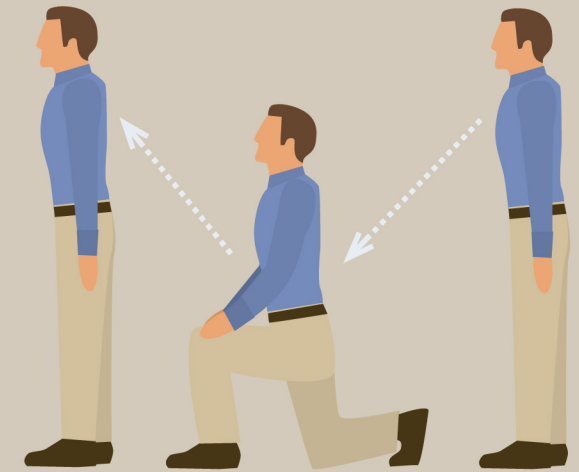


# WORSHIP MOVEMENTS IN THE EPISCOPAL CHURCH

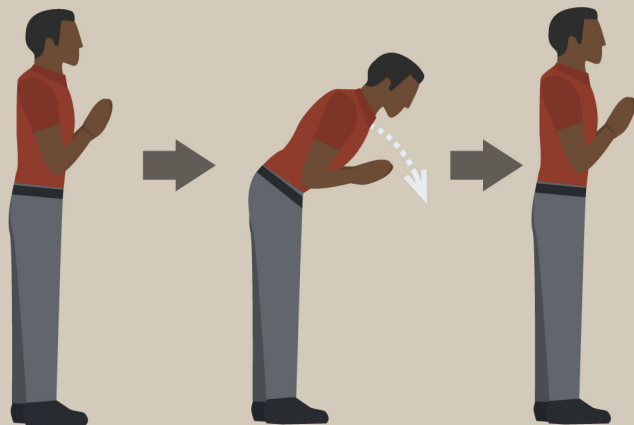
The Episcopal Church invites people to incorporate their whole selves into worship, including different physical actions during Holy Eucharist. This guide introduces these movements and when they're customarily done. Remember, though, that none of these movements is required; whether and how many of them you do depend on your personal and communal preference. Other traditions that do these actions include Roman Catholicism, Orthodoxy, and some forms of Lutheranism.

## Genuflecting

Made by stepping forward with the left leg, lowering the right knee until it touches the floor, and standing back up. People most frequently genuflect toward the Blessed Sacrament, the bread and wine that has been blessed. People often genuflect toward the tabernacle, where consecrated bread and wine is held in reserve. Some people also genuflect at certain times during parts of the Nicene Creed in place of a solemn bow. Genuflecting is the least common of these movements among Episcopalians/Anglicans and is often replaced by a solemn bow.

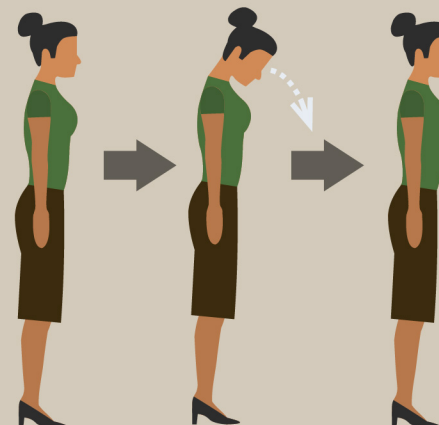


## Solemn Bow



Made by bending forward at the waist while keeping the legs and upper body straight. This bow is customarily made toward the altar when passing it, to the cross in processions, during "by the power of the Holy Spirit... was made man" in the Nicene Creed, and during the *Sanctus* ("Holy, holy, holy"). A solemn bow can be done in place of genuflecting.

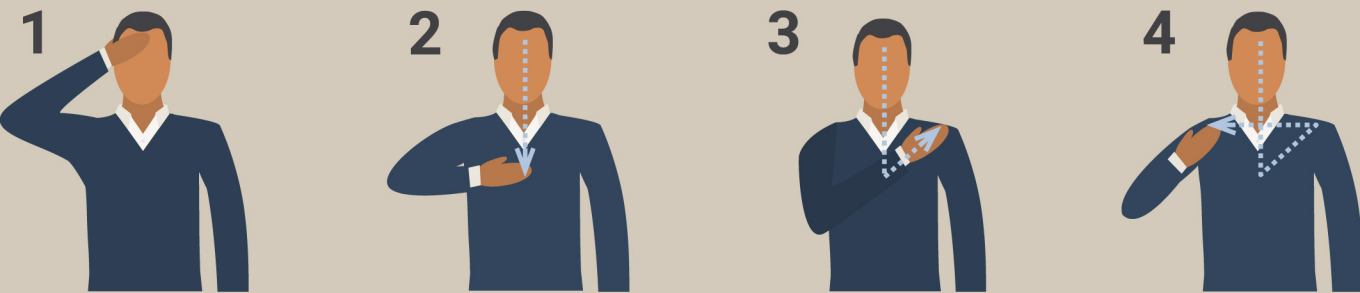
## Simple Bow



Made by nodding the head and bending the shoulders forward slightly. The simple bow happens most commonly at any mention of the name of Jesus in the course of a service, although it can also be used as a sign of reverence at other points in the service. A simple bow on other occasions of reverence often varies depending upon personal or local church tradition.

## Sign of the Cross

Using your right hand, touch your forehead, then heart, then left shoulder, then right shoulder. Many people will also say "in the Name of the Father, and of the Son, and of the Holy Spirit" (the Trinitarian formula) either aloud or mentally while doing this.



People frequently make the sign of the cross at the opening acclamation, the absolution after the confession, the *Benedictus* ("blessed is he..."), and the final blessing. This sign can also be made at the beginning of the sermon, the mention of the resurrection in the Nicene Creed, the mention of the departed in the prayers, the *epiclesis* over the people ("sanctify us"), and before and after receiving the bread and wine in the eucharist.

When making the small sign of the cross, hold your right hand in a thumbs-up position and trace the sign with your thumb.



When making the sign of the cross, either hold your hand open (Western style) or touch your first two fingers to your thumb (Eastern style).

## Small Sign of the Cross

With your right thumb, trace the cross three times, going up and down and then left to right: first over your forehead, then over your lips, and then over your heart. Most priests and deacons make this sign before reading the Gospel, but all others are invited and encouraged to do so as well at "the Gospel of our Lord." This threefold sign is meant to remind us to always keep the gospel on our minds, on our lips, and in our hearts.

