

PREPARATION AND PROCLAMATION PROCESS FOR LECTORS

- I. Long-range preparation
 - A. Spend time with Scripture in prayer every day
 - B. Become familiar with the Bible through Bible study sessions and Scripture sharing groups

- II. Begin one week ahead of time. Set aside some private time
 - A. In your own Bible, read through the entire chapter in which the reading is found
 - B. Pray and meditate: allow the voice of God to speak to you
 - C. Go back to the reading and work the “heart spots” and the “hard spots”

- III. At a later time
 - A. Read your reading again and the other readings of the day
 - B. Then turn to the Lector Workbook as a tool
 - C. Practice out loud; make it your own

- IV. Preparation on the “day of”
 - A. Rest/diet: get a good night’s sleep, eat sensibly – know how your body reacts
 - B. Prayer: warming up the Spirit
 - C. Physical prep: warming up the body/voice
 1. Gentle humming and singing to warm vocal cords
 2. Stretching body: Relaxation/Breathing – what works for you

- V. Immediate preparation
 - A. Come at least 15 minutes early
 - B. Adjust microphone
 - C. Prepare materials
 1. Check to see if Lectionary is open to proper place or ribbon is in place:
be familiar with location of readings on page or any page turns
 2. Check with presider for any changes/special instructions
 - D. Quiet time: continue prayerful preparation (II.B. above)

- VI. Proclamation
 - A. Let go
 - B. Be present to the Word you proclaim and present to the community
 - C. Allow all to experience the presence of God in your proclamation
 1. You are the conduit between God and the assembly
 2. Be “transparent” to the Word, not calling attention to yourself