

THE SACRAMENTS

AT BIRTH

we are given a **Christian name**, denoting that we are prepared to begin our life-long journey to the Father through Jesus Christ in the Holy Spirit.

BAPTISM AND CHRISMATION

When we are **baptized** in the name of the Trinity and **sealed** with *the Gift of the Holy Spirit* in **Chrismation**, we

- **become members of Christ's Body**, the Church, by being born again, through water and the Spirit, into the life of the Trinity;
- **participate** in Christ's death and resurrection and
- **experience** that which the disciples experienced on Pentecost.

THE EUCHARIST

In the gospel of Saint John, Jesus tells us that we are dead *unless* we eat of His body and drink of His blood. By receiving the Eucharist frequently, we

- are **united with Christ**;
- **seek His divine mercy and forgiveness** while gratefully accepting His gift of everlasting life; and
- **proclaim His death and resurrection** while anticipating His Second Coming.

PENANCE

When we fail to live according to the image of God, we **sin**. By *sincerely* and *honestly* seeking **God's forgiveness**, we

- are **reconciled** with God and those around us; and
- are **assured** of His limitless forgiveness and mercy.

HOLY MATRIMONY

In **Christian marriage**, a man and a woman

- are **joined together by and in Christ**;
- **acknowledge** that the love which they share has its source in the Trinity - *Love Itself*; and
- **become one** flesh, one heart, one mind, and one spirit.

ORDINATION

is also known as **the Laying on of hands**. Through **Ordination**, the Holy Spirit fills those who have been called by God to dedicate their lives to the salvation of God's People as **bishops, priests** and **deacons**. All Orthodox Christians — not only the ordained — are called to offer their time, talents and treasures in *servng others* as Christ served us.

HOLY UNCTION

By being **annointed** with the blessed oil of **Holy Unction**, we seek

- the **healing** of our physical and spiritual infirmities;
- the **strengthening** of our spirit in order to bear our afflictions as Christ bore His; and
- **forgiveness** of our sins.

AT DEATH

The **Liturgy of Death** is our final earthly encounter with God. Through **Christian burial** we

- **celebrate our return** to the One who first gave us life;
- **confirm our faith** in Christ's death and resurrection as we await our own; and
- are once again **sealed** in anticipation of Christ's Second Coming.

IN EVERY AREA OF OUR LIVES

God reveals Himself to us. We respond by

- **praying** privately and corporately;
- **offering thanks** before and after meals, work, study — *everything*;
- **celebrating** special services for various needs; and
- **referring** our every action, word and thought to the Father, Son and Holy Spirit.