



My Church STARS

Level 1
Level 2
Level 3

Spirit & Life



WWW.SMFSUS.ORG

HIS HOLINESS POPE TAWADROS II



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

INTRODUCTION

The Coptic Orthodox Diocese of the Southern United States joyfully presents the **St. Mark's Festival STARS Edition**. This blessed addition to the world-wide "Mahragan El-Keraza" program is specific to the Coptic community of children, youth, and adults with special needs.

The STARS Edition is comprised of three levels so that each individual may personally benefit from the most appropriate educational level of knowledge, skills, and abilities. All individuals in our Coptic community have the opportunity to learn and be included and engaged in the full enjoyment of this annual festival throughout the world. On-going training and support for stewards and instructors are available throughout the year.

May the Lord bless all His children and
keep them in His tender care.



Spirit and Life

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Visit the St. Mark Festival's website at www.smfsus.org
to find the material for the festival and for guidelines and information on the tests



Spirit and Life

My Precious Church

Heaven on Earth

Level 1, 2 & 3

A Fortress in the World

A Refuge for All. (x2)

Since Adam Humanity's Fallen

Level 2 & 3

Separated from Our Calling

But Christ Came, Died and Rose

And Through Him We Were Restored. (x2)

My Church You Are My Strength

Level 3

Treasury of Heavenly Wealth

(Sound Doctrine, Living Rites

Leading Us to the Light) (x2)

House of God, a Fruitful Vine

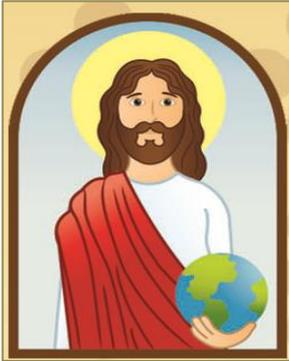
My Church, Spirit and Life (x3)

Level 1

Word Bank

The Holy Bread on the Altar

Lord Jesus Christ



Lord Jesus Christ

Church

Holy Bread (Korbana)

Church

Altar

Paten

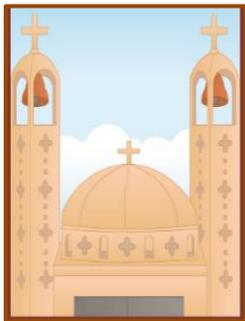
Throne

Chalice

Priest



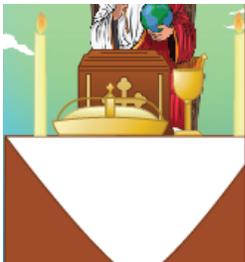
Church



Holy Bread



Altar



Paten



Throne



Chalice





Level 1

My Church, the Fruitful Vine

The Holy Bread on the Altar

Learning about the Holy Bread on the Altar teaches us about the joy of our Church.

The **Church** is the House of God. When we grow in the Church, we always live with our **Lord Jesus Christ**.

We all know what the **Holy Bread (Korbana)** is and we really love to eat it.

When the **Holy Bread** is made for the Liturgy, the priest chooses the best one to become the Body of our Lord Jesus Christ.



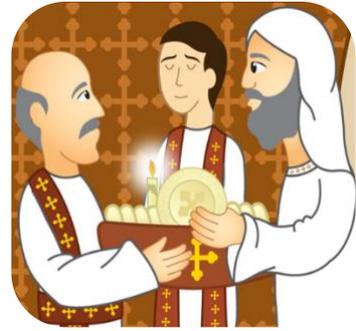
The Holy Bread (Korbana):

1. Is a perfect circle
2. Has 1 big cross in the middle and 12 small crosses around it
3. Has 5 holes around the cross
4. Has words in Coptic that mean:
"Holy God, Holy Mighty,
Holy Immortal"



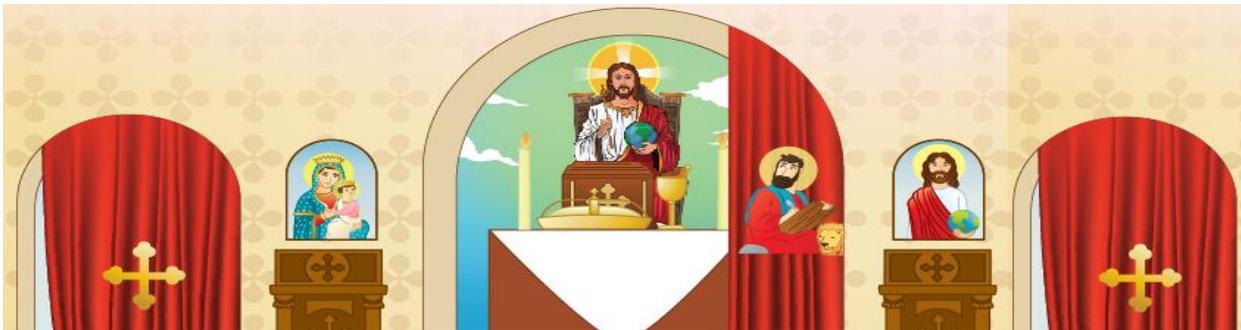
Why does the priest choose the best Holy Bread?

Just like our **Lord Jesus Christ** was perfect without any sin, the **Holy Bread** must be perfect without anything wrong with it.



After the priest chooses the Holy Bread, it enters the Sanctuary.

This **Holy Bread** that is chosen enters the holiest place in the church, the Sanctuary. The **priest** places the Holy Bread on the **altar**.



The Altar:

- The **altar** is the table in the middle of the Sanctuary.
- The main **altar** in the church is usually named after the saint of the church.
- The altar can be made of wood like the cross of our **Lord Jesus Christ** or made of stone like the tomb of our **Lord Jesus Christ**.
- The altar is anointed with the Holy Myron oil. The altar can only be used for the prayers of the church.
- On the altar you will see the **paten**, the **throne** and the **chalice**. The paten carries the **Holy Bread** that will become the Body of our **Lord Jesus Christ**. The **throne** holds the **chalice** with the wine that will become the Blood of our **Lord Jesus Christ**.



Paten



Throne



Chalice

Our Church teaches us to respect the Sanctuary

Before the priest or deacons enter the Sanctuary, they:



1. Take off their shoes



2. Prostrate (bow down) and make the sign of the cross



3. Stand still and quiet.
We should be praying.

"How lovely is Your tabernacle, O Lord of hosts!" Psalm 84:1



Color the Picture



"How lovely is Your tabernacle, O Lord of hosts!"

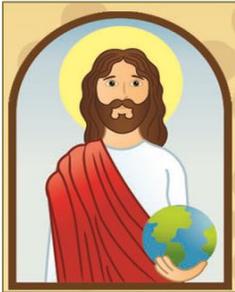
Psalm 84:1

Level 1

Word Bank

God, the Creator of Everything

God



- God
- Holy Bible
- Animals
- Plants
- Sun
- Birds
- People

Holy Bible



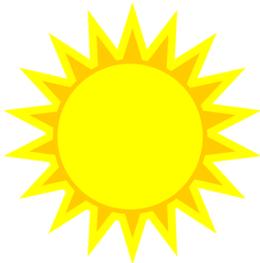
Animals



Plants



Sun



Birds



People





Level 1

God, the Creator of Everything

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

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

God created the whole world.

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

The Holy Bible says,

"By the word of the LORD the heavens were made
(Psalm 33:6).

Our God is amazing! Our God is a very smart designer, He created everything in perfect order.

- **God** created the sky, the **sun** and the many stars we see at night.
- **God** created the **plants**, trees and fruits and vegetables we eat.
- **God** created many kinds of beautiful **birds**. Birds of different colors and sizes that fly in the sky.
- **God** made the sea, rivers and oceans.
- **God** made all the amazing creatures of the sea. He created colorful fish, dolphins and whales. God created these creatures to live and breathe under the water.



- God created amazing **animals**. Small **animals** like puppies, big animals like elephants, tall **animals** like giraffes and funny animals like monkeys. Every **animal** different in their own special way.
- God created **people** to look like Him. Every part of our body is perfectly made to do something different. Eyes to see, ears to hear, mouth to eat and speak, and nose to smell.

God created people to enjoy all He created because He loves us!



The Holy Bible tells us about God!

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

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

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

*"O Lord, how manifold are Your works!
In wisdom You have made them all." Psalm 104:24*



Activity

Creation Game

Think of an animal whose name begins with the letters below.

C _____

R _____

E _____

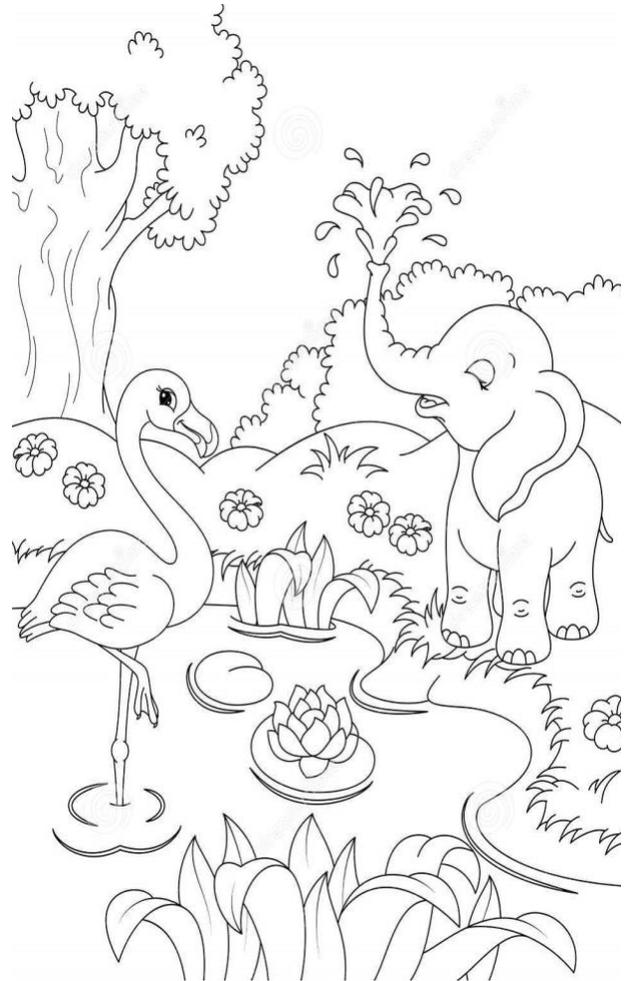
A _____

T _____

I _____

O _____

N _____



God created all these animals by simply speaking a word

"By the word of the LORD the heavens were made, And all the host of them by the breath of His mouth.... For He spoke, and it was done; He commanded, and it stood fast"

(Psalm 33:6,9)



Level 1

Memorization

The First hour of the Agpeya (Prime - Matins)

Psalm 66

God shall pity us, and bless us,
and reveal His face upon us and have mercy on us;
that Your way may be known on the earth,
Your salvation among all nations.



Coptic



| Letter | Name of Letter | Pronunciation |
|--------|----------------|---------------|
| Α̅ | Alpha | A |



Hymns & Rituals



Concluding Hymn

Rite: The hymn "Amen Alleluia" is the conclusion hymn for all liturgical prayers.

| | |
|--|--|
| Amen. Alleluia. Glory to the Father and to the Son and to the Holy Spirit. | ΑΜΗΝ: ΑΛΛΗΛΟΥΙΑ ΔΟΞΑ ΠΑΤΡΙ ΚΕ ΥΙΩ ΚΕ ΑΓΙΩ ΠΝΕΥΜΑΤΙ: |
| Now and ever and unto the ages of the ages. Amen. | Κε νυν κε αι κε ις τους εωνας των εωνων: ΑΜΗΝ. |
| We proclaim and say, O our Lord Jesus Christ, | Υμνω εβολ ενχω υμνος: κε ω Πενβοις Ιησους Πιχριστος. |
| Bless the water of the rivers: May Your mercy and peace be a fortress unto Your people: Save us and have mercy on us. | Σου ενιμων υφιαρον: μαρε πεκναι νεμ τεκζηρηνη οι ησοβτ υπεκλαδος: σωτ υμον ογοσ ναι ναν: |
| Lord have mercy. Lord have mercy. Lord bless us. Amen. Bless me. Bless me. Lo, the repentance. Forgive me. Say the blessing. | Κυριε ελεησον: Κυριε ελεησον: Κυριε ευλοσησον ΑΜΗΝ. Σου εροι: σου εροι: ις μετανοια χω νηι εβολ: χω υπισμων. |

Group Hymn

Through the Intercessions

Rite: The hymn "Through the intercessions" is said after the Reconciliation Prayer in the liturgy.

| | |
|---|---|
| Through the intercessions, of the Theotokos Saint Mary, O Lord grant us, the forgiveness of our sins. | ΕΙΤΕΝ ΝΙΠΡΕΣΒΙΑ: ΗΝΤΕ ΘΕΟΤΟΚΟΣ ΕΘΟΥΑΒ ΜΑΡΙΑ: Πβοις Αριμοτ ναν: υπιχω εβολ ηντε νεννοβι. |
| We worship You O Christ, with Your good Father, and the Holy Spirit, for You have come and saved us. | Υμνωωωτ υμοκ ω Πιχριστος: νεμ Πεκιωτ ηαγαθος: νεμ Πιπνευμα εθουαβ: κε ακι ακσωτ υμον. |
| A mercy of peace, a sacrifice of praise. | Ελεος ιρηνης θυσια ενεσεωσ. |

Level 2 Word Bank

Crossing the Red Sea

God



God
Moses
Pray
Cloud
Fire

Moses



Pray



Cloud



Fire



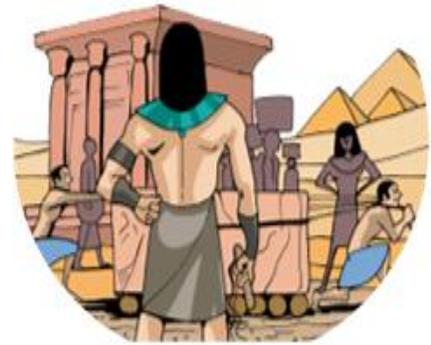
Level 2 The Lord Protects our Church

Crossing the Red Sea

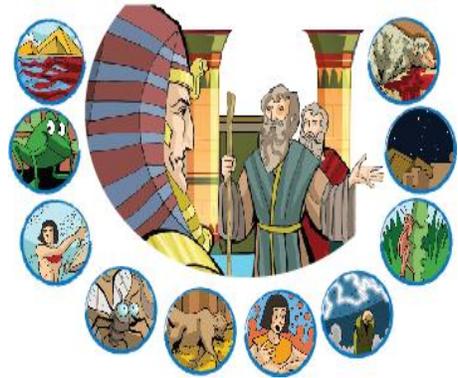
Exodus 14 & 15

When **God**'s children face a problem, He is the only one who can save them just like He did with the people of Israel in the Old Testament.

It all started when **God**'s people left Canaan and went to live in Egypt with Joseph. After many years, Pharaoh died and another Pharaoh came who did not know Joseph, and he started treating the Israelites like slaves. They lived as slaves for about 430 years and they always **prayed** and asked **God** to save them from slavery and return them to their land.



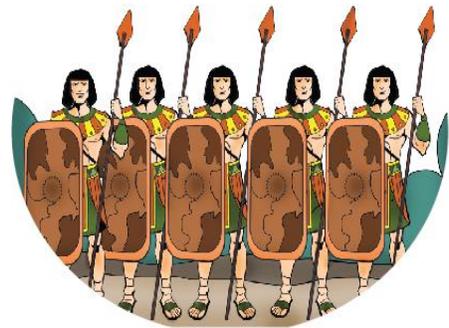
God heard their **prayers**, and when the time was good, He sent them Moses and did many miracles before the eyes of Pharaoh and all the Egyptians (the ten plagues) until Pharaoh finally agreed to let them go.



The people went out of Egypt and **God** was with them on the journey, watching over them and protecting them. He sent them a pillar of **cloud** to lead them by day and a pillar of **fire** by night.



They continued travelling until they came to the Red Sea and they had a big problem; how will they cross the sea? Also, Pharaoh and his army went after them to get them back after he had agreed to let them go. But **Moses** was confident that **God** will help them and said **“Do not be afraid. Stand still, and see the salvation of the Lord.” Exodus 14:13**



God told **Moses** to “lift up your rod, and stretch out your hand over the sea and divide it. And the children of Israel shall go on dry ground through the midst of the sea.” And He made the pillar of **cloud** go behind them to separate them from the Egyptians.



Moses did exactly as **God** told him and **God** sent a wind that caused the sea to split the whole night and the people walked across on dry land.



After they crossed, **God** told **Moses** to stretch his hand over the sea that the waters may come back. The water returned and Pharaoh and his army drowned in the sea.



All the people of **God** were saved, and they praised Him with thanksgiving. God is the one who created them, and He is the only one who can save them.

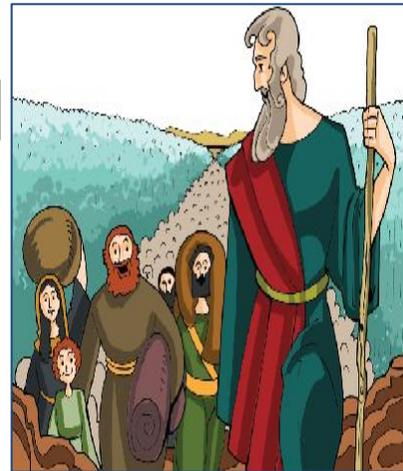
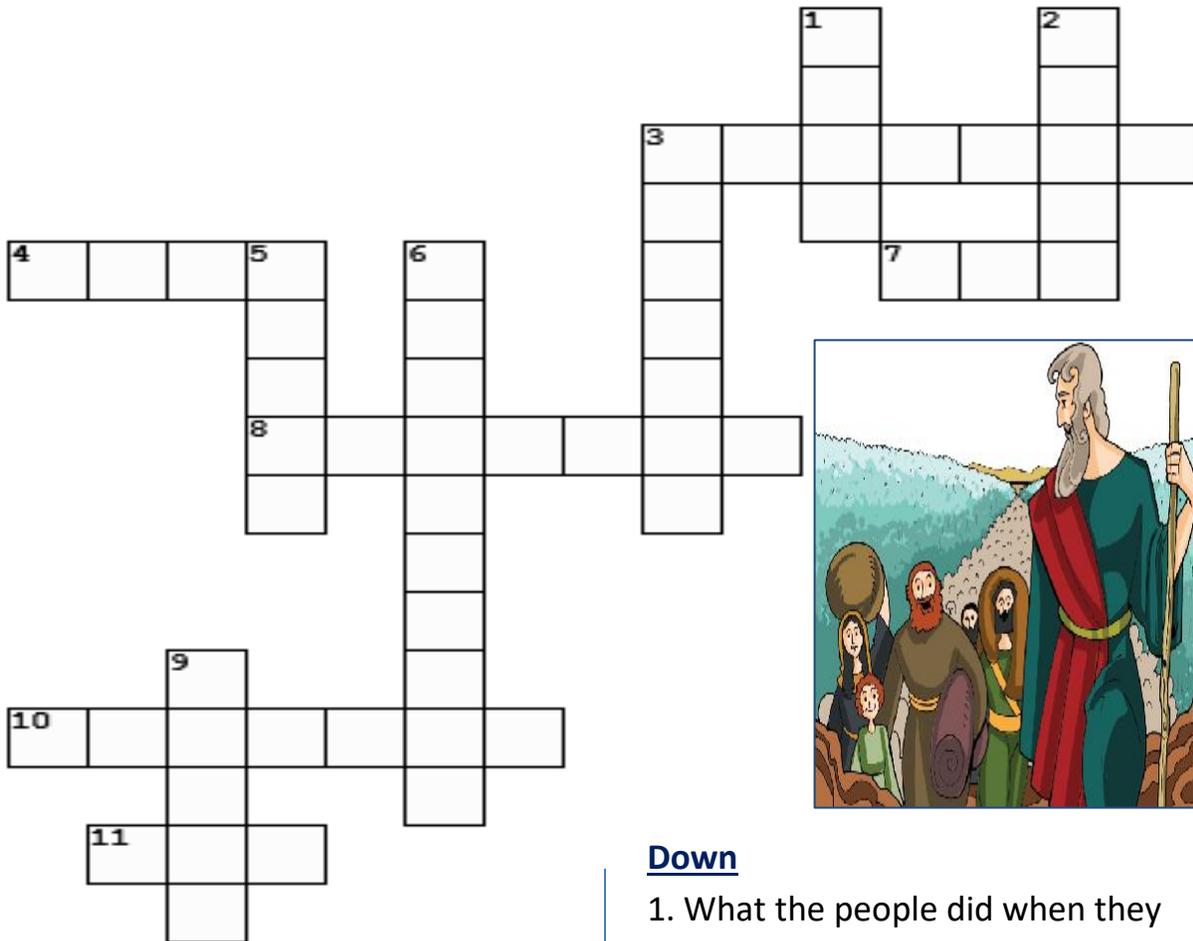


“Do not be afraid. Stand still, and see the salvation of the Lord.” Exodus 14:13



Activity

God Saves His People



Across

3. He was not nice to the Israelites.
4. God sent them a pillar of _____ to lead them by night.
7. God told Moses to put this over the sea to save them.
8. The ten _____.
10. Pharaoh and his army _____ in the sea.
11. God's people were able to cross the _____ Sea.

Down

1. What the people did when they were in trouble.
2. God sent them a pillar of _____ to lead them by day.
3. God's people _____ him with thanksgiving.
5. Where did the people go when they left Canaan?
6. Pharaoh treated them like slaves.
9. God sent him to help the Israelites.

Level 2

Word Bank

Aquila and Priscilla Help Apollos

God

Lord Jesus Christ



God

Lord Jesus Christ

Apollos

Aquila

Priscilla

Church

Apollos



Aquila



Priscilla



Church



Books



We are the Branches of the Church

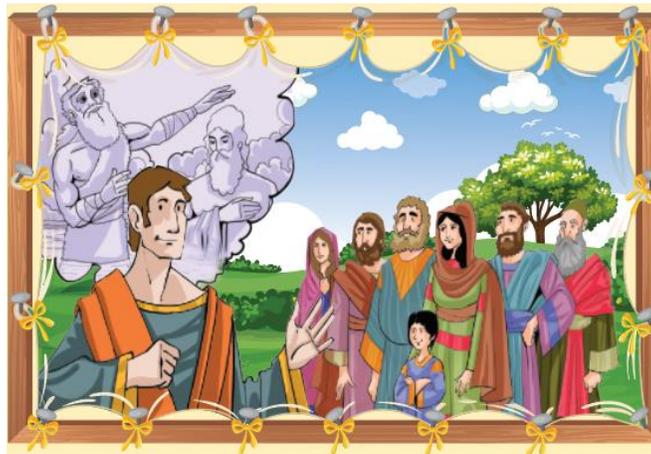
Level 2 Aquilla and Priscilla help Apollos

Acts 18:24-28

The story of Aquilla and Priscilla helping Apollos teaches us that we should tell everyone what we know about the Lord Jesus Christ.

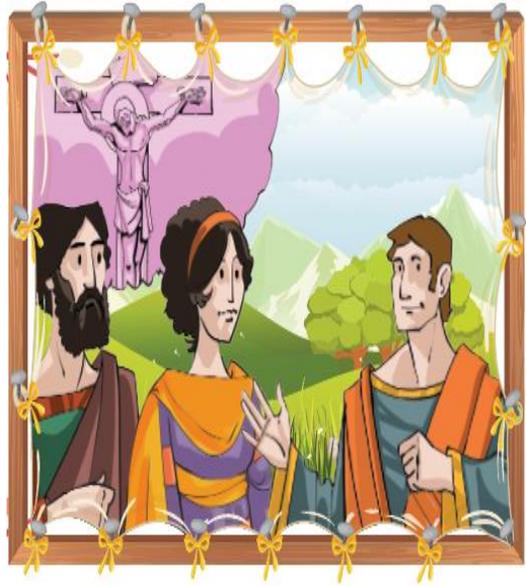


Apollos was a Jewish man, born in Alexandria. He knew a lot about the **books** of the Old Testament. He travelled to many places teaching people about **God**.



Apollos knew and spoke about **God** only from the Old Testament. He also knew about the baptism of St. John the Baptist, who prepared the way for the **Lord Jesus Christ**.

Aquila and his wife **Priscilla** wanted everyone to know about the **Lord Jesus Christ** and believe in Him too. When they heard **Apollos** teaching in Ephesus, they were surprised that he didn't talk about the **Lord Jesus Christ**. They wanted to help, so they taught Apollos what he didn't know about the **Lord Jesus Christ**, about His crucifixion, His resurrection and His ascension. They also taught him about the descent of the Holy Spirit upon the disciples and the **Church** of the New Testament.



Apollos understood and accepted their teachings joyfully and began teaching people about the way of the **Lord Jesus Christ**.

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

They obeyed the commandment of God:

“who desires all men to be saved and to come to the knowledge of the truth.” 1 Timothy 2:4





Activity

Old or New Testament?

Aquila and Priscilla helped Apollos know about the Lord Jesus Christ and the New Testament. Look at the stories from the Holy Bible below, where can they be found in the Holy Bible?

Color the correct choice, Old Testament **O.T.** or New Testament **N.T.**

David anointed king



O.T.

N.T.

Nehemiah rebuilds the wall



O.T.

N.T.

Miracle at the Wedding in Cana of Galilee



O.T.

N.T.

Queen Esther saves her people



O.T.

N.T.

The Lord Jesus Christ heals the man born blind



O.T.

N.T.

The Lord Jesus Christ chooses His 12 disciples



O.T.

N.T.

Level 2 Memorization

The Sixth hour of the Agpeya (Sext) **The Gospel according to St. Matthew (Matthew 5)**

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

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness,
for they shall be filled.



Coptic

Level 2

ⲛⲟϥⲣⲓ

hi

ⲛⲟϥⲣⲓ ⲡⲈⲚⲒⲱⲤ

Hi Abouna

Level 2 Hymns & Rituals



Gospel Response

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

| | |
|---|--|
| Blessed are they in truth, the saints of this day, each one according to his name, the beloved of Christ. | ἨΜΕΡΙΑΤΟΥ ΔΕΝ ΟΥΜΕΘΜΗ: ΝΗΘΟΥΑΒ ἸΝΤΕ ΠΑΙΕΖΟΥΝ: ΠΙΟΥΑΙ ΠΙΟΥΑΙ ΚΑΤΑ ΠΕΦΡΑΝ: ΝΙΜΕΝΡΑ† ἸΝΤΕ ΠΙΧΡΙΣΤΟΣ. |
| Intercede on our behalf, O Lady of us all the Theotokos, Mary the Mother of our Savior, that He may forgive us our sins. | Δ ΡΙΠΡΕΣΒΕΥΙΝ ΕΞΕΡΗΙ ΕΧΩΝ: ὦ ΤΕΝΒΟΙΣ ἸΝΗΒ ΤΗΡΕΝ ΤΘΕΟΤΟΚΟΣ: Μ ΑΡΙΑ ΘΜΑΥ ἸΠΕΝΣΩΤΗΡ: ἸΝΤΕΡΧΑ ΝΕΝΝΟΒΙ ΝΑΝ ΕΒΟΛ. |
| Blessed be the Father and the Son, and the Holy Spirit, the perfect Trinity, we worship Him and glorify Him. | Χ ε ἸΣΜΑΡΩΟΥ† ἸΧΕ ΦΙΩΤ ΝΕΜ Π ΩΗΡΙ: ΝΕΜ ΠΙΠΝΕΥΜΑ ΘΘΟΥΑΒ: Ψ ΥΡΙΑΣ ΕΤΧΗΚ ΕΒΟΛ: ΤΕΝΟΥΩΨ† ἸΜΟΣ ΤΕΝ†ΩΟΥ ΝΑΣ. |

Group Hymn

Hymn of the Censer

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

| | |
|--|--|
| This censer of pure gold, bearing the aroma, is in the hands of Aaron the priest, offering up incense upon the altar. | Τ ΑΙΩΟΥΡΗ ἸΝΟΥΒ ἸΚΑΘΑΡΟΣ ΕΤΦΑΙ ΔΑ ΠΙΔΡΩΜΑΤΑ ΕΤΔΕΝ ΝΕΝΧΙΧ ἸΔΑΡΩΝ ΠΙΟΥΗΒ ΕΦΤΑΛΕ ΟΥΘΘΟΙΝΟΥΦΙ ΕΠΩΩΙ ΕΧΕΝ ΠΙΜΑΝΕΡΩΟΥΩΨΙ. |
|--|--|



Level 3

Word Bank

St. Timothy and his wife St. Mora

God

God
Lord Jesus Christ



Lord Jesus Christ

St. Timothy

Church

Deacon

Books

St. Timothy



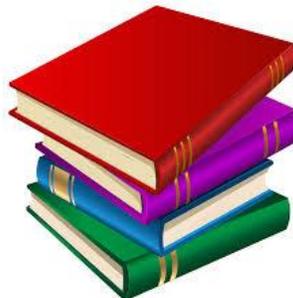
Church



Deacon



Books



Level 3

The Church is Well Rooted and Strong

St. Timothy and his wife St. Mora

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

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

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

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

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



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

"Be faithful until death, and I will give you the crown of life." Revelation 2:10

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

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



Level 3



Word Bank



St. Mark the Apostle

God
Lord Jesus Christ



God
Lord Jesus Christ

St. Mark
Egypt

St. Mark



Church



Egypt



Level 3

We are the Branches of the Church

St. Mark the Apostle

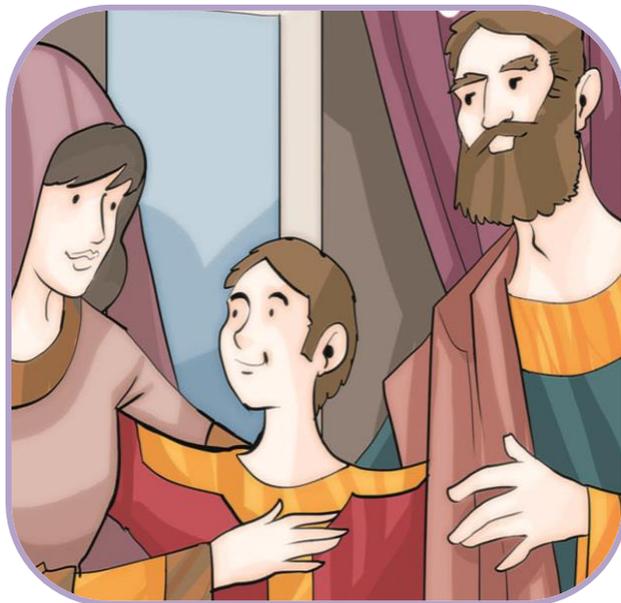
Synaxarion- 30th day of the Coptic Month of Parmoute (May 8)

The story of St. Mark the Apostle teaches us about the preacher of the land of Egypt.

St. Mark was born in Cyrene, to rich Jewish parents. His father, Aristopolus, and his mother, Mary, taught him to love God.

The family moved to Jerusalem after their house and properties were attacked. They moved to their home in Jerusalem at the same time of the service of our Lord Jesus Christ.

St. Mark met the Lord Jesus Christ and became one of His disciples. He was one of the 70 apostles. Also, his mother Mary was one of the women who served the **Lord Jesus Christ** and received Him at her house. Her house became one of the most famous houses in Christian history and it became **the first church in the world**.



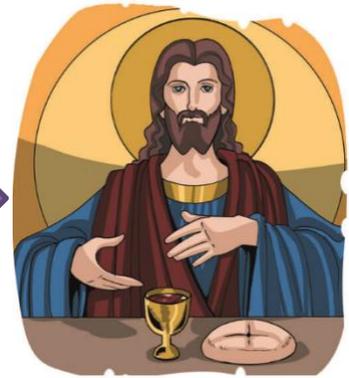
Events at the House of St. Mark

Our Lord Jesus Christ celebrated the Passover with His disciples in the upper room of the house.



Our Lord Jesus Christ washed the feet of His disciples on Covenant Thursday.

Our Lord Jesus Christ instituted the Sacrament of Eucharist.



The Lord Jesus Christ appeared to the disciples many times after His resurrection.

The Holy Spirit descended on the disciples on the Feast of Pentecost.



St. Mark's house is considered the first Christian Church in history.

St. Mark received the Christian doctrine from **our Lord Jesus Christ** Himself and so we call him **St. Mark the Apostle, the Holy disciple, and the Beholder of God.**

St. Mark taught others about the Lord Jesus Christ

While **St. Mark** and his father were walking, they were attacked by a lion and a lioness. **St. Mark** prayed to the Lord to save them and the two animals fell dead. This miracle was the reason his father, Aristopolus believed in the **Lord Jesus Christ.**

St. Mark preached in **Egypt.** When **St. Mark** entered the city of Alexandria, his shoe was torn. He went to a shoemaker named Anianus to repair it. While Anianus was repairing the shoe, he hurt his finger. Anianus shouted “O, the One God”. **St. Mark** took some clay, spat on it and put it on Anianus’ finger. He prayed and the wound was healed. Then, St. Mark began teaching him about the **Lord Jesus Christ.**

Anianus invited **St. Mark** to his house. St. Mark taught his family about our **Lord Jesus Christ** and they believed. Then he baptized them all. The faith spread from Alexandria to all the cities of **Egypt.**

He ordained Anianus the first bishop of Alexandria with 3 priests and 7 deacons.

After the martyrdom of St. Paul, **St. Mark** returned to Alexandria and found that there were more believers. He built a **church** for them. He continued to teach others about the Lord Jesus Christ in all the cities of Egypt. The pagans believed in our Lord Jesus Christ. We call him the **destroyer of idols.**



On the Feast of Resurrection, the pagans attacked the church. They also tried to hurt St. Mark and put him in prison. In the middle of the night, our **Lord Jesus Christ** appeared to him, strengthened him, and told him about his martyrdom. **St. Mark** was martyred on the 30th of Parmoute (May 8).



“And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also” (2 Timothy 2:2)

Works of St. Mark:

1. He wrote the Gospel of **St. Mark** (the oldest gospel).
2. He wrote a Holy Liturgy (Liturgy of St. Cyril).
3. He established the Theological School in Alexandria to teach the Christian faith.

St. Mark was given many names:

1. **The Beholder of God:** He witnessed many of the events in the life of the Lord Jesus Christ.
2. **The Evangelist:** He wrote one of the Gospels.
3. **The Apostle:** He is one of the 70 apostles.
4. **The Martyr:** He died in the name of **Jesus Christ**.
5. **The Preacher of Egypt:** He taught the Egyptians about **God**.
6. **Destroyer of idols:** He convinced many pagans to become Christians.

The Coptic Church honors St. Mark throughout the year:

1. **30th of Parmoute (May 8):** St. Mark’s martyrdom.
2. **17th of Paone (June 24):** The return of St. Mark’s relics to Egypt during the papacy of Pope Cyril the Sixth.
3. **30th of Paope (November 9):** The appearance of **St. Mark’s** head and the consecration of his **church**.




Level 3



Word Bank



God Gave You a Talent

God
Lord Jesus Christ



God

Lord Jesus Christ

Talents

Talents



Level 3 God Gave You a Talent

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.”

(Ephesians 2:10)

God created each of us and gave us a purpose here on earth. Our responsibility is to figure out our role to help ourselves, our families, our church, and our communities.

We should ask the **Lord Jesus Christ**, “**Lord, what do You want me to do?**” (Acts 9:6)

1. Everyone has talents.

Who am I? Why did **God** create me? What does He want me to do?

God gives everyone different talents such as skills, abilities and time.

It doesn't matter how many **talents** we have; what matters is our faithfulness in using our talents wisely.

2. What is a talent?

Every gift or every chance given to us from God is a **talent**. We must use it for His glory, the good of others, and for our own benefit. No one can say they do not have any **talents**; **God** gave **talents** to every human being.



3. Types of talents:

| General Talents: gifts from God given to all people such as... | |
|--|---|
| 1. Life: | “for to me, to live is Christ” (Philippians 1:21). |
| 2. Time: | We are all given the gift of time, 24 hours a day. We can appreciate it and use it wisely, or not use it and waste it. Be careful because your time is your life; it affects your eternity. |
| 3. The body: | Our body is a gift from God we must care for it and keep it healthy. |
| 4. The mind: | Guide your mind and take care of it. Read, watch and learn about things that benefit us and pleases the Lord Jesus Christ. |
| 5. Emotions and feelings: | Use your emotions and feelings in a positive and useful way. |
| 6. Health: | Care for your health and use it to serve others, it is a gift from God. |
| 7. Being a Child of God: | We should thank God for being a member of the church of God and that we are children of God. |
| 8. Personal Gifts: | Such as playing music, photography, drawing, acting, sculpture, singing, being sociable, poetry, writing, positivity in life, peacefulness, being active, etc.. |

You must discover your talents and invest them. Hiding your talents is not humility, but it is like the servant who buried his talent in the “parable of the talents.”



4. How to discover your talents?



1. Examine and ask yourself:

What do you like to do? How do people describe you?
Try something new to find out what you can do.



2. Read and research:

Reading about different things will help you know what you like.



3. Ask others:

People around you can help you know what you are good at. Ask the people around you that you trust and care about you. This person can be your father or confession, your servant, your parents, your brothers or sisters, your true and faithful friends, etc..



4. Try new things:

You might find your talent by trying a new activity that you enjoy.



5. Don't compare yourself to others:

Your talents are your very own special and unique talents. God can use even a small talent for His glory.



6. Develop your talent:

By learning, studying, and practicing.

Be careful... not using your free time in useful activities can affect our spirituality and take us away from the **Lord Jesus Christ**. Therefore, be filled with the **Lord Jesus Christ**, the Holy Bible, the Sacraments and Church life.

“Do not neglect the gift that is in you.” (1 Timothy 4:14) for “Every tree which does not bear good fruit is cut down and thrown into the fire.” (Matthew 3:10)

Level 3

Memorization

1. First Watch of the Midnight Hour of the Agpeya
The Gospel according to St. Matthew (Matthew 25:1-13)

Then the kingdom of heaven
shall be likened to ten virgins,
who took their lamps,
and went forth to meet the bridegroom.

And five of them were wise,
and five were foolish.

Those who were foolish took their lamps,
and took no oil with them.

But the wise took oil in their vessels with their lamps.



Level 3

Coptic

Conversation



Boy

Ау пе пекран?

What is your name?

Girl

Ау пе перан?

What is your name?

Паран пе _____
My name is _____

Level 3 Hymns & Rituals



Praxis Response

Rite: The Praxis Response for annual days is “Hail to you O Mary.” After the verse for Saint Mary, a verse can be said for the saint of the day or the patron saint of the church. The hymn can also be chanted in a long tune.

| | |
|--|--|
| <p>Hail to you O Mary, the fair dove, who has borne to us, God the Logos.</p> | <p>Χερε νε Μαρια: †βρουπι εθνεσωσ: θηετασμισι ναν: μφνον† πιλοσοσ.</p> |
| <p>Blessed are You indeed, with Your good Father, and the Holy Spirit, for You have come and saved us. Have mercy on us.</p> | <p>Κςμαρωοντ αληθωσ: νεμ Πεκιωτ νασταθοσ: νεμ Πιπνευμα εθουαβ: χε ακι ακω† μμον ναι ναν.</p> |

Group Hymn

Alleluia the Thought of Man

Rite: The hymn “Alleluia the thought of man” is chanted on fasting weekdays throughout the year except during Lent. During Lent it is chanted on Saturdays and Sundays only.

| | |
|--|--|
| <p>Alleluia. The thought of man shall confess You, O Lord, and the remainder of thought shall keep a feast to You. The sacrifices and the offerings, receive them to Yourself. Alleluia.</p> | <p>Αλληλοια: χε φμενι νογρωμ εφεογωησ νακ εβολ Πβοις: ογοσ ηρωχπ ητε ογμενι εφεερψαι νακ. Πιθησια νιπροσφορα ωπογο εροκ: αλληλοια.</p> |
|--|--|



Spirit & Life



Visit the St. Mark Festival's website at

www.smfsus.org

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