

Q&A

Q: “Fr. Alex, during our ‘Salutations’ services during Lent, why do we sing the hymns that begin with ‘Most Holy Theotokos Save Us.’ Are we worshipping Mary?”

In our Orthodox Faith, we worship only God. Only He saves us. This is important to understand. And during these services, when you hear the phrase “Most Holy Theotokos, Save Us,” this is only a poetic way of expressing her role in our lives. Through her powerful submission to the will of God, Mary became the Mother of our Lord, the Theotokos, our ultimate saint. We see her as our protector, a mother to us all, someone who has a special relationship with Christ and as someone who is praying for us, interceding on our behalf, constantly. So while we understand that only the Lord can save us, we cry out to her for inspiration, strength and support, as we would to our own mothers. We know she hears us. We know, also, that she loves us and will keep talking to God for us. Knowing these things, what a magnificent gift it is to have our Church dedicated to the “Holy Mother of God.” We are truly blessed!