

**GRADE 1-2**  
*Hold fast what you have*

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**His Holiness Pope Tawadros II**



**118<sup>th</sup> Pope of Alexandria and  
Patriarch of the See of Saint Mark**



# Hold fast what you have

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## St. Mark's Festival 2015 Anthem

# Hold fast what you have

**Hold fast what you have,  
That no one may take your crown,  
Hold fast what you have  
What you have hold fast**

Grains of Wheat we sure are planted  
Here on earth we live and die,  
Deep in heart are always chanted,  
God's own promises we live by  
Grains of Wheat we're humbly waiting  
For God's rain to bless our land  
We bring fruits as we were told,  
Thirty, sixty 'n' a hundred fold

**Hold fast what you have,  
That no one may take your crown,  
Hold fast what you have  
What you have hold fast**

Grains of Wheat the days are counted,  
Here on earth we live and die,  
Enemy is growling out your doors,  
Give no slumber to your eyes  
Narrow is the gate, broken is the road,  
Where we're marching carrying a load,  
Upwards far above the skies,  
Keep your treasure and your heart

**Hold fast what you have,  
That no one may take your crown,  
Hold fast what you have  
What you have hold fast**

# Hold fast what you have

## What does hold fast mean?

**Hold fast** means to be tightly attached to something. The Holy Bible reminds us to "hold fast" many times.

## What should we hold fast to?

When a fisherman is fishing on his boat he throws an anchor so his boat will hold fast to the sand at the bottom of the sea. We as children of our Lord Jesus Christ look to heaven and throw our anchor.

This anchor is to tightly attach ourselves to our Lord Jesus Christ.

This anchor is our faith, the Holy Bible, the Church, the Sacraments, our prayers, God's love and love to others.

When we hold fast to our Lord Jesus Christ we will receive our crown in Heaven that our Lord Jesus Christ promised us!

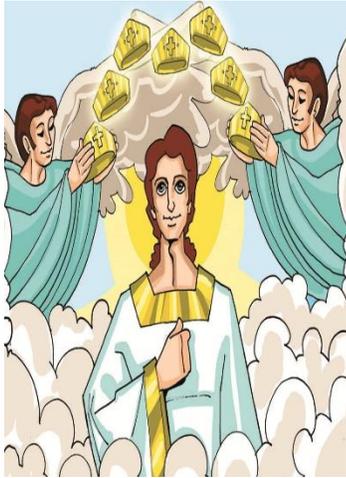


**“Behold, I am coming quickly!  
Hold fast what you have,  
that no one may take your crown. “**

**Revelation 3:11**

# Hold Fast to Your Faith

## Our Friends in Heaven



1. We can have friends in Heaven like the angels and the saints. Many of these friends lived on Earth and they love God very much. They did many good things until they reached Heaven.

2. Stories of the saints were written a long time ago and they were passed down to us. These stories teach us about their life, help us to get closer to them and love them more. The saints are our friends!

3. Even though their lives ended on Earth they are alive in Heaven with God. God said about Himself, **"He is not the God of the dead but of the living" Luke 20:38**. Because the saints are living in Heaven we can talk to them every day, they can see and hear us. When we need anything or have a problem we can pray and ask God and say through the intercessions of the saints, my friends, Lord hear my prayer.

4. **Was does intercession mean?** Intercession of the saints means they are praying for us because they love us and we too love them so much

The Holy Bible says **"Pray for one another" James 5:16**

These are some of our beloved saints.

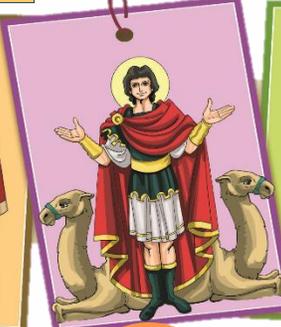
My Mother,  
St. Mary



The mother,  
St. Dolacy and  
her 4 children



My friend,  
St. Mina



My friend,  
St. Mark



My friend,  
Archangel Michael



**Activity:** Write the names of our friends, the Saints.

\_\_\_\_\_

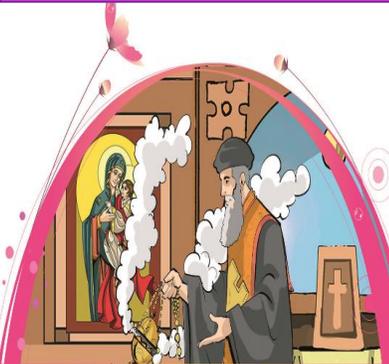
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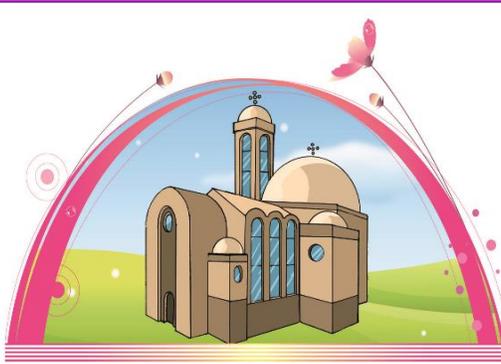
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\_\_\_\_\_

On the feast of each saint we go to church to celebrate their feast because we love them. Our Church honors them in so many ways. How do we honor the saints in our Church?



Abouna raises incense before the icon and mentions all of their names during the liturgy



We name churches after the saints. The name of my church is: \_\_\_\_\_



We sing many hymns telling the story of the saints and their love for God. One of the beautiful hymns we pray in the liturgy is 'Through the Intercessions of the Theotokos St Mary'. In this hymn we ask for the intercessions of St. Mary in front of God.



We light candles in front of the saint's icon

# Hold Fast to Your Holy Bible

## St. Pintenous Holds Fast to God's Word

The Bible is the Holy Book. The words of the Holy Bible are God's words to us, they can never be added, removed or changed. Many saints worked very hard to give us the words of the Holy Bible. There was a saint because of his love and care for the Holy Bible, he created a language especially so we can understand it. He also translated the words of the Holy Bible. This saint is **St. Pintenous**

St. Pintenous was born more than 100 years after the birth of our Lord Jesus Christ. St. Pintenous read and studied the Holy Bible and the rituals of the church very well. He taught many people. Because of his great knowledge in the Christian faith he became in charge of the Theological School of Alexandria. This school taught them the Christian faith and rituals (arrangement). Many people from around the world came to learn at this school.



St. Pintenous holds fast to the Holy Bible. He loved the Holy Bible and he made sure he obeyed all of God's words in the Bible. He wished everyone was able to read, understand and obey God's word and commandments. At that time, all the church readings that were read in Egypt were read in the Greek language. Many people did not know how to read or write Greek. St Pintenous took 25 letters from the Greek language and 7 letters from the ancient Egyptian language and put together a new, easy language that people can read and called it the **Coptic Language**.

He used this new language to translate the entire Holy Bible from Greek to Coptic. He translated it exactly how he received it from our fathers the saints. The Coptic language is very important because he translated the Bible in Coptic and our Hymns and Prayers of our Church are also in the Coptic language.

He not only translated the Holy Bible in the Coptic language he also explained it in the Coptic language, so they can understand God's word. St. Pintenous was called, "The Explainer of God's Word"

He also taught the Bible in different countries including India.



**We should also hold fast to the Holy Bible and we should read the Bible from a young age, to know and understand God's word, as the verse says:**

**"and that from childhood you have known the Holy Scriptures"  
2 Timothy 3:15**



# Hold Fast to Your Spirituality

## Prayer

**What is prayer?** Prayer is the best and most beautiful time we can spend with our Lord Jesus Christ. He is the person who loves us the most and we too love Him very much because He is our Father. During prayer we talk with our Lord Jesus Christ and we are sure that He hears us and knows what we want.

It is exactly like what the verse says **"I loved, because the Lord will hear the voice of my supplication"** (Psalm 114:1). And during prayer we try to understand and pay attention to every word, so we don't just repeat words.



**We can pray at any time of day:**



### When we wake up in the morning:

We thank God for keeping us safe through the night and we ask Him to be with us for the rest of the day.



### Before and after we eat:

We thank the Lord Jesus Christ for the food He provided for us and we ask Him to give to the poor as well.



### Before we start working on anything:

So the Lord Jesus Christ will be on our side and help us complete our work.

### At the end of the day:

We thank Him because the day has ended peacefully, tell Him about everything that happened with us on that day and ask Him to keep us safe through the night.



We also pray no matter what happens to us:

When we are happy



We tell Him  
so He will be  
happy with  
us.

When we are sad



We tell Him  
so He would  
help us and  
make us  
joyful.

When we are scared

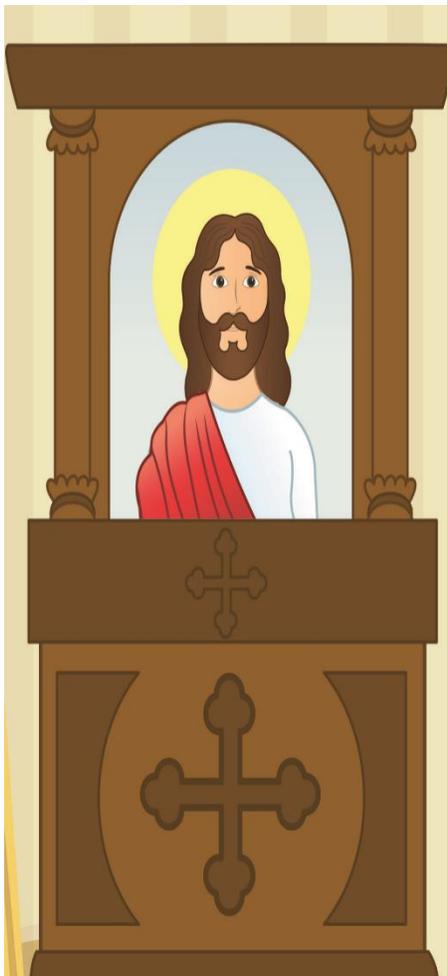


We tell Him  
so He would  
stand with us  
and to give us  
peace.

When we do  
something wrong



We ask Him to  
forgive us and  
we promise  
Him that we  
wouldn't do it  
again.



When we pray we should do so in order:

1. First, we do the sign of the cross and say "Our Father who art in Heaven...."
2. We thank our Lord Jesus Christ for everything
3. Tell Him about everything that happened to me during the day
4. Ask Him to forgive me for anything I did wrong
5. Ask Him for anything I want
6. Ask the Lord Jesus Christ for anyone who is sick or has a problem
7. Finally, we ask for the intercessions of our friends the Saints and say "Our Father who art in Heaven...." and do the sign of the cross

Our Lord Jesus Christ cares about us and hears us. He wants to hear us, talk to Him in prayer because we are important to Him and He loves us very much.

**Activity:** Now that you learned how to pray, fill the blank spaces with what you would say in your prayers.



"In the name of the Father, the Son, and the Holy Spirit, One God, Amen."  
O Lord, make us worthy to say thankfully: Our Father who art in Heaven....."



My Lord Jesus Christ who loves little children,  
I am your beloved son/daughter \_\_\_\_\_ (your name).

I want to thank You so, so much for everything that You gave me.

I thank You so much for my mom and dad and  
my brothers and sisters \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_. (their names).

I also want to thank You for my friends



\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_. (their names).

Lord, I want to tell You about everything I did all day today...



I \_\_\_\_\_, \_\_\_\_\_, and  
\_\_\_\_\_ ; then I \_\_\_\_\_

and \_\_\_\_\_.

Something made me so happy today, \_\_\_\_\_



But what made me sad today, \_\_\_\_\_

Lord, I love You and I want You to forgive me for what I did wrong;



I know You hear me, and I want You to help me talk to You all the time in my prayer.

Please hear my prayer, through the intercession of (St. Mary) and my friends the



Saints, \_\_\_\_\_, \_\_\_\_\_,

\_\_\_\_\_, and \_\_\_\_\_. (their names)

Hear me when I say with the voice of angels, "Our Father who art in Heaven..."

"In the name of the Father, the Son, and the Holy Spirit, One God, Amen."



# Hold Fast to Your Church's Rites

## Rebuilding the House of God after the Captivity Ezra 2 & 3

The people of God were living in their city; Jerusalem, until the King of Babylon came and took them captives (*prisoners*) with him to his city. God promised His people that they will go back to their land, and after 70 whole years God fulfilled His promise to the people of Israel and returned them back to their land.

When the people went back to their city they saw something that made them very upset. They found that their beloved city is completely destroyed and without walls. They also saw that the House of God was also destroyed. So they decided that they are going to rebuild the city.



They needed their homes to stay in, but they decided to rebuild the house of God first- the altar and the temple- because they really wanted to go back to praying to God and thank Him because He returned them from captivity. They also wanted to go back to offer sacrifices like they were used to.

So they collected money from each other to pay the workers and to buy wood. They split the work among them and everyone did what they can, for example some people offered silver and gold, others bought wood. The carpenters and the builders built the House of the Lord. Some people were organizing all the work... This way everyone participated with what they can offer to build the House of God.

Every one of them did their part with honesty and did not say "this is not my job", that is why the bible describes them by saying that **"the people gathered together as one man"** (Ezra 3:1). And because they helped each other, they finished the work and were able to rebuild the temple. They thanked God and were very happy that now they have the Temple back.

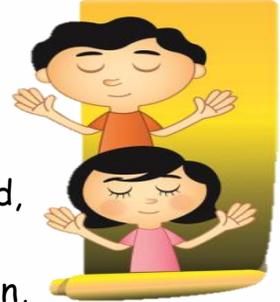


# Memorization

## THE CONCLUSION OF EVERY HOUR

1.

Have mercy on us, O God, and have mercy on us,  
who, at all times and in every hour,  
in heaven and on earth, is worshipped and glorified,  
Christ our God, the good, the long suffering,  
the abundant in mercy, and the great in compassion,  
who loves the righteous and has mercy on the sinners of whom I am chief;  
who does not wish the death of the sinner but rather that he returns and lives,  
who calls all to salvation for the promise of the blessings to come.



Lord receive from us our prayers in this hour and in every hour.  
Ease our life and guide us to fulfill Your commandments.  
Sanctify our spirits. Cleanse our bodies. Conduct our thoughts.  
Purify our intentions. Heal our diseases. Forgive our sins.  
Deliver us from every evil grief and distress of heart.  
Surround us by Your holy angels, that, by their camp,  
we may be guarded and guided, and attain the unity of faith,  
and the knowledge of Your imperceptible and infinite glory.  
For You are blessed forever. Amen.

2.



**“Behold, I am coming quickly!  
Hold fast what you have,  
that no one may take  
your crown.”  
Revelation 3:11**

# 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)

ночри

hi

ночри пенлнв

Hi Sayedna

ночри пеніωт

Hi Abouna

оухаи

Bye



оухаи  
џен п̆боис

Bye  
(in the Lord)

<p> <b>ἸΕΝ ΦῆΡΑΝ ἈΦΙΩΤ</b>  <b>ΝΕῤ ΠΩΗΡΙ</b>  <b>ΝΕῤ ΠΙΠΝΕΥΜΑ ΕΘΟΥΑΒ</b>  <b>ΟΥΝΟΥΤ ἸΟΥΩΤ ἈΜΗΝ</b> </p>	<p> In the Name of the Father  and the Son  and the Holy Spirit  One God Amen </p>
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	<p><b>ἄψ ΠΕ ΠΕΚΡΑΝ ?</b></p>	<p>What is your name ?</p>
	<p><b>ἄψ ΠΕ ΠΕΡΑΝ ?</b></p>	<p>What is your name ?</p>
<p><b>ΠΑΡΑΝ ΠΕ .. My name is</b></p>		

<p><b>ΝΑΝΕ ΤΟΥΤΙ</b></p>	<p>Good morning</p>
<p><b>ΝΑΝΕ ΡΟΥΖΙ</b></p>	<p>Good evening</p>
<p><b>ΝΟΥΡΙ ΕΞΟΥΤ</b></p>	<p>Good day</p>
<p><b>ΝΟΥΡΙ ΕΧΩΡΖ</b></p>	<p>Good night</p>

**ΠΕΝΝΗΒ** Sayedna  
**ΠΕΝΙΩΤ** Abouna  
**ΠΑΙΩΤ** My father  
**ΤΑΜΑΥ** My mother  
**ΠΑΣΟΝ** My brother  
**ΤΑΣΩΝΙ** My sister

<b>ΝΟΦΡΙ</b>	Hi	<b>ΠΕΝΝΗΒ</b>	Sayedna
<b>ΟΥΧΑΙ</b>	Bye	<b>ΠΕΝΙΩΤ</b>	Abouna
<b>ΝΑΝΕ ΤΟΟΥΙ</b>	Good Morning	<b>ΠΑΙΩΤ</b>	My father
<b>ΝΑΝΕ ΡΟΥΖΙ</b>	Good Evening	<b>ΤΑΜΑΥ</b>	My mother
<b>ΝΟΦΡΙ ÈΖΟΥΥ</b>	Good day	<b>ΠΑΣΟΝ</b>	My brother
<b>ΝΟΦΡΙ ÈΧΩΡΖ</b>	Good night	<b>ΤΑΣΩΝΙ</b>	My sister

# Hymns & Rituals



## 1. Praxis Response for the Resurrection

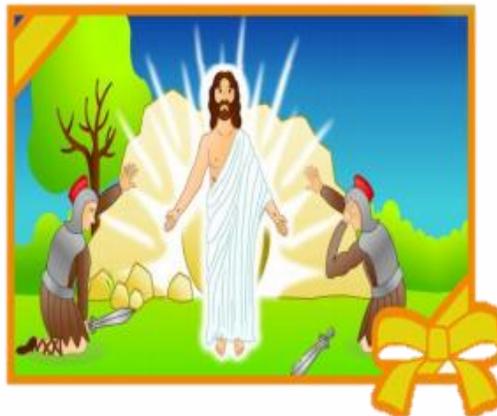
**Rites:** The Praxis Response is chanted before the reading of the Acts of the Apostles. During the Resurrection Feast and the Holy 50 Days, the hymn focuses on the Resurrection of our Lord Jesus Christ for our salvation.

Hail to His resurrection,  
when He rose from the dead,  
in order to save us,  
from our sins.

Χερε τεφανασταςις:  
εταφτωνε εβολθεν ηθεουωουτ:  
ωα ητεφρωτ υμον:  
εβολθεν νεννοβι.

Blessed are You indeed, with Your  
good Father and the Holy Spirit,  
for You have risen and saved us.  
Have mercy on us.

Κεμαρωουτ αληθωσ: νεμ Πεκιωτ  
ηαταθωσ: νεμ Πιπνευμα εθουαβ:  
χε ακτωνκ ακωτ  
υμον ηαι ηαν.



## 2. Doxology for the Resurrection

**Rites:** The word doxology means a glorification hymn.

We chant the doxologies during Vespers, Matins, and the Midnight Praise.

The doxology for the Resurrection is chanted throughout the Holy 50 days before any other doxology.

Then our mouths are filled with joy, and our tongues with rejoicing, for our Lord Jesus Christ, has risen from the dead.	Τοτε ρων αμους ηραωι: ουος πενθας δεν ουθεληλ: χε Πενβοις Ιησουε Πιχριστος: αφτωνφ εβολα δεν νηεθωουντ.
He has abolished death by His might, and made life shine upon us, He is the one who has descended, to the lower parts of the earth.	Αφκωρφ υψμου δεν τεφχου: αφρεπωνδ ερονωινη ερον: ηθου οη φηεταφθεναφ: ενημα ετσαπεσχητ υπκαλι.
The gatekeepers of Hades, saw Him and were afraid, He abolished the pangs of death, and He was not held by them.	Ηιμνοντ ητε Δυεντ: αφναφ ερου αφερουτ: αφτακο ηνινακλι υψμου: υποφχεμχου ηλμοηι υμου.
He has crushed the gates of brass, and broke the bars of iron, and brought out His chosen ones, with rejoicing and with joy.	Αφδουδεμ ηθανπυλη ηεμουτ: αφκωφ ηθανμοχλουε υβενιπι: αφινη ηνεφρωτπ εβολα: δεν ουουνοφ νεμ ουθεληλ.
He lifted them up with Him, into His place of rest, and saved them for the sake of His Name, and revealed His power to them.	Αφολου επβιςι νεμαφ: εδουνη ενεφμανεμτον: αφναζμου εθε πεφραν: αφουωνε ητεφχου νωου εβολα.
Therefore we are wealthy, with perfect gifts, and with faith we sing, saying Alleluia.	Εθε φαι τενοι ηραμαδ: δεν νιαζαθου ετχηκ εβολα: δεν ουναετ τενεραλιν: εφχω υμου χε Αλληλουια.
Alleluia, Alleluia Alleluia, Alleluia Jesus Christ, the King of Glory has risen from the dead.	Αλληλουια Αλληλουια: Αλληλουια Αλληλουια: Ιησουε Πιχριστος ηουρο ητε ηωου: αφτωνφ εβολα δεν νηεθωουντ.
This is He to whom is due glory, with His Good Father, and the Holy Spirit, now and forever.	Φαι ερε πιωου εριρεπι ναφ: νεμ Πεφιωτ ηαζαθουε: νεμ Πιπνευμα εθουαβ: ιχεν τνου νεμ ψα ενεε.



*Hold fast what you have*

Visit the St. Mark Festival's website at

**[www.smfsus.org](http://www.smfsus.org)**

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