

Information about the Service of Morning Prayer (*Matins*) and the Service of Holy Communion (*Eucharist*)

Morning Prayer:

At St. John's, *Morning Prayer* (also known as *Matins* – from Latin *matutinae*, - “of the morning”), is held at 11 am on the second and fourth Sundays of the month in the season *After Epiphany* (this year: January 13th-March 9th) and the season *After Pentecost* (also known as “ordinary time”- this year: June 26th-November 27th) with the exception of the summer months of July and August.

Eucharist:

The celebration of Holy Communion (or Holy Eucharist – from the Greek, *eukarista*, meaning “gratitude and thanksgiving”) is celebrated in the seasons of *Advent* and *Christmas*, *Lent* and *Easter* and on all Holy Days, Major Feasts, and Days of Special Devotion in the church year. The reason for this predominance is that the Celebration of the Eucharist is the principal service of the church; when the community gathers around the person of Jesus we are following his instructions to “Do this in remembrance of me”. The Canadian Anglican liturgist Paul Gibson writes: “Because the church, the company of Jesus’ followers, is the basic symbol of the eucharist, there is a sense in which the bread and wine have been the sacrament from the moment they were selected to give expression to the church as the embodiment of the reign of God—perhaps from the moment they were gathered on hillsides and vineyards.” The General Synod of the Anglican Church of Canada states that: “In the Eucharistic prayer, the Church expresses the meaning of the whole Eucharistic action in which the memorial of redemption is made, and the Church is united with Christ in offering and communion through the sanctifying power of the Holy Spirit.” Morning Prayer, this year will begin on Sunday January 23rd and continue until Lent begins on March 9th.