

# **Resource Sheet 44**

## **To the Anaphora**

### **Starter:**

The leader uses a small, light ball. He / she throws the ball to a student, and shouts out a word for the student to devise a question for that answer. For example: The Leader says “prosphora” and the student responds: “What is the name of the bread we use for the Divine Liturgy?”. Then student gives ball back to the teacher and he/she throws it to another student and so on. Words for the game: Liturgy, Cherubic Hymn, Litany, Deacon, Gifts, Incense, Candles.

### **Activity:**

### **THE HOLY ANAPHORA**

Deacon: Let us stand aright! Let us stand in awe! Let us be attentive, that we may present the Holy Offering in peace.

People: A mercy of peace, a sacrifice of praise.

Priest: The grace of our Lord Jesus Christ, and the love of God the Father, and the communion of the Holy Spirit be with you all.

People: And with your spirit.

Priest: Let us lift up our hearts.

People: We lift them up to the Lord.

Priest: Let us give thanks to the Lord.

People: It is proper and right.

Priest (in a low voice): It is proper and right to hymn You, to bless You, to praise You, to give thanks to You, and to worship You in every place of Your dominion. For You, O God, are ineffable, inconceivable, invisible, incomprehensible, existing forever, forever the same, You and Your only-begotten Son and Your Holy Spirit. You brought us out of nothing into being, and when we had fallen away, You raised us up again. You left nothing undone until you had led us up to heaven and granted us Your Kingdom, which is to come. For all these things, we thank You and Your only-begotten Son and Your Holy Spirit: for all things we know and do not know, for blessings manifest and hidden that have been bestowed on us. We thank You also for this Liturgy, which You have designed to receive from our hands, even though thousands of archangels and tens of thousands of angels stand around You, the Cherubim and Seraphim, six-winged, many-eyed, soaring aloft upon their wings,

And he exclaims:

Singing the triumphal hymn, exclaiming, proclaiming, and saying...

People: Holy, Holy, Holy, Lord Sabaoth, heaven and earth are filled with Your glory. Hosanna in the highest. Blessed is He Who comes in the name of the Lord. Hosanna in the highest.

Priest (in a low voice): Together with these blessed powers, Master, Who loves mankind, we also exclaim and say: Holy are You and most holy, You and Your only-begotten Son and Your Holy Spirit. Holy are You and most holy, and sublime is Your glory. You so loved Your world that You gave Your only-begotten Son so that everyone who believes in Him should not perish, but have eternal life. When He had come and fulfilled for our sake the entire plan of salvation, on the night in which He was delivered up, or rather when He delivered Himself up for the life of the world, He took bread in His holy, pure, and blameless hands, and, giving thanks and blessing, He hallowed and broke it, and gave it to His holy disciples and apostles, saying:

The Priest exclaims:

Take, eat, this is My Body, which is broken for you for the remission of sins.

People: Amen.

The Priest then says in a low voice:

Likewise, after partaking of the supper, He took the cup, saying,

The Priest again exclaims:

Drink of this, all of you; this is My Blood of the new covenant, which is shed for you and for many for the remission of sins.

People: Amen.

Then the Priest says in a low voice:

Remembering, therefore, this saving commandment and all that has been done for our sake: the Cross, the tomb, the Resurrection on the third day, the Ascension into heaven, the enthronement at the right hand, and the second and glorious coming again.

And he exclaims:

Your own of Your own we offer to You, in all and for all.

People: We praise You, we bless You, we give thanks to You, and we pray to You, Lord our God.

Priest (in a low voice): Once again we offer to You this spiritual worship without the shedding of blood, and we beseech and pray and entreat You: Send down Your Holy Spirit upon us and upon the gifts here presented,

The Deacon, gesturing with his orarion toward the holy Bread, says:

Bless, Master, the Holy Bread.

And the Priest blesses over the holy Bread and says:

And make this bread the precious Body of Your Christ.

The Deacon, gesturing with his orarion toward the holy Chalice, says:

Amen. Bless, Master, the holy Cup.

The Priest, blessing over the holy Chalice, says:

And that which is in this cup, the precious Blood of Your Christ.

The Deacon, gesturing with his orarion toward both Holy Gifts, says:

Amen. Bless, Master, both the Holy Gifts.

The Priest, blessing both the Holy Bread and holy Chalice, says:

Changing them by Your Holy Spirit.

Deacon: Amen. Amen. Amen.<sup>1</sup>

### **Activity:**

Cut out the flash cards – (see Flash Card 44). Then give each student one card. Starting with verse 23 the students recite the text in verse order. If the group is large, add extra verses before and after this section..

Explain that in Holy Communion Christ is truly present and we receive Him into our bodies and souls, complete with His Risen Life.

### **Reading:**

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<sup>1</sup> [http://www.goarch.org/chapel/liturgical\\_texts/liturgy](http://www.goarch.org/chapel/liturgical_texts/liturgy)

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Logos. We magnify you, the true Theotokos.<sup>2</sup>

**Activity:**

Fill in the missing words and phrases:

This is a high point in the Liturgy when we participate in ..... The priest calls upon the Holy Spirit to come upon each one of us and upon the Gifts offered, and together we ask that the Gifts be mystically changed into the ..... Jesus Christ. This sacred mystery is something we all participate in. The priest will ask the Holy Spirit to come upon the bread and wine, but when the priest says the prayer “Make this bread the precious body of your Christ” all of you may respond with a loud voice “.....” AMEN means “so be it,” so you are participating in the prayer by saying that you agree, and humbly ask our Lord to change this bread and wine into His Body and Blood.

Glossary: Body and Blood of our Lord, the Last Supper, AMEN.

**Solution:**

This is a high point in the Liturgy when we participate in the Last Supper. The priest calls upon the Holy Spirit to come upon each one of us and upon the gifts offered, and together we ask that the gifts be mystically changed into the Body and Blood of our Lord Jesus Christ. This sacred mystery is something we all participate in. The priest will ask the Holy Spirit to come upon the bread and wine, but when the priest says the prayer “Make this bread the precious body of your Christ” all of you may respond with a loud voice “AMEN.” AMEN means “so be it,” so you are participating in the prayer by saying that you agree, and humbly ask our Lord to change this bread and wine into His body and blood.<sup>3</sup>

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<sup>2</sup> [http://www.goarch.org/chapel/liturgical\\_texts/liturgy](http://www.goarch.org/chapel/liturgical_texts/liturgy)

<sup>3</sup> <http://www.schwebster.org/sermons/2015-sermons/a-teaching-divine-liturgy>