

## *The Sacrament of Holy Unction*

1. One should not be late for the beginning of the Sacrament of Holy Unction;
2. Only Orthodox Christians may be anointed;
3. Those who are otherwise healthy should **NOT** receive Unction more than once per year;
4. Children younger than 7 are **NOT** anointed;
5. Women undergoing menstruation **MAY** receive the Sacrament of Holy Unction;
6. Women may not be wearing cosmetics;
7. All should come to the Sacrament dressed with an open collar; women should cover their heads;
8. The holy oil should **NOT** be given out after Unction;
9. Each person should be holding a large candle for the beginning of the Sacrament.

Holy Unction is a sacrament that, by blessing the believer's body with sanctified oil, calls down God's grace, healing one's physical and spiritual infirmities.

The sacrament of "anointing with oil" was instituted by our Lord Jesus Christ Himself (Matt. 10:1; Mark 6:13). In addition to the Holy Apostle James, Origen and the Holy Hierarchs Irenæus of Lyons, Basil the Great, and John Chrysostom all attest to its existence in the Early Church (indeed, they are the authors of the prayers read during the performing of the Sacrament).