

Feast of the Dormition of the Mother of God: Preparing for the Dormition:

Q *In preparation for the Dormition Feast besides spiritual preparedness what physical preparations should be done before the Divine Liturgy?*

Prayerfully Inquiring

A Dear Preparing for the Dormition,

What a great question. The Dormition is one of the 12 major feasts in the Eastern Church. It is good to think about our preparation both physical and spiritual as we definitely believe that what we do in the physical realm has spiritual effects because of the connection of our body soul and spirit. Mary is the perfect example of this. At the Dormition we are told in the prayers of the day that "...having fallen asleep in the flesh', Mary was 'awakened' by her Son to life in glory.' You passed into life, for you are the Mother of Life'" (From the *Meniaion* as quoted in *Christ our Pascha COP*, 189). We are also reminded that Mary was the first to be divinized by Christ and as such is our greatest model for "growth in holiness". (COP, 311) Our preparation for the Dormition Feast begins on August 1 with the Dormition Fast—but it is never too late to start—See the following website for some fasting ideas: <https://www.byzimom.com/great-fast-meals>.

Of course, this is not just a deprivation of certain types of foods but a time of deepening prayer and works of love of others. This is very personal but the deeper we go in prayer, especially with our Lady who is the greatest intercessor, the deeper our experience of the Liturgy will be. I love the Rosary, but we also have our rich wealth of Eastern Prayers to our Lady such as the Akathist to the Theotokos (See PDF I am attaching) and Moleben to the Mother of God. On this feast day we also bring to Divine Liturgy healing herbs and flowers for blessing. This year I have a vast collection of herbs in my garden from mint and dill to sage, basil, rosemary and thyme that I have grown which I plan to have blessed and will dry for use in cooking and seasoning with blessing my family's meals all winter long. This is, of course something we can plan when planting our garden in the spring. As to the celebration on the day we might also consider a brunch or tea with a flower theme—for ideas see: <https://www.byzimom.com/post/august-15-throw-a-flower-themed-tea-party-to-commemorate-the-dormition-of-the-theotokos>

I hope you find something helpful in these suggestions and if anyone has any other suggestions for the celebration of the Feast of the Dormition please forward them to My Questions. <https://www.skeparchy.org/wordpress/resources/growing-together-in-faith/my-questions-on-faith-life/>.