the Gospel place.</p> <p>TG steps out of aisle to the right at Gospel place and pivots CCW at spike marks to face TE across the center aisle, center spike mark between toes of shoes, & allowing sufficient room for the SD between their torches.</p> <p>TG lowers torch shaft, hand-over-hand:</p> <ol style="list-style-type: none"> 1. Inside hand lets go. 2. Outside hand drops w/shaft until butt rests on floor. <p>Inside hand grasps shaft at sternum height.</p>	<p>TE & TG following CR's lead, turning clockwise 180°.</p> <p>Following the CR, TE & TG process together as a triad down the steps and up the aisle to the Gospel place.</p> <p>TE steps out of aisle to the left at Gospel place and pivots CW at spike marks to face TG across the center aisle, center spike mark between toes of shoes, & allowing sufficient room for the SD between their torches.</p> <p>TE lowers torch shaft, hand-over-hand:</p> <ol style="list-style-type: none"> 3. Inside hand lets go. 4. Outside hand drops w/shaft until butt rests on floor. <p>Inside hand grasps shaft at sternum height.</p>
<p>The Lesson: The Gospel Reading in the midst of People.</p> <p><i>All standing, the Deacon or Priest reads the Gospel</i> [... after first proclaiming it to be the Holy Gospel of our Lord Jesus Christ.]</p>	<p>D, whilst proclaiming, “The Holy Gospel of our Lord Jesus Christ, according to __,” makes the sign of the Cross with thumb at the beginning of the text, & on forehead, lips & over breast.</p> <p>D waits for the response.</p> <p>Hands together at breast, D reads the Gospel at an unrushed pace, and in a natural voice (no “stained glass voice” intonation).</p> <p>D when finished with the reading, elevates the open Gospel Book with both hands to a height above eye-level & proclaims it as, “The Gospel of the Lord”</p>	<p>CR holds the Gospel Book so that the top of the book rests against chest approx. at sternum.</p>	<p>TG rests torch on the floor.</p> 	<p>TE rests torch on the floor.</p>

Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
The Lesson: The Gospel Procession from the midst of the People . <i>All standing.</i> [The second half of the Gospel Hymn or Alleluia is sung.]	<p>D closes the Gospel Book & turns it facing out, in the cupped hands of the CR.</p> <p>D steps back aside, out of center aisle to Gospel side, accommodate passage of TG-CR-TE.</p> <p>D falls in behind Acolytes and proceeds down aisle.</p> <p>D pauses at foot of aisle, if necessary, while Acolytes move around Holy Table.</p> <p>D mounts footpace, then reverences & proceeds around Epistle end of Holy Table to seat.</p>	<p>When D steps back aside, out of center aisle, to Gospel side, CR elevates the Gospel Book with both hands.</p> <p>CR passes between TG & TE, leading them in a triad back down the isle, up to the footpace, to stand before the Holy Table</p> <p>CR [replaces Gospel Book on Holy Table &] pauses while TG & TE array on either side.</p> <p>CR turns left with TG & TE following.</p> <p>TG leads single-file around Gospel end of Holy Table.</p> <p>CR drops out of line [to replace Gospel Book on Lectern] to seat.</p>	<p>After D steps aside, TG & TE process straight up to top of footpace before the Holy Table.</p> <p>No reverencing when carrying sacred object.</p> <p>TG & TE pull even in file, & at CR's lead, turn left.</p> <p>TG leads single-file, CR & TE following, around Gospel end of Holy Table to credence wall</p> <p>TG on right & TE on left, line up before, and facing, credence wall.</p> <p>When lined up, place Torch in wall mount clip.</p> <p>TG leads single-file to seat on Gospel side.</p>	<p>After D steps aside, TG & TE process straight up to top of footpace before the Holy Table.</p> <p>No reverencing when carrying sacred object.</p> <p>TG & TE pull even in file, & at CR's lead, turn left.</p> <p>TE follows CR single-file around Gospel end of Holy Table to credence wall.</p> <p>TE on left & TG on right, line up before, and facing, credence wall.</p> <p>When lined up, place Torch in wall mount clip.</p> <p>TE follows single-file to seat on Gospel side.</p>
Sermon [All sitting. If needed, those Chancel party use hearing assistance headsets]	<p>Take cue from C or D, depending on whoever is <u>not</u> preaching to sit.</p> <p>P prays & delivers sermon.</p>	<p>Take cue from C or D, depending on whoever is <u>not</u> preaching to sit.</p> <p>All attend to the proclamation of the Gospel.</p>	<p>Take cue from C or D, depending on whoever is <u>not</u> preaching to sit.</p> <p>All attend to the proclamation of the Gospel.</p>	<p>Take cue from C or D, depending on whoever is <u>not</u> preaching to sit.</p> <p>All attend to the proclamation of the Gospel.</p>
Creed <i>All standing.</i> [Face the Holy Table , God's throne & mercy seat.]	<p>C rises at chair and bids People to stand & affirm together their faith with the Creed.</p>	<p>All stand and face the Holy Table as God's throne & mercy seat.</p>	<p>All stand and face the Holy Table as God's throne & mercy seat.</p>	<p>All stand and face the Holy Table as God's throne & mercy seat.</p>
Prayers of the People <i>After each petition there is a time of silence for the Clergy and People to add their own prayers.</i> [In ancient Jewish, & likely primitive Christian worship, prayer is addressed to God by standing before Him, palms up in "Orans", confident in His gracious mercy.]	<p>D steps out from in front of chair, and standing facing the People, bids them to intercede for the Church, and for the world.</p> <p>D, C & P face left & move single-file to the Epistle side of the footpace, and stand on the floor (in front of kneeling cushions on the bottom step) & facing the Holy Table.</p> <p>Lector moves up to lectern.</p> <p>Lector introduces the Prayers.</p> <p>C concludes with a collect.</p>	<p>TE, CR & TG turn right.</p> <p>TE, leads single-file to the Gospel side of the footpace, CR & TG follow.</p> <p>All stand on the floor (in front of kneeling cushions on the bottom step) & facing the Holy Table.</p> <p>All stand in an attitude of confident intercession to their heavenly Father of all good gifts.</p>	<p>TE, CR & TG turn right.</p> <p>TE, leads single-file to the Gospel side of the footpace, CR & TG follow.</p> <p>All stand on the floor (in front of kneeling cushions on the bottom step) & facing the Holy Table.</p> <p>All stand in an attitude of confident intercession to their heavenly Father of all good gifts.</p>	<p>TE, CR & TG turn right.</p> <p>TE, leads single-file to the Gospel side of the footpace, CR & TG follow.</p> <p>All stand on the floor (in front of kneeling cushions on the bottom step) & facing the Holy Table.</p> <p>All stand in an attitude of confident intercession to their heavenly Father of all good gifts.</p>

Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
The Exhortation <i>It is customary for the Celebrant to say the Exhortation on the First Sunday in Advent, the First Sunday in Lent, and on Trinity Sunday</i> [The First Sunday of Ordinary time]	On Trinity Sunday (the first Sunday after Pentecost, and of Ordinary Time) appointed, C turns toward the People and exhorts them to confess their sins.	All remain standing.	All remain standing.	All remain standing.
The Confession of Sin <i>The Deacon and People kneel as able</i> [e.g., sit] <i>and pray</i> [Kneeling, introduced now during the confession, gives a postural indication of the contrition entered into liturgically]	D steps up one step, and turning to the People , calls upon them to confess their sins to Almighty God, devoutly kneeling, or sitting, as able D steps back down, kneels & pauses while the People settle. D, C & P kneel on cushions D leads the Confession	CR, TG & TE kneel on cushions.	TG, CR & TE kneel on cushions.	TE, TG & CR kneel on cushions.
The Absolution of Sin <i>The Deacon and People kneel as able</i> [or sit] <i>and pray</i>	D remains kneeling C rises & moves to front of the footpace before the Holy Table , and, facing the People , declares to them God's gracious pardon.	All remain kneeling.	All remain kneeling.	All remain kneeling.
The Comfortable Words <i>The Celebrant may say one or more of the following sentences...</i>	C remains at front of the footpace before the Holy Table , and, facing the People , assures them with Scripture of God's gracious pardon.	All remain kneeling.	All remain kneeling.	All remain kneeling.
The Peace <i>The Ministers and People may greet one another in the name of the Lord.</i>	C remains at front of the footpace before the Holy Table , and, facing the People , extends to them, with arms spread, the Peace of the Lord C then passes the Peace of the Lord to others.	All respond to C blessing & pass on the Peace of the Lord to one another.	All respond to C blessing & pass on the Peace of the Lord to one another.	All respond to C blessing & pass on the Peace of the Lord to one another.
Announcements	C from front of footpace, directs People to be seated, & after pause makes announcements.	CR seeing C going to front of footpace, makes way back to their own seat in the chancel.	TG seeing C going to front of footpace, makes way back to their own seat in the chancel.	TE seeing C going to front of footpace, makes way back to their own seat in the chancel.
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Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
When postural rubrics are given, it is reasonable to assume as appropriate until next indication of otherwise.				
The Offertory <i>The Celebrant may begin the Offertory with one of the provided sentences of Scripture.</i> <i>During the Offertory a hymn, psalm, or anthem may be sung.</i>	All those not setting table remain in their seats. C, from front of footpace, speaks an appropriate Offertory Sentence . D retrieves the Service Book & Stand and comes to the Holy Table when the Offertory Hymn begins. C then sits.	CR remains seated until C speaks the Offertory Sentence . When the Ushers start down the aisle, CR rises, moves around Gospel end of Holy Table to front of footpace to receive the People's oblations of Bread & Wine .	TG remains seated until C speaks the Offertory Sentence . When the Offertory Hymn begins, TG rises and moves to the Left Credence Shelf to retrieve the Stack (Chalice 1, Purificator, Paten, Priest's Host & Pall) .	TE remains seated until C speaks the Offertory Sentence . When the Offertory Hymn begins, TE moves to Epistle side of D, on D's left.



Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
When postural rubrics are given, it is reasonable to assume as appropriate until next indication of otherwise.				
Setting the Table <i>The Deacon or Priest prepares the Holy Table for the celebration.</i> <p>[The sequence described is essential to keep the traffic around the Holy Table flowing smoothly and unflustered, so all can enter into worship w/o inadvertent distractions.</p> <p>Assuming the Eucharist is celebrated facing the people, the CR works on the Gospel side of the Deacon at the Holy Table, and the TG works on the Epistle side of the Deacon at the Holy Table. A Eucharist celebrated facing the liturgical east would be the reverse.</p> <p>It is indecorous to pass, or reach items over the Holy Table or credence shelves, from in front or from the side. Please go fully around.</p> <p>Full details of setting the Holy Table can be found in the ASAC Clergy Customary 2016.]</p>	<p>At the start of the Offertory Hymn, D retrieves the Service Book & Stand from the Right Rear Credence Shelf and brings it to the Holy Table and, facing the People, sets Table for communion, turning toward the TG to receive:</p> <p>1. D receives the Stack/Chalice 1, by grasping the node, from TG, at D's right.</p> <p>After sure hand-off, D nods. TG returns confirm nod.</p> <p>2. D receives Ciborium & Wine Ewer, by taking handles, from CR, at D's right.</p> <p>After sure hand-off, D nods. CR returns confirm nod.</p> <p>3. D receives Water Cruet, by taking handle, from TG, at D's right.</p> <p>After sure hand-off, D nods. TG returns confirm nod.</p> <p>4. D receives the Gluten-Free & Alcohol-Free from CR, at D's right.</p> <p>After sure hand-off, D nods. CR returns confirm nod.</p> <p>5. D gives stoppers & lids to TE, at D's left.</p> <p>6. D hands Water Cruet, with handle out to TG, on D's right.</p>	<p>As Ushers reach foot of aisle, CR arrives at front of footpace to receive Ciborium & Wine Ewer.</p> <p>After sure hand-off, CR nods. Ushers return confirm nod.</p> <p>[1. D receives Stack from TG]</p> <p>CR re-ascends to footpace.</p> <p>2. CR carries Ciborium & Wine Ewer, handles out around Gospel end of Holy Table to D's rt</p> <p>After sure hand-off, D nods. CR returns confirm nod.</p> <p>[3. D receives Water Cruet from TG on right]</p> <p>CR goes to the Left Credence Shelf & gets Gluten-Free in small Ciborium & Alcohol-Free in small Cup.</p> <p>4. CR carries Gluten-Free & Alcohol-Free to D's right at Table.</p> <p>After sure hand-off, D nods. CR returns confirm nod.</p> <p>[5. D gives stoppers & lids to TE]</p> <p>[6. D hands Water Cruet, with handle out to TG, on D's right.]</p>	<p>When the Offertory Hymn begins, TG rises and moves to the Left Credence Shelf to retrieve the Stack (Chalice 1, Purificator, Paten, Priest's Host & Pall).</p> <p>1. TG carries Stack with right hand on cup, left hand on top to steady, to D, at D's right.</p> <p>After sure hand-off, D nods. TG returns confirm nod</p> <p>[2. D receives Ciborium & Wine Ewer from CR.]</p> <p>TG goes to Right Credence Shelf to get Water Cruet.</p> <p>3. TG carries Water Cruet, handle out to D, on D's right at the Holy Table.</p> <p>After sure hand-off, D nods. TG returns confirm nod.</p> <p>TG goes Right Credence Shelf & retrieves Lavabo Bowl & Lavabo Towel.</p> <p>[4. D receives the Gluten-Free & Alcohol-Free from CR, at D's right]</p> <p>TG puts Lavabo Bowl in left hand & Lavabo Towel over left forearm.</p> <p>[5. D gives stoppers & lids to TE]</p> <p>6. D hands Water Cruet, with handle out to TG, on D's right.</p>	<p>When the Offertory Hymn begins, TE moves to Epistle side of D, on D's left.</p> <p>[1. D receives Stack/Chalice 1 from TG]</p> <p>TE awaits at Epistle side of D, on D's left, as the stoppers & lids accumulate in the Ciborium lid.</p> <p>[2. D receives Ciborium & Wine Ewer from CR.]</p> <p>Wine stopper & Ciborium lid</p> <p>[3. D receives Water Cruet from TG]</p> <p>Water stopper</p> <p>[4. D receives the Gluten-Free & Alcohol-Free from CR, at D's right]</p> <p>G-F Ciborium lid</p> <p>5. TE takes stoppers & lids</p> <p>After sure hand-off, D nods. TE returns confirm nod.</p> <p>[6. D hands Water Cruet, with handle out to TG, on D's right.]</p>
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Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
Lavabo	<p>D gives Water Cruet to TG, on D's right.</p> <p>D pours Wine into Chalice 2</p> <p>C rises from chair, & moves to center back of chancel where TG is waiting to provide Lavabo.</p> <p>C faces cross as TG pours water over C's fingers into Lavabo Bowl.</p> <p>C wipes hand on Lavabo Towel, then returns towel & nods thanks.</p> <p>D checks that table is set.</p> <p>D opens Service Book to appropriate page.</p> <p>D sets Service Book in correct position for C to easily read.</p> <p>To signal C that all is ready, D pivots back to stand at Epistle end & behind Holy Table in front of Service Book, ready to point.</p>	<p>CR returns to stand before seat to await the Presentation of the Offering.</p>	<p>TG returns to receive back Water Cruet from D, on D's right.</p> <p>TG takes Water Cruet from D by handle with right hand.</p> <p>TG moves to center back of the chancel, with back to cross, to await providing Lavabo to C.</p> <p>TG pours water over C's fingers into Lavabo Bowl.</p> <p>TG pivots left forearm forward to offer Lavabo Towel to C.</p> <p>TG receives Lavabo Towel.</p> <p>TG offers a reverential nod to C.</p> <p>TG returns Lavabo Bowl & Lavabo Towel to Right Credence Shelf.</p> <p>TG returns to stand before seat.</p>	<p>TE goes to Credence Table to place stoppers and lids there.</p> <p>TE returns to stand before seat.</p>
<p>Presentation of the Offering</p> <p><i>Representatives of the congregation may bring the People's offerings of bread and wine, and money or other gifts, to the Deacon or Priest.</i></p> <p><i>The People stand while the offerings are presented.</i></p> <p><i>If a doxology has not been sung, the following may be used.</i></p>	<p>All stand.</p> <p>After C finishes Lavabo, moves to Holy Table to Celebrate.</p> <p>D or C receives the Offering Plate from CR, on the right.</p> <p>If not ready to offer, the Offering Plate is placed on Gospel end of the Holy Table. the Holy Table.</p> <p>C passes the Offering Plate to D.</p> <p>D raises Offering Plate —whilst—</p> <p>C raises Ciborium & Wine Ewer.</p> <p>C proclaims in Scripture the Presentation.</p> <p>The People respond in affirmation.</p> <p>D places Offering Plate on Epistle end of the Holy Table outside Service Book/Stand</p> <p>C places Ciborium & Wine Ewer on Corporal.</p>	<p>CR rises when sees Ushers starting down aisle, and moves toward front of footpace.</p> <p>As the Ushers reach the foot of the center aisle, CR meets them to receive the Plate Offering.</p> <p>CR receives plate with Left hand, places right on top of offering to keep steady.</p> <p>After a sure hand-off, the CR nods.</p> <p>Ushers return confirm nod.</p> <p>CR carries the Plate Offering back around Gospel end of Holy Table to hand off to the D or C, on right.</p> <p>D or C takes Plate Offering from CR with two hands by plate rim.</p> <p>After sure hand-off D or C nods.</p> <p>CR returns confirm nod.</p> <p>CR returns to stand before seat to await the Eucharistic Prayer.</p>	<p>All stand.</p> <p>The People respond in affirmation.</p>	<p>All stand.</p> <p>The People respond in affirmation.</p>

Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
The Sursum Corda <i>The People remain standing. The Celebrant faces them and sings or says...</i> <i>Here a Proper Preface is sung or said</i>	C exhorts the People.	The People respond in affirmation.	The People respond in affirmation.	The People respond in affirmation.
The Sanctus <i>Celebrant and People</i> [Solemn bow while giving God glory. Rise on “Hosanna”.]	C leads the People in proclaiming God’s holiness with the words of the Sanctus.	CR rings Sanctus Bells at each of three proclamatory attributions of “Holy” to God, whether said or sung.	The People proclaim God’s holiness with the words of the Sanctus.	The People proclaim God’s holiness with the words of the Sanctus.
The Prayer of Consecration <i>The People stand or kneel</i> [or sit, as able]. [An appropriate posture for a Prayer of Thanksgiving, aka “Eucharist”, is while standing, palms up. This was the ancient Jewish, and therefore likely the primitive Christian custom.] <i>The Celebrant continues</i>	All stand. D points Service Book for C. (It is important that the D only uses their left hand to point and change pages, so as not to crowd C with right arm/elbow.) C prays a four-fold Eucharistic Prayer: 1) Invocational Epiclesis 2) Institutional Narrative 3) Memorial Anamnesis 4) Presentational Self-Offering (please see immediately below for description) Full details of the priestly manual acts for the prayer can be found in the <i>ASAC Clergy Customary 2016</i> .	All stand. All follow the C’s lead in the Presentational Self-Offering (please see immediately below for description) CR rings Sanctus Bells vigorously at the “Greater Elevation” of the “Great AMEN” which is the “so be it” of all the People to the Prayer of Consecration by the C [In keeping with Historic Anglican Eucharistic theology, we do not ring the Bells at the elevation to signify the specific moment of an actual transubstantiation effected upon the species of bread and wine.]	All stand. All follow the C’s lead in the Presentational Self-Offering (please see immediately below for description)	All stand. All follow the C’s lead in the Presentational Self-Offering (please see immediately below for description)
The Self-offering “And here we offer and present to you, O Lord, ourselves,...”	The C bows solemnly, hands on the Holy Table, palms up, as the self-offering of a living sacrifice, holy and pleasing to God.	The People bow solemnly towards Holy Table, hands out, palms up, as the self-offering of a living sacrifice, holy and pleasing to God.	The People bow solemnly towards Holy Table, hands out, palms up, as the self-offering of a living sacrifice, holy and pleasing to God.	The People bow solemnly towards Holy Table, hands out, palms up, as the self-offering of a living sacrifice, holy and pleasing to God.
The Lord’s Prayer <i>Celebrant and People together pray</i>	The People remain standing in prayer.	The People remain standing in prayer.	The People remain standing in prayer.	The People remain standing in prayer.
Continued on next page...				

Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
The Fraction <i>The Celebrant breaks the consecrated Bread. A period of silence is kept. Then may be sung or said</i>	The People remain standing in prayer. C breaks the Consecrated Bread , over Chalice then pauses before: C proclaims the Passover of Christ .	The People remain standing in prayer. The People affirm the proclamation through keeping the feast.	The People remain standing in prayer. The People affirm the proclamation through keeping the feast.	The People remain standing in prayer. The People affirm the proclamation through keeping the feast.
Prayer of Humble Access <i>Celebrant and People</i> [Kneeling, introduced now during this prayer, gives a postural indication of the humility entered into liturgically]	C & D & all others serving at the Holy Table offer a Solemn Bow in humble supplication.	CR offers a Solemn Bow in humble supplication.	TG offers a Solemn Bow in humble supplication.	TE offers a Solemn Bow in humble supplication.
The Agnus Dei <i>The following or some other suitable anthem may be sung or said here</i>	D remains in solemn bow C strikes breast for mercy (as did the Pharisee of the parable) after each phrase.	CR offers a Solemn Bow in humble supplication.	TG offers a Solemn Bow in humble supplication.	TE offers a Solemn Bow in humble supplication.
The Ministration of Communion <i>Facing the People, the Celebrant may say the following invitation</i> <i>The Bread and Cup are given to the communicants</i> <i>During the ministration of Communion, hymns, psalms, or anthems may be sung.</i> <i>The Celebrant may offer a sentence of Scripture at the conclusion of the Communion.</i>	C & D rise. C gives invitation. C raises Paten ; D , Chalice . C offers an invitation to Communion to the People . C communicates self, then D & P C hands Chalice 1 to D . C communicates Paten to Chancel Party & others, and then moves to position on Epistle side of center aisle & communicates the People . D communicates Cup to TE , CR & TG , then hands Chalice 1 to CR . D returns to Holy Table & takes Chalice 2 from TG . D fills Chalice 2 from Wine Ewer & gives to TG , leaving Ewer for TE . D retrieves Ciborium (Paten 2) from Holy Table & joins C , but at Gospel side, to serve the People	CR rises to receive invitation. Chancel Party & Musicians line up behind Holy Table to receive Communion . CR , after TG receives Communion , receives Chalice 1 from D . CR finishes distributing Wine to Chancel Party & Musicians . CR moves to Nave on the Epistle side with C to distribute Chalice 1 to Communicants .	TG rises to receive invitation. Chancel Party & Musicians line up behind Altar Table to receive Communion . TG , after receiving Communion , retrieves Chalice 2 from the Right Credence Shelf . TG hands Chalice 2 to D . TG receives full Chalice 2 from D . TG moves to Nave on the Gospel side to distribute Chalice 2 to Communicants .	TE rises to receive invitation. Chancel Party & Musicians line up behind Altar Table to receive Communion . TE retrieves Ewer from Table TE stands-by at front of footpace with additional consecrated wine to pour for CR & TG Chalice-Bearers , if needed.

Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
The Ministration of Gluten-free Bread & Alcohol-free Wine	<p>C communicates D & P at Holy Table.</p> <p>P, if Clergy (or any other available clergy not otherwise occupied), takes the consecrated <i>Gluten-Free & Alcohol-Free</i> elements from the Holy Table to the foot of the center aisle to distribute to Communicants.</p> <p>Once through, the Clergy takes the G-F & A-F directly back to the Credence Table, on either side.</p>			
Ablutions [Ablutions are to be done by the Altar Guild , or by Clergy , in the sacristy, after the service.]	<p>C with CR takes communion to those not able to come forward.</p> <p>C takes Paten back to Holy Table.</p> <p>D ensures unconsumed Hosts left both in Ciborium and on Paten.</p> <p>D receives Chalice 1 from CR.</p> <p>D sets the Ciborium & Wine Ewer aside to the left on Table for the C to retrieve.</p> <p>C removes Ciborium & Wine Ewer from the Holy Table, and hands them off w/ blessing to LEV standing at Epistle side of the Chancel.</p> <p>D, when distribution is finished, receives Chalice 2 from TG, pours unconsumed wine into Chalice 1.</p> <p>D then returns Chalice 2 to TG.</p> <p>D restacks the Chalice & Paten, on the corporal.</p> <p>D receives the Veil & Burse from TG (appropriate to the season).</p> <p>C, meanwhile, at Epistle side of the Chancel, prays over LEV holding the Wine Ewer & Ciborium, commissioning them to extend communion to the Body of Christ not able to be present.</p>	<p>CR takes Chalice 1 to D.</p> <p>CR retrieves the Plate Offering from the Holy Table and places it on the Credence Table, to keep access to it within plain sight. From there, it is moved <i>only</i> after the service, and <i>only</i> by a designated party.</p>	<p>TG, when distribution is finished, takes Chalice 2 directly to the D.</p> <p>TG, when receives Chalice 2 back again, takes to the Left end of the Credence Wall to hand off to TE.</p> <p>TG waits for Veil & Burse.</p> <p>TG receives Veil & Burse from TE.</p> <p>TG takes Veil & Burse to D.</p> <p>TG returns to Right Credence Shelf to retrieve Water Cruet & Lavabo Bowl & towel, and takes them to Left end of the Credence Wall to hand them off to TE.</p>	<p>TE returns around Gospel end of the Holy Table & places Wine Ewer back on the Table.</p> <p>TE, posted at Left end of the Credence Wall, takes Chalice 2 from TG and places it on the Credence Table.</p> <p>TE takes Veil & Burse from Credence Table to TG.</p> <p>TE takes the Water Cruet & Lavabo Bowl, from TG to the Credence Table (Later taken into the Sacristy for Ablutions done after the service).</p>

Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
The Post Communion Prayer <i>After Communion, the Celebrant says</i> <i>Celebrant and People together</i> [Again, an appropriate posture for a Prayer of Thanksgiving is in the “Orans” position: while standing, with empty palms up.]	D turns Service Book to the appropriate page. C (center) & P (Gospel side) join D (Epistle side) behind the Holy Table . C, addressing the People , calls them to prayer in thanksgiving to God.	All stand.	All stand.	All stand.
The Blessing <i>The Bishop when present, or the Priest, gives this or a seasonal blessing</i>	C, facing the People , bestows a priestly blessing on them.	The People receive & acknowledge the blessing with the sign of the cross.	The People receive & acknowledge the blessing with the sign of the cross.	The People receive & acknowledge the blessing with the sign of the cross.
Dismissal <i>The Deacon, or the Priest, may dismiss the people with these words</i>	D dismisses the People from behind the Holy Table .	The People respond.	The People respond.	The People respond.
Continued on next page...				

Segment	Clergy	Crucifer	Torch/Gospel	Torch/Epistle
Procession out of the Church into the World <i>A hymn, psalm, or anthem may be sung.</i>  <ul style="list-style-type: none"> 5. (Bp) 4. C 3. D 2. P (if not C) TE - TG 1. CR 	<p>Once Acolytes are arrayed in front of the Holy Table, at edge of footpace, D-C-P move single file around Epistle end of Holy Table to array between the Acolytes and Table.</p> <p>Facing the Table, D-C-P reverence.</p> <p>[Bp, when present, picks up crosier on Holy Table w/assistance from D after all reverence together.]</p> <p>D picks up Gospel Book.</p> <p>The D-C-P turn around clockwise.</p> <p>When CR starts down the steps, Clergy follow single-file.</p> <p>P follows Acolytes first, then D follows P, then C follows D</p> <p>[Bp follows C]</p> <p>Clergy process until fully back under the balcony.</p>	<p>CR follows in single-file behind TG, to stand facing credence wall.</p> <p>When lined up, CR retrieves the Cross from the wall mount bracket.</p> <p>TE-CR-TG turn left as one.</p> <p>Proceed Single-file around Gospel end of Holy Table.</p> <p>Line-up toward the edge of the footpace facing the front of the Holy Table and line up TG-CR-TE, left to right, and wait for D-C-P.</p> <p>As the D-C-P turn around from their reverence before the Holy Table, the G-CR-TE turn in unison with them clockwise from Table</p> <p>CR steps forward a bit, TG behind right, TE behind left CR elbow.</p> <p>CR starts Procession: standing at the front of the footpace, moves down steps and into foot of aisle.</p> <p>CR leads Procession up aisle, until fully back under the balcony (lowering cross to do so).</p>	<p>TG leads in single-file to stand facing credence wall.</p> <p>When lined up, TG retrieves the Torch from the wall mount bracket.</p> <p>TE-CR-TG turn left as one.</p> <p>Proceed Single-file around Gospel end of Holy Table.</p> <p>Line-up toward the edge of the footpace facing the front of the Holy Table and line up TG-CR-TE, left to right, and wait for D-C-P.</p> <p>As the D-C-P turn around from their reverence before the Holy Table, the G-CR-TE turn in unison with them clockwise from Table</p> <p>CR steps forward a bit, TG behind right, TE behind left CR elbow.</p> <p>CR starts Procession: standing at the front of the footpace, moves down steps and into foot of aisle.</p> <p>CR leads Procession up aisle, until fully back under the balcony (lowering cross to do so).</p>	<p>TE follows in single-file behind CR, to stand facing credence wall.</p> <p>When lined up, TE retrieves the Torch from the wall mount bracket.</p> <p>TE-CR-TG turn left as one.</p> <p>Proceed Single-file around Gospel end of Holy Table.</p> <p>Line-up toward the edge of the footpace facing the front of the Holy Table and line up TG-CR-TE, left to right, and wait for D-C-P.</p> <p>As the D-C-P turn around from their reverence before the Holy Table, the G-CR-TE turn in unison with them clockwise from Table</p> <p>CR steps forward a bit, TG behind left, TE behind right CR elbow.</p> <p>CR starts Procession: standing at the front of the footpace, moves down steps and into foot of aisle.</p> <p>CR leads Procession up aisle, until fully back under the balcony (lowering cross to do so).</p>
Post Service	<p>C thanks Chancel Party.</p> <p>Clergy greet members of the People at back of church.</p> <p>D returns to the Chancel with the Gospel Book by way of the Narthex stairs, down through undercroft, & back up the stairs into the Vestry.</p> <p>D puts Gospel Book back on the Holy Table.</p> <p>Visiting with family and friends occurs after altar duties are completed.</p>	<p>CR returns the Cross by way of the Narthex stairs, down through undercroft, & back up the stairs into Vestry.</p> <p>CR returns to the Chancel (by way of the Narthex stairs, down through undercroft, & back up the stairs into Vestry) to retrieve the Plate Offering. CR guards it until the party designated to collect it does so.</p> <p>Visiting with family and friends occurs after altar duties are completed.</p>	<p>TG snuffs the Torch.</p> <p>TG receives Torch from TE to return it to the Vestry.</p> <p>TG returns the Torches by way of the Narthex stairs, down through undercroft, & back up the stairs into Vestry.</p> <p>Visiting with family and friends occurs after altar duties are completed.</p>	<p>TE snuffs the Torch.</p> <p>TE hands Torch to TG to return to Vestry.</p> <p>TE returns to the Chancel by way of the Narthex stairs, down through undercroft, & back up the stairs into Vestry.</p> <p>TE reverences Holy Table & douses Holy Table Candles (first), left to right, & Pascal Candle last.</p> <p>Visiting with family and friends occurs after altar duties are completed.</p>

Appendices on the following pages...

Appendix 1: Reference photos

**Chancel Furniture
Arrangement**



Acolyte Sedilia



Clergy Sedilia





Front
Gospel
Credence
Table

Rear



Front
Epistle
Credence
Table

Rear



Appendix 2: Basic Postural Expressions for us as Worshippers

There seems to be a confusing variety of physical expressions of reverence in the course of liturgical worship. However, once one can see a rhyme & reason for each, each seems to fall into its place as a natural expression of both individual and corporate worship, and far from hollow ritualistic motions, depending on the heart of the worshipper. In fact, they can be as expressive of the Holy Spirit's movement among worshippers as the more stereotypical "Charismatic" physical vocabulary. You will know what I mean if you have ever seen someone using American Sign Language to express their love for God. Would we deny ourselves this additional physical vocabulary for praise?

Our bodies *may* (*never must*) respond to the concept of a worship space as the throne room of God:

Our *heads bow* reverently at the Name of Jesus, our gracious King, Lord and Master.

Our *bodies bow*, additionally, from the waist in reverence:

Before God's throne (the Holy Table).

At the Word of God.

At the Cross of Christ.

We may solemnly *bow deeply* from the waist whenever we glorify God directly. Or even *lie prostrate* under the weight of that Glory.

We may *bow deeply*, or perhaps even *genuflect*, in his Real Presence of the consecrated elements.

Our postures in prayer *may* reflect our spiritual postures, which can be even more expressive when used in contrast to each other:

When giving thanks or offering praise, we may *stand* in confidence before our Heavenly Father who lavishes on us good gifts. We open our hands in the ancient Jewish and primitive Christian "orans" position, palms up and out, signifying our open & empty dependence on him, and our helpless vulnerability, as was Christ on the cross. Depending on one's personal piety, this can apply as much to the Great "Thanksgiving" (*Eucharist*) as it does to praise music.

When contritely acknowledging our sinful brokenness, we may *kneel*, head bowed in humility. This goes back to the practice of making one's neck vulnerable to the judgment of the sword by one's sovereign lord. Perhaps some may even feel the need to beat their breast, as did the tax collector, testifying to their awareness that it is through *their own* fault that they have sinned, and not that of others.

How is it that we *may* use the sign of the cross for ourselves in worship?

In the beginning and ending of significant moments of our liturgy, we may use this "sign language" to signify our realization that the only way we can even *approach* God in worship is by the Cross of Christ and through his five wounds: the four of the nail piercings onto the cross, and the one into his side (above, below, to the left & to the right of our hearts & back to the center). We acknowledge the necessity of ourselves being crucified with Christ in his death, that we may be raised with him in his Resurrection.

That is why it is often appropriate to sign oneself in the course of the Liturgy: whenever the Trinity is invoked, at the *end* of the Gloria and Nicene Creed, and when receiving forgiveness, to name a few.

In a similar manner, we may "sign" over our mind, mouth and heart to remind us that every part of our being needs the transformative power wrought by the words of the Lord's Gospel, signified at the beginning of it's being read to us.

Above all, our *personal* piety is just that, and while we certainly may worship, without censure, as best expresses our soul's stirring, our goal should be that such *individual* freedom does not cause our brothers or sisters to stumble, by detracting from our *corporate* worship.