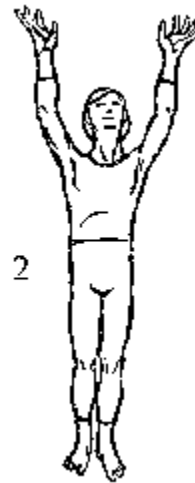
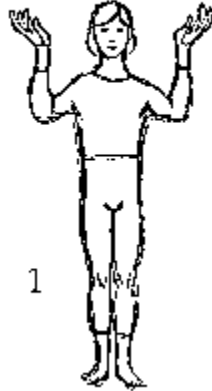


The Lord's Prayer

1 ~ Our Father

Stand erect.
Raise arms and hands,
palms open.
Raise face.
Smile. (*orans*)

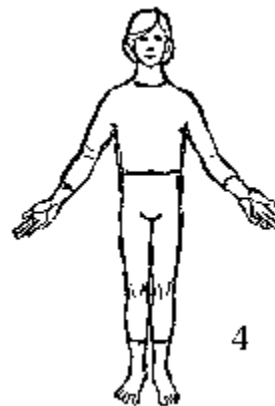


2 ~ who art in heaven,

Look up, smiling.
Raise arms over head.
Hands with palms still open.

3 ~ hallowed be thy name.

Lower head and eyes.
Lower hands to face.
Fingers cover mouth,
overlapping, elbows wide.



4 ~ Thy kingdom come,

Raise head and eyes.
Spread arms wide,
hands with palms open and out.

5 ~ thy will be done,

Lower head and eyes.
Bring hands together,
palms together,
fingertips at lips.



6 ~ on earth

Maintain bowed head
and posture of hands.
Kneel on one knee.

7 ~ as it is in heaven.

Remain kneeling.
Raise head and eyes and arms,
hands up, palms out.
Smile

8 ~ Give us this day

Stand.

Look up with confidence,
arms parallel,
bent at elbows,
hands together,
palms up and open,
fingers cupped.



9 ~ our daily bread.

Swing elbows out;
keep palms up and open,
overlap hands in front of belly,
palms still up and open,
fingers still cupped.



10 ~ And forgive us

Bring right hand up as fist;
strike breast and keep fist there,
head and eyes lowered.

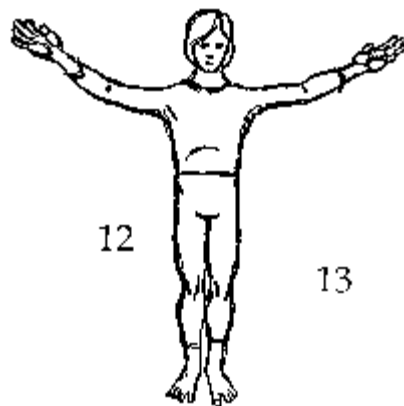
11 ~ our trespasses

Bring left hand up as fist;
strike breast and keep fist there.



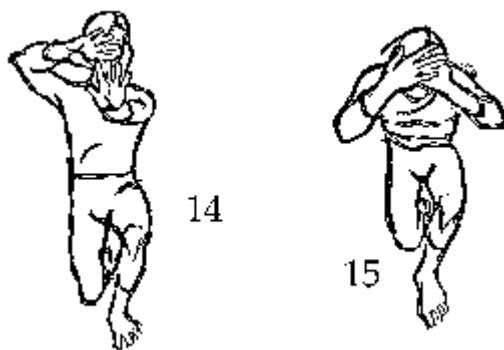
12 ~ as we forgive those
Head and eyes still lowered,
extend right hand as in a crucifixion.

13 ~ who trespass against us.
Extend left hand as in a crucifixion.



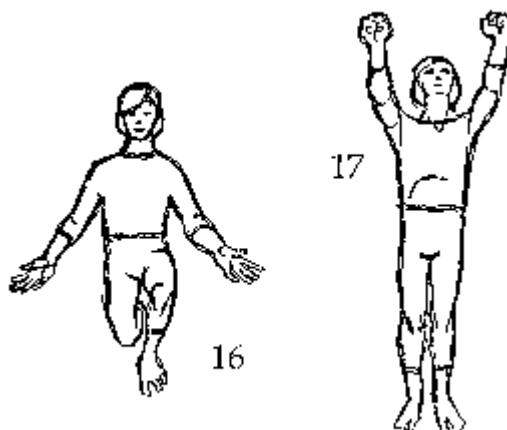
14 ~ Lead us not into temptation,
Kneel on one knee.
Bring left hand in front of face,
palm open, fingers spread,
thumb down, palm out.
Bring right arm out in front,
hand up, palm out, fingers spread.

15 ~ but deliver us from evil.
Remain kneeling;
bend back and torso, hunch over;
lower head;
bring hands over face and head as for
protection.



16 ~ For thine is the kingdom,
Remain kneeling.
Straighten back.
Look up confidently,
open arms and hands wide, as at 4.

17 ~ and the power,
Stand up erect.
As you rise, bring fists up to head height,
elbows bent.

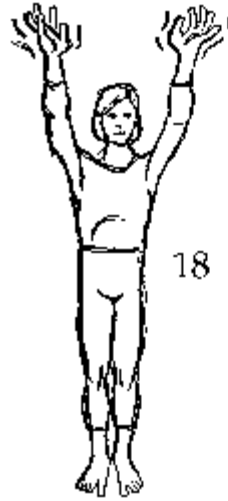


18 ~ and the glory,

Extend arms full length,
face and head raised.

Smile.

Wiggle hands & fingers.



19 ~ forever and ever. Amen.

Return to position 1 (*orans*).

