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## **Kneeling (in church) on Sundays**

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### **[Ελληνικά](#)**

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### **PREAMBLE**

The issue of kneeling on Sundays continues to engage clergy and laity, due to the fact that diametrically opposite views have been formulated concerning this practice.

On the one hand there are those who claim that this practice is prohibited by the sacred Canons. In particular, canon 20 of the 1st Ecumenical Synod states that no kneeling should be practiced on Sundays and during the period of the Pentecost. According to this canon, kneeling, it states, is not consistent with the joyous and paschal character of these days, because kneeling is an expression of repentance and of godly sorrow.

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