

Grade 5-6

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HIS HOLINESS POPE TAWADROS II



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



We Are More Than Conquerors Through Him Who Loved Us

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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



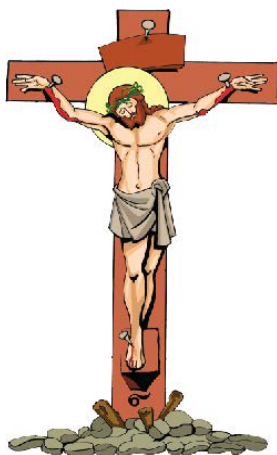
We Are More Than Conquerors Through Him Who Loved Us

St. Mark Festival 2026 Anthem

(The Cross is our salvation, a harbor in the raging sea
The sign of love that reconciled heaven and earth eternally) x2

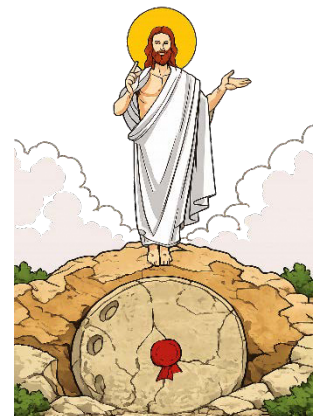
God showed His justice and grace
And gave us His victory
In the middle of the storm,
The Cross lets us live peacefully

(The Cross is a doctrine of our Church
Passed down through her history
In her prayers and her rites
On the Cross God showed His mercy) x2



Through it prophecies were fulfilled
God loved us endlessly
He redeemed us on the Cross
Now we live eternally

("We are more than conquerors
through Him who loved us") x2



The Cross is God's Eternal Plan

The Passover Lamb

(Exodus 12)

Learning about the symbols of the Cross in the Old Testament shows us that the Cross is part of God's eternal plan.

God had a plan to save us even before our Lord Jesus Christ came to earth. In the Old Testament, God gave us special symbols to help us understand His plan. These symbols help us learn about the Cross.

God loves mankind and created man after preparing all creation for him. God distinguished man from all other creatures in the way He created him. He breathed into him the breath of life and created him in His image.

“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 free will and commanded Adam, saying,

“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. However, God created Adam with free will and allowed him to choose. Sadly, Adam and Eve sinned. They did not listen to God's word and broke His commandment. They listened to the serpent and ate from the tree.



Adam and Eve sinned, and through their disobedience, sin entered the world and spread to all humanity.

“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)

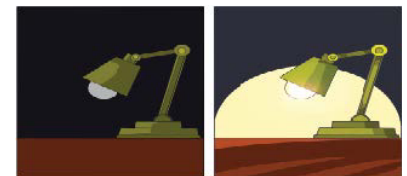


The Punishment for Sin:

- **Death and Separation from God:** Adam and Eve, and all people after them, were separated from God and were sentenced to death.

God is the source of life, and without Him we cannot live, just like a lamp cannot shine without electricity.

- **Corrupted Nature:** Human nature became corrupted because of sin.
- **Sent out of Paradise:** They were sent out from the Garden of Eden (Paradise).



How Can We Regain the Life We Lost Because of Sin?

1. The sentence of death must be lifted.
2. Our corrupted nature must be renewed.

Why didn't God just let man die and create a new human being, or simply forgive him for his sins?

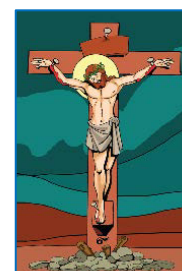
1. **God is merciful and loving.** He didn't want to let man perish.
2. **God is holy and just.** He does not accept sin and must hold man accountable.
3. **Man's nature became corrupted by sin and needed to be renewed.**



The Lord Jesus Christ, Our Perfect Redeemer

The only solution was for a Redeemer to come and die in place of man and save him from death. Our Lord Jesus Christ became incarnate and redeemed man, for He is the only One who meets all the requirements of the Redeemer.

1. **A man without sin:** Since it was man who sinned, the Redeemer had to be a man. Our Lord Jesus Christ came to earth and was born of the Virgin Mary. He took the body of man, but without sin.
2. **Able to die:** He was crucified and died in our place, and the justice of God was fulfilled. Therefore, the sentence of death was lifted from us.
3. **Infinite:** God is infinite, and His Blood is sufficient to redeem all humanity; from Adam to the last person.
4. **Stronger than death:** He conquered death and rose after 3 days.



**Through His Resurrection, He gave us eternal life
and renewed our corrupted nature.**

How Can We Receive Salvation?

The Blood of our Lord Jesus Christ is enough to redeem everyone, but to accept His redemption, we must:

- Believe in the Lord Jesus Christ as our Savior.
- Receive the Sacrament of Baptism and the Holy Myron.
- Practice the Sacrament of Repentance and Confession. When we sin, we must repent and confess, declaring that we accept God's redemption.
- Partake of the Sacrament of the Holy Eucharist, receiving the Body and Blood of our Lord Jesus Christ.
- Do good works.



The Passover Lamb (Exodus 12)

The Cross and the redemption of man were in God's mind, and He prepared many symbols in the Old Testament to help us understand the meaning of redemption in the New Testament.

The people of God lived many years in slavery in Egypt. They cried out to God to save them, and God heard them. He sent Moses to save them from their slavery.

Moses went to Pharaoh and asked him to let the people go, but Pharaoh refused. So the Lord sent plagues on Pharaoh and the Egyptians. During every plague, Pharaoh asked Moses and Aaron to pray to God to stop it, and promised to let the people go. However, after the plague stopped, he went back on his word and prevented the people from leaving. This continued until the tenth plague. God told Moses that He would allow the death of every firstborn in the land of Egypt; from the house of Pharaoh to all the people, and even the animals.



God also commanded Moses that each family of His people would provide **a lamb**:

- Perfect (unblemished)
- Male
- One year old

Every family killed the lamb at the same time. Then they put the blood on the two doorposts and on the lintel of the door of the house where they ate it. The Lord said, **“And when I see the blood, I will pass over you” (Exodus 12:13).**



The people of God ate the lamb roasted on two crossed skewers, with bitter herbs and unleavened bread (without yeast). They were not to break any of its bones or leave anything until the morning.


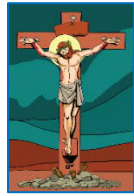



“So this day shall be to you a memorial; and you shall keep it as a feast to the Lord throughout your generations.” (Exodus 12:14)



They were to keep this day forever and remember what God had done for them. They called it the **Feast of the Passover**, which means “passing over.” On that day, the people of God passed from slavery to freedom and began their journey toward Canaan, the Promised Land.

The Passover Lamb as a Symbol of Our Lord Jesus Christ



The Passover Lamb	Our Lord Jesus Christ	
Lamb	Our Lord Jesus Christ was led as a lamb to the slaughter. (Isaiah 53:7; John 1:29)	
Perfect (unblemished)	Our Lord Jesus Christ was without blemish and without sin. (1 Peter 1:19)	
Blood on the doorposts	The Blood of our Lord Jesus Christ covers us and cleanses us from every sin. (Hebrews 9:22)	
Roasted on two crossed skewers	Our Lord Jesus Christ was lifted up on the Cross and suffered for us.	
No broken bones	Not one of the bones of our Lord Jesus Christ was broken. (John 19:32-33)	
Nothing remained until the morning	Our Lord Jesus Christ was taken down from the Cross on the same day of His crucifixion.	
Everyone in the house ate it	We must all partake of the Body and Blood of our Lord Jesus Christ to be united with Him.	
A memorial of salvation from slavery	Our Lord Jesus Christ saved us from the slavery of the devil and opened the gates of Paradise for us.	

This shows us that our Lord Jesus Christ is the true Passover Lamb, and that the Cross was part of God’s eternal plan to save us from the slavery of sin and lead us to eternal life.

“For indeed Christ, our Passover, was sacrificed for us.” (1 Corinthians 5:7)



The Passover Lamb

Fill in the Blanks

Use the word bank to complete the sentences.

Cross

Sin

Blood

Paradise

Lamb

1. Our Lord Jesus Christ was led like a _____ to the slaughter.
2. The _____ of our Lord Jesus Christ cleanses us from every sin.
3. Our Lord Jesus Christ died on the _____ for us.
4. The Lord Jesus Christ was without _____.
5. Through His death, our Lord Jesus Christ opened the gates of _____.

True or False

Write **T** for true or **F** for false.

- ___ 1. The Passover lamb had to be perfect and without blemish.
- ___ 2. The blood on the doorposts protected the Israelites.
- ___ 3. Our Lord Jesus Christ had broken bones on the Cross.
- ___ 4. The Passover reminds us that God saves His people.
- ___ 5. We remember our salvation through our Lord Jesus Christ.



The Cross in the Church

Holy Week

We learn how the Cross is an essential part of the rites of our Church.

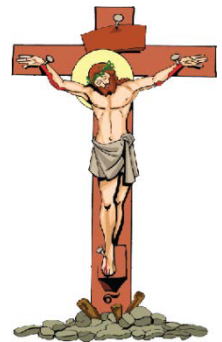
Our Lord Jesus Christ is a God of order. That is why the prayers of our Coptic Church are organized in a specific way, which we call **rites**. Church rites help us understand, live, and participate in all Church feasts and occasions.

The Rite of Holy Week

Holy Week is called **Passion Week** or **Pascha Week**.

It is called the **Passion Week** because our Lord Jesus Christ completed our redemption through His sufferings. He bore the punishment and pain on our behalf. Through His death and resurrection, He renewed our nature, which was corrupted by sin, and gave us a new and eternal life.

It is also called the **Pascha Week** because the angel of death passed over the land of Egypt and saved the people of God through the blood of the lamb. Through the Cross, our Lord Jesus Christ brought us from death to life by the shedding of His blood, giving us eternal life with Him.



“For indeed Christ, our Passover, was sacrificed for us” (1 Corinthians 5:7)

The Church prepares us to live and understand Holy Week. Therefore, the appearance of the Church and the prayers change during this week compared to ordinary days.

Appearance of the Church:

During Holy Week, the appearance of the Church is different:

- The Church is entirely covered in black.
- The red curtain of the altar is replaced with a black curtain.
- The priests wear black vestments.
- An icon is placed showing our Lord Jesus Christ praying in Gethsemane, our Lord Jesus Christ crowned with thorns, or our Lord Jesus Christ on the Cross.
- The altar remains closed, and no Liturgies are prayed on Monday, Tuesday, or Wednesday.



Location of the Prayers:

- The Pascha prayers are held outside the First Chorus (between the deacons and the back of the Church). This is because our Lord Jesus Christ was crucified outside the city of Jerusalem, on Mount Golgotha. The hymns are chanted in the Paschal tune.

Prayers and Readings:

There are 5 morning hours and 5 evening hours (the 1st, 3rd, 6th, 9th and the 11th hour). On Good Friday, the 12th hour is added. This is when our Lord Jesus Christ was taken down from the Cross.

Every prayer hour includes:

Prophecies	Readings from the Old Testament about the suffering of our Lord Jesus Christ and His redemption for us.
Pascha Praise	We chant “Thine is the power, the glory...” 12 times instead of the Agpeya Psalms.
Psalm and Gospel	Psalms that prophesy the events of Holy Week, followed by the Gospel, which is chanted in the Paschal tune.
Exposition	An explanation of the readings of the hour.
Litanies	Morning litanies (accompanied by prostrations) and evening litanies.
Conclusion and Blessing	The final prayer and blessing.

The Journey of Holy Week

Palm Sunday:

Our Lord Jesus Christ entered the city of Jerusalem, and the people received Him with joy. They held palm branches and spread their garments on the road saying, **“Hosanna to the Son of David!”**. Then, our Lord Jesus Christ entered the Temple and drove out the money changers and those who sold doves.

On Palm Sunday, the Church has special rites, including the Procession of the Cross and the General Funeral Prayer.

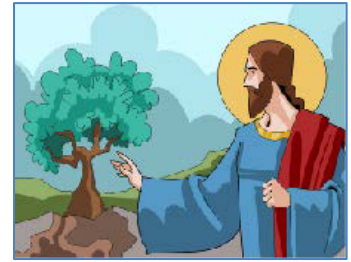
Procession of the Cross: The deacons hold a cross decorated with flowers, olive branches, and palm branches, while Abouna holds the censer. They make a procession in the Church, reading 12 Psalms and 12 Gospels at 12 different locations in the Church. Each Psalm and Gospel is connected to the icon of a saint, archangel, or an event.

General Funeral Prayer: The General Funeral is prayed on Palm Sunday because during the Holy Week, if anyone departs, no funeral prayers are held for them.



Holy Monday:

- **The Lord Jesus Christ cursed the fig tree:** It appeared to have fruit from afar, but it had none.
- **The cleansing of the Temple:** The Lord Jesus Christ drove out the money changers and those who sold doves, then He went to Bethany to spend the night.



Holy Tuesday:

- Our Lord Jesus Christ left Bethany and went to the Temple in Jerusalem. On His way, He saw that the fig tree had withered. He spent the whole day teaching in the Temple.
- We read about the Second Coming.

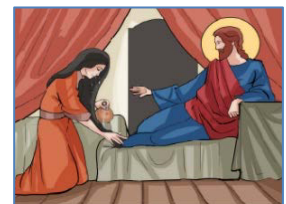
Starting from the 11th hour of Tuesday, we add “My Good Savior” to “Thine is the Power,” because the Lord Jesus Christ announced the time of His crucifixion. (Matthew 26:2)



Holy Wednesday:

- **The anointing with fragrant oil:** Mary (the sister of Lazarus) poured very expensive oil on the head of our Lord Jesus Christ.
- **The betrayal of Judas:** Judas agreed with the chief priests to betray our Lord Jesus Christ for 30 pieces of silver. Judas used a kiss as a sign to identify our Lord Jesus Christ.

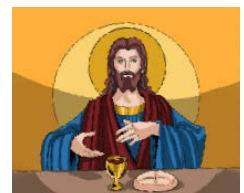
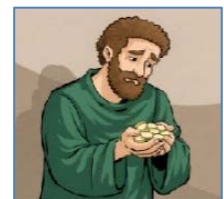
For this reason, we do not greet one another (including kissing the Gospel or Abouna’s hand) from Wednesday night.



Covenant Thursday:

- **Judas’ Procession:** During Matins of Covenant Thursday, the deacons make a procession clockwise around the church, in the opposite direction of the usual procession (counterclockwise), to remind us of Judas’ betrayal of our Lord Jesus Christ.
- **Liturgy of the Water:** The Church prays the Liturgy of the Water to remind us that our Lord Jesus Christ put a towel around His waist and washed the disciples’ feet. (John 13:4-5)
- **Liturgy of Covenant Thursday:** Our Lord Jesus Christ instituted the Sacrament of the Eucharist.

During the Liturgy on Covenant Thursday, the Psalms are not read while Abouna chooses the Lamb, and the Prayer of Reconciliation and the Commemoration of the Saints are not prayed, because reconciliation was completed through the Cross and Paradise was opened through the redemption of the Cross.



Good Friday:

The Church places an icon of the Crucifixion on a high stand to remind us that it is the day our Lord Jesus Christ redeemed us.

The Church adds, **“The Lord is my strength and my praise, and He has become to me a sacred salvation”** to the hymn of **“Thine is the power”**.

Each hour, readings from the 4 Gospels are read, telling us about the arrest of our Lord Jesus Christ, His trials, crucifixion, death, and burial.



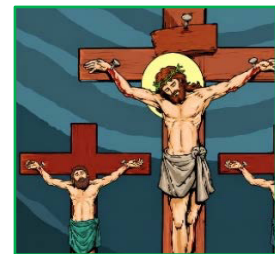
The Hours of Good Friday:

First Hour: Focuses on the trials of our Lord Jesus Christ.

Third Hour: Focuses on the order given to crucify our Lord Jesus Christ.

Sixth Hour: Our Lord Jesus Christ was lifted up on the Cross:

- The deacons wear their white tunics.
- Candles are lit in front of the Crucifixion icon.
- Abouna raises incense in front of the icon.
- We chant hymns about the Crucifixion and redemption.
- The lights are turned off to symbolize the darkness that came upon the earth from the 6th to the 9th hour.
- The prayer of the right thief is chanted, to remind us of his faith and teaching us to desire to Paradise. **“Lord, remember me when You come into Your kingdom” (Luke 23:42)**



Ninth Hour: Our Lord Jesus Christ breathed His last breath on the Cross. Our joy begins with this precious salvation. The lights are turned on in the church.

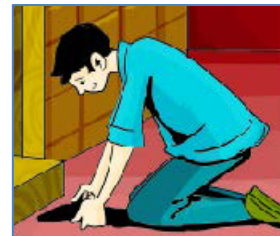
Eleventh Hour: The soldier pierced the side of our Lord Jesus Christ with a spear, and His body was taken down from the Cross.



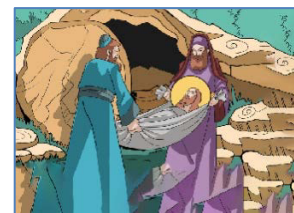
Twelfth Hour: The altar curtain is opened, and the icon of the Crucifixion is placed inside the altar. The Pascha praises are chanted, with one verse prayed from inside the altar and the next from outside the altar.

The hymn **Πεκῆρονος** is chanted.

We pray “Lord have mercy” 400 times toward the four directions, with prostrations, followed by a procession around the Church.



Abouna carries the Burial icon, places spices and fragrant oils on it, wraps it in a white linen cloth, and covers it with a triangular covering that symbolizes the seal placed on the tomb of our Lord Jesus Christ, while the Church chants the hymn *Golgotha*.

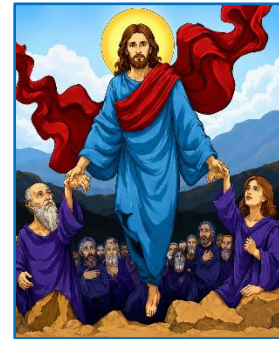


Bright Saturday:

It is also known as Apocalypse Night. On this night, our Lord Jesus Christ descended into Hades and released the souls of the righteous of the Old Testament who had died, bringing them into Paradise.

“Apocalypse” is a Greek word that means “Revelation.” On this day, we read the entire Book of Revelation, along with praises and prayers of the prophets.

The Church is decorated in white, and the hymns are chanted in two tunes (half in a Paschal tune and half in the standard annual tune). The night ends with the Divine Liturgy.



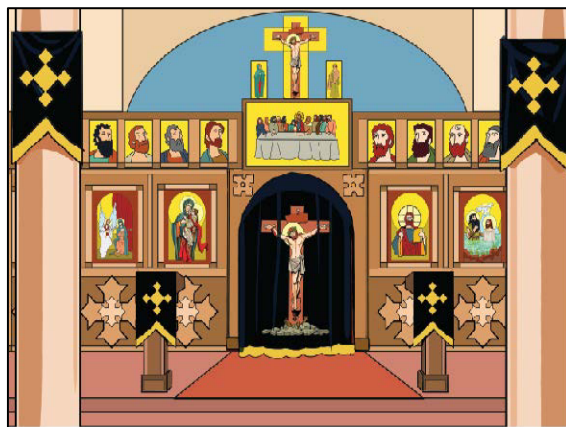
Resurrection Sunday:

The Church is decorated in white, and joyful hymns are chanted for 50 days, celebrating the Resurrection of our Lord Jesus Christ and the salvation He gave us.



Through Holy Week, we walk with our Lord Jesus Christ in His suffering, His Cross, and His Resurrection. Through His great love, He redeemed us, destroyed death, and granted us eternal life.

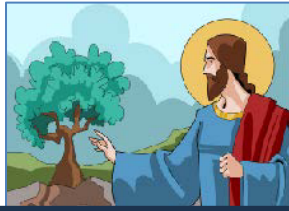
“But God forbid that I should boast except in the cross of our Lord Jesus Christ.” (Galatians 6:14)





Holy Week

Match the Day to the Event



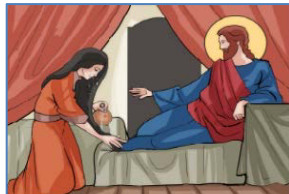
Holy Monday

Mary (the sister of Lazarus) poured very expensive oil on the head of our Lord Jesus Christ.



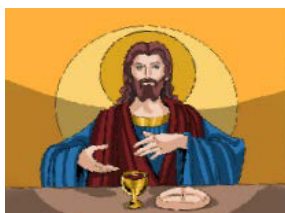
Holy Tuesday

Our Lord Jesus Christ instituted the Sacrament of the Eucharist.



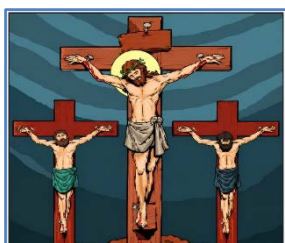
Holy Wednesday

The Lord Jesus Christ was crucified.



Covenant Thursday

We read about the Second Coming.



Good Friday

The Lord Jesus Christ cursed the fig tree.

Humanity is Saved Through the Cross

The Lord Jesus Christ Died on the Cross to Save Us

Learning about God's plan for our salvation helps us understand how the Cross saved us.

Why the Cross?

Why did our Lord Jesus Christ choose the Cross, even though it was a painful punishment used for criminals and a symbol of shame?

The Lord Jesus Christ chose to offer Himself willingly as a sacrifice and to die on the Cross because: **"Without shedding of blood there is no remission" (Hebrews 9:22)**

But why specifically the Cross?

1. The Cross Was Lifted Up for All to See

The Lord Jesus Christ chose the Cross so that His sacrifice would take place in a high, visible, and public setting before a large crowd. Everyone present could clearly see Him: His hands and feet pierced with nails, the crown of thorns on His head, and His side pierced by the soldier.

His suffering and His love were not hidden but revealed to the whole world. In this way:

- The One who was crucified was truly our Lord Jesus Christ Himself, not someone else or another person who looked like Him.
- After the Resurrection, when His disciples saw the marks of the nails and His pierced side, they were certain that He who rose from the dead was the same One who had been crucified and buried.

Through the Cross, the Lord Jesus Christ showed that He is stronger than death and that His victory is for all people. The Cross became a bridge between heaven and earth, redeeming us and bringing us back to God.

2. The Cross Is a Sign

It was necessary for our Lord Jesus Christ to have a sign, the sign of the Son of Man.

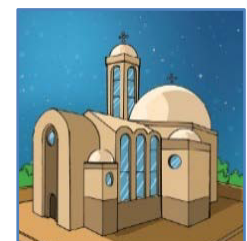
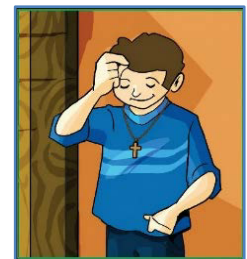
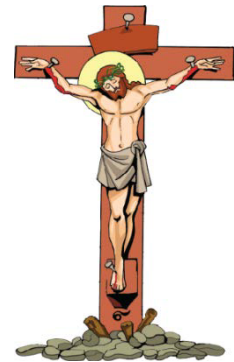
The Cross is a simple and clear sign that we can easily make and hold. When we make the sign of the Cross or hold a cross, we remember our salvation.

The Cross also points to the 4 directions: north, south, east, and west, showing that salvation is for the whole world.

3. On the Cross, No Bone Was Broken

The Lord Jesus Christ wanted His body to remain whole, without any of His bones being broken.

His body represents the Church, and He desires the Church to be complete, united, and not divided.



4. The Cross Is Shameful and Painful

The Cross was one of the most painful and shameful forms of punishment. Our Lord Jesus Christ willingly chose to be crucified to show how serious sin is and how great His love for us is. The shame of the Cross reveals how much He humbled Himself for our sake.

Through His suffering, He took upon Himself our sins and removed the shame that separated us from God. Our Lord Jesus Christ was incarnate (became man) to redeem us. He carried our sins and died for us to lift the sentence of death. He took our shame and suffered for us.

Through this, we understand that:

- God is holy and cannot accept sin.
- God deeply loves mankind.
- Christ willingly endured suffering to save us.

The Cross, once a symbol of shame, has become a sign of victory and glory.

**As it is written: “But God forbid that I should boast except in the cross of our Lord Jesus Christ”
(Galatians 6:14)**

How did our Lord Jesus Christ die when He is God Who does not die?

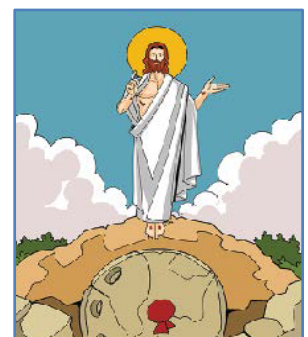
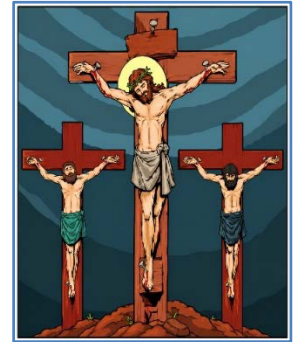
God does not die, and death has no power over Him. He is the Giver of life. That is what we believe and pray: “**Holy God, Holy Mighty, Holy Immortal,**” meaning God never dies and lives forever.

For our salvation, our Lord Jesus Christ, the Word of God, came down from heaven, was incarnate of the Holy Spirit and of the Virgin Mary, and became man. He became like us in everything except sin.

His Divinity never parted from His Humanity, for a single moment, not even for a twinkling of an eye.

On the Cross, the Lord Jesus Christ was crucified and died in the flesh. His soul parted from His body, even though His Divinity never parted, either from His soul or from His body.

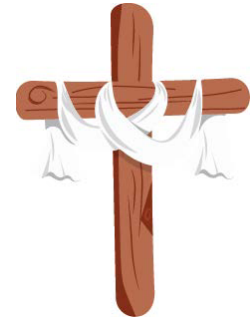
That is why we pray in the Ninth Hour of the Agpeya: “**O You, who tasted death in the flesh in the ninth hour for our sake.**”



**“I am the resurrection and the life. He who believes in Me,
though he may die, he shall live.” (John 11:25)**



The Cross



Choose the correct answer.

1. Why did our Lord Jesus Christ choose to die on the Cross?

- a) To escape suffering
- b) To show His love and save us from sin
- c) To become famous

2. The Cross points to how many directions?

- a) 2
- b) 3
- c) 4

3. What was placed on our Lord Jesus Christ's head?

- a) A golden crown
- b) A crown of thorns
- c) A helmet



4. What happened to the Lord Jesus Christ's bones?

- a) They were broken
- b) None were broken
- c) One was broken

5. The Lord Jesus Christ died in His:

- a) Divinity
- b) Humanity (flesh)
- c) Spirit only

Fill in the Blanks

1. The Lord Jesus Christ became like us in everything except _____.
2. "Without shedding of _____ there is no remission." (Hebrews 9:22)
3. The Cross became a bridge between _____ and _____.
4. Our Lord Jesus Christ took our _____ and suffered for us.
5. God is the Giver of _____.
6. "O You, who tasted death in the flesh in the _____ hour for our sake."
7. "I am the resurrection and the _____." (John 11:25)

The Saints Lived the Cross with Spirituality

St. John the Short

Synaxarion of the 20th day of the Coptic month of Paope (October 30)

The saints loved the Cross and lived by it every day. Learning about St. John the Short shows us how the saints honored and loved the Cross.

St. John the Short was born in the year 339 in Upper Egypt to very faithful parents. His name was Yoannis (John), which means “God is gracious.” From a young age, St. John loved God and devoted himself to worship.

When he was 18 years old, he went to the Wilderness of Scetes, a place filled with holy elders. There he met an elderly monk named Abba Pemwah. St. John made a metanoia, bowed before him, and asked him to stay.

Abba Pemwah told him about the hardships of monastic life: monks depend on the work of their hands, and they spend their time fasting, praying, and living a life of asceticism. St. John wept and asked for Abba Pemwah to accept him, promising to live in obedience and prayer.

Abba Pemwah prayed and asked the Lord to reveal what he should do. An angel appeared and told him to accept St. John with joy, for he was sent by the Lord, and his service would be like acceptable incense before the Lord.

The next morning, Abba Pemwah clothed St. John in the monastic garments, even though new monks were usually tested for 3 years. They fasted and prayed for 3 days and nights, and an angel appeared and made the sign of the Cross over the garments 3 times before St. John was clothed in them.

Spiritual fathers often tested new monks to measure their obedience by asking them to do difficult or unusual things. St. John became known as “the Angel” because of his deep humility and obedience.



The Story of the Hyena

One day, Abba Pemwah asked St. John to bring him a small pot from the cemetery. A hyena was there, so St. John asked what he should do. Abba Pemwah told him to catch it, tie it up, and bring it to him.

St. John obeyed immediately. When he reached the cemetery, the hyena ran away, but John chased after it, saying, "My father asked me to catch you!" The hyena stopped immediately. He tied it and brought it back.

The hyena obeyed St. John because of his obedience to his spiritual father.



The Tree of Obedience

One day, Abba Pemwah gave St. John a dry branch and told him to plant it and water it every day until it bore fruit.

Without questioning, St. John obeyed. He planted the dry branch and watered it. The water source was very far, so he would walk at night to get water and return in the morning. He continued this for 3 years until the dry branch became a fruitful tree.



Abba Pemwah then presented its fruit to the monks and said: "This is the fruit of obedience."



"Obey those who rule over you, and be submissive for they watch out for your souls" (Hebrews 13:17)

The Departure of St. Abba Pemwah

Abba Pemwah was ill for 12 years, and St. John served him faithfully the entire time. Before his departure, he gathered the monks and said that John was "an angel, not a man." He asked them to keep him and instructed St. John to live near 'the Tree of Obedience'.

After his departure, many gathered around St. John to become his disciples, including his older brother.

Pope Theophilus later ordained him a priest, and a voice from heaven was heard saying: "Worthy, worthy, worthy."

God granted St. John the gift of knowing who was worthy to receive Holy Communion during the Liturgy.



Saints and monks are called cross-bearers because the Cross is always on their minds, and they live it daily with endurance, patience, and struggle.

The Story of St. Paeesa

At the beginning of St. Paeesa's life, she loved and served God and gave all her money to the poor. But the devil tried to keep her away from God. Evil people gathered around her and she fell into sin and began living a sinful life.

The monks heard about what happened to Paeesa and were deeply saddened. They asked St. John to help her repent. St. John went to see her. He spoke to her and wept because of her life of sin. When Paeesa saw him crying, she was moved and asked if she could still repent. He told her yes, but she must leave that sinful life.

She agreed and followed him. As they traveled at night, St. John told her to sleep in one spot while he slept in another spot.

While St. John was praying, he saw a pillar of light from heaven, and angels carrying her soul. He went to check on her and found that she had departed.

St. John prayed to know if the Lord had forgiven her. He heard a voice saying that her repentance was accepted the moment she turned back. He buried her and returned to the monks to tell them what happened, and they glorified God.



The Departure of St. John the Short

When barbarians attacked the wilderness, St. John moved to the Eastern Desert near the mountain of St. Anthony. He lived in a cave, and God sent a faithful man to bring him supplies each week.

Before his departure, St. John became ill and sent his servant to the village. While praying, angels and saints came to receive his soul. When the servant returned, he found St. John kneeling on the ground. He departed while praying at the age of 70.

The Church commemorates him on the 20th day of the Coptic month of Paope (October 30). Later, his relics were returned to the Wilderness of Scetes. May his prayers be with us. Amen.

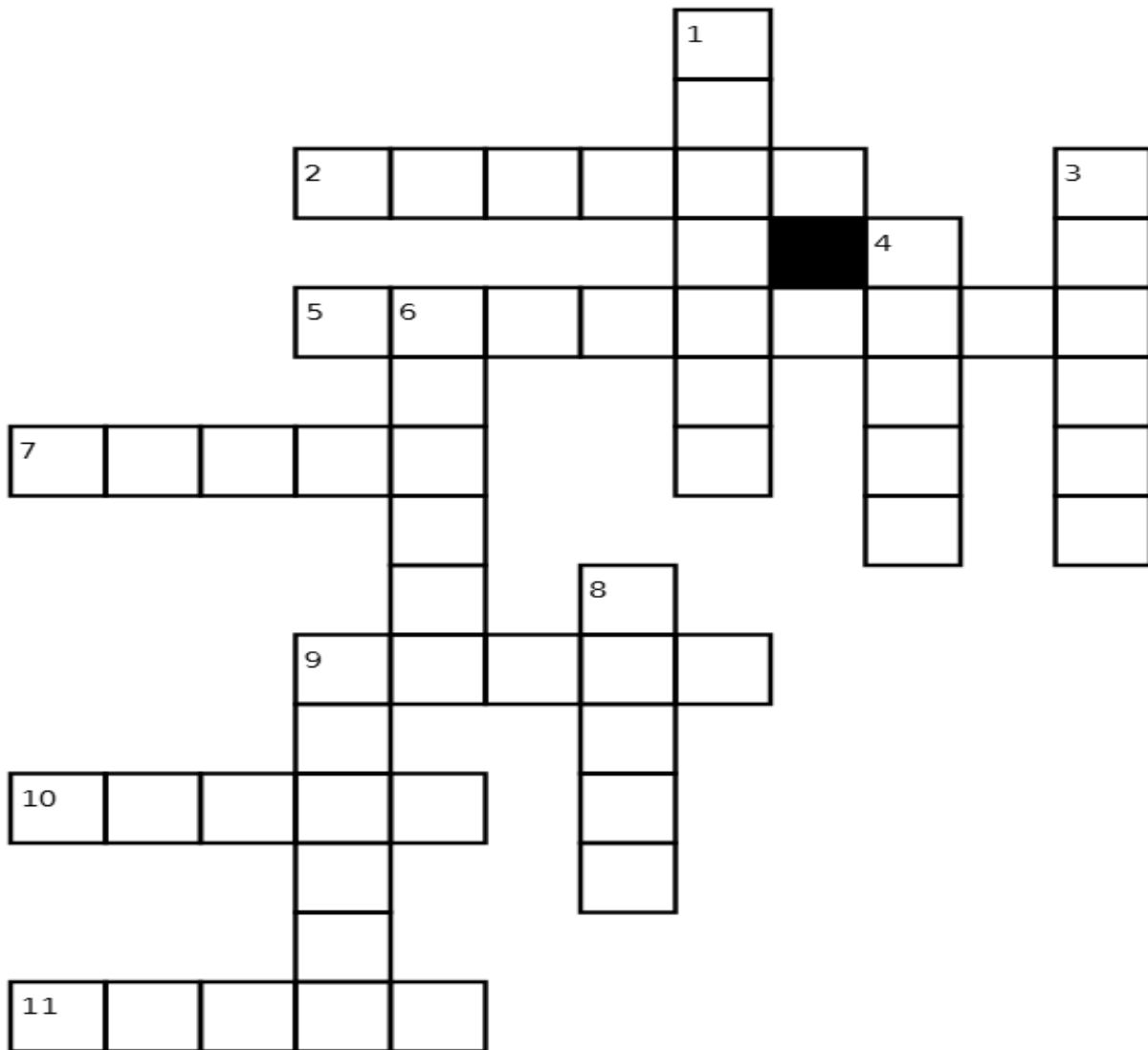
**St. John the Short lived the Cross
through faith and obedience.
Like St. John the Short, we can trust God,
obey Him, and carry our cross each day.**

**“If anyone desires to come after Me,
let him deny himself, and take up his cross,
and follow Me.” (Matthew 16:24)**





St. John the Short



Down:

1. He departed while _____ at the age of 70.
3. St. John helped her repent.
4. Appeared to the monk.
6. What St. John planted.
8. "This is the _____ of obedience."
9. The Wilderness of _____

Across:

2. The elderly monk, Abba _____
5. _____ new monks were tested for this.
7. Animal found in the cemetery.
9. St. John the _____.
10. _____ Days the monks fasted and prayed.
11. "take up his _____, and follow Me."

The Cross Leads Me to Eternal Life

St. Paul the Apostle

We learn that believing in the Lord Jesus Christ helps us to repent and change. Through the Cross, we receive forgiveness.

The Life of St. Paul

St. Paul the Apostle was born in Tarsus, a center of Greek culture. He was a Roman citizen, a Jew, and a Pharisee from the tribe of Benjamin. He had two names: **Saul** (Hebrew name) and **Paul** (Greek name).

He went to Jerusalem to continue his education. He was a disciple of Gamaliel and learned a lot about the Jewish Law.

At the beginning of his life, he persecuted Christians. He thought he was serving God by doing this. He was there when St. Stephen was stoned and guarded the clothes of those who threw the stones.

Then came the most important moment in his life. While traveling to Damascus to persecute Christians, our Lord Jesus Christ appeared to him. He heard a voice saying, **“Saul, Saul, why are you persecuting Me?”** He replied, **“Who are You, Lord?”** The Lord said, **“I am Jesus, whom you are persecuting.”** (Acts 9:1-9)

The Lord Jesus Christ told him to go into Damascus, where he would be told what to do. Saul became blind and was led into the city. He stayed there for 3 days without being able to see.



A man named Ananias came to see him, prayed for him, and Saul's sight came back. He was baptized, and from that day, his life completely changed.

After this, St. Paul spent 3 years in the Arabian Desert. During this time, he reread the Scriptures and understood them correctly after knowing our Lord Jesus Christ. Then he returned to Damascus and began preaching that our Lord Jesus Christ is the Son of God. Because of this, the Jews persecuted him.

St. Paul went on missionary trips and wrote **14 Epistles**. He is known as the **“Apostle to the Gentiles”** because he is considered the first to preach to the Gentiles (non-Jews) and helped them believe in the Lord Jesus Christ.

Later, while preaching about the Lord Jesus Christ, he was arrested and taken to Rome for trial before Caesar. He stayed in a house for 2 years with a soldier guarding him. During this time, he wrote **4** of his

14 Epistles: Ephesians, Philippians, Colossians, and Philemon.

The Story of Onesimus: The Runaway Slave to Faithful Servant

Onesimus was a slave to Philemon who lived in the city of Colossae. Philemon believed in our Lord Jesus Christ and opened his home as a church for believers gathered to pray.

One day, Onesimus became greedy. He stole from Philemon and ran away to Rome, where he met St. Paul.

Onesimus told his story, and St. Paul spoke to him about our Lord Jesus Christ and how He came to save us with His blood. He taught Onesimus that the Lord Jesus Christ loves everyone and forgives anyone who truly repents and confesses their sins.

Onesimus understood God's great love, and his life changed. He believed in the Lord Jesus Christ, repented, confessed his sins, and was baptized.



St. Paul did not only help Onesimus repent, but he also helped make peace. He wrote a letter to Philemon asking him to forgive Onesimus and accept him not as a slave, but as a beloved brother. St. Paul even offered to pay back anything Onesimus had taken.



Onesimus changed from a runaway slave into a faithful servant of God. Later, Onesimus became a bishop and was martyred on the 21st of the Coptic month of Meshir (February 28).

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9)



Steps of True Repentance

This story teaches us how to truly repent:

1. Offer True Repentance

- Believe that the Lord Jesus Christ loves me and forgives me
- Admit and regret what I did wrong
- Decide to leave the sin and not return to it
- Stay away from the source of this sin so I do not do it again



2. Prepare for Confession

- Pray first and think about my actions
- Ask the Lord to help me see my sins
- Write down what I will say to my father of confession



3. Confess Before God

- Pray and confess my sins honestly
- Ask the Lord for forgiveness
- Ask the Lord for strength not to repeat my sins



4. Apologize and Make Peace

- Say sorry to anyone I hurt with humility
- Correct my wrongdoing: For example, if I took something that does not belong to me, I should return it or If I disobeyed my parents, I should obey them, etc.
- Ask for their forgiveness

5. Confess Your Sins:

- Go to your father of confession (the priest), confess your sins honestly, and receive absolution.



“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:9)

**Through the Cross, we are forgiven, changed, and given a new life.
Like St. Paul and Onesimus, we can repent, return to God, and live with Him forever.**



St. Paul the Apostle



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

ANANIAS
 APOSTLE
 BISHOP
 COLOSSIANS
 CONFESS
 CROSS
 DAMASCUS

EPHESIANS
 EPISTLES
 FORGIVE
 ONESIMUS
 PAUL
 PHILEMON
 PHILIPPIANS

REPENT
 SAUL
 SERVANT
 SLAVE

Memorization

1. “Yet in all these things we are more than conquerors through Him who loved us.” (Romans 8:37)

2. Psalm 29 of the Third Hour of the Agpeya (Terce)

I will exalt You, O Lord, for You have accepted me,
and not caused my enemies to rejoice over me.

O Lord, my God, I cried to You, and You have healed me.

O Lord, You have brought up my soul from Hades,
You have delivered me from those who will go down to the pit.

Sing to the Lord, all you His saints,
and confess the remembrance of His holiness.

For anger is in His wrath, but life in His favor;
weeping shall be for the evening, but joy shall be in the morning.

I said in my prosperity, I shall never be moved.

O Lord, in Your will You gave strength to my beauty,
but You turned away Your face from me, and I became troubled.
To You, O Lord, I shall cry, and to my God I shall make supplication.
What profit is there in my blood when I go down to destruction?
Shall the dust confess to You? Or shall it declare Your truth?

The Lord heard and had mercy upon me;
the Lord became to me a helper.

You have turned my mourning into joy for me;
You have rent off my sackcloth, and girded me with gladness,
that my glory may sing praise to You, and I shall not be troubled at heart.

O Lord, my God, I will confess to You forever.








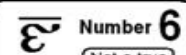








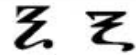




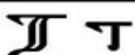

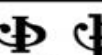












ALLELUIA.

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.

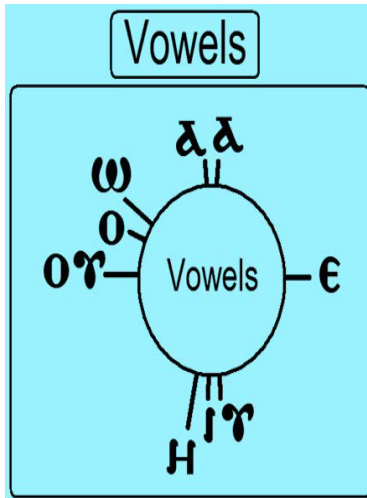
THE COPTIC ALPHABET

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

Practice

ɥāp	ɥεp	ɥip	ɥiʔp
ɥωp	ɥoʔp	ɥɥp	ɥop
kεT	kāT	koʔT	pεɥ
pāN	ʒāk	ʒɥk	noʔN

Practice

toʔN	ɥɥN	Nω	no
cāT	kāT	ʒεN	ɥεT
ɥɥT	ɥāT	ɥoʔ	Tā
ɥiN	ɥiN	NāC	pɥc

Practice

ΝΑΡ	ΝΟΥΡ	ΡΟΥΨ	ΡΕΝ
ΖΗΡ	ΡΑϞ	ΡΕϞ	ΡΟΥϞ
ΡΗϞ	ΡΩϞ	ϞΑΤΕΚ	ΝΑΝΕ
ΖΩΡ	ΖΟΥΡ	ϞΟΥ	ϞΟΥϞΟΥ

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.

Ἰ̇ will be pronounced “en”

Ψ̇ will be pronounced “ef”

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

αψι̇

θε̇ο̇τοκος

ἴ̇τε

ἄ̇ου̇

ρευ̇ἰ̇χη̇ι̇

ἐ̇πισκοπος

ὠ̇ου̇

ночи

hi

ночи пенниџ

Hi Sayedna

ночи пеніџ

Hi Abouna

оуџаи


Bye



оуџаи
џен п̀боис

Bye
(in the Lord)

ΔΕΝ ΦΡΑΝ ΑΦΙΩΤ	In the Name of the Father
ΝΕΩ ΠΩΗΡΙ	and the Son
ΝΕΩ ΠΙΠΝΕΥΜΑ ΕΘΟΥΑΒ	and the Holy Spirit
ΟΥΝΟΥΤΪ ΝΟΥΩΤ ΑΜΗΝ	One God Amen

 ΔΩ ΠΕ ΠΕΚΡΑΝ ?	What is your name ?
 ΔΩ ΠΕ ΠΕΡΑΝ ?	What is your name ?
ΠΑΡΑΝ ΠΕ .. My name is	

ΝΑΝΕ ΤΟΥΡΙ	Good morning
ΝΑΝΕ ΡΟΥΖΙ	Good evening
ΝΟΥΡΙ ΕΖΟΥΡ	Good day
ΝΟΥΡΙ ΕΧΩΡΖ	Good night

My Family (1)



ΠΑΙΩΤ	My father
ΤΑΜΑΥ	My mother
ΠΑCΟΝ	My brother
ΤΑCΩΝΙ	My sister

ἄλλενητ The beloved




My Family (2)






ΠΑΥΗΡΙ	My son
ΤΑΥΕΡΙ	My daughter
ΠΑΖΑΙ	My husband
ΤΑΐΖΙΩΙ	My wife

ՈՍՐԻ	Hi		
ՕՂՃԱԼ	Bye	ՔԱԼՈՒՄ	My Father
ՆԱՆԵ ՎՕՐԻ	Good Morning	ՎԱՄԱՐ	My mother
ՆԱՆԵ ՐՕՂՅԻ	Good Evening	ՔԵՆՆԻՅ	Sayedna
ՈՍՐԻ ԷՅՕՐ	Good day	ՔԵՆԻՈՒՄ	Abouna
ՈՍՐԻ ԷՃՕՐ	Good night		

ՈՍՐԻ ՔԵՆՆԻՅ ԸՄԵՆՐԻՄ
 ՈՍՐԻ ՎԱՄԱՐ ԸՄԵՆՐԻՄ
 ՕՂՃԱԼ ՔԱԼՈՒՄ ԸՄԵՆՐԻՄ
 ՕՂՃԱԼ ՔԱՅԱԼ ԸՄԵՆՐԻՄ
 ՆԱՆԵ ՐՕՂՅԻ ՎԱՇՈՒՆԻ ԸՄԵՆՐԻՄ

Indefinite article (a, an)		
	Masculine	ΟΥ
	Feminine	ΟΥ
	Plural	ΣΑΝ

Definite Article (The)		
	Masculine	ΤΙ ΠÌ ΦÌ
	Feminine	ΤΗ ΤÌ ΘÌ
	Plural	ΝΙ (ΝΕΝ)

Some masculine nouns		
ΚΑΣΙ Land	ΤΙΚΑΣΙ the land	ΟΥΚΑΣΙ a land
ΥΗΡΙ Son	ΠΥΗΡΙ the son	ΟΥΥΗΡΙ a son
ΙΩΤ Father	ΦΙΩΤ the father	ΟΥΙΩΤ a father

Some feminine nouns		
ΩΝΙ Sister	ΤΩΝΙ the sister	ΟΥΩΝΙ a sister
ΦΕ Heaven	ΤΦΕ the heaven	ΟΥΦΕ a heaven
ΜΑΥ Mother	ΘΜΑΥ the mother	ΟΥΜΑΥ a mother

Some plural nouns

ΜΑΤ Mothers	ΝΙΜΑΤ the mothers	ΞΑΝΜΑΤ mothers
ΦΗΟΤΙ Heavens	ΝΙΦΗΟΤΙ the heavens	ΞΑΝΦΗΟΤΙ Heavens

Some more masculine words

ΝΟΥΤ God	ΒΟΙΣ Lord
ΠΝΕΥΜΑ Spirit	ΑΓΓΕΛΟΣ Angel
ΩΙΚ Bread	ΩΟΥ Glory
ΧΩΜ Book	ΚΑΨ Pencil

Some more feminine words

ΣΩΝΙ Sister	ΒΩ Tree
ΧΟΥ Power	ΒΑΚΙ City
ΨΕΡΙ Daughter	ΜΕΤΟΥΡΟ Kingdom

Some more plural nouns

ΙΟΥΤ Fathers	ΜΑΤ Mothers
ΣΩΝΙ Sisters	ἸΝΗΟΥΤ Brothers
ΨΗΡΙ Sons	ΨΕΡΙ Daughters

ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥΙ
Our Father who art in Heaven

ἀΡΙΤΕΝ ἡευῖψα ἡχος θεν οὔεπθμοτ
Make us worthy to say thankfully

ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥΙ
Our father who art in heaven

μαρεψτορβο ἡχε πεκραν
Hallowed be Thy name

μαρεσι ἡχε τεκμετοτρο
Thy kingdom come

πετεθνακ μαρεψωπι
Thy will be done

ἡφρητ θεν τφε νευ θιχεν πικαθι
On earth as it is in heaven

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

οτοθ χα νηετερον ναν ἔβολ
And forgive us our trespasses

ἡφῆρητ ἑων ἡτενω ἔβολ

As we forgive

ἡνηετε οτον ἡταν ἔρωτ

those who trespass against us

οτοθ ἡπερεντεν ἔδοτη ἔπιρασμοσ

And lead us not into temptation

αλλα ναθμεν ἔβολθα πιπετρωτ

But deliver us from the evil one

θεν πιχριστοσ ἡσοτσ πενβοισ

In Christ Jesus our Lord

χε θωκ τε

For Thine is

τμετοτρο νεμ τχου νεμ πιωτ

the kingdom, the power and the glory,

ψα ἔνεθ ἀμην

forever, Amen



Hymns & Rituals



Trisagion (Ἀγίος) for Pascha

Rite: The Trisagion is a Greek hymn meaning “three holies.” Holy God, Holy Mighty, Holy Immortal. The Trisagion hymn is chanted during the Liturgy throughout the year. During the Holy Week of Pascha, the Trisagion is chanted in the Paschal tune four times:

1. The General Funeral
2. 1st Hour of Covenant Thursday
3. 6th Hour of Good Friday
4. 9th Hour of Good Friday

It is also chanted several times during Bright Saturday.

Holy God, Holy Mighty, Holy Immortal, who was crucified for us, have mercy upon us.	ἈΓΙΟΣ ὁ Θεός: ἄγιος ἰσχυρός: ἄγιος ἀθάνατος: ὁ ἐσταυρωθεὶς Δι ἡμᾶς: ἐλεῆσον ἡμᾶς.
Holy God, Holy Mighty, Holy Immortal, who was crucified for us, have mercy upon us.	ἈΓΙΟΣ ὁ Θεός: ἄγιος ἰσχυρός: ἄγιος ἀθάνατος: ὁ ἐσταυρωθεὶς Δι ἡμᾶς: ἐλεῆσον ἡμᾶς.
Holy God, Holy Mighty, Holy Immortal, who was crucified for us, have mercy upon us.	ἈΓΙΟΣ ὁ Θεός: ἄγιος ἰσχυρός: ἄγιος ἀθάνατος: ὁ ἐσταυρωθεὶς Δι ἡμᾶς: ἐλεῆσον ἡμᾶς.
Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto the ages of the ages. Amen. O Holy Trinity, have mercy upon us.	Δοξα Πατρὶ καὶ Υἱῷ καὶ ἁγίῳ Πνεύματι: καὶ νῦν καὶ ἀεὶ καὶ ἰς τοὺς αἰῶνας τῶν αἰῶνων: ἀμήν. Ἀγία Τριάς ἐλεῆσον ἡμᾶς.





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and information on the tests

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