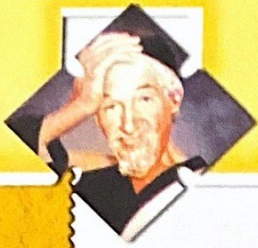


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Saints and Virtues



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The Archangel Gabriel **The Announcer**

- The church celebrates the commemoration of the Archangel Gabriel on Baramhat 30th and on Paona 13th.
 - The Archangel Gabriel is one of the seven archangels.
 - For his honor is great with God, he was worthy to announce the birth of His only begotten Son to the Virgin St Mary.
 - He also foretold Daniel the prophet about the return of the people of Israel from exile, about the first coming of Christ, and also about the end of the animal sacrifices.
 - This angel is the one who announced to Zachariah the birth of John.
- His intercession be with us. Amen.

Peace



- 1- "And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful." (Col 3: 15)
- 2- "Pursue peace with all people, and holiness, without which no one will see the Lord". (He 12: 14)
- 3- "Finally, brethren, farewell. Become complete. Be of good comfort, be of one mind, live in peace; and the God of love and peace will be with you". (2 Co 13: 11)
- 4- "For God is not the author of confusion but peace,...." (1 Co 14: 33)
- 5- "And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus". (Phil 4: 7)
- 6- "Blessed are the peacemakers, for they shall be called sons of God". (MT 5: 9)
- 7- "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." (Jn 14: 27)



St Shenouda The Archimandrite

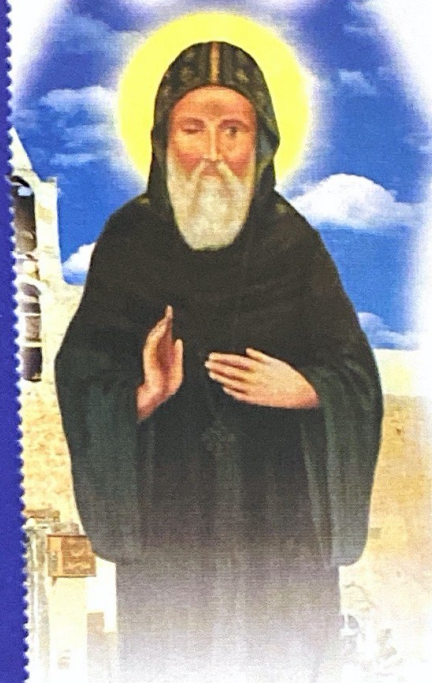
- He departed on Abib 7th.
- He was born in the district of Akhmim. His father entrusted him with the care of the sheep.
- His father took him to his uncle Anba Bgoul who predicted that he would be a father for many peoples.
- One day he heard a voice from heaven saying, "Shenouda has become the Archimandrite".
- When Anba Bgoul departed, Shenouda replaced him. He followed the monastic communal rules that were formulated by St Pakhom.
- The number of monks during his days reached 1800 monks in the monastery of Anba Bishoy (Souhag).
- He had built another monastery, the number of its monks reached 2200 monks.
- He became a shining light to all the world with his sermons, discourses and canons.
- He attended the Council of the two hundred that gathered at Ephesus with the holy father Anba Kyrillos (24th), and he admonished Nestorius the heretic.

His prayers be with us. Amen.



ENLIGHTENMENT

- 1- "...the eyes of your understanding being enlightend; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power." (Eph 1: 18, 19)
- 2- "The statutes of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes." (Ps 19: 8)
- 3- "That was the true Light which gives light to every man coming into the world." (Jn1: 9)
- 4- "For it is impossible for those who were once enlightened, and have tasted the heavenly gift, and have become partakers of the Holy spirit." (He 6: 4)
- 5- "Consider and hear me, O Lord, my God; Enlighten my eyes, lest I sleep the sleep of death." (Ps 13: 3)
- 6- "They looked to Him and were radiant, and their faces were not ashamed." (Ps 34: 5)
- 7- "The entrance of Your words gives light; It gives understanding to the simple." (Ps 119: 130)

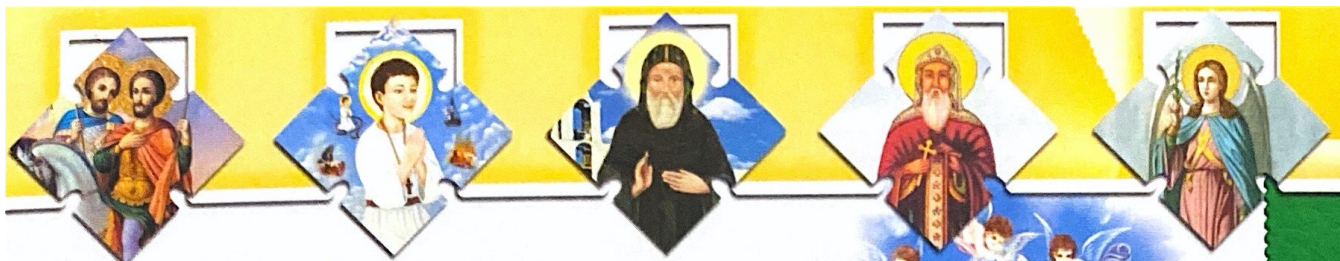


Abba Samuel the Confessor.

- He departed on kiahk 8th.
 - He was born in the city of Dakluba, diocese of Masil, from holy parents.
 - He went to the desert of Scete by the help of an angel, in the from of a monk.
 - He lived with Abba Agathon for three years in total obedience in every way. After Abba Agathon's departure, he was ordained a priest over the church of St Macarius in Scete.
 - He seized Leo's Tome (a letter against the Orthodox faith) and rent it into pieces. When the envoy saw this, he ordered him to be beaten with pins and one of these strikes enucleated one of his eyes. Then he was driven away from the monastery.
 - The angel commanded him to dwell in El- Qualamon where he built his monastery.
 - He was tortured from the Barbars until the Virgin, St Mary, appeared to him and told him, "This place shall be my abode forever," and from that day the Barbarians never attacked this monastery again.
 - When the time of his departure drew near he gathered together his sons and commanded them to be strong in the fear of God.
 - Abba Samuel wrote many discourses and articles. He prophesied many matters about Egypt.
- His prayers be with us. Amen.

Confession

- 1- "Also I say to you, whoever confesses Me before men, him the Son of Man also will confess before the angels of God." (Lk 12: 8)
- 2- "Whoever confesses that Jesus is the Son of God, God abides in him, and he in God." (1Jn 4: 15)
- 3- "That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved." (Ro 10: 9)
- 4- "For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation." (Ro 10: 10)
- 5- "By this you know the Spirit of God: Every spirit that confesses that Jesus Christ has come in the flesh is of God." (1 Jn 4: 2)
- 6- "Whoever denies the son does not have the Father either; he who acknowledges the Son has the Father also." (1Jn 2: 23)
- 7- "Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses." (1 Ti 6: 12)



St Abbanoub

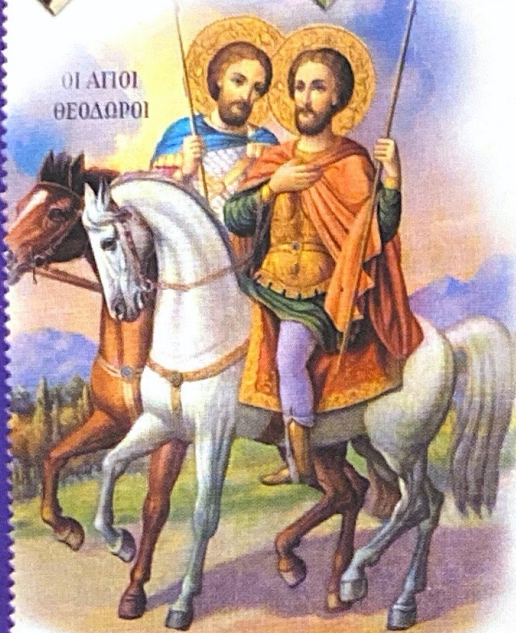
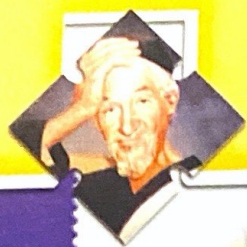
- He was martyred on Abib 24th.
- He was born in the city of Nehisa (district of Talkha). His parents were pure and merciful and they reared him in the fear of God.
- He was twelve years old, when Diocletian incited the persecution against the Christian.
- One day, he heard the priest teaching the believers, strengthening them in the faith and encouraging them to deliver themselves over to death for the sake of the Lord Christ.
- He returned to his house and gave all his money to the poor and needy, then went to Samanoud.
- He confessed the Name of the Lord Christ before Lucianus the governor who tortured him severely. Then he hung him up upon the mast of his ship head downwards. The angel of the Lord came down from heaven and wiped up the blood that was running down from his nose. Strong winds blew, that made the ship to sail fast to Athribes. When they arrived, the soldiers confessed the Lord Christ and they received the crown of martyrdom.
- The governor of Athribis tortured St Abbanoub severely, then sent him to the city of Alexandria. He was tortured until he received the crown of martyrdom.



His prayers be with us. Amen.

The Love of God

- 1- "Now may the Lord direct your hearts into the love of God and into the patience of Christ." (1 Th 3: 5)
- 2- "He who has My comandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him." (Jn 14: 21)
- 3- "Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him; and We will come to him and make Our home with him." (Jn 14: 23)
- 4- "If you love Me, keep My commandments." (Jn 14: 15)
- 5- "Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us." (Ro 5: 5)
- 6- Jesus said to him. "you shall love the Lord your God with all your heart, with all your soul, and with all your mind." (Mt 22: 37)
- 7- If someone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen?" (1Jn 4:20)
- 8- "We love Him because He first loved us." (1Jn 4: 19)
- 9- "God is love, and he who abides in love abides in God, and God in him." (1Jn 4: 16)



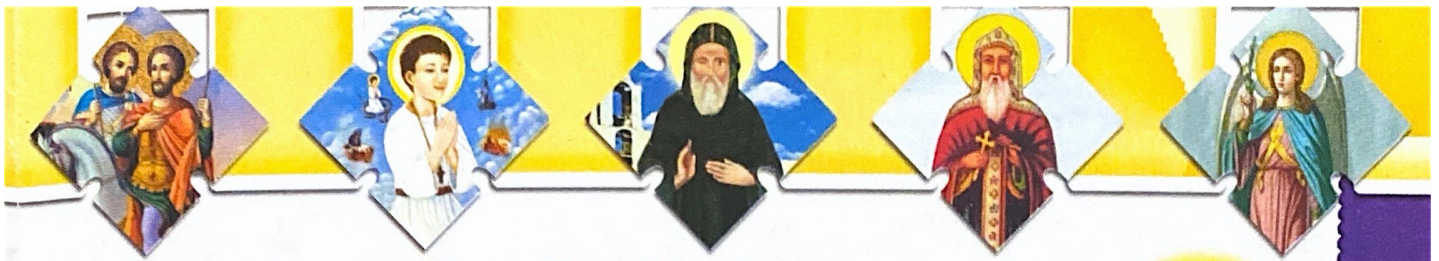
Prudence

- 1- "Nevertheless she (woman) will be saved in childbearing if they continue in faith, love, and holiness, with self-control." (1Ti 2: 15)
- 2- "For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age." (Titus 2: 11, 12)
- 3- "That the older men be sober, reverent, temperate, sound in faith, in love, in patience." (Titus 2: 2)
- 4- "Likewise, exhort the young men to be sober-minded." (Titus 2: 6)
- 5- "That they (older women) admonish the young women.... to be discreet, chaste, homemakers, good.." (Titus 2: 4,5)

St Theodore El- Mishrek and St Theodore of Shotep

- St Theodore of Shotep was martyred on Abib 20th, 220 AD.
- His father's name was John and he was from the city of Shotep in Upper Egypt. But the Saint was born in the city of Antioch.
- He joined the army and advanced in the ranks until he became one of the great generals during the reign of Emperor Lucianus.
- He saved two sons of a widow from the great serpent of the city of Eukhitos.
- He confessed the Lord Christ before the Emperor. The Emperor ordered him beaten with rods, burned, and cast into the fire. He delivered up his soul and received the crown of martyrdom.
- The commemoration of the relocation of the body of St Theodore the prince, to the city of Shotep, in the province of Assiut is on Hator 15th.
- St Theodore El- Mishreke (the Oriental) was martyred on Toba 12th, 306 AD.
- He was born in the city of Tyre in 270 AD.
- His father was a high ranking official.
- He enlisted in the Roman army and was promoted to the rank of commander.
- He saw a vision at night and knew that he would be martyred with Lawondius and Banikaros, the Persian.
- During a Truce, between the Roman and Persian armies, he met with Banikaros and guided him to Christianity.
- When Emperor Diocletian ordered them to worship the idols, they refused. He commanded his soldiers to nail St Theodore to a tree and to brutally torture him, until he delivered up his soul. Then he ordered to behead the rest of the soldiers.

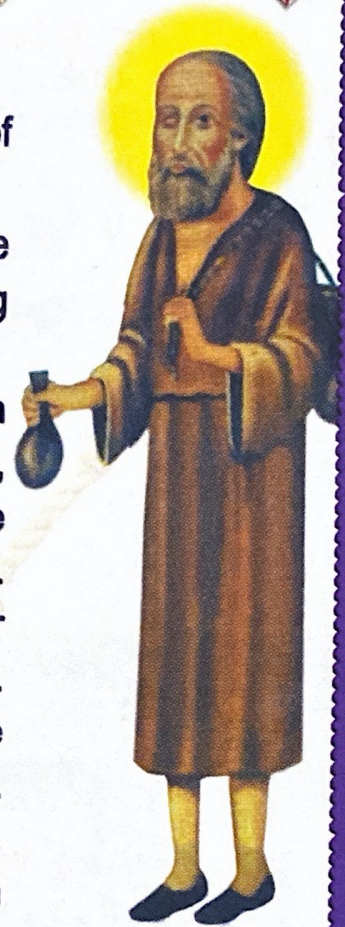
Their prayers be with us. Amen.



St Samaan, The Tanner.

- He was born in Babylon (Old Cairo) during the time of Pope Abram the Syrian.
- His profession was tanning animal skins, and also the crafts that depend on this process, such as shoemaking and the like.
- He simply carried out the commandment literally, when he drove the awl into one of his eyes, thus plucking it out, as he looked lustfully at a woman. "If your right eye causes you to sin, gouge it and throw it away." (MT 5: 28).
- He was an ascetic person. He ministered to the older people and the sick, bringing them water every day.
- With his prayers, a great miracle happened which is the miracle of moving the Mokattam Mountain in Cairo.
- After the miracle had been performed, he disappeared.

His prayers be with us. Amen



A Pure Heart

- 1- "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)
- 2- "Create in me a clean heart, O God." (Ps 51: 10)
- 3- "Who may ascend into the hill of the Lord? Or who may stand in His holy place? He who has clean hands and a pure heart, Who has not lifted up his soul to an idol, nor sworn deceitfully." (Ps 24: 3,4)
- 4- "Truly God is good to Israel, to such as are pure in heart." (Ps 73: 1)
- 5- "Blessed are the pure in heart, for they shall see God." (Ps 5 : 8)



St Mohrael

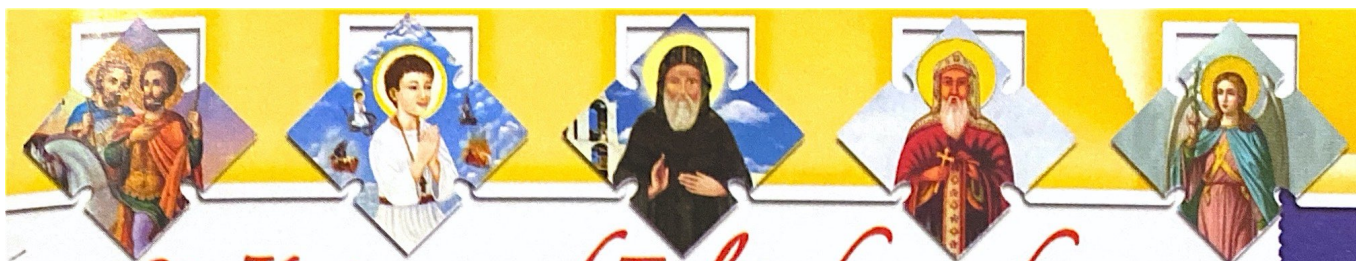


- She was martyred with her brother Abahour on Toba 14th.
- Her father was a priest and her mother was barren.
- Her mother was foretold that she would give birth to two children who would receive the crown of martyrdom. She gave birth to Mahrael in Tamouh and Abahour in Siriakos.
- As Mohrael grew up she lived an ascetic life.
- Mohrael was martyred in Unsena at the age of twelve with many other martyrs and confessors.

Her prayers be with us. Amen.

Patience

- 1- "But the ones that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience." (Lk 8: 15)
- 2- "By your patience possess your souls." (Lk 12: 19)
- 3- "Eternal life to those who by patient continuance in doing good seek for glory, honor, and immortality." (Ro 2: 7)
- 4- "And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us." (Ro 5: 3,4,5)
- 5- "For you have need of endurance, so that after you have done the will of God, you may receive the promise." (He 10: 36)
- 6- "Now may the Lord direct your hearts into the love of God and into the patience of Christ." (2 Th 3: 5)
- 7- "But in all things we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses,...." (2Co 6: 4)



Sts Kyriacos and Eulita his mother.

- Eulita was born in Iconium in Asia Minor to a Christian parents.
- She got married at a young age and she had only one son called him Kyriacos.
Her husband passed away suddenly, and she had to raise her son by herself.
- During the persecution of Diocletian, she took her son and fled to Tarsus.
- In Tarsus, the Roman ruler arrested her and her son. she confessed her faith and kyriacos started yelling, "I am Christian".
- The tetrarch got mad at this strange child, and he threw him with all his power to the ground. Kyriacos hit his head against one of the concrete steps, and died instantly, to receive the crown of martyrdom. He was only three years old.
- When Eulita saw her own son fall dead in front of her, she sighed with relief, since she was sure that he went to Jesus in Paradise. The ruler ordered her to be beheaded on Abib 15th.

Their prayers be with us. Amen.



Longsuffering

- 1- "Strengthened with all might, according to His glorious power, for all patience and longsuffering with joy." (Col 1:11)
- 2- "Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering." (Col 3: 12)
- 3- "But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self- control." (Ga 5: 22, 23)
- 4- "I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love." (Eph 4: 1,2)
- 5- "But in all things we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses,.... ,by purity, by knowledge, by longsuffering, by kindness, by the Holy Spirit, by sincere love." (2 Co 6: 4,6)



The martyrs of Fayyum

- 1- Their relics were discovered in the monastery of Archangel Gabriel, Calmoon mountain in 1991 AD.
- 2- By the grace of God, their relics has been kept as they are for many years.
- 3- The church celebrates their commemoration on Mesra 23rd (September 9th) which was the day of discovering the relic of a martyr child. Their prayers be with us. Amen.



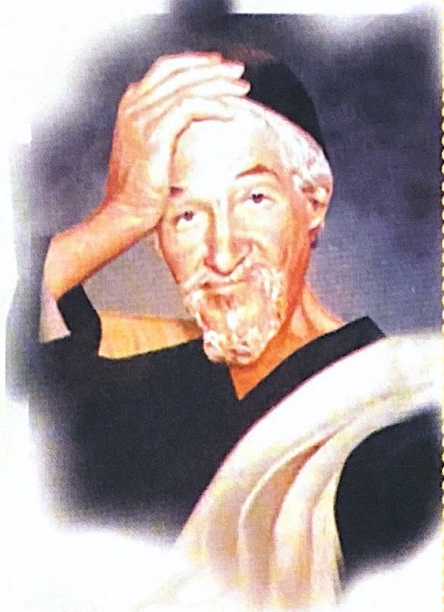
Abiding in God

- 1- "That they all may be one, as You, Father, are in Me, and I in You, that they also may be one in Us, that the world may believe that You sent Me." (Jn 17: 21)
- 2- "And the glory which You gave Me I have given them, that they may be one just as We are one." (Jn 17:22)
- 3- "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit." (Jn 15: 5)
- 4- "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you." (Jn 15: 7)
- 5- "For My flesh is food in deed, and My blood is drink indeed. He who eats My flesh and drinks My blood abides in Me, and I in him." (Jn 6: 55, 56)
- 6- "But he who is joined to the Lord is one spirit with Him." (1 Co 6: 17)
- 7- "That Christ may dwell in your hearts through faith, that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height- to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God." (Eph 3: 17- 19)



St Yustus El- Anthoni

- He was born in Assuit in 1910.
- He loved the church and the Coptic language.
- He was ordained a deacon and wanted to be a monk.
- He went to St Paul monastery, then to St Anthony monastery where he was ordained a monk in the name of Yustus.
- He was Known as the silent monk.
- He departed in peace on December 17th, 1976.



His prayers be with us. Amen.

QUIETNESS

- 1- "For thus says the Lord God, the Holy One of Israel:"In returning and rest you shall be saved;In quietness and confidence shall be your strength." (Is 30: 15)
- 2- "A sound heart is life to the body." Pr 14: 30.
- 3- "Therefore, since these things cannot be denied, you ought to be quiet and do nothing rashly."(Ac 19: 36)
- 4- "That you also aspire to lead a quiet life, to mind your own business, and to work with your own hands, as we commanded you." (1Th 4:11)
- 5- "Do not let your adornment be merely outward- arranging the hair, wearing gold, or putting on fine apparel- rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God." (1P 3: 3,4)

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

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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

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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
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7 - St Refka and Her Five Sons	
8 - St Abraam, Bishop of El-Fa	
9 - St Bashnouna	
10 - The Martyrs of Akhmim	

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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- Samuelli	Meekness

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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

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1 - St Peter, The Apostle	Discipleship
2 - St Paul, The Apostle	Striving
3 - St Sarapamon, Bishop of Niku	Sufferings
4 - St Catherine	Readiness
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