Five Back to Basics:

- 1. List the Seven Sacraments in Order:
 - → Baptism
 - → Chrismation
 - → Eucharist
 - → Confession and Repentance
 - → Unction of the Sick
 - → Marriage
 - → Priesthood
- 2. Why do we fast Wednesday and Friday's? Wednesday is the betrayal and Friday is for crucifixion, this should be remembered every week.
- 3. Why do we celebrate the liturgy on Sunday? Because this is the day of the resurrection.
- 4. How many prayers are there in the Agypia?
 7- First hour, third hour, sixth hour, ninth hour, eleventh hour, twelfth hour and midnight prayer.
- 5. What does the word Orthodox mean? Correct Worship