

'Body Prayer for Holy Week'

by Robin Humphreys

Time stamp on Zoom recording: find the motions at around 1 hour, 51 minutes of meeting recording

O God	Lift arms open and up to the sky
What starts with a "Hosanna"	Arms swaying from side to side above head
Ends with a "Hallelujah!"	Clap hands together and then move hands up and out to either side making a sparkly rainbow
But not before	Shake pointer finger back and forth
A shared meal	Use two hands as if breaking a loaf of bread in two
The rugged cross	Make a cross with two forearms in front of your body
The sealed tomb	Cross both arms across your chest and rest head forward and down
O God	Lift arms open and up to the sky
May we find you this week	Place one hand above eyes as if looking for something
In the meals we share	Use two hands as if breaking a loaf of bread in two
In the prayers we offer	Make a cross with two forearms in front of your body
In the losses we endure	Cross both arms across your chest and rest head forward and down
So that what starts with a "Hosanna"	Arms swaying from side to side above head
May end with a loud "Hallelujah!"	Clap hands together and then move hands up and out to either side making a sparkly rainbow
AMEN.	Hands together as in prayer