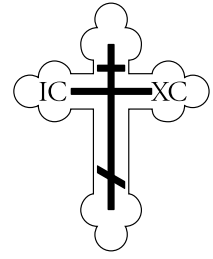




# ***St. Innocent*** ***Eastern Orthodox Church***

RUSSIAN ORTHODOX CHURCH OUTSIDE RUSSIA

PRIEST SERAPHIM



## **Prostrations are NOT made**

- On Sunday
- After Holy Communion
- On any of the Twelve Great Feasts<sup>1</sup>
- From Friday night Vespers and on Saturdays

## **Prostrations ARE made on weekdays**

- When entering the church, venerating the icons<sup>2</sup>
- During Liturgy, when the Priest brings out Bread and Wine
- During Liturgy, at the beginning of the exclamation, "It is Meet and Right" and after, "We praise Thee, We Give Thanks"
- During Liturgy, at the beginning of, "Our Father"

<sup>1</sup>except Feast of the Exaltation of the Cross

<sup>2</sup>except on any of the Twelve Great Feasts