



Our Lady Queen of Peace Church

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SUMMARY RESOURCE

How to Improve Your Proclamation

1. Deepen your spiritual life through prayer.
2. Study the scripture readings.
3. Improve your public speaking technique.

Preparing through Prayer

When you are preparing for your scripture reading, you should find a quiet place to study the word of God.

You may want to use the Holy Spirit Prayer or simply ask God to be with you in your preparation and proclamation.

Dear Lord, make me an
instrument of your peace
through my tongue, lips, heart
and love for you.

Help me convey your word
so that your message can be heard,
understood, and felt by your people.

Help me do your will
through the gift of speech
that you have given me.

Come to me Holy Spirit
to proclaim the word of God effectively
for your people. Amen.

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Understanding the Texts

- Take time to reflect on the meaning of the scripture reading, pray over it, ask the Holy Spirit to come into your heart, and reread the passage for full comprehension.
- Although the Lectionary is the primary source for preparation to proclaim the liturgical readings, you can also attend a Bible study at your parish or seek out other resources to learn more about scripture.
- Study both scripture readings for the Sunday, the psalm, and the Gospel to understand how these sections of scripture relate to one another.

Diaphragmatic Breathing

Diaphragmatic breathing allows you to breathe deeply from the area separating the chest cavity and the abdominal cavity. When you take a deep breath, this area should expand. As you exhale, your diaphragm will collapse. As you speak, the air will push out your words.

If we do not breathe deeply while we read, our vocal cords can tighten up and cause changes in our vocal tone. Breathing correctly is crucial to proclaiming well.

Important Details to Remember

- Vocal quality, the sound of your voice
- Volume and projection
- Diction and articulation. When speaking publicly, open your mouth and utilize your tongue and lips.
- Be aware of articulating consonants like t's and d's.
- Practice is crucial to proclaiming the word of God effectively.
- Pausing during your proclamation is important. Pause after punctuation marks, when there is a change of thought or emotion, and during long sentences.
- Keep your projection level the same as while you were proclaiming the reading. Do not let your voice trail off when you say, "The word of the Lord."
- To show proper reverence, count to five before you say, "The word of the Lord."
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- Review your scripture reading to select words that require special emphasis or "animation."
- Think about what you are saying, and what God is trying to communicate to the listener.
- Stand while you practice your readings because that is how you will be making your proclamation. By standing, you will be able to use diaphragmatic breathing techniques.

- Do not depend on the microphone.
- You must project your voice into the microphone and use it as a support for your proclamation.
- Remember to practice eye contact. Try to internalize the scripture reading as part of your prayer and memorize portions as you are able, especially the first and last sentences of the reading.
- Remember that above all you are an instrument of God's word. Express this honor and privilege in the way you walk, your manner of dress, and in all you do as a servant of the living word of God.

May God bless you in your role as a lector or Gospel reader. May these tools and techniques support your spiritual enrichment as you use your voice to bring God's written word to life. May your service transform the hearts and minds of your parishioners into what Christ calls them to be—faithful members of God's Church and his teachings.