

## HIS HOLINESS POPE TAWADROS II



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



"Taste and See that the Lord is GOOD; Blessed is the man who TRUSTS in Him!" Psalm 34:8

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Visit the St. Mark Festival's website at <a href="www.smfsus.org">www.smfsus.org</a>
to find the material for the festival and
for guidelines and information on the tests



For a long, long time we walked in darkness
Did not know the left from right
Now we're freed from the deep sadness
Now we've seen the True Light

Oh taste and see that the Lord is good (2)
Blessed is the man who trusts in Him!
Oh taste and see that the Lord is good!

In God's church we look up high Seek and praise Him we glorify In His footsteps we walk daily See the world through His eyes

Oh taste and see that the Lord is good (2)
Blessed is the man who trusts in Him!
Oh taste and see that the Lord is good!

Lord I thank You for Your mercy Lord I thank You for Your Love Come and dwell in me I pray Lord I thank You night and day

Oh taste and see that the Lord is good (2)
Blessed is the man who trusts in Him!
Oh taste and see that the Lord is good!

# **My Heart Rejoices in Christ**

The Disciples of Emmaus,

Joy of the resurrection of the Lord

Luke 24:13-35

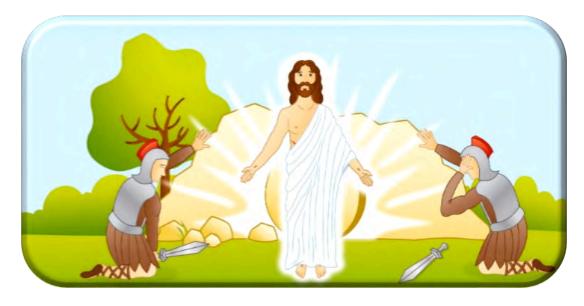


The story of the disciples of Emmaus teaches us that we have joy in our heart because salvation is granted to us through the cross and resurrection of our Lord Jesus Christ.

We all know that our Lord Jesus Christ was crucified on the cross, died and was buried in the tomb. After three days, He rose from the dead.

Our Lord resurrected from the dead very early on Sunday morning. He rose by Himself, while the stone was still at the door of the tomb. Archangel Michael moved the stone after our Lord resurrected to announce to everyone that the Lord has risen from the dead.

The Lord appeared to many of His disciples for 40 days after the resurrection to prove to them that He is alive. The Holy Bible tells us about 11 different times that the Lord Jesus Christ appeared after His resurrection.



In the Holy Gospel of St. Luke, we learn about one of the appearances of our Lord Jesus Christ after the Resurrection.

On the same Sunday that He rose from the dead, He appeared to two of His disciples. After they heard the good news, they were travelling back from Jerusalem to their hometown called Emmaus. While they were walking, they were thinking and talking together about what had happened, and they were confused. All of a sudden, the Lord Jesus Himself appeared to them and started walking with them, but they didn't know it was Him.



He asked them what they were talking about, and why they looked sad.

Cleopas, one of the two disciples, answered Him saying: "Are you a stranger, not from Jerusalem? Don't you know about everything that happened to Jesus of Nazareth?"

They told Him: "There was a man named Jesus, from Nazareth, who was crucified and died, and we thought He was coming to save us. And early this morning, some women went to the tomb and took spices for the body of the Lord Jesus Christ, but they didn't find the body and the angel told them that He has risen from the dead. Other disciples also witnessed the same thing."

The Lord Jesus Christ reproached them for forgetting about what all the prophets said in the Old Testament about how Jesus will come, suffer, die, and resurrect to save all the people. He started explaining to them all the prophecies until they reached Emmaus, and they still didn't know it was Him.



When they got there, they asked Him to stay with them because it was getting dark. He went with them into the house and sat down to eat.

At the table, He took a piece of bread, blessed it, broke it, and gave them to eat. As soon as He did this, they realized that it was the Lord Jesus Himself, and He disappeared at that very moment.

After the Lord Jesus Christ disappeared, they quickly went back to Jerusalem to tell the rest of the disciples of what happened.

While they were telling the story, the Lord Jesus Christ appeared again in the middle of the room. All the disciples were afraid and couldn't believe that it was Jesus Himself. But the Lord reassured them and showed them His hands and feet.

They were so happy and filled with so much joy when they saw the Lord Jesus Christ.





# **Pactivity** What really happened?

Place a check in the circle next to the pictures of the events that happened on the road to Emmaus.

The birth of our Lord Jesus Christ



Disciples meet a man on the road



**The Lord Jesus Christ appears** to the disciples



The Lord Jesus Christ breaks bread



The Lord Jesus prepares food for the disciples

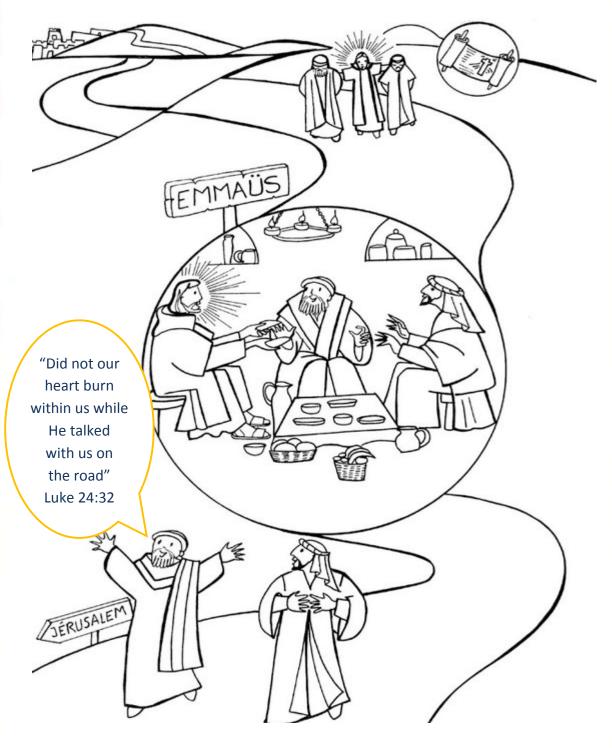


The Annunciation





The Road to Emmaus





## On the Road to Emmaus

Use the word bank below to fill in the blanks and learn what happened on the Road to Emmaus.

\*Some words are used more than once



### **WORD BANK**

Disciples Prayer Believe
Glory Jesus Dinner
Cleopas Emmaus Man

and his	s friend wer	e walking	on the	road to	Emmaus
A, wh	om the disc	iples didn't	recogni	ze, joine	d them on
their journey. The ma	n asked what	was wrong	g and the	disciples	explained
what happened to th	neir Master,		•	The mai	n told the
disciples to	ever	ything the	prophe	ts said	and Christ
would enter into	·				
When they reached		_, the disci	ples invit	ed their	new friend
to have	_ with them	. The new f	friend he	eld a piec	e of bread,
said a	, broke the b	read into p	ieces, an	d gave it	to the two
At the	at moment,	the disciple	es realize	ed their i	new friend
was actually	!				
Immediately	disap	peared		and	the other
disciple quickly went	back to Jeru	salem to t	ell the r	est of th	e disciples
what happened.					

# In the Church, I am Perfected

### The Use of Water in the Holy Liturgy

Learning about the use of water in the Holy Liturgy teaches us about the rituals of the church and the practice of living a life of holiness and perfection.

The Church is the place that keeps us safe, close to God. Everything that we use and do in our church has a meaning because our church is a church of order.



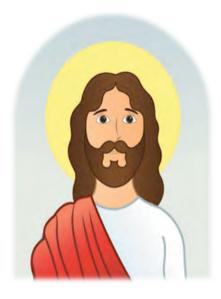
For example, do you know why we use water in the Holy Liturgy?

When we attend the Holy Liturgy, it is as if we are standing in heaven. Our Lord Jesus is with us on the altar.

The Holy Liturgy tells the story of our Lord Jesus from His birth, resurrection, ascension until the day He will come again.

We feel happiness and joy and we say with the verse:

"Taste and see that the Lord is good." Psalm 34:8

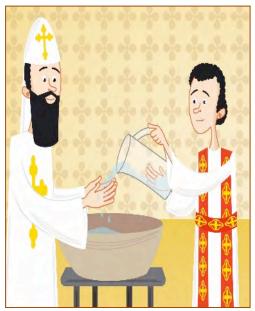


### Water is used many times during the liturgy. Let's start from the beginning:

### 1- Before the Offering of the Lamb:

The priest washes his hands three times with water before he chooses the holy bread that will be turned into the Body of our Lord Christ, and the priest says, "Wash me, and I shall be whiter than snow" (Psalm 51:7).

This reminds us that we should be prepared and our hearts should be clean before we come to church.



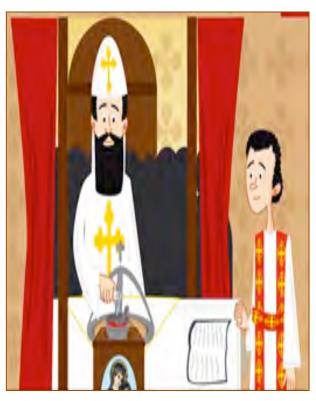
Do you know what it means to have a clean heart? For example, if you're upset with a friend, forgive them, or if you upset your mom or dad, go apologize to them. Also, if you did something wrong, ask God to forgive you and go confess. This way your heart will be clean.

### 2- During the Offering of the Lamb:



After the priest chooses the holy bread that will be used to be the Holy Body of our Lord Jesus Christ, he puts some water in his hands and washes it with the water.

This is called the Baptism of the Lamb, just like our Lord was baptized in the Jordan by St. John the Baptist. And just like the heaven was opened when He was baptized, the heaven is open at this time in the Holy Liturgy, so we can ask what we need from God.



### 3- Preparing the Holy Blood:

The priest empties the wine into the chalice and adds water to it. This will become the Holy Blood of the Lord by the Holy Spirit along with the prayers of the Liturgy.

This reminds us of the time when our Lord was on the cross and one of the soldiers pierced His side and blood and water came out from His side.

### 4- After the Creed:

After we say the Creed, "Truly we believe in one God..." the priest washes his hands again with water. He does this to prepare for holding the Holy Body of Christ.

This time, he looks at the congregation (people attending the liturgy) and shakes the water out of his hands reminding us that we need to be ready too.



### 5- After the Holy Communion:

The priest washes the altar vessels that he used during the Liturgy with water and then drinks it. This is to make sure that not even a little piece of the Holy Body or a little drop of Blood of our Lord Jesus Christ is left behind.

This reminds us that when we take communion we have to be careful and do good things that please God because we have His Holy Body and Blood in us.



### 6- At the End of the Holy Liturgy:

The priest puts water in his hands and throws it upwards saying: "O angel of this sacrifice who's flying up to the highest with this hymn, remember us before the Lord, that He may forgive us our sins." Then he goes outside the sanctuary and blesses the congregation with the water so that we may leave the church in peace.





Match the part of the Holy Liturgy to what we should be thinking about or doing during this time.

### During the Offering of the Lamb





When we take communion we have to be careful and do good things that please God because we have the Holy Body and Blood of our Lord Jesus Christ in us.

### At the End of the Holy Liturgy





If you're upset with a friend, say you're sorry and forgive them.
This way your heart will be clean.

### Before the Offering of the Lamb





Just like the heaven was opened when our Lord Jesus Christ was baptized, the heaven is open at this time in the Holy Liturgy, so we can ask what we need from God.

# **Be Rewarded for Obeying God's Word**

St. Paul and St. Silas in the Prison of Philippi

Acts 16:19-34

This story of St. Paul and St. Silas in prison teaches us that, when we obey the commandments and teachings of God in the Holy Bible, we will receive a reward and comfort.

St. Paul and St. Silas are two of the apostles of our Lord Jesus Christ.



They went to a city called Philippi to preach to the people. They told the people about our Lord Jesus Christ, and He made many miracles through them.

Many people believed because of their words and were baptized and became Christians.

Some people didn't like this, so they took St. Paul and St. Silas to the governor and told him that they were causing trouble in the city.

When the governor heard this, he ordered to beat them and put them in prison and even tied their feet.



Although they were tired and hurt, the saints were praying and praising God all night, and everyone in the prison heard them.

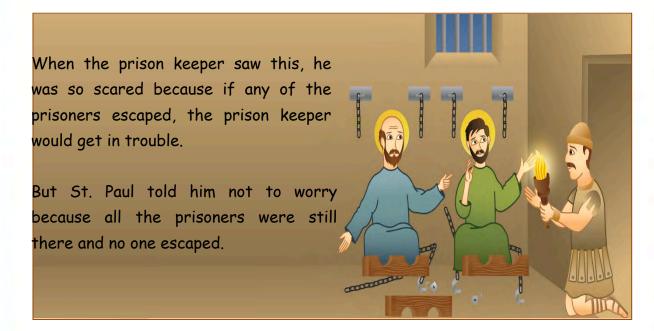
Yes, even though they were in prison, they were happy and praising God! They were happy because they were relying on God and trusted His words.

Our Lord Jesus Christ told St. Paul that He will be with him when he preached to many people. This gave St. Paul comfort and made him always trust in God and His protection, even inside the prison.

Just like the verse says:

"For our heart shall rejoice in Him because we have trusted in His holy name." Psalm 33:21

Then something strange happened while they were praising God. There was a big earthquake, and it shook the whole prison, even causing the prisoners' chains to break.



When he heard this and saw that the chains were broken, he realized that God is powerful.

So he went to St. Paul and asked him: "What must I do to be saved?"

St. Paul answered him saying: "Believe in the Lord Jesus Christ,
and you will be saved, you and your household."



The prison keeper was happy and took St. Paul and St. Silas to his house, and they talked to his family about the Lord Jesus Christ.

Everyone in the prison keeper's house was baptized and became Christian, and everyone was happy because of this.

Our Lord gives us comfort and joy when we trust in Him, even in the time of trouble.

# Color the Picture

St. Paul and St. Silas

\ can pray anywhere



"But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them." Acts 16:25

# **Caring For Others Makes Me Happy**

### St. Frumentius the Bishop

The story of St. Frumentius the Bishop teaches us the importance of helping others who are in need and how this shows our care for others.

Our Lord teaches us to care for others and share with them, when they're happy or when they need help. When we help someone, it means we care for them and love them.

St. Frumentius was from Alexandria. One day, he was travelling by ship with his friend, and there was a strong wind that changed the direction of the ship. The ship finally landed in a city in Ethiopia, but the people of that city did not know God.



When they saw the ship, they attacked it. St. Frumentius and his friend hid behind a tree and kept praying to God to save them from these ungodly people. When the people saw them praying, they took them to the king.

The king decided to make them work for him. They worked for the king with faithfulness. When he saw their honesty, he asked them to raise his two children. They obeyed the king and raised his children with love until the king died.



The queen asked them to help her in ruling the city, so they did. They also kept teaching the kids until they grew up.

They didn't just teach the kids, but they taught everyone in town about the Christian faith.

They did this out of love and caring for others, even though nobody asked them to do so.

This is how offering to help others shows that you care and love them just like our Lord asked us to do.

When the two princes took over the kingdom, St. Frumentius and his friend asked them to allow them to go back to their country, and they did.

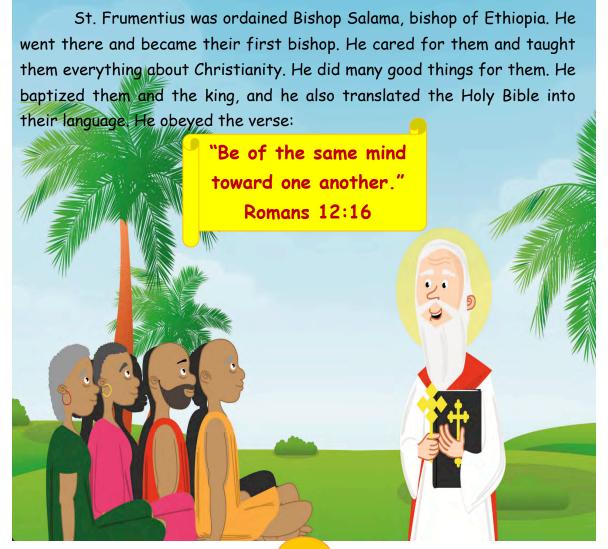
When they went back to Alexandria, they did something very nice that showed their love for the people that they had lived with for a long time.

They told the pope at that time, Pope Athanasius, about this city and about the people and about everything that had happened.

When St. Athanasius heard his story, he decided to send them a bishop to care for them. He kept thinking of a person that is faithful and loving to send to the people to ordain as a bishop and care for them. He found no one better than St. Frumentius.

"Can we find such a one as this, a man in whom is the Spirit of God?" Genesis 41:38







### Complete the crossword puzzle



### Across

- 3. St. Frumentius became the first
- 5. Where was St. Frumentius from?
- 7. What was St. Frumentius' name when he was ordained bishop
- 8. When they landed their ship was
- 9. Where did the ship land?

### Down

- 1. They were traveling by
- 2. They were asked to raise the king's
- 4. When you help others it shows that you \_\_\_\_\_ for
- 6. Who was the pope at that time?
- 10. What did St. Frumentius and his friend do when they were in trouble?

# When I Do What Is Right I Live in Peace

# David forgives King Saul 1 Samuel 15:19-26

The story of David's forgiveness to King Saul teaches us that when we do not respond to evil with evil, we will live in peace.

David was a shepherd. He was brave and was able to defeat Goliath the giant. Goliath thought that no one can beat him, but God helped David, a small boy, defeat him.

When the people saw that David defeated Goliath, they cheered and sang for David more than King Saul.

King Saul became jealous and tried to kill David more than once.

David had a good heart, and he didn't repay evil with evil.





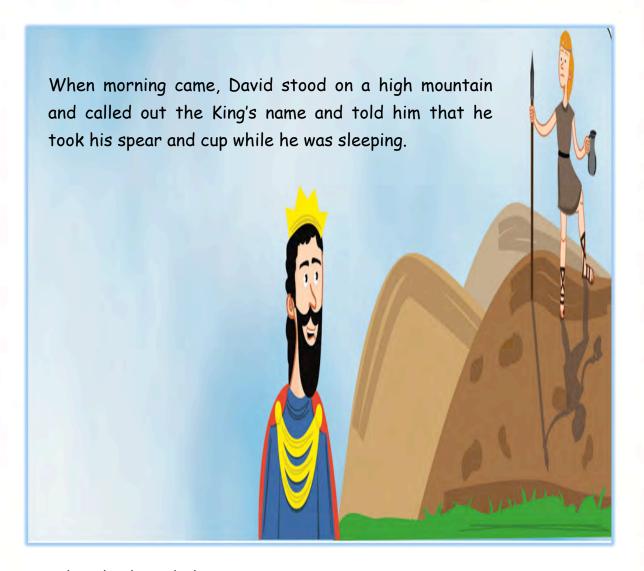
Once, David hid from King Saul. When King Saul found out where David was hiding, he took his soldiers with him and went to find and kill David.

David then went to look for King Saul, when he found him he was sleeping along with all his soldiers.



What an opportunity!! This was a good chance for David to kill King Saul. That was exactly what one of David's men told him to do, but David didn't do this.

Instead, he took the King's spear and cup from next to him while he was sleeping.



When he heard this, King Saul realized that David could have hurt him, but he chose not to. King Saul regretted that he ever wanted to hurt David and told him that he will not try to hurt him again.

David forgave him and gave him his spear and cup back.

When we do not repay evil with evil, we will live in peace.

"Repay no one evil for evil." Romans 12:17

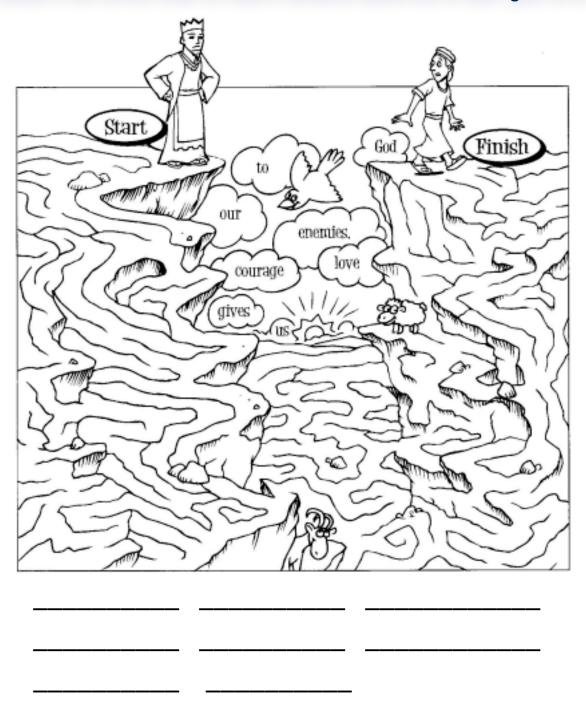


DAVID SPARES SAUL'S LIFE



## **Activity: David forgives King Saul**

King Saul was so jealous of David, he wanted to get rid of him but God protected him. Trace the path David took to escape then put the words in the clouds in the correct order to make a sentence about one of God's gifts to us.



# Memorization

1. "Oh, taste and see that the LORD is good;
Blessed is the man who trusts in Him!"
Psalm 34:8

2.	Books of th	e Old Testament
	1. Genesis	23. Isaiah
	2. Exodus	24. Jeremiah
	3. Leviticus	25. Lamentations
	4. Numbers	26. Ezekiel
	5. Deuteronomy	27. Daniel
	6. Joshua	28. Hosea
	7. Judges	29. Joel
	8. Ruth	30. Amos
	9.1 Samuel	31. Obadiah
	10. 2 Samuel	32. Jonah
	11. 1 Kings	33. Micah
	12. 2 Kings	34. Nahum
	13.1 Chronicles	35. Habakkuk
	14. 2 Chronicles	36. Zephaniah
	15. Ezra	37. Haggai
	16. Nehemiah	38. Zechariah
	17. Esther	39. Malachi
	18. Job	
	19. Psalms	
	20. Proverbs	
	21. Ecclesiastes	
	22. Song of Solomon	

### 3. Gospel of the Compline Hour (12th hour) of the Agpeya

### Luke 2:25-32

And behold, there was a man in Jerusalem, whose name was Simeon; and this man was just and devout, waiting for the consolation of Israel; and the Holy Spirit was upon him.

And it had been revealed to him by the Holy Spirit that he would not see death before he had seen Christ the Lord.

So he came by the Spirit into the temple.

And when the parents brought in the Child Jesus, to do for Him according to the custom of the law, he took Him up in his arms and blessed God, and said,

"Lord, now You are letting Your servant depart in peace, according to Your word; for my eyes have seen Your salvation, which You have prepared before the face of all peoples, a light for the revelation to the Gentiles, and the glory of Your people Israel."

Glory be to God forever. Amen.



# Coptic

## **Coptic Alphabet**

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

Know the shape and hame of the lette				
Letter	Name of Letter	Pronunciation		
Aa	Alpha	Α		
Вв	Veeta	B, V		
22	Gamma	G, N, Gh		
<b>A</b> 2	Delta	D, Th (the)		
€e	Еуу	E		
€~	So-oo	number 6		
ζz	Zeeta	Z		
Нн	Eeta	Ee		
θθ	Theeta	Th (think), T		
lı.	Yota	I, Y		
Кк	Карра	К		
λλ	Lavla	L		
Uu	Mey	М		
иN	Ney	N		
7,₹	Eksee	Ks		
Oo	O-Short	0		

Letter	Name of Letter	
	Name of Letter	FIORUIICIAUON
Ππ	Pi	Р
Pp	Ro	R
Cc	Seema	S, Z
TT	Tav	Т
Tr	Epsilon	V, I, (00)
Фф	Fey	F
Xx	Key	K, Kh, Sh
Фф	Epsee	Ps
աա	O-Long	Oo
ယ္လွယ္က	Shai	Sh
<b>ા</b> વ	Fai	F
Ъ	Khai	Kh
sS	Hori	Н
Xx	Ganga	G, J
66	Cheema	Ch
<b>1</b> 4	Tee	Tee

# Nature



	Bw tre	e
Letter	В	w
Name of Letter	veeta	o-long
Pronunciation	V	00



	Pн su	n
Letter	P	н
Name of Letter	ro	eeta
Pronunciation	r	ee



sol		moon	
Letter	1	0	s
Name of Letter	yota	o-short	hori
Pronunciation	1	0	h



	Cior	star	
Letter	C	1	0 <b>T</b>
Name of Letter	seema	yota	epsilon
Pronunciation	1	0	00

## At School



Cas teacher			
Letter	C	à	ð
Name of Letter	seema	alpha	khai
Pronunciation	S	a	kh



Xwu		book	
Letter	X	ω	u
Name of Letter	ganga	o-long	mey
Pronunciation	g	00	m



H	Caw	pencil	
Letter	K	ā	'n
Name of Letter	kappa	alpha	shai
Pronunciation	k	a	sh



ZOMH ruler						
Letter	K	0	u	н		
Name of Letter	ksi	o-short	mey	eeta		
Pronunciation	k+s	0	m	ee		

# Family

I	T my	my father			
Letter	П	à	1	w	Т
Name of Letter	pi	alpha	yota	o-long	tav
Pronunciation	р	а	i	00	t



Tanar			my m		
Letter	T	à	M	a	r
Name of Letter	tav	alpha	mey	alpha	epsilon
Pronunciation	t	a	m	a	V



Macon my brother					
Letter	П	a	C	0	N
Name of Letter	pi	alpha	seema	o-short	ney
Pronunciation	p	a	S	О	n



Jaconi		my sister			0	
Letter	T	ā	С	w	N	1
Name of Letter	tav	alpha	seema	o-long	ney	yota
Pronunciation	t	a	s	00	n	ì

## Let's Review

Nature		
Βω	Tree	
Рн	Sun	
sol	Moon	
Cior	Star	

At School				
Cap	Teacher			
Xwu	Book			
Kaw	Pencil			
Zoun	Ruler			

Family				
Тышт	My father			
Tanar	My mother			
Пacon	My brother			
Taconi	My sister			

### Match the picture to the correct word.











## The Lord's Prayer

$\mathbf{X}$ ε $\Pi$ ενιωτ ὲτ $\mathfrak{Z}$ εν ιν $\mathfrak{p}$ Ηο $\mathbf{v}$	Our Father who art in heaven
маречточво ихе пекран	hallowed be Thy name
маресі йхе текметотро	Thy kingdom come
Петевнак маречують	Thy will be done
ием віжен цікаві пем віжен пікаві	on earth as it is in heaven
Пеншік йте рас†	Give us this day our daily bread
Совэ́ пан почэ́тэни ах воч	and forgive us our trespasses
ходэ́ шхиэти́ ише †нуфи́	as we forgive
тошаэ́ пати пото этэний	those who trespass against us
Отог иперентен еготи гото	and lead us not into temptation
алла навиен евол за піпетвшог	but deliver us from the evil one
Бен Пі <b>Х</b> рістос Інсо <b>т</b> с Пенбоіс	In Christ Jesus our Lord
<b>Χ</b> ε θωκ τε	For Thine is
Дието <b>г</b> ро неи <b>1х</b> ои неи пібог	the kingdom, and the power and the glory
иния вэнэ ящ	forever, Amen



# Hymns & Rituals



### 1. Hosanna Sunday Gospel Responses

Rites: On the Feast of the Lord's Entry into Jerusalem – Palm Sunday, the church reads the Gospel story from all four Gospels (Matthew, Mark, Luke and John).

After each Gospel reading, a gospel response is chanted. The gospel responses commemorate the events of the day.

The first response, Hosanna, is chanted many times during the feast day.

When the Lord Jesus Christ entered Jerusalem on a donkey,
the people cried out while holding palm branches saying

"Hosanna to the Son of David! Blessed is He who comes in the name of the Lord!

Hosanna in the highest!"

(Matthew 21:9)

#### First Gospel Response

Hosanna in the highest, this is the King of Israel, blessed is He who comes in the Name, of the Lord of Hosts. Шсанна бен ннечбосі: Фаі пе почро шпіІсрана: Эспаршочч нхе фнеонноч: бен фран шПбоіс нче ніхоп.

#### Second Gospel Response

He who sits upon the cherubim Today appeared in Jerusalem Riding on a colt with great glory Surrounded by ranks of angels. He who sits upon the cherubim Today appeared in Jerusalem Riding on a colt with great glory Surrounded by ranks of NI&ፕፕሮአዕር.

### Third Gospel Response

On the road they spread garments,
And from the trees they cut branches,
while proclaiming with hymns,
Hosanna to the Son of David.

On the road they spread garments,
And from the trees they cut branches,
while proclaiming with hymns,

WCANNA 前奥田口 的名表下12.

#### **Fourth Gospel Response**

Today the sayings are fulfilled, From the prophecies and the proverbs, As Zechariah prophesied and said, A prophecy about Jesus Christ. Today the sayings are fulfilled, From the prophecies and the proverbs, As Zechariah prophesied and said, A prophecy about **l HCOTC II**文**PICTOC**.



### 2. Through the Intercessions

Rites: After the Reconciliation prayer in the Liturgy of the Faithful, the hymn of "Through the Intercessions" is chanted. In it, we ask Saint Mary for her intercessions to our Lord Jesus Christ to forgive us our sins. We also worship the Holy Trinity, and offer thanksgiving for our salvation.

"A mercy of peace" means that God gives us His peace as a gift that will fill us with comfort, and in return we will offer Him thanksgiving and "a sacrifice of praise."

(How to Benefit from the Holy Liturgy – HG Bishop Mettaous)

Through the intercessions of the Theotokos, Saint Mary, O Lord, grant us the forgiveness of our sins.

We worship You O Christ, with Your good Father, and the Holy Spirit, for You have come and saved us.

A mercy of peace, a sacrifice of praise.

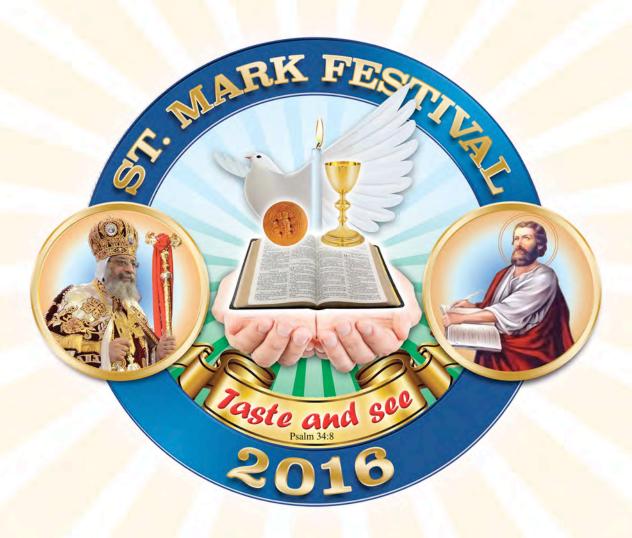
Вітен ніпресвіа йте товотокос воочав Царіа: Пбоіс арігиот нан ипіхо евох йте неннові.

Теночюют йнок ф Піхрістос: нен Пекіфт начавос: нен Піпнечна евочав: хе акі аксфт йнон.

Execc iphnic ovcia enecewc.







Visit the St. Mark Festival's website at

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