

## LITURGY AND PRAYER

*Participation in the liturgical, the sacramental,  
and prayer life of the holy people of God.*

From the Pastoral letter of His Beatitude Sviatolav

The Word of God is the foundation of Christian life, while the Holy Eucharist is its source and at the same time its culmination. Gathered at the Divine Liturgy, the parish community unites with its invisible head, Christ, and with all the saints and angels, thus enacting a mystical union between heaven and earth, between time and eternity. The Divine Liturgy, which a duly appointed priest celebrates in unity with and on behalf of his bishop, is also a time of building up the Church, the body of Christ, which has our Lord as its Head. There is no moment more precious in our earthly life than the Divine Liturgy. That is why Sunday, the holy Day of our Lord, should be honored by every Christian, and participation in the Divine Liturgy should be considered not as an obligation imposed by the Church, which requires our obedience, but it should be received as a gift from our Lord, who longs to encounter us, in order to fill us with His grace and love. "We cannot live without Sunday!" was the motto of the early Christians of the first centuries, and they preferred a martyr's death to agreeing under pressure from the pagans to work on Sunday. This motto we Christians of the 21st century must make our own, and we should persistently guard the holiness and inviolability of the Lord's Day. Members of a vibrant parish also actively participate in the Holy Mysteries (Sacraments). Regularly, if possible even daily, they gather for the services in praise of our Heavenly Father. They frequently go to Confession and receive Holy Communion. In a vibrant parish church organizations combine their activities with common prayer, finding in it their strength and inspiration. No less important is our private prayer - personal and family prayer - which extends and continues our liturgical prayer in the Church. Our parishes, and in them our families, must again become a school of prayer for all of our faithful.