

Instructions for Home Foot Washing

Materials needs:

- A shallow wash basin
 - The basin does not need to be deep. Preferably, you should have space to place both feet in the water at the same time. If not, one at a time is okay.
- Use warm water with mild disinfectant
 - Fr. Mike prefers to add mouth wash to the water. Just a cap full is all that is needed. If mouthwash is unavailable you can use rubbing alcohol. Please use the alcohol sparingly.
- Clean towels (white if available)
- Comfortable straight back chair to sit in
 - The person washing should have a comfortable place to kneel. If the washing is done in a place with tile or hardwood floors, ensure there is a cushion to lean on.

At the Foot-Washing at home:

Fr. Mike suggests that parents with children first wash the children's feet and then let the children take turns washing their parent's feet. If the household is adults only, ensure that everyone gets a chance to participate. For single homes with one person present, please fill the basin with water and wash your own feet. As a single person participating in foot washing, think of the greater St. James' community participating in the same liturgy and how we serve each other. You might also think how Jesus washes our feet daily.

I would suggest reading the following address before you begin washing your feet. If there is more than one person in the house, then pick a presider to read the address and then begin washing each other's feet.

Foot-washing Address:

Fellow servants of our Lord Jesus Christ: On the night before his death, Jesus set an example for his disciples by washing their feet, an act of humble service. He taught that strength and growth in the life of the Kingdom of God come not by power, authority, or even miracle, but by such lowly service. Therefore, I invite you who share in the royal priesthood of Christ, to come forward, that we may recall whose servant we are by following the example of our Master. Come remembering his admonition that what will be done for us is also to be done by us to others, for "a servant is not greater than his master, nor is one who is sent greater than the one who sent him. If you know these things, blessed are you if you do them."

A Prayer to be said after the foot-washing is complete.

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who lives and reigns forever and ever. Amen.