



EPISCOPAL AEROBICS*

*“David danced before the Lord with all his might...”
2 Samuel 6:14*

Episcopalians are known for their pew aerobics. In fact, this facet of our faith made it to number six on Robin Williams’ ‘Top 10 Reasons to be Episcopalian’! Movement in our liturgy (the way we do our services) is vital to embodying our faith. Our postures as we pray and interact with each other symbolize the outward and visible sign of our inward and spiritual grace that we receive in the sacraments (*Book of Common Prayer*, 857). Below is game you can do with a group of any age that distills the actions we do in our services.

Instructions:

1. *Do not tell the group what this exercise is called. Instead, have them guess after you are done playing.*
2. *Go through the game once slowly and repeat it two more times, getting quicker each time. Please let people know ahead of time that any time they are asked to kneel, they can also sit or remain standing if there is a physical issue.*
3. *The italicized explanations are for **after** the game is finished, to review how they fit in with our Book of Common Prayer Holy Eucharist Rite II service.*

The Game:

1. **March in place** (*We walk into the service*)
2. **Stand and hold a book** (*We begin our services by standing, usually to sing a hymn*)
3. **Sit** (*We sit for the lessons*)
4. **Stand** (*Stand for the Gospel reading*)
5. **Sit** (*Sit for the sermon or homily*)
6. **Stand** (*Stand for the Nicene Creed and Prayers of the People*)
7. **Kneel** (*Kneel or Stand for the Confession of Sin and Absolution*)
8. **Stand** (*Stand for The Peace*)
9. **Shake Hands** (*The Peace*)
10. **Sit and pass the offertory plate** (*Offertory—passing the offertory plate*)
11. **Stand** (*Stand while offerings are placed on the Altar and for the Great Thanksgiving*)
12. **Kneel** (*Standing or kneeling are both appropriate postures after the Sanctus*)
13. **March with right hand over left hand, palms up** (*Walk up to receive Communion*)
14. **Kneel** (*Some kneel at the altar rail to receive Communion and often people kneel to pray after returning to their seats*)
15. **Sign of the Cross** (*Some like to make the sign of the cross before or after receiving Communion and/or after they pray*)
16. **Stand and hold a book** (*Some stand for the prayer after Communion and we all stand to sing the closing hymn*)
17. **March in place** (*Walk out of the church to be the hands and feet of Christ in the world*)