



The Divine Services of the Orthodox Church

Welcome to our parish!

Our parish belongs to the Holy Diocese of Stockholm, under the Church of the Genuine Orthodox Christians, which has its Headquarters in Greece and follows the Old Calendar.

Please respect our Orthodox Tradition:

- **During** the Divine Services we **remain standing**.
- **The chairs** are only for the sick, the elderly, and in general for those with special needs.
- **Men** pray on the **right (south) side** of the Church.
- **Women** pray on the **left (north) side** of the Church.
- **In** the Church we find ourselves before the King of all, our Lord and God. Thus, our attire should be **modest and decent**.
- **Men** should be **dressed prudently**.
- **Women** should wear **long skirts or dresses**.
- **Women** should also cover their heads with a **headcovering**, which on Sundays should preferably be **white**.

Who MAY receive Holy Communion:

- **those** who are Orthodox Christians;
- **those** who have a spiritual Father belonging to, or in communion with, the Church of the Genuine Orthodox Christians;
- **those** who have prepared themselves appropriately; that is, they have fasted, have read the prayers before Holy Communion, are reconciled with their neighbor, have repented, have confessed, and have the permission of their spiritual Father.

Who may NOT receive Holy Communion (1)

Members of the so-called *Oriental Churches*, that is, Coptic, Ethiopian, Eritrean, Armenian, Syrian Jacobite and Malankara Syrian Christians, because

- **they do not** recognize all of the **Seven Holy Ecumenical Councils**.

Who may NOT receive Holy Communion (2)

Those Christians belonging to the so-called *official Orthodox Churches*, which participate in the *Ecumenical Movement* and are in *prayerful communion* with the heterodox (**R**oman Catholics, **P**rotestants, **A**nglicans, et al.).