

**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

## Table of Contents

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



## St. Mark's Festival 2015 Anthem

# Hold fast what you have

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

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

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

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

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

# Hold fast what you have

## What does hold fast mean?

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

## What should we hold fast to?

When a fisherman is fishing on his boat he throws an anchor so his boat will hold fast to the sand at the bottom of the sea. We as children of our Lord Jesus Christ look to heaven and throw our anchor.

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

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

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



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

**Revelation 3:11**

# Hold Fast to Your Faith

## Saint Athanasius the Apostolic

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

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

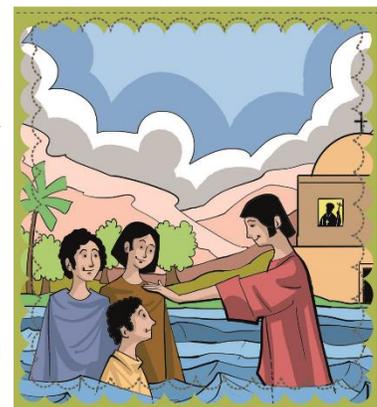
**1) Defender of faith, 2) the Apostolic, 3) the 13<sup>th</sup> Apostle.**

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

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

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

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





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

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



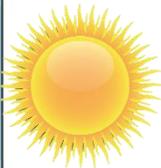
The Pope sent for St. Athanasius so he went back to Alexandria where the pope ordained him a deacon and made him his personal secretary. St. Athanasius continued studying in the Holy Bible, the Orthodox teachings of the church fathers.

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

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

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

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



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



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

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

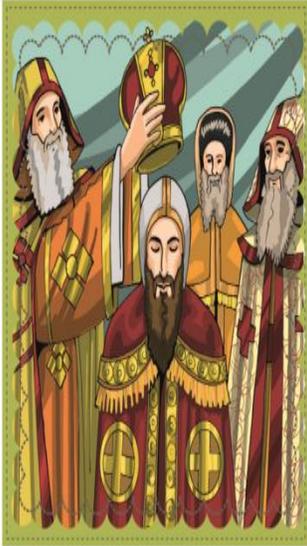
**1 John 5:7**

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



# Word Bank

## St. Athanasius



Patriarch

Heresy

Trinity

Believe

Desert

Orthodox

Education



# Hold Fast to Your Holy Bible

## The Holy Bible

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

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

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

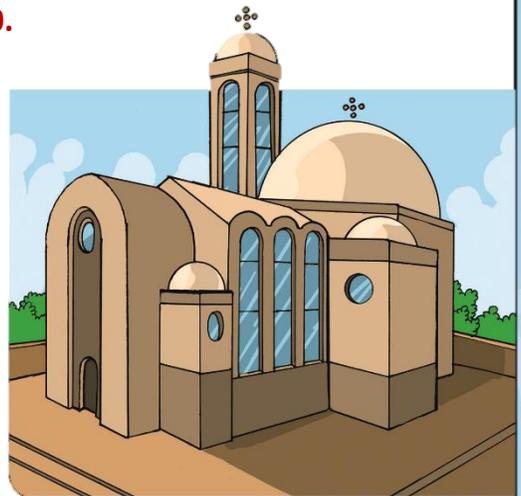


**Our Holy Bible consist of 73 books:**

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

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

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



And this is why the church always includes the Holy Bible in everything.

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



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



- ❖ We light the candles during the reading of the Gospel
- ❖ The deacon tells us to stand while reading the Gospel because it is the Word of God

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

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



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

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



# Activity

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



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



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



Matthew 26:26-28



James 5:14-18

# Hold Fast to Your Spirituality

## Saint Paul and His Wisdom in Action

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

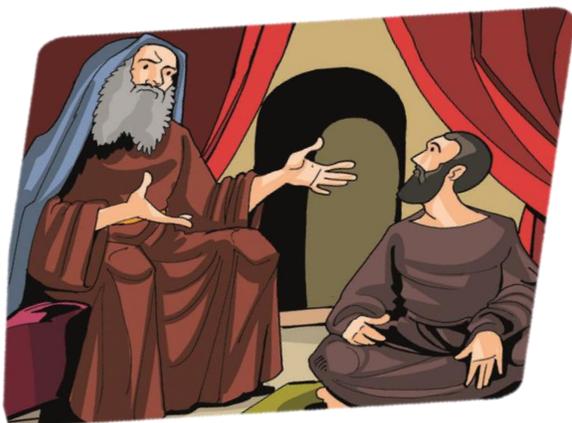
In the beginning, St. Paul persecuted the church. The Holy Bible even tells us that he was guarding the clothes of the people that were stoning St. Stephen because he thought he was pleasing God by doing this.



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



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



# Word Bank

St. Paul

Wise

Apostle

Persecuted

Idols

Worship

Appeared

New Testament



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

**Acts 17:27-28**

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

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

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

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

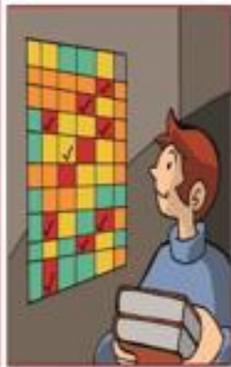
# Activity

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

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



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



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



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



# Hold Fast to Your Church's Rites

## Joseph the Successful Minister- Genesis 37, 39-41

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

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

Joseph's brothers got so mad at him because of one of the dreams that he had.

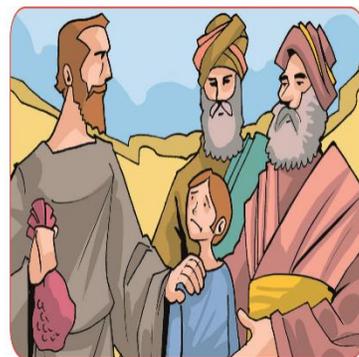
His brothers sold Joseph to the Ishmaelites and they sold him to Potiphar, an officer of Pharaoh.

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

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



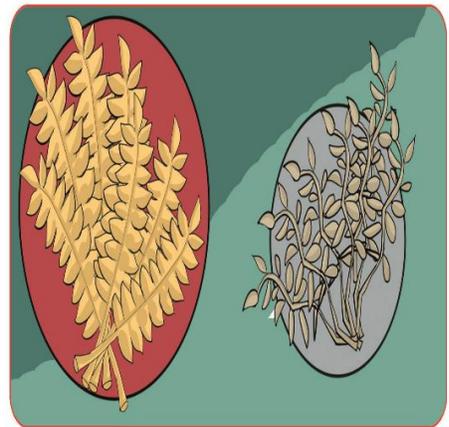
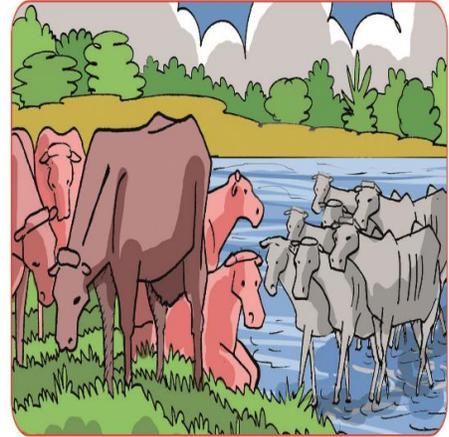
Potiphar's wife liked Joseph and she wanted him to sin with her but he refused. For this reason, she got so angry and she told lies about Joseph to Potiphar her husband. He believed her and put Joseph in jail as a punishment.



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

Pharaoh told Joseph that he heard he can interpret dreams and Joseph replied by saying it is not me, but it is my God's gift. Pharaoh began to tell Joseph the dreams he had:

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



## Word Bank

Dreams

Wife

Successful

Magicians

Plan





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

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

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

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

# Memorization

## Level 3



### 1. The Gloria

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

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

O Lord God, Lamb of God, Son of the Father, who takes away the sin of the world, have mercy on us.

O You who takes away the sin of the world, receive our prayers unto You, who sits at the right hand of His Father, have mercy on us.

You only are the Holy, You only are the Most High, my Lord Jesus Christ, with the Holy Spirit.

Glory be to God the Father. Amen.

### 2.



“Behold, I am coming quickly!

Hold fast what you have,

that no one may take

your crown. “

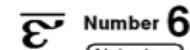
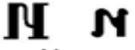
Revelation 3:11

# 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

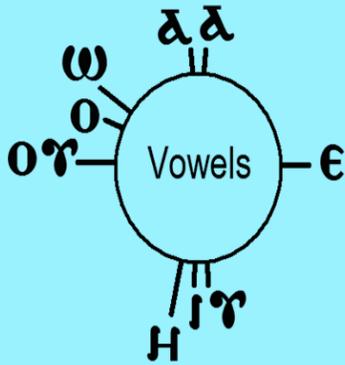
	 <b>Alpha</b> A	 <b>Veeta</b> B, V	 <b>Gamma</b> G, N, Gh	 <b>Delta</b> D, Th (the)	
 <b>Eyy</b> E	 <b>Number 6</b> So-oo Not a true letter The number 6	 <b>Zeeta</b> Z	 <b>Eeta</b> EE	 <b>Theeta</b> TH (think), T	 <b>Yota</b> I, Y
 <b>Kappa</b> K	 <b>Lavla</b> L	 <b>Mey</b> M	 <b>Ney</b> N	 <b>Eksee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

# PRONUNCIATION

## Vowels



## Some Consonants

Ⴀ Ⴁ Ⴂ Ⴃ Ⴄ Ⴅ Ⴆ  
 n k t s f r z

### Practice

ყაჲ	ყერ	ყრ	ყჲ
ყოჲ	ყოჲ	ყჲ	ყო
კეტ	კატ	კოჲ	ჲე
ჲან	ზაკ	ზჲ	ნოჲ

### Practice

ტოჲ	ჲნ	ნო	ნო
კატ	კატ	ზენ	ყეტ
ყჲ	ყატ	ყოჲ	ტა
ყინ	ჲინ	ნაც	ჲიც

## Practice

ηαρ	νοϝρ	ροϝϣ	ρεη
ζηρ	ραϷ	ρεϷ	ροϝϷ
ρηϷ	ρωϷ	σατεκ	ηαηε
ζωρ	ζοϝρ	σοϝ	σοϝσοϝ

## Jinkim ◌

When placed over a letter, it makes this letter a **separate syllable**.

When placed over a **consonant**, The letter will be pronounced as if there is an “e” before it.

ḥ will be pronounced “en”

ḥ̣ will be pronounced “ef”

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

αḥἰ

θεḥὸτοκος

ḥ̣ντε

ḥ̣μοϝ

ρεḥἰḥ̣ηḥἰ

ḥ̣πιςκοπος

ḥ̣οϝ

ночы

hi

ночы пенннв

Hi Sayedna

ночы пеніωт

Hi Abouna

оуѡаі

Bye



оуѡаі  
ѡен п̀боіс

Bye  
(in the Lord)

ἸΕΝ ΦῤΑΝ ἈΦΙΩΤ

In the Name of the Father

ΝΕῤ ΠΩΗΡΙ

and the Son

ΝΕῤ ΠΙΠΝΕΥΜΑ ΕΘΟΥΑΒ

and the Holy Spirit

ΟΥΝΟΥΤ ἸΟΥΩΤ ἈΜΗΝ

One God Amen



ἌΩ ΠΕ ΠΕΚΡΑΝ ?

What is your name ?



ἌΩ ΠΕ ΠΕΡΑΝ ?

What is your name ?

ΠΑΡΑΝ ΠΕ .. My name is

ΝΑΝΕ ΤΟΥΤΙ

Good morning

ΝΑΝΕ ΡΟΥΖΙ

Good evening

ΝΟΥΡΙ ΕΞΟΥΤ

Good day

ΝΟΥΡΙ ΕΧΩΡΖ

Good night

# My Family (1)



ΠΑΤΗΡ	My father
ΜΑΤΗΡ	My mother
ΠΑΙΔΟΝ	My brother
ΠΑΙΔΑ	My sister

ΑΓΑΠΗΤΟ The beloved

# My Family (2)



ΠΑΙΔΟΝ	My son
ΠΑΙΔΑ	My daughter
ΑΝΔΡΑ	My husband
ΓΥΝΑΙΚΑ	My wife

ΝΟΥΡΙ

Hi

ΟΥΧΑΙ

Bye

ΠΑΙΩΤ My Father

ΝΑΝΕ ΤΟΥΡΙ Good Morning

ΤΑΜΑΥ My mother

ΝΑΝΕ ΡΟΥΖΙ Good Evening

ΠΕΝΝΗΒ Sayedna

ΝΟΥΡΙ ΕΖΟΥΡ Good day

ΠΕΝΙΩΤ Abouna

ΝΟΥΡΙ ΕΧΩΡΖ Good night

ΝΟΥΡΙ ΠΕΝΝΗΒ ΰΜΕΝΡΙΤ

ΝΟΥΡΙ ΤΑΜΑΥ ΰΜΕΝΡΙΤ

ΟΥΧΑΙ ΠΑΙΩΤ ΰΜΕΝΡΙΤ

ΟΥΧΑΙ ΠΑΖΑΙ ΰΜΕΝΡΙΤ

ΝΑΝΕ ΡΟΥΖΙ ΤΑΣΩΝΙ ΰΜΕΝΡΙΤ

Indefinite article (a, an)



Masculine

ՕՐ



Feminine

ՕՐ



Plural

ՆԱՆ

Definite Article (The)



Masculine

ՍԻ

ՍԻ

Փ



Feminine

Դ

Դ

Թ



Plural

ՈՒ

(ՈՒՆ)

Some masculine nouns

ԿԱՅԻ Land

ՍԻԿԱՅԻ the land

ՕՐԿԱՅԻ a land

ՍՈՒՐԻ Son

ՍԻՍՈՒՐԻ the son

ՕՐՍՈՒՐԻ a son

ԻՕԿ Father

ՓԻՕԿ the father

ՕՐԻՕԿ a father

Some feminine nouns

ՇՈՒՆԻ Sister

ԴՇՈՒՆԻ the sister

ՕՐՇՈՒՆԻ a sister

ՓԵ Heaven

ԴՓԵ the heaven

ՕՐՓԵ a heaven

ՍԱՐ Mother

ԹՍԱՐ the mother

ՕՐՍԱՐ a mother

## Some plural nouns

ⲙⲁⲩ Mothers

ⲛⲓⲙⲁⲩ the mothers

ⲥⲁⲛⲙⲁⲩ mothers

ⲪⲎⲞⲩ Heavens

ⲛⲓⲪⲎⲞⲩ the heavens

ⲥⲁⲛⲪⲎⲞⲩ Heavens

## Some more masculine words

ⲛⲞⲩⲥ God

ⲃⲞⲒⲘ Lord

ⲡⲛⲈⲮⲙⲁ Spirit

ⲁⲤⲤⲈⲘⲞⲘ Angel

ⲱⲒⲘ Bread

ⲱⲞⲩ Glory

Ⲭⲱⲙ Book

ⲕⲁⲱ Pencil

## Some more feminine words

ⲘⲞⲛⲓ Sister

Ⲃⲱ Tree

ⲬⲞⲙ Power

Ⲃⲁⲕⲓ City|el

ⲱⲈⲣⲓ Daughter

ⲙⲈⲤⲞⲮⲣⲞ Kingdom

## Some more plural nouns

ⲒⲞⲥ Fathers

ⲙⲁⲩ Mothers

ⲘⲞⲛⲓ Sisters

ⲒⲛⲎⲞⲩ Brothers

ⲱⲛⲣⲓ Sons

ⲱⲈⲣⲓ Daughters

**ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥΙ**  
Our Father who art in Heaven

**ἀΡΙΤΕΝ ἡμεῖς ἄξιος εἶναι οὐχαεῖς**  
Make us worthy to say thankfully

**ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥΙ**  
Our father who art in heaven

**μαρεψτορβο ἡχε πεκραν**  
Hallowed be Thy name

**μαρεσι ἡχε τεκμετορρο**  
Thy kingdom come

**πετεθνακ μαρεψωπι**  
Thy will be done

**ἡφρητ εἶναι τῆε νεη εἶχεν πικαθι**  
On earth as it is in heaven

**πενωικ ἡτε ραστ μηιψ ναν ἡφοοτ**  
Give us this day our daily bread

**οτοθ χα ηηετερων ναν εβολ**  
And forgive us our trespasses

ἡφῆρητ ἡων ἡτενω ἔβολ

As we forgive

ἡνηετε οἶον ἡταν ἔρωοτ

those who trespass against us

οἶοθ ἡπερεντεν ἔδοτην ἔπιρασμοο

And lead us not into temptation

ἄλλα ναρμεν ἔβολθα πιπετρωοτ

But deliver us from the evil one

θεν πιχριστοο ἡσοοτ πενδοιοο

In Christ Jesus our Lord

χε θωκ τε

For Thine is

τμετοοτρο νεμ τχομ νεμ πιωοτ

the kingdom, the power and the glory,

ωα ἔνεθ ἄμην

forever, Amen



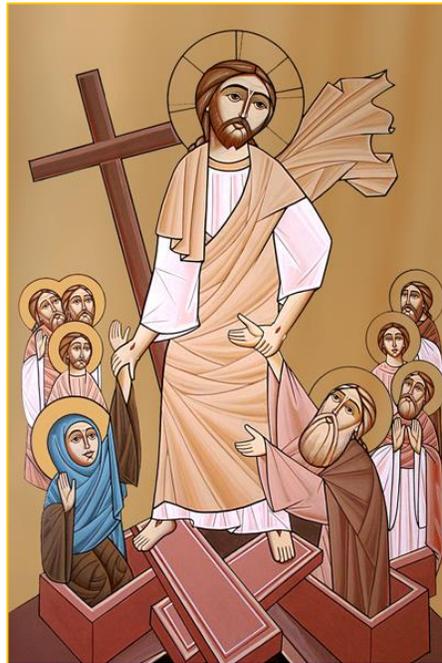
# Hymns



## Christ is Risen (Minor Tune)

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

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





*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