

Your First Visit with Orthodoxy

Welcome to Our Church!

If this is your first time to come to an Orthodox Church here are some things to know that will make your visit more spiritual profitable.



The Orthodox Church is the same New Testament Church founded by our Lord Jesus Christ in the first century. For over 2000 years, the Orthodox Church has worked to preserve the teachings, practices and traditions handed down by the Apostles and their heirs, the bishops.

Just as the Bible instructs us that our "...whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ" (1 Thess. 5:23), our worship is spiritual and physical:

Sight: candles remind us of Christ, the light of the world. Elaborate vestments and golden articles are used in worship to worthily honor Christ, our King. Icons of Christ, the Virgin Mary and the saints adorn the sanctuary surrounding us with beautiful 'windows to heaven' which is the ultimate goal of our earthly pilgrimage.

Sound: as in the early Church the liturgy is chanted by human voice alone. In some Orthodox parishes, bells are used ('singing icons').

Touch: the sign of the cross, the kissing

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of icons and bowing remind us that the body will resurrect and join the soul after death, so, it should actively be involved with the mind with worship on earth.

Smell: incense, which symbolizes the prayer of the faithful, fills the church.

Taste: the prayers of the priest change the bread and wine into the real Body and Blood of Christ, but, they retain the taste of their original forms. The blessed bread, antidoron, given out at the end of Liturgy is unseasoned and pure just like Christ, the Bread of Life.

The liturgy that we have reflects that of the **early church**: we all **stand in worship** in expectation of our Lord Jesus' promised return from the east. **No musical instruments** are used as they are earthly in contrast to the human voice that will sing praises in heaven. **Holy Communion** is reserved only for church members who have prepared themselves through prayer and fasting. **Icons** are supernatural points of contact and so by honoring the image we actually honor the person represented.

Please keep these things in mind as you worship with us. We free to ask questions when liturgy is over and come again!

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