



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

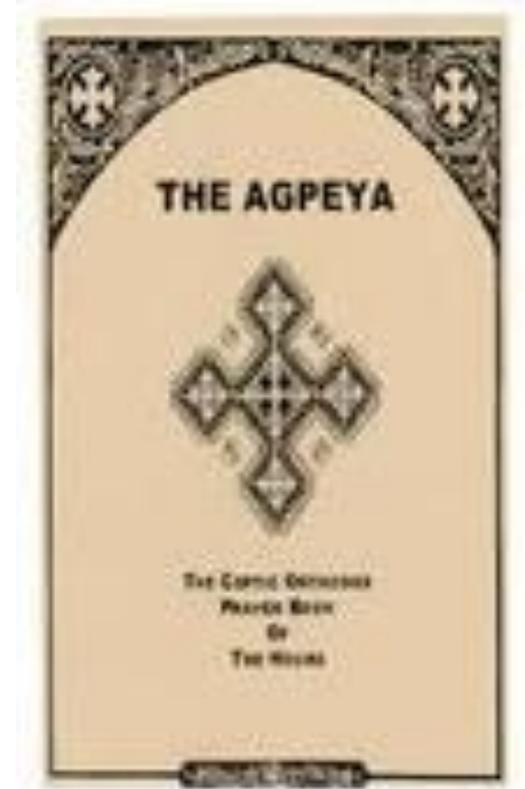
The liturgical cycle

- 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?

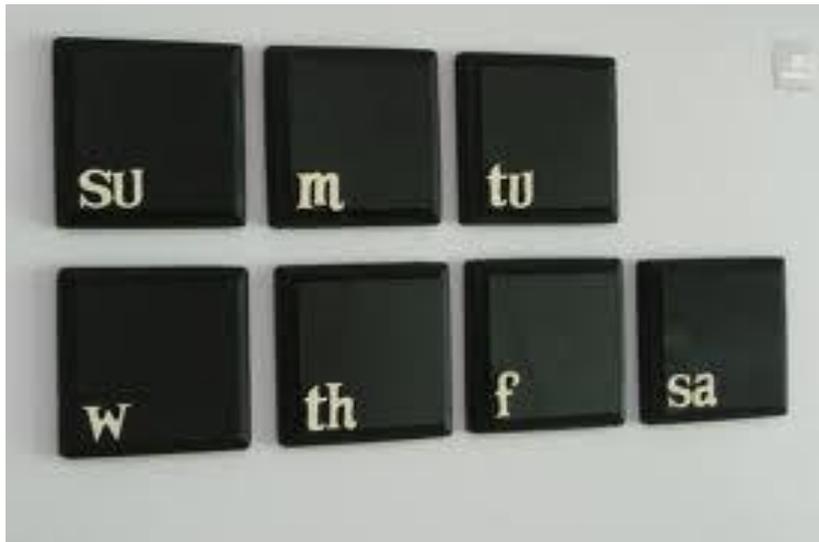


Day to day

- 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 12th of each month
 2. Feast of St Mary on the 21st of each month
 3. The Annunciation, birth and resurrection on the 29th 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

