

The stone that the builders rejected has become the chief

CORNERSTONE

This is the LORD's doing; it is marvelous in our eyes. (Psalm 118:22-23)



June - July, 2010

Volume 21

Number 6

*Celebrating
21 Years
1989 - 2010*

St. Mary Antiochian Orthodox Church

A parish of the Antiochian Orthodox Christian Archdiocese

8 Inman Street, Cambridge, MA 02139

Very Reverend Father Antony Hughes, Pastor

Reverend Deacon Jeffrey Smith

Office: (617) 547-1234 Fax: (617) 902-2370

Saturdays: Great Vespers: 5 p.m. Confessions: 6 p.m. or by appointment

Sundays: Orthros: 8:45 a.m.; Divine Liturgy: 10 a.m.

Summer Hours: Orthros 8:15 a.m. Divine Liturgy: 9:30 a.m. (July & August)

Feast Days: Eve of Feast 6:30 p.m.

“There is no more ascetic feat more difficult, more painful, than the effort to draw close to God Who is love”. Fr. Sophrony

Dear Sisters and Brothers prayer in Christ,

Christ is in our midst!

Long ago, when I was a little boy, a Roman Catholic priest came to speak at our church in Erwin, Tennessee. We attended a Presbyterian church at that time having left the Baptist church just down the street a year or so earlier. The priest’s name was Fr. LaFrance. He was an imposing figure for a small child, tall, a full head of jet black hair, and eyes that seem to have their own source of light.

I remember only two things about that evening. I remember that Rev. Kribbs introduced Fr. LaFrance as a man who was headed to a monastery in New Orleans where he was prepared to take a vow of silence! For the rest of his life! The second thing I remember is that at the end of the service I was introduced to him. He took my little face in his hands, looked down at me, and smiled a most beautiful smile. I don’t remember if he said anything or not. Words were not necessary. That moment for me was a glimpse into the face of God.

There was something about that smile that moved me. Behind it was a life of service to God, of trials and tribulations that cleanse the soul endured, of a commitment to unceasing prayer, and to holiness I had not previously imagined possible. There were deep spiritual riches behind those eyes. I have searched long and hard all of my life to find a way to imitate what I saw that night.

Purity, humility, and prayer are the necessary elements. Purity is the gateway, humility lights the way, and prayer polishes the soul. I saw them all in that remarkable priest.

Have a blessed and relaxing summer. Stay present. Be mindful. Remember God as often as you breathe.

Love in Christ,

Fr. Antony Hughes

Special Liturgical Services & Schedule - June & July, 2010

(In addition to regular Sat. Vespers at 5 p.m. and Sun., Orthros: 8:45 a.m. and Divine Liturgy: 10 a.m.)
Summer Hours commence on Sunday, July 4, 2010 with Orthros: 8:15 a.m. and Div. Liturgy : 9:30 a.m.)

Mon.–Mon., June 1- 28: *Apostles Fast (Peter & Paul)* continues

Sat., June 5: **No Vespers**

Sun., June 13: Trisagion Prayers of Mercy (40-Days) for Delores Tabet

Fri.,-Sun., June 18-20: St. Mary Church & Offices CLOSED for Parish Life Conference, Sturbridge Hotel, Sturbridge, MA (See Schedule inside)

Sun., June 27: June Memorials

Mon., June 28: *Evening Liturgy – Feast of Ss. Peter & Paul 6:30 p.m.*

Tues., June 29: *FEAST of Ss. Peter & Paul, the Apostles*

Sun., July 5: Summer Hours Begin: Orthros: 8:15 a.m. Divine Liturgy: 9:30 a.m.

Mon.–Fri., July 19–23: Fr. Antony at Clergy Symposium at Antiochian Village

Fri.,-Sun., July 23-25: Summer Meetings at Antiochian Village of NAB - Antiochian Women, NAC - FSJD and Teen SOYO

Sat., July 24: No Vespers HERE

Sun., July 25: July Memorials and Trisagion Prayers of Mercy for Leo Homsy (One-Year)

+ + + + + + + +

www.stmaryorthodoxchurch.org

Parish Council.....Raymond Sayeg

SEEKING VIDEO STREAMING VOLUNTEERS

The video streaming ministry has been a GREAT success! There are a few interesting facts, including that over the weeks following Easter, we've had 251 unique live streaming visitors. We also now have people visiting our website from 51 countries around the world and 45 states in the US!

A very special thank you to Marc Patacchiola and Nadia Abuelezam who continue to help setting up streaming services for Orthros and Liturgy each week. **Come to church... but if you can't, then join us on your computer.**

We continue to seek out help as we look to establish and reinforce this ministry for its continued success. **Marc and Erick Straghalis are looking for 3 - 4 volunteers who can help set up the streaming service prior to Liturgy on Sunday mornings and potentially during other events (speakers, vespers, etc.).** Volunteers would rotate weekly, taking turns setting up the camera, computer and microphones each week. Some technical expertise may be required, but training will be provided. If you are interested, please contact Erick Straghalis at estraghalis@gmail.com.

We would welcome your feedback as we continue to find ways to improve and continue this ministry. To see live broadcasts go to <http://stmaryorthodoxchurch.org/livestream>.

Women's Corner.....MaryEllen Mabardy

Antiochian Women - DOWNE Spring Fling:

Boston Museum of Science, I-Max Theater's *ARABIA* on **Sat., May 1, 2010 at 11 a.m.** Sixteen (16) women travelled to this exotic and fascinating land by viewing the movie and then enjoyed a lunch together in the Museum Food Court. It was a perfect day—bright sun, warmth and good company! Join us next time!

The **Antiochian Women's Diocesan General Assembly Meeting** (10 am – Noon) will be held at the Parish Life Conference on **Friday, June 18, 2010** at the Sturbridge Host Hotel in Sturbridge, MA Our **Antiochian Women/Clergy Luncheon** will be hold from Noon until 2 p.m. following our meeting. Please plan on joining us.

* * * * *

Fellowship of St. John the Divine.....Tiffany Conroy

TANGLEWOOD OUTING – Join your music-loving friends from St. Mary's as we carpool out to Tanglewood after Liturgy on **Sunday, August 1**. We'll picnic on the lawn and listen to music by Sibelius, Elgar, and Mussorgsky, with cellist Yo-Yo Ma. (For more information see http://www.bso.org/bso/mods/perf_detail.jsp?pid=prod3580013) The concert starts at 2:30; lawn tickets are \$24.50 (pay at the door). Bring lawn chairs if you want them, and picnic food for yourself and to share. For more information and to let us know you're coming, especially if you'll need a ride, contact Melissa Nassiff by email (mnassiff@gmail.com) or phone (508 877-7483).

* * * * *

Sponsor a Coffee Hour in the Summer!

Attendance tends to be a bit lighter!

Pick a Sunday that's convenient for you.

Keep it Simple! Do it with others!

Put your name (s) on the sign-up sheet on the Church Bulletin Board.

Call the Church Office if you have any questions 617-547-1234.

Church School News.....Arlene Marge & Melissa Sayeg

On behalf of St. Mary's Church School, we would like to thank all of the teachers and their substitutes for all of their hard work this year:

Pre-School teacher Melissa Sayeg and subs Marie Bernardi and Shannon Sakellariou
K/1 teacher Andrea Popa and sub Maggie Arnold
Grade 2 teacher Georgia Bellas and sub Andrea Jabbour
Grade 3/4 teacher Philip Straghalis and sub Steve Zabek
Grade 5/6 teacher Mary Winstanley and sub Carol Hughes
Grades 7/8 teacher Peter Nassif
Discussion Group leaders Erik and Liz Straghalis.

Special thanks to Charlie Marge for running the Christmas Pageant this year and to Trish Orlovsky for running a wonderful Good Friday retreat. We would also like to thank St. Mary's Women's Club for providing Church School materials and supporting all of the Church School activities.

Please make every effort to come and participate in this year's regional Parish Life Conference at Sturbridge Village in June. Come and cheer on our teens competing in the Bible Bowl. Our Bible Bowl Team consists of Theo & Gabe Smith, and Thomas Marge, along with its coach, Violet Robbat. Good Luck to all!!

We would also like to say thank you to all Church School families for bringing your children to Church and Sunday School and for participating in all of our Church School activities! We have had a wonderful school year. Thank you, and have a good summer! Please let one of us know if you are interested in teaching or co-teaching a Church School class in the fall. Thank you everyone for all of your help.

Yours in Christ,
Andrea Popa, Melissa Sayeg and Arlene Marge

Editorial Note: A <i>SPECIAL THANK YOU</i> goes out to Arlene Marge, Andrea Popa and Melissa Sayeg for their conscientious and tireless efforts to instill the teachings of our Orthodox Faith to our children and to make our Church School a welcoming place for all.

* * * * *

Choir.....Michelle Mabardy

St Mary Church Choir is very open to individuals interested in making a commitment to sing each Sunday at Divine Liturgy. Please feel free to join us and/or introduce yourself to the director, Michelle Mabardy, on any given Sunday after Liturgy. Thank you!

* * * * *

Prayer List

Please pray for these servants of God that they may have mercy, life, peace, health, salvation and visitation, and pardon and forgiveness of their sins.....

Mary Homsy	Alice Yabroody	Charles Arbeely & Family
Olga Ajalat	Leo Homsy & Family	Joanne Landon & Family
Elias Lewis	Linda Lewis	Donald DiFiore & Family
Sarah Louise Homsy & Family	Peter Lewis	Roman Wagner & Family
The Orlovsky Family	Elaine Jacobs	Samuel Homsy & Family
Anthony Teebagy & Family	Louis Hodges	Rose Hodges
Michail Tryfonidis	Phillip	Thomas Lanciani
Scott Hakim	James Jabbour	Julianne
Natasha Smith & Family	Robert Arnold & Family	Jeanette Sakakeeny & Family
Earl	Mary K. Bezreh	Agnes Battit & Family
Andrew Straghalis & Family	The Dibrova Family	Jamil Samara & Family
The Church in El Salvador	Bahig Kaldas	Nadia Kaldas
Charles Andrews	Marie Kennedy	Catherine Decerbo
P. J. Noonan & Family	Arthur N. Mabbett	Mary Winstanley O'Connor
+ +	+ +	+ +

The following departed will be remembered with Trisagion Prayers Sunday, June 27, 2010:

Lilly A. Andrews	George Ayoub	Sobhy Boulos
Matile G. Daham	Michael DiFiore	Alfred Goyette
Wedad Asma Homsy	Habeeb Lewis	Stella Mary Nassiff
Albert Robbat, Sr.	Rose Sakey	James Teebagy
Kasar Teebagy	Noudra Teebagy	Alexandra Touma
+ +	+ +	+ +

The following department will be remembered with Trisagion Prayers Sunday, July 25, 2010:

George Arbeene	Wadia Ayoub	Andrew M. Bezreh
Leo Homsy	Gabriel Lewis	Mary Mabardy
Nicholas Mabardy	Arthur E. Mabbett, Jr.	Henein John Moudarri
Nellie Shamshak	Deeb Tartar	Wedad Teebagy
Nicholas Teebagy, Jr.	Nicholas Teebagy, Sr.	
+ +	+ +	+ +

If you wish someone to be remembered during the Divine Liturgy on Sunday:

Monetary donations can be made in thanksgiving for God's Blessings, for the well being of loved ones, for those who may be ill, for those in distress, commemorating a name day, birthday, anniversary or in memory of loved ones. A donation slip can be filled out at the Bengarri (the desk in the Narthex) or called in to the Church Office. The names of these individuals are then placed on either the "Living" or "Departed" Listing, which Fr. Antony commemorates at the Great Entrance during the Divine Liturgy on Sunday.

Name Day Celebrations June & July

“Joyous Name Day” to the following parishioners who will be celebrating during the months of June and July. They will be receiving an individual letter and will be remembered in the Divine Liturgy on that Sunday, the Sunday following the actual name day or on the eve of the Feast.

June 10 – St. Metrophan of Beijing:

Nelson Chin

June 27 - St. Joanna the Myrrhbearer:

Joanne Landon
Jeanette Sakakeeny

June 29 - Ss. Peter and Paul, Holy Apostles:

Peter Abdelmaseh	Paul Demerjian	Paul Kresser
Peter Mabardi	Paul Medwar	Paul Nahass
Peter Nassiff	Peter Nelson	Marc Petacchiola
Walter Porr, Jr.	Bryan Robbat	Jason Robbat
Paul Robbat		

July 2 – St. John Maximovitch:

Joachim Chin

July 3 – St. Alexander:

Alexander Aroyan
Alexander Moore

July 5 – St. Martha and St. Elizabeth, the New Martyr:

Jeannette Teebagy Elizabeth Straghalis

July 11 – St. Olga:

Olga Ajalat Olga Boguslavskaya

July 13 – St. Margaret of Antioch and Our Holy Mother Sarah the Egyptian:

Margaret Arnold Sarah Jabbour
Margrit Butler Linda Robbat

July 16 – St. Julia the Virgin:

Julia Bezreh

July 17 – St. Marina:

Marina Anderson

July 20 – St. Elias the Prophet:

Louis Hodges Elias Lewis Elias Orlovsky

July 22 – Mary Magdelene:

Nancy Boudreau

July 24 – St. Christina the Martyr:

Christine Bezreh Christina Dibrova Christine Mabardy-Higgins
Rebecca Sayeg

OPPORTUNITIES FOR SERVICE

There are a number of ways you can help the Church, your fellow worshippers and those in need, many of them coordinated by the Fellowship of St. John the Divine. Consider serving in one of these ways:

PARTICIPATION

Liturgical Service - Each Sunday, members of the congregation are needed to read the Epistle and assist during Communion by holding the Communion Cloths and Holy Bread Baskets. We usually need one Epistle reader and six people to hold cloths and baskets. If you would like to read the Epistle or assist during the Communion, please contact Jeff Wasilko, 781-820-0882, jeffw@smoe.org.

Coffee Hour - Provide coffee, juice and cookies, or more if desired, and set it up Sunday morning. To sign up for an available Sunday, please put your name on the signup sheet on the bulletin board outside the Hall or call Marilyn Robbat in the Parish Office and she will write your name in. If you need any help with figuring out what to bring or do, check the list below the signup sheet (also printed in the Bulletin), or ask Marilyn at secretary@stmaryorthodoxchurch.org or 617-547-1234.

VOLUNTEERING

Holy Resurrection Open Doors - The Holy Resurrection Open Door Meal Ministry in Allston needs volunteers every Monday evening (there is a special need in the summer). The official hours of the project are 4:30pm-7:30pm, but it is fine to come anytime and leave any time. Best times would be 5:30-5:45 to 7:15-7:30pm. You can serve meals, coffee and tea to the people who arrive for dinner (6-7pm) or just stay behind the scenes doing set-up and clean-up. It is a very rewarding, hands-on, face-to-face way to serve the community with (mostly) other Orthodox Christians—we even chant the Our Father together before the meal begins. Church info can be found at <http://hrocoboston.org>. Questions? Please contact Liz (Tutella) Straghalis at liztutella@gmail.com phone 617-974-5005, or Tiffany Conroy at trattus1@gmail.com, 617-990-7162.

St Paul's Food Pantry - Two to four volunteers help each week in the food pantry at St Paul's Roman Catholic Church in Harvard Square, Saturday mornings from 9:30-11:45. If you are interested in helping, please contact Christian Alcala at cmalcala1989@yahoo.com, or (617) 876-5684.

DONATIONS

Food and Clothing - St. Paul's Food Pantry in Harvard Square, where volunteers from St. Mary help every Saturday, depends upon regular donations. To help, contact Christian Alcala at cmalcala1989@yahoo.com, or (617) 876-5684.

Holy Resurrection in Allston also takes donations of non-perishable food items and clothing to distribute at the Open Door Ministry on Monday evenings. You can bring your donations by on Monday nights between 4:30pm and 7:30pm or contact Tiffany Conroy, trattus1@gmail.com, 617-990-7162, for more information.

"As you did it to one of the least of these my brethren, you did it to me," says our Lord.

Of Special Interest

Interested in At-Home BIBLE STUDY????:

DYNAMIS - *Meditations of Daily Bible Readings for Orthodox Christians and the Appointed Readings of the Lectionary of the Holy Orthodox Church* is a monthly publication and a project of the Mission Support Committee of St. George Orthodox Christian Cathedral, Wichita, KS. - V. Rev. Paul O'Callaghan, Dean, and David C. Patton, Publisher. For the free Web Site: <http://dynamis.cjb.net> (with Prayer List) Limited copies available on the Bengarri.

St. George Church, West Roxbury:

Adult Fellowship – Lobster Supper, Friday, June 4, 2010 from 5 – 7 p.m.

PARISH LIFE CONFERENCE – 2010: Save the Date! The 72nd Annual Parish Life Conference is being hosted by St. George Cathedral Worcester the weekend of **June 18-20**. Rooms start at only \$98. Call the Sturbridge Host Hotel to book your room today. (508) 347-7393 sturbridgehosthotel.com Registration can be set up by following the link: www.stgeorgeworcester.org/2010plc.html **Early Bird Ticket Deadline: June 1, 2010**

NEW St. George Church, West Roxbury: announces Vacation Church School - 2010!

Mon., June 29 to Thurs., July 2, 2010. 8:45 am-1 pm. Theme: "*Growing up with the Saints*". Registration is open to preschoolers (at least 3 yrs old and potty trained) through 4th grade. Contact St. Mary Church Office for registration form. Please submit asap. Contact Elisabeth Lourie (elisabeth@stgeorgeofboston.org) if you have any questions or would like to help.

St. George Cathedral, Worcester:

20th Anniversary Charles M. Dowd Memorial Golf Tournament on Tues., June 29, 2010 at the Mount Pleasant Country Club, Boylston, MA. 12:30 Shotgun Start. \$150/golfer w/Dinner. \$175/one golfer w/one dinner guest and \$30 for Dinner only. See information on Church Bulletin Board or call Michael Dowd 508-752-9150.

American Arabic Benevolent Assoc.:

- **Day Trip #2: July 15, Price \$50 – Captain Jack's , Wakefield, RI**
- **Day Trip #3: Aug. 19, Price \$50 – Brick Marketplace & The Newport PlayHouse & Cabaret Restaurant, Newport, RI**

For more information and Reservation Mailing Coupons, call the Church Office 617-547-1234 or Olivia Waishek @ 617-694-9783.

<p>Summer Hours Begin Sun., July 4, 2010 through Sun., Aug. 29, 2010</p>
--

(Church & Offices closed for Parish Life Conference June 18-20, 2010)

Orthros: 8:15 a.m.

Divine Liturgy: 9:30 a.m.

Summer Hours Begin
Sun., July 4, 2010 through Sun.,
Aug. 29, 2010

(Church & Offices closed for Parish Life Conference June 18-20, 2010)

Orthros: 8:15 a.m.
Divine Liturgy: 9:30 a.m.

* * * * *

St. Mary Orthodox Church
Non-Profit
Organization
Cambridge, MA 02139-2407
U.S. Postage PAID

8 Inman Street

Permit #57532

Boston, MA

Time Sensitive Material – Please Expedite

Return Service Requested

Sponsor a Coffee Hour in the Summer of 2009!

Church School.....Natasha Smith

* * * * *

Church School News.....Natasha Smith

Stewardship 2009.....Charlie Marge

Memory Eternal.....

Please note: Fr. Antony's e-mail address: frawhj@gmail.com



Sponsor a Coffee Hour!

Do it for the good health of your family, for your name day, in memory of a loved one or “just because.” Ask other families and do it together! Pick a Sunday that’s convenient for you. Keep it Simple if you like!

Put your name (s) on the sign-up sheet on the Church Bulletin Board. Guidelines and instructions are listed below should you need them. Call the Church Office if you have any questions 617-547-1234.

* * * * *

Hosting a Coffee Hour

Anyone who would like to host a coffee hour may sign up on the sheet posted outside the office on the Church Bulletin Board.

Your coffee hour can be simple or elaborate; the most important thing is that we all come together for fellowship after the Liturgy. Even just coffee, juice and a few trays of cookies will suffice.

Plan on serving between 125-150 people.

Napkins, cups, plates, baskets, trays, table coverings, Sweet 'n' Low, sugar and plastic utensils can all be found the kitchen; you are also welcome to purchase your own supplies.

You will find everything you need to prepare and cook food on site: e.g. cutting boards, knives, pots and pans, etc.

Bring one large can or one pound of coffee, pour into basket of coffee urn and fill with around 50-60 cups of water (or less, depending upon how strong you want it to be; you can always add more hot water later on to dilute). Perking time is approximately 1 hour after plug-in, so best practice is to set up the brewing before Liturgy.

Bring four or five half-gallons of juice, punch, or other beverages.

Bring one quart of milk, half & half or cream for coffee.

Some food suggestions: cookies, brownies, or other purchased or home-made goodies; bagels with peanut butter and/or cream cheese; Syrian bread and hummus; fruit and vegetable plates; cheese and crackers; cheese and olives with Syrian bread, etc. People tend to take one of everything, so for a simple coffee hour it's best to have only a couple of options.

When offering only one or two things, aim for about 200 pieces of whatever you serve. For homemade brownies, one box makes 24 pieces. For olives, 5 pounds is about right. Cut up larger items into smaller servings to minimize waste and extend supplies - bagels can be cut in quarters, for example. Put out small plates to discourage overloading - people can always come back for more. When serving just cookies or baked goods, don't offer plates at all - just use napkins. And instead of serving trays you can use cardboard platters (in the cupboard to the right of the large triple sink) covered with foil, which can be tossed after use instead of washing.

Za'atar and Sesame breads can be purchased at any Armenian or Syrian store, especially in Watertown or West Roxbury, though they tend to be pricey. Cookies, breads, and brownies can be bought at BJ's or Costco.

Hosting a Coffee Hour..... (Continued)

Whatever equipment you use from the kitchen should be washed before and after use.

Afterward, the Church hall and kitchen should be cleaned and broken down (the Fellowship of St John can assist with chairs and tables), and rubbish disposed of in outside dumpster.

If any towels or potholders are used and become dirty, please take them home to launder and then return them to the kitchen.

If you have any questions, don't hesitate to ask one of the women of the Women's Club or someone from the Fellowship. Shirley Bezreh, at the Bengarri, (the desk in the Narthex), will be happy to point out someone to help you if necessary.

You can also check with Marilyn Robbat in the Church Office during the week: 617-547-1234.

* * * * *

Check out our Website:

www.stmaryorthodoxchurch.org

Helpful Hints for Hosting a Coffee Hour

Pick a Sunday that's convenient for you. Join forces with others. Keep it Simple! Put your name (s) on the sign-up sheet on the Church Bulletin Board. Guidelines and instructions are listed below should you need them. Call the Office if you have any questions 617-547-1234.

When sponsoring the Coffee Hour, consider the following:

- Bring Coffee (one 11-13 oz. can), Milk (one quart for Coffee), Cold Beverage (3 or 4 half-gallons of juice or punch),
- AND whatever you choose to serve, for example: bagels w/cream cheese, Danish, home-made goodies, mini muffins, breads, cakes, brownies, cookies, fruit, etc., enough for 125 people.
- *The Church supplies all paper goods, Sweet and Low and sugar.*
- *Large Trays are in the new Kitchen Cabinets.*
- Please Clean-Up serving table, coffee pot and kitchen area.
- Take rubbish out to dumpster.
- Clean tables in Church Hall Area.
- Assist The Fellowship of St. John with removal of tables and chairs.

***Celebrating
20 Years
1989 - 2009***

HOUSE BLESSINGS: If you wish to have your home blessed before Lent, please call or send a note to the church stating YOUR PREFERENCE: best day of the week and time of visit--a.m. or p.m. Please include your name and address. We will do our best to adhere to your request and call to confirm.

Join a Small Fellowship Group – There is currently one active small group at St. Mary’s. No longer divided geographically, this group is open to anyone who’s interested in meeting regularly with fellow parishioners to discuss a book and pray together. For more information contact Melissa Nassiff at mnassiff@gmail.com or 508 877-7483.

* * * * *
+ + + + +

Stewardship 2006..... Charlie Marge

Chanters.....Charlie Marge

* * * * *
+ + + + +

If you wish someone to be remembered during the Divine Liturgy on Sunday:

Monetary donations can be made in thanksgiving for God’s Blessings, for the well being of loved ones, for those who may be ill, for those in distress, commemorating a name day, birthday, anniversary or in memory of loved ones. A donation slip can be filled out at the Bengarri (the desk in the Narthex) or called in to the Church Office. The names of these individuals are then placed on either the “Living” or “Departed” Listing, which Fr. Antony commemorates at the Great Entrance during the Divine Liturgy on Sunday.

Church Etiquette:

If you arrive after a service begins, please wait in the back and do not enter the Church:

- During the Trisagion Hymn-“Holy God, Holy Mighty, Holy Immortal...”
- During the reading of scripture – Epistle or Gospel,
- During an Entrance – Little or Great,
- During the Creed: “I believe in one God, the Father Almighty.....”
- During the Anaphora and Consecration – “Let us stand aright.....”
- During the Lord’s Prayer: “Our Father, who art in Heaven.....”
- During the Sermon

During Holy Communion, one should remain standing throughout the distribution of the gifts.