

Kyrie Eleison Christe Eleison

The image shows a musical score for the hymn 'Kyrie Eleison Christe Eleison'. It consists of four staves of music in a 4/4 time signature, with a key signature of one flat (B-flat). The lyrics are written below the notes, and chords are indicated above the staves. The chords used are Dm, C, A, and Dm. The lyrics are: Ky-ri-e Elei-son Chri-ste Elei-son Ky-ri-e Elei-son Chri-ste Elei-son Ky-ri-e Elei-son.

Lord have Mercy, Christ have Mercy

(words trad../ music: Denis Quinn, adapted A&W v.d. Zwan / dance: A&W v.d. Zwan)

This dance has two parts. For the first part we sing the lower melody. For the second part the higher melody.

A. First part: we hold hands, forming a very small circle. Sway gently on the rhythm of the music from the right to the left. Let the movement come from the hips as a symbol of the original womb full of Mercy and in honor of Mother Mary carrying The Christ as an earthly symbol of Mercy.

B. Second part:

1. Kyrie Eleison: Release held hands, raising arms while stepping backwards four steps (starting on the right foot) receiving Mercy from the Source. Meanwhile lower the arms and bring the Mercy into the heart, ending up with folded hands on the heart.
2. Christe Eleison: Bend and bring Mercy with your hands from the heart towards the earth.
3. Kyrie: Bent deeper and scoop the Mercy with your hands from the earth. Then slowly come to standing position, arms on heartlevel with palms upwards.
4. Elei-: Stand in place, palms still upwards.
5. -son: Step in four steps (starting on the right foot) carrying the Mercy in the palms and carrying the Mercy towards the center.

Start again with part 1. Dance finishes at leaders discretion. A period 'on the breath' (dancing in silence, focusing on the words) works well with this dance, as does alternate male and female voices for part 1. and 2.