

Dictionary of Sign Language Terms

Frequently Used
in Meetings
of Deaf Members of
The Church
of Jesus Christ of
Latter-day Saints

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Introduction

For many, silence is not golden; it is a way of life.

Communication Among the Deaf

Over the years several communication methods for the deaf have evolved. Most deaf persons are familiar with the following:

Total communication

All means of individual communication are employed, including formal signs, finger spelling, speech, gestures, facial expressions, body language, and lip movements. In practice, most deaf people express themselves using many of these means.

Oral communication

Many hearing-impaired individuals communicate vocally without sign language or finger spelling. These are usually persons whose hearing loss either is not severe or occurred later in life.

Depending on the situation, most deaf people draw upon a variety of ways to communicate. For example, in small groups or one-to-one situations, speech, lipreading, writing, and gestures are often employed. In classroom and other group settings, many deaf persons prefer using a combination of sign language and speaking without voice.

Deaf Members

In the spring of 1977 there were forty-five wards and branches adapted for members who communicate with sign language. These include host wards adapted for deaf groups, but staffed primarily by hearing persons. There are also wards and branches primarily for the deaf and staffed with officers and teachers from their own ranks.

Some deaf persons have no need for such specially adapted units. In cases where hearing-impaired individuals can adequately communicate and serve in a regular setting, they should be encouraged to do so.

Dictionary of LDS Sign Language Terms

The need has developed for a dictionary of sign language words and terms unique to the Church. Because signs have not been established for many words used in the Church, members have had to use or modify sectarian signs or devise their own. This has made it difficult for deaf members from different areas to communicate about the gospel. Also, leaders and teachers who work with the deaf have found it hard to teach and communicate gospel principles.

This dictionary should help resolve some of these problems. In addition, it will make it possible for work to begin on other important projects involving sign language. We welcome suggestions, ideas, and comments about the dictionary from

deaf members and leaders, as well as from hearing persons who work with the deaf.

Use of This Dictionary

It will be helpful to remember the following points while using the dictionary:

1. This is *not* a dictionary of Ameslan (American sign language) religious terms. It is a dictionary of signs as they are used by many deaf members of The Church of Jesus Christ of Latter-day Saints.
2. Suffixes such as *ing* and *ed* may be used by those who wish to use them. While they are not yet accepted by the total group, many of these signs are growing in popularity among deaf members.
3. The *er* sign, as used in this dictionary, is sometimes referred to as the *person* sign. For example, in the case of the word *teacher*, the signer makes the sign for *teach* and, then to indicate a person, straightens the hands and drops them straight down both sides of the body at the same time.
4. Some terms are listed for which no sign exists at present. As indicated, these terms, including all proper nouns, should be fingerspelled.
5. For the benefit of persons not familiar with sign language, commonly accepted signs mentioned in the dictionary have been included in an appendix at the back of the dictionary. The signs are given without definitions or examples.
6. Many good books are available for persons wishing to learn sign language. Libraries and bookstores may stock the following, or may recommend other titles:

A Basic Course in Manual Communication, N.A.D., 5034 Wisconsin Avenue, N.W., Washington, D.C.

David O. Watson, *Talk with Your Hands*, 2 vol. [Menasha, Wisconsin: George Banta Company, Inc., 1973], available from the author and publisher, Route One, Winneconne, Wisconsin, 54986

Lottie L. Riekehof, *Talk to the Deaf* [Springfield, Missouri: Gospel Publishing House, 1963], 1445 Boonville Avenue, Springfield, Missouri 65802

Note: Send suggestions for the addition of any appropriate signs to Personal Welfare Services, 50 East North Temple, Salt Lake City, Utah 84150, U.S.A. Any other ideas and comments will also be welcome.

Dictionary of LDS Terms



Aaronic Priesthood /noun/ *a-rän-ik prëst-hood/* Fingerspell *A, C, P, and H.*

The lesser of the two priesthoods in the Church. It includes the offices of deacon, teacher, priest, and bishop. (Deacons in the Aaronic Priesthood pass the sacrament, collect fast offerings, and accept other assignments.)

Adam /noun/ *ad'-əm/* Fingerspell.

The first man, the father of the human race. Before his earth life, he was known as Michael. He led the righteous in the war in heaven. He helped in the creation of the earth. (Near the end of his life, Adam blessed his posterity.)

administer the sacrament /verb/ *əd-min'-ə-star* the *sak'-ra-mənt/* Sign *bless, bread, and water.*

To bless the sacrament. (The bishop usually assigns two priests to administer the sacrament in sacrament meeting.)

administer to the sick /verb/ *əd-min'-ə-star* *tū* the *sik/* Sign letter *A* before making the sign for *bless*.

To anoint and bless a sick person. (When Sister Smith was sick, she asked her home teachers to administer to her.)

adultery /noun/ *ə-dül'-tər-i/* Fingerspell (to distinguish from profane sign).

Sexual intercourse between a married man and someone other than his wife or between a married woman and someone other than her husband. ("Thou shalt not commit adultery." [Exodus 20:14.])

advancement in the priesthood /noun/ *əd-van'-mənt* in the *prëst-hood/* Bend both hands with fingertips pointing toward each other and palms facing down. Alternate moving hands upward, as if climbing steps. Sign *priesthood*.

Promotion of worthy boys and men from one office in the Aaronic Priesthood to the next higher office or from the Aaronic Priesthood to the Melchizedek Priesthood. There is no advancement in the Melchizedek Priesthood, but there are specific functions and responsibilities. (The bishop interviewed Bill for advancement to the office of teacher in the Aaronic Priesthood.)

adviser /noun/ *əd-viz'-ər/* Place fingertips of the right hand on the back of the left open hand (palms down). Open right hand as it moves away from the body in an outward motion. Drop hands down sides of body.

A A person who advises or counsels another. A leadership position in the Young Men and Young Women organizations. (Brother Brown has been called to serve as an adviser to the teachers quorum.)

agency /noun/ *ə'-jən-si/* Sign *free and choice.*

The ability and freedom to choose good or evil. (As we exercise our agency wisely, we increase our freedom.)

altar /noun/ *əl'-tər/* With both hands in *A* position and palms facing down, touch thumbs of both hands in front of you. Move hands horizontally away from each other. Then bring both hands down with closed palms facing each other.

1. Anciently, a raised place on which sacrifices were offered. 2. In LDS temples today, a place where covenants are made and couples or families are sealed together for time and eternity. (Abraham built an altar on which he offered a sacrifice to the Lord.)

amen /interjection/ *ə'-men/* Position hands together as in prayer. Sign is lower in execution than prayer.

A word meaning "so be it" or "I agree." Members say amen to close a prayer or sermon, or to show that they hear and approve another's prayer or sermon. (At the end of the prayer, the members said {or signed} amen.)

ancestor /noun/ *ən'-ses-tər/* Sign *long ago* over the shoulder. Then sign *family*.

One from whom a person is descended. (My book of remembrance tells the life stories of many of my ancestors.)

angel /noun/ *ən'-jəl/* Sign *heaven*. Add sign for *messenger*: Indicate with thumbs and index fingers the pulling apart of shreds; keep other fingers open.

A messenger sent by God. (The angel Moroni appeared to Joseph Smith in 1823 to reveal the location of the gold plates.)

anoint /verb/ *ə-noint/* With hand in *A* position at mouth, sign *blessing*.

To place a few drops of oil on the head before administering to the sick. (Elders can anoint and bless the sick.)

apostasy /noun/ *ə-päš'-ə-si/* Point index finger to and touch opposite index finger. Then indicate speedy departure from stationary index finger.

Abandonment of true gospel principles. (The ancient church fell into apostasy.)

apostle /noun/ə-päsl/ With secondary palm in upright position and primary hand in *A* position, place *A* hand at fingertip of middle finger of opposite open hand. Drop to wrist area forming another *A* as in signing the word *commandment*.

1. A special witness for Christ. 2. An office in the Melchizedek Priesthood. (The apostle Paul kept the faith and endured to the end.)

area conference /noun/er'i-ə kän'förs-əns/ With primary hand in *A* position, sign *place* and *conference*.

A special conference for Saints who cannot normally attend general conference in Salt Lake City. General Authorities, Regional Representatives, and stake and mission leaders speak at these area conferences. (An area conference was held for the Saints in Japan.)

Articles of Faith /noun/är'ti-k'lz uv fäth/ Fingerspell *articles* and *of*. Then either fingerspell or sign *faith*.

Thirteen brief statements written by the Prophet Joseph Smith summarizing some basic doctrines of the Church; published as part of the Pearl of Great Price. (The first Article of Faith states, "We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.")

ascend /verb/ə-send/ Hold both index fingers upright, one higher than the other. Move fingers simultaneously in upward direction. (Means "ascend to heaven.")

To move upward. ("What and if ye shall see the Son of man ascend up where he was before?" [John 6:62].)

assistant /noun/ə-sis-tənt/ Sign *support*. Sign *er*.

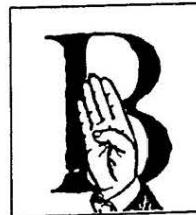
One who is appointed to counsel or to supervise under the direction of a leader. (Brother Brown was an assistant to the high priest group leader.)

atonement /noun/ə-tōn'mēnt/ Fingerspell.

The sacrifice by which Jesus Christ freed men from the effects of the fall of Adam. Physical death is replaced by immortality or the reuniting of the body and spirit forever. Spiritual death is replaced by eternal life (life in the presence of God) for all who believe and obey gospel law, and endure to the end. (Through the atonement and resurrection of Jesus Christ, death is conquered.)

auxiliary /noun/ə-gzil'yo-ri/ Fingerspell *A*, *U*, and *X* (abbreviation).

A Church organization to aid the priesthood. (The Sunday School is a priesthood auxiliary that helps teach the gospel to Church members.)



baptism by immersion /noun/bap'tizm bī i-mür'shən/ With both hands in *10* position with thumbs up, turn hands to the right with thumbs horizontal. Return hands to original position, as in actual movement when baptizing. Then sign *under* and *water*.

An ordinance in which a person is immersed in water and brought forth; part of the ordinance marking entry into The Church of Jesus Christ of Latter-day Saints. (Through baptism by immersion by the proper authority, we become ready to receive the Holy Ghost.)

baptism for the dead /noun/bap'tizm for the dead/ Sign *baptism for dead*.

Baptism by immersion of a living person, acting for one who is dead. This ordinance is performed in LDS temples. (Baptism for the dead is a saving gospel ordinance that has been restored in the latter days.)

baptismal font /noun/bap-tiz'-mal fänt/ Sign *baptism*. Fingerspell *font*.

A receptacle used for baptism by immersion. (Bill will be baptized in the baptismal font at the stake center.)

behold /verb/bi-höld/ Using both hands, sign *look* with emphasis.

To see, observe, or look upon. ("Now behold, a marvelous work is about to come forth among the children of men." [D&C 4:1.])

benediction /noun/ben-ə-dik'shən/ Sign *close* and *prayer*.

The prayer at the end of a meeting. (The benediction was given by the branch president.)

bestow /verb/bi-stō/ Sign *give*.

To confer or give a gift. (The Lord bestows blessings upon the obedient.)

Bible /noun/bi'b'l/ Sign *Jesus* and *book*.

One of the standard works of the church. It includes the Old and New Testaments. (We learn great truths from a careful study of the Bible.)

bishop /noun/bish'ap/ With primary hand in *B* position, bounce *B* on opposite hand in same position as *church* sign.

A man who has been ordained and set apart as the presiding high priest of a ward. He is president of the Aaronic priesthood in his ward and a common judge. He has responsibility for the temporal and spiritual well-being of all ward members. (The bishop interviewed Tom about serving a mission.)

bishopric /noun/bish'-ə-prik/ Sign *bishop*. Fingerspell *ric*.

A bishop and his two counselors. (Members of the bishopric take turns conducting sacrament meetings.)

bishops storehouse /noun/bish'-əps stôr'-hous/ Sign *bishop*. Fingerspell *storehouse*.

A building or room where goods required by bishops for welfare purposes are stored. (Wheat raised on the Church welfare farm is distributed to needy members of the Church from the bishops storehouse.)

bless(ing) /noun or verb/bles/ Place both *A* hands before the mouth, palm toward palm. Bring hands forward and down slightly. Open hands and bring them down, right hand resting on top of left hand, palms down.

Verb: to give power to overcome illness or sin; to help others through priesthood ordinances, teachings, or service. Noun: a special gift from God; a special priesthood ordinance or prayer. (Through the priesthood we may bless others and gain the blessings of eternal life.)

Book of Mormon /noun/book uv mōr-mōn/ Sign *book*. Fingerspell *of*. Form hand into *M*. Make circular motion or fingerspell *Mormon*.

An account of God's dealings with the people of the American continents from about 2200 B.C. to A.D. 421. It was translated from gold plates by Joseph Smith and contains the fulness of the gospel. (The Book of Mormon is a second witness for Jesus Christ.)

book of remembrance /noun/book uv ri-mem'-brəns/ Sign *book*. Fingerspell *of*. Sign *remember*.

A book containing pedigree charts, family group sheets, and personal record sheets. (My book of remembrance contains many family group sheets.)

born in the covenant /bōrn in thə kuv'-ə-nənt/ Sign *born in covenant* or fingerspell *B, I*, and *C*.

Children born to parents married and sealed in the temple. (Because John and Joan were married in the temple, their children will be born in the covenant.)

branch /noun/branch/ Form hand into *B* position. Sign *family*.

A unit of a mission or stake which is presided over by a president and two counselors; a Church unit smaller than a ward. (Our stake has seven wards and one branch.)

branch president /noun/branch prez'i-dənt/ Sign *branch*. Make accepted sign for *president*.

An elder who has been called to preside over a branch. He usually is assisted by two counselors. (Brother Smith is the branch president of the Branch for the Deaf in our area.)

brethren /noun/breth'-rin/ Sign *brother*.

1. Those men who join the true Church, take upon themselves the name of Christ, and become brothers in a special spiritual sense.
2. The General Authorities of the Church. (The brethren in our stake will attend a stake priesthood meeting next Saturday evening.)

Brigham Young University /noun/brīg'-am yung yōō-nā-vür'-sə-ti/ Fingerspell *B, Y*, and *U*.

A Church owned and operated university located at Provo, Utah. (Brigham Young University was established in 1875 by Karl G. Maeser.)



call /noun/kōl/ With fingertip of primary hand, touch back of secondary hand. Draw primary hand away from secondary hand toward yourself.

An invitation by those in authority to accept a duty or position of responsibility. (Bill has received a call to serve a mission for the Church.)

celestial kingdom /noun/sə-les'-chəl king'dəm/ 1. Form hand into *3* shape with thumb upward. Bring down center of open palm of opposite hand to touch thumb tip only. 2. Fingerspell *C, E*, and *L*.

The highest kingdom of glory, where one is in the presence of our Heavenly Father, Jesus Christ, and the sanctified. (The celestial kingdom is where God lives.)

charity /noun/char'-ə-ti/ Sign *love*, or fingerspell. (In most cases the sign for "love" can be used. When in doubt, fingerspell.)

Love, compassion, kindness, concern; interest in and sympathy for others; the pure love of Christ. ("And now abideth faith, hope, charity, these three; but the greatest of these is charity." [1 Corinthians 13:13.])

chastity /noun/chas'-ti-ty/ Fingerspell.

Moral purity; personal integrity; avoidance of sexual relations with anyone except one's legal mate by marriage, or of any improper sexual experiences. ("For I, the Lord God, delight in the chastity of women." [Jacob 2:28.]

Christ /noun/k्रiist/ Form primary hand into C shape. Move from opposite shoulder across body to waist, touching shoulder and waist with thumb.

See Jesus Christ. ("Thou art the Christ, the Son of the living God." [Matthew 16:16.]

The Church of Jesus Christ of Latter-day Saints /noun/tha chürch uv jে:zəs k्रiist uv lat-er dā sānts/ Sign *Church* and *Jesus Christ*. Fingerspell L, D, and S.

The only true church of God on the earth. (The Church of Jesus Christ of Latter-day Saints was organized at Palmyra, New York, in 1830.)

Church welfare program /noun/chürch wel-fér pró-gram/ Sign *church*. Fingerspell *welfare*. Sign *program*.

The program for caring for the temporal needs of worthy, needy Saints. (The Church welfare program was established in 1936.)

Comforter, the /noun/tha kum'-fer-tor/ 1. Sign *comfort* and er. 2. Sign *Holy Ghost*.

The Holy Ghost. The other or Second Comforter refers to Jesus Christ. ("The Comforter . . . shall teach you all things." [John 14:26.]

commissioned (in baptismal prayer) /verb/ka-mish'-ond/ Fingerspell. Note: Sign *called*, when interpreting.

To receive authority to act for, in behalf of, or in place of another. ("Having been commissioned of Jesus Christ, I baptize you in the name of the Father, and of the Son, and of the Holy Ghost." [D&C 20:73.]

commitment /noun/ka-mit'-mənt/ Sign *promise* with emphasis.

An agreement or pledge to do something. (Frank made a commitment to attend Church regularly.)

commandments /noun/ka-mand'-mənts/ With secondary hand in upright position and primary hand in C position, place C hand at fingertip of middle finger of opposite open hand. Drop to wrist area forming another C as in signing the word *apostle*.

The things that God directs his children to do to attain joy in this life and to prepare for eternal life in the world to come. ("A new commandment I give unto you, That ye love one another." [John 13:34.]

conference /noun/kän'-fər-əns/ Sign *meeting*, but larger and more exaggerated than usual to imply a larger group of people.

Periodic gatherings of Latter-day Saints to worship, conduct Church business, and receive inspiration and revelation. (The general conference of the Church is held in the Tabernacle on Temple Square.)

confirmation /noun/kän'-fər-mā'-shən/ Fingerspell.

An ordinance following baptism through which a person is confirmed a member of The Church of Jesus Christ of Latter-day Saints and receives the gift of the Holy Ghost. (John's confirmation followed his baptism.)

consecrated oil /noun/kän'-sə-krä-t-ed oil/ Sign *blessed*. Fingerspell *oil*.

Oil which has been dedicated and set apart, by those holding the Melchizedek Priesthood, for anointing the sick. (Consecrated oil is used to anoint the sick.)

convert /noun/kän'-vərt/ Form both hands into C shape. Sign *change*. Add er sign.

1. One who has been accepted, through baptism, into The Church of Jesus Christ of Latter-day Saints. 2. One who is born again, whose life is changed through the power of the Holy Ghost. (Brother Bill Brown is a convert to the Church.)

convert /verb/kän-vurt/ Form both hands in C shape. Sign *change*.

1. To accept, through baptism, the Church and gospel of Jesus Christ. 2. To be born again through the power of the Holy Ghost. ("When thou art converted, strengthen thy brethren." [Luke 22:32.]

council /noun/koun'-s'l/ Form both hands in C shape. Make *family* sign.

A group appointed as an advisory body. (The stake presidency meets with the high council on the second and fourth Thursday of each month.)

council in heaven /noun/koun'-s'l in hev'-n/ Sign *council, in, and heaven*.

The grand meeting in heaven in which the Father announced his plan of redemption and salvation and in which he chose Jesus Christ as Redeemer. (You and I participated in the council in heaven.)

counselor /noun/koun'-s'l-ər/ Sign *support*. Add er sign.

One who assists and advises an officer. (A bishop has two counselors to help him.)

covenant /noun/kuv'-ə-nənt/ 1. Sign *promise*. Form primary hand into C shape. Raise as if to take an oath. 2. Sign *promise* with palm of hand facing forward. Do not form into C shape.

A binding and solemn agreement, contract, or promise between God and a person or group of persons. (When we are baptized, we each make a covenant to keep the commandments.)

create /transitive verb/krē-āt/ Sign *makes*.

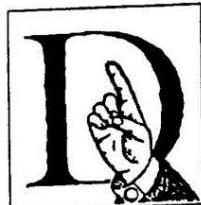
To organize elements that already exist or to bring elements together in order to organize in new form. ("In the beginning I created the heaven, and the earth." [Moses 2:1.])

creation /noun/krē-ā-shən/ Fingerspell.

The act of bringing the world into ordered existence. (Michael, or Adam, participated in the creation of the earth.)

crucifixion /noun/krōō-sə-fik'shən/ Form the primary hand into a closed fist with the thumb out. Move this hand toward the secondary hand and touch the center of the palm with the thumb. Reverse the process immediately with the secondary hand closing and moving toward the primary hand which opens to receive the thumb of the closed secondary hand.

The act of putting to death by nailing or tying the hands and feet to a cross. (After his crucifixion, the Lord was resurrected and appeared to his disciples.)



descend /verb/di-send/ Hold both hands in vertical position with both index fingers pointing upward and one hand lower than the other. Lower both hands simultaneously.

To move from a higher place to a lower one. ("For the Lord himself shall descend from heaven, . . . and the dead in Christ shall rise first." [1 Thessalonians 4:16.])

Deseret /noun/dezə-ret/ Fingerspell.

Jaredite name for honey bee. (Ether 2:3.) Brigham Young and his followers first named their intermountain settlement the territory of Deseret. (Soon after they arrived in the West, the Saints asked to be admitted to the Union as the state of Deseret.)

devil /noun/dev'l/ 1. Sign *evil*. (Example: devil, mischief, sin, evil.) 2. Fingerspell.

A spirit son of God who rebelled against the Father and tried to destroy the agency of man. Also

known as Lucifer, Satan, and Son of the Morning. He is the author of sin. (The devil is a real and powerful personage.)

discernment /noun/di-zūrn'mənt/ Sign *inspire* and *know*.

Spirit, gift, or power to distinguish between two things, such as good and evil. (Bishops are expected to use their power of discernment in interviews.)

disciples of Christ /noun/di-sī-p'l uv krist/ Sign *follow*. Sign *et*.

A follower of Jesus Christ. ("And when it was day, he called unto him his disciples." [Luke 6:13.])

disfellowship /verb/dis-fel'ō-ship/ Sign *suspend*.

Hook the forefinger of the right hand over the forefinger of the left hand and pull the left hand upward.

To deny full participation (but not membership) in the Church because of transgression. (Though the decision has been made to disfellowship a person, he may again receive the full blessings of the Church if he repents and conforms to the standards of the Church.)

dispensation /noun/dis-pən-sā-shən/ Fingerspell.

A period of time during which the Lord reveals gospel teachings to men. ("For verily I say unto you, the keys of the dispensation, which ye have received, have come down from the fathers, . . . being sent down from heaven unto you." [D&C 112:32.])

dispensation of the fulness of times /noun/dis-pən-sā-shən uv tha 'ful-nəs uv timz/ Fingerspell.

The time in which we live; the final great dispensation of the gospel. Every key, power, and authority has been or will be restored in this dispensation. (We are now living in the dispensation of the fulness of times.)

district /noun/dis'trikt/ Form hand into D position. Sign *place*.

A proselyting area in a mission; in many missions, an area similar to a stake area, presided over by a district president. (During our last conference, our district was organized into a stake.)

divine /adjective/də-vīn/ Form hand into D shape. Sign *clean*.

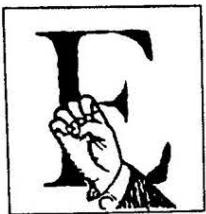
Proceeding from God; godlike. (Jesus is the divine Son of God.)

doctrine /noun/däk-trin/ Form hand into D shape. Sign *commandment*.

Something that is taught; teachings about the gospel. (True doctrines come from God.)

Doctrine and Covenants /noun/däk'-trin and kuv'-ə-nents/ Fingerspell *Doc., and, and Cov.*

A book containing revelations given to Joseph Smith and other presidents of the Church. (The Doctrine and Covenants contains the voice of God in our day.)



elder /noun/el'där/ Fingerspell.

One of the ordained offices in the Melchizedek Priesthood. Also, a title given to all holders of the Melchizedek Priesthood. ("The office of an elder comes under the priesthood of Melchizedek." [D&C 107:7.])

Elohim /noun/ĕlō'hēm/ Form hand into *E* shape. Sign *God*.

A word used as the exalted name-title of God the Eternal Father. (We pray to Elohim.)

endowment /noun/in-dou'mənt/ Fingerspell.

A special, spiritual blessing given to worthy and faithful Saints in the temple. (Before he leaves for the mission field, an elder goes to the temple and receives his endowment.)

eternity /noun/i-tür'-nə-ti/ Form hand into *E* position. Move hand in circular motion. Change letter to *Y*, moving hand forward as in making the sign for *continue*.

Time without end. ("This day of life . . . is given us to prepare for eternity." [Alma 34:33.])

everlasting /adjective/ev-ər-las'ting/ Sign *ever* and *continue*.

Lasting or enduring forever. (The Lord loves us with an everlasting love.)

evil /noun, adjective/ĕ'vəl/ Sign *sin*. (Hold both index fingers in front of the body, pointing slightly forward and toward each other. Simultaneously trace small circles in a vertical plane in front of the body—the right hand in clockwise motion and left hand in counterclockwise motion.)

The opposite of good; that which is morally corrupt, wicked, unrighteous; wickedness. ("Ye shall forsake all evil and cleave unto all good." [D&C 98:11.])

exaltation /noun/ĕg-zăl-tă'shən/ With both hands at about shoulder level and bent at knuckles,

elevate hands above head, as in attaining a higher level.

The continuation of the family unit in eternity; an inheritance in the highest of the three heavens within the celestial kingdom. ("I seal upon you your exaltation." [D&C 132:49.])

excommunicate /verb/ĕks-kə-myōō'nə-kāt/ With the primary hand in *E* position and the secondary hand with the forefinger raised, strike the primary hand against and away from the forefinger of the secondary hand.

To take away a person's membership in the Church. (The high council voted to excommunicate Frank from the Church.)



faith /noun/fāth/ 1. Form hand in *F* position. Place *F* on side of forehead. Then with both hands making a fist, bring hands together, one on top of the other, as in holding onto a rope.

2. With both hands fingerspell *F*. Bring one hand from above and the other from below to meet in the center.

A hope in that which is not seen, but which is true. (For faith to bring salvation it must center in Jesus Christ.)

fast /verb/fast/ Fingerspell.

To abstain from food and drink for spiritual reasons. (Once each month we fast for two meals.)

fast meeting /noun/fast mēt'ing/ Fingerspell *fast*. Sign *meeting*.

A sacrament meeting held on fast Sunday when members come in the spirit of fasting and are invited to bear testimony as they are led by the Spirit. (During fast meeting, I rose to bear my testimony.)

fast offerings /noun/fast ĕf-ĕr-ingz/ Fingerspell *fast*. Sign *offer*.

The food saved by fasting, or the same or additional value in money, which is used to care for the poor. (The President of the Church has asked us to give a generous fast offering.)

fast Sunday /noun/fast sun-dĕ/ Fingerspell *fast*. Sign *Sunday*.

One Sunday each month, usually the first, when members of the Church are encouraged to fast for a period of twenty-four hours. (Each month we look forward to fast Sunday.)

fellowship /verb/fel'-ʃip/ Sign *friend* and *associate*. (Both hands encircle each other—with thumbs up and down.)

To be kind and loving to another so that he feels welcome and comfortable. (When we truly fellowship people, they more readily learn the gospel and enjoy living it.)

fireside /noun/fir'-sɪd/ Fingerspell.

A meeting held on Sunday evening, usually attended by young people. (The stake president will speak at our fireside next Sunday.)

First Presidency /noun/fürst prez'i-dən-si/ Sign *first* and *president*. Add suffix by fingerspelling C and Y.

The quorum made up of the President of the Church and his counselors. (We sustain the members of the First Presidency as prophets, seers, and revelators.)

First Quorum of the Seventy /fürst kwôr'-əm uv tha sev'-ən-tē/ Sign *first*, *quorum*, and *70*.

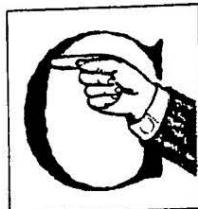
A quorum made up of General Authorities and headed by seven presidents. The present quorum was organized at the October 1975 General Conference. (The First Quorum of the Seventy will be filled in the years to come.)

foreordain /transitive verb/för-ôr-dān/ Sign *before* and *ordain*.

To identify or appoint in the premortal world. (Christ was foreordained to atone for our sins.)

fornication /noun/fôr-nä-kä-shən/ Fingerspell (to distinguish from profane sign).

Sexual intercourse on the part of an unmarried person. (Fornication is one of the most serious of sins.)



genealogy /noun/ je-nē-äl'-ə-jē/ 1. With hand in *G* position, bring hand from wrist along inside of arm to indicate blood lines. 2. Sign *family* and *history*.

The study of family lineage; identifying of ancestors. (By doing genealogy work, we are able to discover our ancestors and perform saving ordinances for them.)

general board /noun/jen'-ər-əl bôrd/ Fingerspell *general*. Sign *board* by using hand in *B* position and drawing the sign from right to left side of upper chest.

A group of people who are called to assist the general officers of a Church auxiliary organization, such as the Relief Society, Primary, or Sunday School. (The Relief Society General Presidency is assisted by sisters who have been called as members of the general board.)

general conference /noun/jen'-ər-əl kän'-fər-əns/ Fingerspell *general*. Sign *conference*. Same sign as for meeting, except that the sign should be made in a larger and more exaggerated way.

A worldwide conference of the Church, usually held each year in April and October. (All General Authorities of the Church are sustained by the Church membership at the April general conference.)

generation /noun/jen'-ər-ə-shən/ With hands in *G* position, move both hands in a circular, progressive motion from the shoulders outward. (This sign can be made in backward order, indicating past generations. The forward motion indicates future generations.)

1. A group of people descended from the same parents. 2. All the people living in a general period of time. (Each priesthood holder is expected to compile a pedigree chart and family group sheets for four generations of his family.)

Gentiles /noun/jen'-tilz/ Fingerspell.

1. Persons of a non-Jewish nation or of non-Jewish faith. 2. Persons who are not members of The Church of Jesus Christ of Latter-day Saints. (The gospel is to be preached to all people, both Jew and Gentile.)

gift of the Holy Ghost /noun/gift uv tha hō'-li göst/ Sign *gift*. Fingerspell *of*. Sign *Holy Ghost*.

The right, received by the laying on of hands, to have the constant companionship of the Holy Ghost. (When Mary was confirmed a member of the Church, she received the gift of the Holy Ghost by the laying on of hands by those in authority.)

God /noun/gäd/ With right hand open, fingers together and thumb extended, move upward. Sign from above the head. Bring the sign to rest at chest level.

The Eternal Father. The Father of Jesus Christ and of the spirits of all men; Elohim. ("The same was in the beginning with God." [John 1:2.])

Godhead /noun/gäd'-hed/ Fingerspell.

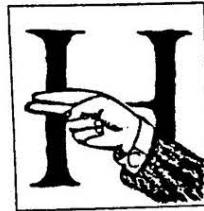
The Father, the Son, and the Holy Ghost. (Each member of the Godhead is a personage separate and distinct from the others.)

gold plates /noun/göld pläts/ Fingerspell.

Metal plates from which the Book of Mormon was translated. (Joseph Smith received the gold plates from the angel Moroni.)

gospel /noun/gäs'p'l/ Form hand into *G* position. Sign *church*.

The plan of salvation, embracing all that is necessary to save and exalt men. (The gospel is the good news that brings men joy and happiness now and forever.)



heal /verb/hēl/ Fingerspell.

1. To cure physical diseases and to restore physical and mental health by divine power. 2. To restore from spiritual

sickness or death. ("He gave them power . . . to heal all manner of sickness and all manner of disease." [Matthew 10:1.])

heaven /noun/hev'ün/ With both palms facing inward, bring them around in a circle toward self. Pass the primary open hand under the secondary hand and up. This sign should be made slightly above eye level.

The place where God dwells; the celestial kingdom of God. ("Our Father which art in heaven, Hallowed be thy name." [Matthew 6:9.])

Hebrew /noun/hē'brijə/ Fingerspell.

1. A descendant from a group of Semitic people. Today these include the Jews and other Israelites. 2. The language of the ancient Hebrews. ("And there came one that had escaped, and told Abram the Hebrew." [Genesis 14:13.])

heir /noun/er/ Fingerspell.

One who is entitled to receive property, rights, or qualities from a parent. (All descendants of Abraham are heirs to the blessings promised to Abraham by God.)

hell /noun/hel/ Fingerspell (to distinguish from the profane sign for hell).

1. That part of the spirit world where the wicked spirits await the day of their resurrection. 2. The place where Satan and his followers dwell. (In the spirit world are found both paradise and hell.)

high council /noun/hi koun's'l/ Fingerspell *H* and *C*.

A council of twelve high priests directed by a stake presidency. They assist in trying members

accused of wrongdoing, and in regulating Church affairs and programs in the stake. (Two members of the high council spoke in our sacrament meeting.)

high councilor /noun/hī koun's'l-or/ Sign *H* and *C* for high council. Add *er* for high councilor.

One who is a member of a stake high council. (As a high councilor, John has several assignments.)

high priest /noun/hī prēst/ Fingerspell the letters *H* and *P*.

One of the offices to which priesthood holders may be advanced in the Melchizedek Priesthood. (The bishop and his counselors are all high priests.)

Hill Cumorah /noun/hil kōō-mōrə/ Fingerspell.

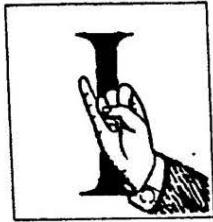
A hill in the western part of the state of New York where Moroni hid the gold plates from which the Book of Mormon was translated. The place where both the Nephite and Jaredite civilizations fought their final great wars of extinction. (The Hill Cumorah is located between the towns of Palmyra and Manchester, New York.)

Holy Ghost /noun/hō-li göst/ With the primary hand in *H* position, sign *clean*. Then bring the tips of the middle finger and thumb of the primary hand, palm facing downward, to touch the tips of the middle finger and thumb of the secondary hand, palm facing upward. Move both hands away from each other in a slightly vertical direction, the primary hand moving up and the secondary hand moving down. (This is the sign for *spirit* and also for *ghost*.)

The third member of the Godhead; a personage of spirit. ("And by the power of the Holy Ghost ye may know the truth of all things." [Moroni 10:5.])

home teacher /noun/hōm tēch'er/ Sign *home* and *teacher*.

A priesthood brother who, by assignment from his quorum leader and his bishop, visits the homes of specified Church members each month. (A home teacher is asked to watch over the families assigned to his care.)



immortality /noun/ im-ər-täl'-ə-ti/ Fingerspell.

Living forever in the resurrected state with body and spirit united. ("This is my work and my glory—to bring to pass the immortality and eternal life of man." [Moses 1:39.])

inactive /adjective/in-ak'-tiv/ Abbreviate and fingerspell *I* and *A*; or fingerspell the entire word.

Not attending Church meetings or participating in Church activities. (If they are fellowshipped, many inactive members of the Church will become active again.)

inspiration /noun/in-spa-rä'-shən/ Sign *spirit*. Then with both hands in the nearly flattened *O* position, palms facing self, place them at the waist area. Move hands upward across the chest while opening them in a spreading fashion.

A form of revelation that comes from the promptings of the Holy Ghost. (We can each receive inspiration from the Lord.)

institute of religion /noun/in-sti-tüüt uv ri-lij'ən/ Sign *institute* and *religion*.

1. An organization providing religious instruction and activities for college-age students, usually Church members. 2. The building used for institute classes and activities. (Members of the Church who are in college should attend institute of religion classes.)

intelligence /noun/in-tel'-ə-jəns/ Fingerspell.

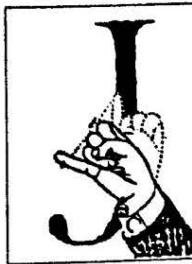
1. The light and truth that come from Christ. 2. The proper use of knowledge. 3. The individual state in which we existed before we were born as spirit children of Heavenly Father in the pre-mortal world. ("The glory of God is intelligence, or in other words, light and truth." [D&C 93:36.])

iron rod /noun/ i'-örn räd/ Fingerspell.

A symbol for the word of God, as explained in Lehi's vision. (1 Nephi 11-15.) (We should hold fast to the iron rod.)

Israel /noun/ iz'-ri-əl/ 1. People: Form hand into *I* position. Make a circular motion, ending with the sign for people. 2. Place: Form hand into *I* position. Make a circular motion.

1. The name given to Jacob in the Old Testament. 2. The name given to the twelve tribes. 3. The modern Mideast nation to which many Jews have gathered. ("Thy name shall be called no more Jacob, but Israel." [Genesis 32:28.])



Jehovah /noun/ ji-hō'-və/ Sign *Jesus*, except place the fingerspelled *J* on inside of each wrist instead of into palm.

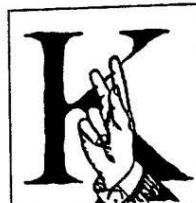
Jesus Christ, the God of Israel. (In the Old Testament Jesus Christ was referred to as Jehovah.)

Jesus Christ /noun/ jé'-zəs krīst/ Touch the open palm of the secondary hand, which is facing primary hand, with the middle finger of the primary hand. Then touch the primary open palm with the middle finger of the secondary hand, palm facing opposite. This denotes the idea of pierced hands. (See the sign for *Jehovah*.)

Our Lord; the Only Begotten of the Father; our Redeemer and Savior; the Way, the Truth, and the Life. (Jesus Christ, the greatest one of all, was born in a lowly stable.)

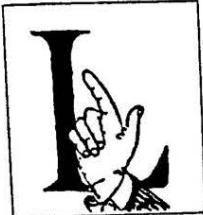
Jew /noun/ jōō/ Stroke the chin with one hand as if there were a soft beard.

1. One belonging to the tribe of Judah. 2. One belonging to the kingdom of Judah or to the Jewish religion. (Our Savior was born a Jew, of the tribe of Judah.)



kingdom of God /noun/ king'-dəm uv gäd/ With the primary hand in *K* position, touch the opposite shoulder. Bring primary hand down to touch side of waist. Change the hand from *K* position into an open downward palm and move it over the arm in a semi-counter-clockwise arc. At the same time, position the secondary bent arm before you. Fingerspell *of*. Sign *God*.

1. The Church of Jesus Christ of Latter-day Saints as it is now constituted. During the millennium, the kingdom of God will also provide the political government of the earth. 2. In an eternal sense, the celestial kingdom. ("Suffer the little children to come unto me: ... for of such is the kingdom of God." [Mark 10:14.])



Lamanites /noun/läma-n̄ts/ With hand in *L* shape, sign *Indian*.

1. Followers or descendants of Laman, a son of Lehi. A name given to or used by certain Book of Mormon peoples. 2. The name used to denote latter-day descendants of Lehi. ("But before the great day of the Lord shall come, . . . the Lamanites shall blossom as the rose." [D&C 49:24.]])

Latter-day Saints /noun/lat'-ər dā sānts/ Fingerspell "L, D, and S."

Members of The Church of Jesus Christ of Latter-day Saints. (There are many Latter-day Saints in the community.)

laying on of hands /noun/lä'-ing än uv hands/ Place hands on an imaginary head at waist level. The act by a priesthood holder of placing hands on the head of a person to bless, anoint, confirm, ordain, or heal him. (A man must be called of God by the laying on of hands.)

lineage /noun/'lin-ēij/ 1. With both hands in *L* shape, sign *generation*. Move both hands in circular motions from the shoulder outward. 2. With hand in *L* shape, sign *genealogy*.

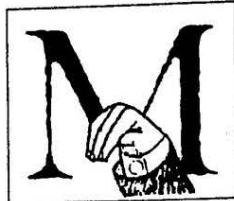
Descent in a line from a common progenitor. (Jesus was of the lineage of Judah.)

living soul /noun/liv'-ing sōl/ Sign *living*. Fingerspell *soul*. (Do not use the sign for spirit.)

Mortal being; body and spirit united in mortality. ("And man became a living soul." [Genesis 2:7.])

Lord /noun/lôrd/ Form the primary hand into *L* shape. Move from opposite shoulder across body to waist with the pointed thumb touching the shoulder and then the waist.

The name-title commonly used for Jesus Christ, the Son of God, but also used for our Father in the heaven. ("Thou shalt not take the name of the Lord thy God in vain." [Exodus 20:7.])



magnify (a calling) /verb/mag'-nō-fī/ Fingerspell.

To cause to be held in great esteem or respect; to increase in significance; to de-

velop gifts and powers. (Each member should magnify his calling by doing his duty to the best of his ability.)

Melchizedek Priesthood /noun/mel'kiz-e-dek prēst'-hood/ Fingerspell *M, K, P*, and *H*.

The higher priesthood; the name for the Holy Priesthood after the Order of the Son of God. (An elder holds the Melchizedek Priesthood.)

member /noun/mem'-bər/ Form primary hand into *M* shape. Move hand from primary to opposite side of shoulder. Sign *er*.

Used to mean a member of The Church of Jesus Christ of Latter-day Saints. (Ann has been a member of the Church for five years.)

Messiah /noun/mə-sī'-ə/ Fingerspell.

Jesus Christ, the Anointed One. (Jesus Christ is the Messiah.)

mission /noun/mish'-ən/ Form both hands into *F* shape. Sign *preach*.

A period of time during which a person who has been called and set apart preaches the gospel; a specific task or assignment. (On his mission Frank taught the gospel to the deaf.)

missionary /noun/misi'-ən-er-ē/ 1. Sign *mission*. Sign *er*. 2. Form hand into *M* shape, place over heart. Move in a circular motion. Sign *er*.

A member of the Church called to preach the gospel. (A missionary is usually called to teach the gospel for eighteen months or two years.)

Mormon /noun/môr'-mən/ Fingerspell.

1. The name of the main compiler and abridger of the Book of Mormon. 2. The nickname for a member of The Church of Jesus Christ of Latter-day Saints. (Mormon was a prophet and military leader.)

mortality /noun/môr-tal'-ə-tē/ Sign *earth* and *life*.

The state of existence when the body and spirit are joined together on the earth. (During mortality we should prepare ourselves for eternal life.)

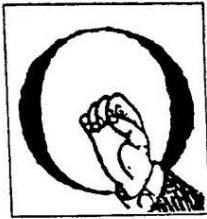


New Testament /noun/nōō tes-ta-mənt/ Sign *new*. Fingerspell *testament*.

The second part of the Bible. It tells about the life and teachings of Jesus Christ and the apostles. (The New Testament contains many prophecies about our time.)

nonmember /noun/nän-mem'ber/ Fingerspell *non*.
Sign *member*.

Used to mean persons who are not members of The Church of Jesus Christ of Latter-day Saints. (Many nonmembers are seeking the true gospel of Jesus Christ.)



officiate /verb/ə-fish'i-ät/
With hands in *O* shape,
sign *do*.

To perform a ceremony, function, or duty; to act in an official capacity. (One must have authority to officiate in the ordinances of the gospel.)

Office of the Presiding Bishopric /noun/ôf'is əv thə pri-zid'ing bish'ap-rik/ Fingerspell *P*, *B*, and *O*.

The office of the Church that supervises the temporal affairs of the Church. (All tithing funds are sent to the Office of the Presiding Bishopric.)

Old Testament /noun/ôld tes'ta-mənt/ Sign *old*.
Fingerspell *testament*.

The first part of the Bible. It contains a history of God's dealings with the people from Adam to about four hundred years before Christ's birth. (The inspired writings of Isaiah are found in the Old Testament.)

Only Begotten Son /noun/ôn-li bi-gät'n sun/
Sign *only*, *born*, and *son*.

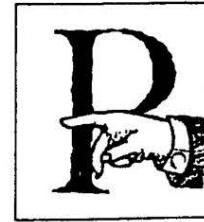
Jesus Christ, the only Son of the Father in the flesh. (Jesus Christ is the Only Begotten Son of our Heavenly Father.)

ordain /verb/ôr-dān/ Sign *bless* and *become*.

To give a man a priesthood office by the laying on of hands. (On Sunday Jack's father will ordain him to the office of a priest.)

ordinances /noun/ôr-di-nâns/ Form hand into *O* shape. Sign *commandment*.

Sacred rites and ceremonies that are essential for eternal progression. God's decrees, laws, and commandments. (All mankind may be saved by obedience to the laws and ordinances of the gospel.)



parable /noun/par'ə-b'l/
Fingerspell.

A story using everyday events or ideas to teach a truth or moral. (Jesus taught his disciples by using parables.)

paradise /noun/par'ə-dis/ Fingerspell.

The part of the spirit world where righteous spirits go to await the day of their resurrection. (The spirits of the just will find rest in paradise.)

partake (of the sacrament) /verb/pär-täk/ Sign *take* and *eat*.

To take the emblems of the sacrament. (Each Sunday we partake of the sacrament.)

patriarchal blessing /noun/pā-trēär-kəl bles-ing/
Sign *patriarch* and *blessing*.

A blessing declaring a person's lineage and giving inspired counsel and insight about his life. (Every worthy member of the Church can receive a patriarchal blessing.)

patriarch /noun/pā-trēärk/ Form hand into *P* shape. Place hand on forehead to show *father*. Continue sign to wrist of opposite hand and to upper arm muscle to show blood lines and power, as in signing *genealogy*.

1. An ordained office in the Melchizedek Priesthood. A patriarch to the Church is chosen according to lineage and worthiness. Stake patriarchs are chosen without respect to lineage and are assigned to give patriarchal blessings to members of the Church. 2. A Melchizedek Priesthood holder who has been married for time and eternity. (Every Melchizedek Priesthood holder can become a patriarch in his home.)

Pearl of Great Price /noun/pūrl uv grāt prīs/ Fingerspell *pearl* and *of*. Sign *great*. Fingerspell *price*.

A volume of inspired latter-day scripture containing the books of Moses and Abraham, the writings of Joseph Smith, and revelations received by Joseph Smith and Joseph F. Smith. (The Pearl of Great Price is one of the four standard works of the Church.)

pedigree chart /noun/ped'ə-grē chārt/ Fingerspell

A chart recording a line of ancestors. (A pedigree chart is an important part of a member's genealogical records.)

personal priesthood interview /noun/pür-s'n-əl
prēst'hood in'-tər-vyōō/ Fingerspell *P*, *P*, and *I*.

A personal interview between a priesthood leader and a priesthood holder. (At his monthly per-

sonal priesthood interview, John received guidance from his quorum president regarding his home teaching assignment.)

prayer /noun/prer/ Sign with palms together pointing toward heaven in attitude of asking. Communication with the Lord. (Through prayer we talk with our Father in heaven.)

premort^l existence /noun/prē-môr'tal ig-zis-tans/ Sign *before, earth, and life.*

The period between the birth of spirit children of God and their birth in this life. (As spirits we lived in a premortal existence with our Heavenly Father.)

priest /noun/prēst/ Fingerspell.

1. An office in the Aaronic Priesthood. 2. In a general sense, a minister. ("The priest's duty is to ... baptize, and administer the sacrament." [D&C 20:46.]

priesthood /noun/prēst-hood/ Fingerspell *P*, touching opposite wrist in *church* position. Fingerspell *H* in the air.

The power and the authority of God delegated to man on earth to act in all things for the salvation of men. ("And also all they who receive this priesthood receive me, saith the Lord...." [D&C 84:35.]

priesthood executive committee /noun/prēst-hood ig-zek'-yōō-tiv ke-mit'-e/ Fingerspell *P, H*, and *executive*. Sign *committee*.

A ward or stake priesthood leadership group. (The ward priesthood executive committee meets in the bishop's office each Sunday morning.)

Primary /noun/prī'mer-i/ Fingerspell.

An auxiliary organization in which young children receive special guidance, instruction, and social experience. (Children learn many things when they attend Primary.)

principle(s) /noun/prin'sō-p'l/ Form hand into *P* position. Make the sign as in *commandment*. If desired, add *S* to the end of the sign to give plural meaning.

Basic law or doctrine; a rule or code of conduct. (Two principles of the gospel are faith in the Lord Jesus Christ and repentance.)

prophecy /noun/präf'-ə-si/ Form primary hand into *K* position. Move away from front area of eyes and under the open downward palm of secondary hand, which is at the forehead level in front of the body.

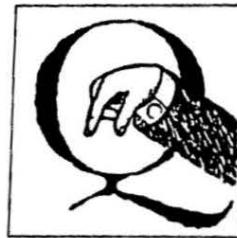
Inspired utterance of a prophet; a prediction of something to come. (Each prophecy in the scriptures has been or will be fulfilled.)

prophet /noun/präf-it/ Form both hands in *K* position. Project hands upward as if looking toward heaven. Complete with the *er* sign.

1. Jesus Christ: 2. The President of the Church. 3. One who has been called of the Lord to be a special witness of the divinity of Jesus Christ, such as a member of the Quorum of the Twelve Apostles. (We are greatly blessed to be led by a living prophet.)

prospective elder /noun/pro-spek'tiv el'dər/ Sign *future*. Fingerspell *elder*.

A male member, age nineteen or older, who has not received the Melchizedek Priesthood. (John is a prospective elder and will soon receive the Melchizedek Priesthood.)



quorum /noun/kwōr'əm/ Form both hands into *Q* position. Sign *group*. An organizational unit of the priesthood. (Ninety-six elders form a full quorum of elders.)



recommend /noun/rek-ə-mend/ Form both hands in *R* shape. Sign *license*. A certificate to identify persons as members of the Church and to certify their worthiness to receive certain ordinances or blessings. (A person may not enter the temple without first obtaining a recommend.)

recommend /verb/rek-ə-mend/ Sign *suggest*.

To endorse a person as worthy or competent. (The bishop will recommend her highly for the position.)

redeem /verb/ri-dēm/ Form both hands into *R* position. Sign *free*.

1. To free from the results of sins from which a person has repented. 2. To free from the effects of

physical death; to grant immortality. (The Lord came to earth to redeem mankind.)

Redeemer /noun/ri-dēm'-ər/ Sign *redeem*. Add *er* sign.

The Savior, Jesus Christ. (I know that my Redeemer lives.)

region /noun/rē'jōn/ Form both hands into *R* position. Sign *place*.

An administrative area composed of several stakes. (Three or four stakes in the same general area are organized into a region.)

Regional Representative of the Twelve /noun/rē-jōnl rep-ri-zēn-tā-tiv uv thō twelv/ Sign *region* and *represent*. Add *er*.

A priesthood representative of the Quorum of the Twelve who assists in supervising regions of the Church. (Brother Garcia, a Regional Representative of the Twelve, is working with two regions in Mexico.)

Relief Society /noun/ri-lēf' sō-sī'-ə-ti/ Fingerspell *R* and *S*.

A Church organization of adult women whose purpose is to work for the temporal and spiritual salvation of all women of the Church and to provide compassionate service to those in need. (The Relief Society organization was established at Nauvoo, Illinois, under the direction of the Prophet Joseph Smith.)

religion /noun/ri-lij'ən/ Touch the heart area with the tips of the fingers of the primary hand in *R* position, the palm facing the body. Twist the hand in a forward and upward arc, ending with the palm facing out and the *R* fingers pointing outward.

The service and worship of God; the practice of revealed commands and principles. ("Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world." [James 1:27.])

repentance /noun/ri-pen'-təns/ Form both hands into *R* position. Sign *change*, keeping the sign at the heart.

The act or process of turning from sin, of seeking release from the burden of guilt, and of changing the course of life to follow the Savior's teachings. (Repentance is one of the first principles of the gospel.)

restitution /noun/res-to-tōō'-shən/ Fingerspell.

Making good or giving repayment for a sin. (Restitution is an important step in repentance.)

restoration /noun/res-to-rā'-shən/ Sign *again* and *established*.

To make as it was; to reestablish. (The restoration of the gospel in this dispensation began with the Father and the Son appearing to Joseph Smith in 1820.)

resurrection /noun/rez-ə-rek-shən/ Sign *get up*. Raise hand from palm of opposite hand in an upward circular motion while fingerspelling an inverted *V*.

Reuniting of body and spirit, never to be separated again. (We remember Christ's resurrection each Easter Sunday.)

revelation /noun/rev-ə-lā'-shən/ 1. Sign *see* with both hands, projecting hands and eyes heavenward. Sign *receive*. 2. Form both hands into *R* position. Sign *talk*, looking toward heaven.

The making known of divine truth by communication from the heavens. (Every worthy member of the Church is entitled to receive revelation through the gift of the Holy Ghost.)



Sabbath /noun/sab'-ə-th/ Fingerspell *Sabbath* or sign *Sunday*.

A day of rest from temporal work observed by the Church on Sunday, the first day of the week. ("Observe the Sabbath day to keep it holy." [D&C 68:29.])

sacrament /noun/sak'-rä-mənt/ 1. Fingerspell. 2. Sign *bread* and *water*, when appropriate.

An ordinance in which bread and water are blessed and passed to members of the Church. The bread and water are emblems of the body and blood sacrificed by the Savior. (We are commanded to partake of the sacrament often.)

sacred /adjective/sä'-krid/ Fingerspell *S*. Then sign *clean*.

Entitled to reverence and respect. (The name of Jesus Christ is very sacred to us.)

sacrifice /verb/sak'-ri-fis/ Sign exaggeratedly *offer*, to show sincerity.

To offer to God something precious; to forsake all things for the gospel of Jesus Christ. (To gain eternal life, a person must be willing, if called upon, to sacrifice all that he has for the gospel.)

Saints /noun/sānts/ Fingerspell.

Faithful members of the Church and kingdom of God on earth. (Members of the Church in all dispensations are called Saints.)

salvation /noun/sal-vā'shən/ Form both hands into *S* position. Sign *freedom*.

Inseparable connection of body and spirit brought about through the Savior's atonement and resurrection; eternal life. (Salvation from physical death is the free gift of God to all men through the atonement and resurrection of Jesus Christ.)

sanctify /verb/sangk-ti-fi/ Sign *make* and *clean*.

To become clean, pure, and spotless; to become free from the blood and sins of the world. ("Sanctify yourselves that your minds become single to God." [D&C 88:68.]])

Savior /noun/sāv'yər/ With both hands in *S* shape, sign *freedom*. Add *er*.

1. Jesus Christ. 2. One who rescues or saves. (Jesus Christ is the Savior of the world.)

scripture(s) /noun/skip'r-chər/ With secondary hand in front of body, palm facing toward body, and primary hand with index finger and thumb pointing and slightly separated, cross palm of secondary hand to opposite side two times as in reading downward on a page. Fingerspell when time permits.

1. Any message that comes from God to man by the power of the Holy Ghost. 2. Writings that have been officially accepted by the Church as part of the standard works. (The Book of Mormon is one of four sacred books of scripture accepted by The Church of Jesus Christ of Latter-day Saints.)

seal /verb/sēl/ Form left and right hand index fingers and thumbs into an interlocking circle as in signing *join*. Use an expression of firmness (not breakable).

To make sure. (The elder put his hands on my head to seal the anointing and pronounce a blessing.)

sealing /noun/sēl-ing/ Sign *seal*.

An ordinance performed in the temple eternally uniting a husband and wife or children and their parents. (Sealings are performed in the temples.)

seed /noun/sēd/ Fingerspell.

In one sense, children or descendants. ("And his seed shall become a multitude of nations." [Genesis 48:19.]])

seer /noun/sir/ Fingerspell.

1. One of the titles of members of the First Presidency, members of the Council of the Twelve, and the Patriarch to the Church. 2. A prophet appointed to use the Urim and Thummim. ("A seer is a revelator and a prophet also." [Mosiah 8:16.]])

seminary /noun/sem'ə-ner-i/ Form hand in *S* position. Sign *college*.

A program providing daily religious instruction for high-school-age Church youth. (John is studying the New Testament in his seminary class.)

servant (of God) /noun/sür'vent uv gäd/ Sign *servant*. Add *er*.

One who chooses to serve the Lord and to keep his commandments. ("The servant is not greater than his lord." [John 13:16.]])

set apart /verb/set ə-pärt/ Fingerspell *set* and *apart*. Sign *blessing*.

To authorize one, by the laying on of hands, to function in a specific calling. (The stake presidency sets apart each missionary before he leaves for his field of labor.)

seventy /noun/sev'-n-ti/ Sign 70.

A Melchizedek Priesthood holder with a special calling and ordination "to preach the gospel, and to be especial witnesses unto the Gentiles and in all the world." (D&C 107:25.) (A seventy has a special assignment to do missionary work.)

sin /noun/sin/ With the index fingers of both hands in front of the body and pointing toward each other, move both hands in small circles—the right hand in clockwise motion and the left hand in counterclockwise motion. Add the *er* sign for *sinner*.

Transgression of the laws of God. ("The wages of sin is death." [Romans 6:23.]])

solemn assembly /noun/säl'əm ə-sem'bli/ Fingerspell.

In modern times, a special solemn worship service, usually held in a temple. (A solemn assembly was held to give special instructions to stake and ward priesthood leaders.)

Son of God /noun/sun uv gäd/ Sign *son*. Fingerspell *of*. Sign *God*.

The Savior. (Jesus Christ is the Son of God.)

sons of perdition /noun/suns uv par-dish'ən/ Sign *son*. Fingerspell *of* and *perdition*.

1. The third of the spirit hosts of heaven who followed Lucifer. 2. Those who, having gained a perfect knowledge of the divinity of the Savior, link themselves with Satan and come out in open rebellion against the Savior and his church. (There is no forgiveness in this life nor in the world to come for sons of perdition.)

soul /noun/sôl/ Fingerspell.

1. A body and spirit united. 2. In one sense, a spirit being. ("And the spirit and the body are the soul of man." [D&C 88:15.])

spirit body /noun/spir'-it bäd-i/ Bring tip of middle finger and thumb of primary hand with palm facing downward, to touch the tip of the middle finger and the thumb of secondary hand, palm facing upward. Move both hands away from each other in a slightly vertical direction, the primary hand moving farther up while the secondary hand is lowered a little bit. Then sign *body*.

A body born of heavenly parents in the pre-earth existence. (Spirit bodies are similar in appearance to mortal bodies.)

spirit prison /noun/spir'-it priz'-n/ Sign *spirit* and *prison*.

1. The part of the spirit world where the wicked dwell. (See *Hell*.) 2. In one sense, the spirit world, since all spirits there are awaiting the resurrection. (At death the spirits of the wicked go to a spirit prison.)

stake /noun/stäk/ Form both hands into *S* shape. Sign *family*.

A unit of Church organization, composed of wards and sometimes branches, and headed by a stake president. (In the Church are hundreds of stakes.)

stake conference /noun/stäk kän'-fär-ons/ Sign *stake* and *conference*.

A meeting of the members of a stake to worship and to receive instruction. (We go to stake conference four times a year.)

stake president /noun/stäk prez'-i-dänt/ Sign *stake* and *president*.

A high priest who is called to preside over a stake. (We hear messages from the stake president at stake conference.)

standard works /stan'-därd würks/ Sign *4*. Fingerspell *standard*. Sign *books*.

The volumes of scripture officially accepted by the Church: Bible, Book of Mormon, Doctrine and Covenants, and the Pearl of Great Price. (All

Church members are encouraged to take their personal copies of the standard works with them when they attend Sunday School and priesthood meetings.)

stick of Ephraim /noun/stik uv 'ē-frē-äm/ Fingerspell.

The symbol used by the prophet Ezekiel to represent the Book of Mormon. (The stick of Ephraim is a companion to the stick of Judah.)

stick of Judah /noun/stik uv jōō-dä/ Fingerspell.

The symbol used by the prophet Ezekiel to represent the Bible. (The Bible is the stick of Judah.)

Sunday School /noun/sun'-dî skööl/ Use accepted signs for *Sunday* and *school*.

A Church organization designed to teach gospel truths to the whole Church. (Every member of the Church is encouraged to participate in Sunday School.)

sustain /verb/sü-stāñ/ Make accepted sign for support. (Place primary *S* hand under the secondary *S* hand. Push upward.)

To give support to; to accept. Often members of the Church are called upon to show by the uplifted hand that they accept or support a Church officer. (Each president of the Church is sustained by the membership.)



teacher /noun/tēch'-är/ Fingerspell.

1. One of the ordained offices in the Aaronic Priesthood. 2. A person appointed as an instructor in a Church organization, school, etc. ("The teacher's duty is to watch over the church always." [D&C 20:53.])

celestial kingdom /noun/tə'-les'-chäl king'däm/

1. Place palm or index finger of one hand on third finger of the opposite hand which is signing the figure *3*. 2. Fingerspell *T*, *E*, and *L*.

The lowest kingdom of glory. (Those who live lives of sin will inherit the celestial kingdom.)

temple /noun/tem'-p'l/ Bring forefingers of both hands to a peak, describing the spire that is a part of every temple.

1. A sanctuary prepared and dedicated for sacred gospel ordinances; a place of worship and prayer. 2. The human body. (The temple is the house of the Lord.)

Temple Index Bureau /noun/tem'p'l in-deks
byōō-rō/ Fingerspell *T, I, and B.*

The place where there is an index to all temple ordinances performed in the Church, either for the living or for the dead, from the restoration until 1970. (Information on all persons who have been baptized or sealed in the temple are recorded in the Temple Index Bureau.)

terrestrial kingdom /noun/tə-res'tri-al king'dom/
1. Place the palm or index finger of one hand on the second finger of the opposite hand which is signing the figure 2. 2. Fingerspell *T, E, and R.*

The middle kingdom of glory. (To the terrestrial kingdom will go the honorable men of the earth who are blinded by the craftiness of men, who do not accept and live the gospel law, and who are not valiant in the testimony of Christ.)

testimony /noun/tes-ta-mō-ni/ 1. Form primary hand into *T* position. Place hand to heart and bring it into the secondary hand as in signing *proof*. 2. Place forefinger to the mouth. Bring away from the mouth, projecting outward, ending with the letter *T*.

Sure knowledge, received by revelation from the Holy Ghost, of the divinity of the Savior and of his gospel. (John bore his testimony many times while he was on his mission.)

thrones /noun/thrōns/ Sign *sit*, executed at forehead level.

Positions of honor and authority reserved for exalted persons in the highest heaven of the celestial kingdom. ("Ye . . . shall inherit thrones, kingdoms, principalities, and powers." [D&C 132:19.]])

tithing /noun/tīth-ing/ Sign *110.*

One-tenth of one's increase, paid to the Church. (The bishop receives tithing from the members of the ward.)

transfiguration /noun/trans-fig-yōō-rā-shōn/
Fingerspell.

A special change in nature and appearance, from a lower to a higher state, brought upon a person by the power of God. (Peter, James, and John witnessed the transfiguration of Jesus Christ.)

transgression /noun/trans-gresh-ōn/ Sign *sin.*

Violation of a commandment or law; sin. ("We believe that men will be punished for their own sins, and not for Adam's transgression." [Second Article of Faith.]])

translated beings /noun/trans-lāt'-ed bē-ings/
Fingerspell.

Those who are taken into heaven without experiencing death. (The apostle John and three of the Nephite apostles became translated beings.)

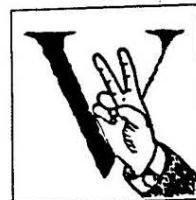


united order/noun/yoo-nīt-id ôr-där/ Fingerspell.

The legal organization set up by early Saints in order to live the law of consecration. (In some early settlements, members of the Church lived for a time under the united order.)

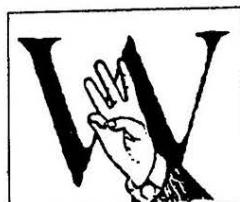
Urim and Thummim /noun/yoo-rūm and thum-mīm/ Fingerspell.

A pair of sacred stones used by chosen prophets in receiving revelations and translating ancient records. (Joseph Smith began the translation of the Book of Mormon plates with the aid of the Urim and Thummim.)



vision /noun/vizh-ōn/
1. With hands together at forehead level, open hands and separate to an equal distance from each side of the head. 2. Sign *prophecy*.

An appearance of spiritual personages or scenes, revealed by the power of the Holy Ghost. (The Father and the Son appeared to Joseph Smith in a vision in the spring of 1820.)



ward /noun/wôrd/
Fingerspell *W* with both hands. Sign *family*.

A basic unit of Church organization through which Church programs are administered. (A typical ward consists of about five hundred members.)

welfare services committee /noun/wel'-fer sur-vīs ke-mit-ē/ Fingerspell *welfare*. Sign *services*. Sign *committee*.

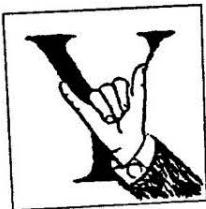
The priesthood executive committee plus the Relief Society presidency. This committee meets regularly to correlate welfare activities. (In the ward welfare services committee meeting the Relief Society president reported on her visit to Sister Brown who has been ill.)

Word of Wisdom /noun/wûrd uv wiz'dom/ Sign *word*. Fingerspell *of*. Sign *wisdom*.

A revelation, concerning health practices, given to Joseph Smith in 1833. [D&C 89.] (The Word of Wisdom is part of the Lord's counsel about health.)

worship /verb/wûr'ship/ Clasp hands at chest level with fingers interlocking as in prayer.

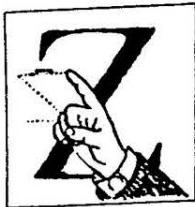
To reverence a divine being. (We worship the Father in Christ's name.)



Young Adult /noun/yung  -dult/ Sign *young*. Fingerspell *adult*.

Single members of the Church from eighteen to twenty-five years of age. (As a service project the

Young Adults from our ward worked at the bish-
ops storehouse.)



Zion /noun/z - n/

1. People: Fingerspell.
2. Place: Fingerspell Z. Sign *city*.

1. The name given by the Lord to his Saints; the pure in heart. 2. The city of Enoch. 3. The American continent. 4. The New Jerusalem. ("We believe . . . that Zion will be built upon this [the American] continent." [Tenth Article of Faith.])

Appendix

The following words are mentioned in the *Sign Language Dictionary*, but are not specifically religious terms. Those familiar with sign language will know these signs well. These words are included for the benefit of those who may not have access to one of the many excellent sign language books.

again: Curve the primary hand with the palm up. Move the primary hand in the opposite direction so that the fingertips touch the open palm of the secondary hand which is pointed forward with the palm facing inward.

become: Hold your slightly curved and open hands before you with the palms together, with the palm of the primary hand facing forward, and the secondary hand facing the palm of the primary hand. Turn hands to reverse positions.

before (prior to): Position open hands back-to-back before you (primary hand facing you). Draw the primary hand away from the secondary hand toward the primary shoulder.

before (in the presence of): Hold the secondary open hand so the fingers are pointing up and the palm facing in. Move the primary open hand up to meet the secondary open hand.

board: With the primary hand in *B* position, place hand at side of chest. Move to the opposite side of chest in one motion.

book: Place hands palm-to-palm. Then open them as if opening a book.

born: Place the back of the open palm of the primary hand on the open palm of the secondary hand. Bring hands up and forward.

bread: Place the secondary hand before the body with the fingers pointing to the opposite side. Draw the little finger of the primary hand down the back of the secondary hand two or three times (as if slicing a loaf of bread).

by: Fingerspell.

change: With both hands in the modified *A* position, place the primary hand so that the palm faces forward and the secondary hand faces the primary hand. Twist both hands around to reverse positions.

choice, chose, chosen: With the thumb and forefinger of the primary hand make a motion as if picking something first from the index finger and then from the middle finger of the secondary hand, which is formed into a *V* shape and is facing you. (This indicates making a selection.)

city: Touch the fingertips of both open hands together. Repeat several times, moving the sign to the right each time you touch fingertips.

clean: Place the primary hand, with the palm down, crosswise on the open palm of the secondary hand with the palm up. Pass the primary palm over the secondary palm out to the tips of the fingers of the secondary hand.

college: Clap the hands once. Then circle the primary open hand, palm down, counterclockwise above the open palm of the secondary hand.

comfort: Using curved hands, make forward stroking motions first on the back of the secondary hand, then on the back of the primary hand.

committee: Place both hands before you in *C* position. Draw the hands apart, to the sides, around to the front, and away from the body, until the little fingers touch.

communicating: Place both hands in *C* position at the lips. Move them forward away from the body. Then move them forward and back alternately.

continue: With both hands in *A* position, place the primary hand behind the secondary hand. Move both hands forward and away from the body.

court (noun): With both hands in *F* position, palms facing each other, alternately move hands up and down vertically.

dead: Place the primary hand palm up and the secondary hand palm down. Turn both hands over, reversing position of palms.

do: With both hands in *C* position before you, palms down, move both hands to the left, then to the right several times.

earth: Place the thumb and middle finger of the primary hand on the back of the secondary hand near the wrist. Rock the primary hand back and forth.

eat: Form the primary hand in *A* position. Put the hand lightly to the mouth several times as though putting food into the mouth.

er (person sign): Position both open hands facing each other with the fingers pointing forward. Bring the hands down the sides of the body. Example: To the sign for *teach*, add the above sign which will then make it *teacher*.

establish: With the primary hand in *A* position, make a clockwise circle. Then place the edge of the closed little finger on the back of the closed fist of the secondary hand.

experience: With the primary hand at side of head near forehead, draw fingertips down slightly and close them to meet the thumb. Repeat this action two or three times. (Indicates drawing knowledge from the brain.)

family: Place both hands in front of you in *F* position with the palms facing forward. Draw hands apart in a circular motion and around until the little fingers touch.

father: With the primary hand in *A* position, place the thumb tip at temple. Then extend the hand from the temple, palm up. Move hand outward.

first: With the secondary hand in *A* position and with the thumb pointing up, strike the thumb with the tip of the primary index finger while the primary hand is held in a fist with the index finger extended.

follow: Form both hands into *A* position. Place the primary hand behind the secondary hand and move them forward simultaneously.

for: With the primary index finger, point toward the side of the forehead. Then circle forward and downward, ending with the index finger at eye level.

free, freedom: With both hands in *F* position, cross them before you, facing you, as if bound at the wrists. Turn both hands so they are separated and facing forward (indicating breaking the bindings).

full: With the secondary hand in *S* position and palm facing opposite hand, place the primary open hand, palm down, on the secondary hand and brush across it to the left.

future: With the primary hand open and the palm toward the cheek, move the arm up and forward in a large semicircle. The larger and slower the sign, the greater the distance indicated into the future.

gift: Form both hands into *And* position before you, with primary hand behind secondary hand and palms facing each other. Move hands up, forward, then down.

give: Form both hands into *And* position, facing down. Turn them in, up, and forward, ending with the palms open and facing up. (This sign can be reversed and brought toward you if the meaning "give to me" is desired.)

great: With both hands in *G* position, touch the fingertips and draw them apart in an outward, sidewise motion.

history: Bring the primary hand in *H* position to about chest level, moving it in small circular motions.

home: Form the primary hand into *And* position. Place fingertips against mouth. Then move to the cheek.

in: With both hands in *C* position, place closed fingertips of the primary hand into the secondary hand.

Indian: With the primary hand in *F* position, place the tips of the thumb and forefinger on the nose, then on the lobe of the ear. (Some prefer to place *F* hand on the nose, then on the center forehead.)

inspire, inspiration: Form primary hand into *F* position and secondary hand into *O* position. Place the primary hand into the secondary hand. Draw primary hand upward. Then place both hands in fist position about waist level, close to the body. Move the hands up while opening palms—the palms facing you—in a spreading motion.

institute: With the primary hand in *I* position, make a small clockwise circle. Place the primary hand on back of the secondary hand in closed fist position.

introduce: Hold both open hands before you, somewhat apart, with palms up. Bring hands together, with fingertips pointing toward each other.

join: Hook the index finger and thumb of the primary hand into the index finger and thumb of the secondary hand, forming a chain. (The other three fingers are separated and facing upward.)

judge: Touch the forehead with the index finger of the primary hand. Then with both hands in *F* position, move both hands up and down alternately. (The palms face each other and the fingers point forward.)

king: With the primary hand in *K* position, palm facing the body, touch the left shoulder. Then cross the body and touch the waist. (Look seaward if the use of the word indicates deity.)

know: With the palm open and facing forehead, pat forehead with fingertips.

license: Form both hands into *L* position in front of you. Touch the thumb tips to each other several times.

life, living: Form both hands into *L* position near the waist. Then draw hands upward against the body, toward the chest area.

long ago: (See the sign for *Generation*. Use the reverse sign to indicate past generations.)

love: Cross your hands and press them to the heart. Hands may be either open or closed.

make: Form both hands into *S* position. Place the primary palm on the secondary palm with the palms facing in opposite directions. Turn both hands so that the palms face you; then strike them together. Repeat several times.

meeting: Bring both hands together from the sides into *And* position, so that fingertips of both hands are touching and palms are facing.

new: With the secondary hand open and facing up, brush the back of the primary open hand across the heel of the secondary hand in a crossing motion from opposite to near side.

of: Fingerspell, or use the sign for *Join*. (Link together the index fingers and thumbs of both hands.)

offer: Place both hands before you, palms open and extended. Move the hands upward and forward in this position.

old: With the primary hand in *C* position, grasp an imaginary beard at the chin. Move the hand downward into *S* position.

only: Twist the index finger from a palm facing outward position to a position where the palm is facing inward.

people: Form both hands into *P* position. Circle hands alternately toward center of body.

person: With both hands in *P* position, bring them down before the body, keeping them a little distance apart.

place: With both hands in *P* position, touch the tips of the middle fingers. Draw them apart. Then circle hands toward the body and touch fingertips again.

power: With the primary hand in *P* position, bring it down in an arc from top to bottom of the forearm muscle.

preach: Form the primary hand into *F* position. Hold hand before you. Move it forward and backward, away from and toward the body, several times.

president: Form both hands into *C* position. Place hands in front of the forehead, palms facing forward. Draw hands out to the sides and close them to *S* position.

printed program: Place the secondary hand palm up and facing toward the body. Form the primary hand into *P* position and draw hand from fingertips down the palm in front of body, then from fingertips to wrist on back of secondary hand.

prison: Form both hands into *f* position. Place the back of the primary hand crosswise against the secondary hand to indicate bars in a jail window.

progress: With both hands bent, fingertips pointing to each other and palms facing the body, move hands away from body in alternating motion.

promise: Place index finger of primary hand at mouth. Then place open palm of primary hand on the index finger side of the secondary hand formed into *S* position.

proof: Touch the mouth with the index finger. Then place back of primary open hand in secondary open palm.

prophesy: Place the primary hand in *V* position before the face with fingertips near the eyes. Then turn the *V* so fingertips point forward. Pass this sign for *Look* under the open palm of the secondary hand, palm down.

remember: Form both hands into *A* position. Place thumbnail of primary hand on forehead, then on the thumbnail of secondary hand.

represent: With primary hand in *R* position, place *R* in center of open palm of secondary hand. Move slightly away from body.

research: With primary hand in *R* position, place *R* into open palm of secondary hand. Move *R* several times from heel of palm of secondary hand down to fingertips.

responsibility: Place both hands in *R* position on right shoulder.

see: Place hand in *V* position before the face, fingertips near the eyes. Then turn the *V* so that fingertips point forward and away from the body.

servant: With both palms facing up, move hands alternately back and forth as if carrying a tray while walking. Add *er* sign for person.

sit: Place the curved index and middle fingers of the primary hand crosswise on the curved index and middle fingers of the secondary hand, palms facing down.

son: Make the basic sign for *Male*. (Grasp the imaginary brim of a hat with four fingers and thumb of primary hand.) Then place primary hand in crook of secondary arm.

strength: Form both hands into *S* position. Then bring hands out from shoulders with force. (Fists represent power.)

suggest: Place both hands open before you, palms up and fingers pointing forward. Move the hands up and forward in this position.

Sunday: Hold both hands before the body, fingers pointing up and palms out. Move hands in opposite circular motions.

suspend: Hook index finger of primary hand over index finger of secondary hand and pull index finger of secondary hand upward. Except for index fingers, both hands should be in closed fist position.

take: Draw the open hand from right to left (palm facing left), ending in *A* position.

talk, talking: Place the tips of the index fingers on the lips. Move tips of fingers forward and back alternately.

teacher: Place both open *And* hands before the forehead, facing each other. Bring hands forward, away from the head, and into closed *And* positions. Add σ for person.

tempt: Tap the forearm of the secondary arm near the elbow with the index finger of the primary hand.

time: Crook the index finger of the primary hand and tap on back of secondary closed hand several times.

town: Touch tips of open hands together several times, repeating and moving to the right each time sign is repeated.

under: Hold the primary open hand under the secondary open hand, both palms down. Move the primary hand in a counterclockwise circle, keeping secondary hand stationary.

water: Strike the side of the mouth several times with the index finger of the primary hand in *W* position.

wisdom: Crook the index finger of the primary hand. Move it up and down in front of the forehead, palm facing down.

word: Place the index and thumb of the primary hand (with other fingers closed) against the index finger of the secondary hand which is pointing up, palm facing toward the opposite side (other fingers closed).

young: Place the fingertips of both open hands on the chest, several inches apart. Brush upwards several times.