

# How to Tie a Cincture!

**Cincture:** the rope you wear around the waist of an Alb

**Alb:** the white-ish robe worship leaders wear, located near the Sacristy

**Sacristy:** the room where Communion elements and ware are stored and prepared



Albs and Cinctures are here!  
Right outside the Sacristy.  
Find a size that fits you best.

1



Now fold your pretzel-shape  
in half!  
Or—think of it as putting the two  
holes together.  
If the folded end is on top, you'll  
bend your pretzel downward to  
create one hole/loop.

5



Fold the Cincture in half.

2



Thread the loose end of your  
Cincture into the one loop  
you've created!

6



Place the folded Cincture  
behind your back, at your  
waist.

Hold on to both ends.

3



Pull the loose end as tight as  
you'd like around your waist—  
so that you're comfortable.

7

Remember— the Cincture goes  
OVER an Alb (not directly on  
your clothes, as pictured here)



Grab the folded end of the Cincture in  
front of you. Pull the folded end  
toward you so that you've created a  
pretzel-like shape.

You'll have two circles on  
either side of the middle rope.

4

