

JOHN—helpful comments

1. The word liturgy means “work of the people.” What work are we called to do during the liturgy?

1. “Let us pray to the Lord.”
2. “Let us love one another so that with one mind we may confess.”
3. “Bow you heads unto the Lord.”
4. “Let us be attentive.”
5. “Arise and hear the Holy Gospel.”
6. “Let us lift up our hearts.”
7. “Let us commit ourselves and one another and our whole life to Christ our God.”
8. “With the fear of God, with faith, and with love, draw near.”
9. “Let us go forth in peace. “

2. Name the 2 major parts of the Divine Liturgy and the parts of each.

1. The Liturgy of the Word: the first part of the liturgy that consists of hymns, prayers, the Little Entrance, Bible readings (Epistle, Gospel), and sermon.
2. The Eucharist: the second part of the liturgy that consists of the Great Entrance, Creed, Lord’s Prayer, prayers, hymns, consecration (Holy Spirit Changes our gifts of bread and wine into the body and blood of Christ), Holy Communion, and thanksgiving.

3. Discuss the Orthodox Christian meaning of each day of the week.

Each day of the week we are reminded of:

Sunday—The Resurrection of Christ. Every Sunday is a mini-Pascha.

Monday—The Holy Angels

Tuesday—The Prophets, especially St. John the Baptist

Wednesday— Christ’s betrayal, the Cross and Passion of our Lord

Thursday—The Saints and the Apostles, especially St. Nicholas

Friday—to the Crucifixion of Christ

Saturday—The Mother of God, all Saints, the Faithful Departed

5. Describe the MyPlate food guidelines that replace the old Food Pyramid. Use a paper plate to draw your favorite meal in the correct proportions.

Enjoy your food, but eat less.

Avoid oversized portions.

Make half your plate fruits and vegetables.

Switch to fat-free or low-fat (1%) milk.

Make at least half your grains whole grains.

Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.

Drink water instead of sugary drinks.

