

GRADE 3-5
Hold fast what you have
WWW.SMFSUS.ORG

His Holiness Pope Tawadros II



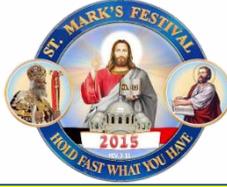
**118th Pope of Alexandria and
Patriarch of the See of Saint Mark**



Hold fast what you have

Table of Contents

	Page
St Mark's Festival Anthem- Hold fast what you have	2
Hold fast what you have	3
Hold Fast to Your Faith –Saint Athanasius the Apostolic	4
Hold Fast to Your Holy Bible – The Holy Bible	7
Hold Fast to Your Spirituality – Saint Paul and his wisdom in actions	10
Hold Fast to Your Church's Rites – Joseph the Successful Minister	14
Memorization	17
Coptic	18
Hymns & Rituals	29



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

Saint Athanasius the Apostolic

In our life, some things are ok to change depending on circumstances; but there are things that can never change no matter what the circumstances might be, **such as faith**. Our faith was handed down to us by our fathers the saints, and can never be changed. We must defend it and preserve it following the example of St. Athanasius the Apostolic who gave us a great example in defending the faith.

St. Athanasius is one of the saints of our Orthodox Church. He protected and continued to defend the faith that we have received from our fathers the Apostles for about half a century (50 years). This is why our church gives him many titles:

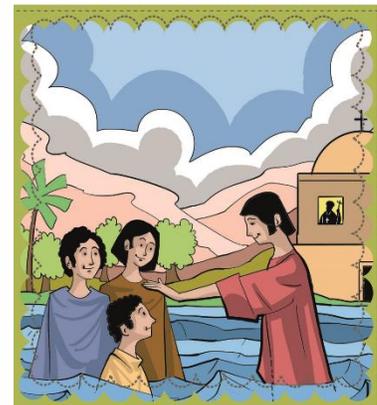
1) Defender of faith, 2) the Apostolic, 3) the 13th Apostle.

We also call him “Contra Mundum” (Against the World) because he defended the faith against the whole world. The people used to tell him “the whole world is against you, Athanasius” and he would reply and say “and I am against the world”...”against the world” here means against the Arianism which was very widely spread in the whole world at that time.

St. Athanasius was born in Alexandria. His father died when he was very young and his mother took great care of his education so she enrolled him in the Theological School of Alexandria. The saint enjoyed his school and was very successful in it. In his childhood, the Roman Emperor Diocletian was the ruler of the empire and he was persecuting Christians everywhere. The saint therefore grew up seeing thousands of martyrs sacrificing their lives and not giving up their Christ or their faith.

One day Pope Alexandros, the 19th patriarch, was looking from his patriarchate’s window and he saw a scene he liked very much. He saw some kids playing on the beach but what drew his attention was a boy acting like a bishop and baptizing kids in the water and putting his hands on them and praying for them.

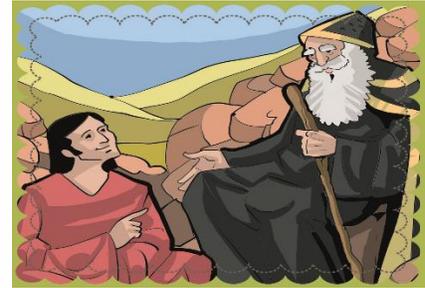
This boy happened to be St. Athanasius. The pope called St. Athanasius in to him, took him in and cared for him.





After a while, with his mother's approval the Pope baptized him.

When he finished his education, he went to the desert and stayed with St. Anthony for 3 years and became his disciple.



The Pope sent for St. Athanasius so he went back to Alexandria where the pope ordained him a deacon and made him his personal secretary. St. Athanasius continued studying in the Holy Bible, the Orthodox doctrine and the teachings of the church fathers.

At that time, there was a man called Arius who was spreading wrong teachings about Christ's Divinity. He claimed that "the Lord Jesus Christ is not God" and he denied our faith in the Holy Trinity.

The faith that we received from the fathers of our church is as follows:

- We believe in one God with 3 Hypostases. The Father is God, Our Lord Jesus Christ the Logos (the Son) is God, and the Holy Spirit is God.
- We declare this every time we make the sign of the cross saying "In the **name** of the Father, and the Son, and the Holy Spirit, **One God**, Amen." We say the name NOT the names, and we say One God at the end.

Hard to understand? ...Here are some examples to make it easy:



-**The sun** has heat that gives us warmth (when we say stand in the sun, we mean to get some of the heat), and gives light. So we have the sun itself, its heat, and its light. We say the sun when we're talking about any of the three. This way we can say that the sun is three in one, and the three are one.



-In the same manner, in our faith in **the Holy Trinity**, we say the Father is God, and the Lord Christ (the Son) is God, and the Holy Spirit is God. The Three are one God

"For there are three that bear witness in heaven: the Father, the Word, and the Holy Spirit; and these three are one" 1 John 5:7

This is one of the verses St. Athanasius used in responding to Arius' claims



Arius continued with his wrong teachings saying that the Lord Christ is not God even though Pope Alexandros tried to convince him more than once that his teachings are wrong. Arius was spreading his wrong teachings everywhere by making up easy songs for the people to memorize. For this reason a council (big meeting) was set up. It was held in the city of Nicaea in 325 A.D. and was attended by 318 bishops from all over the world.



Pope Alexandros went to the council and he took with him his deacon, Athanasius. And despite his young age, St. Athanasius, was the one to stand up in front of everyone in the council and defend the faith and prove from the Holy Bible that the Lord Christ is God and that He took flesh and was born from the Virgin St. Mary and came into the world. St. Athanasius replied to every wrong idea that Arius had and the whole council was amazed by his replies and his defense of the right faith and they called him “the hero of God’s church”

Arius did not repent from his teachings. Therefore the council excommunicated him (deprived him from the church assembly) and all who believed his teachings. Also, at that council, St. Athanasius wrote the Orthodox Creed that we still pray today till the sentence that says “whose kingdom shall have no end” and it states the basic beliefs of our true Orthodox faith.

After the departure of Pope Alexandros, St. Athanasius was chosen to become the next pope on the See of St. Mark. He became the 20th patriarch of Alexandria. And because he saved the world from Arianism it was said that “if it was not for Athanasius, the whole world would have become Arian”



Hold Fast to Your Holy Bible

The Holy Bible

The Holy Bible is the primary source for all the church's rituals and traditions. It is in everything we do in our church and is considered one of the most important sources for the church teaching.

Our Holy Bible is God's message to every one of us. It tells us the story of mankind's salvation and the life of our Lord Jesus Christ. The Holy Bible is inspired by God. It was written by a group of "the saints who are directed (inspired) by the Holy Spirit" this is why it is a book full of truth and nothing in it can be wrong.

"All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness" (2 Timothy 3:16)

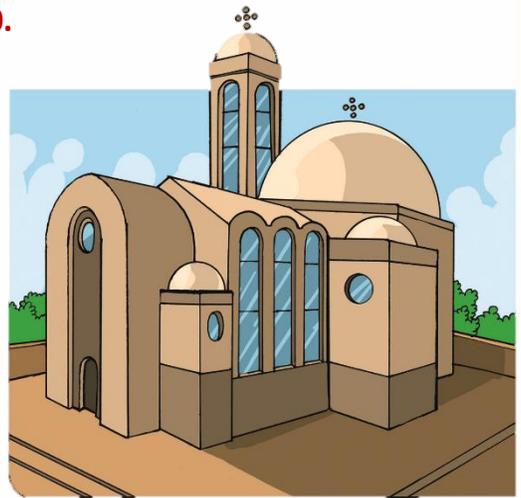


Our Holy Bible consist of 73 books:

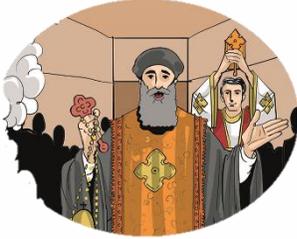
- **Old Testament:** 39 books
- **Deuterocanonical Books:** 7 books
- **New Testament:** 27 books

The Holy Bible is the main source of all the church's traditions and teaching because Christ told His disciples, **"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you" Matthew 28:19-20.**

This verse tells us that our Lord instructed His disciples (who represent the church) to preach to the rest of the people and to give them His teachings (which are found in the Holy Bible).



And this is why the church always includes the Holy Bible in all its rituals, dogmas and traditions:



❖ Abouna prays the litany of the Gospel before the reading of the Gospel and he raises incense before it.

❖ Abouna raises the “Beshara” (the Gospel) (one of the altar vessels and it contains the 4 Gospels) and kisses it with all respect before reading the Gospel.



❖ We light the candles during the reading of the Gospel

❖ The deacon tells us to stand while reading the Gospel because it is the Word of God

We also find that all prayers in the church include a lot of readings from the Holy Bible, for example during the liturgy:

- 1) We read a Psalm and a Gospel during Matins, Vespers and the Liturgy of the Word
- 2) After the morning raising of incense (Matins) we pray the Agpeya which consists of Psalms (from the Old Testament) and a reading from the Gospel
- 3) We read a part from the 14 epistles of St. Paul (the Pauline Epistle)
- 4) We read a part from the 7 Catholic epistles (the Catholic Epistle)
- 5) We read a part from the book of The Acts of the Apostles (The Praxis)



And there are many other examples where the church’s rituals and prayers are full of readings from the Holy Bible.

This is why we say our Church loves the Holy Bible so much and the Church is a Biblical Church.



Activity

Because our church is a biblical church, we read parts of the Holy Bible in the rituals of every sacrament. Connect the picture to the corresponding reference.



Psalm 32: 1-2,
John 3:1-21



Psalm 19:5-6,
Psalm 128:3-4,
Matthew 19:3-6



Matthew 26:26-28



James 5:14-18

Hold Fast to Your Spirituality

Saint Paul and his wisdom in actions

St. Paul was born in Tarsus. He was a Roman whose religion was Judaism. He had two names: 'Saul' and 'Paul'. He came to Jerusalem when he was a youth to finish his education and became a disciple to Gamaliel, one of the most famous Jewish teachers.

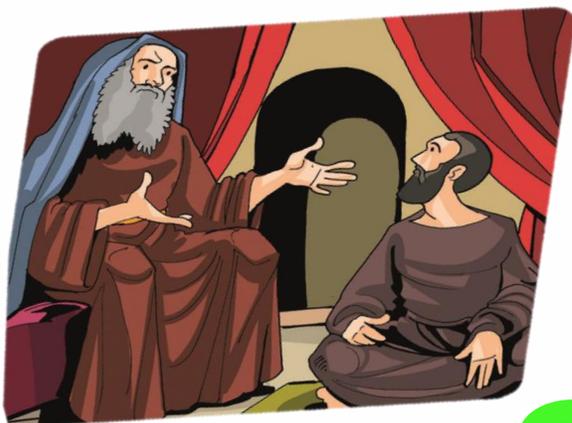
In the beginning, St. Paul persecuted the church, the Holy Bible even tells us that he was guarding the clothes of the people that were stoning St. Stephen and that he was agreeing with them. In all this Paul thought he was pleasing God.



Until one day, the Lord Jesus Christ Himself appeared to him when he was on the way to Damascus (to capture Christians there). He heard God's voice talking to him and saying "**Saul, Saul, why are you persecuting Me?**" Saul answered: "Who are You, Lord?" Then the Lord said, "**I am Jesus, whom you are persecuting**" So Saul asked "Lord, what do You want me to do?"

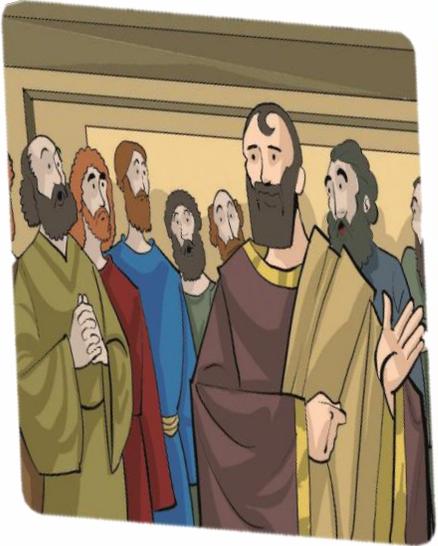


The Lord told him to go to someone in Damascus named 'Ananias' who will tell him what to do. St. Paul obeyed and went to Ananias and got baptized. His whole life changed from that day. After he was a persecutor of the church he became a great preacher and an apostle and he wrote us 14 epistles in the New Testament.



The Holy Bible tells us many situations where our teacher St. Paul had great wisdom in his actions and one of them is in Acts 17:22-25:

The story starts in a city called Athens. Athens was full of idols at that time and St. Paul was very upset when he walked in the city. He started teaching the people of the city about the Lord Jesus Christ and His Resurrection. Some philosophers from the city heard St. Paul talking and they were very amazed from his teachings about this new God that he was talking about and they wanted to know more. So they took St. Paul and went to a place called Areopagus (a place made for discussion and talking about new ideas) and there they asked him to talk more about the teachings he was saying. St. Paul was given the wisdom from God to be able to convince the people by his teachings.



St. Paul noticed that when he walked into the city there was an altar made to “*the unknown god*”. So first thing St. Paul did was to act wisely and commend the people for something good in them: that they are religious and he told them:

“ _____ ”

(Acts 17:22) (Find the verse and write it)

And here we notice that even though St. Paul was very upset about the idols that were everywhere in the city, he did not attack the people when he started to speak to them but

Second thing St. Paul did was to find the right way to address the people to be able to convince them and told them:

“

_____.” (Acts 17:23) (Find the verse)

This verse shows us that St. Paul started to talk about something the people have in front of them which is the altar with the inscription: TO THE UNKNOWN GOD. He told them I am coming to tell you about the God that you do not know.

From there he started telling them about God the Creator of heaven and earth and told them:

“

_____” (Acts 17:24-25) (Find the verse)

In this verse, St. Paul talked to them about God and how He is the Creator of the whole world. He explained to them their error in building temples to the idols and that God is the one who gives life to everyone and that He is near to all of us and by Him we live.

**“Though He is not far from each one of us;
for in Him we live and move and have our being.”**

Acts 17:27-28

Because of the preaching of St. Paul and his wisdom a lot of people believed in Christ and left the worship of idols.

St. Paul was very wise when he was preaching; he preached to the Jews using verses from the Holy Bible because they believed in it; but he used the poems, and quotes from philosophers and scientists because that was what they believed in and knew.

St. Paul teaches us to be wise in our speech and actions, from this story, we learn to:

- 1- I start with something good to commend the person I talk to.**
- 2- I choose the right time to talk to people and use a speech that matches their personality.**

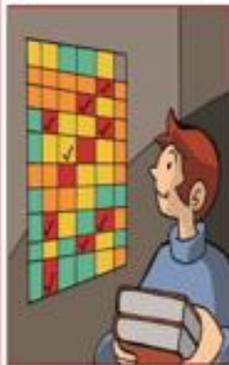
Activity

How would you act with wisdom in each of the following situations?

You didn't get good grades at school, how will you tell your parents?



You have a lot to study for school, what will you do?



You need something from your mom or dad, and you find them busy.



While you're playing at home, you broke something.



Hold Fast to Your Church's Rites

Joseph the Successful Minister- Genesis 37, 39-41

Joseph the successful minister showed us that organization and dividing of roles are key to the success of any task.

Joseph lived in the land of Canaan with his father Jacob and his eleven brothers. His father loved him very much and his brothers used to call him "the man of dreams" because he used to tell them his dreams.

Joseph's brothers got so mad at him because of one of the dreams that he had, they agreed to kill him. However, his brother Reuben suggested that they throw him in a pit instead. And they did.

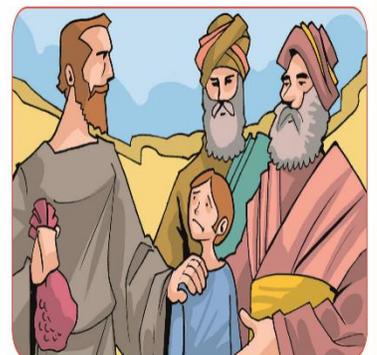
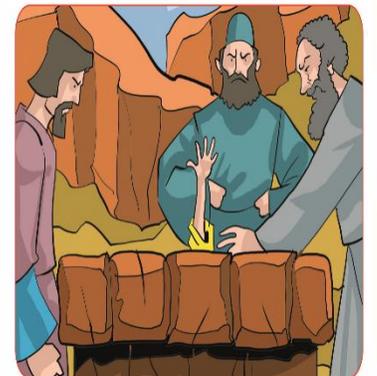
A little while later, they saw some Ishmaelite traders; so Judah suggested selling Joseph to them. They did so and sold him to the Ishmaelites for twenty pieces of silver. The Ishmaelites took Joseph with them to Egypt and in turn, they sold him to Potiphar, an officer of Pharaoh.

Because of Joseph's honesty in his work, God blessed the house of Potiphar. And Potiphar relied on Joseph for everything.

**"The Lord was with Joseph, and he was a successful man."
(Genesis 39:2)**



Potiphar's wife liked Joseph and she wanted him to sin with her but he refused. For this reason, she got so angry and she told lies about Joseph to Potiphar her husband. He believed her and put Joseph in jail as a punishment.



One day, Pharaoh had two dreams and was very confused. He brought the wise-men and the magicians to interpret the dreams for him but they couldn't.

Immediately the chief butler remembered Joseph and how he interpreted his dream, while they were in prison together, and he told Pharaoh about him. So they brought Joseph out of prison and dressed him in very nice clothes and he stood in front of Pharaoh. Pharaoh told him that he heard he can interpret dreams and Joseph replied by saying it is not me, but it is my God's gift.

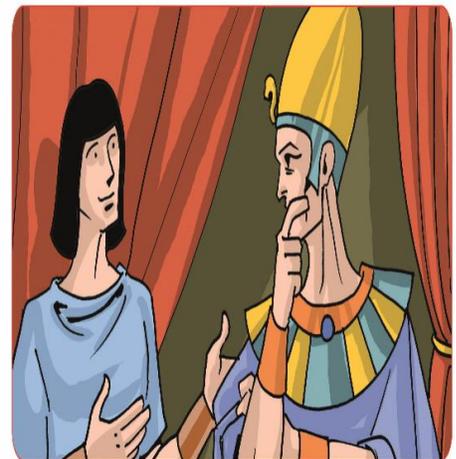
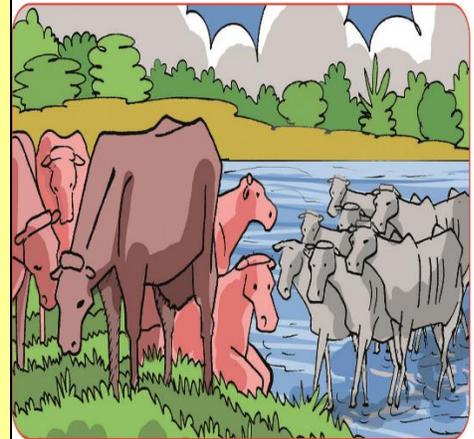
And Pharaoh began to tell Joseph the dreams he had:

"I was standing on the bank of the river. Suddenly seven cows came up out of the river, fine looking and fat; and they fed in the meadow. Then behold, seven other cows came up after them, poor and very ugly. And the ugly cows ate up the first seven, the fat cows. And then I woke up.

When I went back to sleep I dreamt again: seven heads of wheat came up on one stalk, good and full. Then behold, seven heads, withered, thin, and blighted by the east wind, sprang up after them. And the thin heads devoured the seven good heads. I told this to the magicians, but no one could explain it to me"

Joseph replied to Pharaoh and told him that the two dreams are actually the same. The seven good cows are seven years, and the seven good heads are seven years; the dreams are one. The seven thin and ugly cows which came up after them are seven years, and the seven empty heads blighted by the east wind are seven years of famine.

And the repetition of the dreams means that God is telling him that this is going to happen quickly. He told Pharaoh that he should choose a discerning and wise man, and set him over the land of Egypt to collect one-fifth of the produce of the land of Egypt in the seven plentiful years so the people can find food in the seven years of famine.





Pharaoh and everyone that was standing were amazed with Joseph's wisdom. And Pharaoh said: "God has told you the meaning of these dreams, I don't think anyone else is as wise as you. I choose you to be the man to oversee everything here in the land of Egypt." And so Pharaoh gave Joseph his signet ring and dressed him in the best and most expensive clothes. He gave Joseph his chariot and named him "Zaphnath-Paaneah" which means "savior of the world- sustenance of life"

Joseph started working on his plan immediately to be able to save Egypt from the famine. He chose the right way to accomplish his goal by planning correctly for it:

- 1) **Determining the goal:** Joseph's goal was to save Egypt from the 7-year-famine
- 2) **Putting a specific plan with dates to accomplish the goal:** Joseph's plan was to:
 - a. collect one-fifth of the produce of the land in the seven plentiful years
 - b. appoint officers over the land to oversee the work
 - c. build stores to keep all the wheat in (Genesis 41:49)
- 3) **Executing the plan and following-up:** Joseph started to collect food as fast as he could during the 7 plentiful years. He gathered so much grain that he couldn't count it, for it was immeasurable.
- 4) **Evaluating:** By the start of the 7-year-famine Joseph's plan proved successful. The whole world had a very severe famine except Egypt which was full of bread. Every nation came to Egypt to buy wheat.

Joseph was successful in planning and organizing. We too need to learn organization. In every task, we need to determine our goal, estimate the time we need, put a plan and follow it, without forgetting to evaluate our progress.

Memorization

1.

The Gloria

Let us praise with the angels, saying, "Glory to God in the highest, peace on earth, and good will toward men."

We praise You. We bless You, we serve You, we worship You, we confess to You, we glorify You, we give thanks to You for Your great glory, O Lord, King of heaven, God the Father, the *Almighty (Pantocrator)*, O Lord, the one and only-begotten Son, Jesus Christ, and the Holy Spirit.

O Lord God, Lamb of God, Son of the Father, who takes away the sin of the world, have mercy on us. O You who takes away the sin of the world, receive our prayers unto You, who sits at the right hand of His Father, have mercy on us. You only are the Holy, You only are the Most High, my Lord Jesus Christ, with the Holy Spirit. Glory be to God the Father. Amen.

Every day I will bless You and praise Your Holy name forever and unto the ages of ages. Amen.

From the night season my soul awakes early unto You, O my God, for Your precepts are a light upon the earth. I was meditating on Your ways, for You have become a helper unto me. In the morning You shall hear my voice. Early I will stand before You, and You shall see me.

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

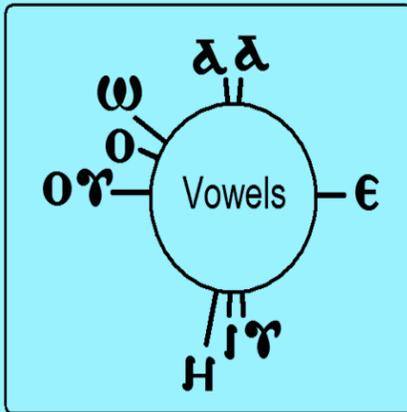
	 Alpha A	 Veeta B, V	 Gamma G, N, Gh	 Delta D, Th (the)	
 Eyy E	 Number 6 So-oo Not a true letter The number 6	 Zeeta Z	 Eeta EE	 Theeta TH (think), T	 Yota I, Y
 Kappa K	 Lavla L	 Mey M	 Ney N	 Eksee KS	 O O
 Pee P	 ro R	 seema S - Z	 tav T	 Epsilon V, I, (oo)	 Fey F
 Key K, Kh, Sh	 Epsee PS	 Oo Oo	 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 ()
- 1 letter used only as a number ()

PRONUNCIATION

Vowels



Some Consonants

Н К Т С Ч Р З
 н к т с ч р з

Practice

ч _а р	ч _е р	ч _и р	ч _у р
ч _о р	ч _о у _р	ч _и р	ч _о р
к _е т	к _а т	к _о у _т	р _е ч
р _а н	з _а к	з _и к	н _о у _н

Practice

т _о у _н	с _и н	н _о	н _о
с _а т	к _а т	з _е н	ч _е т
ч _и т	ч _а т	ч _о у	т _а
ч _и н	с _и н	н _а с	р _и с

Practice

ηαρ	ηοϣρ	ροϣϣ	ρεη
ζηρ	ραε	ρεε	ροϣε
ρηε	ρωε	εατεκ	ηαηε
ζωρ	ζοϣρ	εοϣ	εοϣεοϣ

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.

ἦ will be pronounced “en”

Ἐ will be pronounced “ef”

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

αῖ

θεὸτοκος

ἦτε

ἔμοϣ

ρευἦχηαι

ἐπισκοπος

ὠοϣ

ночы

hi

ночы пенннв

Hi Sayedna

ночы пеніωт

Hi Abouna

ουχαι

Bye



ουχαι
δεη π̇βοις

Bye
(in the Lord)

ἸΕΝ ΦῤΑΝ ἈΦΙΩΤ

In the Name of the Father

ΝΕῤ ΠΩΗΡΙ

and the Son

ΝΕῤ ΠΙΠΝΕΥΜΑ ΕΘΟΥΑΒ

and the Holy Spirit

ΟΥΝΟΥΤ ἸΟΥΩΤ ἈΜΗΝ

One God Amen



ἌΩ ΠΕ ΠΕΚΡΑΝ ?

What is your name ?



ἌΩ ΠΕ ΠΕΡΑΝ ?

What is your name ?

ΠΑΡΑΝ ΠΕ .. My name is

ΝΑΝΕ ΤΟΥΤΙ

Good morning

ΝΑΝΕ ΡΟΥΖΙ

Good evening

ΝΟΥΡΙ ΕΞΟΥ

Good day

ΝΟΥΡΙ ΕΧΩΡΖ

Good night

My Family (1)



ΠΑΤΗΡ	My father
ΜΑΤΗΡ	My mother
ΑΔΕΛΦΟΣ	My brother
ΑΔΕΛΦΗ	My sister

ΑΓΑΠΗΤΟΣ The beloved

My Family (2)



ΥΙΟΣ	My son
ΘΥΓΑΤΗΡ	My daughter
ΑΝΔΡΑΣ	My husband
ΓΥΝΑΙΚΑ	My wife

ΝΟΨΡΙ

Hi

ΟΥΧΔΑΙ

Bye

ΠΑΙΩΤ

My Father

ΝΔΛΕ ΤΟΥΡΙ

Good Morning

ΤΑΛΔΥ

My mother

ΝΔΛΕ ΡΟΥΖΙ

Good Evening

ΠΕΝΝΗΒ

Sayedna

ΝΟΨΡΙ ÈΖΟΥΥ

Good day

ΠΕΝΙΩΤ

Abouna

ΝΟΨΡΙ ÈΧΩΡΖ

Good night

ΝΟΨΡΙ ΠΕΝΝΗΒ ÆΜΕΝΡΙΤ

ΝΟΨΡΙ ΤΑΛΔΥ ÆΜΕΝΡΙΤ

ΟΥΧΔΑΙ ΠΑΙΩΤ ÆΜΕΝΡΙΤ

ΟΥΧΔΑΙ ΠΑΖΔΑΙ ÆΜΕΝΡΙΤ

ΝΔΛΕ ΡΟΥΖΙ ΤΑΣΩΝΙ ÆΜΕΝΡΙΤ

Indefinite article (a, an)



Masculine

ՕՐ



Feminine

ՕՐ



Plural

ՆԱՆ

Definite Article (The)



Masculine

ՍԻ

ՍԻ

Փ



Feminine

Դ

Դ

Թ



Plural

ՈՒ

(ՈՒՆ)

Some masculine nouns

ԿԱԶԻ Land

ՍԻԿԱԶԻ the land

ՕՐԿԱԶԻ a land

ՍՈՒՐԻ Son

ՍԻՍՈՒՐԻ the son

ՕՐՍՈՒՐԻ a son

ԻՕԿ Father

ՓԻՕԿ the father

ՕՐԻՕԿ a father

Some feminine nouns

ՇՈՒՆԻ Sister

ԴՇՈՒՆԻ the sister

ՕՐՇՈՒՆԻ a sister

ՓԵ Heaven

ԴՓԵ the heaven

ՕՐՓԵ a heaven

ՍԱՐ Mother

ԹՍԱՐ the mother

ՕՐՍԱՐ a mother

Some plural nouns

μᾶτ Mothers	ΝΙΜᾶτ the mothers	ΣΑΝΜᾶτ mothers
ΦΗΟΥΙ Heavens	ΝΙΦΗΟΥΙ the heavens	ΣΑΝΦΗΟΥΙ Heavens

Some more masculine words

ΝΟΥ†	God	ΒΟΙϞ	Lord
ΠΝΕΥΜΑ	Spirit	ΑΓΓΕΛΟϞ	Angel
ΩΙϞ	Bread	ὠΟΥ	Glory
ΧΩΜ	Book	ΚΑΨ	Pencil

Some more feminine words

ΩΝΙ	Sister	ΒΩ	Tree
ΧΟΥ	Power	ΒΑΚΙ	City el
ΨΕΡΙ	Daughter	ΜΕΤΟΥΡΟ	Kingdom

Some more plural nouns

ΙΟ†	Fathers	Μᾶτ	Mothers
ΩΝΙ	Sisters	ἸΝΗΟΥ	Brothers
ΨΗΡΙ	Sons	ΨΕΡΙ	Daughters

ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥΙ

Our Father who art in Heaven

ÀΡΙΤΕΝ ÑΕΜΠΩΑ ÑΧΟΣ ΘΕΝ ΟΥΥΕΠΘΜΟΤ

Make us worthy to say thankfully

ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥΙ

Our father who art in heaven

ΜΑΡΕΥΤΟΥΒΟ ÑΧΕ ΠΕΚΡΑΝ

Hallowed be Thy name

ΜΑΡΕCÌ ÑΧΕ ΤΕΚΜΕΤΟΥΡΟ

Thy kingdom come

ΠΕΤΕΘΝΑΚ ΜΑΡΕΥΩΠΙ

Thy will be done

ÙΦΡΗΤ ΔΕΝ ΤΦΕ ΝΕΜ ΘΙΧΕΝ ΠΙΚΑΘΙ

On earth as it is in heaven

ΠΕΝΩΙΚ ÑΤΕ ΡΑCΤ ΜΗΙΥ ΝΑΝ ÙΦΟΟΤ

Give us this day our daily bread

ΟΤΟΘ ΧΑ ΝΗΕΤΕΡΟΝ ΝΑΝ ÈΒΟΛ

And forgive us our trespasses

ὡς ἄφηται ἡμῶν ὡς ἡμεῖς ἀφίμεθα τοὺς ἄλλους

As we forgive

ὅσοι ἡμῶν ἠμαρτήσαντες ἐπὶ ἡμῶν

those who trespass against us

καὶ μὴ ἡμᾶς εἰσενεγκεῖς ἐν πειρασμῷ

And lead us not into temptation

ἀλλὰ ῥυθίμας ἡμᾶς ἀπὸ τοῦ πονηροῦ

But deliver us from the evil one

ἐν Ἰησοῦ Χριστῷ τῷ Κυρίῳ ἡμῶν

In Christ Jesus our Lord

ὅτι ἡ δόξα σου

For Thine is

τὸ βασίλειόν σου καὶ τὸ κράτος καὶ τὸ δόξα σου

the kingdom, the power and the glory,

ὡς ἔστιν ἀεὶ ἀμήν

forever, Amen



Hymns & Rituals



1. Hymn: Christ is Risen (Minor Tune)

Rites: "Christ is risen – Truly, He is risen." **Χριστός ἀνέστη - Ἀληθὸς ἀνέστη.**

This is known as the greeting of the Pentecostal Days (*Joyous 50 days*).

It is used instead of "hello" to greet one another during the *Joyous 50 days* after the Resurrection Feast.

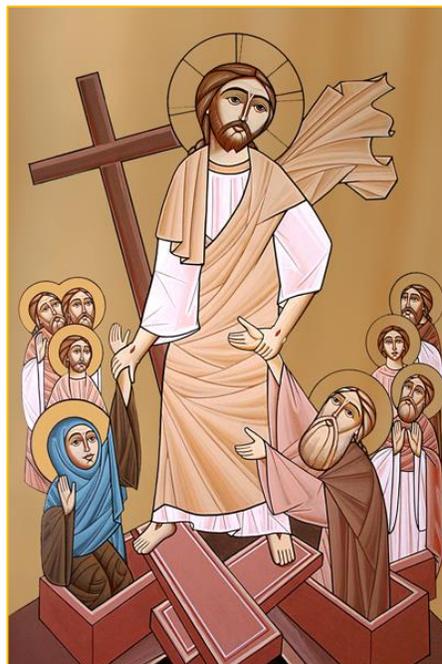
The hymn "Christ is risen" is the first hymn chanted in the procession around the church during the Joyous 50 Days. It has a major tune and a minor tune.

Christ is risen from the dead,
trampling down death by death and upon
those in the tombs bestowing life.

**Χριστός ἀνέστη ἐκ νεκρῶν: θανάτῳ
θανάτου πατήσας καὶ τὸ ἐν τοῖς
μνημασὶ ζωὴν χαρίζαμενος.**

Glory be to the Father and the Son and the
Holy Spirit, now and ever and unto the ages
of the ages. Amen.

**Δοξα Πατρὶ καὶ Υἱῷ καὶ ἁγίῳ
Πνεύματι: καὶ νῦν καὶ ἀεὶ καὶ
ἰστοῦς ἐὼνάς τῶν ἐώνων: ἀμήν.**



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 ακουοζ ηραωι: ογοζ πενλαζ ζεν ουθεληλ: χε Πενβοιζ Ιηουζ Πιχριζτοζ: αφτωνφ εβολα ζεν ηνεθωωντ.
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 ηφμουζ ζεν τερχου: αφθρεπωνζ ερωνωινη ερον: ηθοφ οη φηεταφφεναφ: ενημα ετσαπεχτη ηπκαζι.
The gatekeepers of Hades, saw Him and were afraid, He abolished the pangs of death, and He was not held by them.	Ηιμνοντ ητε Δμενη: αηναφ εροφ αφερζοη: αφτακο ηνινακζι ηφμουζ: ηπονφχεμχομ ηλμονι ημοφ.
He has crushed the gates of brass, and broke the bars of iron, and brought out His chosen ones, with rejoicing and with joy.	Αφζουζεμ ηζανπηλη ηεμοτ: αφκωφ ηζανμοχλοζ ηβενιπι: αφινη ηνεφρωτπ εβολα: ζεν ογονοφ ηεμ 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.	Αφολοφ εηβιζι ηεμαφ: εζοτην ενεφμαηεμτοη: αφηαζμοφ εθεβε πεφραν: αφφωνη ητερχομ ηωοφ εβολα.
Therefore we are wealthy, with perfect gifts, and with faith we sing, saying Alleluia.	Εθεβε φαι ηενοι ηραμαδ: ζεν ηιαζαθοη ετχηκ εβολα: ζεν οφναζηη ηενεραλιν: εηχω ημοζ χε Δλληλοηια.
Alleluia, Alleluia Alleluia, Alleluia Jesus Christ, the King of Glory has risen from the dead.	Δλληλοηια Δλληλοηια: Δλληλοηια Δλληλοηια: Ιηουζ Πιχριζτοζ ηονρο ητε ηωοφ: αφτωνφ εβολα ζεν ηνεθωωντ.
This is He to whom is due glory, with His Good Father, and the Holy Spirit, now and forever.	Φαι ερε ηωοφ ερηρεηι ηαφ: ηεμ Πεφρωτ ηαζαθοζ: ηεμ Ηπνευμα εθοηαβ: ιχεν ηνοφ ηεμ φα ενεζ.



Hold fast what you have

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