

**GRADE 6-8**  
*Hold fast what you have*  
**WWW.SMFSUS.ORG**

**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

## 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 – The first Epistle to St. Timothy	5
Hold Fast to Your Sacraments – Sacraments of the Church	14
Hold Fast to Your Church Doctrine - It's Your Turn	22
Hold Fast to Your Moral Values – 'Man of Principle'	26
Hold Fast to Your Holiness	30
<b>Memorization</b>	35
<b>Coptic</b>	37
<b>Hymns &amp; Rituals</b>	43

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



## 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

This year's theme is **"hold fast what you have" (Revelation 3:11)**. The Lord gave St. John the Beloved this advice when He sent His angel to him on the island of Patmos where he was exiled and saw the revelation. The Lord gave him this revelation for many reasons:

- 1) **To know the necessity of the hardships of this world**
- 2) **To know the benefits from these hardships in holding onto the faith**
- 3) **To be assured of the final victory for the Lord and His Church over all the powers of evil through all generations**

The church has faced a lot of hardships from the Jews, the pagan Roman Empire, the Greek philosophers, from different people and religions but it was always victorious at the end through God who loved her.

No matter what hardships we endure on our way to the kingdom of heaven, it will by no mean be comparable to the glory and joy that awaits us there. We pray to God to help us be steadfast in Him and complete our struggle to the end!

## THE SECRET FOR VICTORY

The secret for the victory of the Holy Church is the Lord Jesus Himself.

He is the one to whom our teacher St. Paul said:

**"We are more than conquerors through Him who loved us" (Romans 8:37)**

**Therefore we have a great deal to hold onto in the Holy Church:**



**1. Hold onto Your Faith:** The Holy Church has been a hero in fighting against all the heresies that Satan and the heretics have directed toward her and toward the Christian faith in the early centuries.

**Arius:** against the divinity of the Son

**Eutyches:** against the mystery of the Incarnation

**Macedonius:** against the divinity of the Holy Spirit

**Sabellius:** against the humanity of Christ which is united with His divinity

**Nestorius:** against the natural union in the Lord

--And many more who were broken in front of the solidness of the Christian faith.--

The Nicene Creed defined for us, with straight-forward words, the divinity of the Lord, the mystery of incarnation and salvation, His death, resurrection, ascension into the heaven and His sitting at the right hand of the Father after He had done for us an everlasting salvation.

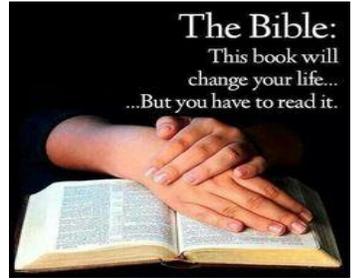
The Creed also tells us about God the Father, the Pantocrator, the creator of Heaven and Earth and how He was manifested to us through the incarnation of His Son. And after we have only been hearing about Him through the prophets, we now can see Him incarnated. **"The Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth" (John 1:14)**



The Creed also tells about the Holy Spirit, the Lord, and the Giver of Life, who proceeds from the Father and descended upon the apostles on the day of the Pentecost like tongues of fire sitting on each one of them. **The Holy Spirit is in all of the Church Sacraments to convict us, heal us, and give us gifts.**

**2. Hold onto Your Holy Bible:** The Holy Bible is the word of God to men. It contains books, characters, events, and beneficial lessons to men across the generations.

**It is important that our study of the Holy Bible becomes a way of life so we can be faithful witnesses to Christ in the Church and in the world.**



**3. Hold onto Your Doctrine:** Believing in God, no matter what you think of it, is always connected to the true doctrine. The doctrine which teaches us the “mystery of the church”: the union of the head –Christ– with the body –the Church. **Therefore the orthodox way of thinking and living is a must!**

**4. Hold onto Your Spirituality:** Our Lord Jesus Christ has given us through baptism the garments of righteousness. For this reason, we wear white clothes and a red girdle when we are newly baptized, as a symbol of purification and renewal by the blood of Christ the Savior.

The baptistery, according to the Holy Tradition, should be located on the southwest area of the church. It should be a room with an entrance from the outside and another into the church. The newly baptized, after he had denounced Satan and proclaimed his faith in Christ would:

- a) **Move from the west to the east; from darkness to light**
- b) **Move from the south to the north; from the place of dishonor to the place of honor**

And the life of the believer becomes spiritual and holy since they live by the sacraments, the Holy Bible and prayer. **“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.” Galatians 5:22-23**

**5. Hold onto Your Moral Values:** Whoever is renewed by the Spirit and walks by the Spirit should live a virtuous life daily. But this needs spiritual strive and guidance from the father of confession and daily spiritual exercises for a man to get used to holding himself accountable: before a sin, during a sin and after a sin. Therefore none of us should be negligent about the “little foxes” (Song of Songs 2:15) who come in from the smallest holes in the wall and after it has eaten and gotten fat it can’t get out from the wall-protected field anymore. So it stays in the field hiding and eating till it becomes a danger to the field and the owner of the field. That is why we should pay great attention to our daily behavior, according to the commandment of the apostle to **“Have regard for good things in the sight of all men” (Romans 12:17).** Here the apostle tells us that to have regard for good things in the sight of all men, not only inside the church. This good behavior will be a way of preaching the teachings of our Lord Jesus Christ.

**“That they may see your good works and glorify your Father in heaven.” Matthew 5:16**

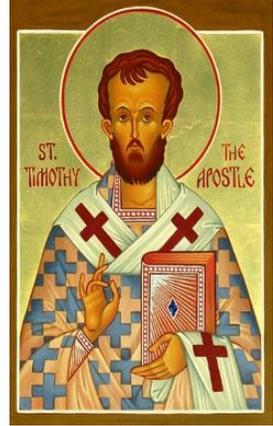
# Hold Fast to Your Faith

## The 1<sup>st</sup> Epistle to St. Timothy

*Test questions will include readings from the Epistle of 1 Timothy as well as this article.*

### Who is St. Timothy?

St. Timothy was born in the city of Lystra (in present day Turkey). His father was Greek and his mother, a Jewish Christian (Acts 16). He met St. Paul first in Lystra. He became a disciple of St. Paul who invited him to join him on his travel. St. Paul circumcised him in order to be accepted by the Jews. He followed him in his travels, and shared his labors. St. Paul ordained him a bishop over the city of Ephesus and the neighboring cities. St. Timothy preached there and converted many to the Christian faith and baptized them.



St. Paul wrote two epistles to St. Timothy: the first of which was in 65 A.D., and the second was shortly before 67 A.D., urging him, **"Take heed to yourself and to the doctrine, continue in them, for in doing this you will save both yourself and those who hear you"** (1 Tim. 4:16). He also wrote to him about the qualifications of a bishop, priest, deacon, and the widows. He cautioned him also about false prophets and commanded him not to lay his hand on anyone in haste, but only after thorough examinations and testing. St. Paul called Timothy his son and his beloved.

St. Timothy shepherded the flock of Christ extremely well, and he illuminated minds by his teachings, instructions, and reproaches. He continued to rebuke the Jews and the Greeks, therefore they envied him and congregated against him and started beating him until he was martyred in the city of Ephesus.

### Connect the fact with the corresponding verse from the Holy Bible.

St. Timothy's circumcision	1 Timothy 1:3
St. Paul considered St. Timothy as his son	1 Timothy 1:1
St. Paul ordained him bishop of Ephesus	Acts 16:3
St. Timothy was a young man	1 Timothy 12:4
St. Paul wrote this epistle	1 Corinthians 4:17

## Read Chapter 1: Warnings!

St. Paul tells St. Timothy to remain in Ephesus to oppose the false teachings that deviate from the sound doctrine and causing disputes rather than edification. Thus, they lead people astray. St. Paul makes it clear that the commandment is based on love. Sound teaching brings about love from a pure heart, right conscience and sincere faith. Unlike false teachings that bring disputes.

St. Paul talks about the Old Testament laws and how they should be used for their true purpose. The law was made for the unrighteous to realize their wickedness and search for Christ who will lead them as a savior and give them the righteous life and raise them above the law. Christ came to save everyone even the people who commit the greatest sins.



St. Paul talks about himself and remembers his own sins. He recalls how he has persecuted the church, but out of ignorance. Therefore, God has mercy on him and transformed him into a servant and preacher and gracefully gave him the gifts and fruit of the Holy Spirit.

At the end of the chapter, St. Paul mentions Hymenaeus and Alexander who deviated from sound doctrine. St. Paul talks about delivering them to Satan (disciplining them) in order to repent and return to the sound teaching.

### Chapter 1 Activity:

#### Write the verses from Chapter 1 that go with each sentence:

1. St. Paul emphasizes that the service that he does is from God.

---

2. In the litany of the Gospel, we say “For You are the life of us all, the hope of us all, and the salvation of us all.”

---

#### Questions for discussion:

3. What is the meaning of “*a true son in the faith*”? (Verse 2)

---

4. How did St. Paul describe love in verse 5?

---

5. How can our love be that way?

---

---

6. Match the verses from the Book of St. Timothy with the verses on the right.

**1 Timothy 1:7**

James 3:1, Romans 3:21

**1 Timothy 1:8**

Romans 10:4

**1 Timothy 1:9**

Matthew 9:13, Romans 7:7

7. St. Paul thanks God who trusted his faithfulness and strengthened him and called him for service even though he is not worthy because of his previous sins:

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

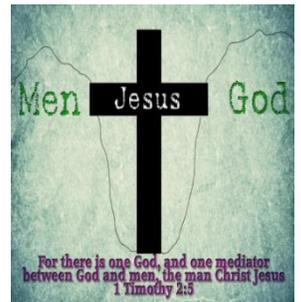
8. Who are Hymenaeus and Alexander? (2 Timothy 2:17, 2 Timothy 4:14)

---

### Read Chapter 2: Faithfulness in Prayer

St. Paul says that prayers are needed for fighting the wrong teaching and defending the sound doctrine. St. Paul teaches us to pray for all men, especially for leaders that God guides them to lead wisely that we may live in peace.

St. Paul talks about God's desire for all men to be saved, so He sent His true Son to save us. Christ is the only mediator between man and God by covering our sins and redeeming us.



St. Paul gives instructions for men and women on how they should worship and what their different roles are in the church.

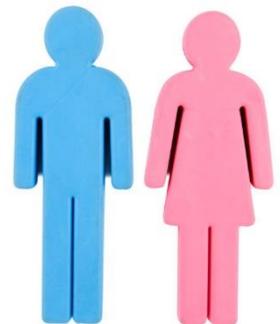
### Chapter 2 Activity:

1. Who is the only Mediator between God and men? Write the verse.

---

2. Which of these were St. Paul's advices for men and which for women?

- |  |     |       |
|--|-----|-------|
| - <b>Adorn themselves in modest apparel</b>      | men | women |
| - <b>Without wrath</b>                           | men | women |
| - <b>With propriety and moderation</b>           | men | women |
| - <b>No costly clothing</b>                      | men | women |
| - <b>Lifting up holy hands</b>                   | men | women |
| - <b>Not with braided hair or gold or pearls</b> | men | women |
| - <b>No doubting</b>                             | men | women |
| - <b>Professing godliness with good works</b>    | men | women |
| - <b>In silence with all submission</b>          | men | women |



### Chapter 3: Qualifications for Bishops and Deacons

In this chapter, St. Paul highlights the main qualifications of a bishop and a deacon. The servant of God has to have certain qualifications. St. Paul covers many:

- **Their desire** – should be for good works
- **Their attitude** – hospitable, temperate, not violent
- **Their discipline** – abstaining from wine, demonstrate self-control and good behavior
- **Their ability** to teach and their spiritual maturity, their reputation and their faith.

St. Paul ends the chapter by describing the church as the pillar and ground of the truth. By abiding in the church, we understand the truth.

#### Activity for chapter 3

1. Read verses 1-13 and write the characteristics of bishops and deacons in the appropriate box

Bishop	Deacon

2. Write down the desired characteristics of deaconesses or priests' wives as described by St. Paul (v. 11).

---

---

3. In verse 15, St. Paul described the church as:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

4. Match the parts of the verse in 1 Timothy 3:16 to its explanation:

Verse: 1 Timothy 3:16
“And without controversy great is the mystery of godliness”
“God was manifested in the flesh, Justified in the Spirit”
“Seen by angels”
“Preached among the Gentiles”
“Believed on in the world”
“Received up in glory”

Explanations
Every nation believed in Him
Ascended to the heavenly glory
The Second Hypostasis was incarnate and became a man
Christ the Savior was preached among the Gentiles not just the Jews
The Holy Spirit testified to His righteousness
The angels saw Him with us in His incarnation

#### Read Chapter 4: Duty of the Bishop

St. Paul warns St. Timothy about people departing from the faith and how they will deceive others to follow their way. St. Paul mentions that these people will forbid others to get married (This is not what God intended. God sanctified marriage) and to abstain from foods (God created everything good, nothing is unclean).

Here we have to differentiate between false spiritualism and self-control in fasting. When we fast, our purpose is to promote godliness and control ourselves in order to nourish our spirit. We do not abstain from food because it is unclean, but to focus on nourishing the spirit not torturing the body. St. Paul continues by saying that God has created these for us and they should be done in holiness.

St. Paul also tells St. Timothy that bodily exercise (those directed toward self-righteousness and hypocrisy) does not profit much, but what is important and profitable is the spiritual exercise (those directed toward godliness). Train yourself to godliness.

Finally, St. Paul gives St. Timothy some general instructions. “Let no one despise your youth” - conduct yourself in a manner that will be a good example to others. He wants St. Timothy to **“be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity” (1 Timothy 4:12)**. He does not want St. Timothy to be discouraged, but to hold fast what he has regarding the faith and doctrine.

**Activity for chapter 4**

1. Read 1 Timothy 4:1; find the words that mean the following:

- a. Leave/deny the faith: \_\_\_\_\_
- b. The Holy Spirit informs the prophets of future events: \_\_\_\_\_
- c. The time between the ascension of Christ to His second coming: \_\_\_\_\_
- d. He has false teachers who spread misleading teachings: \_\_\_\_\_

2. How did St. Paul describe false teachers? Verse 2-3

3. Connect the sayings of St. Paul to its meaning

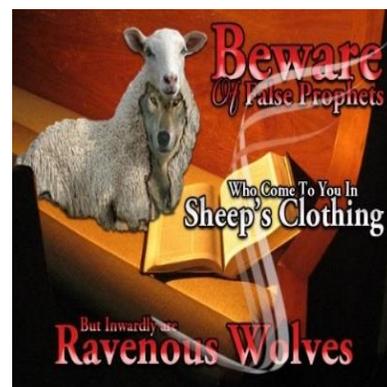
<b>Sayings of St. Paul</b>
<b>Let no one despise your youth</b>
<b>Be an example to the believers in word</b>
<b>In conduct</b>
<b>In love</b>
<b>In spirit</b>
<b>In faith</b>
<b>In purity</b>
<b>Give attention to reading</b>
<b>To exhortation</b>
<b>Take heed to yourself</b>

<b>Meanings</b>
His speech and actions should be free from all evil desire
Reading the Holy Bible gives him a message to present to the people
Preserve the faith
God's words will be on his lips
A servant should teach and watch himself before teaching others
His love is for everyone especially those who offend him
Early in his service, St. Timothy was a youth so St. Paul is encouraging him; he has the power of Christ
His spirituality shows in his worship and conduct
His conduct is Christian according to the commandments of God
The true teaching of the principles of Christian faith

## Read Chapter 5: Pastoral Care

As a bishop, St. Timothy is a father to his congregation and they are his responsibility. St. Paul gives him instructions on how to deal with all, men and women, young and old. He gives him instructions regarding the widows and ministering to them.

He gives him instructions pertaining to priests and ordinations. He also tells him how to deal with someone who sins, and how to take care of his health.



### Activity for chapter 5:

1. What were St. Paul's recommendations to St. Timothy about each of these groups of people?

Widows: \_\_\_\_\_

Elders: \_\_\_\_\_

2. In 1 Timothy 5, find the verses that give these meanings:

	"For we hear that there are some who walk among you in a disorderly manner, not working at all but are busybodies." 2 Thessalonians 3:11
	"You shall rise before the gray headed and honor the presence of an old man, and fear your God." Leviticus 19:32
	"For if a man does not know how to rule his own house, how will he take care of the church of God?" 1 Timothy 3:5
	"You shall not muzzle an ox while it treads out the grain." Deuteronomy 25:4
	"Whoever is deserving of death on the testimony of two or three witnesses; he shall not be put to death on the testimony of one witness." Deuteronomy 17:6
	"And remain in the same house, eating and drinking such things as they give, for the laborer is worthy of his wages." Luke 10:7

## Read Chapter 6: Pastoral Care and Final Notes

In this chapter, St. Paul gives instructions to St. Timothy as a bishop regarding other matters; slavery, false teachers, the good fight of faith, and the rich. St. Paul concludes his epistle with a final exhortation to St. Timothy.

Christianity does not support slavery, but St. Paul is saying that if the system allows for this unfortunate reality, then let us deal with it in a Christian way. Let slaves present themselves as godly people, demonstrating Christian behavior that they may even bring others to faith. In the same manner, if they have believing masters, they should not take advantage of them.

St. Paul instructs St. Timothy on how to react if false teachers arise. He gives the reasons behind false teaching and the results that come from it. He tells him to withdraw himself from such people.

He begins to discuss how greed can lead to selfishness and lusts because rich people use their wealth for pleasure and not for godliness in helping others. He warns St. Timothy about these issues and to not hold fast to riches, but to spirituality. He tells him to **“flee these things and pursue righteousness, godliness, faith, love, patience gentleness” (1 Timothy 6:11).**

He concludes the Epistle by commanding St. Timothy to **“guard what was committed to his trust and to keep this commandment without spot, blameless until Our Lord Jesus Christ’s appearing.” (1 Timothy 6: 14, 20)**



**Activity for chapter 6:**

1. What is the true teaching? What is the wrong teaching? Verses 3-5

---

---

---

2. In verse 6, \_\_\_\_\_ + \_\_\_\_\_ = **GREAT GAIN**

3. In 1 Timothy 6, find the verses that give these meanings:

\_\_\_\_\_ "Naked I came from my mother's womb, and naked shall I return there." Job 1:21

\_\_\_\_\_ "Let your conduct be without covetousness; be content with such things as you have, For He Himself has said, "I will never leave you nor forsake you" Hebrews 13:5

4. What does St. Paul recommend in verse 12?

---

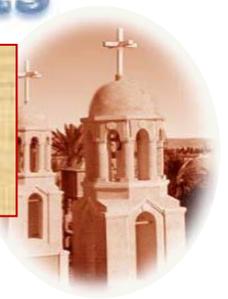
---

5. What were St. Paul's commandments to the rich?

---

---

# Hold Fast to Your Sacraments



**In our Coptic Orthodox Church we have 7 sacraments. A Sacrament is an invisible grace we receive when special prayers are prayed by a priest to change a visible substance through the power of The Holy Spirit.**

## What is the meaning of the word 'Sacrament'?

The term sacrament combines two elements: one visible, the other invisible – one can be seen, or tasted, or touched, or heard while the other remains unseen to the eyes of the flesh. This is a divine gift, given through the work of the Holy Spirit. The sacraments have been instituted by our Lord Jesus Christ Himself. He has passed it on to His Holy Apostles. Later, the Holy Apostles have passed it to the Church through the Popes, Bishops, and Priests, by the 'putting of the hands.'

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

## What's the significance of the visible substance in the Sacrament?

It is very important for the human being, who is in the flesh, to feel, touch and see something visible and tangible. In this St. John Chrysostom says, **"If the soul was without a body, the divine gifts would have been given in this same form. Therefore, the Lord Jesus Christ has used the clay substance to heal the blind man. In the same manner, power radiated from the Lord's cloak which healed the woman who had a flow of blood for twelve years."**

What is the visible substance of each of the sacraments and its biblical reference?			
Sacrament	Visible Substance	Invisible Grace	Biblical Verse
Baptism	Water	Forgiveness of Adam and Eve's sin (the original sin)	<b><i>"And now why are you waiting? Arise and be baptized, and wash away your sins, calling on the name of the Lord." Acts 22:16</i></b>
Confirmation (Holy Myron)	Olive Oil	Confirmation of the Holy Spirit	<b><i>But you have an anointing from the Holy One, and you know all things. 1 John 2:20</i></b>
Repentance and Confession	The Repenter (Himself)	Forgiveness of sins	<b><i>If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained." John 20:23</i></b>
Holy Communion	Oblation (Bread and Wine)	Abiding in and with the Lord Jesus Christ	<b><i>"He who eats My flesh and drinks My blood abides in Me, and I in him." John 6:56</i></b>
Unction of the Sick	Lamp (Oil and Wick)	Forgiveness and healing	<b><i>"And they cast out many demons, and anointed with oil many who were sick, and healed them." Mark 6:13</i></b>
Holy Matrimony	Bride and Groom	Union of the two	<b><i>So then, they are no longer two but one flesh." Matthew 19:6</i></b>
Priesthood	Priest (himself)	Servant of the Holy Sacraments	<b><i>"Whom they set before the apostles; and when they had prayed, they laid hands on them." Acts 6:6</i></b>

# Holy Baptism

## DOOR OF ALL THE SACRAMENTS

Baptism is essential, it is the only door which prepares us to enter the kingdom of heaven and attain eternal salvation. **“Jesus answered and said to him, “Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.””** John 3:3



### Symbols of Baptism in the Old Testament:

**The Flood**

**The crossing of the Red Sea**

### Symbols of Baptism in the New Testament:

**The Lord’s death and burial-**“*Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death? Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection”* Romans 6:3-5

For example, the baptism of the Ethiopian Eunuch:

**“Now when they came up out of the water, the Spirit of the Lord caught Philip away, so that the eunuch saw him no more; and he went on his way rejoicing.”** Acts 8:39

# Confirmation (Holy Myron)

‘Myron’ is a Greek word which means ointment or spice. It is one of sacraments directly related to Baptism. For through the sacrament of Baptism we are given a second birth (forgiven of the original sin). Through the Holy Myron we receive the seal of the Holy Spirit.

Therefore, it is also called **‘Sacrament of the Holy Spirit’** or **‘Sacrament of Confirmation’**.

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



### Symbols in the Old Testament:

“And you shall make from these (spices & perfumes) a holy anointing oil, an ointment compounded according to the art of the perfumer... And you shall anoint Aaron and his sons, and consecrate them, that they may minister to Me as Priests.” Exodus 30:25-30

### Symbols in the New Testament:

“What happened to the people of Samaria when they received the sacrament of Baptism, but did not receive the Holy Spirit yet? When the Holy Apostles heard of this, they sent St. Peter and St. John, “who, when they had come down, prayed for them that they might receive the Holy Spirit.”” Acts 8:15

# Repentance and Confession

It is the sacrament which we practice when we repent from all that we have done in sins and evil doings. When we cast those sins away and repent, we present ourselves to the Priest who absolves us with the absolution prayer. At that point, our sins would be transferred from our account to the Lord's, who forgives our sins.

**“And many who had believed came confessing and telling their deeds.”**

**Acts 19:18**



The Lord has established this sacrament a long time ago, and it has many conditions:

- We must admit deep inside ourselves that we are at fault
- We must confess in front of God
- We must apologize to those whom we have trespassed against
- We must confess in front of a Priest who has the power to absolve us of our sins, as it is written in the Holy Gospel. **“And I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” Matthew 16:19.**

Along with the absolution of our sins, which our father the Priest grants us, he also cuts out all the chains of sin so that we no longer commit such evil, as the grace of our Lord accompanies us.

**Why do I have to confess to a priest? Isn't he a human like us?**

**Why can't I confess directly to God? What if he tells my parents? ...**

Yes, our father the Priest is a human just like us. However, we confess to our Lord Jesus Christ in the presence of our father the Priest. The Priest is a minister of the mysteries of God. He has the authority to administer the Church Sacraments.

Confessing to our father the Priest causes the confessor to experience a type of embarrassment, as he confesses his sins to God in the presence of our father the Priest, which is good because this feeling motivates us to not repeat the same sins. Additionally, we receive the appropriate spiritual guidance and how we can overcome those weaknesses.

Rest assured, it is impossible for our father the Priest to disclose any of our sins or weaknesses with anyone.

Often, we complain that specific sins have been taking control of us and we cannot get rid of them. Through the guidance and prayers of our father in confession, we can conquer those sins. His prayers also grant us encouragement and strength so that we may stand as the prodigal son who said, **“I will arise and go to my father, and will say to him, “Father, I have sinned against heaven and before you, and I am no longer worthy to be called your son. Make me like one of your hired servants.”” Luke 15:18-19**

So as our father in confession reads the absolution for us, we receive the forgiveness of our sins from our Lord Jesus Christ Himself and not our father in confession, but we hear it from the Priest. Only the Priest has this power to absolve our sins which the Lord has given him.

***If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”***

**John 20:23**

## HOW TO CHOOSE A FATHER OF CONFESSION?

- You must feel comfortable with his personality.
- He must live near you, as much as possible, so that it would be convenient for you to meet with him as often as you need.
- He must have availability so that you might be able to sit with him and take his spiritual guidance when needed.

## WHAT ARE THE BOUNDARIES BETWEEN ME AND MY FATHER OF CONFESSION?

- Respect and reverence
- The confessor should not hide anything from his father of confession
- Take his advice in as many matters as possible. As one of the fathers once said, *“Those without a guide fall like the tree leaves.”*
- Ask for his constant prayers
- Use the time spent with him wisely
- Maintain the level of friendship between you and the Priest so you don’t lose your reverence and respect towards him as a spiritual father

### Symbols in the Old Testament:

- **The confession of Saul the king to Samuel the prophet** saying, *“Then Saul said to Samuel, “I have sinned, for I have transgressed the commandment of the Lord and your words, because I feared the people and obeyed their voice. Now therefore, please pardon my sin, and return with me, that I may worship the Lord.”* 1 Samuel 15:24-25
- **David’s confession to Nathan the prophet:** *“So David said to Nathan, “I have sinned against the Lord.” And Nathan said to David, “The Lord also has put away your sin; you shall not die. However, because by this deed you have given great occasion to the enemies of the Lord to blaspheme, the child also who is born to you shall surely die.”* 2 Samuel 12:13-14

### Symbols in the New Testament:

- The Apostles’ receiving the authority of absolution and forgiveness from the Lord Jesus Christ: The Lord said to St. Peter, *“Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Matthew 18:18*
- Also after the resurrection of the Lord *“And when He had said this, He breathed on them, and said to them, “Receive the Holy Spirit. John 20:22*

## THE ELEMENTS OF CONFESSION:

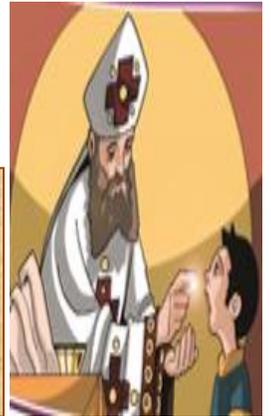
- Admit within yourself that you have sinned
- Confess to God that you have sinned
- Confess to your father of confession
- Apologize to anyone whom you have sinned against

## THE STEPS OF FIGHTING ANY SIN OR DESIRE:

- Avoid all situations or places which may stumble you: *"Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart."* **2 Timothy 2:22**
- If an evil thought crosses your mind, refuse it immediately.
- When evil thoughts attack you, move around and keep yourself busy with anything else. *"Escape for your life!"* **Genesis 19:17**
- Focus your mind on the Person of our Lord. **(Hebrews 3:1)**
- Hold steadfastly the promises of our Lord. **(Matthew 11:12)**
- Enjoy the unlimited love of the Lord Jesus Christ. **(Psalm 90:14)**

## The Sacrament of Eucharist Holy Communion

-It is called the **'mystery of all mysteries'** because it is the common mystery of all the other sacraments or mysteries.  
-It is known as the **'mystery of fellowship'** because all the believers partake of it.  
-It is also known as the **'mystery of Eucharist'** because it is the mystery of thanksgiving.



The Lord Jesus Christ established this sacrament to:

- **Abide in Him:** *"He who eats My flesh and drinks My blood abides in Me, and I in him. John 6:56"*
- **Gain through it the eternal life:** *"I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world." John 6:51*
- **Gain through it salvation and the forgiveness of sins:** *"in whom we have redemption through His blood, the forgiveness of sins." Colossians 1:14* Our father the Priest also prays in the holy liturgy and says, *"Given for the remission of sins and eternal life to those who partake of Him."* *The Institution Narrative*
- **The Holy Communion is a covenant with the Lord:** *"For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes." 1 Corinthians 11:26* Our father the Priest also prays in the Holy Liturgy and says, *"For every time you eat of this bread and of this cup, you proclaim My Death, confess My Resurrection, and remember Me till I come."*

In the Gospel of St. John, chapter 6, we see the Lord Jesus Christ, the fulfiller of all our needs, our souls, bodies and spirits. He offers Himself to us as the Bread of life. When the human eats regular bread, tissues grow within him which helps him to continue living. In the same way, when we eat from the Holy Body of our Lord Jesus Christ, we unite with Him and He grants us life. The Lord calls Himself the Bread of life because there is no life without bread (food). Jacob sent gifts, walnuts and almonds from the land of Palestine, to his son Joseph in exchange for bread for him and his children. He asked for bread because almonds and walnuts do not give life as bread does. The almonds and walnuts here are a symbol of the vain pleasures of this world.

## Symbols of the Holy Communion in the Old Testament:

**Melchizedek's sacrifice** consisted of wine and bread. And he was a high Priest of God. (*Exodus 14*)

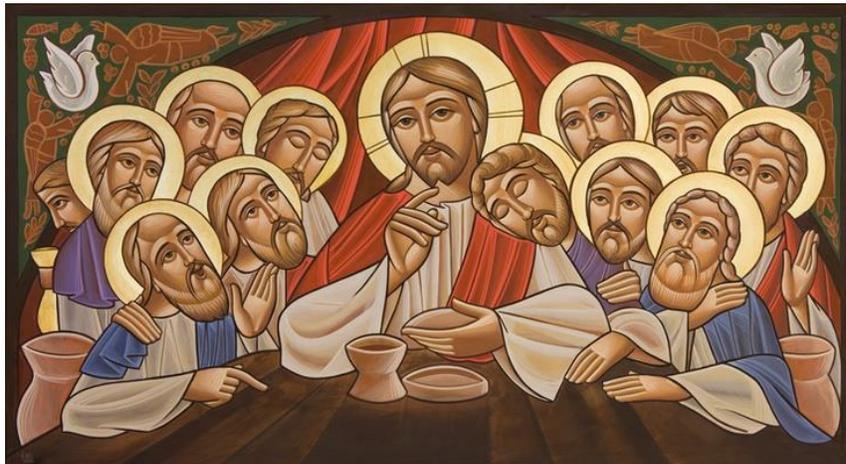
**The manna which came from heaven unto the people of Israel.** *"This is the bread which came down from heaven-- not as your fathers ate the manna, and are dead. He who eats this bread will live forever."* John 6:58

## CONDITIONS FOR PARTAKING WORTHILY OF THE HOLY COMMUNION:

- Having the right faith and pure repentance (Sacrament of Confession).
- Reconciling with everyone.
- Controlling all of our senses.
- Abstaining from food for 9 hours.
- Attending the liturgy as early as possible, because the reading of the Gospel and the liturgical prayers cleanse the human's body and soul and grant him spiritual and mental preparation to partake from the Holy Communion.

## What happens if we partake of the Communion unworthily?

**"Whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord." 1 Corinthians 11:27**



# The Uncction of the Sick

This sacrament was established by the Lord Jesus Christ when He told the disciples **“And heal the sick there, and say to them, ‘The kingdom of God has come near to you.’ Luke 10:9** and the Apostles practiced it **“And they cast out many demons, and anointed with oil many who were sick, and healed them.” Mark 6:13**



This sacrament heals from the sickness of the body, soul and spirit through the forgiveness of sins by applying pure oil and our father the Priest prays on the sick person. He puts 7 wicks of cotton in the dish of oil and prays 7 rituals prayers which have been passed on from the Holy Apostles. The 7 prayers symbolize the gifts of the Holy Spirit by which we are healed in the name of the Lord Jesus Christ.

St. James has commanded us saying, ***“Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.***

***James 5:14-15***

# Holy Matrimony

From the beginning of creation,  
**“And the Lord God said, “It is not good that man should be alone; I will make him a helper comparable to him.” Genesis 2:18**



The Lord Jesus Christ has established this sacrament, and blessed it, when He attended the wedding of Cana of Galilee. There He also manifested His glory when He did His first miracle,  
***“and His disciples believed in Him.” John 2:11***

There are many references for the greatness of this mystery:

***“He who finds a wife finds a good thing, And obtains favor from the Lord.” Proverbs 18:22***

Even more than this, the Lord symbolized His relationship with the Church with this sacrament:

***–“This is a great mystery, but I speak concerning Christ and the church.” Ephesians 5:32***

***–“Husbands, love your wives, just as Christ also loved the church and gave Himself for her,” Ephesians 5:25***

Therefore, we refer to the Christian family as the ‘icon of the church’. The family is the copy and the Lord is the original. We also refer to the Christian family as the ‘small church’. St. Paul teaches his disciple, Philemon,  
***“to the beloved Apphia, Archippus our fellow soldier, and to the church in your house” Philemon 1:2***

# Priesthood

## Minister of the Holy Sacraments



The Priest is called the minister of the Holy Sacraments, because without him, none of the sacraments can be performed. Without Priesthood, the church cannot continue and no one can receive the gifts of the Holy Spirit.

'Priest' means 'Minister'. The term is derived from the Hebrew term 'Cohen' which means the prophet of God. God has commanded that sacrifices be offered through the Priest.

The Lord established this sacrament when He chose His disciples, twelve of which are His Apostles. He sent them to evangelize saying, ***"And as you go, preach, saying, 'The kingdom of heaven is at hand.' Matthew 10:7*** He also said to them, ***"You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain," John 15:16***

### HONORING THE PRIESTHOOD:

The humble person speaks to everyone with respect and tenderness, especially when talking to an older person. The Holy Bible commanded the disciple to honor and respect his teacher. Also the employee is expected to respect his manager or employer. All citizens are expected to respect the rules and laws of their nation and systems. It is written in the Bible, ***"Therefore submit yourselves to every ordinance of man for the Lord's sake, whether to the king as supreme," 1 Peter 2:13*** and it is also written ***"Likewise you younger people, submit yourselves to your elders." 1 Peter 5:5***

***"The Priesthood in our church is an immersive spiritual fatherhood, which the priest receives from the Lord Jesus Christ. This fatherhood and love radiates from him to immerse the whole church and every soul in it."***

***H.G. Bishop Raphael***

### WHY DO WE KISS THE HANDS OF OUR FATHER THE PRIEST?

Because of the respect we have towards Priesthood, we kiss the hands of our father the Priest acknowledging that those hands are sanctified regularly by holding the Body of our Lord Jesus Christ in every Liturgy. In the Old Testament, we find many scenarios showing the reverence of Priesthood. For example, in the story of Abiram, Korah, and Dathan (Numbers 16:1-50). In the New Testament, the Lord teaches us to honor Priesthood in the story of 'the healing of the leper'. The Lord told the leper after he was healed, ***"And Jesus said to him, "See that you tell no one; but go your way, show yourself to the priest, and offer the gift that Moses commanded, as a testimony to them." Matthew 8:4***

Our father the Priest represents the Lord Jesus Christ on Earth.

The Lord spoke to the Apostles alone and said, ***"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*** And handed them alone the mystery of His Holy Body and Blood, and said to them ***"do this in remembrance of Me." Luke 22:19***

# Hold Fast to Your Church Doctrine

## IT'S YOUR TURN

**What is faith?** Faith is a spiritual life in which you have a strong relationship with God. Faith is based on experience of those who lived it and held onto it.

**“Faith which was once for all delivered to the saints.” Jude 1:3**

This means we cannot be called believers just because we were born Christian, but we need to live and grow in this faith, and hold onto it through our spiritual practices and our sound knowledge of our orthodox doctrine that our fathers the apostles received from the Lord Jesus Christ and handed it down to the church generation after generation.

### OUR ORTHODOX FAITH IS:

- |                       |                           |                                   |
|-----------------------|---------------------------|-----------------------------------|
| 1- One God            | 4- Divine incarnation     | 7- His ascension to heaven        |
| 2- Divinity of Christ | 5- Christ's Salvation     | 8- His second coming and eternity |
| 3- The Holy Trinity   | 6- Resurrection of Christ |                                   |

### How did this faith get to us sound and true without change throughout all these years?

We thank God that our Church Fathers preserved the faith for us and suffered to do so. **Councils** were created to keep the doctrine of the Church as taught by our Lord Jesus Christ, the Holy Scriptures, the Apostles and their successors.

**What is a 'Council'?** It is a meeting between the Church Fathers, which takes place to discuss specific situations, such as heresies.

### Types of Councils:

1. **Area council:** discusses all the pastoral and doctrinal matters within that area. The first one was the council of Jerusalem that took place in the year 50 A.D. during the apostolic era.
2. **Ecumenical Council:** Is a meeting between all the Church Fathers and teachers, worldwide, to discuss a matter pertaining to the Christian faith, such as the rising of a heresy or a split among the Christians.



The Ecumenical Councils were:

- a. Arranged based on an invitation from a Christian Leader (ex. Emperor)
- b. Between the Bishops of the Eastern and Western Church
- c. Formed to take a decision, a first of its kind, towards the discussed issue. Such decisions were taken unanimously, and without any pressure or obligation of any sort.

These conditions were only met in 3 councils:

1. Council of Nicaea
2. Council of Ephesus
3. Council of Constantinople

**Let's learn more about the leaders and champions of those councils, whom we ought to imitate as Christians. It is indeed our role to defend our true faith and pass it on from one generation to another. It is your turn to be the champion.**

- Council of Nicaea's Champion:** Pope Athanasius the Apostolic. He was born in the great city of Alexandria around 269 A.D., to pagan parents. He received his education from a Christian school, believed in the Lord Jesus Christ and grew strong in His love. He became Pope Alexander's disciple, who ordained him a deacon. Pope Athanasius was very knowledgeable in the theological sciences. He defended the faith against the Arian heresy while he was still a young deacon. He departed in 373 AD after a long journey of endless efforts in preserving the faith. The name of Pope Athanasius is greatly exalted throughout the whole world for his strong upright faith and position against Arius. St. Athanasius was named "*Athanasius contra mundum*", that is, "*Athanasius against the world*", and it is such a great honor that he is among the fathers of our Coptic Orthodox Church.
- Council of Constantinople's Champion:** Pope Timothy the 2<sup>nd</sup> sat on the throne of St. Mark after Pope Peter the 22<sup>nd</sup>, in the year 380 AD. He was named "the Poor" because he gave all his wealth to the poor. He was the disciple of Pope Athanasius, and assisted him throughout his fight against Arius. He also defended the faith against the Macedonian heresy. He shepherd his flock with faithfulness and departed in peace.
- Council of Ephesus' Champion:** Pope Cyril the Great (Pillar of Faith). He was born between the years 375 AD - 380 AD. He was Pope Theophilus' nephew. He joined the Theological School of Alexandria to study the necessary sciences by which he could defend the faith against the heretics. He was ordained a deacon, then a priest by Pope Theophilus. He was ordained a Patriarch in the year 412 AD. Throughout the Church's history, Pope Cyril's name has been greatly exalted for his upright faith against the Nestorian heresy. He faithfully completed his struggles and departed in peace in the year 444 AD.

Now let us learn about the three ecumenical councils and what their outcomes were.

#### COMPARISON BETWEEN THE 3 ECUMENICAL COUNCILS:

<b>COUNCIL:</b>	<b>Council of Nicaea 325 AD</b>	<b>Council of Constantinople 381 AD</b>	<b>Council of Ephesus 431 AD</b>
<b>HELD FOR:</b>	<b>Arian Heresy</b>	<b>Macedonian Heresy</b>	<b>Nestorian Heresy</b>
<b>ERA HELD:</b>	<b>4th century</b>	<b>4th century</b>	<b>5th century</b>
<b>LED BY:</b>	<b>Pope Alexander, the 19th Pope</b>	<b>Pope Timothy, the 22nd Pope</b>	<b>Pope Cyril, the 24th Pope</b>
<b>ARRANGED BY:</b>	<b>King Constantine</b>	<b>King Theodosius</b>	<b>King Theodosius Jr</b>
<b>NUMBER OF BISHOPS ATTENDED:</b>	<b>318</b>	<b>150</b>	<b>200</b>
<b>COUNCIL'S CHAMPION:</b>	<b>St. Athanasius</b>	<b>Pope Timothy and St. Gregory the Theologian</b>	<b>St. Cyril (Pillar of Faith) and Abba Shenouda (Archimandrite)</b>

<b>COUNCIL:</b>	<b>Council of Nicaea 325 AD</b>	<b>Council of Constantinople 381 AD</b>	<b>Council of Ephesus 431 AD</b>
<b>HERESY:</b>	Arius claimed that the Lord Jesus Christ was only human, like us, and was not the God Incarnate. He referred to John 14: 28 which say "My Father is greater than I". He misinterpreted this verse saying that the Father is greater than the Son and the Son is of less value.	Macedonius tried to spread the Arian heresy but in a different way. He claimed that the Holy Spirit is not part of the Holy Trinity but is rather a creature, such as an angel. This is to say that the Holy Spirit is not divine.	Nestorius wanted to underestimate the value of the Mother of God, St. Mary. He concluded that based on his claim that the Lord is not divine, and therefore, St. Mary is an ordinary mother. Hence, she cannot be called Theotokos.
<b>ARGUMENT AGAINST THE HERESY:</b>	<p>St. Athanasius, who was not 25 years old yet, was able to answer Arius, who was 55 years of age.</p> <p>St. Athanasius built his argument based on the following verses:</p> <p><b>"... He who has seen Me has seen the Father; ... I am in the Father, and the Father in Me? John 14:9-10</b></p> <p><b>"All things that the Father has are Mine..." John 16:15</b></p> <p><b>"I and My Father are one." John 10:30</b></p>	<p>St. Timothy answered Macedonius from the Holy Bible:</p> <p><b>"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</b></p> <p>And since the Holy Spirit is the Spirit of God, as written in the Holy Bible, then how can God's Spirit be apart from God? Saying that God is without a Spirit is essentially saying that God is without a life, which is impossible.</p>	<p>"great is the mystery of godliness:</p> <p><b>"God was manifested in the flesh..." 1 Timothy 3:16</b></p> <p>From here, St. Cyril began to explain to the Council the incarnation of the Lord Jesus Christ by the Holy Spirit which came upon St. Mary, as mentioned in Luke 1:35. This is a unity between the divine and human natures. St. Cyril used the example of fire (heat) and steel. The two can be united, yet their natures remain unchanged. Likewise, the Lord's divinity has united with His humanity in St. Mary's womb, yet neither of the natures changed.</p>
<b>COUNCIL'S DECISIONS:</b>	<ol style="list-style-type: none"> <li>1. Excommunicated Arius and his followers.</li> <li>2. Established the feast of Resurrection</li> <li>3. Establishing the Nicene Creed, beginning with "Truly, we believe..."</li> </ol>	<ol style="list-style-type: none"> <li>1. Excommunicated Macedonius and his followers.</li> <li>2. Added on to the Nicene Creed, <i>"Yes, we believe in the Holy Spirit..."</i></li> </ol>	<ol style="list-style-type: none"> <li>1. Excommunicated Nestorius and his followers.</li> <li>2. Established the Nicene Creed's introduction, <i>"We exalt you, O Mother of the True Light..."</i></li> </ol>

**What a sorrowful and sad ending to those heretics who have gone astray from the true faith!**

**Application:**

1. Who are those who have gone astray? \_\_\_\_\_  
\_\_\_\_\_

2. In your opinion, what are the reasons which have caused those heretics to go astray from the upright faith, even though they were great servants? Is it their self-reliance? Their friends? Or what?  
\_\_\_\_\_  
\_\_\_\_\_

3. How can we hold on to our upright faith, which has been handed to us from our saintly fathers?  
\_\_\_\_\_  
\_\_\_\_\_

Indeed, St. Athanasius has taught us a very valuable lesson. There are changeable matters which the church accepts, and others which are unchangeable. We, the Christians, must defend and hold on to those inflexible matters, such as our faith and beliefs.

***“But the Lord said to me: “Do not say, ‘I am a youth,’  
For you shall go to all to whom I send you,  
And whatever I command you, you shall speak.” Jeremiah 1:7***

Now, it is your turn. You might think within yourself saying, “I am a young person with little knowledge and few gifts, but the Lord works with us all. St. Athanasius was also young when the Lord worked through him. Likewise, the Lord can work through you if you remember and preserve our upright faith.



Our church is a church of **tradition**, which means that we live the present based on the history of our fathers, and with our present we prepare the future.

# Hold Fast to Your Moral Values

## 'MAN OF PRINCIPLE'

### What does 'principle' mean?

We often hear this phrase, 'man of principle'? From your point of view, what does this phrase mean?

- Principle is not merely a transient word, but rather **COMMITMENT together with ACTION**. It is part of the human's composition and personality, and without it a person becomes like a leaf, easily blown away by the wind.
- Principle is the foundation of man's and society's personality. It is the axis of ideas and behavior, and the scale upon which the attitudes and reactions are measured. It is a vision and an identity. It is the position, conviction, and belief. It is integral in essence.
- Principle is the path you take, the method, the way of thinking, the idea or approach from which all your work, speech, thinking or behavior in life can be developed. To be a 'man of principle', means that you acquire a distinguished style of dealing with matters.
- It is an internal reflection which precedes the action. And it is a formation of an opinion about a given event. It is the controller of the human character.
- It is the firm belief which drives human behavior, according to his beliefs and culture, so that it does not deviate.
- It is that moral approach that man laid down for himself, in order to walk in its light throughout his life and not deviate from it.
- For example, principle is what affects the lawyer's decision to whether or not he/she should accept a given case.
- The greatest examples of our mankind were of principles. They lived and sacrificed their lives for the sake of their principles.
- So, my dear friend, do you live by certain principles? And to what extent are you abiding by those principles?

### What are the factors underlying principle? And how are principles formed?

Q. Do you think that situations and conditions shape our principles? And do you think that everyone should abide by a certain set of principles?

- The factors and constituents underlying principles are the discipline that a human was raised upon from the very early stages of his life within his family and church. We learn the sound principles from the sound education. We learn them from studying and analyzing the many experiences which we pass through in life. A given principle is crystallized in our personality when we pass through many experiences, holding steadfast in our principles.
- The sound principles also urge us to acquire virtues and be witnesses to the truth. Thus, we should never defend a wrong principle not to lose our reward.

## **The concept of flexibility in the application of the principle.**

Are there specific features of the concept of flexibility so that it doesn't get misinterpreted as the slackening in the application of the principle in our lives? Therefore, we should learn about the true meaning of the 'firm flexibility'.

Question for discussion: What do you think of the 'flexibility' as adopted by some of the youth nowadays? And does flexibility contradict with principles?

Devotion to a principle is crucial and necessary. Nonetheless, the insistence on such a principle should be rooted in sound basis and not out of stubbornness. Awareness is the determinant between the two. Therefore, flexibility with our principles must be driven by our love to one another. St. Moses has given us a great example of this concept when he broke his fasting law for the two visitors who came from a far place. Still, we often struggle with the battle between our principles and our evil desires.

If you truly believe in a principle, you would be able to bear whatever hardships that you may face because of it. Otherwise, you will find yourself letting go of it with the first battle you come across. What's even better is to abide by your principles even when no one sees you. It is then a matter of honesty before God, who "...will judge the secrets of men..." Romans 2:16. We heard of Joseph the righteous when he said, "...How then can I do this great wickedness, and sin against God?" Genesis 39:9 He said that despite his master's wife's ability to protect him, had he agreed to commit that sin with her.

Likewise, we should not abandon our principles before any pressure, fear or solicitation. On the contrary, some will adapt quickly to any environment, good or bad, abandoning their principles, just to get to their goals. Do not be like those people, for the Lord said to the angel of the church in Smyrna, **"Be faithful until death, and I will give you the crown of life."** Revelations 2:10

### **Discuss with your servant**

Do you think there are 'modern' principles rising and impacting our youth? Give examples. And what is your personal opinion of those principles?

#### **Principles to be reviewed...**

- I'm not alone, everyone does that.
- People are different now; we have to be more flexible.
- It's not all black or white, there is grey.
- There isn't right or wrong, I only can determine what's right for me without caring about what people or society thinks of me.
- Everyone at home knows about my relationship, so it's all right.

To what extent should you allow others to set the principles for you? Does that happen with you? Under

what circumstances does that happen?

### **A '3 STEP' PRESCRIPTION TO BE A 'MAN OF PRINCIPLE':**

**1. Know what you have:** This knowledge won't come out of nowhere, but through a strong relationship with God. You must reconcile with yourself first and acquire self-complacency. You must know yourself very well and know how to employ your capabilities and talents. Most importantly, pray that God may reveal to you how to use those gifts for the glory of His name. Know what your church has of faith, doctrine and great history. Learn as much as you can about the saints of the church, fathers and martyrs.

**2. Hold fast what you have:** Be faithful in obeying the commandments of God in your life and that will help you form principles for your life. Hold to what you received from teachings. Hold onto Christ and He will hold onto you and help you stand on firm ground. You'll acquire a great principle which is hold fast to what you received from the Church and the Fathers and the Holy Bible. If you obey God's word, you will have principle in your life like the 3 young youths, Daniel, St. Athanasius, and Pope Dioscorus and others who held fast on what they had.

**3. Preserve what you have:** **"Be faithful until death, and I will give you the crown of life."**  
**Revelation 2:10** When you know what you have and appreciate its importance for your life and eternity, you will be able to hold fast to it and preserve it.

Once you've learned all that, only then you could be able to first use it for the glory of God's name, and then keep it safe in your heart as if someone is guarding his own life. The history of our Church has given us many examples of the Saints who accepted all sufferings for the sake of their Christianity, faith, and principles.

We often hear Christians ask, is it wrong to attend the services of other denominational churches? Or is it wrong to try new things and substances or to visit inappropriate places? And here we repeat that every Christian should have his/her own identity and unique principles which they must protect. Therefore, nothing should impact your actions except your strong faith and upright principles.

Finally, everything is subject to the development and modernization, but the question remains, should our principles also be subject to modernization?

Do you have the bravery and wisdom to accommodate between your principles in such a way that neither one of them can violate the other? Or will any new trend cause you to abandon your principles and beliefs?

**Remember, a man who lives with principles knows that true meaning of happiness which is lost from many who live without any principles! Therefore, be a 'man of principle' so that you may be able to be in control of all your decisions. "...Be faithful until death, and I will give you the crown of life." (Revelations 2:10) And where could someone obtain the strength to stand firm behind my principles? And the answer is simple, only our Lord Jesus Christ can give you that.**

**The change needed in your life is to be strengthened from within, to believe in God and His church, and His gifts to you... Your faith needs to become strong and firm that it cannot be affected but with every tribulation, you grow and become stronger in faith and principle**

People who held onto their principles.

## **Chastity: Susanna**

Susanna is a Hebrew name meaning Iris flower. You will find her story in the 2<sup>nd</sup> canonical books. Susanna gave us a great example of chastity and purity. Susanna did not worry about her social status or how the people will look at her. All she was concerned with was her chastity and the death of sin if she disobeys God.

Susanna, the daughter of Hilkiah was a beautiful woman raised according to the Law of Moses. She was married to a man called Joachim who was rich, and the people used to gather in the garden of his house. Two of the judges used to see Susanna and let themselves to the devil to mislead them. They wanted her to sin with them. They told her that if she doesn't listen to them, they will say that they saw a young man with her in the garden, and the people would believe them because they were of the elders.



Susanna refused and considered sinning to be death, she chose to obey God rather than be afraid of what they would do. "Susanna sighed and said, I am closed in on every side. For if I do this thing, it is death to me; yet if I do not do it, I will not escape your hands. But it is better for me to fall unavoidably into your hands, than to sin in the sight of the Lord." Daniel 13:22-23

Susanna raised her eyes and prayed to God who knows the heart of man: "But Susanna cried out with a loud voice and said, Eternal God, who knows what is hidden, who knows all things before they happen, You know that they have borne false witness against me, and behold I must die, though I have done none of these things, which these men have maliciously invented against me." Daniel 13:42-43

The Lord heard her prayers and stirred Daniel's heart to stop her execution and show the people that she is innocent. He asked to question the 2 elders each on his own. He asked them under which tree they saw her with the young man, and they gave different answers... and Susanna was proved innocent. The Lord saved her because she did not let go of her principle and she returned to her home proud and victorious.

# Hold Fast to Your Holiness

## What is the life of holiness?

Holiness does not mean not falling in sin, but rather rising from the falling of sin.

***“For a righteous man may fall seven times and rise again, But the wicked shall fall by calamity.” Proverbs 24:16***



**“Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a harlot? Certainly not! ... Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.” 1 Corinthians 6:15, 19-20**

We often suffer from the influence of the flesh, and say why does God allow us to go through this war? And why does our desire and instincts have to be that strong? Couldn't God have created us without them? Or at least, He could have created them within a certain frame where we can voluntarily control them. Didn't the Holy Bible say, ***“For the flesh lusts against the spirit, and the spirit against the flesh; and these are contrary to one another,” Galatians 5:17***

## What is the body?

Some perceive the body as the spirit's bitter enemy and dangerous prison. This is not a Christian way of thinking. God is He who created this body. And all of God's creation is holy and good. All of our organs and their functions are holy. Thereby, the problem is not in our bodies but rather our perception of the body. Our perception, which has been corrupted, can no longer see in the beautiful creation of God but the negative and corruption.

**Is my body valuable?** Of course it is, because..:

1. My body is a gift from God, and therefore, it is very precious to me.
2. God created everything and it was good, but man was very good as written in the Holy Bible.
3. We are the members of Christ as St. Paul once said, ***“Do you not know that your bodies are members of Christ?”*** 1 Corinthians 6:15 Imagine our bodies as the body of Christ, how honored should they be?
4. My body and soul have been purchased by our Lord with a very precious price, far more expensive than gold and silver, which is His Holy Blood.
5. When God incarnated, He took the form and the body of a man, who is the crown of God's creation.
6. The Church prays over the body of the departed, looking forward that one day, this very same body will reunite with the believer's soul and become a luminous body.
7. The Church also honors the relics of the saints' and martyrs' bodies.

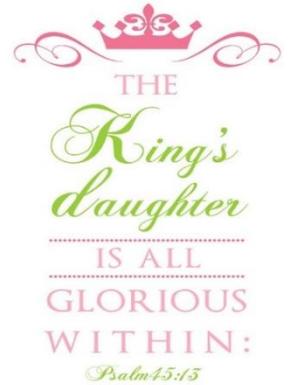
8. Our body is the temple of the Holy Spirit. Temple, in Coptic, means “Pi Erfe” which also means heaven. This is to say that it is the place where the Lord dwells. Thereby, it is a holy place and is due respect and honor. And just as the holy altar of God is wrapped with covers to hide the precious jewels within it, likewise, we should be clothed with the proper clothes to hide our inner treasures and virtues. Prudery is not merely fully covering the body. Some clothes, while fully covering the body, may still cause someone to stumble. **“Then He said to the disciples, “It is impossible that no offenses should come, but woe to him through whom they do come!” Luke 17:1** Therefore, we must protect our bodies, inside and outside, in every way possible.

The Holy Bible says of the real beauty, **“The royal daughter is all glorious within the palace; her clothing is woven with gold.” Psalm 45:13**

So the real beauty is from the inside, and not the outside. The inner beauty consists of virtues.

**“Your word I have hidden in my heart, that I might not sin against You.”**

**Psalm 119:11**



Keeping the word of God within our hearts, along with silence and reverence, this will lead us to the inner beauty. Sometimes, the lavish exterior looks and dressing is a sign of our inner emptiness, arrogance, pride and a misunderstanding of the real meaning of beauty.

### **What's my responsibility towards my body?**

1. **TO CONTROL IT:** My responsibility is to control my senses, eyes, ears, mouth, and my overall body so that it doesn't commit evil. We ought to control our actions as well. How do you think this can be done?
2. **SACRIFICE IT:** **“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.” Romans 12:1** We can offer our bodies as sacrifices to our Lord in many ways, such as: doing good works towards other people, lifting up our hands towards heaven to praise God, kneeling to thank Him for all His blessings and grace, doing merciful deeds towards the needy, reading holy books, fasting and abstaining from food, leaving our beds of comfort early in the morning to attend the Holy Liturgy. All those acts are done through sacrificing our bodies.
3. **NOURISH AND CHERISH IT:** **“For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church.” Ephesians 5:29** We ought to nourish our bodies through eating healthy diets, exercising, monitoring our health, regular checkups, regular cleaning, wearing appropriate and tasteful clothes.
4. **GUIDE IT:** My soul and mind control my body. Thereby, it is my duty to constantly monitor it and guide it in the right direction. When I lose control or find my body shifting in the wrong direction, I ought to steer it back in the right direction.

## Why should I maintain my body? And in what ways should I do so?

1. Obedience to the Divine commandments. Adam and Eve in paradise were naked. However, they were not aware of that and their nudity was not a sin. They were not ashamed or embarrassed of their nudity. After their fall and disobedience to God, ***“Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings.”*** Genesis 3:7 ***“Then the Lord God called to Adam and said to him, “Where are you?” So he said, “I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.”*** Genesis 3:9-10 so after the first sin, our bodies have become a source of temptation and a stumbling block if found uncovered. God was the first to command and see proper for the man to be clothed, ***“Also for Adam and his wife the Lord God made tunics of skin, and clothed them.”*** Genesis 3:21
2. ***“Now the body is not for sexual immorality but for the Lord, and the Lord for the body.”*** 1 Corinthians 6:13 ***“but the substance is of Christ.”*** Colossians 2:17 So the problem is not the body, in of itself, but the problem is in the current of sin which works in the body and its members. For example, the eyes see the good and the bad, and the ears hear the good and the bad, and so does every other organ. The issue then is not the organ but rather the will which controls the body. This sinful current began to run in our members with the fall of our father Adam. On the contrary, when the Lord becomes the center of our lives, interests, desires and love, our bodies become sanctified and lead by the Holy Spirit of God.
3. It is written in the Holy Bible, ***“He who says he abides in Him ought himself also to walk just as He walked.”*** 1 John 2:6 Likewise, we as the children of God, men and women, ought to dress properly. We ought to stand in reverence while praying. We ought to abstain from all distractions, such as our cell phones. Women ought to cover their heads as a sign of reverence, and not to stumble anyone while praying.
4. They body is a gift from God and is the temple of the Holy Spirit, as mentioned before, and thereby, ought to be holy.
5. Decency is due in our daily lives. Protect your eyes from every bad scene (i.e. social media, TV, internet). Protect your ears from listening to destructive words (i.e. songs, news, conversations). Guard your tongue not to speak evil or destructive words. Even in events and special occasions, abstain from inappropriate laughter and conduct which may be perceived as profligacy. In this subject, St. Paul once said, ***“All things are lawful for me, but not all things edify.”*** 1 Corinthians 10:23
6. Decency is also due in our own homes. We ought to decorate our homes with icons of the Lord and the saints. Instead of listening to loud music and inappropriate songs, we ought to listen to hymns, liturgies, and spiritual songs which fulfill the soul, mind and emotions. Surrounding our senses with spiritual matters, inevitably, fills our mind with the Holy Spirit which guides us to imitate our Lord and the saints. The heart and the outer condition are interrelated and influenced by each other. Thereby, our physical appearance and conduct. The outer appearance cannot change without changing the heart and mind. ***“And do not be conformed to this world, but be transformed by the renewing of your mind...”***Romans 12:2 The children of Christ ought to be “in style” only when it is appropriate and befitting to us.

## The Christian view of the body: Why do we honor the body?

Christianity views the body, as a whole, as holy and honorable. All the organs and members of the body are pure. There are not clean vs. unclean organs in Christianity. *“No, much rather, those members of the body which seem to be weaker are necessary. And those members of the body which we think to be less honorable, on these we bestow greater honor; and our unpresentable parts have greater modesty, but our presentable parts have no need. But God composed the body, having given greater honor to that part which lacks it,”*

1 Corinthians 12:22-24

1. **God took a human body, just like us:** *“And the Word became flesh...”* John 1:14 And St. Paul says, *“great is the mystery of godliness: God was manifested in the flesh”* 1 Timothy 3:16 Our Lord has added much more honor and reverence to our human body through incarnation.
2. **Holiness of our organs:** Would God ever create a body with an unclean organ? Of course not. All our body members are holy and pure. God united with us to sanctify us, and we have been sanctified through the sacrament of Baptism (mystery of purification) and the sacrament of Myron.
3. **Resurrection of the bodies:** God will raise our bodies on the last day. The bodies which have shared the spirit and soul their spiritual struggle, and their companionship with God, will also partake with them in their everlasting glory and honor. We have seen throughout the history of our church, all the saints who have received glory on earth in their bodies. Some of those saints’ bodies have radiated with light and blessings. Many miracles and wonders happened while they were still alive and others God have made miracles through their relics after their departure. Some of those are:
  - a. **St. Potamina:** She was a very God fearing servant to a very wealthy man. Being lead by the devil, and filled with lust he approached her many times to commit sin with him, but she strongly refused and held on to her purity. Basilidis, who was the soldier in charge of guarding her, did her a great favor and allowed her to keep her clothes on during her execution. She interceded for him before God. She endured many tortures and was finally dipped in boiling oil where she received the crown of martyrdom and gave up her pure soul to her heavenly Groom.
  - b. **St. Barbara:** The emperor has commanded the executioners to comb her body with metal combs. They struck her sides with fiery rods and amputated her breasts. The emperor, in all meanness, commanded that she would be driven around town naked for her shame. She cried to the Lord so that He may cover her body not to cause anyone to stumble. He honored her request and covered her holy body with a luminous robe. She finally rested her soul in the hand of Christ and received the crown of martyrdom.
  - c. **The ‘Pure’ young man:** A pagan ruler once commanded a young Christian man to be tortured so he can give up his faith. When he failed to do so, his counselors advised him to pursue the way of fornication. He commanded a girl to seduce him so he may fall in sin with her. He defended his purity with all his might. When the girl reported to the emperor, he insisted on forcing him to commit sin with her. The soldiers tied him to bed so they can force the girl on him. When they entered the room, the young man could not move any of his limbs. He found no other way out but to bite off his tongue and spit it out. The girl became extremely frightened and ran out.



## How can I walk in holiness?

1. Be convinced of the seriousness of sin.
2. Be filled with our Lord Jesus Christ, through the means of grace.
3. Refrain from sin with a very strong will, for this is right treatment.

Let us therefore strive to walk in holiness, being mindful that our bodies are the 'temples of God'.

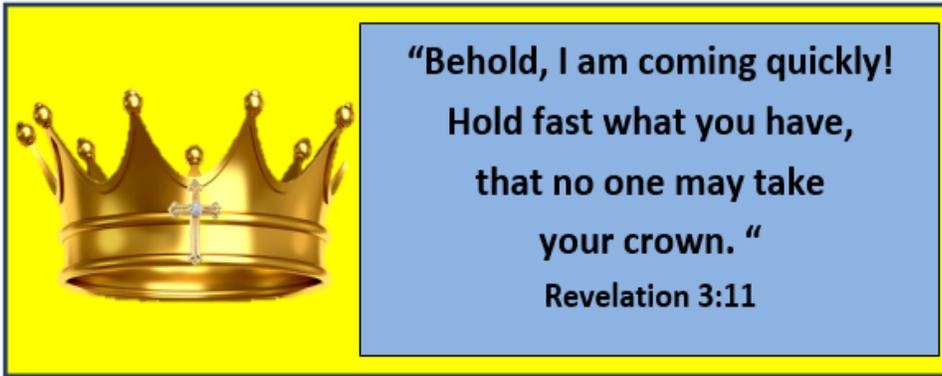
**“If anyone defiles the temple of God, God will destroy him.  
For the temple of God is holy, which temple you are.” 1 Corinthians 3:17**

### **Application:**

Write on a piece of paper (keep it confidential) every sin, and how will you strive in order not to do it through the grace of God? Remember your father of confession is always there for guidance, advice and most importantly prayers.

# Memorization

1.



## 2. From the Agpeya—Second Watch of the Midnight Hour

### THE HOLY GOSPEL ACCORDING TO ST. LUKE (CH. 7:36-50)

Then one of the Pharisees asked Him to eat with him. And He went unto the Pharisee's house, and sat down to eat. And, behold, a woman in the city, who was a sinner, when she knew that Jesus sat to eat in the Pharisee's house, brought an alabaster box of ointment, and stood at His feet behind Him weeping, and began to wash His feet with tears, and wiped them with the hairs of her head, and kissed His feet, and anointed them with the ointment. Now when the Pharisee who had invited Him saw this, he spoke within himself, saying “This man, if He were a prophet, would have known who and what manner of woman this is who touch Him: for she is a sinner.” And Jesus answered and said to him, “Simon, I have something to say to you.” And he said, “Master, say it.” “There was a certain creditor who had two debtors: one owed five hundred denarii, and the other fifty. And when they had nothing to pay, he freely forgave them both. Tell me therefore, which of them will love him more?” Simon answered and said, “I suppose that he, to whom he forgave more.” And He said unto him, “You have rightly judged.” And He turned to the woman, and said unto Simon, “Do you see this woman? I entered into your house; you gave Me no water for My feet: but she has washed My feet with tears, and wiped them with the hairs of her head. You gave Me no kiss: but this woman since the time I came in has not ceased to kiss My feet. My head with oil you did not anoint: but this woman has anointed My feet with ointment. Therefore I say unto you, `Her sins, which are many, are forgiven; for she loved much: but to whom little is forgiven, the same loves little.” And He said unto her, “Your sins are forgiven.” And they who sat to eat with Him began to say within themselves, “Who is this who forgives sins also?” And He said to the woman, “Your faith has saved you; go in peace.”



Glory to God forever. Amen.

## Litanies

1. Give me, O Lord, many fountains of tears, as You gave, in the past, the sinful woman. Make me worthy to wash Your Feet which liberated me from the path of straying, and to offer you a precious fragrant oil, and gain, through repentance, a pure life, so that I may hear that voice full of joy: “Your faith has saved you.”
2. When I realize my many wicked deeds, and the thought of that awesome judgment comes to my heart, a tremble takes hold of me, and I take refuge in You, O God, the Lover of mankind. So do not turn away Your face from me, I entreat You, Who alone are without sin. Grant humbleness to my poor soul before the end comes, and save me.
3. The Heavens bless you, O full of grace, the Bride who was never married. And we, too, glorify your incomprehensible giving birth. O Mother of God (*Theotokos*), the mother of mercy and salvation, intercede for the salvation of our souls.
4. O Heavenly King, the Comforter, the Spirit of truth, who is present in all places and fills all, the treasury of good things and the Life-Giver, graciously come, and dwell in us and purify us from all defilement, O Good One, and save our souls.
5. Just as You were with Your disciples, O Savior, and gave them peace, graciously come also and be with us, and grant us Your peace, and save us, and deliver our souls.
6. Whenever we stand in Your holy sanctuary, we are considered standing in heaven. O Mother of God (*Theotokos*), you are the gate of heaven; open for us the gate of mercy.



# Coptic



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

## THE COPTIC ALPHABET

✠	Α α Alpha A	Β β Veeta B, V	Γ γ Gamma G, N, Gh	Δ δ Delta D, Th (the)	✠
Ε ε Eyy E	Ϝ ϝ Number 6 So-oo Not a true letter The number 6	Ζ ζ Zeeta Z	Η η Eeta EE	Θ θ Theeta TH (think), T	Ι ι Yota I, Y
Κ κ Kappa K	Λ λ Lavla L	Μ μ Mey M	Ν ν Ney N	Ξ ξ Eksee KS	Ο ο O O
Π π Pee P	Ρ ρ ro R	Ϛ ϛ seema S-Z	Τ τ tav T	Υ υ Epsilon V, I, (oo)	Φ φ Fey F
Χ χ Key K, Kh, Sh	Ψ ψ Epsee PS	Ω ω Oo Oo	Ϙ ϙ Shai SH	Ϡ ϡ Fai F	Ϣ ϣ Khai KH
✠	Ϟ ϟ Hori H	Ϡ ϡ Ganga G, J	Ϣ ϣ Cheema CH	Ϥ ϥ 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 (Ϝ)

### Origin of the Coptic Alphabet



First 25 letters from Hieroglyphic through Proto-Sinaitic, Phoenician and Greek Alphabets

Last 7 letters from Hieroglyphic through Hieratic and Demotic Alphabets

## Pronunciation

Pronunciation of the ( **Ι** ) next to another vowel

The ( **Ι** ) is pronounced “Y”  
when it is either before or after  
any other vowel

**ΙΑ** ya      **ΑΙ** ay      **ΙΕ** ye      **ΕΙ** ey

**ΙΟ** yo      **ΟΙ** oy      **ΙΩ** yo-      **ΩΙ** o-y

**ΙΑΛ**      Mirror

**ΑΙΑΙ**      Grow, Increase

**ΙΕ**      Or

**ΙΩΙ**      Wash

**ΙΟΥ**      Sea

( **ΦΙΟΥ**      The Sea )

**ΙΩΤ**      Father

( **ΦΙΩΤ**      The Father )

**ΩΙΚ**      Bread

( **ΠΩΙΚ**      The Bread )

Pronunciation when the ( **ΟΥ** )  
is followed by another vowel

**ΟΥΙ**      (owwi) such as in **ΝΙΦΗΟΥΙ**

**ΟΥΑ**      (owwa) such as in **ΕΘΟΥΑΒ**

**ΟΥΗ**      (owwee) such as in **ΟΥΗΒ**

ночри

hi

ночри пенлнв

Hi Sayedna

ночри пеніωт

Hi Abouna

оуχαι



Bye

оуχαι  
ξεν π̄βοις

Bye  
(in the Lord)

## The possessive Pronouns (1)

	For s.m. nouns e.g. Father ( <b>ԻՄԴ</b> )	For s.f. nouns e.g. Mother ( <b>ԱՅԿ</b> )	For plural nouns e.g. Books ( <b>ՃՕՁ</b> )
	<b>Ո</b>	<b>Դ</b>	<b>Ո</b>
My	<b>Ո</b> ԱԻՄԴ My father	<b>Դ</b> ԱԱՅԿ My mother	<b>Ո</b> ՃՕՁ My books
Our	<b>Ո</b> ՔԵՆԻՄԴ Our father	<b>Դ</b> ՔԵՆԱՅԿ Our mother	<b>Ո</b> ՔԵՆՃՕՁ Our books

## Practice with some words **MY OUR**

Masculine		Feminine		Plural	
<b>ՈՐԿԻ</b>	God	<b>ԸՈՈՆԻ</b>	Sister	<b>ԱՅԿ</b>	Mothers
<b>ՈՒԿ</b>	Bread	<b>ՃՕՁ</b>	Power	<b>ԻՄԴ</b>	Fathers
<b>ՆՈՐԸ</b>	Lord	<b>ՍԵՐԻ</b>	Daughter	<b>ՇՆՈՐԿ</b>	Brothers
<b>ՃՕՁ</b>	Book	<b>ՅԱԿԻ</b>	City	<b>ԸՈՈՆԻ</b>	Sisters
<b>ՇՈՆ</b>	Brother				

## The possessive Pronouns (2)

	For s.m. nouns e.g. Father ( <b>ԻՄԴ</b> )	For s.f. nouns e.g. Mother ( <b>ԱՅԿ</b> )	For plural nouns e.g. Books ( <b>ՃՕՁ</b> )
	<b>Ո</b>	<b>Դ</b>	<b>Ո</b>
Your (s.m.)	<b>Ո</b> ՔԵՆԻՄԴ Your father	<b>Դ</b> ՔԵՆԱՅԿ Your mother	<b>Ո</b> ՔԵՆՃՕՁ Your books
Your (s.f.)	<b>Ո</b> ՔԵԻՄԴ Your father	<b>Դ</b> ՔԵԱՅԿ Your mother	<b>Ո</b> ՔԵՃՕՁ Your books
Your (pl.)	<b>Ո</b> ՔԵՏԵՆԻՄԴ Your father	<b>Դ</b> ՔԵՏԵՆԱՅԿ Your mother	<b>Ո</b> ՔԵՏԵՆՃՕՁ Your books

## Practice with some words **Your(m) (f) (pl)**

Masculine		Feminine		Plural	
<b>ՈՐԿԻ</b>	God	<b>ԸՈՈՆԻ</b>	Sister	<b>ԱՅԿ</b>	Mothers
<b>ՈՒԿ</b>	Bread	<b>ՃՕՁ</b>	Power	<b>ԻՄԴ</b>	Fathers
<b>ՆՈՐԸ</b>	Lord	<b>ՍԵՐԻ</b>	Daughter	<b>ՇՆՈՐԿ</b>	Brothers
<b>ՃՕՁ</b>	Book	<b>ՅԱԿԻ</b>	City	<b>ԸՈՈՆԻ</b>	Sisters
<b>ՇՈՆ</b>	Brother				

## The possessive Pronouns (3)

	For s.m. nouns e.g. Father ( <b>ԻՄԴ</b> )	For s.f. nouns e.g. Mother ( <b>ԱՅԿ</b> )	For plural nouns e.g. Books ( <b>ՃՕՁ</b> )
	<b>Ո</b>	<b>Դ</b>	<b>Ո</b>
His	<b>Ո</b> ՔԵՊԻՄԴ His father	<b>Դ</b> ՔԵՊԱՅԿ His mother	<b>Ո</b> ՔԵՊՃՕՁ His books
Her	<b>Ո</b> ՔԵՇԻՄԴ Her father	<b>Դ</b> ՔԵՇԱՅԿ Her mother	<b>Ո</b> ՔԵՇՃՕՁ Her books
Their	<b>Ո</b> ՐԿԻՄԴ Their father	<b>Դ</b> ՐԿԻԱՅԿ Their mother	<b>Ո</b> ՐԿԻՃՕՁ Their books

## Practice with some words **His Her Their**

Masculine		Feminine		Plural	
<b>ՈՐԿԻ</b>	God	<b>ԸՈՈՆԻ</b>	Sister	<b>ԱՅԿ</b>	Mothers
<b>ՈՒԿ</b>	Bread	<b>ՃՕՁ</b>	Power	<b>ԻՄԴ</b>	Fathers
<b>ՆՈՐԸ</b>	Lord	<b>ՍԵՐԻ</b>	Daughter	<b>ՇՆՈՐԿ</b>	Brothers
<b>ՃՕՁ</b>	Book	<b>ՅԱԿԻ</b>	City	<b>ԸՈՈՆԻ</b>	Sisters
<b>ՇՈՆ</b>	Brother				

## Present Tense

	1 <sup>st</sup> person	2 <sup>nd</sup> person	3 <sup>rd</sup> person
(s.m.)	†	κ̂(χ̂) you	ή̂ he
(s.f.)	Ι	τε you	ς̂ she
(pl)	τεν we	τετεν you	ce they

## Negative of Present Tense

**αν or ἢ...αν**

### The Verb **ψάλλω** (to pray) in the Present Tense

	1 <sup>st</sup> person	2 <sup>nd</sup> person	3 <sup>rd</sup> person
(s.m.)	†ψάλλω	κ̂ψάλλω You pray	ή̂ψάλλω He prays
(s.f.)	Ιψάλλω I pray	τεψάλλω You pray	ς̂ψάλλω She prays
(pl)	τενψάλλω We pray	τετενψάλλω You pray	ceψάλλω They pray

Present Tense	Negative of the present Tense
†ψάλλω I pray	†ψάλλω αν    ἢ†ψάλλω αν I do not pray      I do not pray
ceψάλλω They pray	ceψάλλω αν    ἢceψάλλω αν They do not pray      They do not pray

Practice the **present tense** and the **negative of the present tense** with these verbs

ωοῦν	to know	θεσι	to sit down
ωψ	to read	θερθερ	to snore
ς̂σαι	to write	ορωψυτ	to worship
†ωοῦ	to glorify	ναῦ	to look at

ἸΝ ΤΩ ΟΝΟΜΑΤΙ ΤΟΥ ΠΑΤΕΡΟΣ

In the Name of the Father

ΚΑΙ ΤΟΥ ΥΙΟΥ

and the Son

ΚΑΙ ΤΟΥ ΑΓΙΟΥ ΠΝΕΥΜΑΤΟΣ

and the Holy Spirit

Ο ΜΟΝΟΥΣ ΘεΟΥ Ἀμήν

One God Amen



**ΧΕ ΠΑΤΗΡ ὁ ἐν οὐρανοῖς**  
Our Father who art in Heaven

**ἄριστον ἡμῶν ἵνα σοὺς εὐχαριστήσωμεν**

Make us worthy to say thankfully

**ΧΕ ΠΑΤΗΡ ὁ ἐν οὐρανοῖς**

Our father who art in heaven

**ἁγιασθήτω τὸ ὄνομα σου**

Hallowed be Thy name

**ἡ βασιλεία σου**

Thy kingdom come

**ὡς ἐστὶν ἐν οὐρανοῖς**

Thy will be done

**ὡς ἐστὶν ἐν οὐρανοῖς**

On earth as it is in heaven

**δός ἡμῖν ἄρτον ἡμῶν τὸν ἡμέτερον**

Give us this day our daily bread

**καὶ ἄφες ἡμῶν τὰ ἑσθλά**

And forgive us our trespasses

**ὡς ἡμεῖς ἀφίμεθα τοῖς ἄλλοις**

As we forgive

**τοῖς ἁμαρτανεύουσιν ἡμῖν**

those who trespass against us

**καὶ μὴ ἐπιβῆσαι ἡμᾶς ἐν πειρασμῷ**

And lead us not into temptation

**ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ**

But deliver us from the evil one

**ἐν Ἰησοῦ Χριστῷ τῷ κυρίῳ ἡμῶν**

In Christ Jesus our Lord

**ὡς ἐστὶν**

For Thine is

**ἡ βασιλεία, τὸ κράτος καὶ ἡ δόξα**

the kingdom, the power and the glory,

**εἰς τὸν αἰῶνα Ἀμήν**

forever, Amen

# Hymns & Rituals



## 1. Hymn: Christ is Risen (Major Tune)

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

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

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

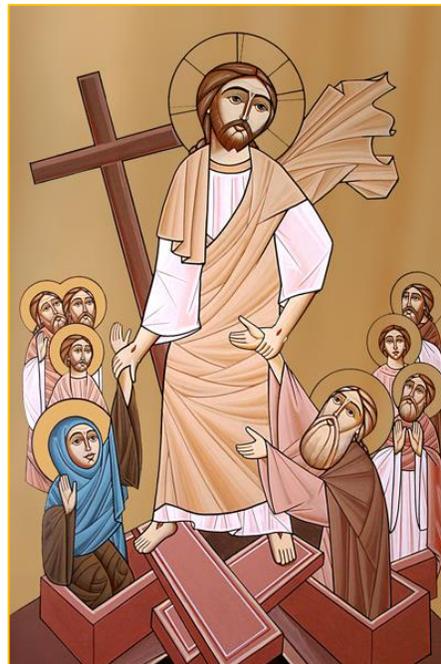
The hymn "Christ is risen" is the first hymn chanted in the procession around the church during the Joyous 50 Days. It has a major tune and a minor tune.

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

Χριστός ἀνέστη ἐκ νεκρῶν:  
θάνατῷ θανάτου πατήσας καὶ τὶς  
ἐν τῶν μνημῶν 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.

Δόξα Πατρὶ καὶ Υἱῷ καὶ ἁγίῳ  
Πνεύματι: καὶ νῦν καὶ ἀεὶ καὶ  
ἰστοῦνς ἐὼνάς τῶν ἐώνων: ἀμήν.



## 2. Psali Watos for Bright Saturday

Rites: The word Psali means a chanted praise. The Psali Watos for Bright Saturday is chanted in the standard tune on Bright Saturday during Matins after the litany of the departed.

It is followed by the Saturday Theotokia.

<p>The Lord has increased goodness for us so we became happy. Let us say without ceasing, Holy immortal have mercy on us.</p>	<p>Δίπoc τaψe ιρι νεμaν:  aηψωπι ηoυνοq υμoν:  μaρενχοc ηχαροq aη:  Δcγιοc αθανατοc ηαι ηaη.</p>
<p>You became man like us, O Only-Begotten God, without alteration or change. Holy immortal have mercy on us.</p>	<p>Προτοc ακρωπι υπεμρη†:  ωπιμονοcενηc ηνου†:  δeη oυμετατφωηc μeη  oυμετατψιβ†:  Δcγιοc αθανατοc ηαι ηaη.</p>
<p>You are Jesus Christ the Son of God the Word the Existent and Creator. Holy immortal have mercy on us.</p>	<p>Υe γaρ ηθoκ πε ιηc Πχc:  ηψηρι υφ† πιλοcοc:  αιλιoc ηλιμιορoοc:  Δcγιοc αθανατοc ηαι ηaη.</p>
<p>O Master the Philanthropic One, glory and holiness for You, for You came and saved us. Holy immortal have mercy on us.</p>	<p>Δεcποτα φυλαη oροπον:  φωκ πε πιωou ηeμ πιαcιον:  xe ακι ακω† υμoν:  Δcγιοc αθανατοc ηαι ηaη.</p>
<p>You stood in front of Pilate to be judged You the unlimited, for the salvation of the world. Holy immortal have mercy on us.</p>	<p>Εoυμαη†εaη ηαερεη Πιλατοc:  ακψaηoει πιαχωριτοc:  εθε φηoεμ υπικoομoοc:  Δcγιοc αθανατοc ηαι ηaη.</p>
<p>The Giver of Life, the Incomprehensible, suffered and was buried for the sake of Adam to raise him. Holy immortal have mercy on us.</p>	<p>Ζωηφοροc ηaτψταεoq:  αψεπ υκαε oυoε aγκoοq:  εθε Δλαμ εορεq τογτογνοοq:  Δcγιοc αθανατοc ηαι ηaη.</p>
<p>Through Your cross, You granted us the freedom and we gained the true life, Holy immortal have mercy on us.</p>	<p>Ηπε γaρ ειτεη πεκεταγροc:  ακερεcμoτ ηaη ηελεγεθεροc:  aηβι υπιωηδ ηαληθινοc:  Δcγιοc αθανατοc ηαι ηaη.</p>
<p>A pure and acceptable sacrifice without blemish, immaculate You lifted up Yourself, O the Holy lamp. Holy immortal have mercy on us.</p>	<p>Θυcια εcτογβηoυτ εcψηηπ:  ηaτβηι oυoε ηaτθωλεβ:  ακωλq εψωι ωπιεηβ:  Δcγιοc αθανατοc ηαι ηaη.</p>

<p>O Jesus Christ, the immortal, You abolished death with Your death and freed the whole world. Holy immortal have mercy on us.</p>	<p>ΙΗΣ ΦΗΕΤΩΝΣ ΠΑΤΜΟΥ: ΑΚΚΩΡΡ ΜΦΜΟΥ ΣΙΤΕΝ ΠΕΚΜΟΥ: ΑΚΕΡΡΕΜΖΕ ΜΠΙΚΟΣΜΟΣ ΤΗΡΟΥ: ΑΓΙΟΣ ΑΘΑΝΑΤΟΣ ΝΑΙ ΝΑΝ.</p>
<p>You have trampled the devil's sting and the venomous serpent, and humiliated them with Your power. Holy immortal have mercy on us.</p>	<p>ΚΕ ΑΚΣΟΜΣΕΜ ΗΣΑΝΣΟΥΡΙ: ΜΠΙΔΕΜΩΝ ΑΚΒΙ ΣΠΙΠΙ: ΜΜΟΥ ΣΕΝ ΤΕΚΜΕΤΧΩΡΙ: ΑΓΙΟΣ ΑΘΑΝΑΤΟΣ ΝΑΙ ΝΑΝ.</p>
<p>Then You saved Your people Adam and Eve and their race from the hades full of sorrow. Holy immortal have mercy on us.</p>	<p>ΛΟΙΠΟΝ ΑΚΩΨ ΜΠΕΚΛΑΟΣ: ΑΔΑΜ ΝΕΜ ΕΥΑ ΝΕΜ ΠΟΥΣΕΝΟΣ: ΣΕΝ ΑΜΕΝΨ ΕΜΕΣ ΜΠΑΔΘΟΣ: ΑΓΙΟΣ ΑΘΑΝΑΤΟΣ ΝΑΙ ΝΑΝ.</p>
<p>Let us say with David the blessed: Arise O Lord. Why sleep. Holy immortal have mercy on us.</p>	<p>ΜΑΡΕΝΧΟΣ ΣΕΝ ΟΥΡΩΟΥΤ: ΝΕΜ ΔΑΥΙΔ ΠΕ ΕΤΣΜΑΡΩΟΥΤ: ΧΕ ΤΩΝΚ ΠΟΣ ΕΒΕ ΟΥ ΕΝΚΟΤ: ΑΓΙΟΣ ΑΘΑΝΑΤΟΣ ΝΑΙ ΝΑΝ.</p>
<p>Who is like You in gods. You are God of gods. We praise You in various ways. Holy immortal have mercy on us.</p>	<p>ΝΕΜ ΠΕΤΟΝΙ ΜΜΟΚ ΣΕΝ ΝΙΝΟΥΨ: ΗΘΟΚ ΠΕ ΦΨ ΗΤΕ ΝΙΝΟΥΨ: ΤΕΝΣΩΣ ΕΡΟΚ ΣΕΝ ΟΥΘΟ ΗΡΗΨ: ΑΓΙΟΣ ΑΘΑΝΑΤΟΣ ΝΑΙ ΝΑΝ.</p>
<p>Blessed are You O Christ the crucified, for You turned our sadness to joy and You freed us from the bitter slavery. Holy immortal have mercy on us.</p>	<p>ΣΜΑΡΩΟΥΤ ΙΗΣ ΠΙΧΙΝΙΨΙ: ΧΕ ΑΚΦΩΝΣ ΜΠΕΝΣΗΒΙ ΕΟΥΡΑΨΙ: ΑΚΣΟΥΤΤΕΝ ΕΒΟΛ ΖΑ ΨΜΕΤΒΩΚ ΕΣΕΝ ΨΑΨΙ: ΑΓΙΟΣ ΑΘΑΝΑΤΟΣ ΝΑΙ ΝΑΝ.</p>
<p>You had compassion on our weakness, we sinners as a Goodness and Philanthropic One. Holy immortal have mercy on us.</p>	<p>ΟΥΟΣ ΑΚΨΕ ΗΣΗΤ ΣΑΤΕΝ ΜΕΤΧΩΒΙ: ΑΝΟΝ ΣΑ ΝΙΡΕΦΕΡΝΟΒΙ: ΣΩΣ ΑΣΑΘΟΣ ΟΥΟΣ ΜΜΑΙΡΩΜΙ: ΑΓΙΟΣ ΑΘΑΝΑΤΟΣ ΝΑΙ ΝΑΝ.</p>
<p>The Lord said: now I will rise and openly save my creation. Holy immortal have mercy on us.</p>	<p>ΠΕΧΕ ΠΟΣ ΨΝΟΥ ΨΝΑΤΩΝΤ: ΕΙ ΕΨΩΠΙ ΕΟΥΟΝΣΤ: ΣΕΝ ΦΝΟΣΕΜ ΕΧΕΝ ΠΑΣΩΝΤ: ΑΓΙΟΣ ΑΘΑΝΑΤΟΣ ΝΑΙ ΝΑΝ.</p>

<p>Be glad and rejoice:  O you faithful in the name of the Lord Jesus Christ: and proclaim with Nicodemus:  Holy immortal have mercy on us.</p>	<p>Ρα̅ω̅ι̅ θε̅λη̅η̅λ̅ ὠ̅ ν̅ι̅π̅ι̅ς̅ τ̅ο̅ς̅:  δ̅εν̅ φ̅ραν̅ ἡ̅π̅ο̅ς̅ Ἰ̅η̅ς̅ Χ̅ρ̅ι̅ς̅:  ο̅νο̅ς̅ ω̅ψ̅ ἐ̅βο̅λ̅ ν̅ε̅μ̅ ἰ̅κ̅ο̅ν̅δ̅ι̅μ̅ο̅ς̅:  Ἄ̅σ̅ι̅ο̅ς̅ ἄ̅θ̅α̅ν̅α̅ τ̅ο̅ς̅ ν̅α̅ι̅ ν̅ᾶ̅ν̅.</p>
<p>Bless and have mercy on us,  Who is crucified for us:  and count us with Dimas the thief.  Holy immortal have mercy on us.</p>	<p>Ἐ̅μ̅ε̅ς̅ ἐ̅λ̅ε̅η̅σ̅ον̅ ἡ̅μ̅ᾶ̅ς̅:  ὠ̅ ἐ̅στα̅υ̅ρω̅θ̅ι̅ς̅ δι̅ ἡ̅μ̅ᾶ̅ς̅:  ο̅π̅τε̅ν̅ ν̅ε̅μ̅ π̅ι̅σ̅ο̅ν̅ι̅ Δ̅ι̅μ̅ᾶ̅ς̅:  Ἄ̅σ̅ι̅ο̅ς̅ ἄ̅θ̅α̅ν̅α̅ τ̅ο̅ς̅ ν̅α̅ι̅ ν̅ᾶ̅ν̅.</p>
<p>We ask You O victorious One saying:  remember us our King when You come in  Your kingdom.  Holy immortal have mercy on us.</p>	<p>Ἰ̅ε̅ν̅τ̅ω̅β̅ς̅ ἡ̅μ̅ο̅κ̅ ὠ̅ ἡ̅π̅ρ̅ε̅ς̅β̅ρ̅ο̅:  χ̅ε̅ ἀ̅ρι̅ π̅ε̅ν̅μ̅ε̅ν̅ι̅ ὠ̅ π̅ε̅νο̅υ̅ρ̅ο̅:  ἀ̅κ̅ω̅ἀ̅ν̅ι̅ δ̅εν̅ τ̅ε̅κ̅μ̅ε̅τ̅ο̅υ̅ρ̅ο̅:  Ἄ̅σ̅ι̅ο̅ς̅ ἄ̅θ̅α̅ν̅α̅ τ̅ο̅ς̅ ν̅α̅ι̅ ν̅ᾶ̅ν̅.</p>
<p>O Son of God, grant us mercy and  salvation in Your fearful second coming.  Holy immortal have mercy on us.</p>	<p>Τ̅ς̅ Ἐ̅ς̅ δ̅εν̅ τ̅ε̅κ̅μ̅ᾶ̅ν̅ ἐ̅νο̅υ̅†̅:  ἡ̅π̅α̅ρ̅ο̅υ̅ς̅ι̅ᾶ̅ ε̅τ̅ο̅ι̅ ἡ̅ζ̅ο̅†̅:  ἀ̅ρ̅ι̅ο̅υ̅ν̅α̅ι̅ ν̅ε̅μ̅ᾶ̅ν̅ ἡ̅ο̅υ̅ς̅ω̅†̅:  Ἄ̅σ̅ι̅ο̅ς̅ ἄ̅θ̅α̅ν̅α̅ τ̅ο̅ς̅ ν̅α̅ι̅ ν̅ᾶ̅ν̅.</p>
<p>O You, the carrier of the world's sin,  dwell us with the righteous  Joseph and Nicodemus.  Holy immortal have mercy on us.</p>	<p>Φ̅η̅ε̅τ̅ ὠ̅λ̅ι̅ φ̅ν̅ο̅β̅ι̅ ἡ̅π̅ι̅κ̅ο̅ς̅μ̅ο̅ς̅:  ἀ̅κ̅ῆ̅ρ̅ε̅ν̅ ω̅ω̅π̅ι̅ ν̅ε̅μ̅ ν̅ι̅λ̅ι̅κ̅ε̅ο̅ς̅:  Ἰ̅ω̅ς̅η̅φ̅ ν̅ε̅μ̅ Ἰ̅κ̅ο̅ν̅δ̅ι̅μ̅ο̅ς̅:  Ἄ̅σ̅ι̅ο̅ς̅ ἄ̅θ̅α̅ν̅α̅ τ̅ο̅ς̅ ν̅α̅ι̅ ν̅ᾶ̅ν̅.</p>
<p>Forgive us our sins  through the supplications and intercessions  of our lady of us all, Virgin Mary.  Holy immortal have mercy on us.</p>	<p>Χ̅ω̅ ν̅ᾶ̅ν̅ ἐ̅βο̅λ̅ ἡ̅ν̅ε̅ν̅ᾶ̅νο̅μ̅ι̅ᾶ̅:  ε̅ι̅τε̅ν̅ ν̅ι̅τ̅ω̅β̅ς̅ ν̅ε̅μ̅ ν̅ι̅π̅ρ̅ε̅ς̅β̅ι̅ᾶ̅:  ἡ̅ν̅τε̅ τ̅ε̅ν̅β̅ο̅ι̅ς̅ τ̅η̅ρ̅ε̅ν̅ Μ̅α̅ρ̅ι̅ᾶ̅:  Ἄ̅σ̅ι̅ο̅ς̅ ἄ̅θ̅α̅ν̅α̅ τ̅ο̅ς̅ ν̅α̅ι̅ ν̅ᾶ̅ν̅.</p>
<p>Sustain all the Orthodox souls  in the paradise of prosperity and delight.  Holy immortal have mercy on us.</p>	<p>Ψ̅υ̅χ̅η̅ ν̅ι̅β̅ε̅ν̅ ἡ̅ο̅ρ̅θ̅ο̅δ̅ο̅ξ̅ο̅ν̅:  ω̅ᾶ̅νο̅υ̅ω̅ν̅ δ̅εν̅ π̅ι̅π̅α̅ρ̅ᾶ̅δ̅ι̅ς̅ο̅ς̅:  ἡ̅ν̅τε̅ ἡ̅ο̅υ̅ν̅ο̅ς̅ ν̅ε̅μ̅ ν̅ι̅κ̅η̅π̅ο̅ρ̅ο̅ς̅:  Ἄ̅σ̅ι̅ο̅ς̅ ἄ̅θ̅α̅ν̅α̅ τ̅ο̅ς̅ ν̅α̅ι̅ ν̅ᾶ̅ν̅.</p>
<p>All glory and praise are befitting Your might,  now and forever.  Holy immortal have mercy on us.</p>	<p>Ὠ̅ο̅ν̅ ν̅ι̅β̅ε̅ν̅ ν̅ε̅μ̅ ε̅ᾶ̅ν̅ψ̅ᾶ̅λ̅ι̅ᾶ̅:  ε̅ρ̅ῆ̅ρ̅ε̅π̅ι̅ δ̅εν̅ τ̅ε̅κ̅ε̅ξ̅ο̅υ̅ς̅ι̅ᾶ̅:  ἰ̅ς̅χ̅ε̅ν̅ †̅ν̅ο̅ν̅ ω̅ᾶ̅†̅ ε̅ν̅ἡ̅τ̅ε̅λ̅ι̅ᾶ̅:  Ἄ̅σ̅ι̅ο̅ς̅ ἄ̅θ̅α̅ν̅α̅ τ̅ο̅ς̅ ν̅α̅ι̅ ν̅ᾶ̅ν̅.</p>



*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