

Old Testament

- Second canonical books
- Genesis
- Exodus
- Leviticus
- Numbers
- Deuteronomy
- Joshua
- Judges
- Ruth
- I Samuel
- II Samuel
- I Kings
- II Kings
- I Chronicles
- II Chronicles
- Ezra
- Nehemiah
- Ester
- Job
- Psalms
- Proverbs
- Ecclesiastes
- The Song of Solomon
- Isaiah
- Jeremiah
- Lamentations
- Ezekiel
- Daniel
- Hosea
- Joel
- Amos
- Obadiah
- Jonah
- Micah
- Nahum
- Habakkuk
- Zephaniah
- Haggai
- Zechariah
- Malachi



New Testament

- Matthew
- Mark
- Luke
- John
- The Acts
- Romans
- I Corinthians
- II Corinthians
- Galatians
- Philippians
- Colossians
- I Thessalonians
- II Thessalonians
- I Timothy
- II Timothy
- Titus
- Philemon
- Hebrews
- I Peter
- II Peter
- I John
- II John
- III John
- Jude
- Revelation



HIS HOLINESS POPE TAWADROS II



**118TH POPE OF ALEXANDRIA AND
PATRIARCH OF THE SEE OF SAINT MARK**



TAKE HEED

“Take heed to yourself and to the doctrine”

1 Timothy 4:16

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Visit the St. Mark Festival's website at www.smfsus.org
to find the material for the festival and
for guidelines and information on the tests



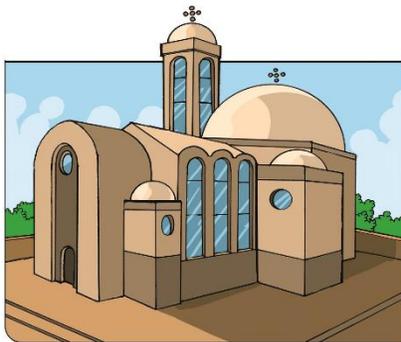
TAKE HEED

St. Mark's Festival 2017 Anthem

On the rock your faith is standing
Do not ever be hesitating
Your Church is always building
Not a day her teachings changing

If the whole world is against you
Shout out loud like St. Athanasius
I'm also against the whole world
Even against a million Arius

Watch yourself through your life
Be a true bright light to the world
To inherit Eternal Life
Watch yourself and the doctrine (x3)

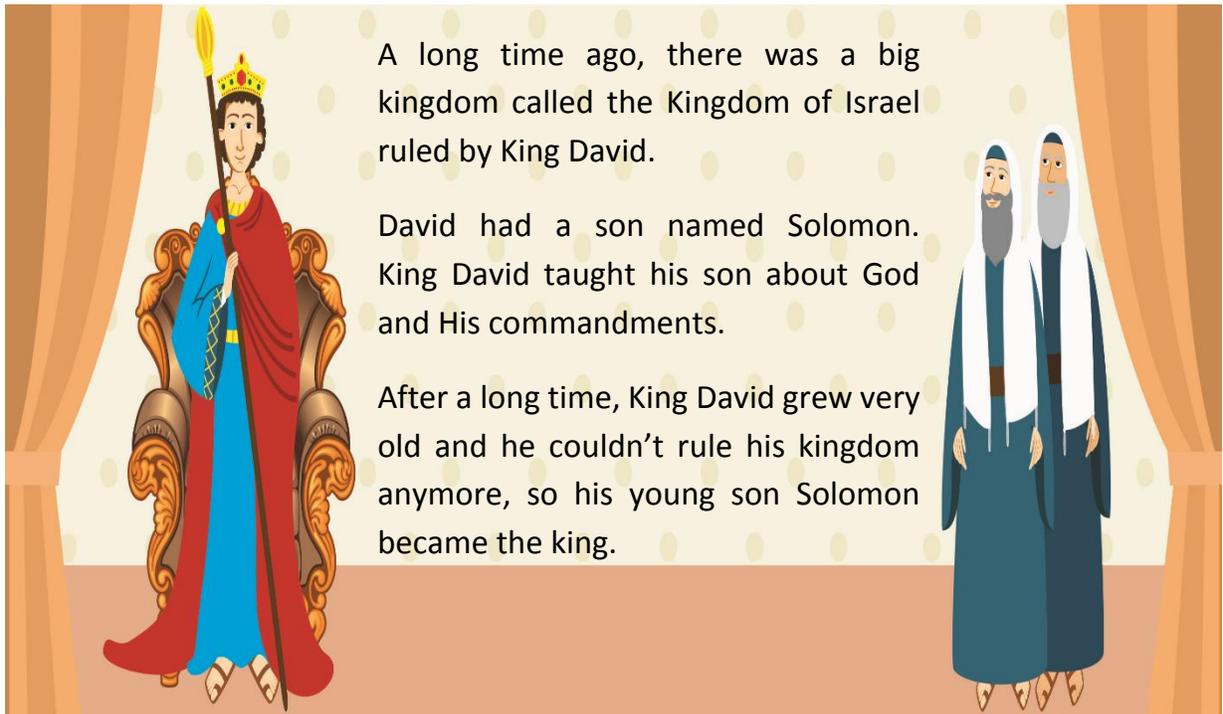


Trust God

King Solomon Asks God for Wisdom

1 Kings 2-10

The story of King Solomon and asking God for wisdom teaches us to know the difference between right and wrong.



A long time ago, there was a big kingdom called the Kingdom of Israel ruled by King David.

David had a son named Solomon. King David taught his son about God and His commandments.

After a long time, King David grew very old and he couldn't rule his kingdom anymore, so his young son Solomon became the king.



Solomon kept his promise to his father and followed the commandments of God. He always prayed before doing anything. He offered a thousand burnt offerings to the Lord in a place called Gibeon.

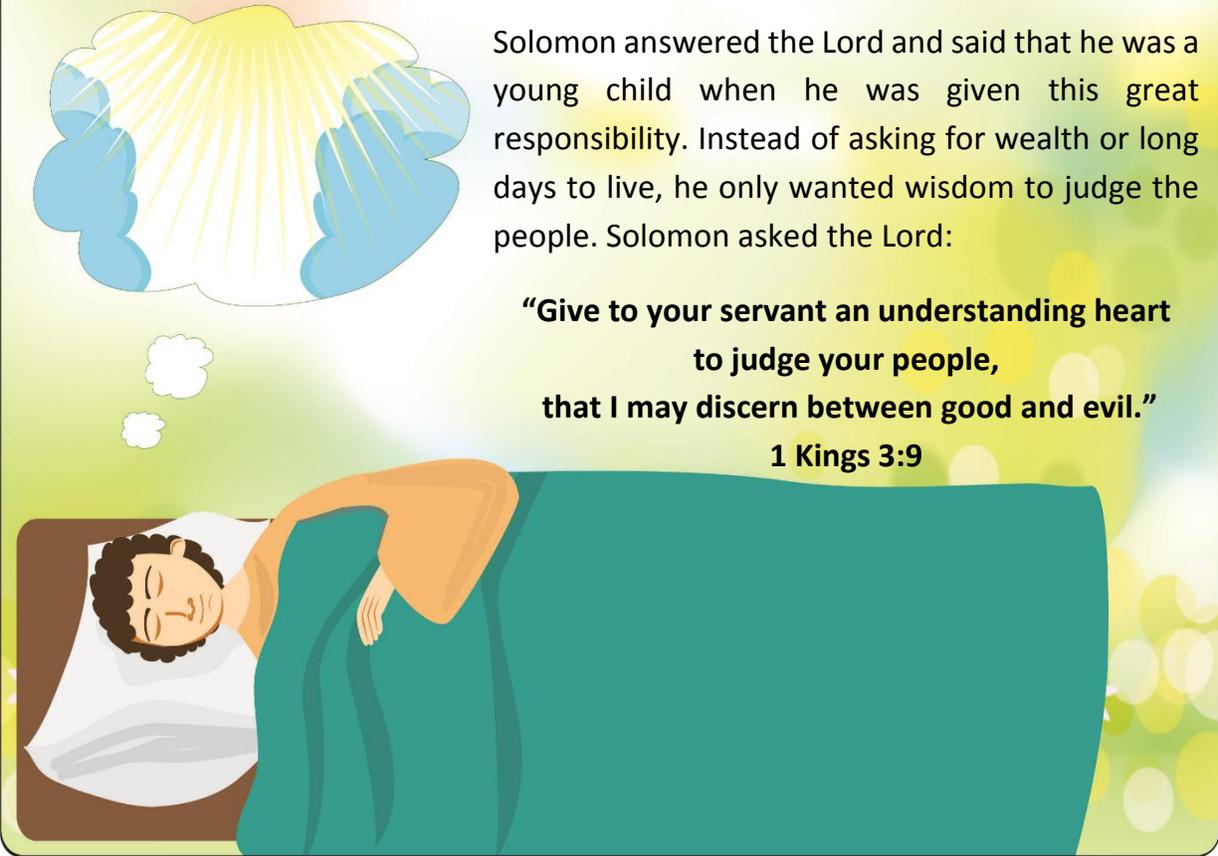
In Gibeon, as the king slept the Lord appeared to him in a dream. The Lord asked Solomon,

“Ask! What shall I give you?”

Solomon answered the Lord and said that he was a young child when he was given this great responsibility. Instead of asking for wealth or long days to live, he only wanted wisdom to judge the people. Solomon asked the Lord:

“Give to your servant an understanding heart to judge your people, that I may discern between good and evil.”

1 Kings 3:9



God was so pleased that Solomon asked for wisdom. He gave Solomon wisdom and understanding as well as the things he didn't ask for: both riches and honor.

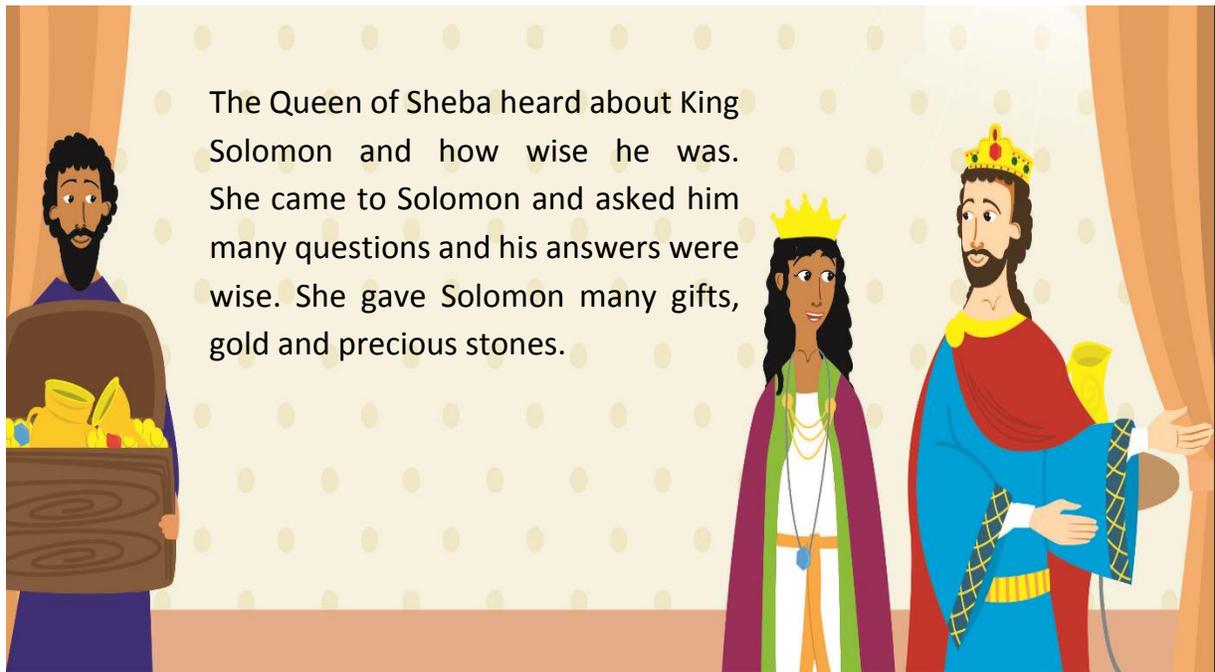
God told him that if he keeps His commandments and obeys Him like David his father, God will give him a long life.

When Solomon woke up he was so happy that he offered offerings to the Lord and made a great feast for all his servants.





King Solomon's time was peaceful. He built a great house for the Lord in Jerusalem. God promised David that his son Solomon will build the temple. It took Solomon 7 years to finish the building. And it was named the Temple of Solomon, named after him.



The Queen of Sheba heard about King Solomon and how wise he was. She came to Solomon and asked him many questions and his answers were wise. She gave Solomon many gifts, gold and precious stones.

Solomon was the king of Israel for 40 years, full of peace and wisdom.

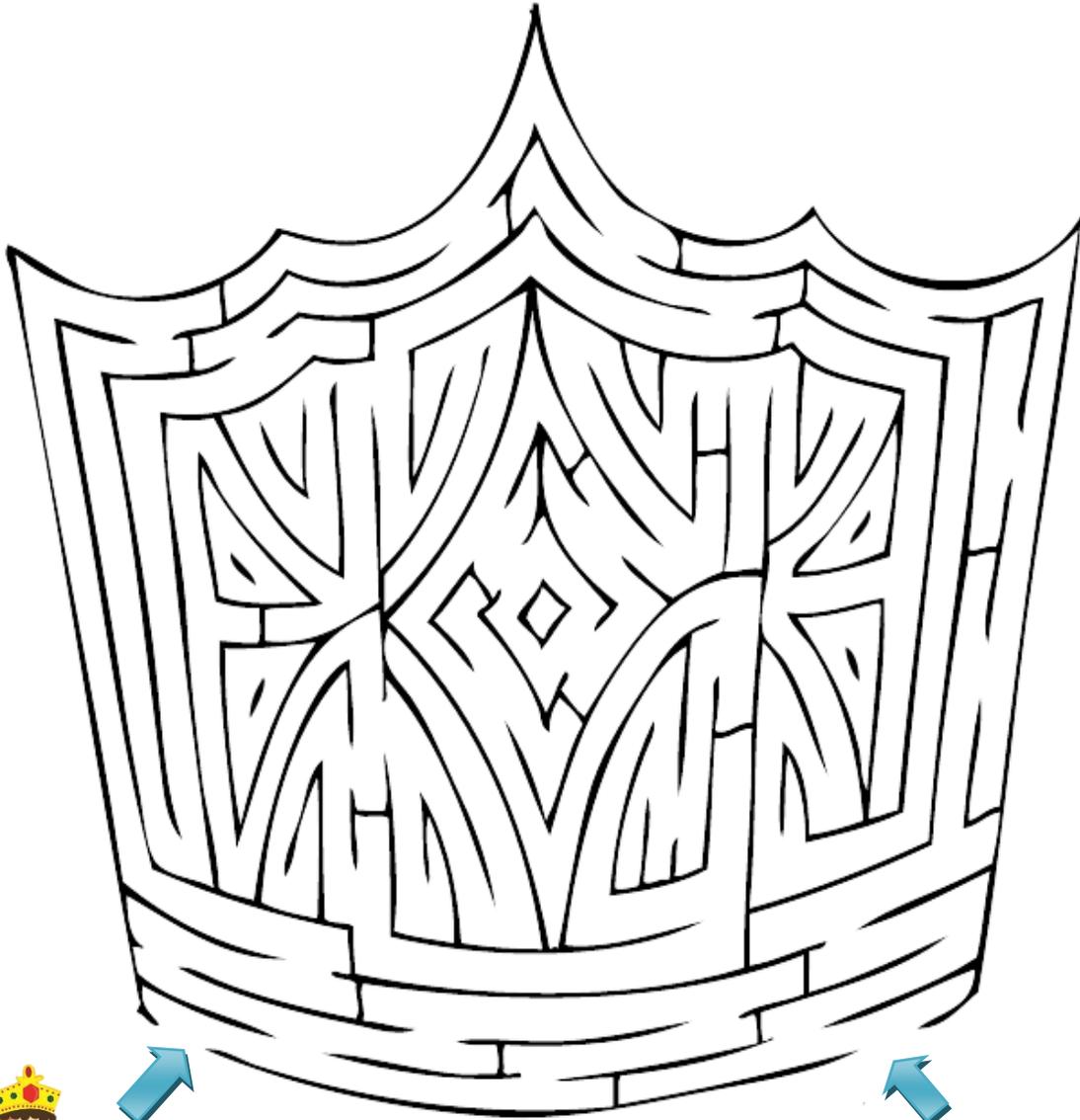
King Solomon was careful and knew what he needed to be successful, he chose wisdom to know the difference between right from wrong.



Activity

Wisdom

Help King Solomon find his way to the Temple



START



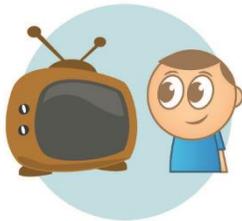
FINISH



Activity

Wisdom is a Treasure

Solomon asked God for wisdom. What are some of the things that give us God's wisdom? Draw a line to the treasure box.



Watching TV



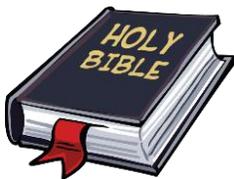
Abouna



Following sinners



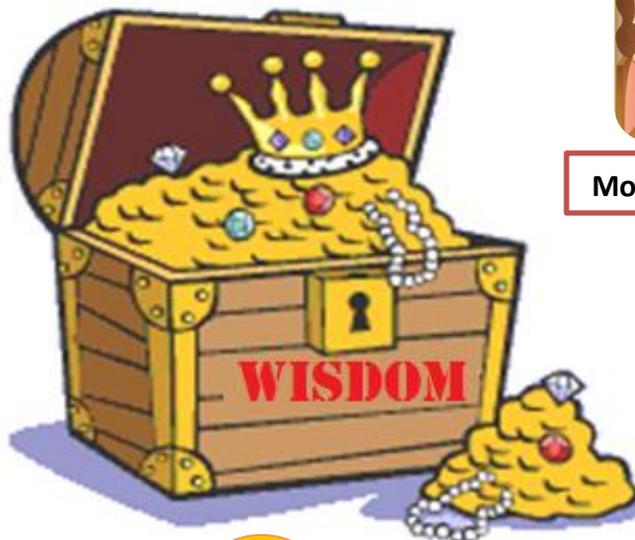
Prayer



Holy Bible



Mother and Father



Remember What the Lord Teaches Us

The Theotokos

St. Mary, the Mother of God

Understanding the doctrine of the Theotokos, the Mother of God teaches us about the principles of our sound faith and how to hold fast to it.



The story of St. Mary the Mother of God starts from the very beginning, when Adam and Eve sinned and didn't obey the Lord.

They were separated from God and needed someone to save them and their children from sin. God promised them He will be born from a woman and save them.

All people since Adam waited for the fulfillment of God's promise. Many prophets said that God will be born from a virgin (a girl who is not married). All girls wished to be the one who would carry the Lord in her womb.

Our Lord chose St. Mary. She was a humble and wise girl who loved God and showed love to everyone. She loved to pray and help others.



God sent her Archangel Gabriel who appeared to her and said:
**“And behold, you will conceive in your womb and bring forth a son,
and shall call his name Jesus.” (Luke 1:31)**

St. Mary was surprised because she wasn't married, the angel told her:
“the Holy Spirit will come upon you, and the power of the Highest will overshadow you, therefore, also that Holy One who is to be born will be called the Son of God.”

St. Mary obeyed God with all humility. God who created everything chose to be born from her because of her humility.

The angel also told her about St. Elizabeth her relative who was also going to have a son. As soon as she heard the great news, the Mother of God was so humble that she quickly went to serve St. Elizabeth.



When St. Mary entered the house of St. Elizabeth and greeted her something strange happened, the baby in St. Elizabeth's womb leaped with joy. St. Elizabeth was filled with the Holy Spirit and she knew that St. Mary was carrying the Lord Jesus Christ in her womb saying:

**"But why is this granted to me,
that the mother of my Lord
should come to me?"**

Luke 1:43

This proves that St. Mary truly is the Mother of God. St. Mary praised and thanked God saying:

"Henceforth, all generations will call me blessed". Luke 1:48

We glorify St. Mary, the Mother of God until this day.



- ❖ She gave birth to our Lord Jesus Christ in Bethlehem.
- ❖ She watched Baby Jesus grow.
- ❖ She witnessed His service until His crucifixion.
- ❖ When our Lord Jesus Christ ascended into Heaven she helped the disciples in their service until the day she departed on the 21st day of the Coptic month of Tobe (January 29).
- ❖ The Church celebrates and glorifies the Mother of God who carried the Creator of heaven and earth in her womb.
- ❖ Even the Lord Himself glorified her, He did not want to leave her holy body here on earth so He carried her body up to heaven.



We call St. Mary the **Theotokos** which means the Mother of God.

The Church honors her in many ways:

- ❖ We ask for her intercessions.
- ❖ We say her name before the angels and saints in our prayers.
- ❖ We place her icon to the right of the altar door on the Iconostasis (icon holder).
- ❖ We sing many praises and hymns for her.
- ❖ The Church arranged a prayer to say before the Orthodox Creed saying: **“We exalt you the Mother of the true Light”**.

We love St. Mary so much in our Church and everything we do shows her honor.



Color the Picture



“Henceforth, all generations will call me blessed”. Luke 1:48



The Theotokos



Find the words in the word search.

P S E D E E E G W B Q O K E J
 L R Q S L V A V F L T B E N W
 G J O B I B R P E E M E F O G
 Y Y M P R M R E H S A Y T I E
 Z U Z I H A O T S S D O I S T
 H W E P Y E E R M E A W G S I
 Y L L Z J B T L P D A S Q E R
 S E S I A R P S O S N W Q C I
 H C N Z Z P D M Y V G K W R P
 K O I S U S E J O O E R O E S
 S L R V Y Y G C H T L T H T V
 E T H E O T O K O S H O Y N J
 Z D A L E A P E D Z N E S I W
 H O L Y O Q S F H O L M R J S
 Z G N N Q Z L J R P W R C H R

- Adam
- Angel
- Blessed
- Elizabeth
- Eve
- Gabriel
- God
- Help
- Holy
- Honor
- Humble
- Intercession
- Jesus
- Leaped
- Love
- Mother
- Obey
- Praises
- Pray
- Promise
- Prophets
- Serve
- Son
- Spirit
- Theotokos
- Wise

Keep the Faith

St. John the Beloved and his Discipleship

Synaxarium – the 4th day of the Coptic Month of Tobe (January 12)

The story of St. John the beloved teaches us about discipleship and to keep the sound faith that we received from the Lord Jesus Christ Himself.

St. John and his brother St. James, the sons of Zebedee were fishermen from a town called Bethsaida. St. John was one of the disciples of St. John the Baptist. One day, St. John and his brother St. James were fishing and the Lord Jesus Christ “called them” **Matthew 4:21**. The two brothers left everything and followed the Lord Jesus Christ and became His disciples.



St. John loved the Lord so much. He listened and learned all the teachings of the Lord Jesus Christ and witnessed many miracles.

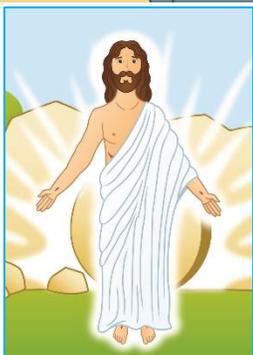


St. John was faithful in his love to the Lord Jesus Christ.

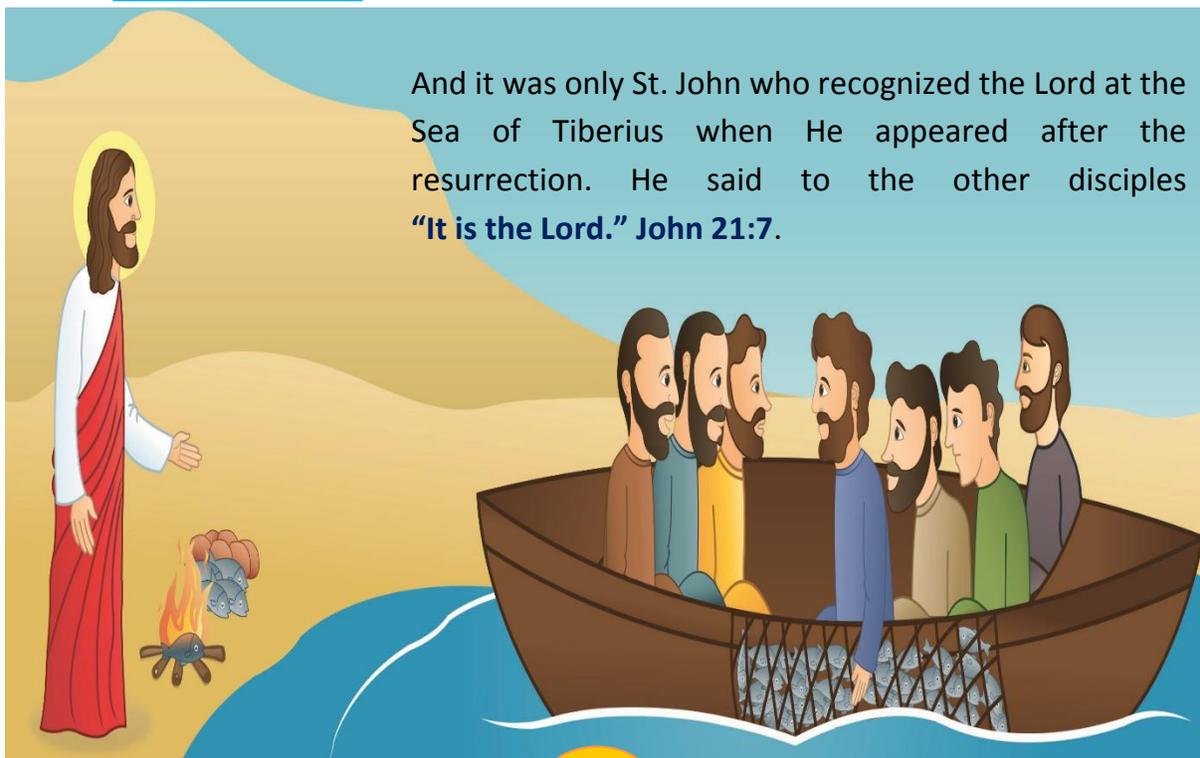


He followed Him everywhere even to the cross, others left the Lord Jesus Christ but St. John never left Him.

At the Cross, the Lord asked him to take care of His mother St. Mary and told St. John: **“Behold your mother”**. And to St. Mary **“Behold your son”**. And from that hour, St. John took her to his own home and cared for her.



St. John and St. Peter were the 2 disciples who went to the tomb of our Lord Jesus Christ early in the morning on the day of His resurrection.



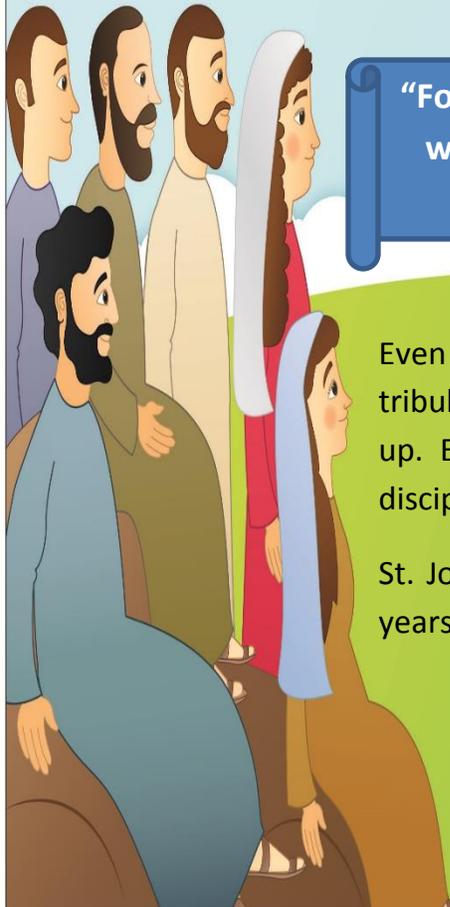
And it was only St. John who recognized the Lord at the Sea of Tiberias when He appeared after the resurrection. He said to the other disciples **“It is the Lord.” John 21:7.**

After the Lord's ascension into Heaven, the disciples received the Holy Spirit and they began telling others about our Lord Jesus Christ.

St. John preached first in Jerusalem and the surrounding areas. He was a very faithful disciple, he taught the people exactly what he learned from the Lord Jesus Christ.

He cared for St. Mary until she departed to heaven. After her departure, St. John left Jerusalem and went to Asia Minor. There, He talked to the people about our Lord Jesus Christ and many people believed in the Lord and were baptized.

St. John had many disciples. He ordained many bishops and priests to continue preaching the doctrines of our Lord Jesus Christ, exactly as the Lord taught them.



“For I received from the Lord that which I also delivered to you.”
1 Corinthians 11:23

Even though St. John faced many difficulties and tribulations during his preaching, he never gave up. Even when he grew too old to walk, his disciples carried him to the church.

St. John departed to heaven when he was 100 years old.



We call St. John the **Apostle of Love** or **St. John the Beloved** because He always taught his disciples to love one another as our Lord Jesus Christ commanded us.



Color the Picture



“He called them, and immediately they left the boat and their father, and followed Him.” Matthew 4:21



Activity

St. John the Beloved



Use the clues to find the answer

- 1 The brother of St. John M
- 2 The job of St. John and his brother R
- 3 The place St. John and his brother were from B
- 4 He "called them" U
- 5 Followers of the Lord Jesus Christ P
- 6 St. John learned this from our Lord Jesus Christ C
- 7 In his Love for Christ F
- 8 Where the Lord asked St. John to take care of His mother S
- 9 St. John went there on the day of Christ's resurrection B
- 10 The name of the sea where St. John recognized the Lord R
- 11 After this, the disciples received the Holy Spirit N
- 12 Where St. John first preached J
- 13 What the people did after St John preached to the people Z
- 14 Where the disciples carried St. John when he grew too old to walk H
- 15 Where St. John went when he departed V

Unscramble the letters in the highlighted boxes for the answer.

What the bishops and priests that St. John ordained continue to preach?

of our Lord Jesus Christ									

Live What the Church Teaches Us



The Sacrament of Priesthood

The role of the Priest in the Church

By learning the role of the priest in the church we learn how to enjoy Heaven on Earth by living the spirituality of the Church rites.

Our Lord Jesus Christ set a system for the Church to show us the way to heaven. He gave us the Priest (Abouna) as our leader. **The Sacrament of Priesthood** began when He called the 12 disciples.

“He had called His twelve disciples, He gave them power.” (Matthew 10:1)

The priest is chosen and called by God to teach us and lead us in the church. Without the Sacrament of Priesthood, we cannot practice any other Sacrament of the Church. We call the Priest Father (Abouna) because he cares for us, he visits the sick, helps those in trouble and supports those who are alone.

Let's learn the role of Abouna in each of the 7 sacraments of our Church:

1. The Sacrament of Baptism:

Abouna puts the baby in water 3 times saying, in the name of the Father, the Son and the Holy Spirit. **Baptism** washes away the original sin of Adam and Eve. Through baptism we become Christian, a child of God.

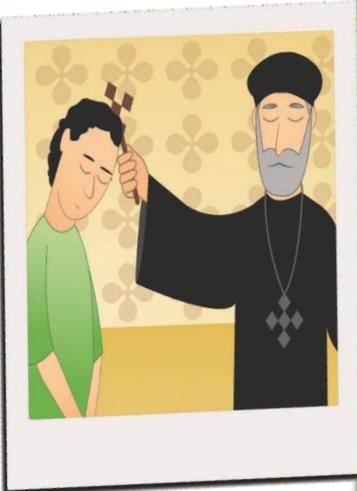


2. The Sacrament of Confirmation

(Myron):

After Baptism, the priest anoints the baby with 36 crosses all over the body using the **Holy Myron Oil**. When we are anointed every part of our body becomes God's, and His Holy Spirit lives in us. As children of God we must do everything to please God.





3. The Sacrament of Repentance and Confession:

We are granted the forgiveness of our sins (the deeds we do that do not make our Lord happy) through **Repentance and Confession**.

- ❖ First, we **repent** and promise God not to do these wrong deeds again.
- ❖ Then, we **confess** our sins to a priest telling him what we did wrong.
- ❖ Finally, the priest prays the absolution prayer telling the confessor that God **absolves** (forgives) our sins.

4. The Sacrament of the Eucharist (Communion):

After Confession, the heart becomes clean and pure and we are now ready to partake of the **Holy Communion**, to have the Lord inside us. Abouna prays the Liturgy and we take the Holy Body and Blood of our Lord Jesus Christ. Through Communion we become one with God.



5. The Sacrament of the Unction of the Sick:

The Holy Bible says:

**“Is anyone among you sick?
Let him call for the elders of the church,
and let them pray over him,
anointing him with oil
in the name of the Lord.” James 5:14**

When someone is sick the priest prays for the sick and anoints them with oil and prays to the Lord to heal them.



6. The Sacrament of Holy Matrimony:

When a man and woman get married the priest prays for the bride and groom to be filled with the Holy Spirit and bless their marriage. After marriage, they become one body and form a small church in their own house.



7. The Sacrament of Priesthood:

This sacrament is needed to practice all the other Sacraments.

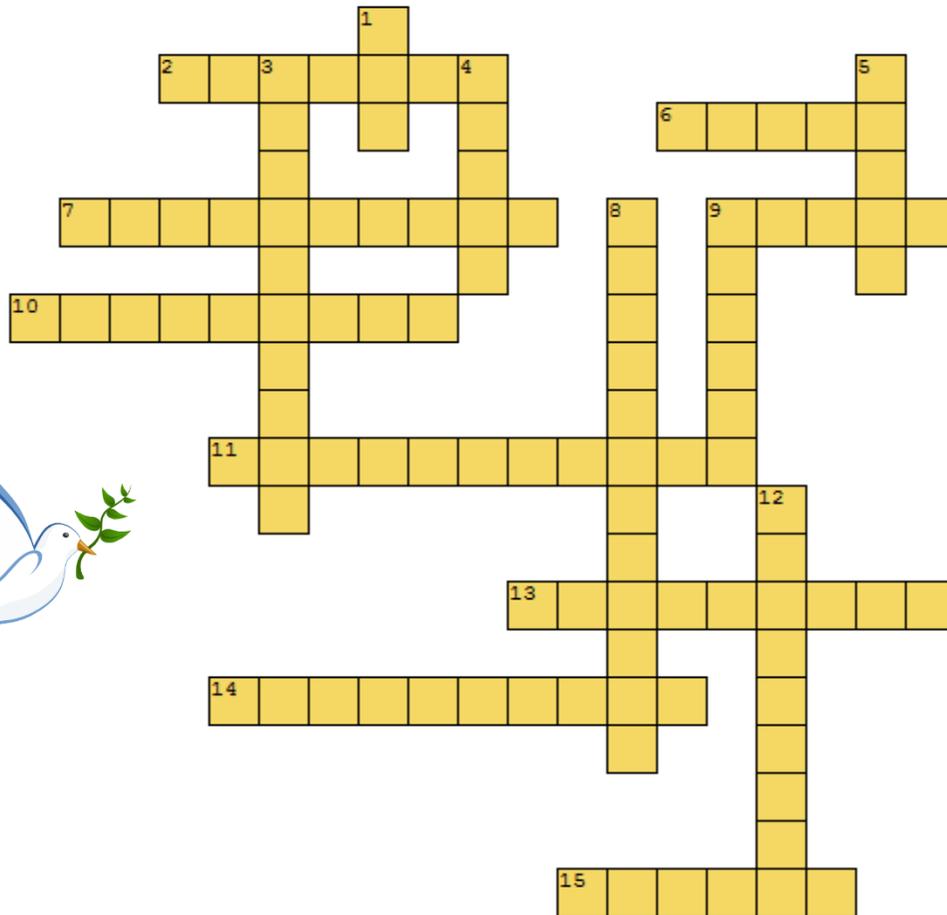
This shows us the importance of the priest in the **7 Sacraments of our Church**. We must always obey our beloved Father the priest, the leader of our Church.



Activity

The 7 Sacraments

Complete the crossword puzzle



Across

- 2. The priest puts the baby in the water
- 6. Number of times the priest puts us in the water
- 7. When the heart becomes clean and pure
- 9. "He gave them _____"
- 10. Children of God
- 11. Lives in us
- 13. Sacrament when the priest prays for the bride and groom
- 14. Prayer telling the confessor that God forgives our sins
- 15. Promise God not to do the sins we did

Down

- 1. Anointed on a sick person
- 3. This Sacrament began when the Lord called the 12 disciples
- 4. The oil used in the Sacrament of Confirmation
- 5. Number of Sacraments in our Church
- 8. The priest anoints the baby 36 times
- 9. We go to him to confess our sins
- 12. We become one with God

Show God's Love to All

Abba Pachomius

The Father of the Koinonia (The Communal Life)

Synaxarium- the 14th day of the Coptic Month of Bashans (May 22)

The story of St. Pachomius, the father of the Koinonia (the communal life) teaches us that helping others and treating them well can make a difference.

Abba Pachomius was born from pagan parents, they didn't worship God, they worshipped idols, which Abba Pachomius didn't like at all. He was a soldier in the army. One day he travelled very far with his army and they reached a city called Esna in Egypt. When they stopped to rest and eat, something happened that changed the life of Abba Pachomius forever.



The people living in this city generously offered all the soldiers food and drinks. The soldiers were really surprised at how generous they were. The people were Christians and they told them the Lord taught them to love and care for everybody.



Because of the love and service of the people of Esna to the soldiers, St. Pachomius decided to convert to Christianity. The people of Esna were a role model to those around them.

“In all things showing yourself to be a pattern of good works.” (Titus 2:7)

Abba Pachomius stayed in Esna for 3 years serving all people in love. Then he became a monk with St. Palamon and spent most of his time praying and reading the Holy Bible.

A **monk** is a person who loves our Lord Jesus Christ so much and likes talking to God all the time that leaves everything and lives in a monastery. At that time, monks didn't have a system and each monk lived alone in a cave.



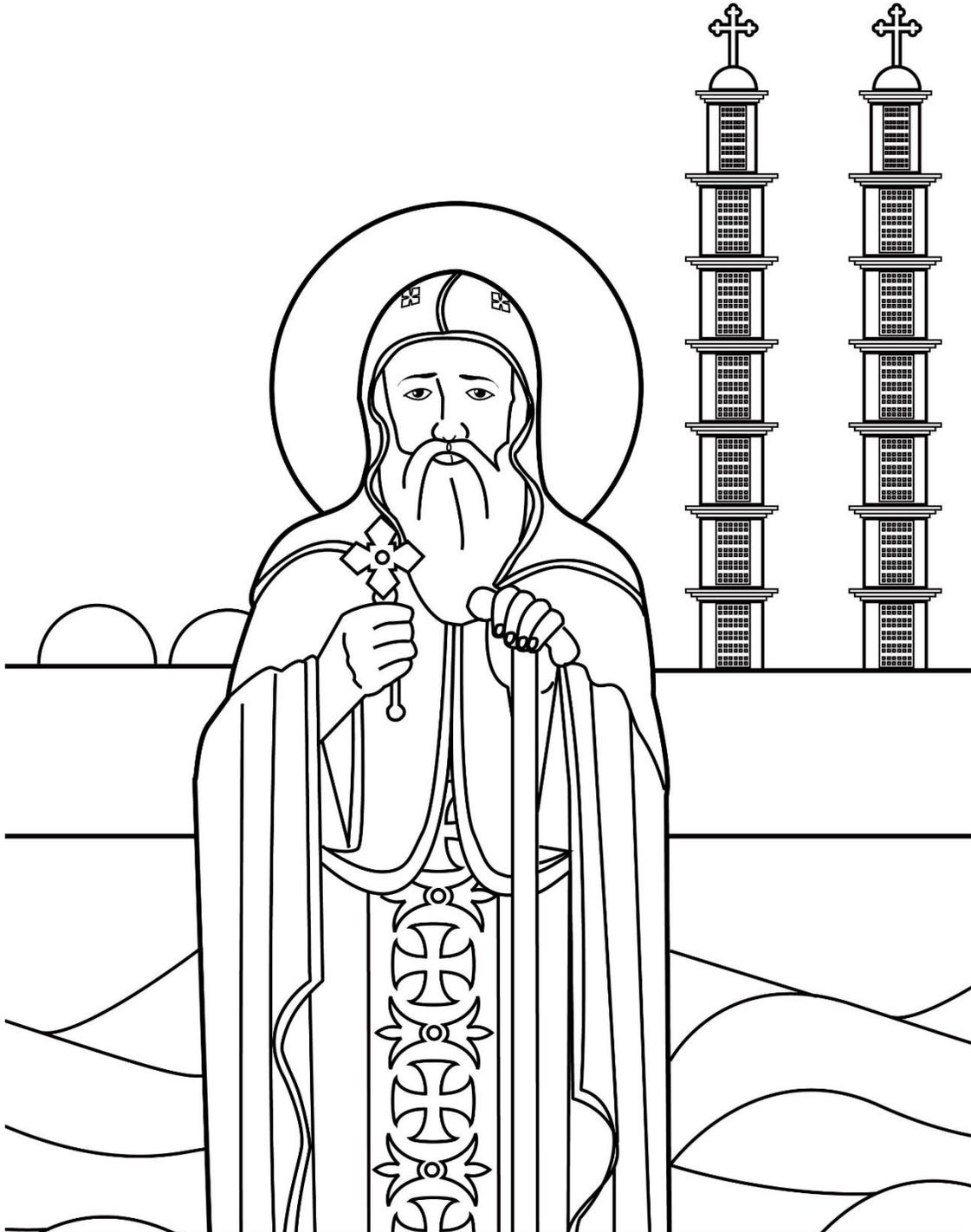
One day Abba Pachomius was collecting wood and suddenly an angel appeared to him. The angel commanded him to establish a new monastic system and called it the **communal system** for the monks. He built a monastery for the monks where they gathered together to pray, eat and work together.

The church calls **Abba Pachomius the Father of the Koinonia** (communal life) because he established the communal system for monks.

Truly, when we help others in love, this will make others change to the better.



Color the Picture



"In all things showing yourself to be a pattern of good works."

(Titus 2:7)

Memorization

1. "Take heed to yourself and to the doctrine"
1 Timothy 4:16

2. "I am..."

"I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst." John 6:35

"I am the way, the truth, and the life.
No one comes to the Father except through Me." John 14:6

3. Introduction to the Creed

We exalt you, the Mother of the true Light.
We glorify you, O saint, the Theotokos (Mother of God),
for you have brought forth unto us the Savior of the whole world;
He came and saved our souls.



Glory be to You, our Master, our King, Christ,
the pride of the apostles, the crown of the martyrs,
the joy of the righteous, the firmness of the churches,
the forgiveness of sins.



We proclaim the Holy Trinity in one Godhead.
We worship Him. We glorify Him.
Lord have mercy. Lord have mercy. Lord bless us. Amen.

Coptic

Coptic Alphabet

Know the shape and name of the letter and one way to pronounce each letter

Letter	Name of Letter	Pronunciation	Letter	Name of Letter	Pronunciation
Ⲁⲁ	Alpha	A	Ⲡⲡ	Pee	P
Ⲃⲃ	Veeta	B, V	Ⲣⲣ	Ro	R
Ⲅⲅ	Gamma	G, N, Gh	Ⲇⲇ	Seema	S, Z
Ⲉⲉ	Delta	D, Th (the)	ⲉⲑ	Tav	T
Ⲋⲋ	Eyy	E	ⲓⲔ	Epsilon	V, I, (oo)
Ⲍⲍ	So-oo	number 6	ⲕⲛ	Fey	F
ⲏⲐ	Zeeta	Z	ⲍⲎ	Key	K, Kh, Sh
Ⲓⲓ	Eeta	Ee	ⲏⲑ	Epsee	Ps
ⲕⲖ	Theeta	Th (think), T	ⲓⲔ	O-Long	Oo
ⲗⲘ	Yota	I, Y	ⲕⲛ	Shai	Sh
ⲙⲎ	Kappa	K	ⲏⲑ	Fai	F
Ⲑⲑ	Lavla	L	ⲓⲔ	Khai	Kh
Ⲓⲓ	Mey	M	ⲕⲛ	Hori	H
ⲕⲛ	Ney	N	ⲏⲑ	Ganga	G, J
ⲓⲔ	Eksee	Ks	ⲓⲔ	Cheema	Ch
ⲏⲑ	O-Short	O	ⲕⲛ	Tee	Tee

Nature



Bo tree

Letter	B	o
Name of Letter	veeta	o-long
Pronunciation	v	oo



Ph sun

Letter	P	H
Name of Letter	ro	eeta
Pronunciation	r	ee



loz moon

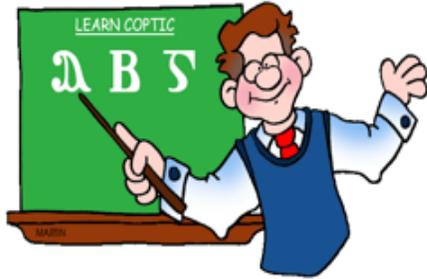
Letter	l	o	z
Name of Letter	yota	o-short	hori
Pronunciation	l	o	h



Cior star

Letter	C	i	o	r
Name of Letter	seema	yota	o-short	epsilon
Pronunciation	s	i	o	u

At School



Ⲙⲁⲥ teacher

Letter	Ⲙ	ⲁ	Ⲏ
Name of Letter	seema	alpha	khai
Pronunciation	s	a	kh



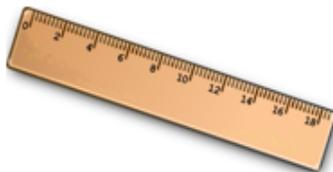
Ⲭⲱⲙ book

Letter	Ⲭ	ⲱ	ⲙ
Name of Letter	ganga	o-long	mey
Pronunciation	g	oo	m



Ⲙⲁⲩ pencil

Letter	Ⲙ	ⲁ	ⲩ
Name of Letter	kappa	alpha	shai
Pronunciation	k	a	sh



ⲬⲱⲙⲐ ruler

Letter	Ⲙ	ⲱ	ⲙ	Ⲑ
Name of Letter	ksi	o-short	mey	eeta
Pronunciation	k + s	o	m	ee

Family

Πατωτ my father

Letter	Π	α	ι	ω	τ
Name of Letter	pi	alpha	yota	o-long	tav
Pronunciation	p	a	i	oo	t



Ταμαρ my mother

Letter	Τ	α	μ	α	ρ
Name of Letter	tav	alpha	mey	alpha	epsilon
Pronunciation	t	a	m	a	v



Πασον my brother

Letter	Π	α	σ	ο	ν
Name of Letter	pi	alpha	seema	o-short	ney
Pronunciation	p	a	s	o	n



Ταωνι my sister

Letter	Τ	α	σ	ω	ν	ι
Name of Letter	tav	alpha	seema	o-long	ney	yota
Pronunciation	t	a	s	oo	n	i

The Lord's Prayer

Χε Πενιωτ ετ δεν νιφνοϋι	Our Father who art in heaven
μαρεϋτοϋβο ηχε πεκραν	hallowed be Thy name
μαρεσι ηχε τεκμετοϋρο	Thy kingdom come
Πετερνακ μαρεϋωπι	Thy will be done
ιφρητ δεν ιτφε	on earth as it is in
νεμ ριχεν πικαρι	heaven
Πενωικ ητε ραϋτ	Give us this day our
μηϋ ναν ιφοοϋ	daily bread
Οτοϋ χα μηετερον ναν εβολ	and forgive us our
ιφρητ ρων ητενω εβολ	trespasses
ηνηετε οτον ηταν ερωοϋ	as we forgive
Οτοϋ ηπερεντεν εδοϋη επιραϋμοϋ	those who trespass
αλλα ναρμεν εβολ ρα πιπετρωοϋ	against us
ηεν ΠιΧριϋτοϋ Ιηϋοϋϋ Πενβοικ	and lead us not into
Χε θωκ τε	temptation
Ϛμετοϋρο νεμ τχομ νεμ πιωοϋ	but deliver us from
ωα ενεϋ αμην	the evil one
	In Christ Jesus
	our Lord
	For Thine is
	the kingdom, and the
	power and the glory
	forever, Amen



Hymns & Rituals



1. ΔΑΛΛΗΛΟΥΙΑ ΦΑΙ ΠΕΠΙ

Rites: The hymn ΔΑΛΛΗΛΟΥΙΑ ΦΑΙ ΠΕΠΙ is chanted after the Procession of the Lamb on all Feasts and Non-fasting days.

Alleluia.

This is the day which the Lord has made,
let us rejoice and be glad in it.

O Lord save us,

O Lord straighten our ways.

Blessed is He who comes in the name of
the Lord. Alleluia.

ΔΑΛΛΗΛΟΥΙΑ:

ΦΑΙ ΠΕ ΠΙΕΞΟΥΝ ΕΤΑ ΠΒΟΙΣ ΘΑΜΙΟΓ:
ΜΑΡΕΝΘΕΛΗΛ ΗΤΕΝΟΥΝΟΓ ΜΜΟΝ ΗΔΗΤΓ:
Ε ΠΒΟΙΣ ΕΚΕΝΑΞΜΕΝ Ω ΠΒΟΙΣ
ΕΚΕΣΟΥΤΕΝ ΝΕΝΜΩΤΓ:
ΡΣΜΑΡΩΟΥΤ ΗΧΕ ΦΗΘΕΘΗΝΟΝ ΔΕΝ ΦΡΑΝ
ΜΠΒΟΙΣ: ΔΑΛΛΗΛΟΥΙΑ

2. Introduction to the Doxologies for Great Lent Weekends

Rites: The word “doxology” means “a praise to God.” The Doxologies are prayed during Vespers, Matins and the Midnight Praise of every Liturgy. The last two verses of the Introduction to the Doxologies can be said in a different tune depending on the season.

Hail to you, O Virgin;
the right and true Queen.

Hail to the pride of our race;
who bore to us Immanuel.

We ask you to remember us;
O our faithful advocate;
before our Lord Jesus Christ;
that He may forgive us our sins.

Χερε νε ω τπαρθενος:

τονω μμηι ηαληθινη:

Χερε ηωουωου ητε πενθενος:

αρεχο ναν ηεμμανουηλ.

Τεντσο αριπενμενι:

ω τπροστατης ετενσοτ:

ναζρεν Πενβοις Ιησουε Πιχριστοε:

ητερχα νεννοβι ναν εβολ.

Group Hymn

3. Amen Amen Amen

Rites: The hymn of Amen Amen Amen is chanted in the Liturgy of the Faithful after the institution narrative.

Amen. Amen. Amen.

Your Death, O Lord, we proclaim;
Your holy Resurrection and Ascension
into the heavens, we confess.

We praise You, we bless You,
we thank You, O Lord, and we entreat
You, O our God.

Δμην αμην αμην:

Τον θανατον σου Κυριε

καταγγελομεν:

κε την ανσταση σου αναστασιν κε την
αναληψιν σου εν της ουρανιε σε
ομολογουμεν.

σε ενουμεν σε ευλογουμεν σε

ευχαριστουμεν Κυριε:

κε δεόμεθα σου ο θεοε ημων.