

# ***Vessels, Vestments, Postures, and Gestures***

Christ Church Sunday Circle  
January 15, 2023



## ***Communion Set***

Chalice = Cup

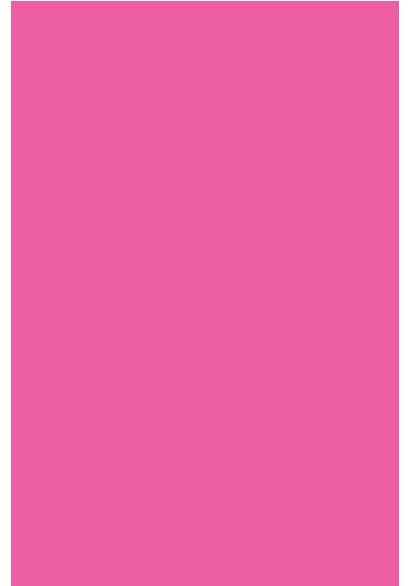
Paten = Plate

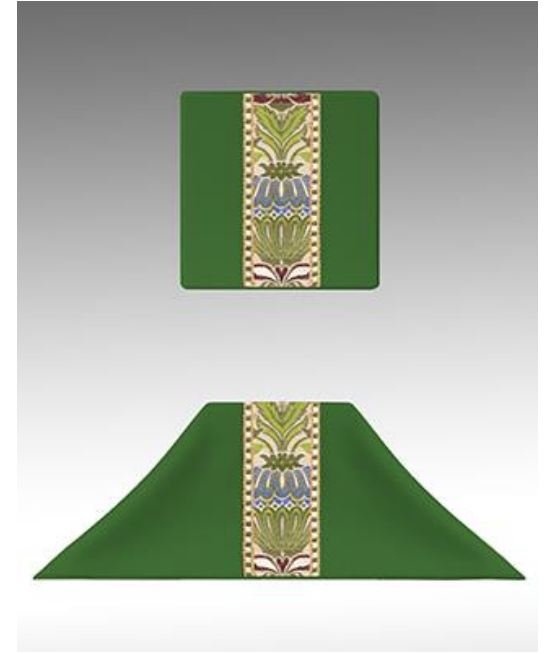
Ciborium = container for the hosts.

Small ciboriums such as this one may also be called a bread box

# ***Cruets and Flagons***

- Cruets are glass containers that may hold water or wine.
- Flagons are usually made of metal and look like a pitcher. They are meant to hold wine.



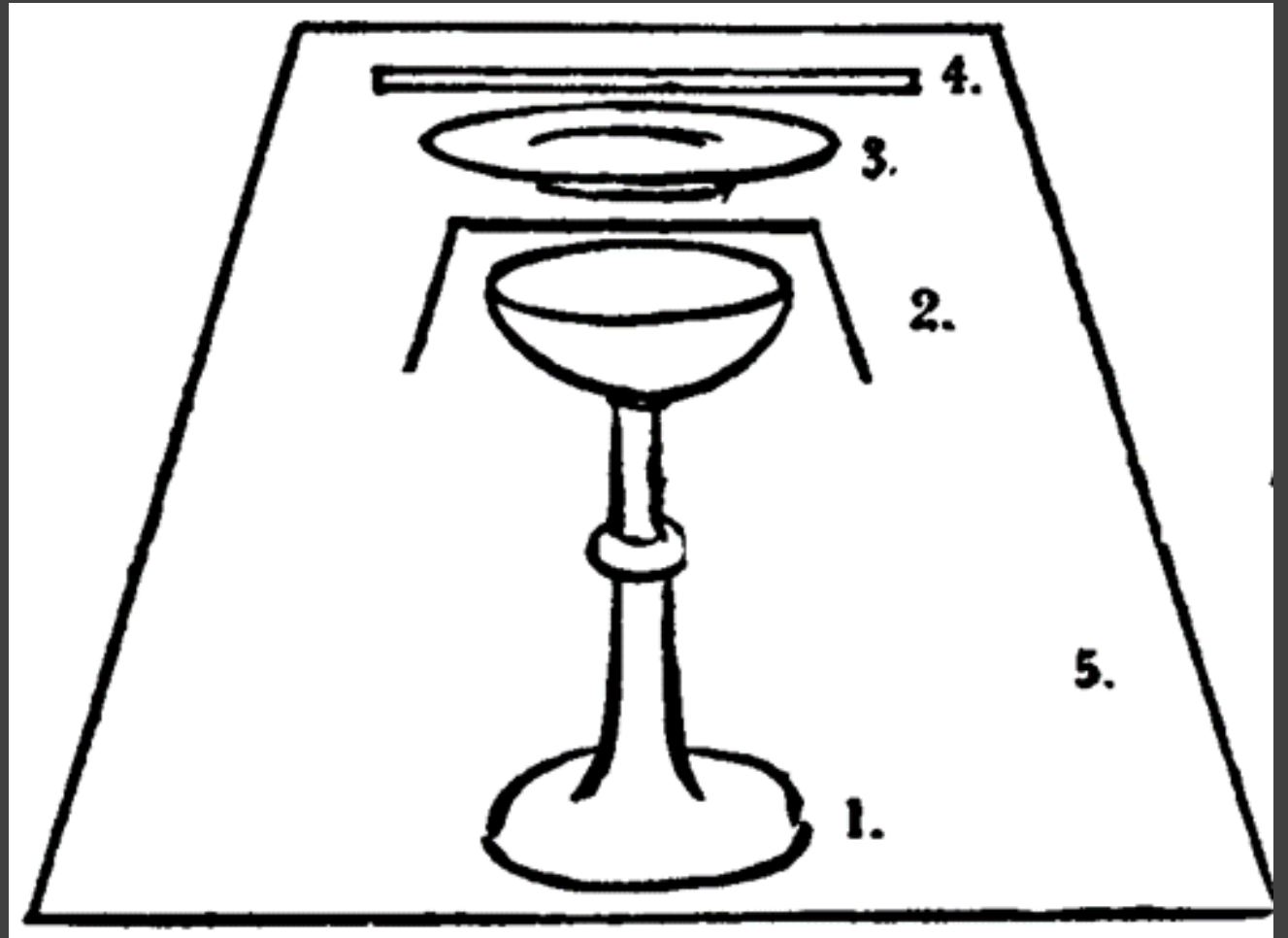


## ***Linens and Covers***

Left to right: Corporal,  
purificator, pall, burse and veil

# ***THE STACK***

- 1. CHALICE***
- 2. PURIFICATOR***
- 3. PATEN WITH  
PRIEST'S HOST***
- 4. BURSE***
- 5. VEIL***





# ***CANDLES***





## ***VESTMENTS***

*Left To Right: Deacon's Stole, Priest's Stole, Dalmatic, Chausable*



## ***VESTMENTS***

*Left To Right: Bishop's Cassock, Crozier,  
Pectoral Cross, Ring, Miter*





# ***Postures and Gestures***

**All may, some should,  
none must**

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Bowing

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Sign of the Cross

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Genuflecting

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Standing, Sitting, Kneeling

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At the Altar during  
Consecration



Simple Bow



Solemn Bow



Solemn Bow at Altar

# ***BOWING***

# ***Bow***



- Many bow at the name of Jesus wherever it is occurring in the liturgy.
- This practice is an adaptation of Paul's words to the Philippians: "at the name of Jesus every knee should bow (2:10)."

# ***Bow***

## Occasions people may bow

- When the cross passes you during the processional and recessional as a recognition of the centrality of the cross in our theology and of our redemption through Jesus' death on the cross.
- During the Nicene Creed we bow when we speak of Jesus. Some will bow only when we say "For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man." in reverence for the sacred mystery of the incarnation.
- During the Sanctus when we say "Lord, God of Power and Might."



# ***Solemn Bow***

A deep bow is made for reverencing

- The Altar
- The Blessed Sacrament
- And at other times of solemnity



## The Sign of The Cross



1. With your right hand, touch your forehead and pray, "In the name of The Father."



2. Touch the center of your chest and pray, "and of The Son."



3. Touch your left shoulder and pray, "and of The Holy..."



4. Touch your right shoulder and pray, "Spirit, Amen."

# ***SIGN OF THE CROSS***

The sign of the cross is a practice of personal piety of marking the shape of the cross of Christ upon oneself or upon another person or object.

- *Tertullian* (250 A.D.) described the commonness of the sign of the cross: “In all our travels and movements, in all our coming in and going out, in putting on our shoes, at the bath, at the table, in lighting our candles, in lying down, in sitting down, whatever employment occupies us, **we mark our foreheads with the sign of the cross**” (De corona, 30).
- *St. Cyril of Jerusalem* (386 A.D.) in his Catechetical Lectures stated, “**Let us then not be ashamed to confess the Crucified. Be the cross our seal, made with boldness by our fingers on our brow and in everything;** over the bread we eat and the cups we drink, in our comings and in our goings out; before our sleep, when we lie down and when we awake; when we are traveling, and when we are at rest” (Catecheses, 13).

## ***Tradition of Sign of the Cross***

### The Sign of The Cross



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3. Touch your left shoulder and pray, “and of The Holy...”



4. Touch your right shoulder and pray, “Spirit, Amen.”

# ***HOW TO MAKE THE SIGN OF THE CROSS***

## The Sign of The Cross



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2. Touch the center of your chest and pray, "and of The Son,"



3. Touch your left shoulder and pray, "and of The Holy..."



4. Touch your right shoulder and pray, "Spirit, Amen."

# ***Sign of the Cross***

Clergy make the sign of the cross when

- Reading the Gospel
- The priest offers absolution after confession
- Consecrating communion
- The priest offers the final blessing
- During Baptism making the sign of the cross made on the forehead using holy oil with the words “You are sealed as Christ’s own forever.”
- During healing services, the person being prayed for has the sign of the cross made on their forehead using holy oil with prayers for healing.
- During the reconciliation of a penitent to offer forgiveness.



# ***Sign of the Cross***

During services laity may make the sign of the cross

- When we say “In the name of the Father, and the Son, and the Holy Spirit. Amen.”
- When the Priest offers absolution after Confession
- During the *Apostles Creed* or *Nicene Creed* when we declare our belief in the resurrection (“Resurrection of the body”)
- Before and after receiving the Holy Communion
- Upon receiving the closing blessing when the priest makes the sign of the cross upon the congregation.



# ***Sign of the Cross***

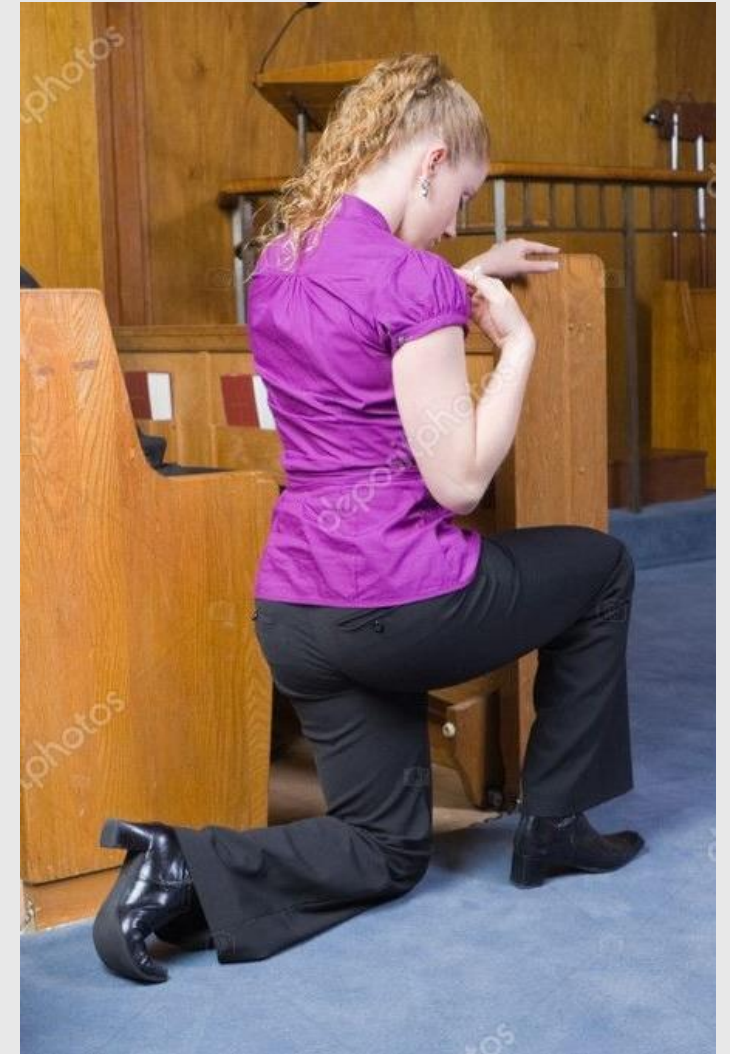
Other times when people may choose to make the sign of the cross

- During personal prayer
- When passing a church
- When passing a cemetery
- When hearing a siren or passing an accident

A genuflection is a momentary dropping to the right knee. It is a sign of adoration or respect. It is less common in the Episcopal Church.

- People genuflect before entering or leaving a pew.
- People genuflect whenever they pass the reserved sacrament or open the aumbry where the reserve sacrament is kept.
- More rarely people genuflect in the middle of the Nicene Creed when we speak of Jesus who “for us and for our salvation came down from heaven...”
- A few people genuflect whenever the Bishop passes in procession, although this custom is less common in modern practice. The reverence is not veneration of a person, but respect for the apostolic office which connects us to Jesus and the early Church. It also recognizes the role of the Bishop as a symbol of the unity of the Church.

## ***Genuflecting***



# ***Stand, Sit, and (occasionally) Kneel***

- In the early church the practice was to kneel for private prayer and stand for corporate prayer.
- Overtime it developed that for private prayers and some public prayers during Lent and Advent people would kneel as a sign of penitence.
- For other prayers such as the Great Thanksgiving people would stand as a sign of praise, thanksgiving, and celebration.
- The traditional Anglican formula was “sit for instruction, kneel for prayer, and stand for praise.”

# ***Stand, Sit, and (occasionally) Kneel***

- With more understanding of practices of the early church and changes in the 1979 Book of Common Prayer the practice has evolved to “sit for instruction, kneel for private or penitential prayer, and stand for corporate prayer and praise.”
- However, the BCP gives the individual a choice often to stand or to kneel as is your personal piety.
- For instance, some people chose to kneel for confession and after the Sanctus for the remainder of the consecration.
- And, of course, do what you are able and choose to do.





Pentecost XVI: September 25, 2022



# ***POSTURES AND GESTURES AT THE ALTAR DURING THE GREAT THANKSGIVING***

MORE VIDEOS

Play (k)

1:04:28 / 1:25:46





***ELEVATING THE OFFERING***

## ***ORANS POSTURE***

Orans is a posture of prayer, usually standing, with the elbows close to the sides of the body and with the hands outstretched sideways, palms up.

The orans posture of prayer has a scriptural basis in 1 Timothy 2:8: "I desire, then, that in every place the men should pray, lifting up holy hands without anger or argument."





## ***DURING THE SANCTUS***

*Bow when we say “Lord, God of Power and Might.”  
Cross yourself when we say, “Blessed is the one who  
comes in the name of the Lord.”*





## ***CONSECRATION OF THE ELEMENTS***

*From the BCP rubrics: at the following words concerning the bread, the celebrant is to hold it, or to lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.*

All this we ask  
through your son  
Jesus Christ: by  
him, and with him,  
and in him, in the  
unity of the holy  
spirit all honor  
and glory is yours,  
almighty Father,  
now and for  
ever. *Amen.*







# ***THE BREAKING OF THE BREAD***



***THE GIFTS OF GOD FOR THE PEOPLE OF GOD***



***THE BISHOP  
OR PRIEST  
BLESSES  
THE PEOPLE***



# ***THE DISMISSAL BY THE DEACON***

***Deacon: Go in peace to love  
and serve the Lord!  
People: Thanks be to God***

***“Alleluia, Alleluia” may be  
added between the Easter  
Vigil and Pentecost***



***Questions?***







***Thank you!***

Next week: Deacons, Priests, and Bishops