

Worship Supplement

We include this month another "golden oldie" from CIRCLE's files: a suggestion for movement choir set to the text of the Lord's Prayer, first published in CIRCLE in 1974, and since reprinted in other publications at least three times. CIRCLE readers might want a copy, if you missed it first time around in 1974!

This set of movements was originally prepared for a children's afterschool program at Syracuse University by Ms. Helen Eickmann and myself, with some choreographic assistance from Ms. Ruth Becker of Narberth, Pennsylvania.

Although these simple movements were prepared with children in mind, there is no reason why they could not also be used among students or even older adults. You don't have to be a "natural dancer" in order to look good at this kind of thing, and you don't have to have a beautiful body -- the dancers can always wear some kind of flowing robe to cover up the bulging waistline, if necessary (a vestment, such as alb or surplice, for example). Do encourage the dancers to wear tights and leotard under the flowing garment -- it does wonders for their sense of professionalism in what they do.

These are elementary movements, which is not necessarily a liability. If the dancers err, it's on the side of seeming rather static, symmetrical, and individualistic. Use your imagination to embroider or elaborate the simple structure suggested here, and utilize more than one dancer in complementary movements of your own invention. I do like the associations with traditional gestures here, of (for instance) eucharist at 1 and 9, penance at 10 and 11, and power at 17. Is anyone willing to provide some more simple choreography for CIRCLE readers? You send the suggestions and I'll do the drawings!

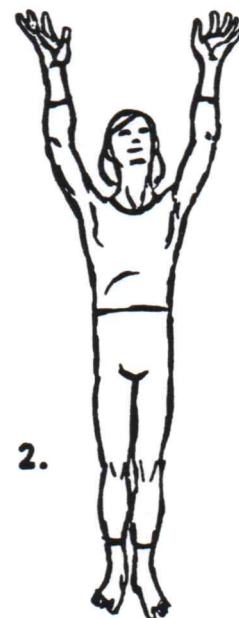
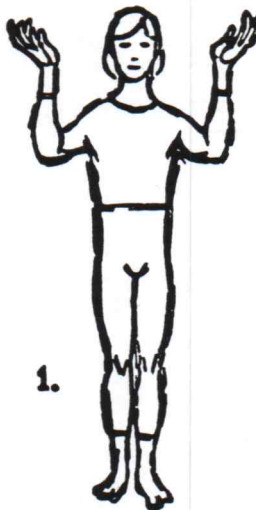
Paul Bosch
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THE LORD'S PRAYER
for motion choir
by Paul Bosch & Helen Eickmann
First printed in CIRCLE, May 1974

1) Our Father

Stand erect.
Raise arms & hands, palms open.
Raise face.
Smile.



2) in heaven

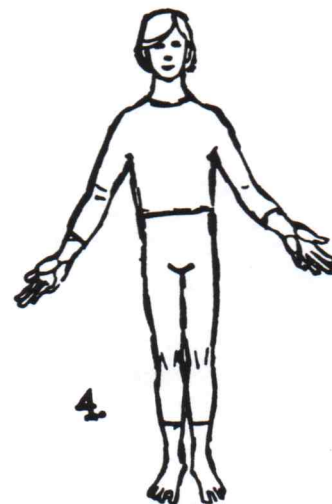
Look up, smiling.
Raise arms over head,
Hands with palms still open.

1.

2.

3) Hallowed be your name

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



4) Your kingdom come

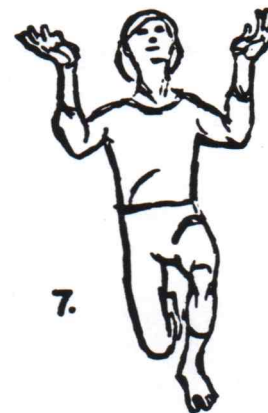
Raise head & eyes.
Spread arms wide,
Hands with palms open & out.

3.

4.

5) Your will be done

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



6) on earth

Same, but kneel
on one knee.

7) as in heaven

Remain kneeling,
but raise head & eyes
and arms, hands up,
palms out.
Smile.

5.

6.

7.

8) Give us today

Stand.

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



8.

9) our daily bread

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



9.

10) Forgive us

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



10.

11.

11) our sins

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

12) as we forgive those

Head & eyes still lowered,
extend right hand
like a crucifixion.



12.

13.

13) who sin against us

Extend left hand. (ditto)

14) Save us from the time of trial

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.

14.



15.



15) and deliver us from evil.

Remain kneeling;
bend back & torso, hunch over;
lower head;
bring hands over face & head
in a protective position.

16) For the kingdom,

Remain kneeling.
Straighten back.
Look up confidently;
open arms & hands wide.
(as in #4).

16.



17.



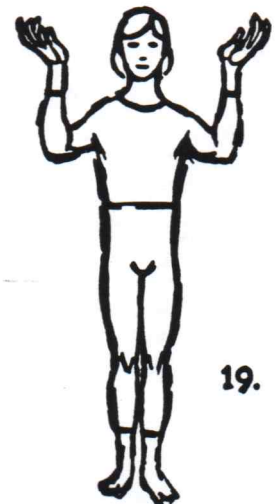
17) the power,

Stand up erect.
As you rise,
bring fists up
to head height,
elbows bent.

18.



19.



18) and the glory are yours,

Extend arms full length,
face & head raised; smile.
Wiggle hands & fingers.

19) now and forever. Amen.

(Return to position #1)

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