## ΟΔΗΓΙΕΣ ΓΙΑ ΤΗΝ ΩΡΑΝ ΤΗΣ ΛΑΤΡΕΙΑΣ

'Η ὥρα τῆς προσευχῆς καὶ τῆς λατρείας στὴν ἐκκλησία εἶναι τὸ πιὸ σπουδαῖο ἔργο ποὺ κάνουμε ὅλοι μαζὺ σὰν 'Ορθόδοξοι Χριστιανοί, ἑπομένως ὀφείλουμε ὅλοι νὰ κάνουμε τὸ πᾶν γιὰ νὰ ἐπικρατεῖ τάξη, ἡσυχία καὶ κατάνυξη κατὰ τὴν ἱερὰν ὥραν τῆς λατρείας, πρδ οἰκοδομὴν ὅλων τῶν πιστῶν.

Πρό τὸν σκοπὸν αὐτὸν προσφέρουμε τἶ ὁδηγίες ποὺ ἀκολουθοῦν, μὲ τὴν θερμὴν παράκλησην ὅπως τηρηθοῦν κατὰ τὸ δυνατόν.

Εἴσοδος εἶ τὸν ναὸν σημαίνει εἴσοδον εἶ τὸν οἶκον τοῦ Θεοῦ, καὶ τοῦτο ἀπαιτεῖ ἄψογον ἐξωτερικὴν συμπεριφοράν στὸ λόγο, στὴ στάση, ἀλλὰ πιὸ πολὺ στὴν ἐσωτερικὴν μας κατάσταση ποὺ θὰ μᾶς βοηθήσει νὰ εἰσέλθουμε σὲ μιὰ κατανυκτικὴ ἀτμόσφαιρα καὶ νὰ συμβάλουμε εἰς τὴν λατρείαν ποὺ καθιστὰ τὴν παρουσίαν τοῦ Θεοῦ ὅλο καὶ πιὸ αἰσθητή.

Ή παράδοση τῆς Ἐκκλησίας ἀπαιτεῖ τὸ ἐκκλησίασμα νὰ εἶναι παρὸν ἀπὸ τὴν ἀρχὴν τῆς ἀκολουθίας. Εἶναι ἀταξία λοιπὸν νὰ μπαίνουμε στὴν ἐκκλησία μετὰ τὴν ἔναρξη καὶ ἀργὰ ὅπως ἐπικρατεῖ ἀπὸ ἀρκετούς. Μόνον κατὰ ἐπιείκιαν ἐπιτρέπεται ἡ εἴσοδος μετὰ τὴν ἔναρξη τῆς λατρείας, καὶ ἑπομένως ὅταν μπαίνουμε ἀργὰ πρέπει νὰ εἴμαστε ἀκόμη πιὸ πολὺ προσεκτικοὶ νὰ μὴν ἐνοχλήσουμε τοὺς ἄλλους ἀδελφοὺς ποὺ ἤδη εἶναι στὴ θέση τους καὶ προσεύχονται.

Κατὰ τὴν διάρκειαν τῆς Θείας Λειτουργίας εἶναι ὁρισμένα σημεῖα ποὺ δὲν πρέπει νὰ κινούμεθα. Θὰ σταθοῦμε μὲ εὐλάβεια πρὸς στιγμὴν καὶ μετὰ θὰ πᾶμε στὴ θέση μας.

- 1. Στὴν μικρὴν εἴσοδον τοῦ ἱερέως μὲ τὸ Ἱερὸν Εὐαγγέλιον
- 2. Κατὰ τὴν ἀνάγνωσην τοῦ ᾿Αποστόλου καὶ τοῦ Εὐαγγελίου
- 3. Στὴν μεγάλην εἴσοδον τοῦ ἱερέως μὲ τὰ Τίμια Δῶρα
- 4. Στὴν ἀπαγγελίαν τοῦ Πιστεύω, ἀπὸ ὅλο τὸ ἐκκλησίασμα
- 5. Κατὰ τὴν διάρκειαν τοῦ καθαγιασμοῦ τῶν Τιμίων Δώρων, ᾿Λάβετε, φάγετε... κτλ.
- 6. Κατὰ τὴν διάρκειαν τοῦ κηρύγματος
- 7. Κατὰ τὴν διάρκειαν ἐκτάκτων ἀκολουθιῶν στὸ τέλος τῆς Λειτουργίας μνημόσυνα, λιτανεῖες, κτλ.

Γενικὰ ἔχετε αὐτὸν τὸν κανόνα στὸν νοῦν σας. "Όταν ὁ ἱερεὺς βλέπει πρὸς τὸ νλαὸν, εὐλογεῖ ἤ θυμιάζει τὸν λαὸν ὅλοι ὀφείλουν νὰ στέκοντε μὲ προσοχὴ καὶ εὐλάβεια.

Τὰ μέλη τοῦ Κοινοτικοῦ Συμβουλείου ἔχουν τὴν εὐθύνην τῆς τάξεως κατὰ τὴν ὥραν τῆς λατρείας. Δεχθῆτε λοιπὸν καὶ ἀκολουθήσετε προσεκτικὰ ὅτι ὑποδείξεις σᾶς κάνουν.

Σᾶς εὐχαριστοῦμε γιὰ τὴν κατανόησην καὶ τὴν συνεργασίαν σας.

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## GUIDELINES FOR RESPECTFUL WORSHIP

Probably the most important duty that we each have as worshippers attending church services is to do all that is in our power to see that a proper decorum and atmosphere is maintained so that all of the congregation is able to pray sincerely, peacefully and meaningfully.

It is with this fact in mind that we have set forth the following guidelines:

Upon entering the Church, at all times, but especially during services an individual should remember that he or she is in the House of God. Reverence and good manners are required so as not to disturb those who are already engaged in prayer, but, even more importantly, as an expression of sincere faith and awareness of the presence of the Lord. No irrelevant conversations should take place, either in the Narthex or in any part of the Church.

According to actual church service procedures, each and every member of the congregation is required to be seated in the pews at the beginning of the service. It is only by leniency that anyone is allowed to enter the Church once the services have begun. Thus it behooves us not to take undue advantage of this leniency.

There are several parts of the service during which no one should be moving about. Wherever a person happens to be at these moments, he or she should stop and stand reverently, until the proper time to proceed. These parts of the service are:



- 1. The Procession of the Priest and Altar Boys with the Gospel;
- 2. The reading of the Gospel;
- 3. The Cherubic Hymn and the Great Procession of the Priest and Altar Boys with the Holy Gifts;
- 4. The recitation of the Nicene Creed (in which the entire congregation should participate);
- 5. The prayers of offering "Take, eat..." and the prayers of the consecration of the Holy Gifts;
- 6. The Sermon:
- 7. Any special services (memorial services, processions, prayers).

One basic rule to follow is that, whenever the Priest is facing the people or outside of the altar, either with the censer or giving the blessing, everyone should stand wherever they are.

Please remember that the Parish Council members and the ushering staff are required to keep order during services, and all should follow their instructions at all times.

Thank you.



#### DEPARTMENT OF OUTREACH & EVANGELISM

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