



My Church

Grade 3-4

Spirit & Life



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HIS HOLINESS POPE TAWADROS II



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



Spirit and Life

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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

Spirit and Life



St. Mark's Festival 2020 Anthem

My precious Church

Heaven on earth

A fortress in the world

A refuge for all. (x2)

Since Adam humanity's fallen

Separated from our calling

But Christ came, died and rose

And through Him we were restored. (x2)

My Church you are my strength

Treasury of heavenly wealth

(Sound doctrine, living rites

Leading us to the light) (x2)

House of God, a fruitful vine

My Church, spirit and life (x3)

My Church, the Fruitful Vine

The Church is the body of Christ

Learning about that the Church is the body of Christ teaches us the joy of our Church.

Write down the verses:

This verse tells us that the Church is the body of our Lord Jesus Christ:

Ephesians 1:22-23: _____

This verse tells us that the Lord Jesus Christ is the head of the Church:

Ephesians 5:23: _____

This verse tells us that the children of God are the members of the body of Christ.

1 Corinthians 12:27: _____

To understand what “the church is the body of Christ” means, first we need to understand what the Church is.

What is the Church?

The Church is the **congregation of the believers** gathered in the **house of God** that is consecrated (consecrated means anointed with Myron Oil) led by the **clergy** (pope, bishops, priests and deacons) in the presence of **angels** and **saints** gathered around the **Holy Body and Blood of the Lord**.

This means we are all together, the children of God are the church- His body and the Lord Jesus Christ is the head of the body.

Just as there can be no body without a head, there can be no church without Christ.

Just as each member of the body are connected, God’s children are connected to the head -the Lord Jesus Christ.



“the Church is the body of Christ”

The Holy Bible explains it to us in these verses:

1. The membership in the body of Christ starts from the day we are baptized.

“We were all baptized into one body”

1 Corinthians 12:13



2. Each of God’s children have a role in the body of Christ that distinguishes them from others. And every member needs the other members, they complete each other.

The Church can’t be only priests, only deacons or only the congregation. We each have a talent that is important and benefits other members.

“But now indeed there are many members, yet one body. And the eye cannot say to the hand, I have no need of you; nor again the head to the feet, I have no need of you.” 1 Corinthians 12:20-21



3. Each member of the body of Christ cares for other members. When someone is sick, others pray for them and visit them. Also, when a member has a joyous occasion we pray and visit them, sharing their joy with them.

“And if one member suffers, all the members suffer with it.”

1 Corinthians 12:26

“Rejoice with those who rejoice, and weep with those who weep.” Romans 12:15



“the Church is the body of Christ”

The prayers and rites of the Church explain it:

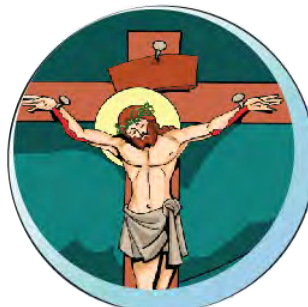
1. The people gather for church prayers and pray together in one spirit in the Liturgy, Praises, Agpeya prayers and other prayers of the church.

The Church prays for each of her members:

- a. **Raising of Incense (Vespers and Matins):** We remember those who can't attend the prayers in the Litanies of the sick and the travelers (Matins), and the departed (Vespers).
- b. **We pray for the students.**
- c. **The Commemoration of the Saints:** We remember the saints who are in heaven (the victorious church) along with us here on earth (the striving church).



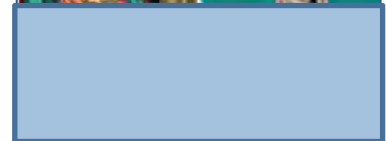
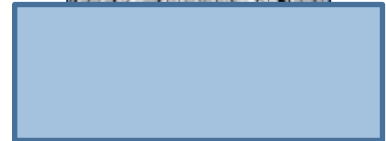
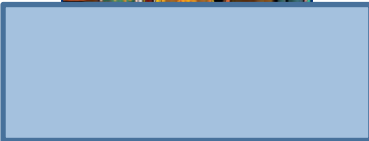
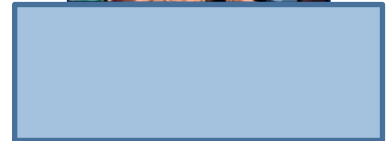
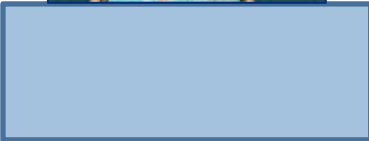
2. **Fasts and Feasts:** The Church arranged times of fasting for all the members to fast and pray together, then celebrate together with one spirit. As one body we fast the Nativity fast, the Great Lent, the Fast of the Apostles, and other blessed fasts throughout the year.



One Body

“the Church is the body of Christ”

What are some ways we are all one body in Christ?



The Lord Protects our Church

Gideon the Judge

Judges 6 & 7

The story of Gideon the Judge teaches us that God protects His children and always watches over us.

After the people of Israel came out of Egypt and settled in the Promised Land, they left God and worshiped idols. When they left God, their protector; the enemies conquered them and made them slaves. When they saw this, they repented and prayed to God to save them. He heard them and sent them a judge (a leader to save them from slavery). But as soon as they felt safe, they forgot God again. The same thing repeated for about 400 years, and God sent them many judges.



Gideon was one of the judges God sent to Israel. He was from the tribe of Manasseh, the youngest among his brothers. His name means wrestler.



The Midianites enslaved the Israelites for 7 years. The people of Israel escaped to the mountains and cried to God to save them. God had mercy on them and sent Gideon to save them from the Midianites.

The Angel of the Lord (God) appeared to Gideon when he was threshing wheat in the winepress to hide it from the Midianites and said: **“The Lord is with you, you mighty man of valor!”** Judges 6:12 and asked him to **“Go in this might of yours, and you shall save Israel from the hand of the Midianites, Have I not sent you?”** Judges 6:14 **“Surely I will be with you.”** Judges 6:16



To make sure that it was God who was speaking to him, Gideon brought an offering to set before Him. Gideon prepared a young goat and unleavened bread and set them on a rock and poured broth over them as God asked him.



Then the Angel of the Lord touched it with the end of His staff and fire rose out of the rock and consumed the offering. Gideon knew that it was God who was speaking to him and built an altar for the Lord in that place.

Then God asked Gideon to tear down the altar of Baal (the idol) that was in his father's house and build an altar for the Lord in its place and offer a sacrifice to the Lord; and Gideon obeyed.

One day, the Midianites gathered their army for war. Gideon wanted God to show him that He will help him save Israel. Gideon placed a piece of fleece (or lamb's wool) on the ground and asked God to make the fleece wet and the ground around it dry. God did just as Gideon asked. Gideon asked the Lord to do this again this time to make the ground wet and the fleece dry; and God did so. Gideon knew that God wanted him to fight the Midianites



Then Gideon started gathering an army to face the 135 thousand soldiers of the Midianites. He gathered 32 thousand, but God said: "The people you have are too many, lest they claim that by their own power they were saved. Whoever is afraid, let them return home." 22 thousand went to their homes and 10 thousand remained.



God saw that the people are still too many, so He told Gideon to bring them down to the water and watch how they would drink. Gideon did so, and whoever used their hands to drink were separated from those who brought their mouths down to the water. Those who used their hands were 300 men, God chose them to fight the Midianites.



He divided them in 3 groups of 100 each and put trumpets and empty pitchers with torches in everyone's hands, and they were stationed around the camp of the Midianites.



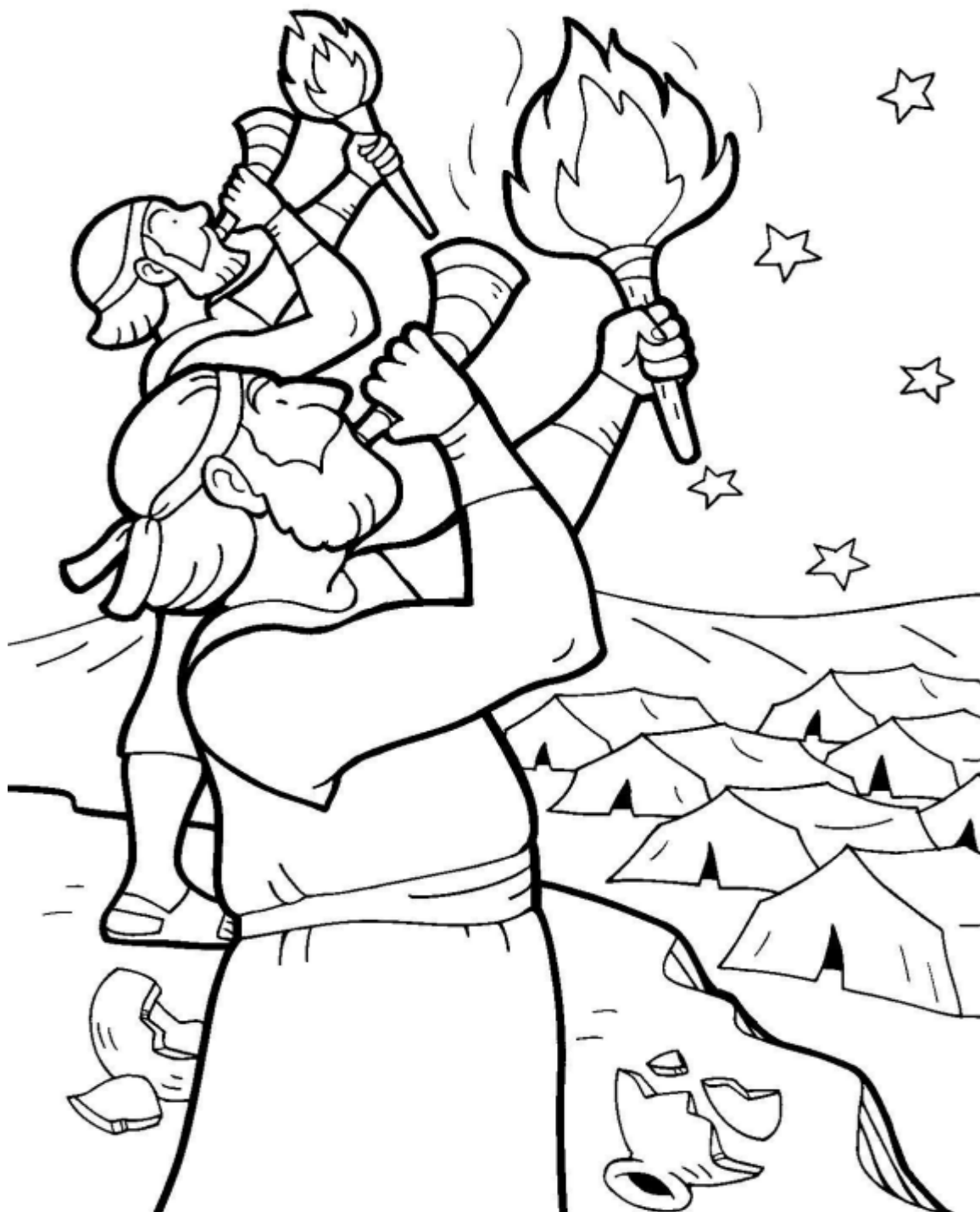
At night, the first group held torches in their hands, blew their trumpets and broke the pitchers, the other 2 groups did the same. This loud noise made the Midianites believe that there was a big army and they started fighting among themselves and tried to escape; but the people of Israel gathered and went after them and defeated them and took over their watering places.



It is not by their own power that they won, but by the power of our Lord, their king and shepherd who protects them from all dangers, just like He does with us!



Gideon is Brave



“The Lord is with you, you mighty man of valor!”

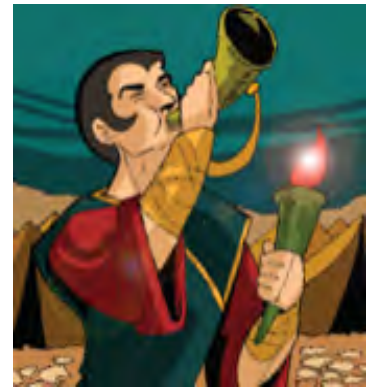
Judges 6:12

What should you do?

God chose Gideon to save His people. This seemed like a hard thing to Gideon, but he did something that helped him trust in God.

In the word pairs below, one word has a letter that is not in the other word. Write the extra letter you find in the squares. They will spell 3 words that will tell you what Gideon did, and what you can do when you are facing a tough job.

1. You can find me in PINK but not in KIN.
2. You can see me in DROP but not in POD.
3. I'm right there in READ but not in RED.
4. See me in YOWL but not in LOW.
5. Find me in THEN but not in HEN.
6. I am in COAT but not in CAT.
7. Here I am in GEAR but not in ARE.
8. I'm found in BOAT but not in BAT.
9. Now I'm in DONE but not in ONE.



1	2	3	4
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5	6
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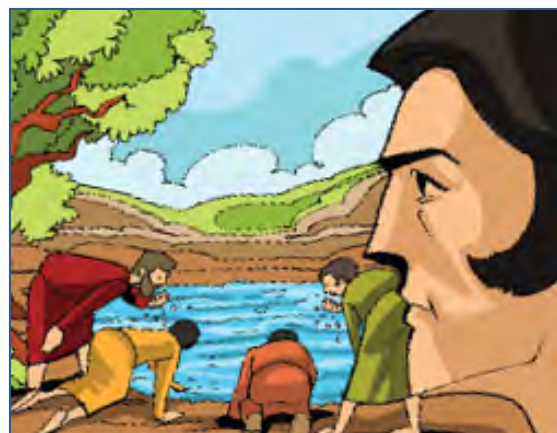
7	8	9
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Activity

Gideon, the Judge

1. Where did the people of Israel settle after they left Egypt? _____
2. Who did God send to the people to help them? _____
3. What tribe was Gideon from? _____
4. What does Gideon's name mean? _____
5. Who appeared to Gideon? _____
6. What rose out of the rock and consumed the offering? _____
7. What did Gideon build in the place of his offering? _____
8. What did Gideon put on the ground? _____
9. How many men used their hands to drink? _____
10. What did each group put in their hands to fight the Midianites?



The Church is Well Rooted and Strong

St. Timothy and his wife St. Mora

Synaxarion- 5th day of the Coptic Month of Hathor (November 14)

The story of St. Timothy and wife St. Mora teaches us about the heroes of the Church that keep our Church strong.

Our Church has strong roots, like the saints who preserved the faith for us.

St. Timothy was a deacon in the city of Ansenia. St. Timothy and his wife, St. Mora were good Christians and always attended the church prayers. St. Timothy took care of the church books and used to print more copies of them.

Emperor Diocletian ordered to persecute Christians, burn their books and force them to worship idols. Arianus, the governor of Ansenia, brought St. Timothy and ordered him to bring the books of the church to burn them, and to offer incense to the idols. St. Timothy refused and said, "These books are like my children, is it possible for a father to give his own children to the enemy?"



The governor became angry and ordered to torture St. Timothy. He prayed to our Lord Jesus Christ to help him and strengthen him. However, persecution did not change his mind; so Arianus brought his wife to convince St. Timothy. Instead, St. Timothy reminded his wife of the words of the Gospel, eternal life that awaits them, and the crown of martyrdom.

"Be faithful until death, and I will give you the crown of life."

Revelation 2:10

St. Mora went to Arianus and declared her Christianity. She told him that she rather be martyred with her husband than worship idols. Arianus tortured St. Mora as well, she faced torture silently and bravely.

At the end, the governor ordered them to be crucified and they received the crown of martyrdom on the 5th day of the Coptic month of Hathor (November 14).





Name the Book

St. Timothy loved the books of the Church.

Write the name of the Church book next to the description.



Agpeya
(Book of Hours)



Lectionary
(Katamaros)



Euchologion
(Liturgy Book)



Antiphonary



Holy Pascha
Week Book



Synaxarion



Psalmody
(Book of Praises)

The book of prayers for the Holy Pascha Week.

The book of daily church readings, it includes 4 books – Standard (annual), Great Lent, Holy Pascha Week, and Holy 50 days.

The book of church feasts and fasts, including the biography of saints and martyrs.

The book of liturgical prayers - vespers and matins raising of incense, the three liturgies of Saints Basil, Gregory, and Cyril.

The book of daily prayers – Matins, 3rd, 6th, 9th, 11th, 12th, Midnight, and Veil.

Glorification and biography for the saints of the day.

An annual psalmody and one specifically for the month of Koiahk.

We are the Branches of the Church

St. Peter the Apostle

The story of St. Peter the Apostle teaches us that we should tell everyone what we know about the Lord Jesus Christ.

St. Simon Peter was one of the 12 disciples of our Lord Jesus Christ. He was born in Bethsaida and he was a fisherman. His brother St. Andrew was also a fisherman. St. Andrew introduced St. Simon to the Lord Jesus Christ. When St. Simon met with Him, the Lord Jesus Christ changed his name to Cephas, or Peter which means rock (from the Greek word Petra).



One day, the multitudes gathered around the Lord Jesus Christ by the Lake of Gennesaret, so He got into the boat of St. Peter.



While the Lord Jesus Christ was teaching the people, St. Peter and the fishermen were washing their nets after fishing all night without catching any fish.

Fill in the blank: St. Peter and his brother _____ were fishermen (John 1:40-42)

The Lord called Peter a fisher of _____ (Luke 2:10)

After the Lord Jesus Christ taught the people, He asked St. Peter to go into the deep and let down their nets. St. Peter obeyed Him although they had fished all night and caught nothing.

“Master, we have toiled all night and caught nothing; nevertheless at Your word I will let down the net.” Luke 5:5

They caught so many fish! St. Peter fell at the feet of the Lord Jesus Christ saying, **“Depart from me, for I am a sinful man, O Lord!”** And the Lord Jesus Christ said to him **“Do not be afraid, from now on you will catch men.”** Therefore, when they came to the shore, St. Peter left everything, followed Him and became His disciple.



One day the Lord Jesus Christ taught them about faith. The Lord Jesus Christ asked his disciples **“Who do men say that I am?”** They said: **“Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets.”** He said: **“But who do you say that I am?”** Then St. Peter answered and said, **“You are the Christ, the Son of the living God.”**



The Lord praised his faith saying:

“You are Peter, and on this rock I will build My church, and the gates of Hades shall not prevail against it.” Matthew 16:18

The Lord Jesus Christ teaches us that faith in the Lord Jesus Christ is the foundation of the Church. St. Peter had faith and believed that the Lord Jesus Christ is the Son of the living God. The Lord Jesus Christ always protects His Church!

Fill in the blank: After he denied Him, St. Peter _____ (Matthew 26:75)

The Holy Spirit came upon the disciples of the Day of _____ (Acts 2:1)

St. Peter learned a lot from our Lord Jesus Christ and knew His great love and acceptance to sinners who repent. At the time of the Lord Jesus Christ’s trial, St. Peter denied Him 3 times, but he repented, and God accepted his repentance. When the Lord appeared to the disciples after His resurrection at the Sea of Tiberias, He asked St. Peter **“Do you love Me?”** 3 times, and each time, he answered **“Yes, Lord, You know that I love You”**. Each time St. Peter said he loved Him, the Lord Jesus Christ responded saying **“Tend My sheep”**, giving him hope and showing him that his repentance is accepted.

After the Ascension of the Lord Jesus Christ, the Holy Spirit came upon St. Peter and the other disciples on the Day of Pentecost. This was the foundation of the first Church.



After the Holy Spirit came upon them, St. Peter preached to the people on the Day of Pentecost and told them to:

“Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.” Acts 2:38

They gladly received his word and were baptized, and about 3000 souls were added to the Church.

St. Peter continued preaching in Judea, Galilee, and Samaria. God was glorified and many miracles were made at the hand of St. Peter, such as healing Aeneas who was bedridden and raising Tabitha from the dead.

Fill in the blank: St. Peter healed _____ in Lydda. (Acts 9:32-35)

St. Peter raised _____ from the dead in Joppa. (Acts 9:36-42)



God also accepted the Gentiles (non-Jews) and brought them to the faith.



When St. Peter was in Joppa, he went on the housetop to pray, he became hungry and fell asleep. He saw heaven opened and a sheet with all kinds of animals on it. He heard a voice saying **“Rise, Peter; kill and eat”** but St. Peter answered, **“Not so Lord! For I have never eaten anything common or unclean”**. Then the voice said, **“What God has cleansed you must not call common.”**

This was God’s way of telling him to preach to the Gentiles; for as he was thinking about the vision, 3 men sent by Cornelius who were not Jewish, came and asked for him. The Holy Spirit told St. Peter to **“go down and go with them, doubting nothing; for I have sent them.”**

Indeed, St. Peter went and preached to Cornelius and his family who accepted the faith and were baptized, and the Holy Spirit came upon them.



St. Peter was a faithful servant of God who preached to many people and brought them to Christianity. He wrote 2 epistles to strengthen the believers.

St. Peter was martyred crucified head down. Our Coptic Church celebrates his feast on the 5th day of Epip (July 12).

Fill in the blank: St. Peter’s 2 epistles are from the _____ Epistles.

The disciples of our Lord Jesus Christ spread the faith as they received it from the Lord Jesus Christ Himself without any changes, additions or omissions. We too have a duty to keep the faith and teach it as we received it, unchanged!

We are the branches of the Church, we should help others know more about the Lord Jesus Christ, helping everyone go to heaven.



A Vital Church Grows

Read Acts 2:40-47, Fill in the blanks and find the words in the word search.

“And with many other words he testified and exhorted them, saying, “Be _____ from this perverse generation.” Then those who gladly received his word were _____; and that day about three thousand _____ were added to them. And they continued steadfastly in the apostles’ _____ and fellowship, in the breaking of _____, and in _____. Then _____ came upon every soul, and many _____ and signs were done through the _____. Now all who believed were together, and had all things in common, and _____ their possessions and goods, and divided them among all, as anyone had _____. So continuing _____ with one accord in the temple, and breaking bread from house to house, they ate their food with _____ and simplicity of heart, _____ God and having favor with all the people. And the Lord added to the _____ daily those who were being _____.”

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

A Taste of Eternity

The Holy Bread

Learning about the Holy Bread in the Church teaches us what eternity is like.

The Holy Bread (Korban) is used in the Divine Liturgy and by the descent of the Holy Spirit, it changes to the Body of the Lord Jesus Christ.

- Wheat is grinded as the Lord was **“wounded for our transgressions and bruised for our iniquities”** Isaiah 53:5



- The room where it is baked in is called Bethlehem/house of bread as the Lord was born in Bethlehem. He said about Himself, **“I am the bread of life”** John 6:35



- Wheat is kneaded with water into dough to become one bread. Water is a symbol of the Holy Spirit who unites all the members of the Church into the one body of Christ. **“For we, though many, are one bread and one body; for we all partake of that one bread.”** 1 Corinthians 10:17



- No salt is added since the salt’s purpose is to preserve food. But the bread that will become the body of Christ is without salt because His flesh did not see corruption.
 - Yeast is added to the dough. It symbolizes our sins that our Lord carried in His body for us. As yeast becomes ineffective with heat, our sins have no power on us since our Lord redeemed us on the cross and paid our debt.
 - It is baked on the same day of the liturgy while psalms are recited since psalms have many prophecies about the Lord Jesus Christ.



- It is called the Lamb since Christ is the Lamb of God who carries the sins of the world.
- The Lamb is chosen from an odd number of breads (3, 5, or 7) symbolizing the Lord Jesus Christ among the disciples whom He sent 2 by 2. The best one is chosen to become the Body of Christ.



- It is a circle like the Lord Jesus Christ who has no beginning or end.
- It has a big cross in the middle (a symbol of Christ) surrounded by 12 small crosses (a symbol of the disciples)
- The cross in the middle is called Spadikon symbolizing that the Lord is the center of His Church.
- It has 5 holes symbolizing the wounds of the Lord Jesus Christ; written around them in Coptic: Holy God, Holy Mighty, Holy Immortal (the praise of the Cherubim and Seraphim)



By the prayers of the liturgy, the Holy Spirit comes and the bread on the altar becomes the Body of our Lord Jesus Christ, and the wine becomes His Blood. Those who partake of them receive many blessings:

- **Forgiveness of sins:** “For this is My blood of the new covenant, which is shed for many for the remission of sins.” Matthew 26:28
- **Eternal Life:** “Whoever eats My flesh and drinks My blood has eternal life.” John 6:54
- **Abiding in Christ:** “He who eats My flesh and drinks My blood abides in Me, and I in Him.” John 6:56

Truly, the Church with all that is in it is like heaven on earth!





Activity

Our Beautiful Church

Our beautiful Church is full of treasures.

Fill in the blanks and match the number of each item to where it is in the church.

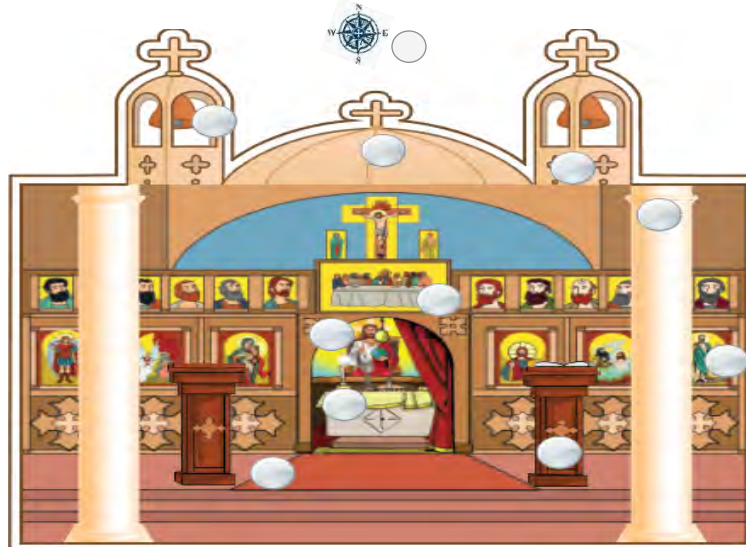
East

Tower

Bell

Pillars

Patron Saint of the Church



Iconostasis

Lectern

Sanctuary

Chorus

Bosom of the Father

- _____ : Every church has one or two. It is a tall building that can lead people to find where the church is.
- _____ : The Church is built upon them and there are 12 like the disciples of the Lord Jesus Christ.
- _____ : It is between the Sanctuary and the nave of the church. It declares that the Church is the image of heaven.
- _____ : On the right of the royal door, you'll find the icon of the Lord Jesus Christ, then St. John the Baptist, then the patron saint of the church.
- _____ : It is a few steps higher than the nave of the church where the deacons stand, and where you'll find the lectern, candles, and the bishop's seat.
- _____ : Alerts people that prayers are starting, it also rings when the bishop arrives. Joyous ring on feasts, and a different ring for funerals.
- _____ : The direction of prayer. Symbolizes our awaiting the second coming of the Lord Jesus Christ.
- _____ : The holiest place in the church, where the offering takes place.
- _____ : The reading books are placed on it.
- _____ : A semi-circular wall on the east side of the altar that has the icon of the Lord Jesus Christ on His throne. It symbolizes the open arms of God for the world.

God, the Creator of Everything

We learn that God is our heavenly Father,
God loves us so much and God created everything for us!



God is our heavenly Father, God loves us so much,
God created everything for us!

We see God in everything around us,
in all the amazing wonders He has created.

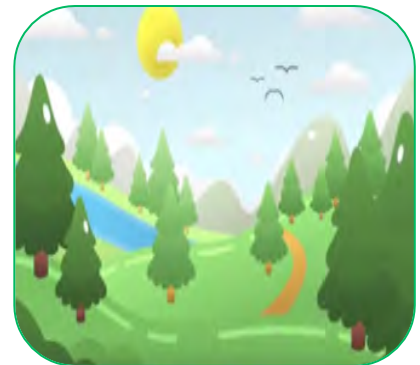
God created the whole world.

God said, **"Let there be light"; and there was light."** Genesis 1:3

The Holy Bible says, **"By the word of the LORD the heavens were made, And all the host of them by the breath of His mouth.... For He spoke, and it was done; He commanded, and it stood fast"** (Psalm 33:6,9).

Our God is amazing! Our God is an intelligent designer, He created a fantastic universe with everything in perfect order.

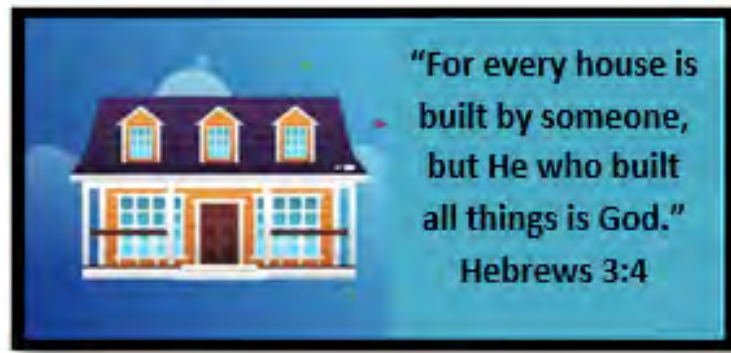
- **Look at the Earth:** it is the only known planet equipped with an atmosphere of the right mixture of gases to sustain plants, animals and human life.
- God created the earth at a perfect distance and a relative size to the sun. The Earth is located at the right distance from the sun. If the Earth were any further away from the sun, we would all freeze, and if we were any closer, we would burn up.
- 📖 **Look at the sky:** the blue sky which stands without any support.
- 📖 **Look at the birds:** they can fly. Humans learned how to design airplanes by studying birds.
- 📖 **Look at the sea:** God put boundaries to all the seas, oceans, and rivers.
- 📖 **Look at the creatures in the sea:** From tiny fish to huge whales, corals and fish of every color. Look at how they live and breathe in different ways than other mammals or insects.
- 📖 **Look at each animal:** God created them with different colors, attributes, and all nature lives in harmony... you name it, He made it!



- **Look at the organs of the human body:** Our brain processes more than a million messages a second. Our heart, how it pumps blood with each beat. Our eyes with all the lenses can distinguish among seven million colors, taking pictures each billionth of a second so you can see. Our tongue, this tiny muscle that can taste the food, speak and sing.



- Every human is born with a unique fingerprint, no two have ever had the same set of fingerprints. God created each human perfect and unique and we are all created in His image.
- With all man's knowledge and inventions (high-rise buildings, bridges, phones, and computers), if anything goes wrong with a tiny organ in our body, God gave humans the intelligence to fix it (medicine, doctors), this shows us how amazing God is!



The Holy Bible tells us about God!

God gave us the Holy Bible; it is God's word. Through the Holy Bible God speaks to us and teaches us about Himself.



- In the Old Testament, God spoke to many people and they heard His voice, like Moses, Abraham, Noah, Ezekiel, and many others.
- In the New Testament, many people saw our Lord Jesus Christ, the incarnate God, they heard His voice and saw the amazing miracles He did.

God is Creator of all things, He alone is worthy of all our love, praise, and worship.

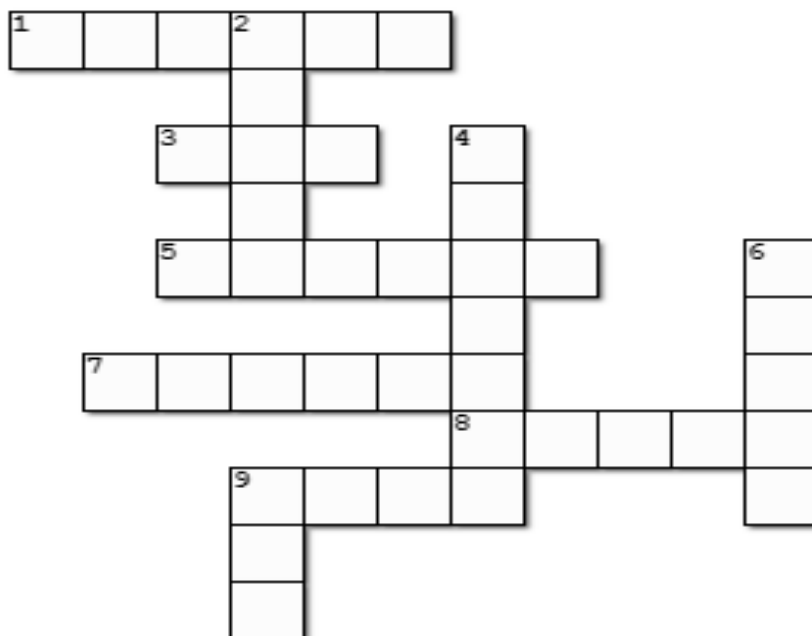
"The fool has said in his heart, "there is no God." (Psalm 14:1)



Creation



Read Genesis chapter 1 and complete the crossword



- 4 DOWN:** In the beginning God _____ the heavens and the earth. Genesis 1:1
- 7 ACROSS:** And the _____ of God was hovering over the face of the waters. Genesis 1:2
- 6 DOWN:** Then God said, "Let there be _____" Genesis 1:3
- 3 ACROSS:** God called the light _____ Genesis 1:5
- 5 ACROSS:** (on the second day) God called the firmament _____ Genesis 1:8
- 8 ACROSS:** And God called the dry land _____ Genesis 1:10
- 9 DOWN:** Then _____ made two great lights: the greater light to rule the day, and the lesser light to rule the night. Genesis 1:16
- 1 ACROSS:** So God created great sea creatures and every _____ thing that moves, with which the waters abounded, according to their kind, and every winged bird according to its kind. And God saw that it was good. Genesis 1:21
- 2 DOWN:** Then God said, "Let Us make man in Our _____, according to Our likeness Genesis 1:26
- 9 ACROSS:** Then God saw everything that He had made, and indeed it was very _____. Genesis 1:31

Memorization

The Sixth hour of the Agpeya (Sext)- The Gospel according to St. Matthew (Matthew 5:1-16)

And seeing the multitudes, He went up on the mountain,
and when He was seated, His disciples came to Him.
And He opened His mouth, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they shall be comforted.
Blessed are the meek, for they shall inherit the earth.
Blessed are those who hunger and thirst for righteousness,
for they shall be filled.
Blessed are the merciful, for they shall obtain mercy.
Blessed are the pure in heart, for they shall see God.
Blessed are the peacemakers, for they shall be called sons of God.
Blessed are those who are persecuted for righteousness' sake,
for theirs is the kingdom of heaven.”

“Blessed are you, when they revile you, and persecute you,
and say all kinds of evil against you falsely for My sake.
Rejoice and be exceedingly glad, for great is your reward in heaven,
for so they persecuted the prophets who were before you.”

“You are the salt of the earth; but if the salt loses its flavor,
how shall it be seasoned? It is then good for nothing
but to be thrown out and trampled underfoot by men.”

“You are the light of the world. A city that is set on a hill cannot be hidden;
nor do they light a lamp and put it under a basket, but on a lampstand,
and it gives light to all who are in the house.”

“Let your light so shine before men, that they may see your good works,
and glorify your Father who is in heaven.”

Glory to God forever. Amen.

Coptic



Our Lord spent about 4 years in Egypt as a baby. He spoke to the people in Egypt in their language, which was the Coptic language at that time.

THE COPTIC ALPHABET

	 Alpha A	 Veeta B, V	 Gamma G, N, Gh	 Delta D, Th (the)	
 Eyy E	 Number 6 So-oo The number 6 <small>Not a true letter</small>	 Zeeta Z	 Eeta EE	 Theeta TH (think), T	 Yota I, Y
 Kappa K	 Lavla L	 Mey M	 Ney N	 Eksee KS	 O O
 Pee P	 ro R	 seema S-Z	 tav T	 Epsilon V, I, (oo)	 Fey F
 Key K, Kh, Sh	 Epsee PS	 Oo Oo	 Shai SH	 Fai F	 Khai KH
	 Hori H	 Ganga G, J	 Cheema CH	 Tee Tee	

The Coptic Alphabet has 32 letters

- 24 consonants
- 7 vowels (Α Ε Η Ι Ο Υ Ω)
- 1 letter used only as a number (Ϟ)

Practice

Νᾶρ	Νοῦρ	ροῦϗ	ρεἰ
Ζηρ	ρᾶς	ρες	ροῦς
ρῆς	ρως	σατεκ	Νᾶνε
ζωρ	ζοῦρ	σοῦ	σοῦσοῦ

Jinkim ◌

When placed over a letter, it makes this letter a **separate syllable**.

When placed over a **consonant**, The letter will be pronounced as if there is an “e” before it.

Ἰ̇ will be pronounced “en”

Ἰ̇ϗ will be pronounced “ef”

When placed over a **vowel**, the vowel will retain its pronunciation but as a separate syllable.

αϗἰ

θεο̇τοκος

ἵ̇τε

σο̇ου

ρεῦ̇ι̇χ̇η̇ι̇

ε̇πισκοπος

ω̇ου

ночы

hi

ночы пенннв

Hi Sayedna

ночы пеніωт

Hi Abouna

ουχαι

Bye



ουχαι
δεν πβοιc

Bye
(in the Lord)

ΔΕΝ ΦΡΑΝ ἠΦΙΩΤ	In the Name of the Father
ΝΕΥ ΠΩΗΡΙ	and the Son
ΝΕΥ ΠΙΠΝΕΥΜΑ ΕΘΟΥΑΒ	and the Holy Spirit
ΟΥΝΟΥΤ ἠΟΥΩΤ ἄΜΗΝ	One God Amen



ἄΨ ΠΕ ΠΕΚΡΑΝ ?

What is your name ?



ἄΨ ΠΕ ΠΕΡΑΝ ?

What is your name ?

ΠΑΡΑΝ ΠΕ .. My name is

ΝΑΝΕ ΤΟΥΟΥ

Good morning

ΝΑΝΕ ΡΟΥΖΙ

Good evening

ΝΟΥΡΙ ἔΖΟΥΟΥ

Good day

ΝΟΥΡΙ ἔΧΩΡΖ

Good night

My Family (1)



ΠΑΤΗΡ	My father
ΤΑΜΑΥ	My mother
ΠΑΔΟΝ	My brother
ΤΑΔΩΝΙ	My sister

ἄλλεργιτ The beloved

My Family (2)



ΠΑΥΗΡΙ	My son
ΤΑΥΕΡΙ	My daughter
ΠΑΖΑΙ	My husband
ΤΑΔΩΙ	My wife

ΝΟΥΡΙ	Hi	ΠΑΙΩΤ	My Father
ΟΥΧΑΙ	Bye	ΤΑΜΑΥ	My mother
ΝΑΝΕ ΤΟΥΡΙ	Good Morning	ΠΕΝΝΗΒ	Sayedna
ΝΑΝΕ ΡΟΥΖΙ	Good Evening	ΠΕΝΙΩΤ	Abouna
ΝΟΥΡΙ ΕΖΟΥΡ	Good day		
ΝΟΥΡΙ ΕΧΩΡΖ	Good night		

ΝΟΥΡΙ ΠΕΝΝΗΒ ΰΜΕΝΡΙΤ
 ΝΟΥΡΙ ΤΑΜΑΥ ΰΜΕΝΡΙΤ
 ΟΥΧΑΙ ΠΑΙΩΤ ΰΜΕΝΡΙΤ
 ΟΥΧΑΙ ΠΑΖΑΙ ΰΜΕΝΡΙΤ
 ΝΑΝΕ ΡΟΥΖΙ ΤΑΣΩΝΙ ΰΜΕΝΡΙΤ

Indefinite article (a, an)

 Masculine **OR**

 Feminine **OR**

 Plural **ΣΑΝ**

Definite Article (The)

 Masculine **ΠΙ ΠÌ ΦÌ**

 Feminine **† †Ì È**

 Plural **ΝΙ (ΝΕΝ)**

Some masculine nouns

ΚΑΣΙ Land **ΠΙΚΑΣΙ** the land **ORΚΑΣΙ** a land

ΨΗΡΙ Son **ΠΨΗΡΙ** the son **ORΨΗΡΙ** a son

ΙΩΤ Father **ΦΙΩΤ** the father **ORΙΩΤ** a father

Some feminine nouns

CΩΝΙ Sister **†CΩΝΙ** the sister **ORCΩΝΙ** a sister

ΦΕ Heaven **†ΦΕ** the heaven **ORΦΕ** a heaven

ΜΑΥ Mother **ÈΜΑΥ** the mother **ORΜΑΥ** a mother

Some plural nouns

ΜΑΥ Mothers	ΝΙΜΑΥ the mothers	ΣΑΝΜΑΥ mothers
ΦΗΟΥΙ Heavens	ΝΙΦΗΟΥΙ the heavens	ΣΑΝΦΗΟΥΙ Heavens

Some more masculine words

ΝΟΥΤ God	ΒΟΙΣ Lord
ΠΝΕΥΜΑ Spirit	ΑΓΓΕΛΟΣ Angel
ΩΙΚ Bread	ΩΟΥ Glory
ΧΩΜ Book	ΚΑΨ Pencil

Some more feminine words

ΣΩΝΙ Sister	ΒΩ Tree
ΧΟΥ Power	ΒΑΚΙ City
ΨΕΡΙ Daughter	ΜΕΤΟΥΡΟ Kingdom

Some more plural nouns

ΙΟΥΤ Fathers	ΜΑΥ Mothers
ΣΩΝΙ Sisters	ἸΝΗΟΥ Brothers
ΨΗΡΙ Sons	ΨΕΡΙ Daughters

ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥΙ

Our Father who art in Heaven

ἀΡΙΤΕΝ ἡμεῖς ἵνα ἴσως ἴσως ὁ ἁγίος πνεῦμα

Make us worthy to say thankfully

ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥΙ

Our father who art in heaven

μαρεψτορβο ἡχε πεκραν

Hallowed be Thy name

μαρεσι ἡχε τεκμετοτρο

Thy kingdom come

πετεθνακ μαρεψωπι

Thy will be done

ἡφρητ θεν τφε νεμ θιχεν πικαθι

On earth as it is in heaven

πενωικ ἡτε ραστ ἡνιψ ναν ἡφοοτ

Give us this day our daily bread

οτοθ χα νηετερων ναν εβοθ

And forgive us our trespasses

Hymns & Rituals



Gospel Response

Rite: The Liturgy Gospel Response on annual days is the hymn **ἨΜΕΡΑΣ**. After the verse for Saint Mary, a verse can be chanted for the saint of the day or the patron saint of the church.

Blessed are they in truth, the saints of this day, each one according to his name, the beloved of Christ.	ἨΜΕΡΑΣ ΔΕΝ ΟΥΜΕΘΜΗ: ΝΗΘΟΥΔΒ ἸΤΕ ΠΑΙΕΖΟΥ: ΠΙΟΥΔΙ ΠΙΟΥΔΙ ΚΑΤΑ ΠΕΦΡΑΝ: ΝΙΜΕΝΡΑ† ἸΤΕ ΠΙΧΡΙΣΤΟΣ.
Intercede on our behalf, O Lady of us all the Theotokos, Mary the Mother of our Savior, that He may forgive us our sins.	Δ ΡΙΠΡΕΒΕΥΙΝ ΕΞΡΗΙ ΕΧΩΝ: ὦ ΤΕΝΒΟΙΣ ἸΝΗΒ ΤΗΡΕΝ †ΘΕΟΤΟΚΟΣ: Μ ΑΡΙΑ ΘΜΑΥ ἸΠΕΝΣΩΤΗΡ: ἸΤΕΦΧΑ ΝΕΝΝΟΒΙ ΝΔΝ ΕΒΟΛ.
Blessed be the Father and the Son, and the Holy Spirit, the perfect Trinity, we worship Him and glorify Him.	Χ ε ἸςΜΑΡΩΟΥΤ ἸΧΕ ΦΙΩΤ ΝΕΜ Π ΩΗΡΙ: ΝΕΜ ΠΙΠΝΕΥΜΑ ΕΘΟΥΔΒ: † ΤΡΙΑΣ ΕΤΧΗΚ ΕΒΟΛ: ΤΕΝΟΥΩΨΤ ἸΜΟΣ ΤΕΝ†ΩΟΥ ΝΔΣ.

Group Hymn

Hymn of the Censer

Rite: The hymn of the censer **†ΑΙΨΟΥΡΗ** is said at the beginning of the Liturgy of the Word while Abouna raises incense. It is talking about Saint Mary, who is the censer that bore our Lord Jesus Christ, who is the aroma.

This censer of pure gold, bearing the aroma, is in the hands of Aaron the priest, offering up incense upon the altar.	† ΑΙΨΟΥΡΗ ἸΝΟΥΒ ἸΚΑΘΑΡΟΣ ΕΤΦΑΙ ΔΑ ΠΙΔΡΩΜΑΤΑ ΕΤΔΕΝ ΝΕΝΧΙΧ ἸΔΔΑΡΩΝ ΠΙΟΥΗΒ ΕΦΤΑΔΕ ΟΥΣΘΟΙΝΟΥΦΙ ΕΠΨΩΙ ΕΧΕΝ ΠΙΜΔΝΕΡΨΟΥΨΩΙ.
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Spirit & Life



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to find the material for the festival and for guidelines
and information on the tests