



# The Orthodox Traditions

A guide to worship in our Church

# Worship... What exactly is it?

- *Romans 12:1* “Offer your bodies as a true and living sacrifice-this your *true and proper worship*”
- Essentially defined as showing devotion and love
- Not just a set of outward actions, or attending of services...there is an inward motivation, and a spiritual involvement



# Tools of the trade



- The church in her wisdom has given us a number of tools to enable us to live a life of continual worship
- What can you think of?
  - It all boils down to the Liturgical Cycle

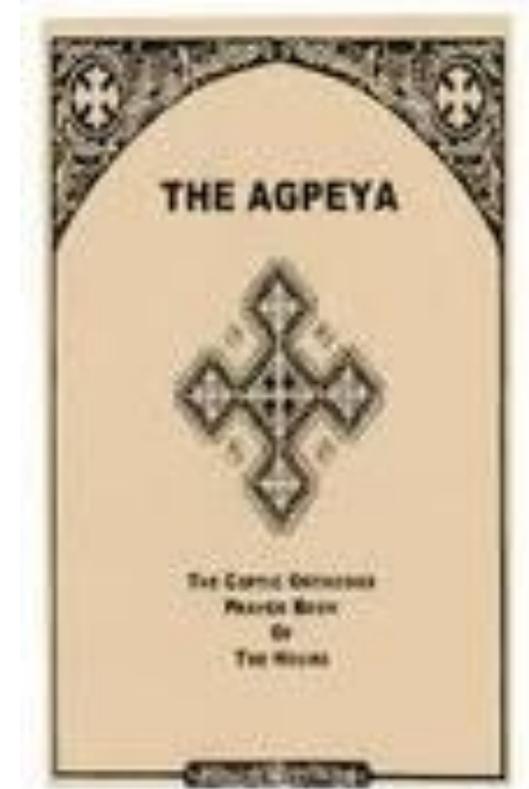
# The liturgical cycle

- Liturgy comes from the Greek words:
  - Liow: meaning people
  - Ergia: meaning work
- As such, it means work of the people
- It refers not only to the mass, but also to any form of worship, be it personal or group
- Examples?



# Day to day

- Each day the church relieves the life of Christ in the 7 canonical hours of the Agpeya
- First hour: 7 am
- Third Hour: 9 am
- Sixth Hour: 12 am
- Ninth Hour: 3 pm
- Eleventh Hour: 6pm
- Twelfth Hour: 12 am
- Midnight Prayers: 3 am (approximate)



# Week to week



- Celebration of the resurrection weekly- Sunday
- Celebration of the agreement to betray Christ-Wednesday. We fast for this reason, to draw our memories to this day
- Celebration of the Crucifixion-Friday. Again for this reason we fast

# Worship through the week

- During the week, and at St Mark's on a Saturday evening, Tasbeha or the Psalmody is used to guide our worship
- There are different tunes for various times of the year, and days of the week



# Month to month



- There are three feast days each Coptic month that the church celebrates:
  1. Feast of Archangel Michael on the 12<sup>th</sup> of each month
  2. Feast of St Mary on the 21<sup>st</sup> of each month
  3. The Annunciation, birth and resurrection on the 29<sup>th</sup> of each month

# Year to year

- 7 Lordly Feasts
  1. The annunciation
  2. Christmas or the Nativity
  3. The Epiphany
  4. Palm Sunday
  5. Resurrection
  6. Ascension
  7. Pentecost

