

We would like to know more about you!
We hope you will fill out a blue visitor's card found in the pews and place it in the alms basin. Please let the clergy know if we can answer any questions or help in any way.

Please join us after the service for fellowship and refreshments in Grundorf Hall (directly across the courtyard).

Because we receive many visitors, do not hesitate to introduce yourself to the clergy or the parishioners. Hosting guests to the Church is a special pleasure and we want you to feel welcome!

We are glad you are with us today!

Please feel free to return soon.

The Most Rev. Walter H. Grundorf, D.D.
Dean

A Guide to Our Worship

**St. Alban's
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Welcome!

If you are a guest, please fill out the blue visitor card found before you in the pews and place it in the alms basin. This will allow us to thank you for joining us.

This brochure is a 'crash course' on worship in the Anglican Church. We want you to be comfortable, but remember that the most important thing is to worship, not to "get it right." *Relax!*

In this brochure, we will cover:

- The bulletin (do I need it?)
- Postures (kneeling, sitting, standing)
- Music (where do I find it?)
- The Prayer Book (how do I use it?)
- The Shape of the Liturgy
- Who may receive Communion?
- How to receive Communion
- And more!

Thank you for coming! We are delighted that you have joined us today, but we know that if you have never worshipped in an Anglican Church before, you might be confused by the books and bulletins we use. This is not unusual. In fact, if you find it difficult to follow along, feel free just to listen.

We need your help! Worship in the Anglican Church is not a spectator sport—it is interactive. You are invited to sing and give responses indicated in the bulletin as part of your offering to God.

The **Bulletin** is your guide to the service. It contains the page numbers for the 1928 Book of Common Prayer (BCP) which we use for our liturgy. This can be found in your pew. The Hymns can be found in the red Hymnal in the pews.

Postures (standing, kneeling, sitting) often confuse newcomers and even “old-timers.” As an expression of devotion, it is customary to kneel for prayers unless a person is physically unable to do so. We stand in reverence at the reading of the Holy Gospel and in affirming our faith when reciting the Creed. We also stand to sing praise to God in our hymns. We sit for instruction during the reading of the Epistle and during the sermon. In general, we stand to sing, sit to listen (to readings and the sermon), and kneel to pray and confess (if physically able). Do whatever is comfortable for you. The easiest choice is to follow the lead of those around you.

Our music primarily comes from the red 1940 Hymnal in the pew rack.

- Hymns are listed in the bulletin and on the hymn board in front above the choir seating
- Communion music often is supplemented by special arrangements by our choir. Other communion music can be found in the hymnal or as an insert in the bulletin.

The Prayer Book is in the pew rack. Our Book of Common Prayer is the American 1928 edition. This edition contains prayers and affirmation of faith dating to the beginning of Christianity, as well as the traditional Anglican liturgy. This liturgy has been in continuous use since it was published in 1549.

The “Shape” of the Liturgy

The Holy Eucharist (Holy Communion, The Mass, The Lord’s Supper) is the central act of Christian worship and is divided into two parts:

- The Liturgy of the Word of God begins in the service with Bible readings, the creed and sermon.
- The Holy Communion begins as we make our offerings of bread and wine, money and our lives to the Lord. Prayers and the confession are given to God. The Canon of the Mass follows. Read along in the BCP and listen for how the story of redemption is expressed in the prayers.

The Dismissal and Blessing ends the service. It reminds us that we are sent into the world to do God’s will. We respond with a resounding “Thanks be to God!”

Who may receive Communion?

If you are a baptized Christian and believe in the Real Objective Presence of the Body and Blood of our Saviour Jesus Christ under the form of bread and wine in the Holy Communion, you are invited to join us today in receiving the Most Blessed Sacrament.

How do I receive Holy Communion?

Follow those in front of you as they come to the front pews. Ushers will motion you when to move forward to the altar rail. You may kneel or stand at the rail as is comfortable for you physically. Please your right hand on top of your left hand, palm up. The Sacred Host will be placed on your palm. Lift it to your mouth and eat it. Next the Chalice will be brought to you. It is very helpful if you guide it to your lips.

You do not have to receive the Sacred Host or Chalice; if you do not wish to receive either you may so indicate by crossing your arms over your chest and receive a blessing. After you have made your Communion, return to your pew by the side aisle. If you would prefer to receive the Holy Sacrament at your pew, please tell one of the ushers.