

**STARS**



*Hold fast what you have*

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**His Holiness Pope Tawadros II**



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



# Hold fast what you have

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## St. Mark's Festival 2015 Anthem

# Hold fast what you have

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

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

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

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

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

# Hold fast what you have

## What does hold fast mean?

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

## 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 as children of our Lord Jesus Christ look to heaven and throw our anchor.

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

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

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

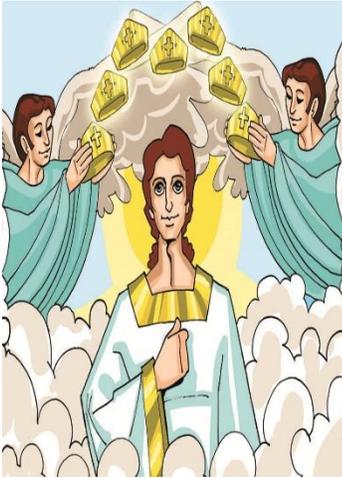


**"Behold, I am coming quickly!  
Hold fast what you have,  
that no one may take your crown. "**

**Revelation 3:11**

# Hold Fast to Your Faith

## Our Friends in Heaven



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

2. Some stories of the saints were written a long time ago and some were written not so long ago. These stories teach us about their lives, help us to get closer to them, and to love them more. The saints are our friends!

3. Saints are alive in Heaven with God. God said about Himself, **"He is not the God of the dead but of the living" Luke 20:38.** Because the saints are living in Heaven, we can talk to them every day. They can see and hear us. We can pray and ask God and say through the intercessions of the saints, my friends, Lord hear my prayer.

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

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

These are some of our beloved saints.

My Mother,  
St. Mary



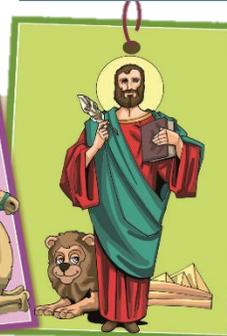
The mother,  
St. Dolacy and  
her 4 children



My friend,  
St. Mina



My friend,  
St. Mark



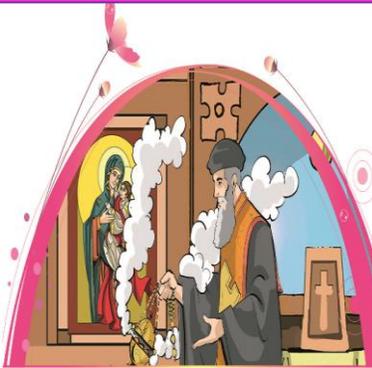
My friend,  
Archangel Michael



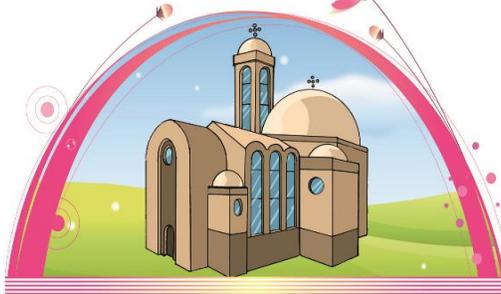
**Activity:** Write the names of our friends, the Saints.



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



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



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



We sing many hymns telling the story of the saints and their love for God.

One of the beautiful hymns we pray in the liturgy is 'Through the Intercessions of the Theotokos St Mary'. In this hymn we ask for the intercessions of St. Mary in front of God.



We light candles in front of the saint's icon

# Hold Fast to Your Holy Bible

## David Holds Fast to God's Word

The Bible is the Holy Book. The words of the Holy Bible are God's words to us. They can never be added, removed, or changed. Many saints worked very hard to give us the words of the Holy Bible. There was a saint in the Holy Bible named David. He is the great-great-grandfather of our Lord Jesus Christ. He wrote some parts of the Holy Bible.

David was a shepherd, prophet, psalmist, and king. Psalms are like poetry. The psalms are in a part of the Holy Bible called, the "Old Testament." They have a special meaning. There are 151 psalms in the Holy Bible. David wrote around 70 of these psalms. We still use David's psalms when we pray. All of David's psalms say good things about God. Even when we do bad things, David asks God to forgive us and have mercy on us. God is very good to us and hears our prayers.

God likes to see us read the Holy Bible and learn from it. Whatever David did, he did it for God because he loved Him.



# Word Bank

## Our Friends in Heaven



Intercession

Heaven

Saints

Friends



## David holds fast to the Word of God



Prophet

Shepherd

Grandfather

Psalm

Mercy

Old Testament



# Hold Fast to Your Spirituality

## Prayer

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

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



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



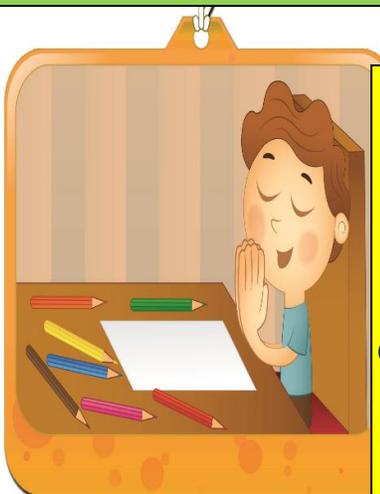
### When we wake up in the morning:

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



### Before and after we eat:

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



### Before we start working on anything:

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

### At the end of the day:

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



We also pray no matter what happens to us:

When we are happy

We tell Him so He will be happy with us.

When we are sad

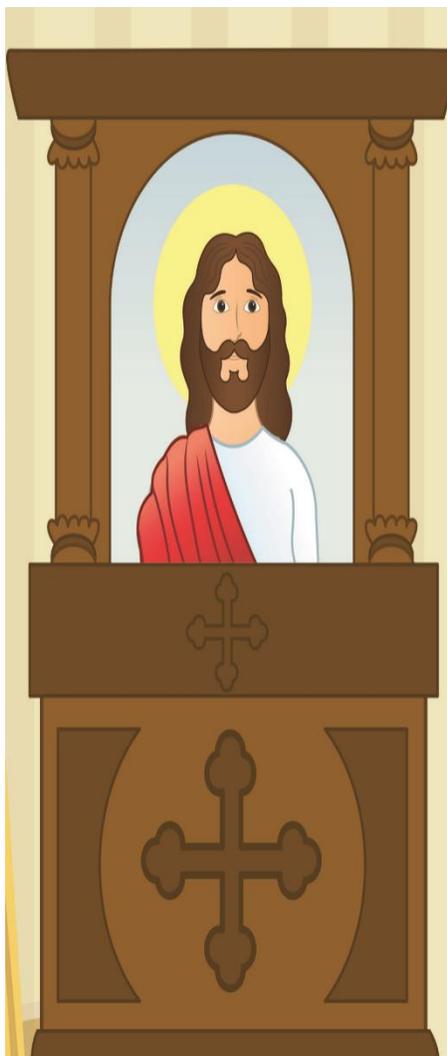
We tell Him so He would help us and make us joyful.

When we are scared

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

When we do something wrong

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



When we pray we should do so in order:

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

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

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



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



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

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

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



I also want to thank You for my friends  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_. (their names).



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

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

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

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



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

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



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

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



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

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

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

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



# Hold Fast to Your Church's Rites

## The Importance of Fasting in the Church Book of Esther



Esther was a very pretty woman. She did not have a mom or dad. Her uncle took good care of her and taught her how to love God. She married a very nice king. His name was Ahasuerus. He was very kind to Esther.

One of the people who worked for this king was not nice. His name was Hamman. He wanted to hurt the king. Mordecai, Esther's uncle, helped save the king's life. Hamman wanted to also hurt Esther's people. Esther told Mordecai to tell all her people to fast for three days. They listened and obeyed.



Esther decided then to go talk with the king. He wanted to help Esther and gave her a big party. Hamman wanted the party to be for himself. He did not care about Esther. The king then found out that it was really Hamman who wanted to hurt him and Hamman was punished in the same way he wanted to punish Esther's innocent people.

Esther had courage and trusted in God. She taught us that beauty on the outside is not important. Being beautiful of the inside can come from obeying God, fasting, and being kind to others.

# Word Bank

## The Importance of Fasting in the Church



Woman

King

Uncle

Care

Fasting

Pretty

Courage

Trust



# Memorization

## 1. THE CONCLUSION OF EVERY HOUR

### Level 2



Lord receive from us our prayers  
in this hour and in every hour.  
Ease our life and guide us  
to fulfill Your commandments.  
Sanctify our spirits. Cleanse our bodies.  
Conduct our thoughts.  
Purify our intentions.  
Heal our diseases.  
Forgive our sins.  
For You are blessed forever. Amen.



## 2.



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

# Coptic



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

## THE COPTIC ALPHABET

	 Alpha A	 Veeta B, V	 Gamma G, N, Gh	 Delta D, Th (the)	
 Eyy E	 Number 6 So-oo <small>Not a true letter</small> The number 6	 Zeeta Z	 Eeta EE	 Theeta TH (think), T	 Yota I, Y
 Kappa K	 Lavla L	 Mey M	 Ney N	 Eksee KS	 O O
 Pee P	 ro R	 seema S-Z	 tav T	 Epsilon V, I, (oo)	 Fey F
 Key K, Kh, Sh	 Epsee PS	 Oo Oo	 Shai SH	 Fai F	 Khai KH
	 Hori H	 Ganga G, J	 Cheema CH	 Tee Tee	

The Coptic Alphabet has 32 letters

- 24 consonants
- 7 vowels (
- 1 letter used only as a number (

ночри

hi

ночри пенлиб

Hi Sayedna

ночри пеніот

Hi Abouna

оухаи

Bye



оухаи  
џен п̇боис

Bye  
(in the Lord)

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

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

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

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

# Hymns



## Level 2

### Praxis Response for the Resurrection

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

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





*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