

STARS ★

Hold fast what you have

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His Holiness Pope Tawadros II



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



Hold fast what you have

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St. Mark's Festival 2015 Anthem

Hold fast what you have

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

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

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

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

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

Hold fast what you have

What does hold fast mean?

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

To what should we hold fast?

When a fisherman is fishing on his boat, he throws an anchor so his boat will hold fast to the sand at the bottom of the sea.

We are children of our Lord Jesus Christ.

We look to heaven and throw our anchor.
This anchor is to attach ourselves to our Lord Jesus Christ.

This anchor is our faith in God's love and our love to others.
We hold fast to our Lord Jesus Christ.

We will receive our crown in Heaven that our
Lord Jesus Christ promised us!



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

Revelation 3:11

Hold Fast to Your Faith

The Miracle of catching fish at the Sea of Tiberias

John 21:1-14

For the parents: This topic teaches us about our faith and dogma, and how to hold fast to them. We can do this by focusing on the titles of the Lord Jesus Christ -
(Immortal – Almighty – The Good Shepherd)

After our Lord Jesus Christ died on the cross and resurrected, St. Peter, one of the disciples decided to go back to his old job as a fisherman. St. Peter went with 6 other disciples into a boat to catch fish, but they did not catch anything all night, not even one fish. They were sad, they didn't know what to do. When morning came, they saw the Lord Jesus Christ standing at the shore. How can this be?

Our Lord Jesus Christ is the **Immortal God**
(that means He lives forever)



When our Lord Jesus Christ asked the disciples if they have any food, they said no. Our Lord Jesus Christ told them to throw their net on the right side of the boat, and they will find some. The disciples obeyed Him and threw their net; they caught so many fish that they were not even able to carry the net. Although they fished all night and caught nothing, one word from the Lord Jesus Christ made them catch many fish because He is the **Almighty God** (that means God can do anything)

The disciples dragged their net filled with fish to the shore. When they arrived, our Lord Jesus Christ had a surprise for them.

Our Lord Jesus Christ said to them

"Come and eat breakfast".

He is the **Good Shepherd**

(that means God takes care of everyone).

"Casting all your care upon Him, for He cares for you." 1 Peter 5:7



This story shows us that the Lord Jesus Christ is **Immortal, Almighty, and the Good Shepherd.**

This is why we always trust Him and are never afraid.

Activity:

WHO IS OUR LORD JESUS CHRIST?

Color the picture and fill in the missing words



Our Lord Jesus Christ LIVES FOREVER, He is the _____ God.

Our Lord Jesus Christ CAN DO ANYTHING, He is the _____ God.

Our Lord Jesus Christ TAKES CARE OF EVERYONE,
He is the _____.

Hold Fast to Your Holy Bible

My Holy Book is the best book ever.

King Josiah holds fast to the Word of God 2 Kings 22

Our Holy Bible is the best book we have.

The Holy Bible teaches us how to behave in a Christian way.

This story is about a young boy who became king and was able to get his people to remember the Word of God and to behave by following it.

Josiah became king when he was 8 years old.
He knew about God's commandments and obeyed them from a very young age.

The word of God gives joy to those who hear and obey it.

The Holy Bible is our precious book that teaches us the word of God and we need to obey it.

"The Statutes of the Lord are right, rejoicing the heart." Psalm 19:8

We need to read the Holy Bible every day.



Word Bank

Miracle of catching fish at the Sea of Tiberias



Sea

Anchor

Disciple

Almighty

Shore

Net

Fish

Fishermen



King Josiah Holds Fast to the Word of God:



Hold

Fast

Holy Bible

King

Christian

Commandments

Obey

Young

Word



Hold Fast to Your Spirituality

Daniel loves and prays to God

(Daniel 6)



Daniel was one of God's people, and he worked as a governor for King Darius. Daniel loved God so much and he prayed and kneeled to God 3 times every day.

Daniel was a successful man and the king loved him because he was the best of all his governors. The king wanted to give Daniel a higher position than other governors. They were jealous of Daniel and tried to find something that Daniel did wrong but they couldn't.



Word Bank

Man

Angel

Care

Governor

Lion

Pray

Jealous

Mouth

Kneel

Wrong

Love

People



*"You will make your prayer to Him,
He will hear you." Job 22:27*



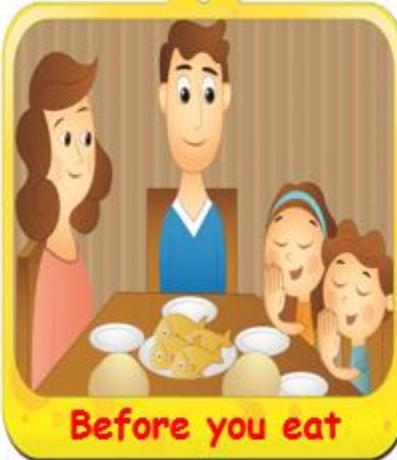
God saved Daniel and sent His angel and shut the mouths of the lions because He loves him.

God loves all His children who love Him, He cares for them and keeps them. This is why we must hold fast to God's love and always talk to Him.

You should pray all the time!



When you wake up



Before you eat



Before you sleep

Hold Fast to Your Church's Rites

The order and use of things used in the Holy Liturgy

To the parent: this topic teaches the child about orderliness and organization by learning about the order and use of altar vessels during the liturgy.



The church is a great example of order; our Lord Jesus Christ Himself put this order of the church.

Everything that is on the altar has a special job.



THE PATEN (the plate): The Paten is the first thing Abouna puts on the altar. The Paten is round and holds the holy bread that becomes the Body of Our Lord Jesus after the prayers. The Paten is like the manger where our Lord Jesus Christ was sleeping as a baby.

THE DOME: it covers the paten, just like the star that was on top of the manger when Baby Jesus was born.



THE CHALICE (the cup): at the beginning of the liturgy, Abouna fills it with wine (grape juice) which becomes the Blood of our Lord Jesus after the prayers.

THE SPOON: The spoon is used by Abouna at the end of the liturgy to serve the Holy Blood to the congregation (people in church).



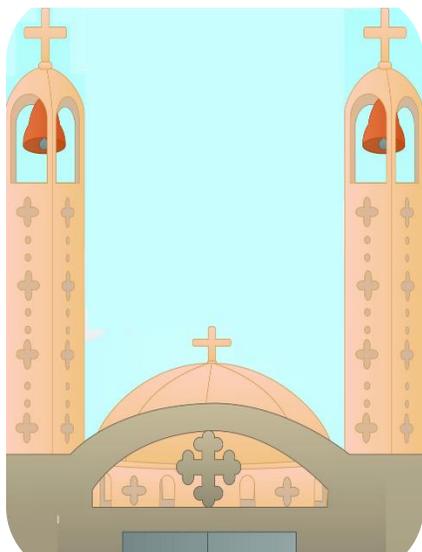
THE THRONE: The throne holds the chalice during the liturgy. It is placed behind the paten and each side of the throne has an icon, of our Lord Jesus Christ, St. Mary, and saints.



THE INCENSE BOX: The incense box is placed on the right side of the paten. Abouna takes incense from the incense box to put in the censer.



THE GOSPEL: A silver box that has a copy of the 4 Gospels inside of it.



Everything in the Church is organized and has a specific use. This teaches us that when we are organized and do everything in order, we will be successful. Just like the verse says:

"Let all things be done decently and in order."

1 Corinthians 14:40

When we hold fast and remember all we learned; our faith, our Bible, our love to God, and be organized and successful, God will reward us and give us a Crown in heaven.

Activity:

What's in your church?

Match the word to the correct picture



Incense Box



The Throne



The Gospel



Paten and Dome



Chalice and Spoon

Memorization

Level 1



1.

Psalm 133

From the 3rd Watch of the Midnight Prayer

Behold, bless the Lord.
Alleluia

2.



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



Coptic



Our Lord spent about 4 years in Egypt as a baby. He spoke to the people in Egypt in their language, which was the Coptic language at that time.

THE COPTIC ALPHABET

	Ⲁ ⲁ Alpha A	Ⲃ ⲃ Veeta B, V	Ⲅ ⲅ Gamma G, N, Gh	Ⲇ ⲇ Delta D, Th (the)	
Ⲉ ⲉ Eyy E	Ⲋ Number 6 So-oo Not a true letter The number 6	Ⲍ ⲍ Zeeta Z	Ⲏ ⲏ Eeta EE	Ⲑ ⲑ Theeta TH (think), T	ⲓ Ⲕ Yota I, Y
ⲕ Ⲍ Kappa K	Ⲏ ⲏ Lavla L	Ⲑ ⲑ Mey M	Ⲓ ⲓ Ney N	ⲕ Ⲍ Eksee KS	ⲏ Ⲑ O O
ⲑ Ⲓ Pee P	Ⲕ ⲕ ro R	Ⲇ ⲇ seema S-Z	Ⲉ ⲉ tav T	Ⲋ ⲋ Epsilon V, I, (oo)	ⲍ Ⲏ Fey F
ⲏ Ⲑ Key K, Kh, Sh	Ⲓ ⲓ Epsee PS	ⲕ Ⲍ Oo Oo	Ⲇ ⲇ Shai SH	Ⲉ ⲉ Fai F	Ⲋ ⲋ Khai KH
	ⲍ Ⲏ Hori H	Ⲑ ⲑ Ganga G, J	ⲓ Ⲕ Cheema CH	ⲕ Ⲍ Tee Tee	

The Coptic Alphabet has 32 letters

- 24 consonants
- 7 vowels (Ⲁ Ⲉ Ⲏ ⲓ ⲏ ⲑ ⲕ)
- 1 letter used only as a number (Ⲋ)

οὔχαι

Bye



οὔχαι
δεν ἴβους

Bye
(in the Lord)

ἔγνωτ' οὐάσαπη πε

God is Love

ночы

hi

ночы пенннв

Hi Sayedna

ночы пеніωт

Hi Abouna

ԶԵՆ ՓՐԱՆ ԱՓԻՕՏ

In the Name of the Father

ՆԵՍ ՍՅՆՐԻ

and the Son

ՆԵՍ ՍԻՍՆԵՐՄԱ ԵԹՕՐԱՅ

and the Holy Spirit

ՕՐՆՕՐԴ ՆՕՐՕՏ ԱՄԻՆ

One God Amen



աջ պե քեքրան ?

What is your name ?



աջ պե քերան ?

What is your name ?

քարան պե .. My name is

Hymns



Level 1

Through the intercessions of the
trumpeter of the Resurrection,
Michael, ruler of the heavenlies:
O Lord grant us the
forgiveness of our sins.





Hold fast what you have

Visit the St. Mark Festival's website at

www.smfsus.org

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