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Saints and Virtues



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St. John the Baptist

1- He was martyred on Tout 2nd.

2- He is the martyr and the Baptist who baptizes our Lord Jesus Christ in the Jordan River.

3- He was clothed with camel's hair and with a leather belt around his waist, and he ate locusts and wild honey.

4- He was the son of Zacharias the priest and Elizabeth.

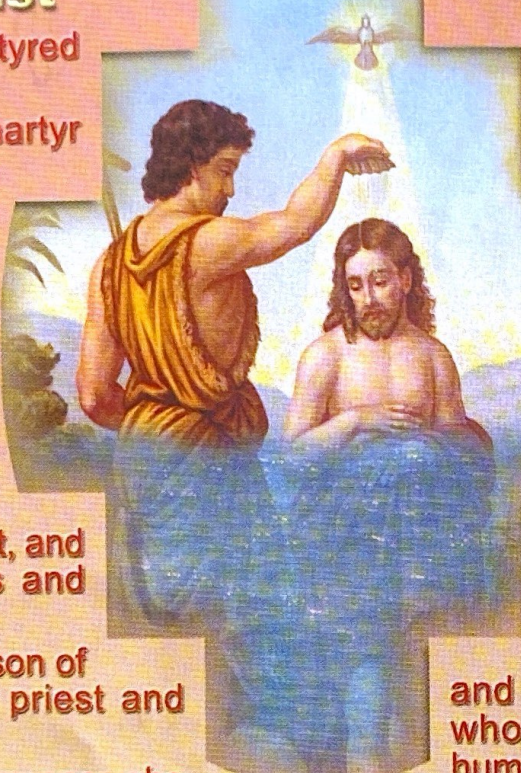
5- He is the forerunner who prepares the way before Jesus Christ.

6- He rebuked Herod because he had taken the wife of his brother as a wife. So he cast him into prison.

7- On Herod's birthday, Herodias' daughter danced. He promised her anything she might ask for. Her mother said, "Ask for the head of John the Baptist on a platter".

8- When Herod heard this, he was exceedingly sorry. But because of his promise and those who were sitting with him, he did not want to refuse her request. He therefore commanded his servants to cut off the head of Saint John.

His prayers be with us. Amen.



Contrite Heart

1-"But on this one will I look: on him who is poor and of a contrite spirit, and who trembles at My word" (Is 66:2).

2 - " T h e sacrifices of God are a broken spirit, A broken and a contrite heart - These, O God,

You will not despise." (Ps 51: 17).

3- "I dwell in the high and holy place, with him who has a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones." (Is 57: 15).

4- "The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed." (Lk 4: 18).

5- "Lord, You have heard the desire of the humble, You will prepare their heart; You will cause Your ear to hear, to do justice to the fatherless and the oppressed, that the man of the earth may oppress no more." (Ps 10: 17, 18).

St. Athanasius the Apostolic,

the 20th Pope of Alexandria

- He departed on Bashons 7th of the year 89 of the martyrs (373 AD).

- He was born to pagan parents. When his father died, his mother brought him to Pope Alexanderos, who taught them the principles of the Christian faith and baptized them.

- They stayed with the Pope, who taught Athanasius the church subjects, and ordained him deacon and made him a personal secretary.

- After the departure of Pope Alexanderos, he was chosen patriarch, to become the 20th, Pope of Alexandria.

- He was exiled away from his chair five times.

- He manifested his brilliancy in exposing Arius in the universal council, when Arius said about Christ that he was "similar" in essence with the Father, St Athanasius said : "One in essence with the Father."

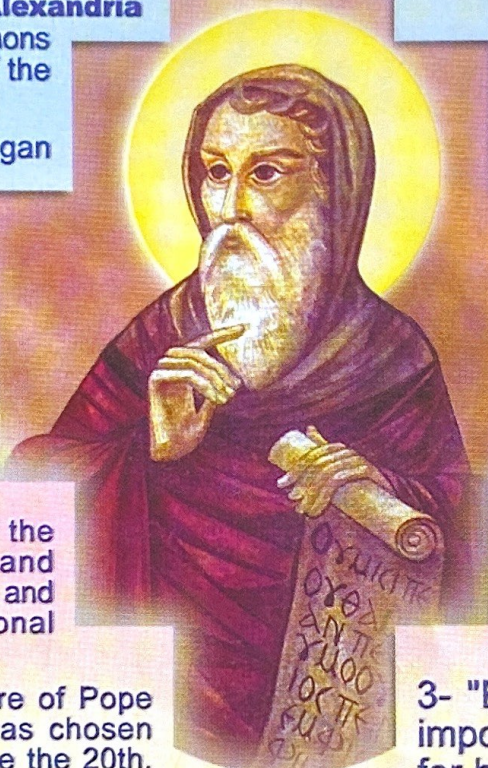
- For his stead fastness and his firm stand for justice, the world described him by the saying: "Athanasius against the world".

- He wrote several books about the Arians, on the Incarnation, and other subjects.

- He was the first Pope to wear the monastic tunic from the hand of St Antonios.

- He departed in peace after he had been on the Apostolic Throne for forty five years.

His prayers be with us. Amen.



Faith

1- "That Christ may dwell in your hearts through faith; that you, being rooted and grounded in love...." (Eph 3:17).

2- "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ" (Ro 5:1).

3- "But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him" (He 11: 6).

4- "..., purifying their hearts by faith" (Ac 15: 9).

5- "Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart" (2 Ti 2: 22).

6- "Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one" (Eph 6: 16).

7- "Now the just shall live by faith; But if anyone draws back, My soul has no pleasure in him" (He 10: 38).

St. Mina The Wonder Worker

- He was martyred on Hator 15th.

- His father, Eudoxius, was a governor. His mother, Euphemia, had no children.

- On the feast of our Lady, the Virgin, she heaved a sigh and wept before the icon of our Lady St Mary, entreating her to intercede for her before her beloved son, in order that He would give her a son. A voice came from the icon saying, "Amen".

- After his parents' departure, he left his position in the army and went to the desert.

- One day, he saw a vision, he returned to the city and confessed the Name of the Lord Christ. The governor promised him honors and precious gifts, then he tortured him, until he ordered his head to be cut off with the sword and his body to be cast in the fire for three days, but it was not harmed.

- His sister came and took the body. She embarked with her brother's body on one of the ships of Alexandria.

- During their trip, sea beasts came out of the water, fire went forth from the body and burned them.

- The body remained in Egypt and the Lord had honored him with many signs and wonders.

His prayers be with us. Amen.



Thanksgiving

1- "Giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light" (Col 1:12).

2- "Continue earnestly in prayer, being vigilant in it with thanksgiving" (Col 4:2).

3- "And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him" (Col 3: 17).

4- "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God" (Phil 4: 6).

5- "In everything give thanks; for this is the will of God in Christ Jesus for you" (1 Th 5:18).

6- "Now thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place" (2 Co 2: 14).

The Great St George

- He was martyred on Baramouda 23rd, 302 AD.

- He was born to Christian parents in 280 AD.

- When he was 20 years old, his Father died, and he went to Emperor Diocletian to take over his father's position. He found that the Emperor had apostatized the faith and ordered the worship of idols.

- When St George saw the edict of the Emperor against the Christians, he became raged and tore it.

- They took him before the Emperor, and he confessed Christ before him.

- At the beginning, Diocletian was pleasant to St George. But then, he started to torture him severely for seven years. The Lord appeared, strengthened him and healed all his wounds.

- When the Emperor was weary of torturing him, he brought a magician, who gave the Saint a cup full of poison to drink. St George made the sign of the cross over the cup then drank it. When no harm came upon him, the magician believed in the Lord Christ, and also the Emperor's wife, and they received the crown of martyrdom.

- Finally, the Emperor ordered to cut off the head of St George, and he received the crown of martyrdom.

His prayers be with us. Amen.



Courage

1- "As you know how we exhorted, and comforted, and charged every one of you, as a father does his own children" (1 Th 2:11).

2- "Now we exhort you, brethren, warn those who are unruly, comfort the fainthearted, uphold the weak, be patient with all" (1 Th 5: 14).

3- "But immediately Jesus spoke to them, saying, "Be of good cheer! It is I, do not be afraid" (Mt 14: 27).

4- "Wait on the Lord; Be of good courage, And He shall strengthen your heart; Wait, I say, on the Lord!" (Ps 27: 14).

5- "Be of good courage, And He shall strengthen your heart, All you who hope in the Lord" (Ps 31: 24).

6- "When paul saw them, he thanked God and took courage" (Ac 28: 15).

Sts. Maximus and Domadius

- St Maximus departed on Taba 14th.
 - St Domadius departed on Toba 17th.
 - Their father's name was Walendianus, he was One of the Roman emperors who feared God.
 - God gave him these two sons who were angelic since their young age.
 - When they grew up and realized the vanity of this world and all its glory, they decided to live a monastic life.
 - They asked their father to allow them to go to the city of Nicea, to pray in the place where the first Universal Council was held.
 - They didn't return to their father but they went to Syria and stayed with St Agabius.
 - Before his departure, he advised them to go to St Macarius in Egypt.
 - God granted them the gift of healing the sick. Their report was heard in all the countries. Their mother and their sister came to persuade them to return with them. But the saints refused and they comforted the hearts of their mother and sister.
 - The angel carried them to the wilderness of Scetis where St Macarius who put on them the holy Eskiern after three years.
 - St Maximus became sick and departed to heaven. After three days, his brother, Domadius, departed.
- Their prayers be with us. Amen.



The Fear of the Lord

- 1- "Behold, the fear of the Lord, that is wisdom, And to depart from evil is understanding" (Job 28: 28).
- 2- "Come you children, listen to me; I will teach you the fear of the Lord... Keep your tongue from evil, And your lips from speaking deceit. Depart from evil and do good; seek peace and pursue it" (Ps 34: 11- 14).
- 3- "The fear of the Lord is the beginning of wisdom" (Ps 111: 10).
- 4- "My son, if you receive my words, And treasure my commands within you,... Then you will understand the fear of the Lord, and find the knowledge of God" (Pr 2: 1,5)
- 5- "The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding" (Pr 9: 10).
- 6- "The fear of the Lord prolongs days, But the years of the wicked will be shortened" (Pr 10: 27).
- 7- "Do not let your heart envy sinners, But be zealous for the fear of the Lord all the day" (Pr 23: 17).

St. Marina

1 - She was martyred on Abib 24th.

2 - She was born to a pagan parents from the nobles of Antioch.

3 - When her mother died, her father sent her to a Christian nanny to raise her.

4 - When she heard her nurse talking about the biography of the martyrs, she longed to become a martyr.

5 - Once on her way to home, she passed by the governor, who admired her much. When he knew that she was Christian, he tried to persuade her by many promises and promised to marry her.

6 - She refused, so he tortured her severely and cast her in prison. Immediately, the angel of the Lord came and healed all her wounds.

7 - Satan appeared to her, but she bound him with the sign of the cross.

8 - The next morning, the governor ordered to immerse her in a large cauldron with melted lead. She asked the Lord to make this a baptism for her.

9 - Many of these who were present, believed in Jesus Christ.

10 - Finally, the governor ordered to cut off her head and she received the crown of martyrdom.

11 - The executioner also believed and received the crown of martyrdom. Her prayers be with us. Amen.



Wisdom

1- "Walk in wisdom toward those who are outside, redeeming the time" (Col 4:5).

2- "For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding" (Col 1: 9).

3- "Do not be wise in your own opinion" (Ro 12: 16).

4- "Let no one deceive himself. If anyone among you seems to be wise in this age, let him become a fool that he may become wise. For the wisdom of this world is foolishness with God. For it is written, "He catches the wise in their own craftiness" (1 Co 3: 18, 19).

5- "The Fear of the Lord is the beginning of wisdom" (Ps 111:10).

EL-Sitt Refka (Lady Rebecca) and her Five Sons

- They were martyred on Tout 7th.

- Sts Agathon, Peter, John, Amun and Amuna, and their mother, Rebecca were from Kemola of the district of kus.

- Our Lord Jesus Christ appeared to them and informed them that they would receive the crown of martyrdom. They rejoiced at this vision and gave all their possessions to the poor.

- They confessed their faith in Christ before the Governor of Kus. He tortured them severely, then he send them to the Governor of Alexandria. He hacked their bodies, crucified them head down and finally he ordered to have their heads cut off as the Lord Christ has told them.

- God sent His angel to a rich man from the city of Nakraha and commanded him to take the bodies of the saints. He took the bodies, laid them in the church, and he heard a voice saying, "This is the abode of the righteous".

- A big church was built for them in the city of Sonbat and they transferred the bodies to this church.

Their prayers be with us. Amen.



Obedience

1- "But Peter and the other apostles answered and said: "we ought to obey God rather than men" (Ac 5:29).

2- "..., and so also is the Holy Spirit whom God has given to those who obey Him" (Ac 5:32).

3- "Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you" (He 13: 17).

4- "Children, obey your parents in the Lord, for this is right" (Eph 6:1).

5- "Bondservants, be obedient to those who are your masters according to the flesh, with fear and trembling, in sincerity of heart, as to Christ; not with eye service, as men-pleasers, but as bond servants of Christ, doing the will of God from the heart" (Eph 6: 5,6).

6- "...as obedient children, not conforming yourselves to the former lusts, as in your ignorance...." (1P1: 14).

7- "Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart" (1P1: 22).



St. Abraam Bishop of El- Fayyum

- He departed on Paona 3rd, 16 30 year of the martyrs, (June 10th, 1914 AD).

- He was born in Mallawi in 1829 AD to righteous parents. His name was Paul Gabriel.

- He was ordained a monk in El-Muharrak monastery.

- Anba Yakoubos promoted him to a priest.

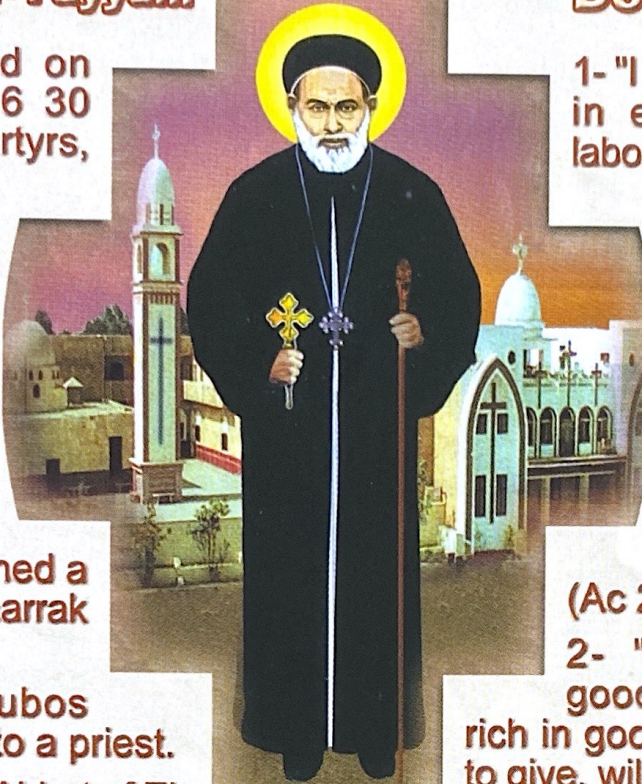
- He remained Abbot of El-Muharrak monastery for five years, during which the monastery was the refuge for thousands of the poor, so some of the monks became more resentful of him. So he was dismissed.

- He dwelt in the monastery of El-Baramous. Pope Kyrillos the Fifth ordained him a bishop for the parish of El-Fayyum and El-Giza in the year 1881 AD, until he departed in peace.

- During his episcopate, he became famous for his charity to the poor and for his prayer of faith.

- He was well read of the holy books.

His prayers be with us. Amen.



Donation

1- "I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive'"

(Ac 20: 35)

2- "Let them do good, that they be rich in good works, ready to give, willing to share" (1 Ti 6: 18)

3- "As it is written: "He has dispersed abroad, He has given to the poor; His righteousness endures forever" (2 Co 9: 9)

4- "For all things come from You, and of Your own we have given You" (1 Ch 29: 14).

5- "He who gives to the poor will not lack,...." (Pr 28: 27).

6- "Give to him who asks you,..." (Mt 5: 42).

7- "Give to everyone who asks of you" (Lk 6:30).

8- "Give, and it will be given to you,...." (Lk 6: 38).

9- "...., for God loves a cheerful giver" (2 Co 9: 7).

St. Bashnouna

- He was martyred in the year 1164, on May 19th.
 - He was a monk in St Makar monastery, in Egypt.
 - During the fighting between the men of prince Dergham and the men of El-Wazir Shawer and during the rule of El-Aaded the Fatimid, in the later part of the twelfth century, this monk was arrested.
 - They tried to make our saint forsake his faith in our Lord Jesus christ, but he refused firmly, and with courage, so they burned him alive, and he received the crown of martyrdom.
 - The faithful took what they found of his bones and carried them to the church of abu Serga in old Cairo, and they buried him there.
 - Many miracles have occurred through the prayers and intercessions of this great saint and martyr till this day.
- His prayers be with us. Amen.



Mercy

- 1- "And on some have compassion, making a distinction" (Jd 1: 22).
- 2- "Blessed are the merciful, for they shall obtain mercy" (Mt 5: 7).
- 3- "Therefore be merciful, just as your Father also is merciful" (Lk 6: 36).
- 4- "But the wisdom that is from above is first pure, then peaceful, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy" (Jas 3: 17).
- 5- "Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need" (He 4: 16).
- 6- "But if you had known what this means, 'I desire mercy and not sacrifice' you would not have condemned the guiltless" (Mt 12: 7).
- 7- "Thus says the Lord of hosts: 'Execute true justice, show mercy and compassion everyone to his brother" (Zec 7: 9).



The Martyrs of Akhmim

- In the year 303 of the martyrs, the evil ruler of Ansna "Erianos" came to Akhmim. He found thousands of christians praying the Holy Nativity Mass.

- He was so mad and ordered them to worship idols. All people challenged him, and confessed their faith in one God, Jesus Christ.

- He ordered to kill the priests and deacons followed them.

- And when the ruler saw that the people were full of faith and bravery, he put torture instruments.

- That continued for three whole days.

- The number of martyrs at that time from Akhmim was 8140 martyrs.

Their prayers be with us. Amen.



Testimony

1- "But when the Helper comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me. And you also will bear witness, because you have been with Me from the beginning" (Jn 15: 26, 27).

2- "...so that I may finish my race with joy, and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God" (Ac 20: 24).

The life was manifested, and we have seen, and bear witness, and declare to you that eternal life which was with the Father and was manifested to us" (1Jn 1:2).

4- "The Revelation of Jesus Christ, which God gave Him to show His servants-things which must shortly take place. And He sent and signified it by His angel to His servant John, who bore witness to the word of God, and to the testimony of Jesus Christ, to all things that he saw" (Rev 1: 1-2).

5- "Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner; but share with me in the sufferings for the gospel according to the power of God" (2 Ti 1: 8).

6- "When He opened the fifth seal, I saw under the altar the souls of those who had been slain for the word of God and for the testimony which they held" (Rev 6: 9).

This Book

- + "Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith." He 12 : 1,2
- + "Remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct." He 13 : 7
- + "Therefore they are before the throne of God, and serve Him day and night in His temple. And He who sits on the throne will dwell among them". Re 7 : 15

Saints and Virtues

The first Book :

1 - The Virgin Mary, The Theotokos	Purity
2 - St Macarius, The Great	Humility
3 - St Arsenius.	Understanding
4 - St Anba Moses, The Black	Repentance
5 - Sts Apakir and John	Love
6 - St Anba Wannas, The Kid	Worship
7 - St Thomas, The Anchorite	Contemplation
8 - St Marina, The Ascetic	Forgiveness
9 - St Barbara	Joy
10 - Fr Bishoy Kamel	Ministry

The Second Book :

1 - The Archangel Micheal	Knowledge
2 - St Anba Paul, The First Hermit	Holiness
3 - St Anba Bishoy	Watchfulness
4 - St Abba Nofer, The Anchorite	Silent
5 - St Karas	Soberity
6 - St Barsoma, El-Erian	Fast
7 - St Abaskhiroun, The Soldier	Goodness
8 - St Ireny	Gentleness
9 - St Pope Kyrillos, The Sixth	Prayer
10 - Fr Abed-el-Masseh El-Makary	Blessing

The Third Book :

1 - St John, The Baptist	Contrite Heart
2 - St Athanasius, The Apostolic	Faith
3 - St Mina, The Wonder Worker	Thanksgiving
4 - St George, The C	Courage
5 - Sts Maximus and St. John The Baptist-Miramar, Florida	
6 - St Marina	
7 - St Refka and He	
8 - St Abraam, Bish	
9 - St Bashnouna	
10 - The Martyrs of	

The Fourth Book :

1 - St Mark, The Apostle	Discernment
2 - St Anthony, The Great	Being rich in the Lord
3 - Sts Cosmas and Damian	Alms
4 - St Peter, The Seal of the Martyrs	Holy Thought
5 - St Demiana and the Forty Virgins	Chastity
6 - St Mercurius, Abu-Saifain	Hope
7 - St Takla Haymanot, The Ethiopian	Liberty
8 - St Freig	Tears
9 - St Sedhom Bishay	Grace
10 -Fr Andreos El- Samueli	Meekness

The Fifth Book :

1 - The Archange Gabriel	Peace
2 - St Shenouda, The Archimandrite	Enlightenment
3 - St Abba Samuel, The Confessor	Confession
4 - St Abbanoub	The Love of God
5 - St Theodore	Prudence
6 - St Samaan, The Tanner	A Pure Heart
7 - St Mohrael	Patience
8 - Sts Kyriacos and Eulita	Longsuffering
9 - The Martyrs of Fayyum	Abiding in God
10 - St Yutus El- Anthoni	Quietness

The Sixth Book :

1 - St Peter, The Apostle	Discipleship
2 - St Paul, The Apostle	Striving
3 - St Sarapamon, Bishop of Niku	Sufferings
4 - St Catherine	Readiness
	The Will of God
	Perfection
	Success
	Comfort
	Truth
	Honor

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