So hundred yes that's good adamant that are you are you still exercising



Anaphora of the Liturgy of Saint Basil the Great

In the words of Patriarch Josyf Slipyj, "Liturgical prayer becomes the harbinger of the formulations of the fundamental truths on the faith in the later Symbols, or Professions, of faith." Therefore, communal prayer is also a symbol of the common faith of the Church. One such example of the Church's faith expressed liturgically is the Eucharistic Prayer, the Anaphora (from the Greek lifting-up). (#7)