

The Lord's Prayer

from *The Spirit Moves: A Handbook of Dance and Prayer* by Carla De Sola

Opening position: Cross your arms in front of your body and take the hands of the person on either side of you. Still holding hands, bend over and remain in this position for a moment, with a sense of stillness and prayer.

Our Father in heaven, hallowed be your Name; your kingdom come, your will be done, on earth as in heaven. Slowly raise your torso and at the same time lift your arms up in a smooth, continuous way, holding your neighbor's hands until you naturally let them go as your arms lift higher. (Avoid any pulling.) Uncross your arms (there will be a lovely moment of expansion when everyone does this at the same time) and hold them in an open, praising position, head and chest upraised.

Give us today our daily bread. Lower your arms, bringing your hands together in a gesture of petition (palms face upward, arms stretched out in front of you about chest height).

Forgive us our sins. Bow forward holding your arms to your chest with a sense of contrition.

as we forgive those who sin against us. Come out of the bow and take the hands of the person on either side of you as a gesture of reconciliation. (Do not cross your arms this time.)

Save us from the time of trial. Holding hands, all bow deeply.

And deliver us from evil. Hold bow.

For the kingdom, the power, and the glory are yours, now and forever. Amen. All raise arms and torsos, hands still joined. Rise to toes, and letting go of neighbor's hands, raise hands even higher in an exuberant amen!