

SAINT ANDREW SERVICE BOOK

The Administration of the Sacraments
and Other Rites and Ceremonies
According to the Western Rite Usage
of the Antiochian Orthodox Christian
Archdiocese of North America



Second Print Edition, 1996
Electronic On-line, 1999

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The First Edition of the St. Andrew Service Book was approved for use by the Western Rite Congregations of the Antiochian Orthodox Christian Archdiocese of North America in 1989. This, the Second Edition, improved in format and expanded in content, will be welcomed by the clergy and laity of our archdiocese who worship in a tradition as ancient as the Eastern.

We take this opportunity to commend and sincerely thank Archpriest Michael Keiser, the original compiler of the service book, as well as the Board of the Orthodox Christian Press, Archimandrite Michael Trigg, Fr. John Downing, and especially Mr. Karl Steinhoff, for their many hours of dedicated labor in preparing the revised edition.

We pray that the attentive use of these authorized liturgies and other rites and ceremonies by the Western rite clergy and laity of our beloved Archdiocese will be the cause of a spiritual and liturgical renewal within our church in North America.

+ Metropolitan PHILIP
Primate
Antiochian Orthodox Christian Archdiocese
of North America

Published by
the Antiochian Orthodox Christian Archdiocese of North America



Typography prepared for publication by
Orthodox Christian Press
3333 Workman Mill Road
Whittier, CA 90601

This publication was typeset using Quark XPress™ v3.31, on a Macintosh Quadra computer.

1 2 3 4 5 6 7 96 97 98 99

First printing, January 1996. Electronic text 1999 <http://whittier.stmichael.org/ocp>

... the Disciples were called Christians first in Antioch ACTS 11:26

A Table of Fast and Abstinence

Strict Fast Days

Ash Wednesday Good Friday

Wednesdays and Fridays are days of abstinence throughout the year.

Fast Periods During the Year:

- Advent
- The Forty Days of Lent
- The Ember Days at the four seasons, being the Wednesday, Friday, and Saturday after the First Sunday in Lent, the Feast of Pentecost, September 14, and December 13.

The Wednesdays and Fridays that fall during a fast period are considered days of fast and abstinence.

Note: There is no fast or abstinence of any kind from Christmas Day to the eve of Epiphany, or from Easter to the following Sunday.

Abstinence means to avoid eating certain kinds of food; e.g., flesh meat, dairy products.

Fasting means to reduce the amount of food eaten, generally to one and one-half meals per day.