

My Church

Grade 1-2



Spirit & Life



WWW.SMFSUS.ORG

HIS HOLINESS POPE TAWADROS II



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



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



St. Mark's Festival 2020 Anthem

My precious Church

Heaven on earth

A fortress in the world

A refuge for all. (x2)

Since Adam humanity's fallen

Separated from our calling

But Christ came, died and rose

And through Him we were restored. (x2)

My Church you are my strength

Treasury of heavenly wealth

(Sound doctrine, living rites

Leading us to the light) (x2)

House of God, a fruitful vine

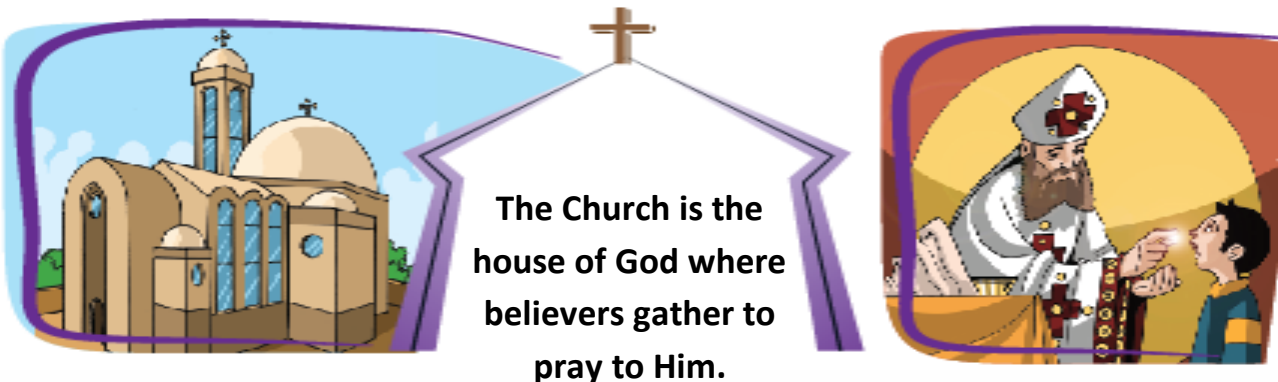
My Church, spirit and life (x3)

My Church, the Fruitful Vine

The House of God

Genesis 28 & 35

Learning about the first place called the house of God teaches us how the Church is the house of God.



The Church teaches us about God and how to live with Him on earth; to prepare us to live with Him in Heaven.

The first time the words "house of God" were used was in the Old Testament

One day, Jacob left his house and travelled to see his uncle Laban. When the sun had gone down, he stopped for the night. Jacob took a stone and put it under his head for a pillow. He had a nice dream; he saw a ladder reaching from earth to heaven and the angels of God were going up and down on it. Jacob saw the Lord standing above it and heard Him say: **"I am the Lord God of Abraham your father and the God of Isaac; the land on which you lie I will give to you and your descendants (your children). I am with you and will keep you wherever you go, and will bring you back to this land."** Genesis 28:12-15



When Jacob woke up he said “surely the Lord is in this place” He felt the presence of God that’s why he said **“How awesome is this place! This is none other than the house of God, and this is the gate of heaven!” Genesis 28:17**

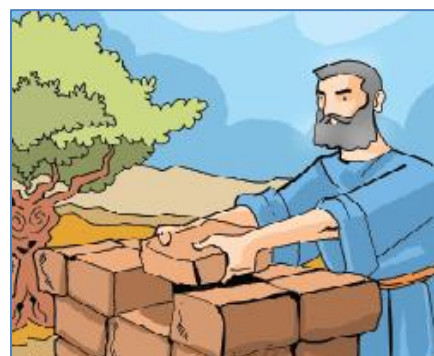
Jacob rose early in the morning and took the stone that he had under his head, set it up and poured oil on top of it - a sign of consecrating the place for God; and he called it Bethel, meaning the house of God.

And Jacob made a promise to God: If he returns to his house safely after his journey, he will worship God in this place.



Jacob continued his journey to his uncle’s house and lived there for many years. Jacob had many children and wanted to return to his house.

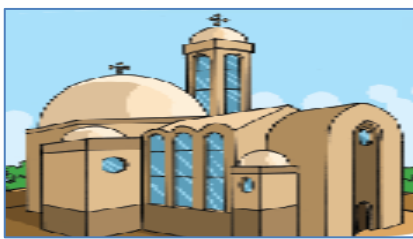
God told him to return to Bethel where He appeared to him many years before. God told him to build an altar to worship Him. Jacob obeyed God and he got ready with his family to worship the Lord. He built an altar and thanked God for protecting him on his journey and bringing him safely to his home.



In this story God teaches us that His house is the place where:



He dwells with His children.



His children feel safe because God is with them and protects them.



The children of God on earth get to experience how beautiful heaven is. The Church is where the Lord Jesus Christ is present on the altar during the liturgy.



Jacob's Dream

Add or subtract the number of letters written under each line.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Jacob went on a J _____ to visit
L-2 M+2 V-1 S-1 L+2 D+1 Z-1

his uncle Laban. He was _____ so he laid
Q+3 J-1 S-1 C+2 F-2

down on the ground. He used a _____ for a
T-1 W-3 L+3 Q-3 B+3

pillow. That night Jacob had a beautiful _____ .
F-2 P+2 A+4 C-2 L+1

He saw a stairway leading to heaven with

_____ on it. _____
D-3 L+2 H-1 G-2 K+1 R+1 F+1 R-3 E-1

was at the top and spoke to Jacob. God

_____ him and promised to be
A+1 M-1 G-2 U-2 V-3 B+3 F-2

with Jacob. When Jacob woke up, he poured _____ on the
N+1 J-1 K+1

stone and made an _____ to God.
B-1 O-3 Q+3 C-2 S-1

Jacob called the place _____ ,
E-3 C+2 V-2 J-2 C+2 K+1

which means "The House of God".



Activity

Our Beautiful Church

Our beautiful Church is full of treasures.

Match the number of each item to where it is in the church



1. Tower

2. Dome

3. Bell

4. Altar

5. Bosom of the Father

6. Lectern

7. Patron Saint of the Church

8. Pillars

9. Veil

10. Chorus

“How awesome is this place! This is none other than the house of God,
and this is the gate of heaven!” Genesis 28:17

The Lord Protects our Church

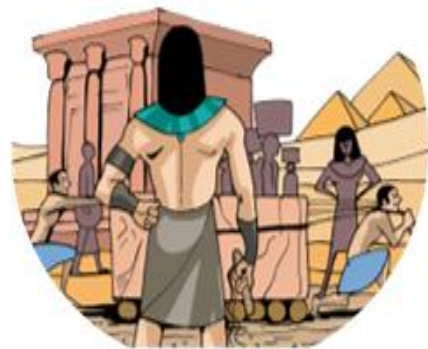
Crossing the Red Sea

Exodus 14 & 15

The story about crossing the Red Sea teaches us that God protects His children and always watches over us.

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.



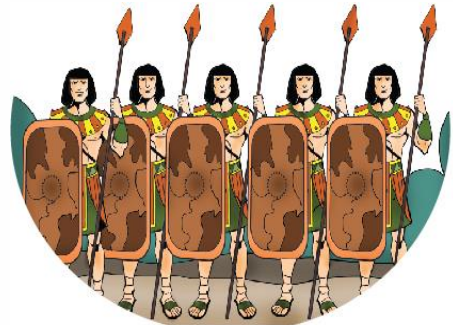
God heard their prayers, and when the time was good, He sent them Moses and did many miracles before the eyes of Pharaoh and all the Egyptians (the ten plagues) until Pharaoh finally agreed to let them go.



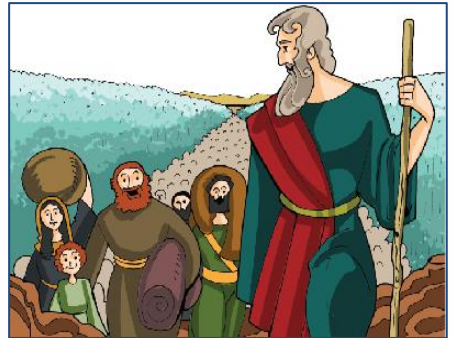
The people went out of Egypt and God was with them on the journey, watching over them and protecting them. He sent them a pillar of cloud to lead them by day and a pillar of fire by night.



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



The Great Potter



Match the picture of how a potter deals with his creations to the picture of how God deals with His children.



The potter is the only one who can fix his creations when they break because he is the one who made them.



God gives everyone talents to use to glorify His name .



The potter uses dust to create the best things.



God is the only one who can fix His children's mistakes (forgive them) when they repent and confess. He is a loving father who takes them in His arms.



The potter gives each creation a special feature.

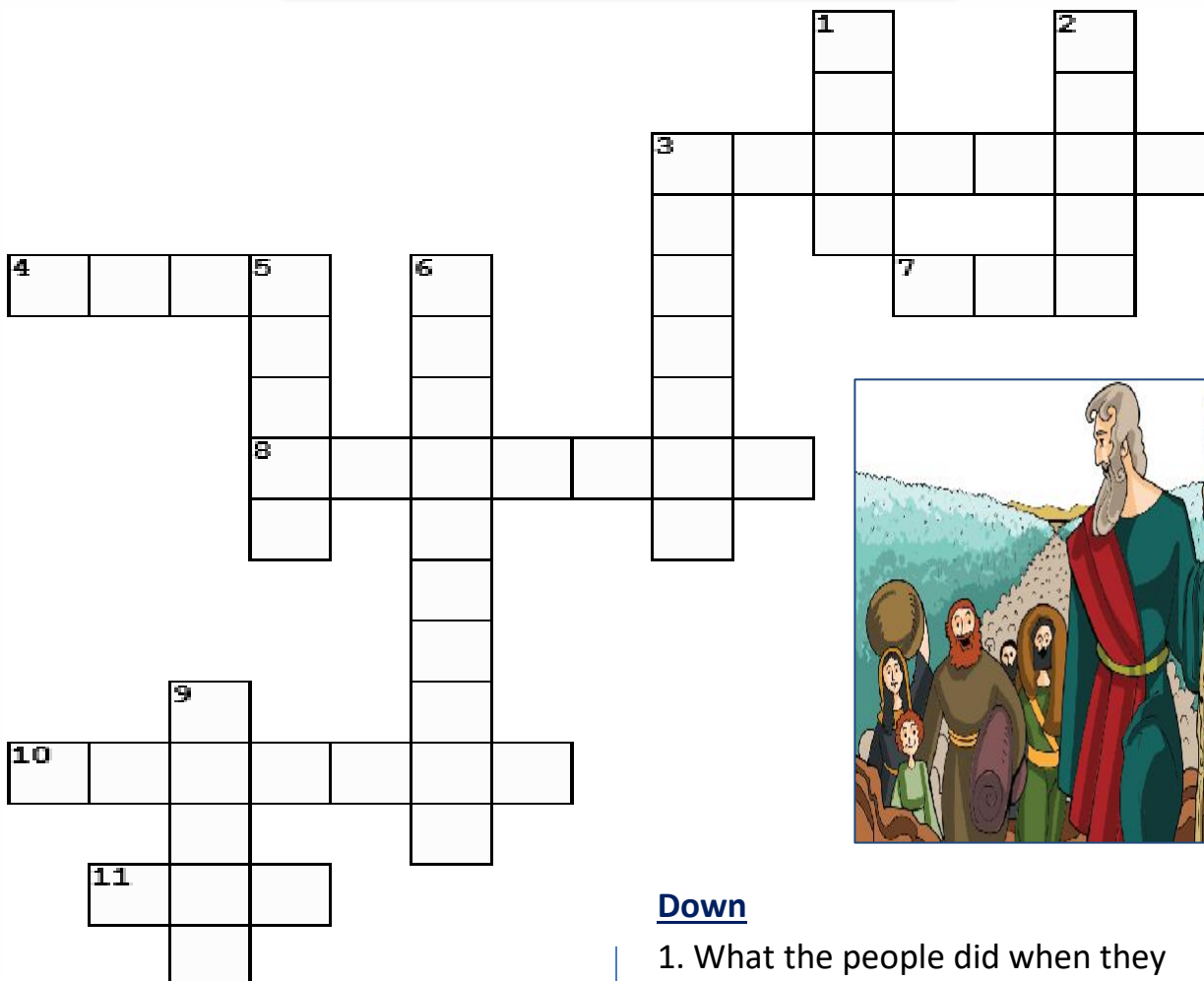


God created man from the dust of the earth and created him in His image.



God Saves His People

Complete the crossword puzzle



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.

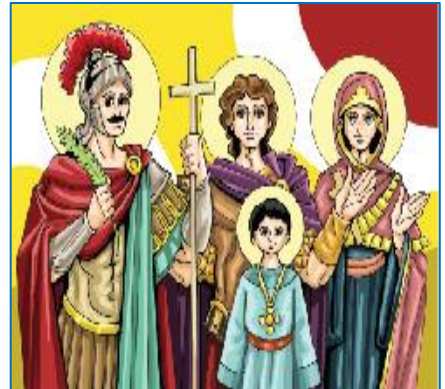
The Church is Well Rooted and Strong

St. Julius of Aqfahs

Synaxarion- 22nd day of the Coptic Month of Thoout (October 2)

The story of St. Julius of Aqfahs, the biographer of the martyrs 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. With God's help and protection, they were able to confess their faith even if it meant giving up their lives (martyrdom). Their great love for God was the reason many people believed and became Christian. We, their children, need to know their amazing stories and learn from them.



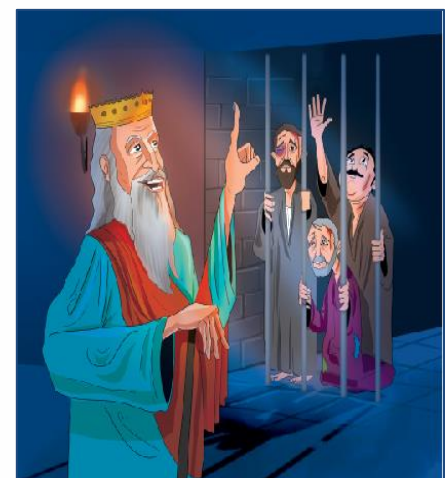
There is a great saint who collected the stories of many of the martyrs of our church. His name is St. Julius of Aqfahs, he is called the biographer of the martyrs.



St. Julius was born to a rich Christian family in the town of Aqfahs. He moved to Alexandria around the time when Emperor Diocletian began persecuting Christians. St. Julius visited the Christians in prison to help and encourage them. He helped take care of them and bandaged their wounds.

St. Julius made sure he was present when someone was martyred so he could take their bodies, honor them and return them to their hometowns.

He had 300 young men that helped him, they travelled to many places to bury the martyrs and write their stories.



The Lord kept him for the purpose of writing the stories of martyrs as a remembrance for future generations.

When it was time for him to get martyred, the Lord appeared to him and told him to go to the governor of Samanoud and confess his faith in the Lord Jesus Christ.

The saint did as the Lord told him and accepted all the torture by the governor with joy because the Lord Jesus Christ was with him and strengthened him.

Many people believed because of the miracles they saw and St. Julius' strong faith, including the governor of Samanoud himself.

At the end, St. Julius was martyred on the 22nd day of Coptic month of Thoout (October 2)

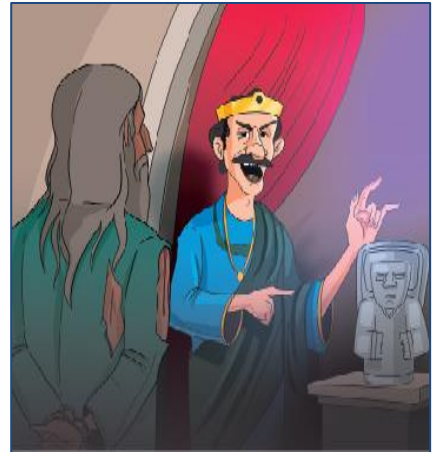
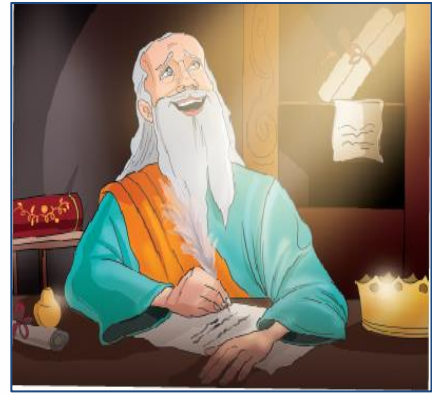
His story and all the stories of the saints can be found in the Synaxarion, a book that has all the feasts celebrated in the church according to the Coptic Calendar. New stories of the saints and martyrs are added to it every day so we can learn from them.

The saints and martyrs are our intercessors in heaven.

They pray for us before our Lord Jesus Christ.

Our Church honors them by:

- 1- Naming churches after them.
- 2- Celebrating their feasts.
- 3- Painting their icons to remind us of their good works and their example.
- 4- Lighting candles in front of their icons – they are the light to the world.
- 5- Abouna offers incense in front of their icons.
- 6- Singing praises about them



“Remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct.”

Hebrews 13:7



Know the Martyrs of the Church

Just like St. Julius of Aqfahs, we should know more about the saints and martyrs of our Church. Look for more information about these martyrs in the Synaxarion.

St. Febronia, the Ascetic



Feast date: _____

Something special about her:

St. Philemon the flute player



Feast date: _____

Something special about him:

"Remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct."

Hebrews 13:7



Activity

Honor the Saints

Write the correct number next to the picture showing how our Church honors the saints and martyrs.

1. Naming churches after them.
2. Celebrating their feasts.
3. Painting their icons to remind us of their good works and their example.
4. Lighting candles in front of their icons – they are the light to the world.
5. Abouna offers incense in front of their icons.
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We are the Branches of the Church

Aquila and Priscilla help Apollos

Acts 18:24-28

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

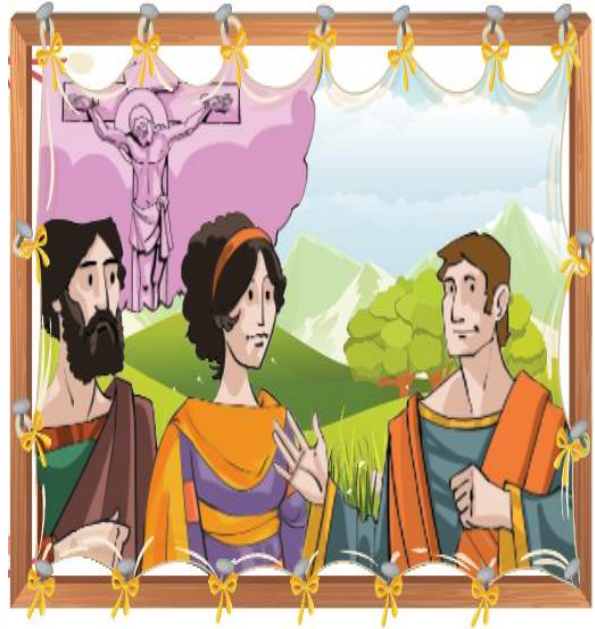


Apollos was a Jewish man, born in Alexandria. He knew a lot about the books of the Old Testament. He travelled to many places teaching people about God.



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?

Aquilla 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.

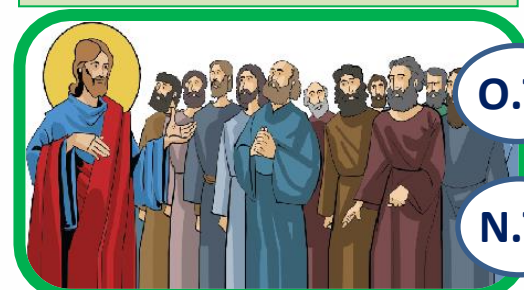
The Lord Jesus Christ heals the man born blind



O.T.

N.T.

The Lord Jesus Christ chooses His 12 disciples



O.T.

N.T.

A Taste of Eternity

Incense in the Church

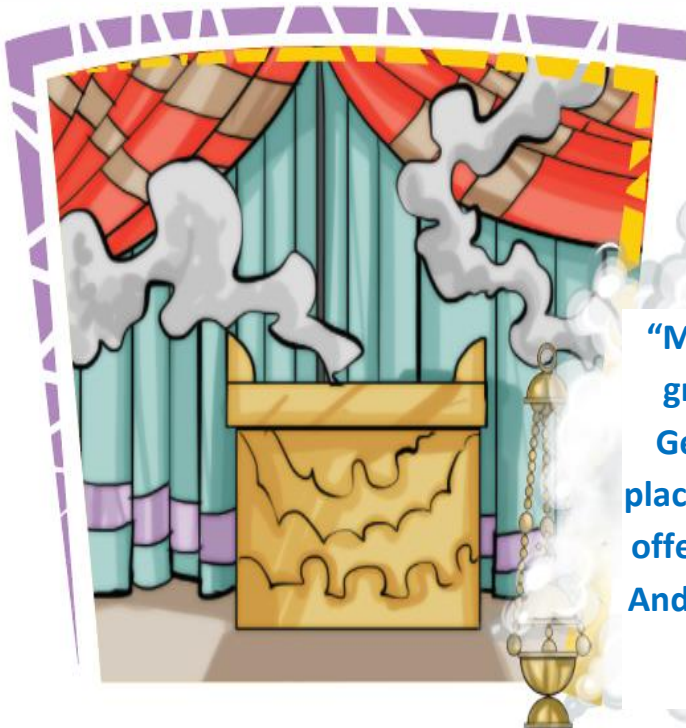
Learning about incense in the Church teaches us what eternity is like.

Incense makes a good smelling aroma.
It is used in all the prayers of the Church.



Incense in the Old Testament:

- 1- God showed Moses how to make incense and commanded Moses to use it. God told Moses that incense is holy and only priests can use it.
- 2- God commanded that a specific altar for incense should be placed in the Tabernacle (the place where they prayed).
- 3- Malachi the prophet said that incense will always be used-

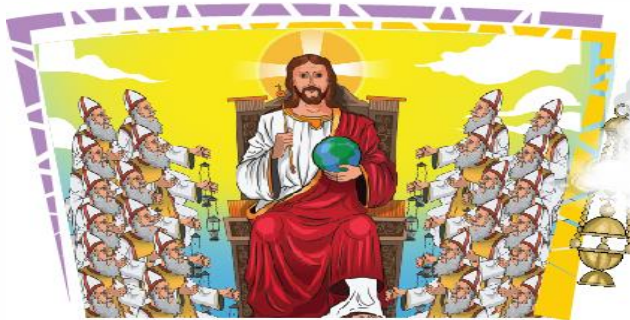


**"My name shall be
great among the
Gentiles; In every
place incense shall be
offered to My name,
And a pure offering."
Malachi 1:11**



Incense in the New Testament:

- 1- The wise men offered incense as part of their gifts to the Lord Jesus Christ at His birth, as a sign of His priesthood.
- 2- In the book of Revelation, St. John had a vision and saw 24 priests in heaven, and each one held a censer and offered incense before the throne of God.



“Each having a harp, and golden bowls full of incense, which are the prayers of the saints.” Revelation 5:8

The meaning of incense:

- 1- Prayer: **“Let my prayer be set before You as incense.” Psalm 141:2**
- 2- God’s presence in the church: when the church is filled with incense, it reminds us that God is present with us.



The priest offers incense in the church:

- At the altar because it is holy, and God is present there.
- When the Gospel is read because the word of God is glorified.
- In front of the icons to honor the saints and ask for their prayers and intercessions.
- Among the congregation to bless the people and bring their prayers to the altar.

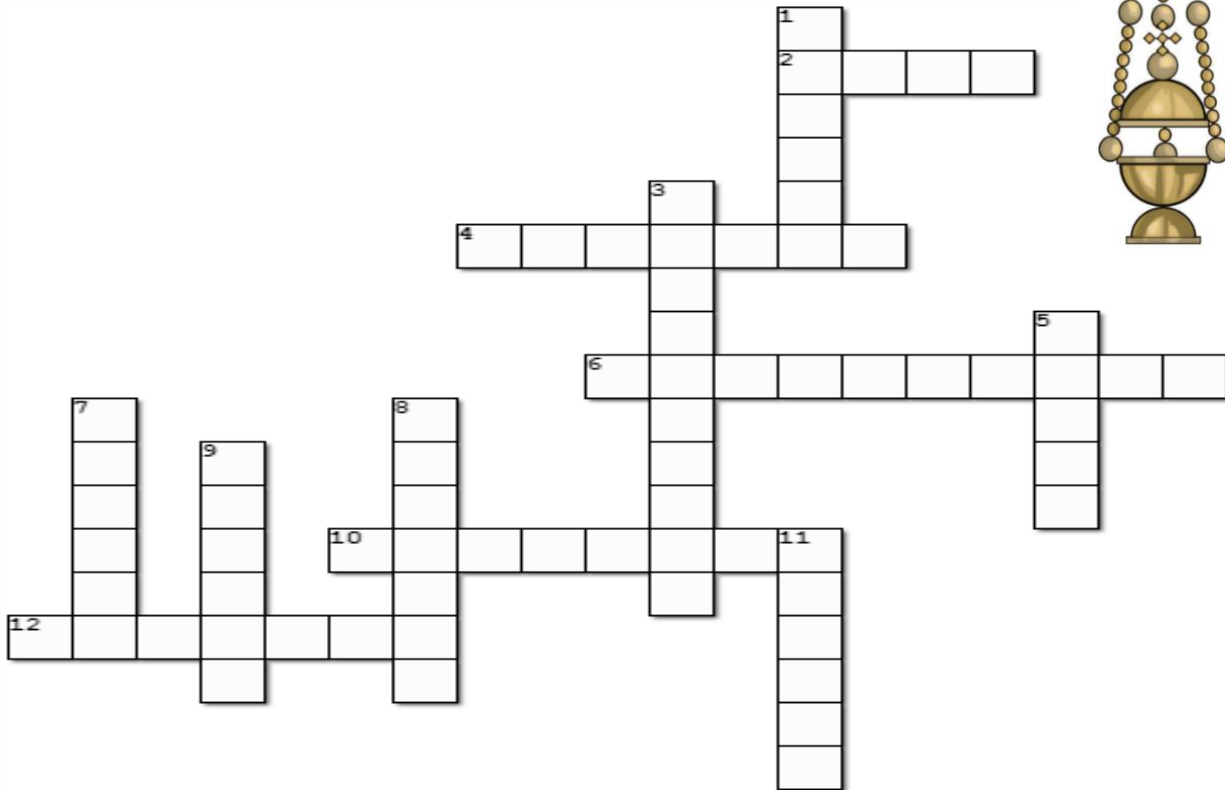


The use of incense during the liturgy makes us feel like we are in heaven and prepares us for eternity.



Incense

Complete the crossword puzzle



Across

2. Incense is _____.
4. This prophet said incense will always be used.
6. The wise men gave incense to the Lord Jesus Christ as a sign of _____.
10. "My name shall be great among the _____" Malachi 1:11

Down

1. When the _____ is filled with incense, it reminds us that God is present with us
3. The place where they prayed.
5. God commanded _____ to make incense.
7. The priests in St. John's vision were holding a _____.
8. _____ makes a good smelling aroma.
9. "Let my _____ be set before You as incense" Psalm 141:2
11. "Each having a harp, and golden bowls full of incense, which are the prayers of the _____." Revelation 5:8



Activity

What will you pray for?

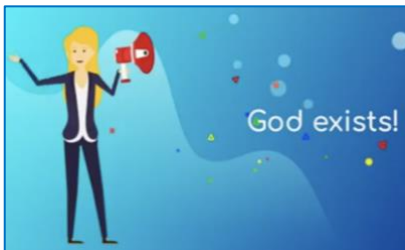
Incense is our prayers going up to heaven.
Write down who or what you will pray for on the lines below.



"Let my prayer be set before You as incense." Psalm 141:2

God, the Creator of Everything

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



God is our heavenly Father, God loves us so much,
God created everything for us!

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

God created the whole world.

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

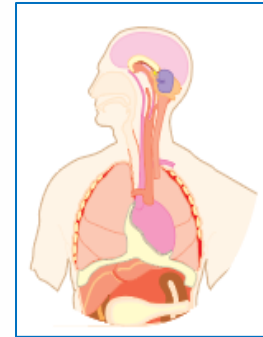
The Holy Bible says, **"By the word of the LORD the heavens were made, And all the host of them by the breath of His mouth.... For He spoke, and it was done; He commanded, and it stood fast" (Psalm 33:6,9).**

Our God is amazing! Our God is an intelligent designer, He created a fantastic universe with everything in perfect order.

- **Look at the sky:** the blue sky which stands without any support.
- **Look at the birds:** they can fly. Humans learned how to create airplanes by studying birds.
- **Look at the sea:** God put boundaries to all the seas, oceans, and rivers.
- **Look at the creatures in the sea:** From tiny fish to huge whales, corals and fish of every color. Look at how they live and breathe in different ways than other mammals or insects.
- **Look at each animal:** God created them with different colors, features, and all nature lives together... you name it, He made it!



- **Look at the organs of the human body:** Our brain, our heart, our eyes, our tongue. Every organ doing what it is supposed to do at the right time.



- Every human is different not one of us is alike. God created each human perfect and unique and we are all created in His image.
- Even with all that man knows and invents (high-rise buildings, bridges, phones, and computers), if anything goes wrong with a tiny organ in our body, God gave humans the intelligence to fix it (medicine, doctors), this shows us how amazing God is!



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, Abraham, Noah, Ezekiel, and many others.
- In the New Testament, many people saw our Lord Jesus Christ, the incarnate God, they heard His voice and saw the amazing miracles He did.

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

"The fool has said in his heart, *"there is no God."* (Psalm 14:1)



Activity

Creation Game

See how quickly you can think of an animal whose name begins with the letters below.

C _____

R _____

E _____

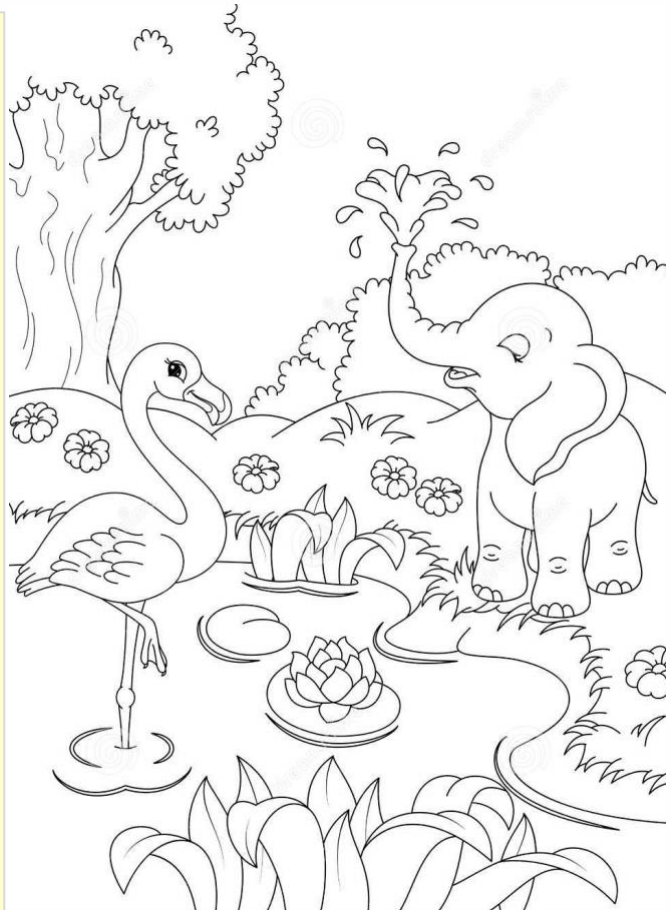
A _____

T _____

I _____

O _____

N _____



If you can think of an animal for each letter in less than 20 seconds that's great!

(And just think... 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)

Memorization

The Third hour of the Agpeya (Terce)-

The Gospel according to St. John (John 14:26-15:4)

When the Comforter, the Holy Spirit, whom the Father will send in My name,
has come, He shall teach you all things,
and bring to your remembrance all things that I have said unto you.

My peace I leave with you, My peace I give unto you:
not as the world gives do I give unto you.

Let not your heart be troubled, neither let it be afraid.

You have heard how I said unto you, "I go away, and come again unto you."

If you loved Me, you would rejoice, because I said, "I go unto the Father,"
for My Father is greater than I.

And now I have told you before it comes to pass,
that, when it comes to pass, you might believe.

I will not talk much with you: for the prince of this world comes,
and has nothing in Me. But that the world may know that I love the Father;
and as the Father gave Me commandment, so I do: arise, let us go from here.

I am the true vine, and My Father is the vinedresser.

Every branch in Me that does not bear fruit He takes away: and
every branch that bears fruit He prunes, that it may bring forth more fruit.

Now you are clean through the word which I have spoken unto you.

Abide in Me, and I in you.

Glory to God forever. Amen.



Coptic

Coptic Alphabet

Know the shape and name of the letter and one way to pronounce each letter

Letter	Name of Letter	Pronunciation	Letter	Name of Letter	Pronunciation
Αα	Alpha	A	Ππ	Pee	P
Ββ	Veeta	B, V	Ρρ	Ro	R
Γγ	Gamma	G, N, Gh	ϸϸ	Seema	S, Z
Δδ	Delta	D, Th (the)	Ττ	Tav	T
Εε	Eyy	E	Υυ	Epsilon	V, I, (oo)
Ϻϻ	So-oo	number 6	Φφ	Fey	F
Ζζ	Zeeta	Z	Χχ	Key	K, Kh, Sh
Ηη	Eeta	Ee	Ψψ	Epsee	Ps
Θθ	Theeta	Th (think), T	Ωω	O-Long	Oo
Ιι	Yota	I, Y	Ϡϡ	Shai	Sh
Κκ	Kappa	K	Ϣϣ	Fai	F
Λλ	Lavla	L	ϣϤ	Khai	Kh
Μμ	Mey	M	ϥϦ	Hori	H
Νν	Ney	N	Ϩϩ	Ganga	G, J
Ξξ	Eksee	Ks	Ϫϫ	Cheema	Ch
Οο	O-Short	O	Ϭϭ	Tee	Tee

Nature



Bω tree

Letter	B	ω
Name of Letter	veeta	o-long
Pronunciation	v	oo



Pн sun

Letter	P	н
Name of Letter	ro	eeta
Pronunciation	r	ee



loз moon

Letter	l	o	з
Name of Letter	yota	o-short	hori
Pronunciation	l	o	h



Cior star

Letter	C	i	o	р
Name of Letter	seema	yota	o-short	epsilon
Pronunciation	s	i	o	u

At School



Ⲙⲁⲓ teacher

Letter	Ⲙ	ⲁ	ⲓ
Name of Letter	seema	alpha	khai
Pronunciation	s	a	kh



Ⲛⲱⲙ book

Letter	Ⲛ	ⲱ	ⲙ
Name of Letter	ganga	o-long	mey
Pronunciation	g	oo	m



Ⲙⲁⲱ pencil

Letter	Ⲙ	ⲁ	ⲱ
Name of Letter	kappa	alpha	shai
Pronunciation	k	a	sh



Ⲛⲱⲙ ruler

Letter	Ⲛ	ⲱ	ⲙ	ⲙ
Name of Letter	ksi	o-short	mey	eeta
Pronunciation	k + s	o	m	ee

Family

Πατωτ my father

Letter	Π	α	ι	ω	τ
Name of Letter	pi	alpha	yota	o-long	tav
Pronunciation	p	a	i	oo	t



Ταμαρ my mother

Letter	Τ	α	μ	α	ρ
Name of Letter	tav	alpha	mey	alpha	epsilon
Pronunciation	t	a	m	a	v



Παcον my brother

Letter	Π	α	c	ο	ν
Name of Letter	pi	alpha	seema	o-short	ney
Pronunciation	p	a	s	o	n



Ταcωνι my sister

Letter	Τ	α	c	ω	ν	ι
Name of Letter	tav	alpha	seema	o-long	ney	yota
Pronunciation	t	a	s	oo	n	i

The Lord's Prayer

ՋԵ ՔԵՆԻՈՒԹ ԷՏ ԺԵՆ ՈՒՓՈՐԻ	Our Father who art in heaven
ՄԱՐԵՎՏՈՐՅՈ ԴՋԵ ՔԵՐԱՆ	hallowed be Thy name
ՄԱՐԵՍԻ ԴՋԵ ԿԵՄԵՏՈՐՐՈ	Thy kingdom come
ՔԵՏԵՋՆԱԿ ՄԱՐԵՎՐՈՍԻ	Thy will be done
ՍՓՐԻԴ ԺԵՆ ԴՓԵ ՆԵՍ ԶԻՋԵՆ ՔԻԿԱԶԻ	on earth as it is in heaven
ՔԵՆՈՒԿ ԴՏԵ ՐԱՏԴ ՄՈՒՎ ՆԱՆ ՍՓՐՈՐ	Give us this day our daily bread
ՕՐՈՋ ԽԱ ՆԽԵՏԵՐՈՆ ՆԱՆ ԵՅՈՂ	and forgive us our trespasses
ՍՓՐԻԴ ԶՈՆ ԴՏԵՆԽՈ ԵՅՈՂ	as we forgive
ԴՆԽԵՏԵ ՕՐՈՆ ԴՏԱՆ ԵՐՈՐ	those who trespass against us
ՕՐՈՋ ՍՔԵՐԵՆՏԵՆ ԵՃՕՐՆ ԵՔԻՐԱՏՄՈՍ	and lead us not into temptation
ԱՂՂԱ ՆԱԶՄԵՆ ԵՅՈՂ ԶԱ ՔԻՔԵՏԶՈՐ	but deliver us from the evil one
ԺԵՆ ՔԻՃՐԻՍՏՈՍ ԻՆՏՐԵ ՔԵՆԾՈՒՑ	In Christ Jesus our Lord
ՋԵ ԹՎԿ ԿԵ	For Thine is
ՄԵՏՈՐՐՈ ՆԵՍ ԴՃՈՍ ՆԵՍ ՔԻՎՈՐ	the kingdom, and the power and the glory
ՎՅԱ ԵՆԵՋ ԱՄԻՆ	forever, Amen



Hymns & Rituals



As it Was

Rite: The hymn “As it was” is said after the Commemoration of the Saints and the Diptych.

As it was, and shall be,
it is from generation to generation,
and unto all the ages of the ages. Amen.

Ὡς περὶν κε ἐστὲ ἐστὶν
ἀπὸ γενεᾶς ἰς γενεάν
κε πάντας τοὺς ἐὼνας τῶν
ἐὼνων: Ἄμην.

Group Hymn

Amen, Amen, Amen

Rite: The hymn Amen, Amen, Amen is said in the liturgy after the Institution Narrative. It is related to the verse: “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)

Amen. Amen. Amen.
Your Death, O Lord, we proclaim;
Your holy Resurrection and Ascension
into the heavens,
we confess.

Ἀμην ἄμην ἄμην:
τὸν θάνατον σου Κύριε
καταγγέλλομεν:
κε τὴν ἀσίαν σου ἀναστᾶσιν κε
τὴν ἀναλήψιν σου ἐν τῆς
οὐρανῆς σε ὁμολογοῦμεν.

We praise You, we bless You,
we thank You, O Lord,
and we entreat You, O our God.

Ὡς ἐνοῦμεν σε ἐνλογοῦμεν
σε εὐχαριστοῦμεν Κύριε:
κε δεόμεθα σου ὁ Θεὸς ἡμῶν.





Spirit & Life



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and information on the tests