

Spirituality of Liturgical Rites

Session 1 INTRODUCTION

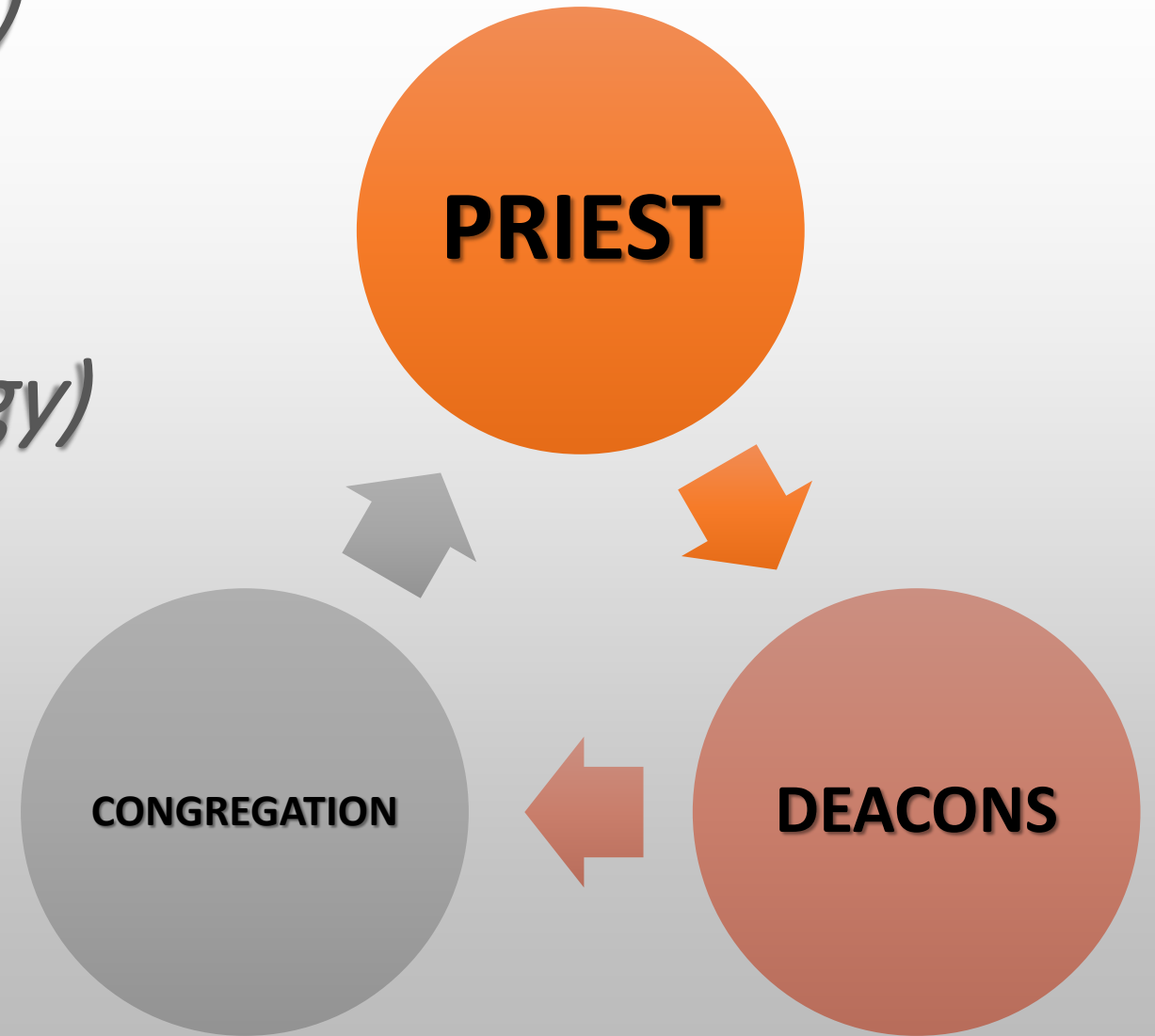


Liturgy (*Public Worship*)

Greek: λειτουργία

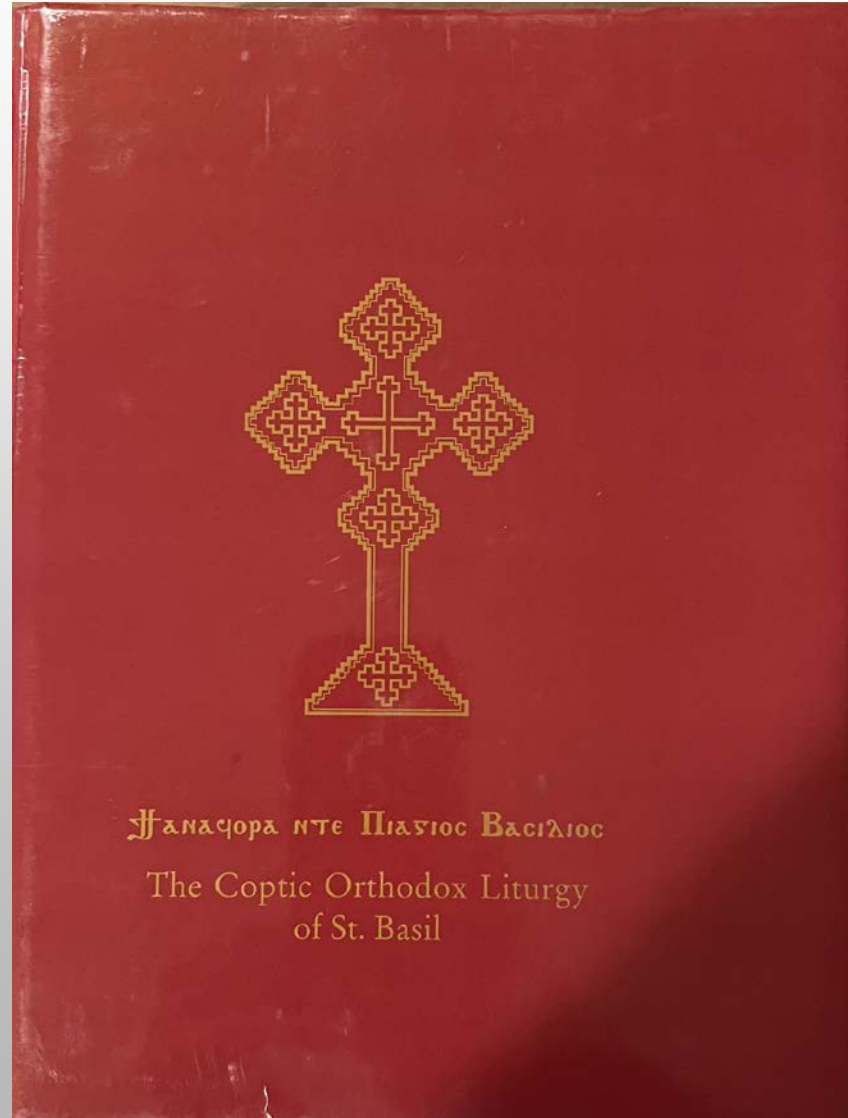
Eucharist (*Divine Liturgy*)

Greek: εὐχαριστία



Symphony

Greek word *συμφωνία* (*symphōnía*), means
"agreement or concord of sound"
(Harmony)



An open book showing musical notation and lyrics in Greek and English. The left page is mostly obscured by the book's binding. The right page contains several staves of music with lyrics in both Greek and English. The lyrics include "Je han", "mish in-pro-fi-tis nem ha-n th-mi", "av-e-pi-u-min è", "nav è nū-è-te-te-nnav", and "è-pw-oσ-to-ū". The page number 239 is visible at the bottom right.

Precautionary Measures

(1) Not coming early to church

“Those who seek Me early will find Me” (Proverbs 8:17).



(2) Not participating in the congregation responses

“May Your servants, the ministers of this day, hegumens, priests, deacons, clergy, all Your people and my weak self be absolved...”

Precautionary Measures



(3) Losing focus during the liturgy

“I will pray with the spirit and I will also pray with understanding, I will sing with the spirit and I will also sing with understanding” (1 Corinthians 14:15).

(4) Being preoccupied with irrelevant matters

“Those who lead, with diligence... fervent in spirit, serving the Lord, continuing steadfastly in prayer” (Romans 12:8-12).

FOUR main Sections:

- (1) Raising of the incense*
- (2) The Offertory*
- (3) Liturgy of the Word*
- (4) The Anaphora*



1. Raising of the incense

(a) Vespers - *Evening*

(b) Matins - *Morning*



“Then another angel, having a golden censer, came and stood at the altar. He was given much incense, that he should offer it with the prayers of all the saints upon the golden altar which was before the throne.”

Revelation 8:3



**Orthodox
Feteer St Mary**

Celebrated the 21 day of every Coptic month

- 7 cups flour
- 1 cup sugar
- 1 cup oil
- 1 heaping Tbsp. yeast
- 1/2 tsp. salt
- ~2 cups warm water

Mix all the dry ingredients
slowly mixing

Add water
soft and

- 7 cups
- 1 cup s
- 1 cup o
- 1 heapi
- 1/2 tsp.
- ~2 cups

Mix all the
slowly mi
manageal
knead the

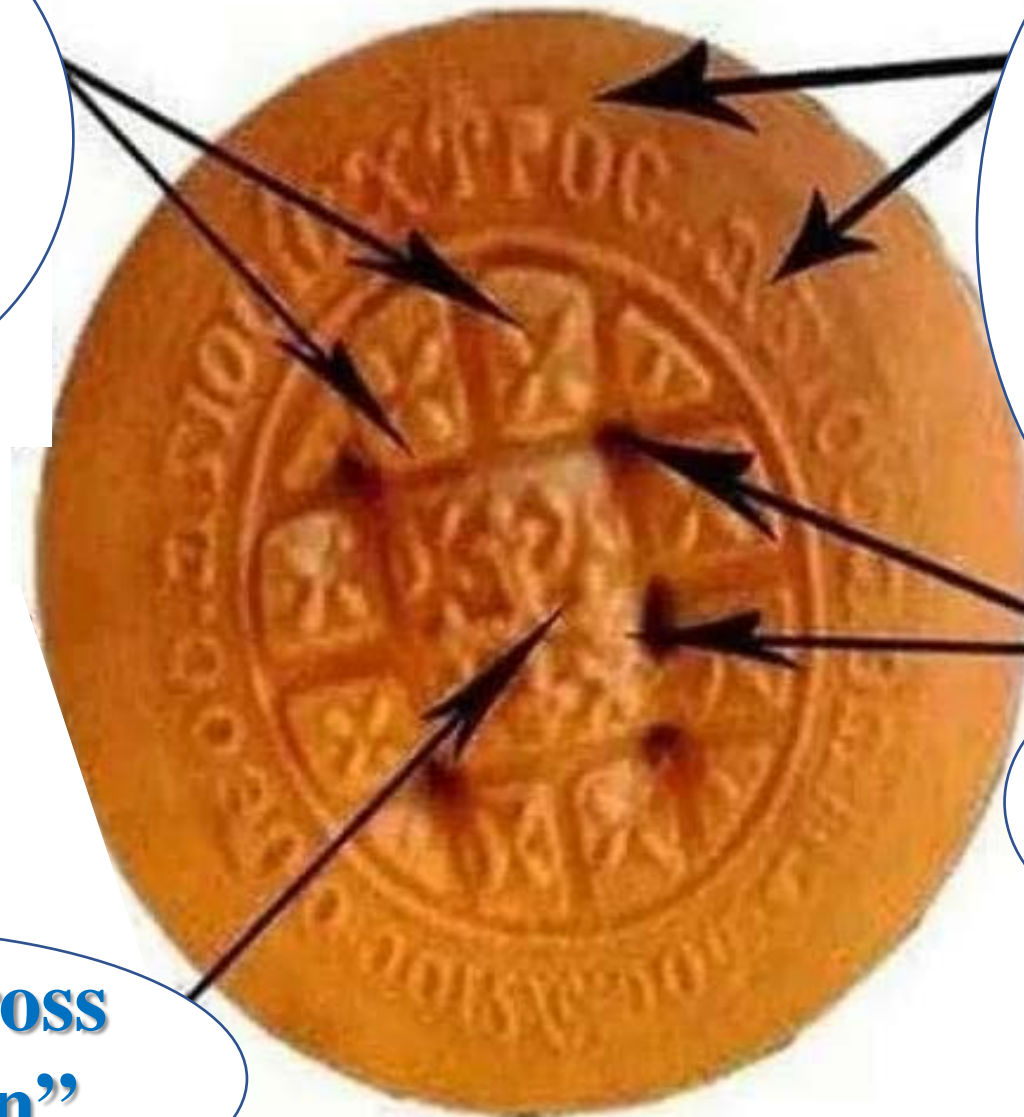
Cover with
minutes. Th
minutes.

**12
small
crosses**

**3
ΑΣΙΟΣ
Ο ΘΕΟΣ
ΙΣΧΥΡΟΣ
ΑΘΑΝΑΤΟΣ**

5 holes

**Middle Cross
“Spadikon”**



2. The Offertory

Selection of the **lamb**



“And He took bread, gave thanks and broke it, and gave it to them, saying, “This is My body which is given for you; do this in remembrance of Me.””

Luke 22:19

2. The Offertory

Selection of the lamb



*“he took Him up in his arms and blessed God and said:
‘Lord, now You are letting Your servant depart in peace,
According to Your word;
For my eyes have seen Your salvation
Which You have prepared before the face of all peoples’”*

Luke 2:28-31

2. The Offertory

Selection of the lamb



2. The Offertory

Selection of the **lamb**



“His left hand is under my head, and His right hand embraces me”

Song of Songs 2:6

3. Liturgy of the Word (Catechumen)

- (1) Pauline Epistle**
- (2) Catholic Epistle**
- (3) Acts of the Apostles**
- (4) Synaxarion** *(summary of the life of a saint)*
- (5) Psalm**
- (6) Gospel**
- (7) Sermon**



3. Liturgy of the Word (Catechumen)

- (1) Pauline Epistle** *(Paul = 14)*
- (2) Catholic Epistle** *(John = 3, Peter = 2, James = 1, Jude = 1)*
- (3) Acts of the Apostles** *(Luke)*
- (4) Synaxarion** *(summary of the life of a saint)*
- (5) Psalm** *(David)*
- (6) Gospel** *(Matthew, Mark, Luke, John)*
- (7) Sermon**

4. Liturgy of the Faithful (Anaphora)



Starts with the **Creed** and ends with **Communion**



4. The Anaphora

Liturgy of the Faithful



“Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day.”

John 6:54

Seven Sections of the Anaphora:

- (1) The Orthodox Creed*
- (2) Prayer of Reconciliation*
- (3) The Anaphora*
- (4) The Institution Narrative*
- (5) The 7 Short Litanies*
- (6) Commemoration of Saints*
- (7) Fraction, Confession, and Communion*

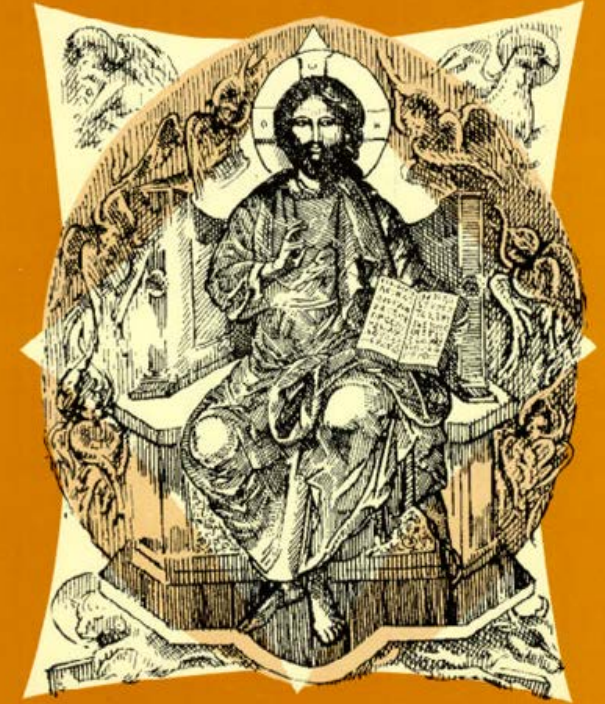
Resources

HOW TO BENEFIT FROM THE HOLY LITURGY

By His Grace Bishop Mettaous,
Abbot of St. Mary & El Syrian Monastery

Abbot of St. Mary & El Syrian Monastery

BISHOP METTAOUS.



**THE SPIRITUALITY OF THE RITES
OF THE HOLY LITURGY
IN THE COPTIC ORTHODOX CHURCH**