

If you are not Orthodox, we invite you to pray with us, accept our hospitality and explore the depth of our faith; but we also ask you, please respect our dedication to discipline and not come forward during Holy Communion. The Eucharist is for us a great mystery—the *Holy Body and Blood of Christ*—by His Grace and command, and represents our sacred unity in the one faith. If you have questions, our priest would welcome the opportunity to explain these things and more to you after services today.

If you are a baptized Orthodox Christian of any jurisdiction, we wholeheartedly welcome you, inviting you to partake of the Eucharist with us and give us the opportunity to get acquainted. If you are not sure about whether your jurisdiction is in communion with the Greek Orthodox Church, our priest would again be more than happy to discuss this with you after Church.

Many newcomers are often overwhelmed by the traditions and rites observed in Orthodoxy. Even Orthodox Christians are often surprised by the different expressions of their faith from one jurisdiction (or even parish) to another. Parishioners at our Church endeavor to fulfill their commitment to the faith by participating in every way during worship. To assist you, we have provided this pamphlet for you to help you to better participate in Orthodox worship with us.

## SERMON

Following the service the priest will offer the message from Holy Scripture and the teachings of Christ and His Holy Church.

## COMMUNION

Our moment of union with Christ arrives in the mystery of Holy Communion. Orthodoxy maintains that the faith is one, and all must be eucharistically united in that one faith to Christ, therefore, only baptized, confessed Orthodox may partake of this Holy Mystery. Orthodox Christians are required to prepare for Holy Communion, and must individually seek their priest's guidance on how to do this.

## ANTITHORON

After services, the priest will bless and greet the congregation by offering a portion of the '*blessed bread*' known as *antithoron*. All are welcome to partake.

## SUNDAY SCHOOL

Children are requested to attend Sunday School classes immediately following Holy Communion. In this way they can attend the services and still be provided an opportunity to learn our sacred faith.

## FELLOWSHIP

Join us for coffee and refreshments after services and let us show you our genuine Greek Orthodox hospitality.



## ORTHODOX WORSHIP

Welcome to the Holy Trinity Greek Orthodox Cathedral of Phoenix, AZ. All guests are welcome to join us in worship; to pray with us and share fellowship. However, the Orthodox Christian faith is a traditional faith with practices dating back to the time of the Apostles. Our devotion to the faith is for us a solemn responsibility, therefore communion in the common cup is reserved for baptized Orthodox in good standing only who are prepared to receive the Body and Blood of Christ. Although many Churches have grown much closer in recent times, we are still not in communion with the Roman Catholic, Episcopal, or Reformed (Protestant Christian) churches.

**Holy Trinity Cathedral of Phoenix**  
1973 E. Maryland Ave. Phoenix, AZ 85016  
[www.holytrinityphx.org](http://www.holytrinityphx.org)

## LITURGY BOOKS

The *Divine Liturgy (Mass)* can be followed in our hymnals. A few hymns do change each week, so if we sing something that appears out of order, the book will pick up again right where it left off. If you do get lost, please ask your neighbor for some guidance.

## PRAY, PRAY, PRAY

Pour your heart out to the Lord; He Loves you, He listens to you, and He will answer your prayer. Let the priest's petitions guide your prayer, as it is the Orthodox way to pray for everyone and for every need.

## CHORAL SINGING

The most basic of all prayers is 'Lord have Mercy' (*Kyrie Eleison*), which we repeat often in song throughout our worship.

The Orthodox Liturgy is a dialogue between the priest and the laity, who respond with prayer and song. The Old Testament tells us to "Make a joyful noise to the LORD, all the earth; break forth into joyous song and sing praises!" Follow the music, use your ear, or even hum along. There is no greater feeling of worship than to sing out to God.

## SIGN OF THE CROSS

The Orthodox make the sign of the cross by bringing the thumb and first two fingers together and tracing a cross over themselves from head to waist, then right to left, consecrating themselves to the name of the Father, Son and Holy Spirit whenever the name of the Trinity is mentioned in prayer.

## BOWING

The Orthodox show their deep reverence for God and each other by the bowing of the head when so directed by the priest, or when we are blessed by the priest (whenever we respond, 'and with your Spirit'). We also bow as a loving sign of acknowledgment when the priest asks our forgiveness. Many Orthodox also will bow to the ground in deep reverence (known as a *metanoia*), especially during Great Lent.

## GOSPEL & ENTRANCES

Scripture readings and ceremonial processions are hallmarks of Orthodox worship. To show reverence and attentiveness, the congregation is asked to refrain from any movement in Church during readings, processions or blessings.

## LANGUAGES

The Orthodox still practice speaking in tongues; real ones. Services are in both Greek and English. We still worship in the ancient and beautiful Greek as done originally during the time of the Apostles, such as 'Kyrie Eleison' (Lord have Mercy).

## ICONS, CANDLES & INCENSE

All the senses participate in Orthodox worship; sight, sound, smell, etc. The bright warmth of candles dates back to the catacombs. The Psalms teach, "Let my prayer rise as incense before You." Icons visually depict the real presence of Christ and His saints, and the Orthodox reverence this Presence by bowing before the icons, and even kissing them in their love for God.

## KISS OF PEACE

"Do not let the sun set on your anger" is a scriptural command to forgive, which the Orthodox proclaim by embracing each other as the priest says "Let us love one another".

## BLESSINGS

On several occasions, the priest will bless the congregation with his hand while invoking the name of God, a practice dating all the way back to the old testament.

## READ ALONG

There are several readings that the entire congregation will hear or recite together:

**The Epistle:** reading can be found in the hymnals, which is read by appointed readers in the Church. Parish bulletins provide the reference for the daily reading.

**The Gospel:** (*good news*), selected readings from Matthew, Mark, Luke and John in accordance with the ecclesiastic calendar.

**The Creed:** is our 1600 year old declaration of faith, summarizing our basic beliefs.

**The Lord's Prayer:** is the chief Christian prayer. It is Orthodox custom for the priest alone to complete the prayer with, "For thine is the Kingdom, the Power, and the Glory; of the Father, and the Son, and the Holy Spirit, now and forever and to the ages of ages."

**Communion Prayers:** are recited before receiving communion. Worshippers together recite the Eucharistic prayer; "I believe O Lord and I confess..." as a rite of preparation.

## STAND, SIT OR KNEEL

Standing up is the proper Orthodox position for prayer, symbolizing human dignity before God, but there are times for kneeling and sitting. Kneeling is customary during the consecration of the communion after the priest sings "We offer to you these gifts from your own gifts, in all and for all". We may sit in worship during petitions (whenever we respond with the prayer, "Lord have Mercy".