

#38. *What is 'The Anamnesis'?*

According to my dictionary, *amnesia* means 'a partial or total loss of memory'. Anamnesis is the antithesis of amnesia. Anamnesis means 'deep remembering', such as when we remember past events and understand them in deeper ways.

You might describe our entire worship service as a time of anamnesis. During worship we remember why it is important for us to be returning to God. We remember we are God's children. We remember God created us out of love, and for the purposes of love.

But there is one specific moment in our worship service that is called 'The Anamnesis'. The Anamnesis usually comes in the middle of the Eucharistic Prayer. In today's Eucharistic Prayer, Prayer A, we come this sentence: "We Celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving." Hearing them, we enter into a time of deep remembering.