

## The Holy Qurbana: A Study Material



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### The Holy Qurbana: A Study Material

#### Introduction:

The following study material on the Holy Qurbana is released by the office of The Rt. Rev. Dr. Geevarghese Mar Theodosius.

1. This study material is prepared with a view of helping the Marthomites understand the significance and importance of the Holy Qurbana. It is desirable that all the first communicants go through this study material.
2. The overall study material is categorized into five sections.

#### **Section 1: Introduction to the Holy Qurbana**

#### **Section 2: The Church Building, Articles and Elements**

#### **Section 3: Liturgy, Vestments and Preparing the Table**

#### **Section 4: Ante-Communion**

#### **Section 5: Communion**

It is important to follow the order of the section as you use this study material.

3. The material is organized into 'slides' and 'slide notes'. The slides can be presented on the screen and the notes can be used as reference material by the trainer.

4. If you are using this material for self-study, then it is recommended that you view each slide and read the respective slide notes.



## **Section 1**

### **Introduction to the Holy Qurbana**

This section covers:

The Mar Thoma Church, the Sacraments, Sacraments of the Mar Thoma Church, Meaning of Holy Qurbana, Biblical basis and Theories of Holy Qurbana.



The Mar Thoma Church  
is an Eastern Reformed  
Church

The Mar Thoma Church:

Mar (Syriac, meaning Saint). The Mar Thoma Church is a reformed section of the ancient church established by St. Thomas in AD 52. The Mar Thoma Church is an indigenous church with 'Eastern Tradition'. The Eastern Christianity refers collectively to the Christian traditions and churches that developed in the eastern region, illustratively - Greece, Russia, Armenia, Eastern Europe, Asia Minor, India, etc. The Mar Thoma Church is an Eastern Reformed Church (we are not a protestant church). The Mar Thoma Church Logo consists of a shield with the motto 'Lighted to Lighten', a Cross with a wheel in the center, a hand lamp and a lotus.



Qurbana in Syriac  
means 'Offering'

Worship:

Worship is 'worth-ship', i.e., giving God His worth; God is really worthy of our total self-offering. Christian worship is a corporate witness in faith of God's faithfulness.

Qurbana (Aramaic, meaning offering):

The Holy Qurbana is a solemn reminder of God offering His son Jesus Christ to die on the Cross for the salvation of the whole created order. The Holy Qurbana is the offering of oneself unto God for His divine purpose. The Holy Qurbana is also the communion of these two offerings



Holy Qurbana  
is a 'Sacrament'

**Sacrament:**

The word sacrament is derived from the Latin word 'sacramentum' meaning to 'make sacred'. A sacrament is a visible means of experiencing the invisible Grace of God. Without the help of symbolic language and visual expression, it is difficult to communicate spiritual truths (Eph. 2:8-9)<sup>i</sup>. Each sacrament has five essential aspects – specific intention, meaning, Words of Institution, Matter and celebrant.

*i Eph 2:8-9 For it is by grace you have been saved, through faith-and this not from yourselves, it is the gift of God- not by works.*



Life in its entirety is a sacrament, however the church follows seven sacraments:

1. Mamodisa (Malayalam, meaning baptism):

Baptism is a sacrament, wherein the immersing with water in the name of the Father, the Son and the Holy Spirit, (Mt.28:19)ii signifies and seals our engrafting into Christ. It is identifying with the death and resurrection of Jesus Christ.

2. Confirmation:

Confirmation is a sacrament admitting a baptized person to the full fellowship of the church. Confirmation is done after the baptism service by anointing with the Holy Murrion (Syriac, meaning a Holy Chrism or a consecrated oil used for anointing). The Murrion is prepared with special prayers by the bishops of the Mar Thom Church. This is added to the already consecrated oil kept in the ancient jar from Antioch as a symbol of apostolic succession. Murrion is a symbol of the Holy Spirit.

3. Confession:

Confession is a sacrament by which a person confesses his or her sins/sinful nature and receives absolution. Confession is incorporated into the liturgy of the Holy Qurbana.

4. Holy Qurbana:

This is covered in greater detail in the following slides.

5. Marriage:

Marriage is a sacrament where the bridegroom and bride are blessed to enter into a wedded Life

6. Ordination:

Ordination is a selective sacrament for those who enter into the priestly ministry. The celebrant for ordination will be the Metropolitan or one of the bishops.

7. Unction:

The sacrament of absolution of sins performed by a priest for a person who is sick (for healing - Anointing the sick) and /or to face death (Extreme Unction).

*ii Matt 28:19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.*

## Dominical Sacraments

 Holy Baptism (Mt.28:19)

 Holy Communion (Lk.22:19)

The sacraments instituted by the Lord Jesus Christ are referred to as 'Dominical Sacraments' – they are Baptism and Holy Qurbana.

### Biblical Basis

 Mt. 26:19-30

 Mk. 14:16-26

 Lk. 22:13-20

 1 Cor. 10:14-17

 1 Cor. 11:23-34

The Biblical basis for celebrating the Holy Qurbana is found in Mt.26:19-30iii, Mk.14:16-26iv, Lk.22:13-20v, 1 Cor.10:16-17vi, 1 Cor.11:23-29vii, etc. It would be best if the viewer could read these references before proceeding further with the study.

## Holy Qurbana is

-  The outpouring of God's Grace through the blessing of Bread and Wine by the Holy Spirit.
-  The proclamation of hope of partaking in the 'Kingdom Feast', symbolic of the eternal Kingdom of God.

Holy Qurbana signifies the presence of God and our hope in the eternal Kingdom/reign of God. The Holy Qurbana is a symbolic act of appropriating God's grace into our lives. Jesus spoke of the Messianic feast in the Kingdom of God (Lk.13:29)<sup>viii</sup>. This slide emphasizes the significance of the Holy Qurbana from a Trinitarian view. The following three slides emphasize the life and work of Jesus Christ, reconciliation in the church and renewal and growth of the church members.

*viii Luke 13:29 People will come from east and west and north and south, and will take their places at the feast in the kingdom of God.*

## Holy Qurbana is

-  The commemoration of death and resurrection of Jesus Christ
-  The remembrance that the Holy Qurbana is instituted by the Lord
-  The response to the invitation of the Lord to partake at His table.

As we participate in the Holy Qurbana we remember the death, burial and resurrection of Jesus Christ. It is Jesus who instituted the Holy Qurbana and said 'Do this in remembrance of me' (1 Cor.11:24-25)<sup>ix</sup>. It is the Lord who is inviting us to His table.

*ix 1 Cor 11:24-25 and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me."*

## Holy Qurbana is



A solemn reminder that we are all one in Christ



A sign of reconciled church coming together

The Holy Qurbana is a symbol of reconciliation in the church. As we partake in the Holy Qurbana we are reminded that we are all one in Christ – there is no difference on the basis of gender, background, color etc. (Gal.3:28)<sup>x</sup>. Jesus said if your brother has something against you, first reconcile with him, then offer your gift (Mt.5:23-24)<sup>xi</sup>. As we partake in the Holy Qurbana we are proclaiming that we as a church are a reconciled and reconciling community (explained further later under ‘kiss of peace’).

*x Gal 3:28 There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus.*

*xi Matt 5:23-24 "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift."*

## Holy Qurbana is

-  The public confession of our sins and acknowledging that salvation is by Grace and not by works
-  Offering ourselves unto the Lord as a living sacrifice and strengthening our fellowship with God and God's creation.

The Holy Qurbana includes the confession of our sins for the renewal of fellowship with God and God's creation. We are called to offer our bodies as a living sacrifice, holy and pleasing to God (Rom.12:1)xii.

*xii Rom 12:1 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God-this is your spiritual act of worship*

Holy Qurbana is also referred to as:



Holy  
Communion



Breaking the  
Bread



Lord's Supper



Eucharist



Lord's Table



Mass

Holy Communion:

The word Communion is derived from 'Koinonia' (Greek, meaning fellowship)

Lord's Supper:

It is called the Lord's Supper because it was instituted by Jesus Christ during supertime.

Lord's Table:

The Jewish meal was around a table of low height, where the food was kept. The participants stretched around the table by lying around on a side with their body weight taken on one elbow. This was the practice at the time of Jesus' public ministry

Breaking the Bread:

The Book of Acts refers to the Holy Qurbana as 'Breaking the Bread' by the Apostles (Acts 2:42)xiii.

Eucharist:

Eucharist is derived from 'Eucharistesas' (Greek, meaning give thanks).

Mass:

The Roman Catholics refer to the Sacrament of Eucharist as 'Mass', derived from 'missa' (Latin, meaning to dismiss). At the end of the Eucharist service the faithful were dismissed by the words 'Ite, missa est' (In Latin meaning 'Go, you are dismissed'). In the Eastern tradition the Holy Communion is referred to as the 'Holy Qurbana'. The Mar Thoma Church being an Eastern Church also uses the term 'Holy Qurbana'.

*xiii Acts 2:42 They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer.*



Holy Qurbana  
Commemorates the Last Supper ... it  
is not the same as the Passover  
meal of the Jews

Consistent with the Eastern tradition, the Mar Thoma Church considers that Last Supper of Jesus Christ as the institution of the Holy Qurbana. This is to be understood in the context of Jesus' life leading to his death and resurrection.

The Holy Qurbana is not the same as the Passover meal of the Jews. Unleavened bread was eaten during the Passover. Since we do not ascribe the Last Supper as the Passover of the Jews, we celebrate the Holy Qurbana with leavened bread. The Jews ate the Passover meal only once a year on a specified date (Num.9:4-5)<sup>xiv</sup>, however Holy Qurbana is celebrated as often as possible.

*xiv Num 9:4-5 So Moses told the Israelites to celebrate the Passover, and they did so in the Desert of Sinai at twilight on the fourteenth day of the first month.*

## Theories of Holy Qurbana



Transubstantiation



Consubstantiation



Receptionism

... continued

There are several theories of Holy Qurbana, some of these are listed below:

Tran-substantiation:

The belief that the blessed bread and wine is literally turned into the body and blood of Christ.

Con-substantiation:

The belief that the substance of the body and blood of Jesus coexist with the substance of the bread and wine, as the elements are blessed in the Eucharist.

Receptionism:

The belief that the bread and wine become the body and blood of Christ only in the case of those who truly believe in the efficacy of the Eucharist.

## Theories of Holy Qurbana



Symbolism



Real Presence



Memorial / Remembrance



Mystery

### Symbolism:

The belief that the bread and wine are symbols of the body and blood of Christ.

### Real Presence:

The belief that Jesus Christ is really present in the consecrated elements of the Eucharist that was previously just bread and wine

### Memorial/Remembrance:

The belief that it is only a remembrance of what happened during the Passion and death of Christ.

### Mystery:

The Mar Thoma church, being consistent with the eastern tradition, believes that by partaking in the Holy Qurbana, the grace of God is imparted to the participant. This cannot be verbalized, hence the term 'Rozo' (Syriac, meaning mystery) is used in relation to one's experience of the Holy Qurbana.

The Mar Thoma Church gives freedom to the participants to receive the bread and wine, in faith, as the body and blood of Jesus Christ or as a means to enter into a communion relationship with God, which cannot be explained in words but can be authentically understood as a living communion. Jesus said, 'Abide in me and I will abide in you'. (Jn.15:4-5)<sup>xv</sup>

*xv John 15:4-5 Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.*

## Frequency of Celebration



1 Cor. 11:25 'as often as you drink it' (NKJV).



Customary to celebrate the Holy Qurbana on Sunday, the first day of the week (Acts 20:7).

The Holy Qurbana is celebrated on Sunday <sup>xvi</sup> (the day Jesus Christ rose again from the dead). However in Islamic countries where the weekly day off is Friday, it's not uncommon to hold the Holy Qurbana service on Friday as a special case. The Holy Qurbana is not celebrated on Good Friday.

*<sup>xvi</sup> Acts 20:7 On the first day of the week we came together to break bread.*



**Congratulations, you have  
successfully completed  
Section 1, now please  
proceed to Section 2**

Test yourself:

1. The Mar Thoma Church is a reformed section of the ancient church established by \_\_\_\_\_
2. The Mar Thoma Church is an indigenous church with \_\_\_\_\_ tradition.
3. The motto of the Mar Thoma Church is \_\_\_\_\_.
4. A sacrament is a \_\_\_\_\_ means of experiencing the \_\_\_\_\_ Grace of God.
5. The Sacraments instituted by Jesus Christ is called \_\_\_\_\_ Sacraments.
6. The seven Sacraments of the Mar Thoma Church are: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
7. The Aramaic word 'Qurbana' means \_\_\_\_\_.
8. Jesus Christ instituted the Holy Qurbana during the Last Supper. True/False
9. The Mar Thoma Church believe that by partaking in the Holy Qurbana the grace of God is imparted to the participant which cannot be verbalized hence it is a \_\_\_\_\_.
10. The Holy Qurbana is not celebrated on \_\_\_\_\_.



## **Section 2**

### **The Church Building, Articles and Elements**

This section covers:

The Church Building, Articles and Elements.



**Altar faces East**

The Mar Thoma Church is usually built in the East-West direction. The layout is divided into 'Madbaha' (Aramaic, meaning Altar) separated from the 'Haikala' (Syriac, meaning congregation hall)



**Haikla**

Haikala:

Haikala is the main congregational hall. In the ancient Eastern tradition, the congregation stood throughout the worship. Now there are pews provided in most places.



**Madbaha**

**Madbaha:**

Madbaha reminds us of the divine presence of God (Isa.6:1)xvii. The Madbaha is generally to the East. Madbaha is considered as the sanctum sanctorum (holy of the holies).

*xvii Isa 6:1 In the year that King Uzziah died, I saw the Lord seated on a throne, high and exalted, and the train of his robe filled the temple*



**Veil**

Veila (Syriac, meaning veil or curtain):

Veil or the altar curtain separates the Madbaha from the congregational seating area. The Veil is referred to as 'Thira-ssila' in Malayalam. The Veil reminds us that the Madbaha is a place that is to be kept and observed as holy.



**Azhikk-akam**

Azhikk-akam (Malayalam, meaning inside the railing):

Azhikk-akam is the place between the Veil and the congregational seating area separated by railings. Those who come for the 'Thanksgiving Prayer' and the communicants who come to receive the Holy elements kneel at the railings.



**Chittola**

Chittola: (Syriac, meaning richly colored cloth)

The altar sides are covered with a rich colored cloth representing the glory of God. It usually has three divisions signifying the Trinity and a cross in the center representing the Lord Jesus Christ. There could be embroidery work generally signifying wine, bread and the cross. The dove, if portrayed, signifies the Holy Spirit.



**Darga**

Darga (Syriac, meaning altar step):

There is a step at the altar and this is called the 'Darga'.



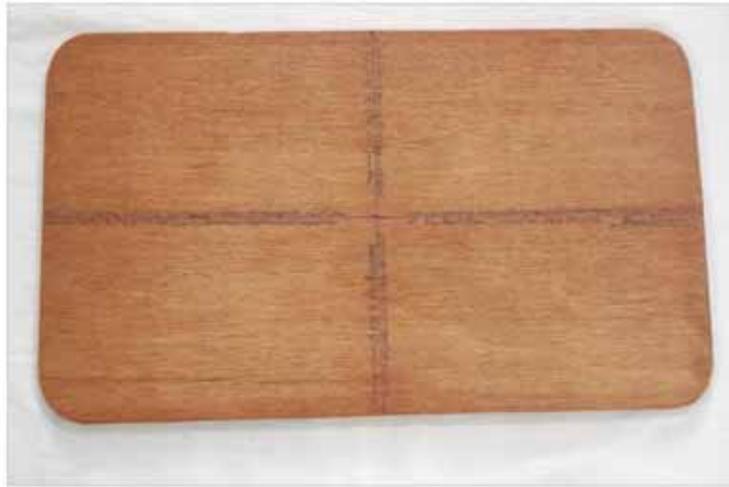
**Thronos**

Thronos (Syriac, meaning Throne of God):

The consecrated place in the Madbaha is called 'Thronos' (Syriac, meaning throne of God) or the altar (Ps.11:4)xviii. The 'Thronos' is also referred to as the 'Table of Life' because the bread and wine is placed upon it representing the body and blood of the Lord Jesus Christ. This is the table, which is used for the consecration of the elements in the Holy Qurbana. At the center of the Thronos, on the topmost region, the Cross is kept. On either side of it, candles are kept. The Thronos is generally decorated with flowers.

The worshipping community including the celebrant faces the Thronos during the worship.

*xviii Ps 11:4 The LORD is in his holy temple; the LORD is on his heavenly throne. He observes the sons of men; his eyes examine them.*



**Thabaleetha**

Thabaleetha (Syriac meaning table):

Thabaleetha is a consecrated wooden plank (signifying the wooden cross). It symbolizes the tree or cross on which Christ was crucified. Thabaleetha is a reminder that the Qurbana is a sacrifice without blood. Each Thabaleetha has an inscription by the consecrating bishop that reads 'For the Glory of God in the name of the Father, the Son and the Holy Spirit'. It is consecrated with Holy Murrion by the bishop. Thabaleetha is considered as a 'portable altar'. The Holy Qurbana is celebrated only if there is Thabaleetha.



**Thabaleetha**

The Thabaleetha is slid into a specially made pouch in the Viri-kootu (Malayalam, meaning spread cloth)



#### Viri-kootu

Viri-kootu is a richly embroidered cloth that is spread over the Thronos. The Thableetha is at the center on the Viri-kootu in the pouch. The Viri-kootu is spread only at the time of the Holy Qurbana service by the celebrant.



**Cross**

**Cross:**

On the middle of the altar a wooden cross is placed. The cross symbolizes the salvation event in Jesus Christ through his incarnation, public ministry, death on the cross, burial, resurrection and ascension. The Mar Thoma Church uses the cross without the crucifix. The cross without the crucifix signifies the risen Lord Jesus. Hence it is also referred to as the 'Easter-Cross' (Col.1:19- 20)xix.

*xix Col 1:19-20 For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.*



**Candles**

#### Candles:

Generally 12 candles are placed, six each, on both sides of the altar with a cross at the center representing Christ and his 12 disciples. However owing to space and other constraints some churches have less than 12 candles. The lighted candles symbolize the presence of God. God is the source of light and reminds us that we too are called to be the light of the world (Jn.8:12xx, Mt. 5:14-16xxi, Eph. 5:8-9xxii). During the time of Roman persecution, the believers used to worship in the catacombs where they used candles. Generally the candles are lit at the time of worship (except during the Sandhya Namaskaram Service).

*xx John 8:12 When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

*xxi Matt 5:14-16 "You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven"*

*xxii Eph 5:8-9 For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth)*



**Peelasa with Kakubo**

Peelasa (Syriac, meaning paten or plate):

The bread for the Holy Qurbana is placed in the Peelasa.

Kakubo (Syriac, meaning star):

This is a separate raised portion placed on the paten in the shape of a star so that the cloth cover over the paten will not touch the bread.



Kasa (Syriac, meaning chalice):

The wine is taken in the Kasa.

Tarvodo (Syriac, meaning spoon):

Tarvodo is a spoon used to serve the sanctified wine.

Espugo (Syriac, meaning cushion):

The Tarvodo is usually placed on the Espugo (a small red cushion).

The paten and chalice are placed for Eucharistic celebration on the Virikoottu. The chalice is placed on the 'east' and the paten is placed on the 'west' on the Thabaleetha.



Bread and wine are the elements used for the Holy Qurbana. The wine is non-fermented grape juice and is taken in the chalice with water. Jn.19:31-34<sup>xxiii</sup> tells us that blood and water came out when he was pierced in the side by a spear while on the cross.

*xxiii John 19:31-34 Now it was the day of Preparation, and the next day was to be a special Sabbath. Because the Jews did not want the bodies left on the crosses during the Sabbath, they asked Pilate to have the legs broken and the bodies taken down. The soldiers therefore came and broke the legs of the first man who had been crucified with Jesus, and then those of the other. But when they came to Jesus and found that he was already dead, they did not break his legs. Instead, one of the soldiers pierced Jesus' side with a spear, bringing a sudden flow of blood and water.*



**Kabalana**

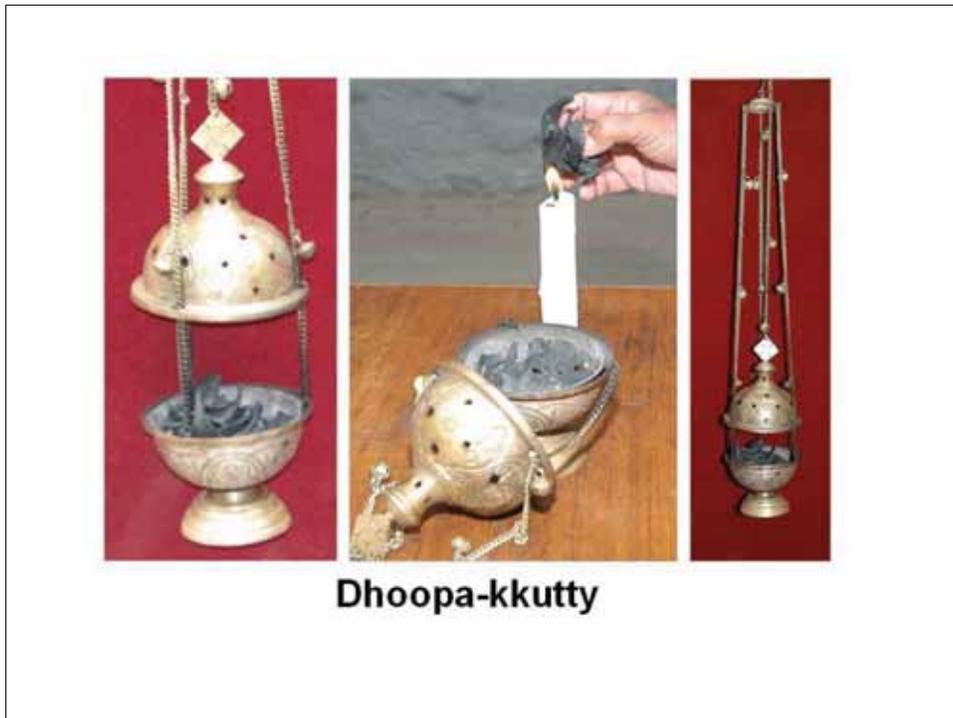
Kabalana (Syriac, meaning to cover):

Kabalana are two richly stitched cloths used for covering the paten and the chalice. The covering over the paten has embroidery, depicting stalks with wheat grains. The covering over the chalice has embroidery depicting grape clusters.



Sosappa (Syriac, meaning veil):

Sosappa is thin white linen covering used for covering the paten and the chalice. It represents the glory of God, which covers the produce of the earth.



Dhoo-pa-kkuty (Malayalam, meaning Censer):

Censer is a lower cup with burning incense separated by a little gap followed by the upper cup, all of which are held together with four chains. The incense is generally used on important occasions during the worship service and also at the time of the consecration of the church and housewarming services. The Censer in Latin it is called 'Thurible'

Incense denotes the sweet smelling sacrifice to the Lord. Use of the censer was part of the Old Testament worship (Ex.30:34-35xxiv, Lk. 1:11xxv). Incense is a symbol of the divine presence of God. Incense is a symbol of prayer going up to God (Ps.141:2)xxvi. Paul says, 'we are the aroma of Christ (2 Cor. 2:15)xxvii. The prayer of incense is known as 'Etra'.

*xxiv Ex 30:34-35 Then the LORD said to Moses, "Take fragrant spices--gum resin, onycha and galbanum-- and pure frankincense, all in equal amounts, and make a fragrant blend of incense, the work of a perfumer. It is to be salted and pure and sacred*

*xxv Luke 1:11 Then an angel of the Lord appeared to him, standing at the right side of the altar of incense.*

*xxvi Ps 141:2 May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.*

*xxvii 2 Cor 2:15 For we are to God the aroma of Christ among those who are being saved and those who are perishing*



**Congratulations, you have  
successfully completed  
Section 2, now please  
proceed to Section 3**

Test yourself:

1. The sanctum sanctorum of the church is called the \_\_\_\_\_.
2. The three divisions of the Chittola signify the \_\_\_\_\_.
3. The consecrated place in the Madbaha is called the \_\_\_\_\_.
4. The consecrated wooden plank signifying the wooden cross is called \_\_\_\_\_.
5. The Thabaleetha is slid into a specially made pouch in the \_\_\_\_\_.
6. The Holy Qurbana is celebrated only if there is the Thabaleetha. True/False
7. The Mar Thoma Church uses the cross without the \_\_\_\_\_.
8. The wine used for the Holy Qurbana is non-fermented \_\_\_\_\_ juice diluted with water.
9. The thin white linen covering used for covering the paten and the chalice is called \_\_\_\_\_.
10. Incense is a symbol of \_\_\_\_\_ going up to God



### **Section 3**

## **Liturgy, Vestments and Preparing the Table**

This section covers:

Liturgy, Taksa, Vestments, Bishop as a celebrant and Preparing the Table.



'Liturgy' means  
service rendered to God  
and People.

'Taksa' means  
Order in Syriac

The word 'liturgy' means service rendered to God and people. The word liturgy is derived from the Greek word 'Leitourgia', which originated from two separate words 'Leitos' (from Loas = people) and 'Ergos' (work). Therefore liturgy is an act of the congregation. Liturgy is a form and arrangement of public worship and hence an expression of faith. The Mar Thoma Church is a 'Liturgical Church' and her faith statements are in the liturgy.

An Order of Worship is called 'Taksa' (Syriac, meaning Order).



The Mar Thoma Taksa  
is believed to be based on  
St. James Liturgy

St. James Liturgy:

Our 'Taksa' is believed to have been based on the liturgy according to St. James, the brother of the Lord Jesus Christ. The St. James (Gal. 1:18-19)<sup>xxviii</sup> liturgy is the oldest order of worship in the Christian church. There are six other liturgies:

1. Mar Dionysius Liturgy
2. Patriarch Mar Christos Liturgy
3. Mar Peter Liturgy
4. Mar Juhanon Liturgy
5. Mar Thoma of Harkalia Liturgy and
6. Mar Ivanios Liturgy

The celebrant can choose any one of these liturgies for celebrating the Holy Qurbana.

*xxviii Gal 1:18-19 Then after three years, I went up to Jerusalem to get acquainted with Peter and stayed with him fifteen days. I saw none of the other apostles-only James, the Lord's brother.*



Our liturgy is a  
continuum. It is not a  
worship in isolation.

Our liturgy is a continuum. It is not a worship in isolation. It gives a sense of oneness with all believers in the past and the present. In continuing the same liturgy in the present and in the future we form a link with all the worshippers that transcends time.



**Achens**

Achen (Malayalam, meaning Priest):

The Achens wear a cassock (alb), which is a white linen or cotton liturgical robe with sleeves. There is a black girdle at the waist symbolizing servanthood (Jn.13:5)xxix. The bishops wear a 'Kuthino' (Syriac, meaning alb), a white or colored linen cloth stitched similar to the cassock. The bishop or the priest conducting the Holy Qurbana service is referred to as the 'Celebrant'.

*xxix John 13:5 After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.*



**Setting the Table**

Thooyaba (Syriac, meaning preparation):

Thooyaba is the first part of the Holy Qurbana. This can be conducted privately or publicly before the commencement of the actual public part of worship.

Thooyaba is organized into two subparts:

1. The first sub-part is more confessional in nature.
2. In the second part, the celebrant puts the vestments and sets the altar with bread and wine for the Holy Qurbana.

The celebrant starts with prayer and arranges the elements on the altar before the public worship.

The celebrant spreads the Virikootu and keeps the Kabalana on either side.



**Setting the Table**

The empty paten and chalice are kept on the altar table with the Sosappa kept folded on it.



**Preparation**

The celebrant spends time in prayer and reads Psalms 51. He then washes his hands before the vesting as a preparation and cleansing for the Holy Liturgy.



**Uroro**

Uroro (Syriac):

Uroro, is a broad strip of material worn over the neck and hanging down in front. This is symbolic of the breastplate of justice (Eph. 6:14)xxx. The celebrant removes the girdle before wearing the Uroro.

*xxx Eph 6:14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,*



**Zunnoro**

Zunnoro (Syriac, meaning girdle or belt):

'Zunnoro' is a broad band worn around the waist signifying the divine strength with which the priest is girdled (Ps. 45:3)<sup>xxxi</sup>.

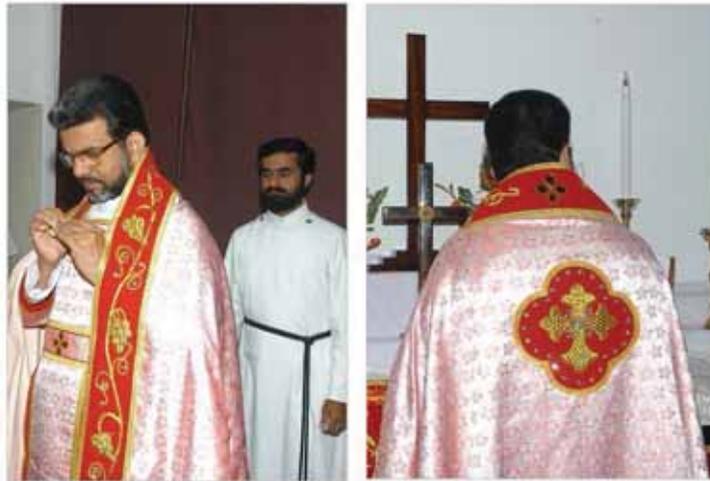
*xxxi Ps 45:3 Gird your sword upon your side, O mighty one; clothe yourself with splendor and majesty.*



**Zendo**

Zendo (Greek, meaning sleeves):

Zendo is a cuff worn over each sleeve of the alb, going up to the elbow showing that the hands are prepared for action in the service of God.



**Kaappa**

Kaappa (Syriac, meaning cope):

The vestments that the celebrant wears during the Holy Qurbana and other Sacraments are commonly known as the 'Kaappa'. It is usually made of rich silk signifying the dignity and honor with which the priest is clothed in order that he may stand worthily in the presence of God. This also reminds us of the splendor of Aaron's robe (Ex. 28:1-2xxxii, Ps.132:9-10xxxiii). There are associated prayers that are said before wearing the vestments.

*xxxii Ex 28:1-2 "Have Aaron your brother brought to you from among the Israelites, along with his sons Nadab and Abihu, Eleazar and Ithamar, so they may serve me as priests. Make sacred garments for your brother Aaron, to give him dignity and honor.*

*xxxiii Ps 132:9 May your priests be clothed with righteousness; may your saints sing for joy."*



**The Bishop as Celebrant**

Masnaptsa (Syriac, meaning head covering):

Masnaptsa is a head covering worn by the Monastic monks. The bishop in the Syrian Church is from the Monastic order, hence they wear this head covering. The Masnaptsa is embroidered with six crosses on both sides (representing 12 disciples) and a big cross at the center representing Jesus Christ. This is indicative of the fact that the person wearing the Masnaptsa is a disciple of Christ and is leading a disciplined life according to the values of the Kingdom of God.

Murneetha (Syriac, meaning Staff):

The bishop has a staff as a sign that he is the shepherd of his flock, representing the Lord Jesus Christ as the Good Shepherd (Jn.10:11)xxxiv. It indicates the ministry of redeeming and disciplining.

*xxxiv John 10:11 "I am the good shepherd. The good shepherd lays down his life for the sheep*



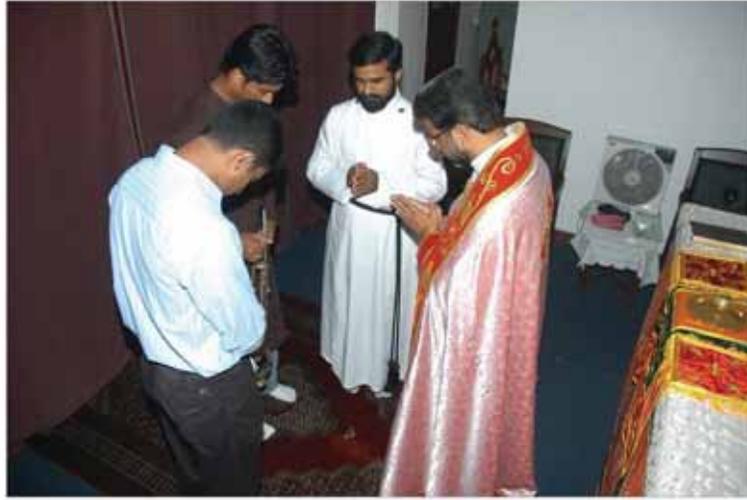
**Bread and Wine**

The celebrant places the bread in the paten. Bread used for the Qurbana is leavened bread. He then takes the grape juice and pours it into the chalice and dilutes it with water.



**The Table is set**

The paten and chalice are covered with the Sosappa. The setting of the altar table is now complete.



**Preparatory Prayer**

The celebrant prays with others assisting at the altar. An extempore prayer is said. This is not prescribed in the liturgy but is conventionally practiced.



**Congratulations, you have  
successfully completed  
Section 3, now please  
proceed to Section 4**

Test yourself:

1. The word 'liturgy' means service rendered to \_\_\_\_\_ and \_\_\_\_\_.
2. Liturgy is a form and arrangement of public worship. True/False.
3. The Mar Thoma Church is a 'Liturgical Church'. True/False.
4. Our 'Taksa' is believed to have been based on the liturgy according to \_\_\_\_\_, the brother of the Lord Jesus Christ. We have other liturgies too.
5. Our liturgy is a continuum; it is not worship in isolation. True/False.
6. The Achens wear a white cassock with a black girdle at the waist. The girdle is a symbol of \_\_\_\_\_.
7. The head covering worn by the bishop is called \_\_\_\_\_.
8. The bishop or the priest conducting the Holy Qurbana service is referred to as the \_\_\_\_\_.
9. The Sosappa is kept folded over the empty paten and chalice. After the bread and wine are placed in the paten and chalice respectively, the Sosappa is spread over it. True/False.
10. The bread used for the Qurbana is leavened bread, as we do not consider the Holy Qurbana to be same as the Passover Feast of the Jews. True/False

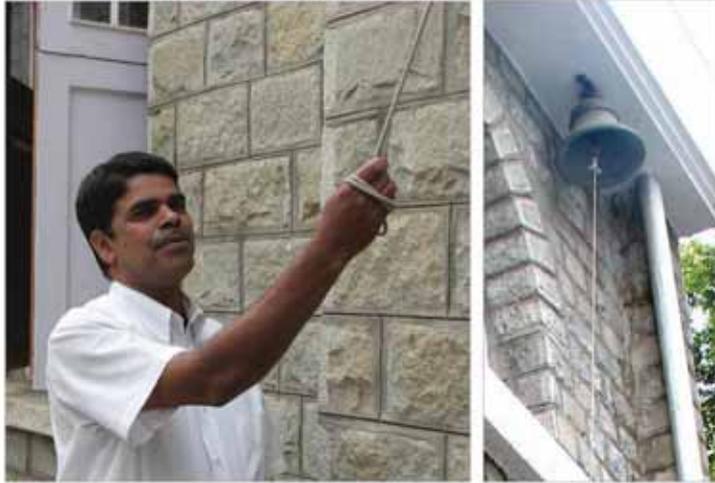


## **Section 4**

### **Ante-Communion**

This section covers:

Congregation, Structure of the Holy Qurbana, Ministry of the Word, Trisagion, Promeon, Sedra, Creed, Nicene Creed, Confession and Absolution.



**Church Bell**

The Church bell is usually rung before the Service.



**Congregation**

As you enter the congregational hall you will find the Veil of the Madbaha is closed. Silently sit in and invest time in prayer and Bible reading. Though it may appear that you are waiting for the Qurbana to start, in reality the Qurbana preparatory service has already begun. The celebrant though not visible, is involved in the preparatory prayers before the opening of the Veil. Each person as they come in can pray the prayer given in the Holy Qurbana book.

The Holy Qurbana is meaningful experience when we participate with

-  Prayer and Meditation
-  Active listening to the Word of God and liturgy
-  Sincere and Audible response

The Holy Qurbana will become a meaningful experience only when we participate with prayer, meditation, active listening of the Word of God / liturgy and sincere response. The Bible tells us that anyone who participates in the Holy Qurbana in an unworthy manner is sinning against the body and blood of the Lord thereby bringing judgment upon oneself (1 Cor.11:27-29)xxxv.

*xxxv 1 Cor 11:27-29 Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. A man ought to examine himself before he eats of the bread and drinks of the cup. For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself.*

## Structure of the Holy Qurbana Service



Ante-Communion



Communion

The Public order of the Holy Qurbana Service consists of the 'Ante-Communion' (before the communion proper) and 'Communion'. The part of the Holy Qurbana service that begins with a chant and opening the veil till the prayer of confession is called ante-communion. It includes the Ministry of the Word of God.

The second part of the Holy Qurbana includes the 'Liturgy of the Sacrament'.

The Ministry of the Word includes four readings

 The OT and NT (Lay person)

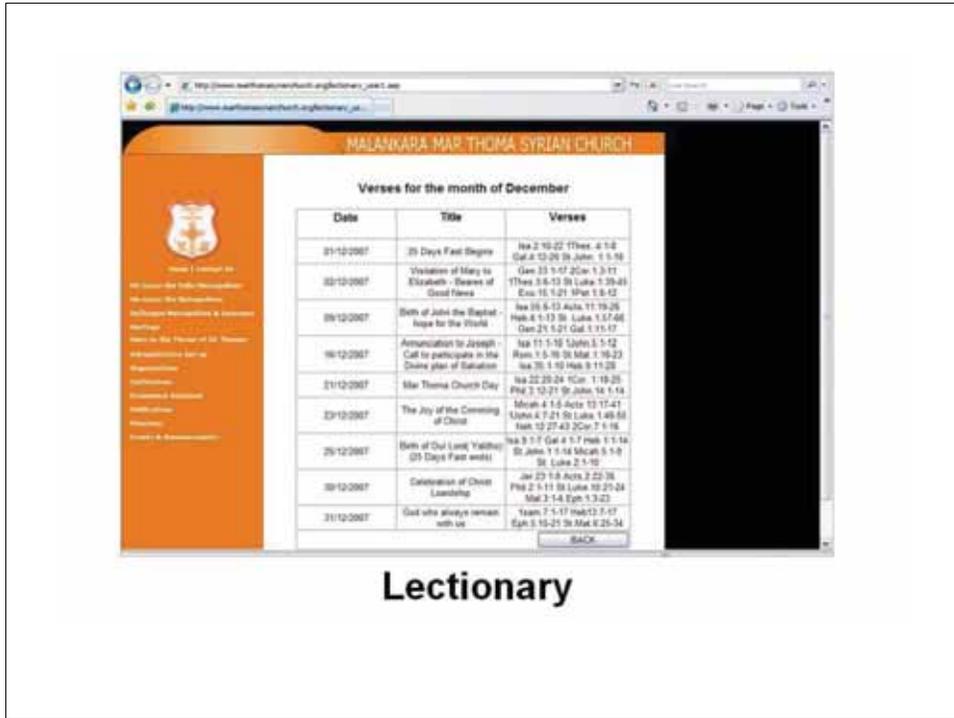
 The Epistle (Deacon)

 The Gospel (Celebrant) and

the Exposition of the Word

Ministry of the Word:

The Ministry of the Word includes four readings and the exposition (sermon). The two scripture readings are before the opening of the 'Veil' – one from the Old Testament and the other from the New Testament. There are two readings during the service – the reading of the Epistle by the deacon and reading of the Gospel by the celebrant.



## Lectionary

Lectionary:

The assigned Bible portions are given in the Lectionary. The Lectionary is a compilation of arrangements of Biblical reading during the worship and throughout the liturgical year officially published by the church. The current lectionary can be seen at the official website of the Church.



**Call to Worship**

Call to Worship:

The public worship begins with a call to worship and is accompanied by an opening Hymn. The congregation remains standing



**OT and NT Reading**

The Old and New Testament readings (often referred to as the first and the second reading) are done by the lay members. Male and female members can do the reading. The 'Edavaka Sangham' (Malayalam, meaning Church General Body) elects the 'Lay leaders'. The Lay Leaders in consultation with the vicar can assign persons for the first and the second readings.



**Lighting the Candles**

The deacon or the lay ministrant lights the candle at the beginning of the service.



**Opening the Veil**

When the veil is opened the worshipping community joins with the heavenly worship and becomes one worshipping community.

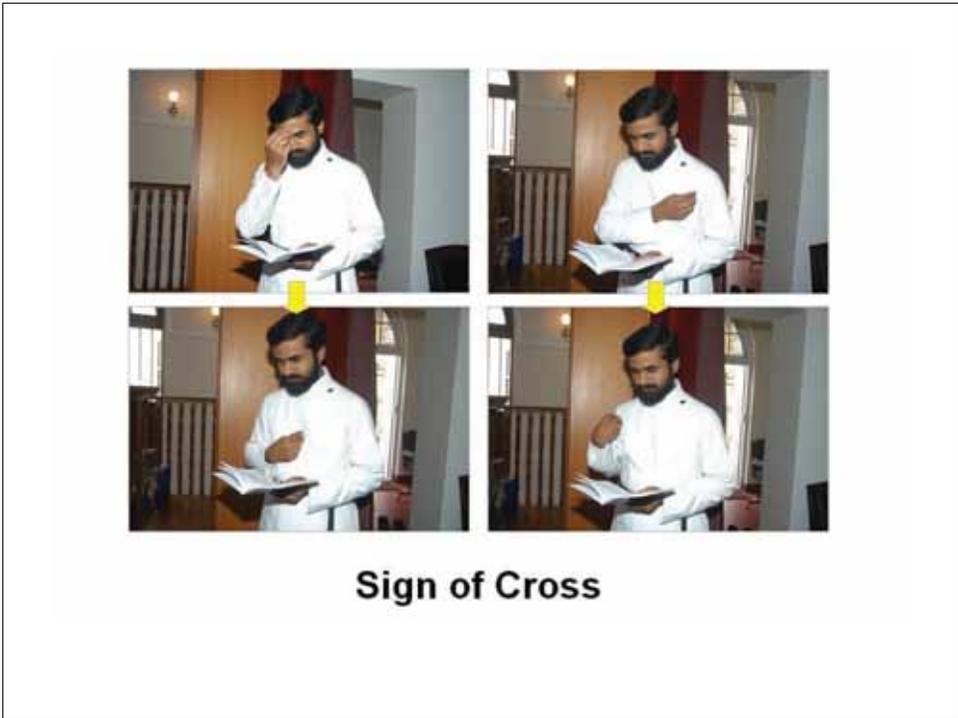


P. **Holy art thou, O God**  
C. Holy art thou, Almighty Lord.  
P. **Holy art thou, Immortal Lord.**  
C. O thou that wast crucified (+) for  
us, have mercy on us.

### **Trisagion**

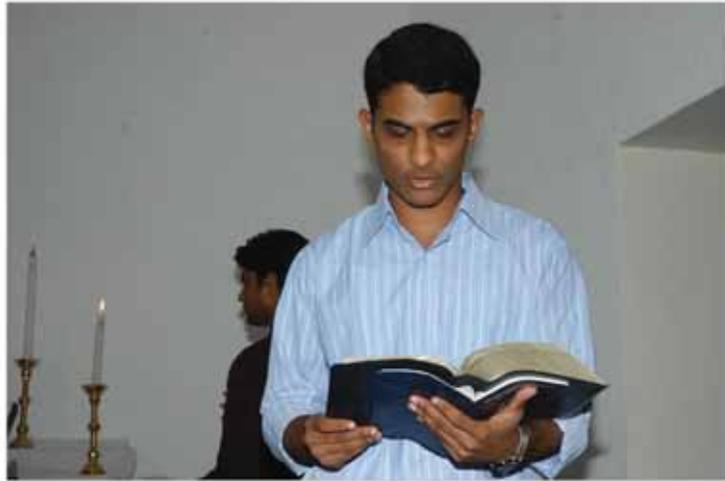
Tri-sagion (Greek, meaning three time Holy):

Adoration of Christ by repeating thrice 'Holy art thou, O God, Holy art thou, Almighty Lord, Holy art thou, Immortal Lord' is referred to as the 'Trisagion'



**Sign of the Cross:**

The thumb, the forefinger and the middle finger are held together, signifying the Father, the Son and the Holy Spirit.



**Epistle Reading**

Epistle Reading:

The scripture reading by the deacon during the Holy Qurbana is taken from one of the letters of the New Testament by St. Paul or other Apostles or the Acts of the Apostle.

Amen:

Amen (Hebrew, meaning so be it).



**Gospel Reading**

**Gospel Reading:**

The reading done by the celebrant from the Gospels as recorded by the apostle John/Mathew or the evangelist Mark/Luke. The Gospel reading commemorates the public ministry of Jesus Christ and Jesus Christ speaking to us today in our context. The Deacon comes down with the censor from the Madbaha before the Gospel reading and faces the celebrant as an act of reverence to the Word of God. The Gospel is read by the celebrant standing at the center of the Madbaha. The congregation always stands at the time of the Gospel reading.

As a practice, whenever the priest draws the sign of the cross facing the congregation, the congregation responds by making the sign of the cross as a sign of receiving the blessing.



- P. O Lord, grant us your grace and  
your mercy.
- C. Merciful Lord, have mercy and  
help us.

### **Promeon**

Promeon (Greek, meaning introduction or preface):

The Promeon is an introductory prayer. In the Promeon, we seek grace and mercy from our Lord Jesus Christ.



O Lord God, who alone can  
make holy, who alone can  
pardon and remove our sins,  
blot out my many great and  
innumerable sins and those of  
all your people ...

### **Prayer for Mercy**

Propitiatory Prayer (prayer for forgiveness for sins):

The prayer for mercy is in-between the 'Promeon' and the 'Sedra'. It is a prayer for seeking the forgiveness of the sins of the celebrant and for the members of the congregation. The priest prays, 'Help us, O Lord, continually to offer to you our praise and thanksgiving. To him who absolves us from our debts and pardons our sins, who receives the penitent and makes them holy, ...'



P. O Lord God, mighty and glorious,  
save us by your power from the  
viles of the evil one. O Lord, in  
your grace and mercy and love  
for mankind you took flesh of the  
Blessed Virgin Mary and were  
born as man ...

### **Sedra**

Sedra (Syriac, meaning row or order):

Promeon-Sedra are sets of prayers found together in Eastern liturgy. Promeon means preface and is an introductory prayer to the Sedra and is normally praise to the triune God. The Sedra is a set of special prayers composed in a particular order. There are alternate sets of Promeon and Sedra prayers in our liturgy.



**Ethra**

Ethra (Syriac, meaning prayer of incense):  
The incense is offered during the 'Ethra' prayers.



P. Weak and sinful as we are, let  
us confess and together say,  
Holy is the Holy Father.  
Holy is the Holy Son.  
Holy is the living and Holy Spirit

### **Glorifying the Trinity**

Glorifying the Trinity:

Here the celebrant glorifies the Trinity with the prayer, 'Weak and sinful as we are, let us confess and together say, Holy is the Holy Father. Holy is the Holy Son. Holy is the living and Holy Spirit.'



Creed ... A body of  
accepted faith affirmation

Creed:

Creed is an accepted statement of faith affirmation of the church. The deacon, therefore, calls upon the congregation to listen to the wisdom of the early church saying 'Wisdom cries aloud. Let us stand in reverence and affirm together'.



P. **We believe in on true God the  
Father Almighty.**

C. Maker of heaven and earth ...

### **Nicene Creed**

#### Nicene Creed:

Emperor Constantine in AD 325 convened a meeting of a council of bishops at Nicea. Nicea is now in modern Greece. The creed accepted by the council is commonly referred to as the 'Nicene Creed' and is widely accepted by the Western and Eastern churches (the first Ecumenical creed of the undivided church). The Creed is a fundamental statement of Faith without which a service or prayer is incomplete. The congregation stands at the time of proclaiming the Nicene Creed and faces the east. Generally, the Creed is part of all worship services.



**Deacon bows**

As the Nicene Creed is being said, the deacon brings incense and bows on either side of the altar facing east. Then he bows to the assisting priests, if any. Then he bows to the congregation from the left and right side of the Madbaha. Then he bows to the other assisting deacon. When the deacon bows to the congregation, the congregation bows. Bowing is a sign of reverence.



**Thanks Giving**

This is an opportunity for those who are celebrating birthdays and wedding anniversaries to come forward and offer their thanksgiving (Eph.5:20)xxxvi. Prayers are said for them followed by blessing them individually.

*xxxvi Eph 5:20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.*



**Offertory**

**Offertory:**

Offertory is an essential part of Qurbana where the congregation makes a responsive offering to God's greatest gift to us, i.e., the Lord Jesus Christ. (2 Cor.9:7)xxxvii. Offertories of specified weeks are earmarked for the various causes of the Sabha. The offertory bags are given to the deacon who in turn passes it to the congregation. Once the offertory is collected the deacons hand over the bags to the priest or the celebrant. The celebrant prayerfully submits it and prays for the Lord's blessings. The congregation stands during this prayer.

*xxxvii 2 Cor 9:7 Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.*



**Choir**

Choir:

The choir is meant to help the congregation in singing.



**Sermon**

The sermon on the Word is a means to nourish the congregation in their faith journey and to enable them to witness to the community of God in their everyday life.



**Confession**

Confession:

Those who are participating in the Holy Qurbana stand up in their place and repeat the confession prayer after the priest, 'I confess that I have sinned against you ...' (1 Jn.1:9)xxxviii. Confession is a pre-requisite to participate in the Holy Qurbana.

*xxxviii 1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*



**Absolution**

Declaration of Absolution:

After the prayer of confession, the priest pronounces God's forgiveness of sins saying, 'May God Almighty be compassionate to you who have truly confessed your sins, and freely forgive your sins, and make you worthy to partake in this Holy Communion' (Rom 4:7-8)xxxix.

*xxxix Rom 4:7-8 "Blessed are they whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the Lord will never count against him."*



**Congratulations, you have  
successfully completed  
Section 4, now please  
proceed to the last Section**

Test yourself:

1. 1 Cor. 11:27-29 tells us that anyone who participates in the Holy Qurbana in an unworthy manner is sinning against the body and blood of the Lord thereby bringing judgment upon oneself. True/False
2. The Public order of the Holy Qurbana Service before the communion proper is called \_\_\_\_\_.
3. The Epistle reading is done by the \_\_\_\_\_. The Gospel reading is done by the \_\_\_\_\_.
4. The congregation always stands at the time of Gospel reading. True/False
5. The three fingers held together while drawing the sign of the cross represent the \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
6. Promeon is a Greek word that means \_\_\_\_\_.
7. Special prayers composed in a particular order or a set is called the \_\_\_\_\_.
8. Emperor Constantine in AD 325 convened a meeting of a council of bishops at \_\_\_\_\_.
9. When the deacon bows to the congregation, the congregation should bow in reciprocation. True/False.
10. Confession is a pre-requisite to participate in the Holy Qurbana. True/False



## **Section 5**

### **Communion**

This section covers:

Kayyasoori, Anaphora, Rushma, Sursum Corda, Sanctus Benedictus, Words of Institution, Anamnesis, Epiclesis, Great Intercession, Receiving the Holy Mysteries and Final blessing.



**Preparation**

Preparation before the Communion:

After the prayer of confession and absolution the celebrant washes his hands. The washing reminds all that we should be cleansed to stand before God. The celebrant bows to the congregation and requests their prayers.



**Celebrant Praying**

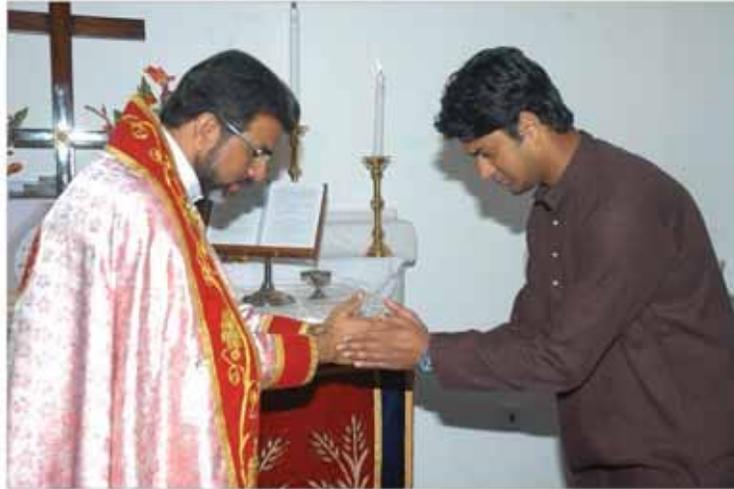
The celebrant either prostrates or kneels before the altar and prays.



**Kayyasoori**

Kayyasoori (Malayalam, meaning hand clasp):

After the prayer the celebrant gets up and shares the kiss of peace with other priests if present as a mark of oneness and reconciliation. He then steps on to the 'Darga' (altar step).



**Kayyasoori**

Jesus said, before offering sacrifice, one should pray for forgiveness and be reconciled with others by forgiving one another. After the kiss of peace, we bow our heads.

The kiss of peace was a sign of reconciliation which was represented by a kiss on the cheek during the ancient times (Rom.16:16<sup>xl</sup>, 1 Cor.16:20<sup>xli</sup>, 2 Cor.13:12<sup>xlii</sup>, 1 Pet.5:14<sup>xliii</sup>). The kiss is replaced by the 'Kayyasoori'. Two persons touch both hands as a symbol of sharing the peace. The congregation says, 'May the love and peace of our Lord Jesus Christ abide with us forever.'

When the bishop is the celebrant, then he gives 'Kaimuthu' (Malayalam, meaning to touch the forehead with the cross) to the deacon. Bishops have kayyasuri between them.

It is our practice that there is no kiss of peace while celebrating the Holy Qurbana during Maundy Thursday. The Bible reminds us that Judas Iscariot used the kiss of peace to betray Jesus. The Maundy Thursday is leading us to Good Friday when we remember the death of our Lord Jesus Christ.

*xl Rom 16:16 Greet one another with a holy kiss.*

*xli 1 Cor 16:20 All the brothers here send you greetings. Greet one another with a holy kiss.*

*xlii 2 Cor 13:12 Greet one another with a holy kiss.*

*xliii 1 Peter 5:14 Greet one another with a kiss of love.*



**Kayyasoori**

After the celebrant gives the Kayyasoori to the deacon, the latter shares it with other priests in the Madbaha and deacons and then passes it on to the congregation.



## Anaphora

Anaphora (Greek, meaning carrying up):

'Ana' means 'up' and 'phora' means 'to carry'. It represents the prayer of thanksgiving (Lk.22:19)<sup>xliv</sup>. Anaphora is the most solemn part of the liturgy where the offering of bread and wine are consecrated as the body and blood of our Lord Jesus Christ. The Anaphora begins with liturgical greetings and concludes with the fourth blessing.

*xliv Luke 22:19 And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."*



**Sosappa is Removed**

The lifting of the Sosappa represents the revelation of the mystery for all the members of the worshipping community.



**First Rushma**

Rushma (Syriac, meaning to bless):

There are three blessings and a final blessing by the celebrant during the Holy Qurbana Service. The celebrant makes the sign of the cross on himself, and then he turns 'clock-wise' and makes the sign of the cross on the congregation. The congregation reciprocates by drawing the sign of the cross on themselves. This is to assure the worshipping congregation that the presence and blessings of the triune God are with them.

Anaphora begins with the 'First Rushma' (First Blessing), which is a liturgical greeting 'The love of God the Father (+), the Grace of the only begotten Son (+) and the communion and abiding presence of the Holy Spirit (+) be with you all, dearly beloved, forever'.



**Sursum Corda**

Sursum Corda (Latin, meaning Lift up your hearts):

The celebrant lifting up his hands says, 'May our hearts be with Christ on high'.  
The congregation responds, 'Our hearts truly are with the Lord'.



C. Holy, holy, holy is the Lord God Almighty.  
Heaven and earth are full of his glory.  
Hosanna in the highest. Blessed is he who has come and is to come, in the name of the Lord;  
Hosanna in the highest.

### **Sanctus Benedictus**

Sanctus Benedictus - 'Sanctus' (Latin, meaning Holy). 'Benedictus' (Latin, meaning blessed):

The congregation joins in singing 'Holy, holy, holy is the Lord God Almighty. Heaven and earth are full of his glory. Hosanna in the highest. Blessed is he who has come and is to come, in the name of the Lord; Hosanna in the highest' (Isa.6:3<sup>xlv</sup>, Mt.21:9<sup>xlvi</sup>).

*xlv Isa 6:3 And they were calling to one another: "Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory."*

*xlvi Matt 21:9 The crowds that went ahead of him and those that followed shouted, "Hosanna to the Son of David!" "Blessed is he who comes in the name of the Lord!" "Hosanna in the highest!"*



**Words of Institution**

Words of Institution:

The words that Jesus Christ used when he instituted the Lord's Supper are called 'Words of Institution' (Mt.26:26-28)<sup>xlvii</sup>

*xlvii Matt 26:26-28 While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, "Take and eat; this is my body." Then he took the cup, gave thanks and offered it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.*



**Words of Institution**

Prayers are also said for the cup.



P. O Lord, we remember your death, burial and resurrection, your ascension into heaven and your presence now with God the Father in glory and in power. We await your coming again to judge the world in righteousness and truth ...

### **Anamnesis**

Anamnesis (Greek, meaning remembrance or bringing again in mind):

Whenever we participate in the Holy Qurbana we are not just remembering Jesus Christ but we are celebrating his presence. The celebrant prays 'O Lord, we remember your death, burial and resurrection, your ascension into heaven ...'



C. Lord have mercy.  
Lord have mercy.  
Lord have mercy.

**Kurie-elaison**

Kurie-elaison (Greek, meaning Lord have mercy):

Ps.123:3xlvi, Mark 10: 47xlix.

*xlvi Ps 123:3 Have mercy on us, O LORD, have mercy on us,*

*xlix Mark 10:47 When he heard that it was Jesus of Nazareth, he began to shout, "Jesus, Son of David, have mercy on me!"*



**Epiclesis**

Epiclesis (a transliterated Greek word, meaning invocation):

'Epiclesis' is asking God to send the Holy Spirit to consecrate the bread and wine for the sanctification of those who will receive them. During the Last Supper the Lord himself was the celebrant. However today as we celebrate the same we need the blessing of the Holy Spirit. The mystery of the Holy sacrifice is considered to be complete and perfected by the action of the Holy Spirit. The celebrant prays 'May the Holy Spirit sanctify this bread that it may be the body of our Lord Jesus Christ'. 'May the Holy Spirit sanctify the wine in this chalice that it may be the blood of our Lord Jesus Christ'. The celebrant moves his hands to symbolize the Holy Spirit descending on the Holy Mysteries like a dove (Mt.3:16).

*1 Matt 3:16 As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him.*



## The Great Intercession

Tubden (Syriac, meaning Again):

The deacon used to say 'Again, let us pray'. This is how the name came. The 'Tubden' is generally referred to as the 'Great Intercession'. The 'Great Intercession' affirms that the worshipping community is a continuation of the believers who lived before and inclusive of the contemporary wider community. The great intercession is organized into several parts (for details look into individual prayers in the worship order)



**Second Rushma**

Second Rushma:

Soon after the elements are consecrated, the congregation is reminded of the blessings of Jesus Christ.



**Litany of Intercession**

Litany of Intercession:

A series of intercessory prayers. The congregation responds, 'We pray to the Lord'.



**Special Prayers**

Special Prayers:

Silent prayer or special prayers from local contexts and needs. This is also intercessory prayer.



- P. 'Our Father in heaven'  
C. Hallowed be your name. May  
your kingdom come.

### The Lord's Prayer

The Lord's Prayer:

This is the prayer Jesus taught his disciples (Mt.6:9-13li, Lk.11:2-4lii).

*li Matt 6:9-13 "This, then, is how you should pray: "Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'*

*lii Luke 11:2-4 He said to them, "When you pray, say: "Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation."*



**Third Rushma**

Third Rushma:

'May the grace and mercy of the Holy and Glorious Trinity, (+) uncreated, self-existent, (+) Eternal, Adorable and One in Essence, be with you all (+) forever'.



**Celebrant kneels**

The celebrant kneels and prays. The celebrant prepares himself to make himself worthy to receive the Holy elements.



**Celebrant receives Holy Qurbana**

The celebrant partakes in the Holy Qurbana.



**Priests receive Holy Qurbana**

Assisting priests receive the Holy Qurbana.



**Priests receive Holy Qurbana**

Assisting priests receive the Holy Qurbana.



**Priest receives Holy Qurbana**

Assisting priest receives the Holy Qurbana – when the celebrant is also a priest.



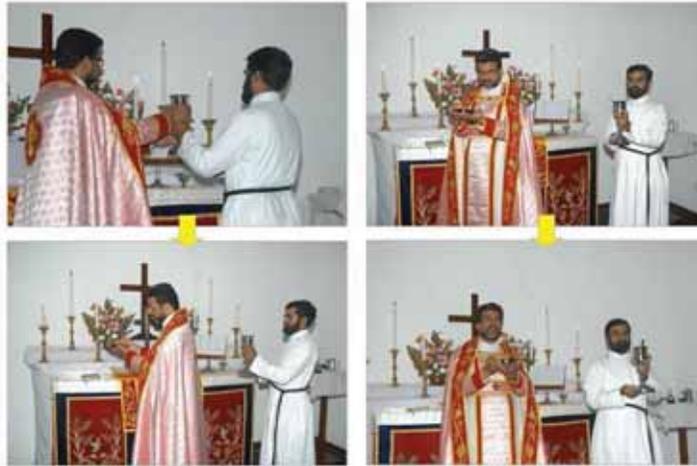
**Celebrant turns to the Congregation**

The celebrant, holding the paten in his right hand and chalice in his left hand, turns to the congregation and blesses the congregation with the holy elements.



**Holy Mysteries**

After coming down from the Darga, the celebrant holds the Holy Mysteries with his hands crossed and says the following 'The blessing of Jesus Christ our great God and Savior be on those who bear these sacred mysteries, on those who dispense them, on those who receive them, and all who have participated and shall participate in them. The grace of God be with us all, both now and forever'.



### **Holy Mysteries**

The celebrant holds the paten and assisting priest the chalice. 'The Holy Body of our Lord Jesus Christ broken on the cross for the forgiveness of sins, is given to you for the health of body and soul'.



**Congregation receives Holy Qurbana**

The congregation members participating in the Holy Qurbana come in a solemn way and kneel at the railing. The celebrant serves the bread and wine into the mouth of the communicants. If there is a clergy assisting in the worship, he may serve the wine.

Participate in the Holy Qurbana with proper preparation like fasting, prayer etc. Receive the Holy Qurbana only if you have participated in the public confession during the worship service. Mar Thoma Church teaches that a communicant member of any Christian denomination, baptized and believing that Jesus is the Lord and Savior, can participate in the Holy Qurbana provided they have participated in the public confession. The church believes that bodily functions like menstrual cycles and dysfunctions like sickness do not bar believers from receiving communion.



**Fourth Rushma**

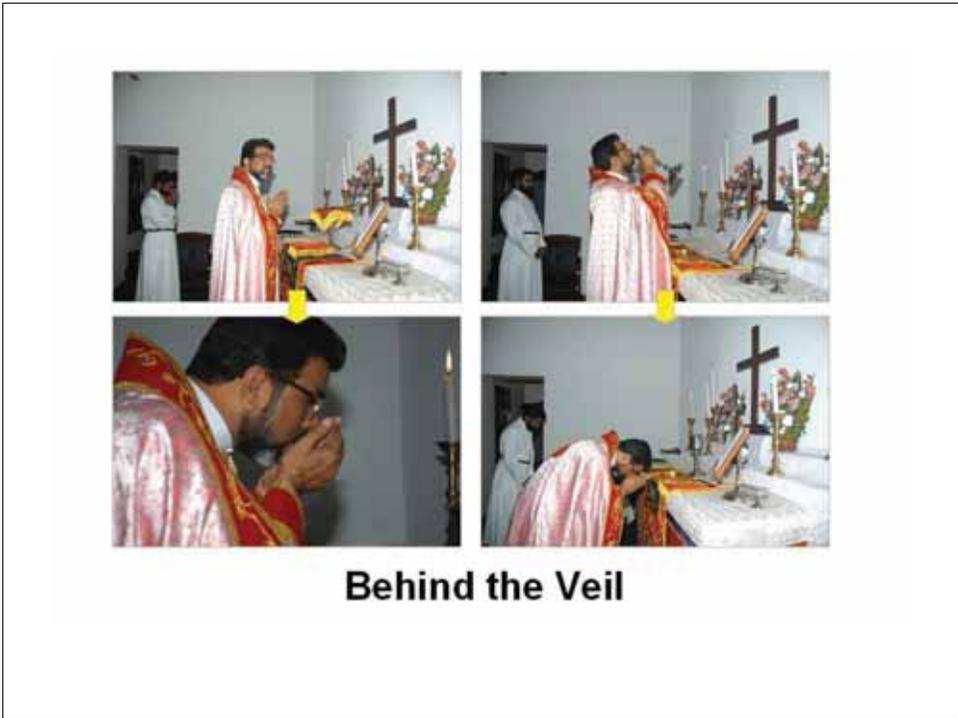
Fourth Rushma:

This is a commissioning blessing, to go out in to the world with the blessings received from the Holy Qurbana.



**Drawing the Veil**

After the final blessing the Veil is drawn, closing the Madbaha.



Once the bread and the wine are consecrated, the unused consecrated bread and wine are not kept back. These are consumed by the celebrant and the clergy. The Holy consecrated elements are not reserved for the future.



**Behind the Veil**

The articles used in the Holy Qurbana service are carefully removed from the altar and the candle is extinguished.



**Doxology**

Doxology:

'Doxa' (Greek, meaning glory) and 'logos' (Greek, meaning discourse).  
Doxology is a hymn ascribing Glory to God.



## **Announcements**

Generally, the announcements are made at the end of the service. After the announcements the congregation departs in gladness and rejoicing.



**Thank you for your time.  
We trust this study has been a  
blessing to you!**

Test yourself:

1. Kayyasoori is a mark of oneness and reconciliation. True/False
2. There is no \_\_\_\_\_ while celebrating the Holy Qurbana during Maundy Thursday.
3. The Greek word Anaphora means \_\_\_\_\_.
4. The Syriac word meaning 'to bless' is \_\_\_\_\_.
5. When the celebrant draws the sign of the cross facing the congregation, the congregation responds likewise. True/False.
6. The words that Jesus Christ used when he instituted the Lord's Supper are called the \_\_\_\_\_.
7. During the prayer of \_\_\_\_\_ the celebrant moves his hands to symbolize the Holy Spirit descending on the Eucharist like a dove.
8. The 'Great Intercession' affirms that the worshipping community is a continuation of the believers who lived before and inclusive of the contemporary wider community. True/False
9. The celebrant turns clockwise during the pronouncement of blessing, but turns anti-clockwise with the Holy Mysteries. True/False.
10. The Mar Thoma Church teaches that a communicant member of any Christian denomination baptized and believing that Jesus is the Lord and Savior, can participate in the Holy Qurbana provided they have participated in the public confession. True/False.



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