

WEEK 15: LITURGY - THE HOLY ANAPHORA

PRE-K - KINDERGARTEN

GOALS

What is happening during the Anaphora?

LESSON

Anaphora: pronounced /anna-fo-ra/

Refer to pages 63 - 79 in *Christ Amongst Us* for this lesson

Optional: Show students the pictures from this section of *Christ Amongst Us*

THE HOLY ANAPHORA:

Anaphora means “an offering up”.

We have reached the part of the Divine Liturgy when Fr. Vasile will offer up the bread and wine we brought to church, our Holy Sacrifice, to God. Do you remember what this special bread is called? (Prosphoro /pros-fo-ro/) In return, God will transform our gifts and offer them back to us as Holy Communion. This is a very special gift from God and the most sacred moment of the entire service! We know we should always try to be quiet and not be playing while we are at church, but we should be especially respectful and still when we hear,

“Let us stand well! Let us stand in awe! Let us be attentive that we may present the Holy Offering in peace.”

What do you think it means to “stand well” and to “stand in awe?” Do you think you should wiggle and play right now? (No) Do you think you should be talking to the person next to you? (No) Then what should we be doing? (We should be paying attention and thinking about God.)

The anaphora is concluded as the chanters or choir sing, “Truly it is proper to call you Blessed ever Blessed Theotokos...”

Share using your phone, tablet, or laptop:

Beginning of the Anaphora at our parish https://youtu.be/PGDX_wqys_s?t=6802

(At time stamp 1:57:22, our chanter begins to sing, “Truly it is proper...” After this hymn, the Anaphora is concluded.)

What are some of the things you saw or heard Fr. Vasile doing? What did you see the people in the video do? (Kneeling)

REVIEW:

- What does anaphora mean? (An offering up; we are offering God our gifts of bread and wine)
- Is this a special part of the Divine Liturgy? (Yes)
- How should we act while we’re at church? (Quietly and not playing)

WEEK 15: LITURGY - THE HOLY ANAPHORA

1ST - 2ND GRADE

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3RD - 5TH GRADES

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“Let us stand well! Let us stand in awe! Let us be attentive that we may present the Holy Offering in peace.”

What do you think it means to “stand well” and to “stand in awe?” Do you think you should be thinking about other things, like what we want to be doing later that day? (No) Do you think you should be talking to the person next to you? (No) Then what should we be doing? (We should be paying attention and thinking about what is happening right then and there.)

In the gospel we read about how Jesus took Peter, James, and John up on a high mountain and He was transfigured before them. During the Anaphora, we experience the miracle of the liturgical Transfiguration of Christ as the bread and wine are transfigured into the Body and Blood of Christ.

The transformation of the Bread and Wine in the Body and Blood of Christ, which begun at the Proskomedie, is concluded during the prayer of the Epiclesis, at the Anaphora.

The anaphora is concluded as the chanters or choir sing, “Truly it is proper to call you Blessed ever Blessed Theotokos...”

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What are some of the things you saw or heard Fr. Vasile doing? What did you see the people in the video do? (Kneeling)

REVIEW:

- What does anaphora mean? (An offering up; we are offering God our gifts of bread and wine)
- Is this a special part of the Divine Liturgy? (Yes)
- How should we act while we’re at church? (Quietly and concentrating on the prayers and hymns at that the current moment)
- What happens during the anaphora? (The transformation of the gifts of Bread and Wine, which started at Proskomedie, is finalized during the Anaphora)

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MIDDLE SCHOOL

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“Let us stand well! Let us stand in awe! Let us be attentive that we may present the Holy Offering in peace.”

What do you think it means to “stand well” and to “stand in awe?” Do you think you should be thinking about other things, like what we want to be doing later that day? (No) Do you think you should be talking to the person next to you? (No) Then what should we be doing? (We should be standing, paying attention, and thinking about what is happening right then and there.)

It is important for us to give thanks to God for all that he has given to us, especially for

Holy Communion. Another name for Holy Communion is the Eucharist and Eucharist means “Thanksgiving.”

In the gospel we read about how Jesus took Peter, James, and John up on a high mountain and He was transfigured before them. During the Anaphora, we experience the miracle of the liturgical Transfiguration of Christ as the bread and wine are transfigured into the Body and Blood of Christ.

The transformation of the Bread and Wine in the Body and Blood of Christ, which begun at the Proskomede, is concluded during the prayer of the Epiclesis, at the Anaphora.

The anaphora is concluded as the chanters or choir sing, “Truly it is proper to call you Blessed ever Blessed Theotokos...”

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What are some of the things you saw or heard Fr. Vasile doing? What did you see the people in the video do? (Kneeling)

YouTube: The Anaphora <https://youtu.be/O8wtThbKaqs>

REVIEW:

- What does anaphora mean? (An offering up; we are offering God our gifts of bread and wine)
- Is this a special part of the Divine Liturgy? (Yes)
- How should we act while we’re at church? (Quietly and concentrating on the prayers and hymns at that the current moment)
- What happens during the anaphora? (The transformation of the gifts of Bread and Wine, which started at Proskomede, is finalized during the Anaphora)

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HIGH SCHOOL

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“Let us stand well! Let us stand in awe! Let us be attentive that we may present the Holy Offering in peace.”

What do you think it means to “stand well” and to “stand in awe?”

Hieromonk Gregorios tells us “we must stand with reverence and fear at the terrible moment of the Holy Anaphora, for with whatever disposition of soul and whatever thoughts each person has at that time as he stands before God, he is raised up to the Lord with that same disposition.” (*The Divine Liturgy: A Commentary in the Light of the Fathers*)

It is important for us to give thanks to God for all that he has given to us, especially for

Holy Communion, because this is a benefaction to us. In no way does offering the gift of Holy Communion benefit God, but it does benefit us greatly. In this, we offer up joyous thanks to God for His deep love for us. Another name for Holy Communion is the Eucharist, which means “Thanksgiving.”

During the Anaphora, we offer up prayers, hymns, and thanksgiving. Hieromonk Gregorios also explains to us, “the Lord loves this *sacrifice of praise* because therein lies the road to man’s salvation: *A sacrifice of praise honors me, and there is the way whereby I will show him my salvation* (Ps. 49:23)...At the Divine Liturgy, we offer God a *sacrifice of praise*, and God offers us His *salvation*, which is Christ (cf Luke 2:30).”

Our priest prays:

“Let us lift up our hearts.”

And the people respond:

“We lift them up unto the Lord”

In the gospel we read about how Jesus took Peter, James, and John up on a high mountain and He was transfigured before them. During the Anaphora, we experience the miracle of the liturgical Transfiguration of Christ as the bread and wine are transfigured into the Body and Blood of Christ.

Shortly thereafter, our priest then says:

“Let us give thanks to the Lord.”

And the people respond,

“It is proper and right”

This is important because we are agreeing with our priest that the Divine Eucharist should be celebrated. Our response to the priest shows our unity as the Body of Christ and our participation in the Divine Liturgy.

Our priest exclaims:

“Take eat; this is my Body which is broken for you, for the forgiveness of sins.”

And the people respond:

“Amen.”

Our priest continues:

“Drink of this all of you; this is my Blood, of the New Covenant, which is shed for you and for many, for the forgiveness of sins.”

Again the people respond:

“Amen.”

This is taken directly from Christ’s words to the apostles at the very first Eucharist (Last Supper) and has been passed on from the apostles to every generation thereafter. Christ taught us how to celebrate the Holy Eucharist.

Our priest will then lift up the Chalice and Paten while saying:

“We offer to You these Gifts from Your own gifts in all and for all.

How does this apply to you and me in our every day life as well? Are we called to always transform the gifts that God has given to us (for example - wheat into bread and grapes into wine) and then offer them back to Him in thanksgiving for all that He has given to us? (Yes) Can you give me an example of how you could take a gift God has given to you and then transform it and offer it back to Him? (Examples: Someone who is good at singing could become a chanter and then later teach others how to be a chanter. Someone who is good at understanding anatomy could become a doctor to help the sick.)

The transformation of the Bread and Wine in the Body and Blood of Christ, which begun at Proskomede, is concluded during the prayer of the Epiclesis, at the Anaphora.

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What are some of the things you see and hear going on during the Anaphora?

(Optional) YouTube: The Anaphora <https://youtu.be/O8wtThbKaqs>

REVIEW:

- What does anaphora mean? (An offering up; we are offering God our gifts of bread and wine)
 - What happens during the anaphora? (The transformation of the gifts of Bread and Wine, which started at Proskomede, is finalized during the Anaphora)
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