

# My Church

Grade 5-6



*Spirit & Life*



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## **HIS HOLINESS POPE TAWADROS II**



**118<sup>TH</sup> POPE OF ALEXANDRIA AND  
PATRIARCH OF THE SEE OF SAINT MARK**





# *Spirit and Life*

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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 Church is the house of God

Learning that the Church is the house of God teaches us about the joy of our Church.

Church is where we live with God on earth, and it prepares us to live with God in heaven.

### 1- The First Paradise (Garden of Eden):

This was the first place God dwelled with man, showed His love and care for man. Adam used to hear the voice of God. When Adam sinned, he was cast out of the paradise and was separated from God.



### 2- The Altar:

When Adam and Eve realized that they were naked, they covered their bodies with fig leaves. God made them tunics and showed them the importance of offering sacrifices. Adam learned from God how to offer an acceptable sacrifice and taught his sons. Humans began having a relationship with God by offering prayers and sacrifices on the altar, like Abel, Noah, Abraham and others.

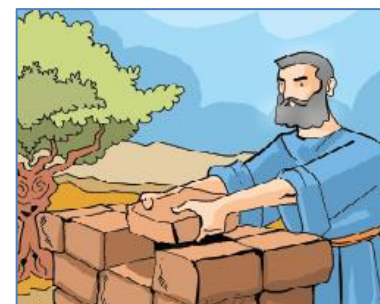


### 3- Bethel (Genesis 18:10-22, 35:1-7):

Bethel was the first place in the Holy Bible to be called the house of God. Jacob was fleeing from his brother Esau to his uncle Laban. When the sun set, he took one of the stones, placed his head on it and slept. He dreamt of a ladder connecting heaven and earth and the angels were ascending and descending on it. The Lord stood above it and said: "I am with you." When Jacob woke up, he said:

**"Surely the Lord is in this place... How awesome is this place!  
This is none other than the house of God and this is the  
gate of Heaven" (Genesis 28:16-17)**

In the morning, Jacob took the stone, and set it as a pillar. He poured oil on top of it and called the place 'Bethel', the house of God.



**This shows us that the house of God is the place where we feel safe in the presence of God and where heaven opens to us.**



#### 4- The Tabernacle of Meeting:

God asked His people to build His house in the shape of a tabernacle. God gave Moses all its specifications on the Mount. He called it the Tabernacle of Meeting where God met with His people. God wanted to have a place where He can meet with His people and dwell among them. They took the Tabernacle with them wherever they went.



#### 5- The Temple:

God chose Solomon to build the temple in Jerusalem. It was an extension to the tabernacle. The difference between the tabernacle and the temple is that the tabernacle was a portable tent while the temple was a structure built in Jerusalem.



#### 6- The Church of the New Testament:

God prepared man from the beginning of creation to understand the church of the New Testament. Our Lord Jesus Christ incarnated (became man) and saved us, then He gave us His Holy Body and Blood to unite with His people.

The word church is derived from the Greek word (Ekklesia/ Εκκλησία) which means congregation. The Church is the body of Christ.

St. Paul says: **“Now you are the body of Christ, and members individually”**  
(1 Corinthians 12:27)

#### What is the Church?

**The Church** is the **congregation of the believers** gathered in the **house of God** that is **consecrated** (consecrated means anointed with Myron Oil) led by the **clergy** (pope, bishops, priests and deacons) in the presence of **angels** and **saints** gathered around the **Holy Body and Blood of the Lord**.



## **“The Church is the body of Christ”**

### **Congregation of the believers:**

Those who believe in our Lord Jesus Christ, are baptized and anointed with the Myron oil, and practice the Sacraments (Repentance and Confession, Eucharist, Unction of the Sick, etc.) and do good works (serving the poor and sick, etc.).



### **Gathered in the consecrated house of God:**

The house of God is anointed by the Pope or bishop with Myron Oil. The altar, the altar utensils, icons and the baptistery are also anointed with the Myron Oil. The Myron Oil consecrates them, and they are only used for the prayers of the Church.



### **Led by the clergy:**

The clergy is chosen by God and they are ordained by the Pope or bishop. They dedicate their life to God and serve the people of God. They are the Pope, bishops, priests and deacons.



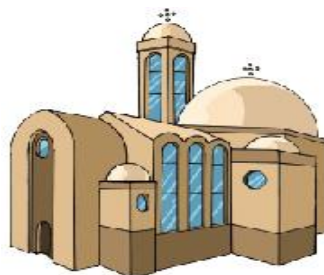
### **In the presence of angels and saints:**

Our Church believes that the angels and saints are present with us in the Liturgy, they share our prayers with us and take them up to heaven.



### **Gathered around the Body and Blood of our Lord Jesus Christ:**

The Church teaches us that we partake of the true Body and Blood of our Lord Jesus Christ by which we abide in God and unite with Him.





# Our Beautiful Church

Our beautiful Church is full of treasures.

Fill in the blanks and match the number of each item to where it is in the church.

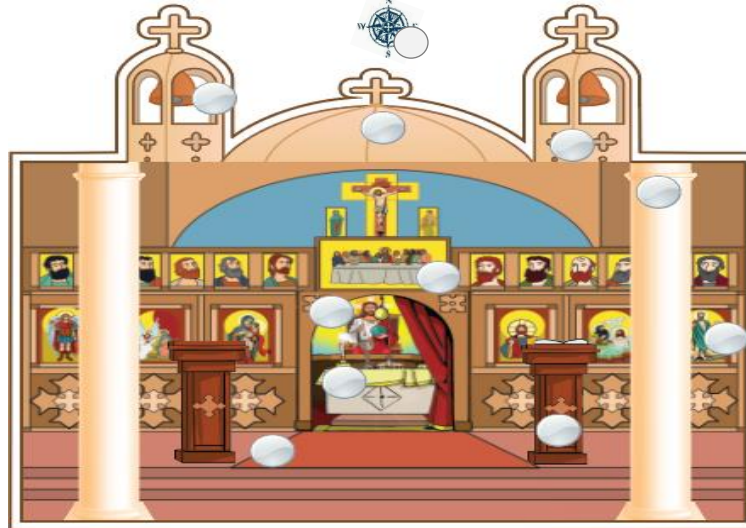
East

Tower

Bell

Pillars

Patron Saint  
of the Church



Iconostasis

Lectern

Sanctuary

Chorus

Bosom of the  
Father

- \_\_\_\_\_ : Every church has one or two. It is a tall building that can lead people to find where the church is.
- \_\_\_\_\_ : The Church is built upon them and there are 12 like the disciples of the Lord Jesus Christ.
- \_\_\_\_\_ : It is between the Sanctuary and the nave of the church. It declares that the Church is the image of heaven.
- \_\_\_\_\_ : On the right of the royal door, you'll find the icon of the Lord Jesus Christ, then St. John the Baptist, then the patron saint of the church.
- \_\_\_\_\_ : It is a few steps higher than the nave of the church where the deacons stand, and where you'll find the lectern, candles, and the bishop's seat.
- \_\_\_\_\_ : Alerts people that prayers are starting, it also rings when the bishop arrives. Joyous ring on feasts, and a different ring for funerals.
- \_\_\_\_\_ : The direction of prayer. Symbolizes our awaiting the second coming of the Lord Jesus Christ.
- \_\_\_\_\_ : The holiest place in the church, where the offering takes place.
- \_\_\_\_\_ : The reading books are placed on it.
- \_\_\_\_\_ : A semi-circular wall on the east side of the altar that has the icon of the Lord Jesus Christ on His throne. It symbolizes the open arms of God for the world.



# The Lord Protects our Church

## The Doctrine of Redemption

Learning about the doctrine of the Church teaches us about the greatest love story.

God loves man so much that He created nature and all the animals for us.

Then God created man in His own image and breathed in him the breath of life.

**“So God created man in His own image, in the image of God He created him, male and female He created them.”**  
(Genesis 1:27)



### **GOD GAVE MAN THE FREE WILL:**

Then God gave him free will when He told him to eat from all the trees except for the tree of the knowledge of good and evil.

**“Of every tree of the garden you may freely eat,  
but of the tree of the knowledge of good and evil you shall not eat,  
for in the day that you eat of it you shall surely die”** (Genesis 2:16 – 17)

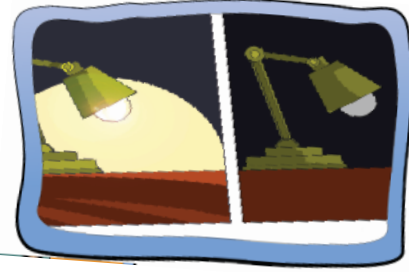
God could have prevented Adam from eating from the tree, but He created Adam with free will, allowing him to choose what he wants. Unfortunately, Adam and Eve ate from the tree. They misused the freedom when they listened to the serpent and disobeyed God. They sinned and all of mankind now carry the same sin after them.

St. Paul says: **“Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned”** (Romans 5:12)



### CONSEQUENCE OF SIN:

- Adam and Eve and their sons received death because of sin, **“For the wages of sin is death” (Romans 6:23)**. Death here means that they will no longer live with God. (Just like a lamp without power will not light up.)



- Sin destroyed their pure nature. (Just like when you eat something unclean, you become sick and need medicine.)

- Adam was cast out of the Garden of Eden and all humanity with him.

**In conclusion, man inherited the sin of Adam as well as the corrupted nature.**



### RENEWAL OF THE CORRUPTED NATURE

All humans inherited Adam’s sin and the corrupt nature. The death sentence had to be removed and our corrupted nature renewed.

#### **Why didn’t God just forgive man’s sin or create a new man?:**

- God is merciful and loves man whom He has created; He wouldn’t just let him die.
- God is holy and fair. He can’t just forgive man for his sin. This would make a sinful man equal to another who is obedient to God. This would make God unfair.
- Man lost his pure nature and it needed to be renewed.

**The only solution was that a savior must die for man and remove the inherited death sentence and renew the corrupted nature.**

## CHARACTERISTICS OF THE SAVIOR



**Must be human:** Man is the one who sinned, (he can't be an angel or any other creature).

Our Lord Jesus Christ came to earth and became a man like us.

**Have no sin:** If he is a sinner then he will need someone else to save him.



**Must die on behalf of man:**

He was crucified by His own will to redeem us. Justice was fulfilled by His death and the sentence of death was taken away from us.



**Can defeat death:**

He rose from the dead by His own power after being in the tomb for 3 days.



**A creator:**

He gave us eternal life and renewed our corrupted nature by His resurrection because He is the Creator.



**Must be unlimited:**

His Blood is enough to save all men, from Adam to the last human being on earth.

And the only one that has all these characteristics is the Lord Jesus Christ, so He was incarnated and saved us.

**“Knowing that you were not redeemed with corruptible things, but with the precious blood of Christ as of a lamb without blemish and without spot” (1 Peter 1:18-19)**

The precious blood of our Lord Jesus Christ can save everyone in the world, but those who will benefit from His salvation are those who:

**Believe in God**



**Baptized in the name of the Holy Trinity**



**Repent and Confess their sins**



**Partake of the Holy Communion**





The greatest love story is the love of God to man and his salvation, it was God's plan from the beginning, and He prepared our minds to understand.

In the Old Testament, God used many symbols to help us understand the meaning of redemption which was fulfilled in the New Testament. One symbol is the Passover lamb.

### The Passover Lamb (Exodus 12)

The people of Israel (God's people) were slaves for the Egyptians for 430 years. They cried to God who heard their prayers and sent Moses to set them free. He told Moses to go to Pharaoh and ask him to set the people of Israel free, but Pharaoh refused.

God sent plagues on the Egyptians and each time, Pharaoh asked Moses to pray to remove the plague, but each time Pharaoh would change his mind and refuse to set them free until the tenth plague.

Because of Pharaoh's hardness of heart, God told Moses that every firstborn in the land of Egypt will die, from the house of pharaoh to the servants and even the animals. The people of Israel must offer a **lamb, without blemish, male** and of **the first year**. Every family should slay it at the same time and put its blood on the two doorposts and on the lintel of the house where they eat it so the people of God would not be affected by the plague.



**"when I see the blood, I will pass over you" (Exodus 12:13)**

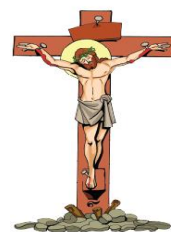
They should eat the meat that night roasted in fire on bitter herbs with unleavened bread. They shouldn't break any of its bones or keep what remains of it until the morning, they should burn it with fire. (Exodus 12:46-47)

God told Moses and Aaron that this day should be a memorial and they should keep it as a feast to remember what God did for them. This feast is called Passover because the children of Israel passed from slavery to freedom.





The Passover lamb is a symbol of the Crucifixion of our Lord Jesus Christ:



The Passover lamb	Our Lord Jesus Christ
A lamb is led to slaughter	Our Lord Jesus Christ is the lamb of God, He was crucified for us. <b>“He was led as a lamb to the slaughter” (Isaiah 53:7)</b>
Without blemish	Our Lord Jesus Christ is without blemish. <b>“but with the precious blood of Christ, as of a lamb without blemish and without spot” (1 Peter 1:19)</b>
Is slayed in place of the people rather than its owner	Our Lord Jesus Christ was crucified for us. <b>“Behold! The lamb of God who takes away the sin of the world” (John 1:29)</b>
Its blood is put on the two doorposts and on the lintel to save the firstborns of the house	The precious blood of our Lord Jesus Christ cleanses us and saves us from eternal death. <b>“Without shedding of blood there is no remission” (Hebrews 9:22)</b>
Is roasted in fire with unleavened bread and bitter herbs	Our Lord Jesus Christ was crucified on the cross. The bitter herbs are a symbol of the sin.
None of its bones are broken	None of the bones of our Lord Jesus Christ were broken. The soldiers did break the legs of the two thieves who were crucified with our Lord, but when they came to Jesus, He was already dead, so they didn’t break His legs.
Should not keep what remains of it until the morning	The body of our Lord Jesus Christ was taken off the cross on the same day of His crucifixion.
Everyone in the house should eat from the lamb	We must eat the Holy Body of our Lord Jesus Christ and drink of His Blood to be united with Him.
The feast was celebrated every year as a memorial of their salvation from Pharaoh’s slavery and the new life	Our Lord Jesus Christ saved us from the slavery of the devil and gave us a new life. We abide in Christ by continuing to partake of the Holy Eucharist.

For these reasons, the Cross represents the greatest love story of God to humanity, and that’s why we find the Cross everywhere in the Church.



# The Redeemer

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

Adam  
 Baptized  
 Believe  
 Communion  
 Confess  
 Creator  
 Crucified  
 Created  
 Death  
 Eden  
 Eve  
 Evil  
 Forgive  
 God  
 Good  
 Image  
 Life  
 Love  
 Nature  
 Repent  
 Salvation  
 Savior  
 Sin  
 Unlimited  
 Will





# The Church is Well Rooted and Strong

## The Holy Trinity

The doctrine of the Holy Trinity and refuting the heresy of Macedonius teaches us how the Church has kept the true faith and doctrine throughout the years.

Our Coptic Orthodox Church preserved the faith as received from our Lord Jesus Christ who handed it down to our fathers the apostles. The Church refuted wrong teachings throughout history and defended the faith. **We believe that...**

The Father is God, the Son is God and the Holy Spirit is God. He is only one God, not three. Our Lord revealed this in the Old and New Testaments.

**“The Lord our God, the Lord is one” (Deuteronomy 6:4)**

**“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)**

Here are some examples to explain the doctrine of **the Holy Trinity**:

### 1- The sun, the sunlight and the sun's heat:

The sun, the light, and the heat are one. We call all 3 the sun. The Holy Trinity is the same idea, the Father is God, the Son is God and the Holy Spirit is God. **The three are one God.**

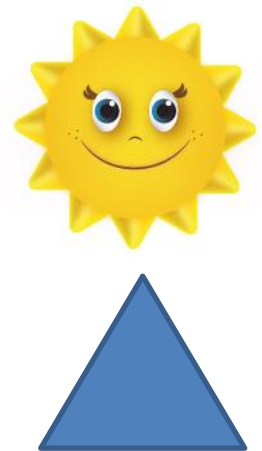
The sun never existed without its light or heat, they cannot be separated; just as the Father did not exist without the Son or the Holy Spirit. The three exist together without beginning or end.

### 2- Equilateral Triangle:

- The triangle has 3 corners – The Father, the Son, and the Holy Spirit are 3 hypostases in one God.
- All corners are equal and are of the same material – The Father, Son, and Holy Spirit are equal and have one nature.
- The corners are not separate – the 3 hypostases never separated.
- We can't say that the corners are the same – The Father, Son, and Holy Spirit are not the same
- The Father has specific characteristics different from the Son or the Holy Spirit.
- The Father is the origin, the Son is begotten of the Father, and the Holy Spirit proceeds from the Father.

**As we say in the Creed...**

**“We believe in one God ... we believe in one Lord Jesus Christ, the only Begotten Son of God, begotten of the Father before all ages ... yes we believe in the Holy Spirit, the Lord, the Life-Giver who proceeds from the Father”**



## The Heresy of Macedonius

Macedonius was teaching false teachings; that the Holy Spirit is not God and is less than the Son. He was denying the divinity of the Holy Spirit.

Macedonius falsely explained verses from the Holy Bible and started teaching it. This is why the Church teaches us to rely on the teachings we received from the early church fathers.

The Church held an Ecumenical Council in the city of Constantinople (the 2<sup>nd</sup> Ecumenical Council) in 381 A.D. where 150 bishops attended from all over the world. The Council was led by Pope Timothy, the 22<sup>nd</sup> Pope of Alexandria and explained the divinity of the Holy Spirit from the Holy Bible.



**“The Spirit of God has made me, and the breath of the Almighty gives me life” (Job 33:4)**

**“And I will pray the Father, and He will give you another Helper,  
that He may abide with you forever” (John 14:16)**

These verses reveal that the Holy Spirit is the Creator, Life-Giver, and Eternal. These verses tell us that He is God.

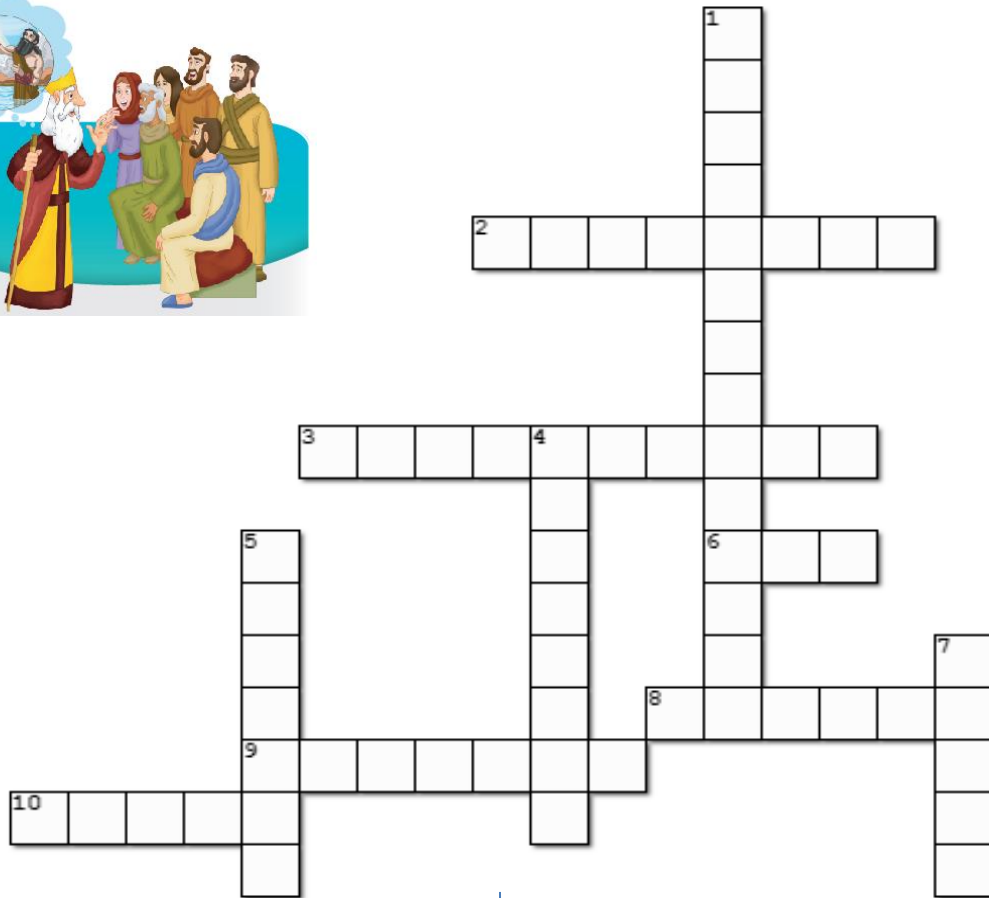
### The Council decided the following:

- 1- The Holy Spirit is of one essence with the Father and the Son.
- 2- Complete the Creed of Faith, starting from “Yes we believe in the Holy Spirit” until the end.
- 3- Macedonius was excommunicated due to his false teachings and refusal to repent his sins.





# Keep the Faith



## Across

2. The Lord Jesus Christ handed the faith to the \_\_\_\_\_.
3. He taught false teachings.
6. The Father, Son and Holy Spirit are \_\_\_\_\_ God.
8. "and He will give you a \_\_\_\_\_" (John 14:16)
9. The Father, Son and Holy Spirit
10. Our Coptic Orthodox Church preserved the \_\_\_\_\_.

## Down

1. Where was the council held?
4. The \_\_\_\_\_ of the Holy Spirit was explained from the Holy Bible.
5. The council was led by Pope \_\_\_\_\_.
7. We say "We believe in one God....." in the \_\_\_\_\_.



# We are the Branches of the Church

## St. Mark the Apostle

Synaxarion- 30<sup>th</sup> 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, one of the five western cities (now Libya) to rich Jewish parents. His father, Aristopolus, and his mother, Mary, taught him to love God. He studied the Old Testament and the Jewish Law. He spoke many languages such as Greek, Latin and Hebrew.

St. Mark had two names: **John** a Jewish name which means God is gracious, and **Mark** a Roman name which means hammer.



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**.

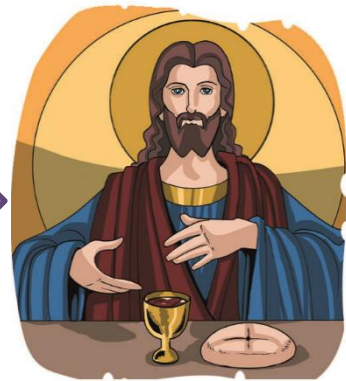
## Events at the House of St. Mark

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 preached in many places:

- 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.
- After the Holy Spirit came upon the disciples, St. Mark started his preaching with St. Peter in Jerusalem and Judea.
- He went on the first missionary trip with St. Paul and St. Barnabas.
- He preached with St. Barnabas in Cyprus.
- He preached with St. Paul when he asked him to help in the service.
- He served in Cyrene for many years.
- Then he preached in Egypt.

When St. Mark entered the city of Alexandria, his shoe was torn. He went to a shoemaker in the city named Anianus to repair it. While Anianus was repairing the shoe, he pierced his finger. Anianus shouted in Greek saying: “Eio Theos” (“Εἶο Θεός”), which means **O, the One God.** St. Mark was surprised and took the chance to talk to him about 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, he started talking about our Lord Jesus Christ.

Anianus invited St. Mark to his house where he talked to 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 and St. Mark established the Church in Egypt.

He ordained Anianus the first bishop of Alexandria with 3 priests and 7 deacons. Then St. Mark went to the five western cities and stayed there for 2 years where he ordained bishops, priests and deacons.

He went to Rome and stayed with St. Paul until the martyrdom of St. Paul. (2 Timothy 4:11)

After the martyrdom of St. Paul, St. Mark returned to Alexandria and found that the number of believers increased. He built a church for them in Bokalia. He continued to preach and teach in all the cities of Egypt and 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, and bound St. Mark with ropes. They dragged him in the streets of Alexandria. His flesh was torn, and his blood covered the streets of Alexandria.

Then they 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. The following day, the pagans dragged St. Mark again and he delivered his soul on Parmoute 30<sup>th</sup>, 68 A.D (May 8).

However, the pagans were not satisfied. They gathered firewood to burn the body of St. Mark, but heavy rains fell and put out the fire. The believers came and took the holy body, wrapped it, and honored the body of St. Mark.



**“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): was written by St. Mark and delivered to St. Anianus. Pope Cyril the 1<sup>st</sup> added some prayers and we call it the Liturgy of St. Cyril.
3. He established the Theological School in Alexandria to teach the Christian faith and defend it against the pagan philosophies. This school offered a lot of theologians to the church.

### 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.





# The Life of St. Mark

Use the word bank to fill in the facts about St. Mark.

St. Mark was born in \_\_\_\_\_ to rich \_\_\_\_\_ parents. His father, \_\_\_\_\_ and his mother, Mary taught him the fear of God.

St. Mark met the Lord Jesus Christ and became one of His disciples. He was one of the \_\_\_\_\_ apostles. St. Mark received the Christian doctrine from our Lord Jesus Christ Himself and so we call him the \_\_\_\_\_ of God.

When St. Mark entered \_\_\_\_\_, his shoe was torn. He went to a shoemaker named \_\_\_\_\_ to repair them. While Anianus was repairing the sandal, he pierced his finger and cried out loud "**O, the One God**". Anianus' family were the \_\_\_\_\_ people in Egypt to believe in the Lord Jesus Christ, the \_\_\_\_\_ spread from Alexandria to all the land of Egypt.

After the martyrdom of \_\_\_\_\_, St. Mark returned to Alexandria. The number of the believers were increasing so he built a \_\_\_\_\_ for them.

St. Mark was faithful in keeping the faith and teaching it to everyone as he received it. He convinced many \_\_\_\_\_ to become Christians. We call him the destroyer of \_\_\_\_\_.

When the believers were celebrating the \_\_\_\_\_, the pagans attacked the church, seized St. Mark and dragged him in the streets of Alexandria. At night, they cast him in \_\_\_\_\_ and the Lord Jesus Christ appeared to him. The Lord promised him a \_\_\_\_\_ of martyrdom. The next day pagans dragged him in the \_\_\_\_\_ until he was martyred on the 30<sup>th</sup> day of the Coptic month \_\_\_\_\_ in the year 68 A.D.

The pagans then gathered firewood to burn the body of St. Mark but heavy \_\_\_\_\_ fell and put out the fire. The believers came and took the holy body, wrapped it and \_\_\_\_\_ his body. St. Mark served in Egypt and other countries. He built churches and preached the Word of God.

## WORD BANK

Honored

Church

Streets

Idols

Resurrection

Seventy

Faith

Crown

Rains

Prison

Beholder

Jewish

Cyrene

Parmoute

Pagans

Anianus

First

Aristopolus

St. Paul

Alexandria

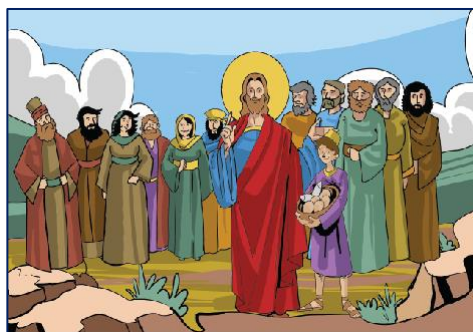


# A Taste of Eternity

## The Sacrament of Eucharist

Learning about the Sacrament of the Eucharist teaches us how to abide in our Lord Jesus Christ and be united with Him. Partaking of the Holy Communion shows us what eternity is like.

The **Sacrament of Eucharist** is very important, through this sacrament we abide in our Lord Jesus Christ. The Lord Jesus Christ prepared the disciples to understand the Sacrament of Eucharist after the miracle of feeding the great multitude of people with only 5 loaves of bread and 2 fish. He wanted to change their thoughts from the earthly bread to the heavenly bread:



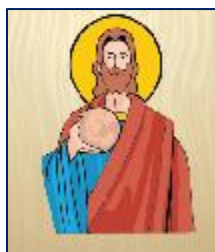
**“Whoever eats My flesh and drinks My blood has eternal life” (John 6:54)**

### Establishing the Sacrament of Eucharist:

On Covenant Thursday, before He was taken to be tried and crucified, our Lord Jesus Christ gathered the disciples in the upper room (St. Mark’s house) and established the Sacrament of Eucharist.



- First, He washed the feet of the disciples (to teach us to repent before partaking of the Sacrament)



- Then, He took bread, blessed and broke it and gave to the disciples to eat saying: **“Take, eat; this is My body” (Matthew 26:26)**



- Then He took the cup (fruit of the vine) and gave it to the disciples to drink saying: **“Drink from it, all of you for this is My blood of the new covenant, which is shed for many for the remission of sins” (Matthew 26:27-28)**



### Why do we use leavened bread to make the Holy Bread (Korban)?

The leavened bread has yeast, and the yeast is a symbol of sin. Our Lord Jesus Christ carried our sins on the cross. While the bread is hot in the oven, the yeast dies. This represents how the Lord Jesus Christ conquered sin. The bread also rises just as the Lord Jesus Christ rose from the dead.



### The Lord told the disciples to “Do this in remembrance of Me” (Luke 22:19) because:

- It's a sacrament of life
- We remember what the Lord Jesus Christ has done for us
- The Lord Himself is present with His Body and His Blood every time we pray the Liturgy

### PREPARING TO RECEIVE THE HOLY EUCHARIST:

#### Those who partake of the Holy Eucharist must:

- Be a Christian baptized in the Orthodox Church.
- Believe in the Sacrament and the effect of the Body and Blood of our Lord Jesus Christ in us

#### How to be prepared spiritually:

- Believe that it is the true Body and Blood of our Lord Jesus Christ
- Practice the Sacrament of Repentance and Confession
- Be in peace with everyone
- Come early to the Liturgy
- Make our Lord Jesus Christ the center of our thoughts

#### How to be prepared physically:

- Fast for 9 hours before partaking of the Holy Communion
- Cleanliness and purity of the body



**Blessings of the Sacrament: (write the verses)**

- **Remission of sins: (Matthew 26:28)** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- **Granting us the eternal life: (John 6:54)** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- **Abiding in our Lord Jesus Christ: (John 6:56)** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- **Growing in grace: (John 6:58)** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- **All the believers unite in the Body of our Lord Jesus Christ (1 Corinthians 10:16-17)**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**The offering of Eucharist is the continuation of the offering of the Cross.  
It is the sacrament of sacraments, sacrament of thanksgiving, and sacrament of life.**





# The Last Supper

Read Luke 22:14-23 and fill in the blanks.

## The Lord Jesus Christ Institutes the Lord's Supper

When the \_\_\_\_\_ had come, He sat down, and the twelve \_\_\_\_\_ with Him. Then He said to them, "With fervent \_\_\_\_\_ I have desired to eat this \_\_\_\_\_ with you before I suffer; for I say to you, I will no longer eat of it until it is fulfilled in the \_\_\_\_\_ of God."

Then He took the cup, and gave \_\_\_\_\_, and said, "Take this and divide it among yourselves; for I say to you, I will not drink of the fruit of the vine until the \_\_\_\_\_ of God comes."

And He took \_\_\_\_\_, gave thanks and \_\_\_\_\_ it, and gave it to them, saying, "This is My \_\_\_\_\_ which is given for you; do this in \_\_\_\_\_ of Me."

Likewise He also took the cup after \_\_\_\_\_, saying, "This cup is the new \_\_\_\_\_ in My \_\_\_\_\_, which is shed for you. But behold, the hand of My \_\_\_\_\_ is with Me on the table. And truly the Son of \_\_\_\_\_ goes as it has been determined, but woe to that man by whom He is \_\_\_\_\_!"

Then they began to \_\_\_\_\_ among themselves, which of them it was who would do this thing.





# 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.

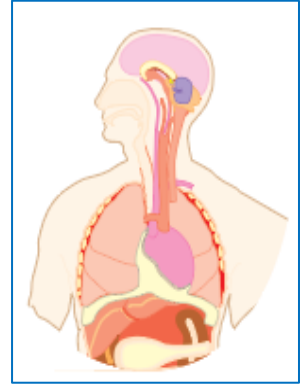
- **Look at the Earth:** it is the only known planet equipped with an atmosphere of the right mixture of gases to sustain plants, animals and human life.

God created the earth at a perfect distance and a relative size to the sun. The Earth is located at the right distance from the sun. If the Earth were any further away from the sun, we would all freeze, and if we were any closer, we would burn up. The universe did not come into being by accident or by some giant explosion in space. God created it **"by the word of the Lord"** (Psalm 33:6).

- **Look at the sky:** the blue sky which stands without any support.
- **Look at the birds:** they can fly. Humans learned how to design 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, attributes, and all nature lives in harmony... you name it, He made it!



- **Look at the organs of the human body:** Our brain processes more than a million messages a second. Our heart, how it pumps blood with each beat. Our eyes with all the lenses can distinguish among seven million colors, taking pictures each billionth of a second so you can see. Our tongue, this tiny muscle that can taste the food, speak and sing.
- Every human is born with a unique fingerprint, no two have ever had the same set of fingerprints. God created each human perfect and unique and we are all created in His image.
- With all man's knowledge and inventions (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!



**“You are worthy, O Lord,  
To receive glory and honor and power;  
For You created all things,  
And by Your will they exist and were created.” Revelation 4:11**

#### **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.



We can also see and feel God in our lives by feeling His influence.  
How He guides our paths, and how He touches our hearts.

**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)**



# The Creator

God created the entire world in 7 days.

Read Genesis 1 & 2 and write down what He created on each day.



**Day 1**

**Day 2**



**Day 3**

**Day 4**

**Day 5**



**Day 6**

**Day 7**

"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 Ninth hour of the Agpeya (None)**

### **The Gospel according to St. Luke (Luke 9:10-17)**

And the Apostles, when they had returned, told Him all that they had done.

Then He took them, and went aside privately into a deserted place belonging to the city called Bethsaida. And the multitudes, when they knew it, followed Him, and He received them, and spoke to them about the kingdom of God, and healed those who had need of healing.

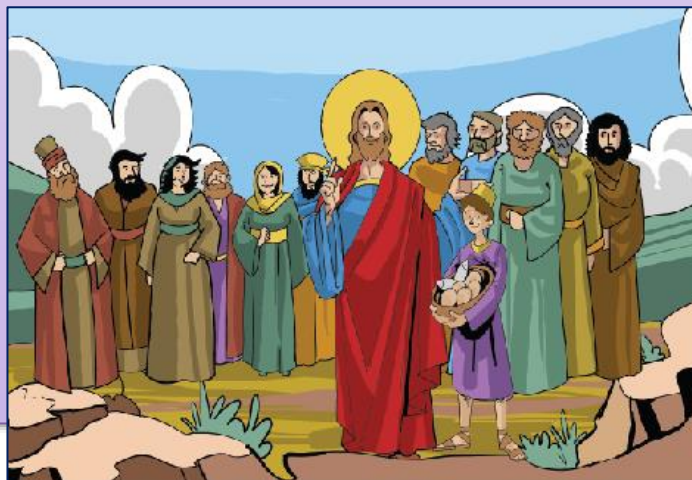
And when the day began to wear away, the twelve came, and said to Him, "Send the multitude away, that they may go into the towns and country round about, and lodge, and get provisions, for we are here in a deserted place."

But He said to them, "You give them something to eat." And they said, "We have no more than five loaves and two fish; unless we go and buy food for all these people." For there were about five thousand men.

And He said to His disciples, "Make them sit down in groups of fifty." And they did so, and made them all sit down.

Then He took the five loaves and the two fish, and looking up to heaven, He blessed them, and broke, and gave to the disciples to set before the multitude. And they ate, and were all filled, and twelve baskets of the remaining fragments were taken up by them.

Glory be to God forever. Amen.



# 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.

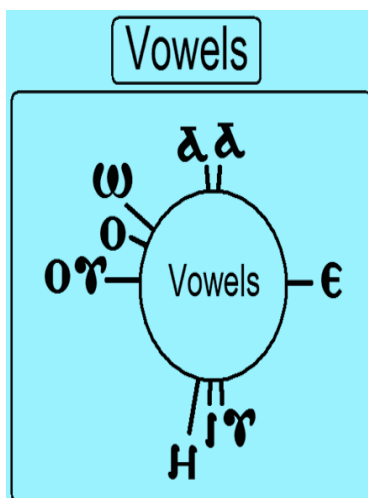
## THE COPTIC ALPHABET

	Α α Alpha A	Β β Veeta B, V	Γ γ Gamma G, N, Gh	Δ δ Delta D, Th (the)	
Ε ε Eyy E	Ϟ ϙ Number 6 So-oo The number 6 <small>Not a true letter</small>	Ζ ζ Zeeta Z	Η η Eeta EE	Θ θ Theeta TH (think), T	Ι ι Yota I, Y
Κ κ Kappa K	Λ λ Lavla L	Μ μ Mey M	Ν ν Ney N	Ξ ξ Eksee KS	Ο ο O O
Π π Pee P	Ρ ρ ro R	Ϛ ϛ seema S-Z	Τ τ tav T	Υ υ Epsilon V, I, (oo)	Φ φ Fey F
Χ χ Key K, Kh, Sh	Ψ ψ Epsee PS	Ω ω Oo Oo	Ϡ ϡ Shai SH	ϣ ϛ Fai F	ϥ Ϧ Khai KH
	Ϩ ϩ Hori H	Ϫ ϫ Ganga G, J	Ϭ ϭ Cheema CH	Ϯ ϯ Tee 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 (Ϟ)

# PRONUNCIATION



Some Consonants						
N	K	T	C	q	p	z
n	k	t	s	f	r	z

Practice			
qap	qep	qir	qor
qop	qor	qir	qor
ket	kat	kor	per
pan	zak	zhk	nor

Practice			
tor	chr	no	no
kat	kat	zen	per
qir	qat	qor	ta
qin	cin	nac	pic



## Practice

ნაჲ	ნოჲჲ	როჲჲ	რენ
ზჲრ	რაც	რეც	როჲც
რჲც	როც	ცაჲტეკ	ნაჲნე
ზოჲ	ზოჲჲ	ცოჲ	ცოჲცოჲ

## 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.

ნ̇ will be pronounced “en”

ჲ̇ will be pronounced “ef”

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

აჲი

θεὸς τοκος

ἦτε

ἑμοῦ

ρεῦ ἡχῆαι

ἐπίσκοπος

ὦοῦ

ночри

hi

ночри пеннинѢ

Hi Sayedna

ночри пеніѡѤ

Hi Abouna

оѣѡѡ

Bye



оѣѡѡ  
Ѥен ꙗѡѡс

Bye  
(in the Lord)

ΔΕΝ ΦΡΑΝ ἈΦΙΩΤ

In the Name of the Father

ΝΕΥ ΠΩΗΡΙ

and the Son

ΝΕΥ ΠΙΠΝΕΥΜΑ ΕΘΟΥΑΒ

and the Holy Spirit

ΟΥΝΟΥΤ ἸΟΥΩΤ ἈΜΗΝ

One God Amen



ΔΩ ΠΕ ΠΕΚΡΑΝ ?

What is your name ?



ΔΩ ΠΕ ΠΕΡΑΝ ?

What is your name ?

ΠΑΡΑΝ ΠΕ .. My name is

ΝΑΝΕ ΤΟΟΥΤ

Good morning

ΝΑΝΕ ΡΟΥΖΙ

Good evening

ΝΟΥΡΙ ΕΖΟΟΥ

Good day

ΝΟΥΡΙ ΕΧΩΡΖ

Good night



## My Family (1)



ΠΑΙΩΤ

My father

ΤΑΜΑΥ

My mother

ΠΑCΟΝ

My brother

ΤΑCΩΝΙ

My sister

ὠμἐνριΤ The beloved

## My Family (2)



ΠΑΨΗΡΙ

My son

ΤΑΨΕΡΙ

My daughter

ΠΑΖΑΙ

My husband

ΤΑΐΖΙΩΙ

My wife

ՈՐԿՐԻ	Hi		
ՕՐՃԱԻ	Bye	ՔԱԼԻՈՒՄ	My Father
ՆԱՆԵ ՄՕՕՐԻ	Good Morning	ՄԱՄԱՆ	My mother
ՆԱՆԵ ՐՕՐՉԻ	Good Evening	ՔԵՆՆԻՆԵ	Sayedna
ՈՐԿՐԻ ԷԶՕՐՆ	Good day	ՔԵՆԻՈՒՄ	Abouna
ՈՐԿՐԻ ԷՃՕՐՉ	Good night		

ՈՐԿՐԻ ՔԵՆՆԻՆԵ ԱՄԵՆՐԻՄ  
 ՈՐԿՐԻ ՄԱՄԱՆ ԱՄԵՆՐԻՄ  
 ՕՐՃԱԻ ՔԱԼԻՈՒՄ ԱՄԵՆՐԻՄ  
 ՕՐՃԱԻ ՔԱՉԱԻ ԱՄԵՆՐԻՄ  
 ՆԱՆԵ ՐՕՐՉԻ ՄԱՇՈՒՆԻ ԱՄԵՆՐԻՄ

Indefinite article (a, an)



Masculine

or



Feminine

or



Plural

zan

Definite Article (The)



Masculine

ni

ni

ni



Feminine

ti

ti

ti



Plural

ni

(nen)

## Some masculine nouns

kaʒi Land

nikaʒi the land

orkaʒi a land

yhpi Son

nyhpi the son

oryhpi a son

iwt Father

fiwt the father

oriwt a father

## Some feminine nouns

cwni Sister

tcwni the sister

orcwni a sister

ʔe Heaven

tʔe the heaven

orʔe a heaven

uay Mother

ʔuay the mother

oruay a mother



### Some plural nouns

ⲙⲁⲩ Mothers

ⲛⲓⲙⲁⲩ the mothers

ⲉⲁⲛⲛⲁⲩ mothers

ⲫⲏⲟⲩ Heavens

ⲛⲓⲫⲏⲟⲩ the heavens

ⲉⲁⲛⲫⲏⲟⲩ Heavens

### Some more masculine words

ⲛⲟⲩⲥ God

ⲃⲟⲓⲥ Lord

ⲡⲛⲉⲩⲙⲁ Spirit

ⲁⲩⲩⲉⲗⲟⲥ Angel

ⲱⲓⲕ Bread

ⲱⲟⲩ Glory

ⲭⲱⲙ Book

ⲕⲁⲩ Pencil

### Some more feminine words

ⲥⲱⲛⲓ Sister

ⲃⲱ Tree

ⲭⲟⲙ Power

ⲃⲁⲕⲓ City

ⲩⲉⲣⲓ Daughter

ⲙⲉⲧⲟⲩⲣⲟ Kingdom

### Some more plural nouns

ⲓⲟⲥ Fathers

ⲙⲁⲩ Mothers

ⲥⲱⲛⲓ Sisters

ⲥ̀ⲛⲏⲟⲩ Brothers

ⲩⲏⲣⲓ Sons

ⲩⲉⲣⲓ Daughters

**ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥ**

Our Father who art in Heaven

**ΑΡΙΤΕΝ ΝΕΜΠΩΑ ΝΧΟΣ ΘΕΝ ΟΥΥΕΠΘΜΟΤ**

Make us worthy to say thankfully

**ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥ**

Our father who art in heaven

**ΜΑΡΕΥΤΟΥΘΟ ΝΧΕ ΠΕΚΡΑΝ**

Hallowed be Thy name

**ΜΑΡΕΣΙ ΝΧΕ ΤΕΚΜΕΤΟΥΡΟ**

Thy kingdom come

**ΠΕΤΕΘΝΑΚ ΜΑΡΕΥΩΠΙ**

Thy will be done

**ΜΦΡΗΤ ΘΕΝ ΤΦΕ ΝΕΜ ΘΙΧΕΝ ΠΙΚΑΘΙ**

On earth as it is in heaven

**ΠΕΝΩΙΚ ΝΤΕ ΡΑΣΤ ΜΗΙΥ ΝΑΝ ΜΦΟΟΤ**

Give us this day our daily bread

**ΟΤΟΘ ΧΑ ΝΗΕΤΕΡΟΝ ΝΑΝ ΕΒΟΛ**

And forgive us our trespasses

ἡφρητ̐ ζωη ἡτενω ἐβωλ

As we forgive

ἡνηετε οτον ἡταν ἐρωτ̐

those who trespass against us

οτοθ ἡπερεντεν ἐδοτη ἐπιρασμος

And lead us not into temptation

αλλα ναθμεν ἐβωλθα πιπετ̐ωωτ̐

But deliver us from the evil one

θεν πιχριστος Ἰησοῦς πενβοις

In Christ Jesus our Lord

χε θωκ τε

For Thine is

†μετοτρο νεμ †χου νεμ πιωωτ̐

the kingdom, the power and the glory,

ωα ἐνεθ̐ ἀμην

forever, Amen





# 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.

Hail to you O Mary, the fair dove, who has borne to us, God the Logos.	Χερε νε Μαρια: †βρουπι εθνεσως: θηετασμιςι ναν: μφνον† πιλοςος.
Blessed are You indeed, with Your good Father, and the Holy Spirit, for You have come and saved us. Have mercy on us.	Κεμαρωντ αληθως: νεμ Πεκιωτ ηαδαθος: νεμ Πιπνευμα εθουαβ: χε ακι ακσω† μμον ναι ναν.

## 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.

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.	ΑΛΛΗΛΟΥΙΑ: χε φμενι ηονρωμι ερεονωνε νακ εβολ Πβοις: ογοε ησωχπ ητε ογμενι ερεερψαι νακ. Πιουσια νιπροσφορα ωπονο εροκ: αλληλουια.
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# *Spirit & Life*



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