

**GUIDELINES FOR MYROFORES**  
**GOOD FRIDAY SERVICE – 6:00 p.m.**

A special thank you to all young ladies for choosing to be Myrofora – *Myrrh bearing women that looked after Jesus after they got him down from the cross*. These are a few guidelines to help make this evening run as smooth as possible.

1. Please make sure that the girls have something to eat before they come to Church. This is very important, as we do not want anyone fainting from hunger. (It has happened in the past – not good!) Feel free to send a water bottle.
2. Please be at the Church (Hellenic Centre) promptly at **6:00** so that we can be well organized before the Service begins at 7:00 p.m. Father Elias would like to speak to the girls before the service.
3. The girls will change into their gown at Church. White shoes are preferred but not necessary.
4. The girls will be with partners for the entire evening. Please make sure they remember their partner. Each set of partners will be standing up for 10 minute intervals. When they are not standing, they will be allowed to sit and rest. **THEY ARE TO ASK PERMISSION BEFORE LEAVING AT ANY POINT.**
5. At a certain point during the Service, **all** the Myrofores will stand together around the Epitaphion. (I will let them know when this is to happen.) Father will chant “ERANON TON TAPHON” and at that moment all the girls will throw the flowers from their baskets onto the Epitaphion.
6. Shortly after that, we will go outside and circle the Church. The Myrofores will follow the Epitaphion at all times. This is when I need parents’ assistance because it becomes very chaotic at this point. When we return inside, the Service is almost over.
7. Lastly, **it is very important that the girls be on their best behaviour especially while they standing as well as when they as sitting.** Their role, as Father will explain, is very special and they are to be reverent and respectful of it at all times.

Again thank you for all your co-operation and attention to these matters. If you have **any** questions, please do not hesitate to call me.

**KALLY AGGELOPOULOS  
MARIA NIKIDIES**

**MARIA PETROU  
DEMETRA GIANNAKOPOULOS**

**METAXIA VERGIRIS  
ZÖE KERHOULAS**

**CHRISTINA TSALTAS  
DESPINA TSAMIS**

**NICOLE KARIGIANIS  
MARITINA PEPELASSIS**

**DIMITRA LERIKOS  
PAULINA HIMARIS**

**GEORGIA TRIFON  
MAGGIE THEOCHARIS**

**MIA THEOCHARIS  
TAYLOR SAKELLIS**