23 Σεπτεμβρίου 2009

“These Truths We Hold” (Part XV)

Ξένες γλώσσες / In English / Truths we hold



Interior of the Church of St. John the Evangelist on the Ishna, near Rostov Yaroslavsky. Painting of Vasili Vasilyevich Vereshchagin 1888

Continued from (Part XIV)

Concerning Bows and the Sign of the Cross.

Orthodox worship is characterized by a complete utilization of the senses — sight, smell, hearing, speech and touch. We see the candles, Icons, frescoes, etc., we hear the sounds of singing and reading, at times lifting up our own voices, and we smell the characteristic odor of the incense. The whole of the human person is involved in worship, and important among the senses is the actual deportment of the human body. The attitude of the Orthodox Believer to worship is reverential, and certain types of bodily movements are utilized to reinforce this sense of reverential piety — we stand during the services, we make bows and prostrations, and with great frequency, we make the Sign of the Cross. Accordingly, there are several types of Bows, depending on the solemnity of the moment.

Prostration (Great Metanoia — Great Poklon).

Here the worshipper prostrates the whole body, throwing the weight forwards onto the hands and touching the ground with the forehead.

Read more… (περισσότερα…)