



My Little Guide to

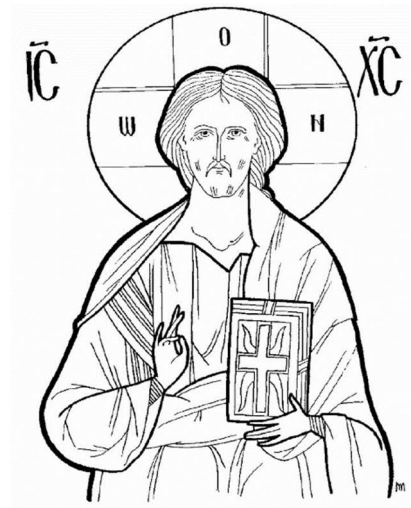
The Divine Liturgy



Name:

Thank you for being here today. Remember the story in the Gospel of St Matthew about how Our Lord Jesus asked people to bring their children to meet him.

But Jesus said, "Allow the little children, and don't forbid them to come to me; for the Kingdom of Heaven belongs to ones like these. (Matthew 19:14)



The priest and other people will then give out any notices or announcements of things that are happening in the parish during the next week.

Then after a final blessing with the cross, the priest distributes the blessed bread, or antidoron, to everyone in church as a sign of friendship while each person kisses the image of Our Lord on the Cross.



When all have received their blessed bread the priest goes back into the altar and closes the Holy Doors. The reader reads the Prayers after Communion, thanking Almighty God for his great gifts. We wait quietly until the reader chants Bless, father, in the name of the Lord.

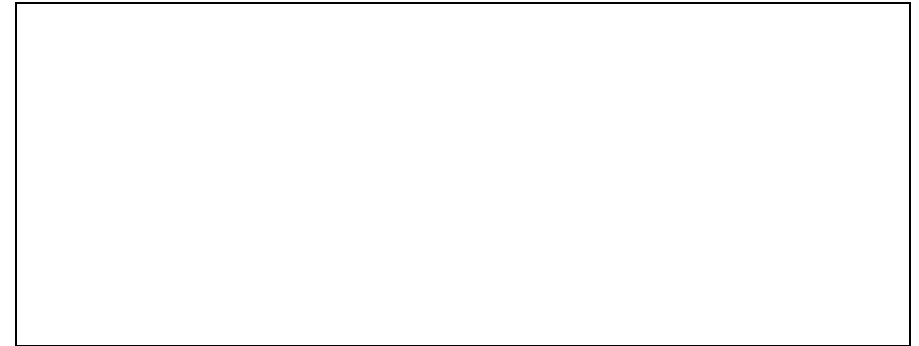
The priest, standing before the icon of Christ on the iconostasis, says Through the prayers of our holy fathers, Lord Jesus Christ, have mercy and save us. Amen.

The Liturgy is now finished and, having received God's blessing we can continue to enjoy the rest of the day.

That the whole day may be perfect, holy, peaceful and sinless, let us ask of the Lord.

Arriving at Church

What is the first thing we do when we arrive in church ?



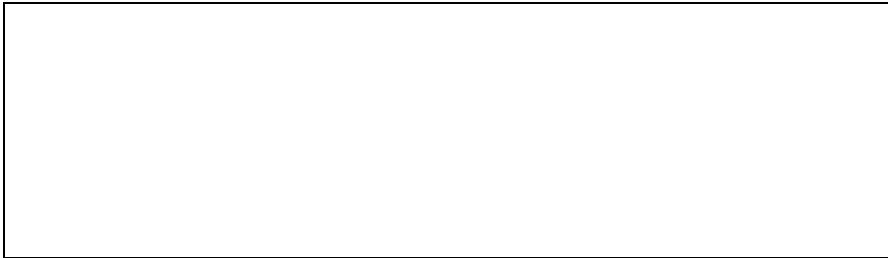
Reminder: There is no need to rush when kissing the icon and lighting your candle. Look at the icon for the day, then carefully light your candles taking time to say a short prayer.

The Liturgy begins

The priest opens the Holy Doors and then chants
Glory to Thee who has shown us the Light.

The deacon moves around the church with the censer while the choir sings. The incense is offered in praise to God and as a blessing for us, as the deacon passes by everyone in the congregation.

What should we do as the deacon brings the incense around the church ?



Reminder: When the deacon returns to the altar we try to concentrate on the rest of the service. We normally stand up but if you need to sit down for a short time always make sure you are facing the front of the church.

The Divine Liturgy starts when the priest says
Blessed is our God, always now and ever and unto ages of ages.

The Dismissal

When everything on the Altar has been tidied away the priest comes out through the Holy Doors and blesses everyone with his cross. He then asks Our Lord, his Holy Mother and all the saints to look after us when we leave the church.

If anyone has a Name Day around the time of the Liturgy, everyone sings them Many Years! congratulating them and wishing them a long life.

Priest:
To the servant of God _____ may the Lord grant many years!

People:
God grant you many years! God grant you many years!

God grant you many years! God grant you many years!

Save him/her, O Christ God! Save him/her, O Christ God! Save him/her, O Christ God!

When is your Name Day?

My Name Day is on :

Other Name Days I want to remember:

The Communion of the People

Wait quietly but move forward as soon as the priest or deacon says: With fear of God and with faith and love draw near!

For each person who takes Communion the priest says these words:

(Write your name in the space)

The servant of God _____ partakes of the precious Body and Blood of our Lord and Saviour Jesus Christ for the forgiveness of sins and unto Life Everlasting. Amen.

Reminder: The deacon and server hold a red cloth, called a maktron, under each person's mouth to ensure that no part of the Holy Gifts falls on the floor. Everyone must wipe their mouth on the maktron or have it gently wiped for them by the server, before they go back to their place, taking with them a piece of blessed bread. Children usually take communion first, so set a good example to the adults by being very careful not to drop any crumbs!

The choir sings a hymn of thanksgiving while the priest and deacon go back to the Holy Table:

We have seen the true Light! We have received the heavenly Spirit! We have found the true Faith! Worshipping the undivided Trinity, Who has saved us.

Reminder: It is good to be happy with your friends after communion but please remember to concentrate on the great gift you have received and wait quietly for the final part of the Liturgy.

Litanies and Psalms

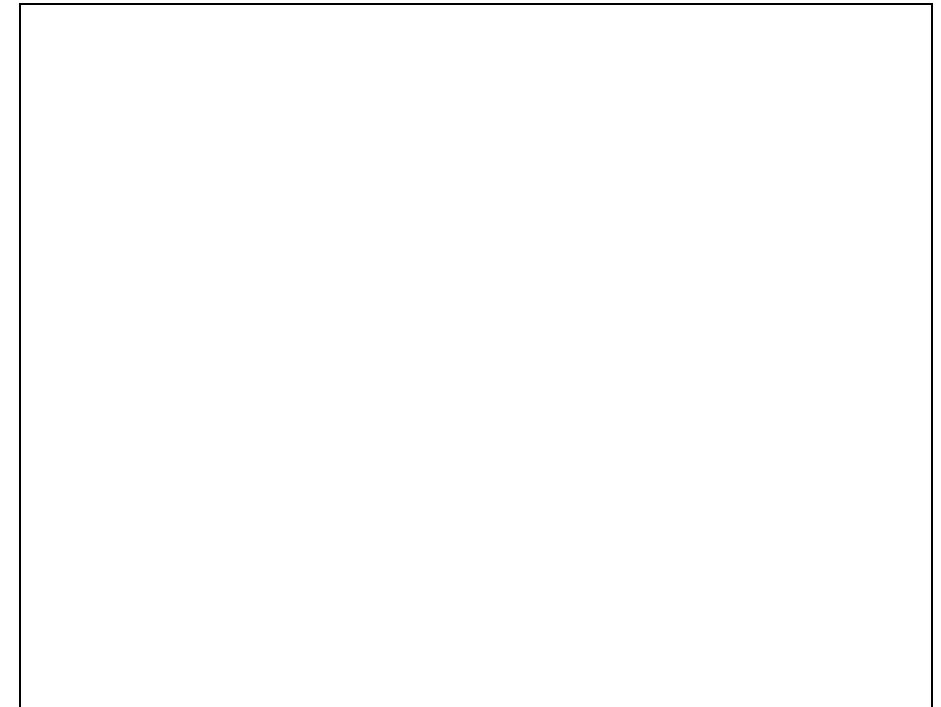
The deacon and the choir chant the litanies and psalms.

Litanies are prayers where the deacon chants a verse and the choir replies "Lord have mercy"

The psalms are from the Old Testament. Psalm 102 (103), which begins Bless the Lord , O my soul... is sung after the first litany. After the second litany the choir sings Psalm 145 (146) Praise the Lord, O my soul...

Look through the Book of Psalms in the Bible How many are there ?

You might like to copy out some verses from one or two of the psalms



The Beatitudes

The Beatitudes are part of a sermon given by Jesus. The choir sings them before The Little Entrance.

Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst after righteousness, for they shall be filled.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called the sons of God.

What can we learn about how we should behave from these words of Jesus to his followers in The Sermon on the Mount ?

The prayers we all say just before Communion:

I believe, O Lord and I confess that Thou art truly the Christ, the Son of the Living God, who came into the world to save sinners, of whom I am first. And I believe that this is truly Thine own immaculate Body and that this is truly Thine own precious Blood. Wherefore, I pray Thee, have mercy on me, and pardon my transgressions both voluntary and involuntary, of word and of deed, of knowledge and of ignorance and make me worthy to partake without condemnation of Thine immaculate mysteries unto forgiveness of sins and unto Life everlasting.(1)

Of thy mystic supper, O Son of God, accept me today as a communicant; for I will not speak of Thy mystery to Thine enemies, neither will I give thee a kiss as did Judas; but like the thief will I confess Thee: Remember me , O Lord in Thy kingdom.(2)

Not unto judgment nor unto condemnation be my partaking of Thy holy mysteries, O Lord, but unto the healing of soul and body.(3)

This may seem a long prayer and it certainly contains some words which are difficult to understand at first. See below for some help understanding each paragraph.. The very good thing about us all saying this prayer together is that it gives everyone time to get ready quietly to receive communion.

(1) The first paragraph reminds of the special relationship each of us has with God and that each of us is "first" as we take communion.

(2)The second paragraph reminds us of the story of the Crucifixion. We must not behave like Judas, but like the thief who trusted in Our Lord Jesus and prayed to him Remember me , O Lord, in Thy kingdom.

(3) The third paragraph reminds us that receiving the Holy Mysteries is a very special gift which we should value.

The Communion of the Clergy

At the Holy Table, the priest and deacon receive Communion and prepare the Holy Gifts, the consecrated bread and wine for the people to receive. A server places a lighted candle in front of the iconostasis as a signal that this is happening.



Meanwhile the Reader leads the people in saying out loud the Prayers before Communion, when everyone asks Almighty God to forgive them for anything they have done wrong before they receive the Holy Gifts.

Draw some pictures on this page to go with your answer.

The Little Entrance

The priest, deacon and servers come out from the altar and stand in front of the iconostasis. The deacon carries the Gospel Book. The priest blesses the Holy Doors and the deacon chants:

Wisdom! Stand upright!

Then the Gospel Book is carried back onto the altar.

What should we do as soon as The Little Entrance starts ?

The Little Entrance reminds us that the Gospel Book is very important

Why do you think the Gospel Book is so important ?

If you say the Lord's Prayer at your school you will probably say the version below. This one is also said in some Orthodox parishes.

Our Father, Who art in heaven, hallowed be Thy name;

Thy Kingdom come;

Thy will be done on earth as it is in heaven.

Give us this day our daily bread;

and forgive us our trespasses as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

For Thine is the kingdom, the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

Amen

Underline the lines which are different.

The Lord's Prayer

The Priest says:

And vouchsafe, O Master, that with boldness and without condemnation we may dare to call upon Thee, the heavenly God, as Father, and to say.

And we say:

Our Father, Who art in heaven, hallowed be Thy name;

Thy Kingdom come;

Thy will be done in earth as it is in heaven.

Give us this day our daily bread;

And forgive us our debts as we forgive our debtors.

And lead us not into temptation, but deliver us from the evil one.

The Priest says:

For Thine is the kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.

The choir sings:

Amen

After we have said the prayer in English, the priest invites people to say it in their own language, for instance: Arabic, Greek, Slavonic (Russian), Romanian, Bulgarian.

Do you know which languages were said this morning?

Tick the ones you think were said.

The Trisagion

Shortly after the Little Entrance the choir sings the Trisagion which you probably already know well:

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

Holy God, Holy Mighty, Holy Immortal: have mercy on us.

The Trisagion means saying something three times

Then the deacon says: With strength!

And everyone together sings:

Holy God, Holy Mighty, Holy Immortal: have mercy on us

At Pascha (Easter) and some other special times of the year we sing different words:

As many of you as have been baptized into Christ have put on Christ. Alleluia!

The Epistle

The reader comes to stand before the Holy Doors and chants the epistle. Epistle is another word for letters, and the epistles are the letters which the Apostles wrote to the First Christian Churches.

The deacon says : Let us Attend and we sit to listen.

Find out more about the Epistles on the next page.

About the Epistles

Most of the epistles were written by St. Paul but we sometimes have readings from the other epistles in the New Testament.

Below is a list of the Epistles.

Why not tick in pencil which one is being read today?

Romans	
1 Corinthians	
2 Corinthians	
Galatians	
Ephesians	
Philippians	
Colossians	
1 Thessalonians	
2 Thessalonians	
1 Timothy	
2 Timothy	
Titus	
Philemon	

The Consecration

This is the most solemn and important part of the Liturgy as the priest says the prayers of consecration to prepare the Holy Gifts for Communion

Notice that the priest says words which Our Saviour used at the Last Supper:

Take eat, this is My Body which is broken for you.....this is My Blood which is shed for you and for many for the forgiveness of sins.

A little later the priest prays to the Holy Spirit to complete the act of consecration:

Send down Thy Holy Spirit upon us and upon these gifts here spread forth....And make this bread the precious Body of Thy Christ.... And that which is in this cup, the precious Blood of Thy Christ...Changing them by The Holy Spirit

Explain to a friend how we should behave while the priest says these prayers:

Fill in the blanks to help you learn the Creed:

I believe in one God, The _____ Almighty, Maker of _____ and _____, and of all things visible and _____.

And in one Lord Jesus Christ, the _____ of God, the Only-begotten, begotten of the _____ before all the worlds; Light of _____, Very God of _____, begotten, not made; of one essence with The Father, by whom all things were _____.

Who for us men and our salvation came down from _____, and was incarnate of The Holy _____ and the Virgin Mary, and was made _____.

And was crucified also for us under Pontius Pilate, and suffered and was buried, And on the _____ day He rose again, according to the Scriptures; and ascended into _____, and sitteth at the right hand of The _____.

And He shall come again with _____ to judge both the quick and the dead; Whose kingdom shall have no end.

And I believe in the Holy Spirit, the Lord and Giver of Life, Who proceedeth from The Father, Who with The Father and The Son together is _____ and glorified; Who spake by the Prophets.

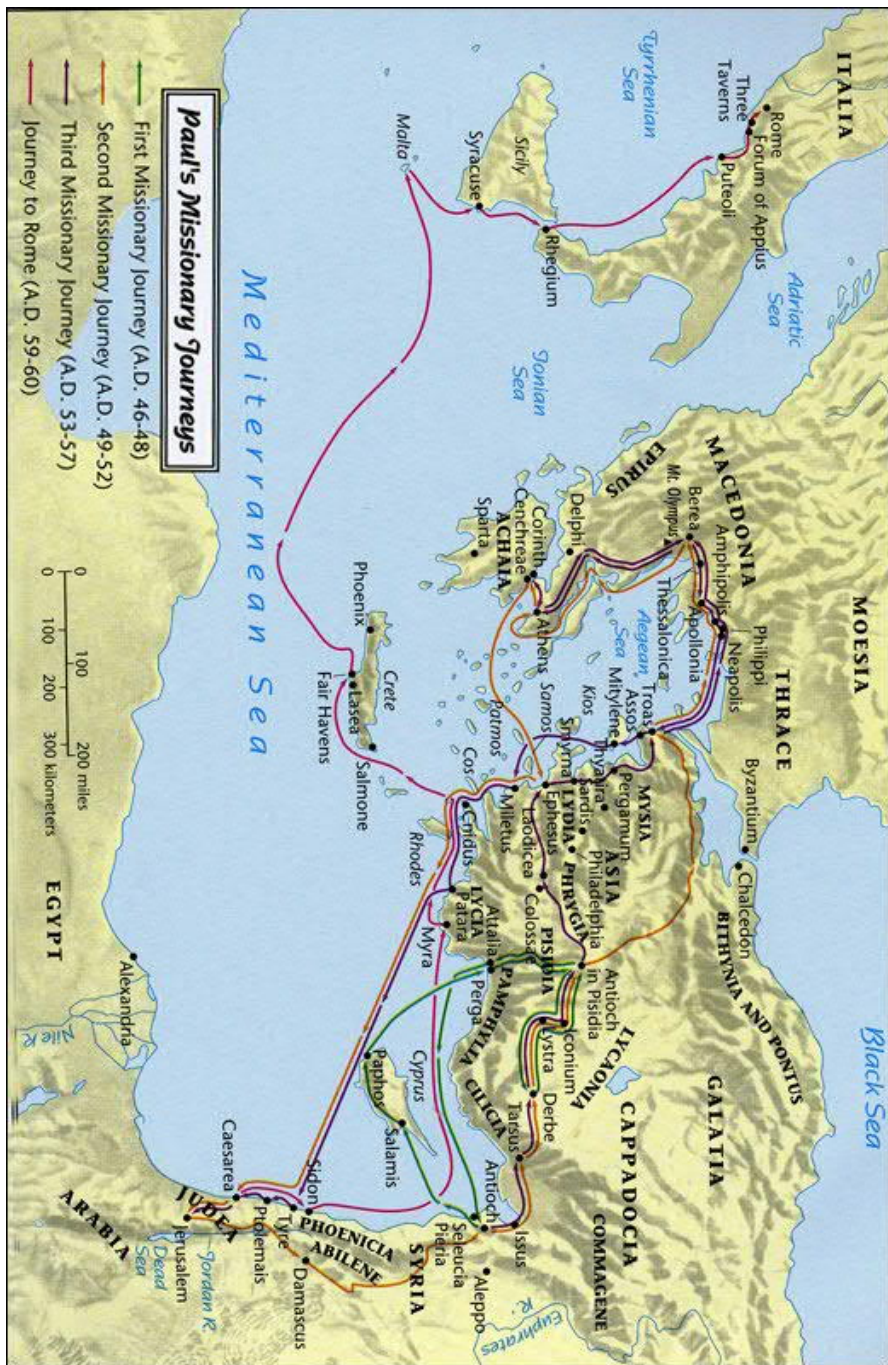
And I believe in one Holy Catholic and Apostolic _____, I acknowledge one baptism for the remission of sins and I look for the Resurrection of the dead, and the life of the world to come. Amen

James	
1 Peter	
2 Peter	
1 John	
2 John	
3 John	
Jude	

The Epistles: Finding places

St. Paul wrote his letters to the people he had met on his missionary journeys. On the next page is a map showing the area he visited.

Mark the places on this map where St. Paul sent his letters



These are the words of Creed:

I Believe in one God, The Father Almighty, Maker of Heaven and Earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, The Only-begotten, begotten of The Father before all worlds, Light of Light, Very God of Very God, Begotten, not made; of essence with The Father, by whom all things were made.

Who for us men and for our salvation came down from heaven, and was incarnate of The Holy Spirit and the Virgin Mary, and was made man;

And was crucified also for us under Pontius Pilate, and suffered and was buried; and on the third day He rose again, according to the Scriptures; and ascended into heaven and sitteth on the right hand of The Father;

And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end.

And I believe in The Holy Spirit, The Giver of Life, who proceedeth from The Father, Who with The Father and The son together is worshipped and glorified, Who spake by the Prophets;

And I believe in One Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead and the life of the world to come.

The Creed

The Creed is a list of all those things which we believe in as Orthodox Christians: that God is three persons in One God, the Father, the Son and the Holy Spirit; that the Son was born on Earth as a man, Jesus Christ, died on the cross, and rose again from the dead for our salvation.

Everyone in the church says the Creed out loud together, so that we show each other that we all believe in the same things.

Just before we say the Creed, the deacon chants The Doors! The Doors!

This is because some of the first Christians worshipped in secret to avoid persecution. They checked that the doors were closed before they said the Creed together.

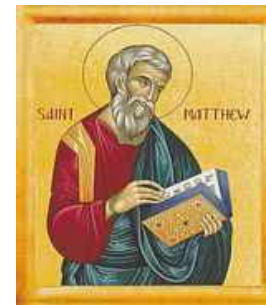


The Gospel

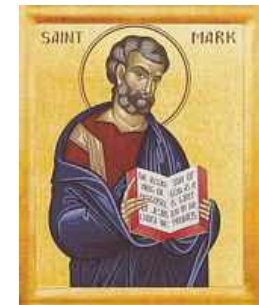
The choir sings the Alleluia and the priest and deacon come out from the altar to chant the Gospel to everyone. Gospel is an old word which means Good News, and this good news is the life and teaching of our Saviour, Jesus Christ.

Everyone stands up to listen to the gospel. Afterwards the priest raises the Gospel Book, blessing everyone in church.

The reading is from the Holy Gospel according to:



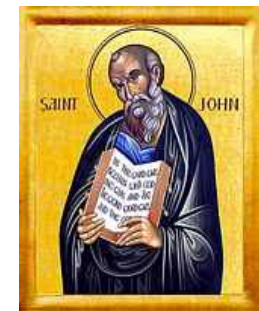
St. Matthew



St. Mark



St. Luke



St. John

Which Gospel is the reading from today?

The Sermon

Everyone sits down and listens to the priest or deacon talking about our Church faith and how to live a better life.

Try to listen. If this is difficult, keep very quiet and read or colour in one of the children's worksheets which re-tell the gospel for each Sunday.

The sermon is also a good time for sitting quietly to prepare for the second half of the Liturgy and the longer prayers before Communion.



The Litanies

The Deacon begins the second part of the Liturgy. He stands in front of the Holy Doors while he and the choir chant a series of prayers, asking God to help the Orthodox Faithful in their life, and also to help those who are trying to become Orthodox Christians: the Catechumens.

The Cherubic Hymn

The choir sings this hymn to prepare for The Great Entrance:

Let us who mystically represent the Cherubim, and chant the thrice-holy hymn to the life-giving Trinity, put aside all earthly cares.

The hymn tells us to sing praises to God as the angels do and to forget about our little worries and problems.

The choir keeps singing the hymn until the priest and deacon are ready to come out of the Altar.

Reminder: It is important to keep very still and NOT to move around in church while the Cherubic Hymn is being sung.

The Great Entrance



The priest and deacon come out from the Altar, carrying the bread and wine which will be given to us at Communion. They are accompanied by the servers carrying the cross, the censer and candles. They walk around the church while the priest asks

Almighty God to care for the Living and the Departed, those who are sick and have problems, to care for our country and those who look after it, and finally for all of us present at the Liturgy.

Explain to a visitor how we behave at The Great Entrance: