1. What is a Mystery or Sacrament of the Church?

2. Name two Mysteries of the Church.
A Sacrament or Mystery is an act of the Church that brings together matter and spirit to transform us into a closer likeness to Christ. Among these:

- Baptism, Chrismation, Eucharist,
- Ordination, Unction, Confession,
- Marriage.
3. Which icon is this?

4. Tell one thing about St. Raphael and St. Herman
It is the Icon of Theophany.

Among these for St. Herman: He was a Russian monk. He worked in Alaska. He was a healer. He split his time between monastic isolation and helping those who came to him.

Among them for St. Raphael: He was an Arab Orthodox priest educated in Russia. He established many parishes. He was the first Orthodox bishop to be consecrated on American soil.
5. Why do we make the Sign of the Cross?

6. Why do we fast?
We make the sign of the cross to "lift up" ourselves to be transformed by God. We bless objects with the sign of the cross so that our whole life is a holy mystery.

We fast so that our appetites and desires serve us, so that we don’t serve them. We fast to strengthen our whole being.
7. What are the four major fasts?

8. Which icon is this?
The four major fasts are the:

- Nativity Fast
- Great Fast
- Saints Peter and Paul Fast
- Dormition Fast

It is the Icon of the Dormition of the Theotokos.
9. What does a prostration express?

10. Explain two phrases of the Prayer of St. Ephraim.
A prostration expresses sorrow for our sins as well as adoration and submission to God.

"O Lord and Master of my life!:
Am I lazy? . . . faint-heartedness: Have I seen only the sloth? Am I lazy? . . . faint-heartedness: Have I seen only the sloth?

"Take from me the spirit of sloth:"
Have I misused God's gift of self-centered, " . . . and idle talk: " . . . lust of power: " Have I been bad in life and become weak? " . . . faint-heartedness: Have I seen only the sloth? Am I lazy? . . . faint-heartedness: Have I seen only the sloth? Am I lazy? . . . faint-heartedness: Have I seen only the sloth?

"Yea, O Lord and King! Grant me to see my own errors and not to judge my brother: For Thou art blessed unto ages of ages."

"Yea, O Lord and Master of my life! Is Jesus Christ the master of my life?"

"But give rather the spirit of chastity,"
". . . humility:"
". . . patience, and love to Thy servant:" Let me wait on the working of Your will for my life; grant me the self-less love of Christ.

"Let me be aware of my faults and avoid falling into pride."
"Let me stand before You, as Your compassion allows."
"Let me seek after integrity."
"Let me seek after integrity."

(Let me be aware of my faults and avoid falling into pride. Let me not "cast a stone" at my brother.

Amen."

"Take from me the spirit of sloth:" Am I lazy? . . . faint-heartedness: Have I seen only the sloth? Am I lazy? . . . faint-heartedness: Have I seen only the sloth? Am I lazy? . . . faint-heartedness: Have I seen only the sloth? Am I lazy? . . . faint-heartedness: Have I seen only the sloth?
11. Give one detail for the service of each of these days of Holy Week: Wednesday, Thursday, Friday, Saturday.

12. How does the Paschal Homily of St. John Chrysostom begin?
Wednesday: The priest anoints the people with holy oil for physical and spiritual healing.

Thursday: In the Gospel of the Divine Liturgy we hear about the Last Supper, the washing of the feet of the disciples and the betrayal by Judas.

Friday: We remember the burial of Christ during vespers. At Lamentations, we imitate the myrrh-bearing women who waited in sorrow at Christ’s tomb after His burial.

Saturday: At the morning Liturgy, we remember that Christ’s body was in the grave, but also in hell conquering death, in Paradise, and on the throne of God. We see the black and purple vestments changed to white and we hear the news: “He is risen, as He said.”

If any man is a devout lover of God, let him enjoy this fair and radiant triumphal feast.

“If any man is a devout lover of God, let him enjoy this fair and radiant triumphal feast.”
13. Name two features distinctive of the Paschal Divine Liturgy (hymns may be included).

14. Why do we bow and make the sign of the cross when we step over the threshold of the church?
Among these: The doors to the sanctuary are opened. Gospel of St. John is read in several languages, we sing the hymn, “Christ is Risen” repeatedly.

We bow and make the sign of the cross when stepping over the threshold of the church because each is a holy place and a sacred image of existence.
15. Why is Vespers on Saturday?

16. What are we expressing when we bow before the icons, the sanctuary, and the priest?
Vespers is on Saturday because sunset begins the day, in this case the Lord’s day.

When we bow before the icons, the sanctuary, and the priest, we are expressing humility, reverence, and gratitude.
17. Which hymn of the Divine Liturgy expresses our reverence for the Theotokos?

18. What does liturgy mean?
It is truly right.

Liturgy means "offering."
19. Define or describe a troparion.

20. What is carried aloft in the procession known as the Little Entrance?
A troparion is a hymn which honors a saint or event commemorated on a day. What is the first phrase of the troparion of our church’s patron saint or feast?

The Gospel book is carried aloft in the procession known as the Little Entrance. The Gospel book is
21. What is carried aloft in the procession known as the Great Entrance?

22. What does Eucharist mean?
Great Entrance.
proc. Known as the
are carried aloft during the
The gifts of bread and wine

„thanksgiving.“
Eucharist means
23. In the anaphora, what do we express thanks for?

24. What is “antidoron”?
In the anaphora,
we express thanks
for salvation.

“In Antidoron” is
blessed bread.

“Antidoron” is
25. What are we expressing when we cross our arms over our chest as we approach the chalice?
We cross our arms over our chest when we approach the chalice to express humility.