

Participation in Holy Eucharist

The word **Eucharist** means '**thanksgiving**'. In **Syriac**, it is called as '**Evucharisthiya**' (root Greek). In last class we learned that Holy Communion is a form of thanks giving to God. The participation in the Eucharist is most blessed moment in our life and how we behave during this Holy sacrifice is more important.

1. **Self-Preparation.** We need a self-examination and preparation before attending the service. The self-conscience of our sinful nature and repenting mentality is the **great qualification to attend in this service**. Cleanse our mind and body from bad thoughts, pride, jealousy and all unholy things. The self-preparation includes Bible reading, meditation, evening and morning prayers.
2. **Clothing Attire.** Select clothes which are suitable to the attire of Church and take a good sleep and enough rest on the night before the service. Shoes are not allowed in the church. Bindhi/Pottu on your forehead is also not permitted to use. All females should cover their head with a veil.
3. **Participation in Prayers.** Enter the church with the prayer "In reverence will I enter thy house O Lord and offer my vows to thee". Everyone in the church has the responsibility to pray aloud and chant songs in a meaningful way. Chant the prayer before and after receiving Holy Qurbana. Make a sign of cross before taking Qurbana.
4. **Stand and sit rule.** Stand with reverence while the Holy Communion is going on. Sit only at permitted time or in an extreme situation. At the end of Qurbana, sit only after getting permission from Achen. Running here and there, drinking, eating etc.; are not permitted during qurbana. More over fasting from the night before qurbana is essential.
5. **Great attention.** Don't stick out your tongue while receiving Qurbana, but just open your mouth and take Qurbana. Put your offertory with right hand. Do not throw it into the vessel.

Laloho Shubaho b'raume

Sthudyuyarangalil nadhannum

Val, Yolethe rumaromo

bahumathy than madhavinnum

Val, sohadhe cleel koolose

pukazhum mudi sahadenmarkkum

L'aneedhe hnono rahme –haleluyya

krupa mrudharilumundakatte - haleluyya