

The *Anaphora* is the part of the Liturgy where the bread and wine that we offered mystically becomes the very Body and Blood of Christ. At the beginning of the *Anaphora* the Priest says “Let us lift up our hearts” and the people respond “We lift them up unto the Lord”. The very next words chanted by the Priest are “Let us give thanks to the Lord!”

Lifting up our hearts to the Lord is how we give thanks to Him. When we joyfully lift up our hearts it means that we realize all that God has done, does, and will do for all of us and all of creation. When we lift up our hearts we remember to love, to pray, and to forgive. When we lift up our hearts with prayer and with love we remember that it is God, and not ourselves who is the author of all that is good; we remember that God is the author, the giver of goodness, and we are merely the recipients who joyfully give thanks!

The word Liturgy means “*The work of the people*” and when we receive the Body and Blood of Christ it is called the Holy Eucharist, which literally means *Thanksgiving*. We don't simply attend Sunday Liturgy and receive the Holy Eucharist weekly, rather we are called in the liturgy of our life, that is, the work of our whole live to live Eucharistically, to live with a spirit of thanksgiving in our hearts.

If you are ever sad, lonely, angry, sorrowful, spiritually stagnant, or feel as though you are “not getting anything” out of Church—remember always to give thanks. Give thanks to God for His mercy and for the countless blessings we receive everyday. We should always do what our mother's taught us and say “thank you” and by doing so “lift up our hearts unto the Lord!”

- **Please Pray for Jan!**- Our beloved friends and sister in Christ Jan Salome had an MRI this week which revealed a small tumor in her right carotid artery. Jan is in good spirits and will know more soon. In the mean time please remember Jan in your prayers. Through the prayers of the Birthgiver of God, may our Lord God and Saviour Jesus Christ visit His servant Jan and heal her body and soul and have mercy us her!
- **Mystery of Chrismation of John and Michelle Marion on Sunday October 9th!**- John and Michelle will be Chrismated before Liturgy, at **9AM** on Sunday October 9th! Please join us in prayer as we officially welcome new members to our Parish Family! May God Grant many happy and blessed years to John, Michelle, and their family!
- **Next Sunday**– Fr. Matthew will not be here. There will be a Readers Service at 10AM.
- **Be the Bee Retreat** - Everyone, especially the youth and young adults please try to attend this very worthwhile event—**On Saturday November 5th** , Please visit <http://bethebee.goarch.org/retreats> or see the bulletin board for more information!
- **Picture Board**- Please continue to bring in pictures of St. Elizabeth's over the years! Fred Mileszko can help you with any questions you may have! Please put the date or year on the back of any pictures you bring in so they can be sorted properly!
- **Please Mark Your Calendars!!!**- **On Saturday November 12th**, Teresa Van Buul will be hosting a **Fall Festival at St. Elizabeth's** for the parish family and our friends! There will be food, carnival games, a Thanksgiving Turkey Shoot, and much more! More details and pricing will be posted next week, but please see Teresa and mark your calendars if you are interested or would like to help her in any way!
- **To see videos from our services please visit**- https://www.youtube.com/channel/UCE_xE8J-KMbm_KSbVqznIow - This is a link to our youtube channel. John Marion has graciously offered to shoot videos of our Church Services and post them online. As of now he has only shot during the week, but as you may have noticed he was taking some video today. So far John has not captured any of you on tape: no videos that have your image be posted without prior permission. This is a wonderful tool to show Orthodoxy and our Church to people who might not otherwise be exposed to it!
- **Please Remember to Sign up for Coffee Hour**– Lately we have not had very much interest in signing up to run the coffee hour. Please remember that we should take turns at this. Everyone loves the social time together shared over some light foods. This is a great opportunity for everyone to spend time together and get to know new people. We always want to be at our best and we never know who might be with us for the first time! **Next Sunday is Potluck** .

