

Liturgy We Live *by Dr. Gil Haas*

Our Cathedral focuses our attention on Christ's presence. The altar symbolizes Christ, and the lit sanctuary lamp hanging from the ceiling reminds us of Christ's sacramental body and blood reserved in the tabernacle above the altar (by tradition, the sacrament was reserved for the sick or others who for "weighty cause" could not be present at communion). To honor this "presence", many parishioners perform a reverence when entering or leaving their pew, although no action is required or even suggested by the Book of Common Prayer. Tradition suggests that if the reserved sacrament is not present, a simple bow to the altar and cross is an appropriate reverence. A simple bow is performed by slightly bending the head. Tradition also suggests that in the presence of the reserved sacrament, a genuflection is performed upon entering or leaving your pew. A genuflection is accomplished by touching the ground with the parishioner's **right** knee at the place where the right foot was and rising upright at once without bending the head or body while making the sign of the cross. During the Renaissance, a genuflection to one's monarch or bishop was accomplished by genuflecting on the person's **left** knee.

If you have a liturgical question or an inquiry about anything that transpires during or around our worship service, please forward the question you would like researched to: gghaas@aol.com, or drop the question in the offering basin. Please note whether we can credit you as the source of the question.