

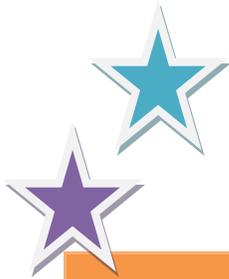
Our beloved Father H.H. Pope Shenouda III

(1923-2012)



Remember us in your prayers

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St. Mark's Festival 2012 Anthem

I fear my heart has changed after a shiny world
How did my way become very twisted and curled?!

Reform me back, O Lord, to your image, I pray!
Come work your way through a heart long gone astray } x2

Come live within me, transform me, renew the mind
So I can live my life truly as your child

Give me the strength to change the inside of me first
My soul becomes so free to the world no longer thirsts } x2
to the world no longer thirsts

Change For The Better

Saint Christopher, the Christ Bearer

Did you ever feel like you were the strongest in the class, just because you were much bigger than your friends? Did you ever feel that you were very weak and couldn't carry heavy things because you were the smallest in your class? Well let's learn about Offero, who is also known as St. Christopher. He thought that being strong (his physical strength) was very important. St Christopher learned that through his strong will and God's help he was able to change and understand the real meaning of strength.



Offero was tall and had big muscles, he was very strong. He was one of the king's strongest guards and everyone was afraid of him. He was very proud of his physical strength.

Offero wondered who the most powerful king in the whole world was. He wanted to work for this powerful king and protect him.

Who do you think the most powerful King in the whole world is?
Our Lord Jesus Christ! But Offero didn't know anything about our Lord Jesus Christ like you do.

So instead he worked for another king, he served and protected him. Everyone told him that this king was the most powerful, but guess what? This king fought in a war and he lost! This made Offero angry he didn't want to serve a weak king. So Offero searched again for the most powerful king. He found another king and served him and then this king also lost in the war.

Offero started to realize that real power isn't in physical strength. The last king he served finally told him about the strongest King, the King that is always victorious (*always wins*). Who do you think it was? Offero learned that **the King of kings is our Lord Jesus Christ!**



God guided him to an old monk who was living in a small (cell) prayer room in a monastery. Offero asked this monk about our Lord Jesus Christ. The monk explained to Offero that Jesus Christ is the King of kings because He created the world and everything in it. He told him how much Our Lord Jesus Christ loves us and hears our prayers. The monk told him everything about the Christian faith.

From that day he decided to serve this King forever. He asked the monk how he could serve our Lord Jesus Christ and make Him happy. The monk thought about it and told him "Go to the river over there and help the people cross to the other side because there are no boats and the winds are strong. Since you are so strong you can help and carry the people".

Offero loved the monk's idea; he told the monk that he would love to do this service. He built a cabin for himself near the river and lived there. He used a big rod to help carry the people across the river. While Offero carried the people, he spoke to them about our Lord Jesus Christ and he was very happy he was doing this to serve the Lord.

One cold and windy night, Offero heard a small child saying, "Come and carry me to the other side of the river. He went out to find this child but he did not see anyone and he went back to sleep. He heard the same voice again, so Offero went outside to see who was calling him and no one was there.

He heard the voice a third time, Offero went outside again. This time he could see a small child near the river. This small child asked Offero to help him cross the river. The weather was very windy and it was dangerous to cross the river but Offero was brave and decided to carry the boy across.



He walked in the cold water and carried the little boy on his shoulders. As he was carrying him; the boy got heavier and heavier. Offero could not believe how heavy this small child was. Can you guess who this small child was? It was our Lord Jesus Christ!

Our Lord Jesus Christ told him, from now on your name will be Christopher because you carried Christ. I am Jesus Christ your King, as a sign plant your rod that is in your hand and it will bring forth fruit.



Did You Know? Christopher means Christ-bearer!

Christopher obeyed the Lord and hurried and planted his rod near the door of his cabin and went to sleep. The next day his rod had become a big tree. He continued helping the people and serving them. He was so happy that Jesus Christ blessed him with this great blessing. Offero changed, he knew that the power is not in physical strength but the real power is in kindness and service.

True power is in loving everyone and you should use your power and strength to help others. Remember God gave you your physical strength! Use your gift to serve HIM!

"That the excellence of the power may be of God and not of us." 2 Corinthians 4:7



Color the Picture

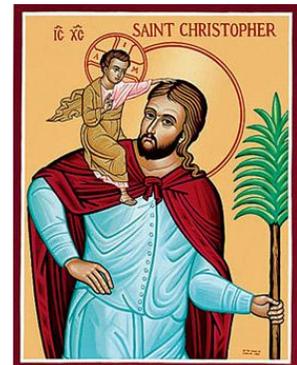
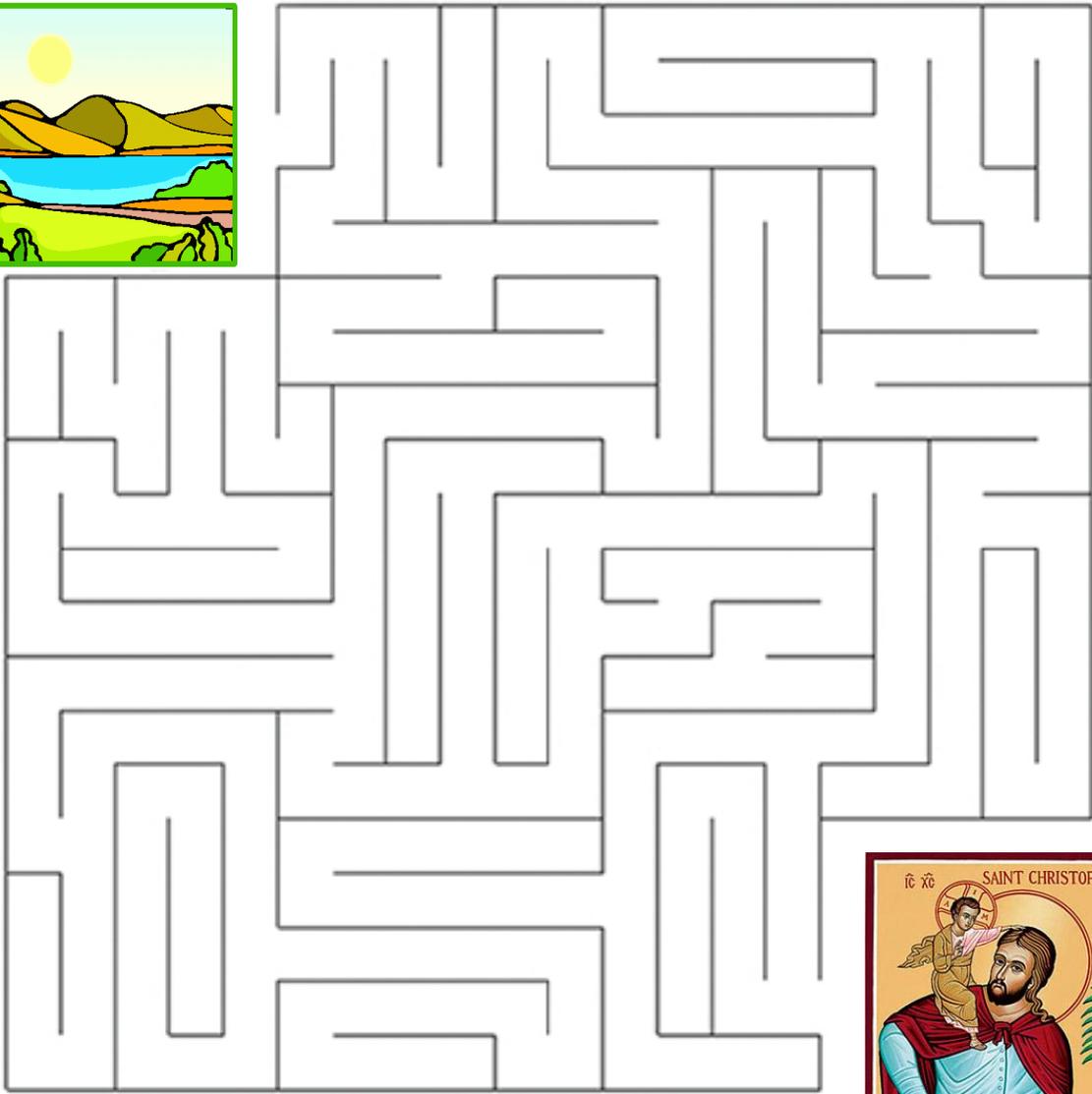
St. Christopher, The Christ-Bearer





Activity

Help Saint Christopher carry our Lord Jesus Christ to the other side of the river.



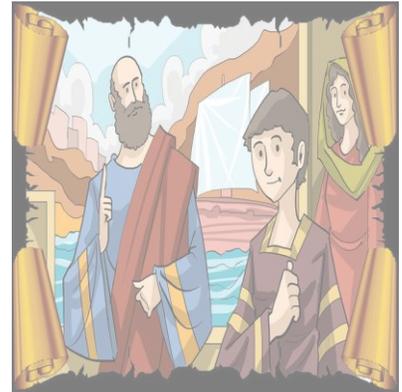
Why Should I Change?

The Repentance of Paul of Tarsus

Acts 9:1-19

Do you think someone who makes wrong choices and disobeys God can change and be good again? Do you think someone can change and become a new person? A better person! Let's learn about someone who was able to change!

His name is Saul of Tarsus. He had 2 names: Saul and Paul. He was a Jew (*did not believe in Jesus Christ*) living in the city of Tarsus. The people in Tarsus were Gentiles; they did not know anything about God. His parents sent him to Jerusalem to learn about the Jewish religion. He was taught by Gamaliel, a famous Jewish teacher.



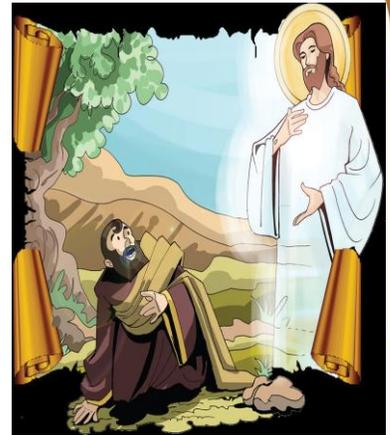
Even though Saul was taught by a great teacher he still did bad things. Saul was persecuting Christians because he thought they were not worshiping the true God. He even thought by doing this he was actually serving God.



He would go to the city of Damascus, arrest the Christians and bring them to Jerusalem to be judged. He even went to the High Priest to give him a letter to allow him to do this. God knew that Saul's heart was full of love and he just needed some guidance. That's why God took care of him!



God helped Saul by showing him how to love and serve Him. When Saul was on his way to Damascus, something really strange happened to him. Suddenly a light from heaven flashed around him; he was blinded, not being able to see anything. He fell off his horse to the ground and heard a voice saying "Saul, Saul why are you persecuting Me?" Saul replied saying, "Who are you Lord?" and the voice answered, "I am Jesus whom you are persecuting. Arise and go into the city and you will be told what you must do."



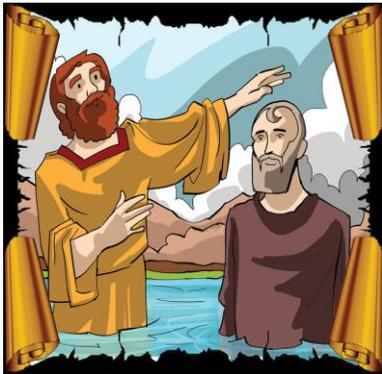
"Lord what do you want me to do" Acts 9:6

God is good and merciful. Although Saul was persecuting His children, He appeared to him and showed him the right way. When Saul saw our Lord and heard His voice, he obeyed him and changed.

The first thing he did was ask God's guidance and he was ready to obey what God asked of him. Because he was blinded and could not see people led him by the hand to the city of Damascus. He stayed there for 3 days without eating or drinking. In a vision He saw a man named Ananias placing his hands on him so he could see again. Ananias was one of Jesus' disciples who lived in Damascus.



Our Lord Jesus Christ appeared to Ananias in a dream and told him where Saul was and what to do with him. Ananias was afraid of Saul because he persecuted the Christians. But God told him not to worry and that Saul was chosen to be a witness for Him and preach His name to the whole world. Ananias obeyed and went to Saul and prayed for him, and something like fish scales fell from his eyes and immediately he was able to see again.



Afterwards, Ananias baptized Saul and introduced him to the Christians in Damascus. From that moment, Saul started to preach among the Jews about Christ saying:

"He is the Son of God" Acts 9:20

Because Saul listened to God's words and was baptized, he changed from someone who hated Christians to someone who loved Christians and loved our Lord Jesus Christ. He talked about Him to everyone! **Saul's name became Paul.**



Because of God's work in him and all the teachings he received from his teacher Gamaliel, he was able to preach in many places and everyone loved him and listened to him. St. Paul wrote 14 epistles in the New Testament. Many people knew Jesus Christ and became Christians because of St. Paul. He travelled to many cities, preaching and honoring God's name. Our church calls him "the Apostle of the Gentiles" and the "Philosopher of Christianity".



Color the Picture

Saul is converted to Paul



Who Can Help Me Change?

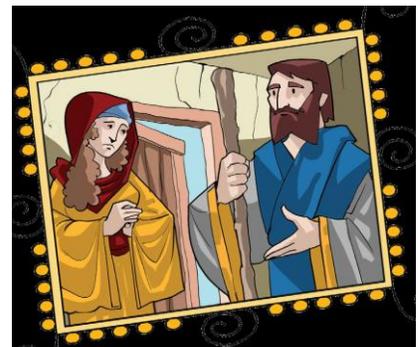
Elisha's Advice to the Widow

2 Kings 4

Did you ever try to solve a problem yourself? Did you ever think and say I can do this; I don't need anyone's help? When you need help or if you don't know something we should always take advice from people older than us. This is what the Holy Bible teaches us! It is always better to get advice from others. Let's learn about someone whose life changed when she asked for advice from the man of God.

"In a multitude of counselors there is safety." Proverbs 24:6

A long time ago, there was a poor widow who had 2 sons. She had a problem so she went to Elisha the prophet. She made the right decision!



She told the prophet that her husband died and before he died, he borrowed money from a man and he didn't pay him back. Now this man wants to take her 2 sons to be his slaves.

Elisha asked the widow "what do you have in your house"? The widow told him all she had was a small jar of oil. Elisha the prophet told her to first borrow empty jars from the neighbors. Then when you go home, shut the door behind you and pour all the oil you have into the empty jars.



The widow obeyed Elisha even though she did not understand how such little oil could fill all her jars. The widow had faith and trusted Elisha. When all the jars were filled the oil stopped.



The widow went back to Elisha and told him that all the jars were filled, and asked him what she should do next. Elisha told her to go and sell the jars of oil and use the money to pay back the money her husband borrowed and use the rest of the money for you and your sons to live on.

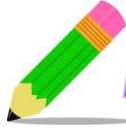
The widow went to Elisha and asked for advice. Because she made the right decision her life changed for the better. It is always important that when you have a problem ask for the advice of older people like a priest, your parents, servant or teachers. If you are not sure who to go to pray about it!



Color the Picture

The Oil of Obedience

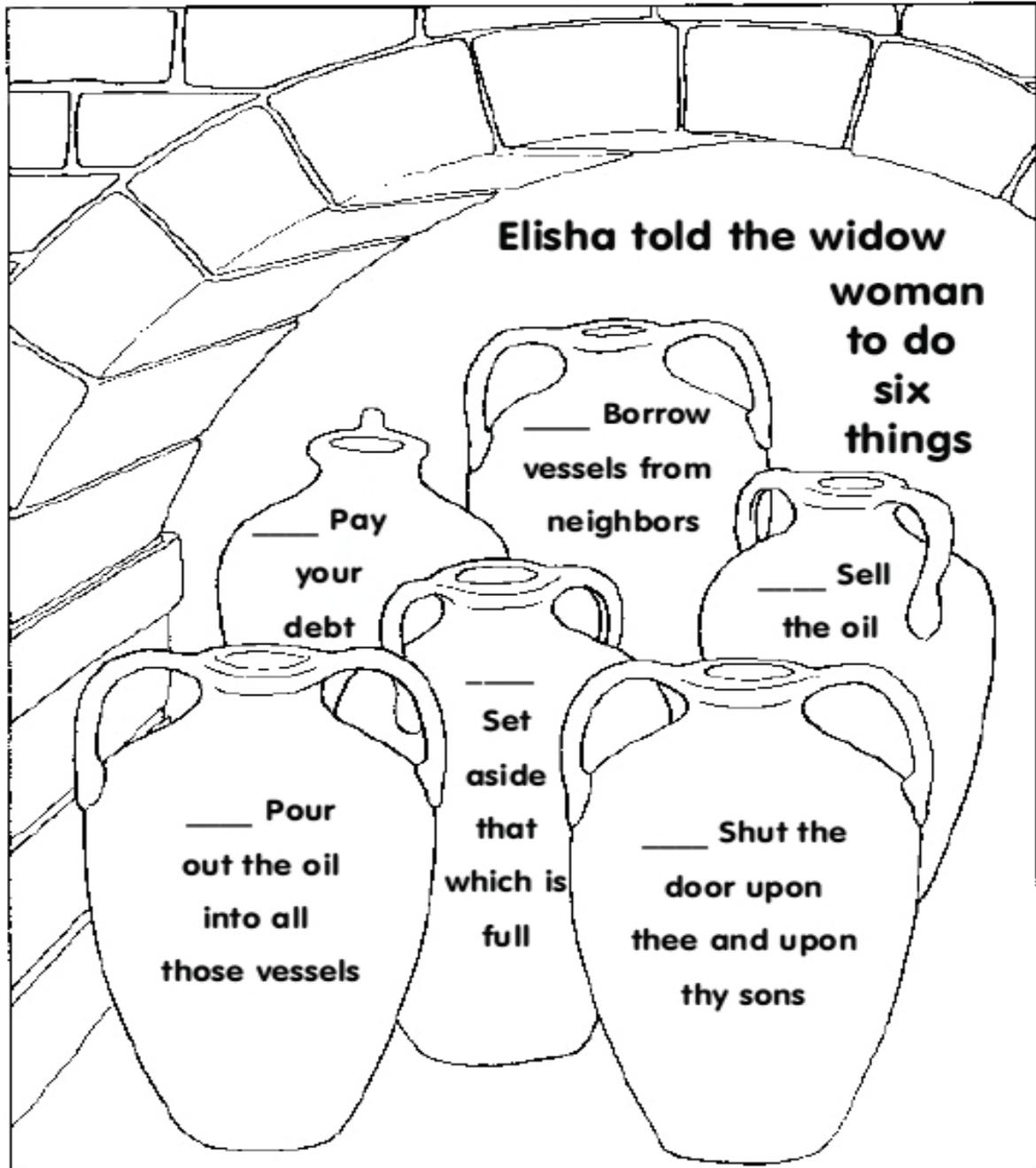




Activity

The Prophet Elisha's Advice

Write the numbers 1-6 on the blanks to put Elisha's directions in order.



How Do I Change?

Achilla and Priscilla Change Apollos

Acts 18:24-28

Did you ever want to change but you are not sure what you should change? In order for you to know what God wants us to be like we have to read the Holy Bible to know more about our Lord Jesus Christ.

The Holy Bible will show us how to change for the better!



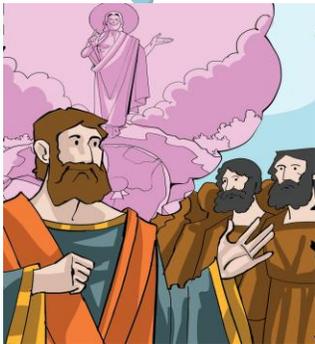
Apollos was a Jew born in Alexandria. At that time Alexandria was one of the greatest cities in the whole world. Apollos studied the Old Testament and other religious books and was very knowledgeable in Jewish teachings. He was very well known for his style of teaching and preaching and he travelled everywhere to teach people about God's way. He knew about the baptism of St. John, who baptized people asking them to repent from their sins, but he didn't know anything about our Lord Jesus Christ.

He did not know that Jesus was incarnated and born of St. Mary. He didn't know that He was crucified and died for us because He loved us. And he didn't know that He rose from the dead on the third day. He was travelling a lot so maybe he never got the chance to learn about our Lord Jesus Christ. But everywhere he went he taught people about God from the Old Testament up to the baptism of St. John the Baptist.

One day he was in Ephesus teaching the people in the synagogue. His sermons were amazing and more and more people listened to him every day. Two people that were listening to him were Achilla and Priscilla, they loved our Lord Jesus Christ and they knew everything about Him. When they would listen to Apollos they could tell that he didn't know anything about Jesus Christ even though he knew a lot from the Holy Bible. They decided to help him know about our Lord Jesus Christ and his life would change for the better. They wanted Apollos to teach people about our Lord Jesus Christ and they obeyed the commandment that says:



“Teaching them to observe all things that I have commanded you.” Matthew 28:20



They taught him everything about our Lord Jesus Christ, His teachings, His miracles and His work. He listened to them in all humility and he rejoiced in what he learned about our Lord Jesus Christ. Apollos wasn't just happy to know about Jesus Christ, but he wanted to tell everyone about Him.

He went to a city called Achaia to talk to the people about our Lord Jesus Christ. Achilla and Priscilla helped him to go to the church there and introduced him to the disciples. He preached about our Lord Jesus Christ, about His love for us and how He died on the cross for us. Many believed in Christ because of his teachings.

Even though Apollos was a great teacher he still accepted to be taught from others and to learn more about our Lord Jesus Christ and his life changed for the better!

How Can I Change Others?

King Josiah

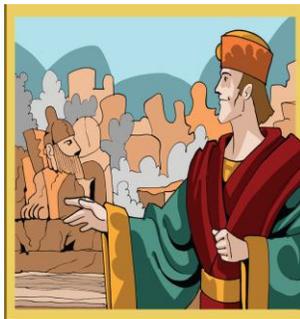
2 Kings 22 and Chronicles 33-34



Josiah was the son of King Amon from the kingdom of Judah. His grandfather was King Manasseh. King Amon was a bad king and didn't follow God's commandments. His grandfather King Manasseh was bad too but he repented and returned to God at the end of his life.



Josiah grew in fear of God as his mother Jedidah taught him. After the death of Amon, Josiah became the king. He was only 8 years old. While he was king he prayed and asked God to help him follow God's commandments and change all the bad things around him. Hilkiah the High Priest helped and guided him.



When Josiah grew up he decided to change everything around him. He ordered his soldiers to destroy all the idols that the people worshiped in his kingdom and the surrounding kingdoms.

He also fixed the temple and rebuilt the things that the previous kings destroyed because they did not follow God.

Because Josiah wanted to make changes for the better for his people, God helped him as the verse says:

“When you eat the labor of your hands, you shall be happy, and it shall be well with you.” Psalms 128:2



While they were fixing the temple, Hilkiah the priest found the Book of the Law of Moses that was lost years ago. Josiah was so happy that they found it.



When he heard the words of the Law, he was upset because the people were sinning and were far from God. He cried and asked God to forgive them all. He brought all the people together in the temple and read the Book of Law to them.

Afterwards, the people changed their ways and followed God and did not worship idols anymore. King Josiah worshipped God all the days of his life.



**“Be transformed by the renewing of your mind”
Romans 12:2**



Color the Picture

King Josiah Read the Law



King Josiah said, "We must obey these laws." And the people did.
Josiah loved God, and God blessed him.



Activity

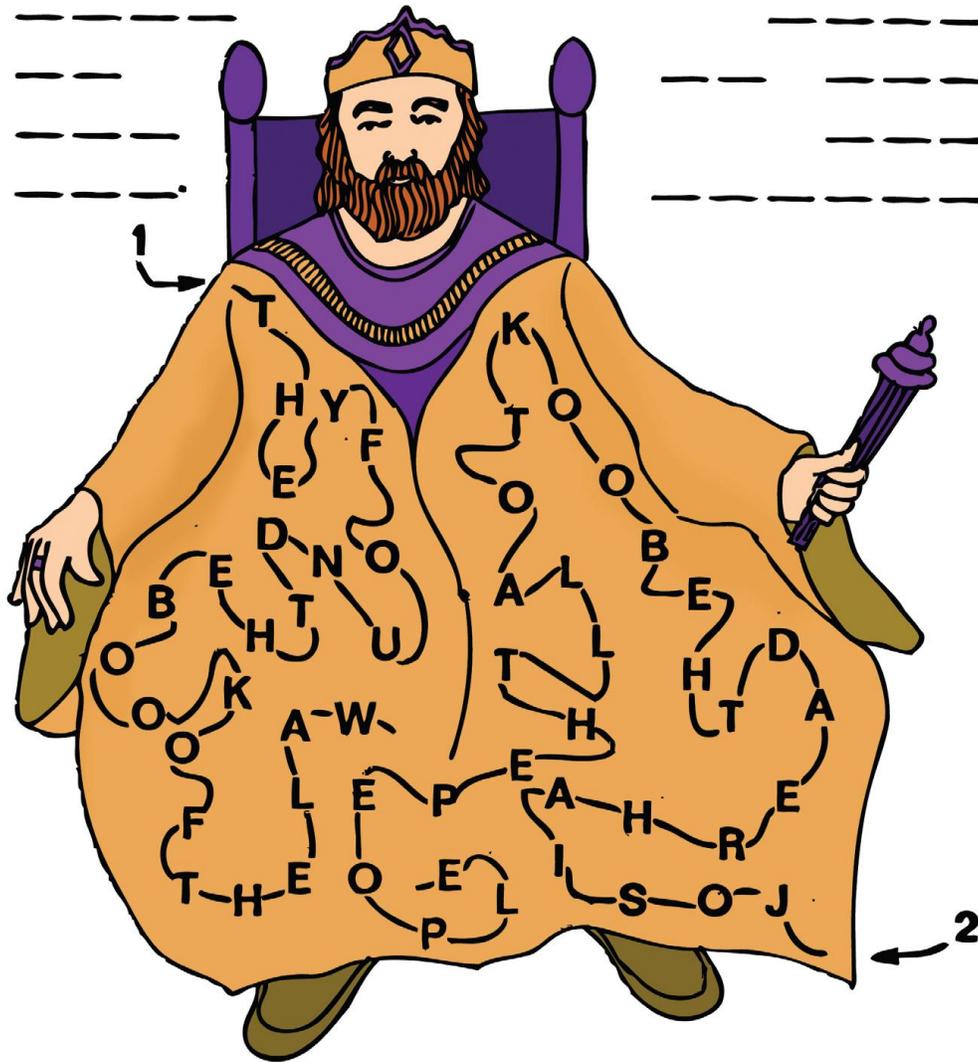
The Lost Book - 2 Chronicles 34

What happened when King Josiah ordered the temple to be cleaned?

Follow the maze of letters.

1. _____

2. _____





Light of the World

His Holiness Pope Shenouda III

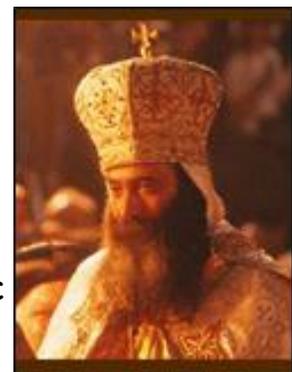
He was born in the village of Salam in Assiyut, Egypt on Aug. 3rd, 1923. He was the youngest of 8 brothers & sisters with the name of Nazeer Gayed Roufail.

He graduated from Cairo University then he chose to be a monk and went to the Virgin Mary monastery known as El-Suriyan, and on July 18th, 1954, he became Fr. Antonios El-Suriyani, 4 years after that he was ordained a priest.

On Sept. 30th, 1962, Pope Kyrillos VI, ordained Fr. Antonios a bishop of Christian education with the name of Bishop Shenouda.



On Nov. 14th, 1971, His Grace Bishop Shenouda became His Holiness Pope Shenouda, the 117th Pope & Patriarch of the See of St. Mark.



Pope Shenouda has written many books and poems. While he was Pope there have been many more Coptic Orthodox churches in the United States and other parts of the world.

He departed on March 17th, 2012 after shepherding the Flock of Christ for 41 years, at the age of 88.



*May his prayers be with us and Glory be to our God forever.
Amen.*

Memorization

1. Psalm 129

(from the 12th hour of the Agpeya)

Out of the depths I have cried to You, O LORD;
Lord, hear my voice!

Let Your ears be attentive to the voice of my
supplications. If You, LORD, should mark iniquities,
O Lord, who could stand?

But there is forgiveness with You, that You may be
feared. I wait for the LORD,
my soul waits, and in His word I do hope.

My soul waits for the Lord
more than those who watch for the morning—
Yes, more than those who watch for the morning.

O Israel, hope in the LORD;
For with the LORD there is mercy, and with Him is
abundant redemption.

And He shall redeem Israel from all his iniquities.
Alleluia.

2. Verses to show the importance of The Sacrament of Confirmation(*El-Myron*)

1. In the early church it was through laying of hands:

**"Then they laid hands on them, and they received the Holy Spirit.
Acts 8:17"**

2. It takes place right after the sacrament of baptism:

**"When He had been baptized, Jesus came up immediately from the water; and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting upon Him."
Matthew 3:16**

3. 36 anointments with Myron oil to sanctify the body:

"But you have an anointing from the Holy One, and you know all things." 1 John 2:20

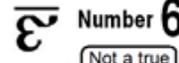
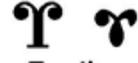
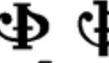
4. Also called Confirmation:

**"But the anointing which you have received from Him abides in you."
1 John 2: 27**

Coptic

THE COPTIC ALPHABET

(The Egyptian Alphabet)

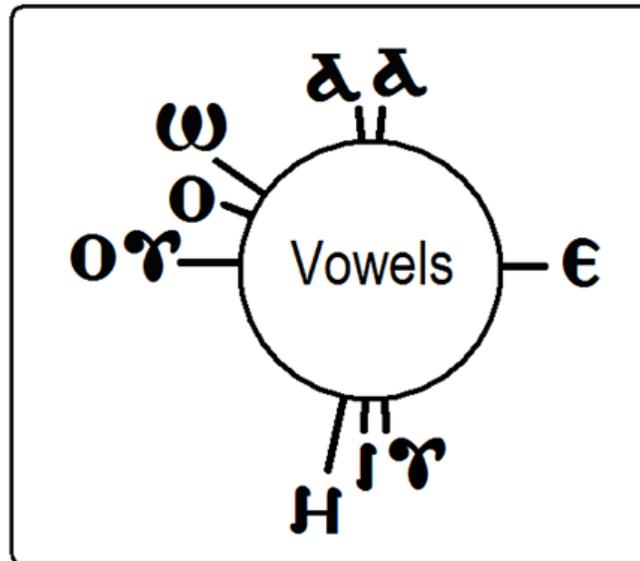
	 Alpha	 Veeta	 Gamma	 Delta	
 Eyy	 Number 6 So-oo <small>Not a true letter</small>	 Zeeta	 Eeta	 Theeta	 Yota
 Kappa	 Lavla	 Mey	 Ney	 Eksee	 O
 Pee	 ro	 seema	 tav	 Epsilon	 Fey
 Key	 Epsee	 Oo	 Shai	 Fai	 Khai
	 Hori	 Ganga	 Cheema	 Tee	

The Coptic Alphabet has 32 letters

- 24 consonants
- 7 vowels (      
- 1 letter used only as a number (

Letter	Name	Pronounced as	Letter	Name	Pronounced as
Α	Alpha	A	Π	Pee	P
Β	Veeta	B, V	Ρ	Ro	R
Γ	Gamma	G, N, Gh	Σ	Seema	S - Z
Δ	Delta	D, Th(the)	Τ	Tav	T
Ε	Eyy	E	Υ	Epsilon	V, I, (oo)
ϛ	So-oo	The number 6	Φ	Fey	F
Ζ	Zeeta	Z	Χ	Key	K, Kh, Sh
Η	Eeta	EE	Ψ	Epsee	PS
Θ	Theeta	TH (think), T	Ω	Oo	Oo
Ι	Yota	I, Y	Ϙ	Shai	SH
Κ	Kappa	K	ϙ	Fai	F
Λ	Lavla	L	ϛ	Khai	KH
Μ	Mey	M	Ϝ	Hori	H
Ν	Ney	N	ϝ	Ganga	G, J
Ξ	Eksee	KS	Ϟ	Cheema	CH
Ο	O	O	ϟ	Tee	Tee

Vowels



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.

Ḥ will be pronounced “en”

Ḷ will be pronounced “ef”

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

<p> ἸΝ ΤΩ ΟΝΟΜΑΤΙ ΤΟΥ ΠΑΤΕΡΟΣ ΚΑΙ ΤΟΥ ΥΙΟΥ ΚΑΙ ΤΟΥ ΑΓΙΟΥ ΠΝΕΥΜΑΤΟΣ ΕΝΘΕΟΥ ΕΝΤΕΟΥ ΕΝΤΕΟΥ </p>	<p> In the Name of the Father and the Son and the Holy Spirit One God Amen </p>
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	<p> ΤΙΣ ΕΣΤΙΝ ΟΝΟΜΑΤΟΣ ΣΟΥ ? ΤΙΣ ΕΣΤΙΝ ΟΝΟΜΑΤΟΣ ΣΟΥ ? </p>	<p> What is your name ? What is your name ? </p>
	<p> ΤΙΣ ΕΣΤΙΝ ΟΝΟΜΑΤΟΣ ΣΟΥ ? ΤΙΣ ΕΣΤΙΝ ΟΝΟΜΑΤΟΣ ΣΟΥ ? </p>	<p> What is your name ? What is your name ? </p>
<p> ΟΝΟΜΑΤΟΣ ΣΟΥ ΕΣΤΙΝ .. My name is </p>		

<p> ΧΑΙΡΩ ΑΓΙΑΣ </p>	<p> Hi Bye </p>
<p> ΑΓΙΑΣ ΧΑΙΡΩ </p>	<p> Bye (in the Lord) </p>

<p> ΚΑΛΗΝ ΠΡΩΙΝΗΝ </p>	<p> Good morning </p>
<p> ΚΑΛΗΝ ΕΡΩΣ </p>	<p> Good evening </p>
<p> ΧΑΙΡΩ </p>	<p> Good day </p>
<p> ΧΑΙΡΩ </p>	<p> Good night </p>

Hymns

1- Ten Gosht/ Tenjou]t

Tenjou]t `ebol 'a `t\h
`n;`anactacic `nte nirefmwout>
nem piwn' `nte pi`ewn
eqnhou> `amhn.

We look for the resurrection of
the dead, and the life of the
age to come. Amen.

2- Annual Matins/Vespers Gospel response

Marenouw]t `mpencwthr>
pimairwmi `n`agaqoc> je `nqof
af]en\ht 'aron> af`i ouo\ afcw;
`mmon.

Let us worship our Savior, the Good
One and Lover of Mankind, for He had
compassion on us and has come and
saved us.

Je `f`cmarwout `nje Viwt nem
P]hri> nem Pi`pneuma eqouab>
:`triac etjkh `ebol> tenouw]t
`mmoc ten;`wou nac.

Blessed be the Father and the Son and
the Holy Spirit, the perfect Trinity. We
worship Him and glorify Him.

3- Amen Amen Amen/ Amhn `amhn `amhn (Coptic)

Amhn `amhn `amhn> ton
qanaton cou Kuri`e
kataggellomen> ke thn `agian
cou `anactacin ke thn `analhyin
cou en tic ouranic ce
`omologoumen>

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

Ce `enoumen ce eulogomen ci
eucharictoumen Kuri`e> ke
de`omeqa cou `o Qeoc `hmwn.

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

Rituals

1. **Ten Gosht/ Tenjou]t :**

The last part of the Creed, prayed in Coptic in vespers & matins, before the prayer of Vnou; Nai Nan (Lord have mercy on us).

2. **Matins/Vespers Gospel response:**

After reading the Gospel in Vespers & Matins during the annual season, it changes to a different response with the different seasons of the church.

3. **Amen, Amen, Amen/ Amhn `amhn `amhn:**

A Greek hymn chanted in the Liturgy after the prayers of the “Institution Narrative”, commonly prayed in Greek, English or Arabic.