

**Take Heed**  
TO YOURSELF & TO THE DOCTRINE



ENGLISH EDITION | **JK - SK**



**"Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you." 1 Timothy 4:16**



**H.H. Pope Tawadros II**

Pope of Alexandria &  
Patriarch of the See of St. Mark



**H.G. Bishop Mina**

Bishop of Mississauga,  
Vancouver and Western Canada



## TABLE OF CONTENTS

	<b>PAGE</b>
Introduction	4
Watch Yourself	6
Keep God's Teachings	12
Abide In God, Always	18
Heaven... So Much More Than We Can Imagine	23
Bring Your Friends To God	29
Memorization	36



## INTRODUCTION

### MAHRAGAN ALKERAZA 2017

As we celebrated the conclusion of last year's Mahragan with the distribution of the trophies for the first, second and third place winners, we were grateful for God's blessings for a successful 2016 Mahragan. His Holiness Pope Tawadros II said during the Awards Ceremony in Egypt, "I am happy to see the activities of the Youth Bishopric, I am glad that our beautiful Church that is 2000 years old is full of young youth and I am proud to see the creative work and achievements of the youth."

Last year, in addition to the usual participation from Egypt and Sudan, we had a great worldwide participation from 192 Churches representing more than 20 countries and 8 languages.

The theme for Mahragan 2017 is "Take heed to yourself and to the doctrine" (1 Timothy 4:16). This year, God is asking each one of us to grow in Christ. To do this we will learn about the following topics:

1. Watch Yourself
2. Keep God's Teachings
3. Abide in God, Always
4. Heaven.. So Much More Than We Can Imagine
5. Bring Your Friends To God



We hope that all of you will participate in the Mahragan activities this year, and encourage everyone you know to join us in one of the greatest annual events, presented by our mother, the Coptic Orthodox Church.

May God bless Mahragan Alkeraza this year and the efforts of all the participants and coordinators, through the prayers of our beloved father Pope Tawadros II.

✠  
My best wishes for a happy  
Festival  
✠ Bishop Mousa

## Watch Yourself

*It's a new day! And like every morning, the Gardner goes out and starts working in his beautiful garden. It has a huge fence around it to protect his plants and animals. A river runs through it and water droplets play and dance there all day. Every day, the Gardner works so hard on his garden and each day it grows into a more beautiful and colourful garden.*

*One day, the Gardner calls everyone and asks them to take care of the garden as he travels to get different seeds for his garden*

*Drip and Drop, the water droplets, Simmy the Swan, Tommy the Vine tree and Bart the Beaver, are very excited about their new job. Kevin the crow though doesn't seem too happy. While everyone is playing in the garden, Kevin thinks to himself...*



**Kevin:** I've been in the same garden for so long, and I'm bored. I wanna go somewhere else where I could be a leader, have a bigger house and new friends.

*And just like that, Kevin packs his stuff and leaves.*

*One day, Drip and Drop call everyone down to the river. They look very concerned.*

**Drip:** Guys, we have a problem! The water level is becoming lower and lower every day.

**Drip:** You're right! I noticed it too. We're gonna be in big trouble! The Gardner asked us to take care of his garden.

**Drip:** We're gonna need everyone's help! We need to go to the main source of the water and figure out why there hasn't been enough water coming to the river.

**Tommy:** I think the best one to do this job is Simmy, because she has strong wings and can fly far.

**Simmy:** No! I can't do it! I'm scared... and there's no way I can fly over that fence.

**Tommy:** Simmy, don't be scared. You can definitely do it! Let me tell you a story about two of God's people that might change your mind...

## **CALEB AND JOSHUA TRUSTED IN GOD'S PROMISE (NUMBERS CHAPTER 13-14)**

Their names were Caleb and Joshua. They were super brave and they were never scared because they trusted in God. This story I learned from my grandma. She was a great vine tree in a land called Canaan... a land that flows with milk and honey.



One day, my grandma saw Caleb and Joshua together with ten other men coming to Canaan. She was surprised because they looked very different from the other people in the land.

**Bart:** Why? What did the people of Canaan look like?

**Tommy:** They were men of war, big and strong. Everyone was afraid of them and nobody dared to start a war against them or take their land.

**Simmy:** So, why did Caleb and Joshua and the other ten men go? Were they not scared?

**Tommy:** Well, there was a leader of God's people called Moses the prophet. God promised Moses and his people to give them the land of Canaan to live in. One day Moses picked twelve men from God's people... Caleb, Joshua and ten others. He told them to go and see whether the people who dwell in Canaan are strong or weak, few or many, rich or poor and to check out the land to see if it bears good fruit. He told them to be brave and to bring some of the fruit of the land. So Caleb, Joshua and the other ten men did what Moses asked them to do.



**Drip:** Okay, and then what happened? Did they find anything to bring back?

**Tommy:** Yes, they came back after 40 days with a big cluster of grapes,



pomegranates and figs. They stood in front of Moses and the congregation of the children of Israel to tell them what they saw. They said that the land is good but the people who dwell in it are strong. They told them that there is no way they would be able to beat them in battle or take over their land. When the people of Israel heard this, they were afraid and did not trust that God would be with them.

**Drop:** What about Caleb and Joshua?

**Tommy:** They weren't scared, they trusted that God would be with them and would never leave them. That is why Caleb quieted the people before Moses and said: "We should go up and take possession of the land, for we can certainly do it". Caleb and Joshua trusted in God's promises and God was very happy with them. In fact, they were the only two to enter the land of Canaan from all the people of Israel. God is always happy when we trust in Him and in His promises.

### **MEMORY VERSE**

**"Fear not, for I am with you." Isaiah 41:10**

**Simmy:** You know what? You're right! I need to trust in God and be brave.

**Drop:** Does this mean you'll fly and help us?

**Simmy:** YES!

**Everyone:** Hurray!!

*Simmy spreads her wings and begins to fly. She flies farther and farther until her friends can't see her anymore....*

# Joshua



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A

## *Joshua And Caleb Bring Back Giant Grapes*



## Keep God's Teachings

*A long time passes by and Simmy is still not back. Simmy's friends start to worry about her. Why has she not come back yet? And in the meantime, the water level is getting lower and lower.*

**Tommy:** The water level is so low, I'm starting to dry up!

**Bart:** The garden is in danger, and all of the Gardner's hard work will be lost.

**Tommy:** What are we going to do now?

*The drops of water overheard the discussion between Tommy and Bart.*

**Drop:** Did you hear what they just said?

**Drip:** Yes I did! They're not happy because there isn't enough water.

**Drop:** What can we do?

**Drip:** There's nothing we can do. This problem can't be solved.

**Drop:** Why are you saying that? Every problem has a solution, and when we find it, everyone will be happy again. I'll tell you a story that happened a long time ago.

**Bart:** What story?



**Drop:** Oh Bart! Good thing you're here! This story is about the time when our Lord Jesus used us to do a great miracle.

## **THE MIRACLE IN THE WEDDING OF CANA OF GALILEE (JOHN 2)**

One time, there was a wedding in Cana of Galilee, and Saint Mary was there. Both our Lord Jesus and His disciples were invited to the wedding. At weddings, they used to offer wine to all the guests. But that day they had a problem.



**Bart:** What problem?

**Drop:** They ran out of wine.

**Bart:** Oh no! So they didn't have anything to offer their guests? How embarrassing!

**Drop:** Exactly!! But Saint Mary noticed, and she went to our Lord Jesus and told Him: "They have no wine". She trusted that He could solve this problem which is

why she told the servants, "Whatever He says to you, do it".

**Drip:** So, what did our Lord Jesus do?

**Drop:** For Saint Mary's sake, our Lord Jesus asked them to fill six pots of stone with water up to the brim. Then the Lord told them, "Draw some out now and take it to the master of the feast", who was the servant in charge of the wedding. When the master of the feast tasted the new wine, he loved it and was surprised that they had kept the good wine for last.



**Bart:** Wine? Where did that come from? Weren't the pots filled with water?

**Drop:** Yes, the pots were filled with water. But because the Lord Jesus is Almighty and He is the Creator of everything, He was able to transform the water into wine. A wine that was even better than what they first served at the wedding. This was Jesus' first miracle and proves that:

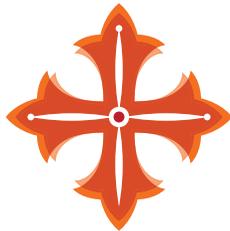
### **MEMORY VERSE:**

***"With God all things are possible." Mark 10:27***

**Bart:** What a beautiful story! Our Lord Jesus used you to make everyone happy.

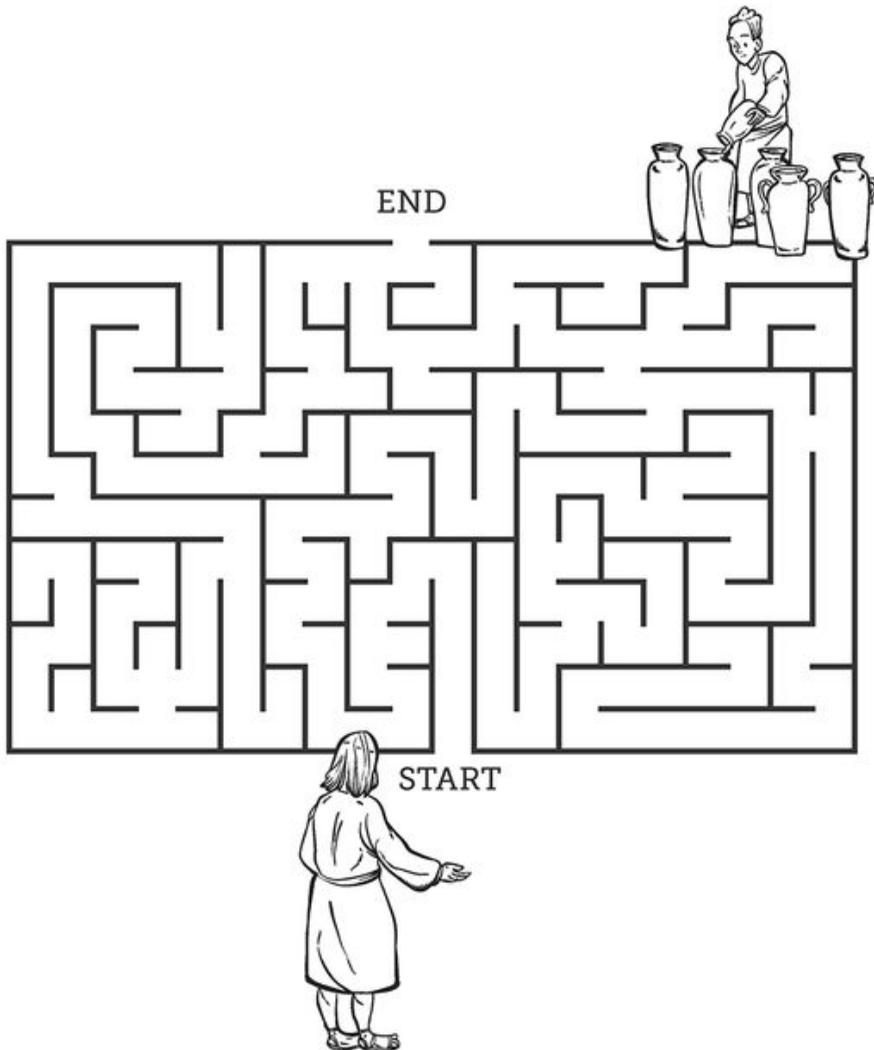
**Drip:** You're right; there must be a solution then.

**Bart:** Yes, let's go try to think of one! But where is Simmy? Why is she so late?



## Jesus Turns The Water To Wine

Find out how Jesus can get to the stone jars of waters to turn them into wine.



## *Wedding Of Cana Of Galilee*



## Abide In God, Always!

*Meanwhile, Simmy flies over the fence and finds that there was a huge plant blocking the water. That was the problem all along! And guess who she sees while up there? It's Kevin, the crow!*



**Kevin:** Simmy! What are you doing here?

**Simmy:** Kevin! I'm so happy to see you up here.

**Kevin:** Same here! This is the first time I see you outside the garden. Are you going to leave like me?

**Simmy:** Of course not! I'm here to try to solve a big problem. You see, the water level in the river is so low and it seems that this plant is the reason!

**Kevin (to himself):** This is my chance to make them all leave the garden. (To Simmy) That's a big problem. You know, there's a very big river where I live now. What do you think?



**Simmy:** What do you mean?

**Kevin:** Well, you can all come and live with me!

**Simmy:** What? Leave the garden?! No way! That's the place where we all grew up. We can't just leave!

**Kevin:** Yes you can! You can come and live with me. And then when the problem is solved you can go back. You won't be able to solve the problem and you can't live without water. If you care about your friends, tell them all to come and live with me.

**Simmy:** Hmm, you might be right... I mean we can always go back to the garden when the problem is solved. Okay, let me go and tell them!

**Kevin:** Okay, I'll come with you.

*Kevin and Simmy return to the garden and everyone is happy to see them. Simmy tells them about the idea of leaving the garden and coming back when the problem is solved.*

**Bart:** What are you talking about? We can't just leave.

**Kevin:** Believe me, you guys have to leave!

**Tommy:** Even if we can't solve the problem, we can't leave the place where we all grew up. And also, the Gardner told us to take care of the garden.

**Bart:** And who said that we can't solve it? We didn't even try!

**Tommy:** You know, one day I asked the Gardner why he takes care of us and why he waters me everyday ever since I was a seed. He told me that any seed needs lots of care until it becomes a tree which is why our garden is so beautiful. He told me a story too...

**Simmy and Kevin:** What story?

**Tommy:** The story of the Church and of a man named Anianus.

## **SAINT ANIANUS THE 2ND POPE OF ALEXANDRIA (SYNAXARIUM 20 HATOUR)**

Anianus was a pagan which means he did not know our Lord Jesus. He lived in the city of Alexandria and was a shoe maker. During this time, St. Mark was preaching about the Lord Jesus Christ. He walked until he arrived to Alexandria and so he tore his sandals.



St. Mark went to Anianus to fix his sandal and while fixing the sandal, the needle injured Anianus' finger. Anianus cried, "O, the only God". St. Mark prayed to our Lord and Anianus' wound was healed.

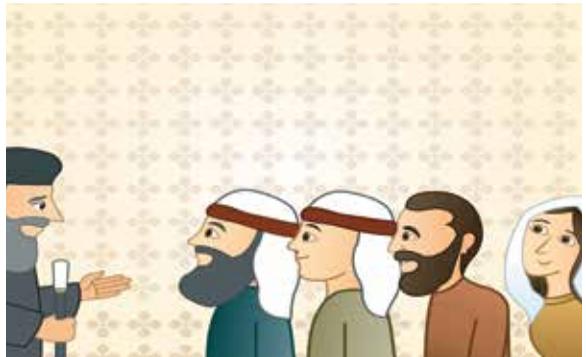
**Simmy:** Wow! Anianus must have been so happy.

**Tommy:** Yes and surprised! He couldn't believe that his finger was healed in the name of our Lord Jesus. St. Mark asked him if he knew the one God to whom he called out, and when Anianus replied no, St. Mark began to tell him about the only

God who left His heaven and came down to earth for His love to mankind. Anianus was very happy to hear about our Lord Jesus and invited St. Mark over to his house. St. Mark went to Anianus' house and preached about our Lord so Anianus and his household believed and were baptized. Anianus and his household became the first Christian family in Egypt.

**Simmy:** What happened after that?

**Tommy:** Anianus opened his house to St. Mark to teach the people about the Lord Jesus and the number of believers increased day after day. St. Mark wanted to leave Alexandria to go preach in another city. He ordained Anianus a bishop so Anianus' house was the first Church in Egypt. Anianus continued to teach the people about the Lord Jesus and after the martyrdom of St. Mark, Anianus became the second Pope. St. Mark was the first pope and St. Anianus was the second.



The Gardner told us that because of what St. Mark did and the faithfulness of St. Anianus in his service, the Church continued to grow in Egypt and remained strong until now. With the strength of our Lord Jesus and the faithfulness of her children, the Church continued to deliver Christian teachings from generation to generation... until now. Pope Tawadros II is the 118th Pope.

### **MEMORY VERSE:**

***"And keep the traditions just as I delivered them to you."  
1 Corinthians 11:2***

Through the faithfulness of her children, the Church will keep its teachings forever. This is why we won't leave our garden and we will continue to take care of it and keep it beautiful day after day.

*After she hears the story, Simmy decides to stay in the garden and together they start to think of a way to solve their problem. Even though Kevin isn't happy, he doesn't say anything and sticks around to see what they will do.*





## Heaven.. So Much More Than We Can Imagine

**Simmy:** The problem isn't the source of water. It's just because there are branches that are blocking a part of the river so the water can't go through.

**Tommy:** Oh! I know this kind of branches...I have a solution!

**Simmy:** Really! What is it?

**Kevin (to himself):** They're going to ruin my plan. What should I do?  
I have to think fast.

**Tommy:** We can attach the branches to wood to move them away from the water, so the water can flow again.

**Bart:** Great idea!

**Simmy:** But how are we going to do it?

**Tommy:** Bart can help us with the wood. He knows how to cut wood from trees without ruining them.

*Kevin thought of an idea to ruin their plan. He figured if they use weak wood, it would not stand.*

**Kevin:** No, it's simple! We don't need Bart. I know where to find wood.

**Bart:** But Kevin, you have to be careful not to ruin the trees. I know how to do it.

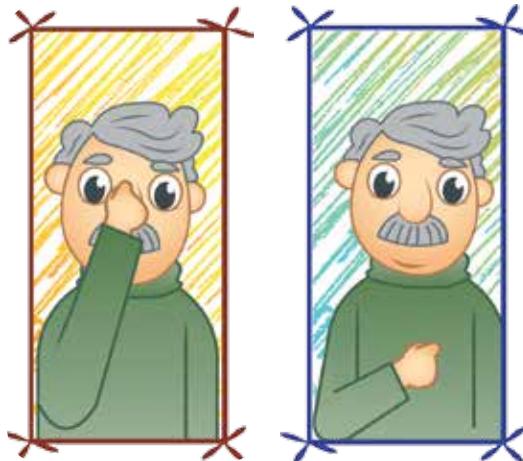
**Kevin:** Don't worry, even if we ruin a few trees, so what? Wood is useless anyway.

**Bart:** Wood is not useless! How can you say that? I use wood to build my house. You know, I used to think just like you and was ruining the trees myself, but the Gardner taught me that wood is very important... not only to build my house but for many other things.

He even told me that a long time ago, the wood was used for the Cross on which our Lord was crucified. This is what gave wood a great value. When I asked the Gardener about it, he made a sign. Let me tell you what he did...

## THE WOOD OF THE CROSS

He raised his right hand and said: "In the name of the Father, the Son and the Holy Spirit one God. Amen" He explained to me that this was the sign of the Cross. He put three fingers together on his right hand, moved it up to his forehead and said "in the name of the Father" who is up in heaven...



Then he moved his hand down to his chest and said "and the Son" because God who loves us came from heaven down to earth, was born from St. Mary and redeemed us on the Cross. He died and resurrected.

Then he moved his hand from his left shoulder to the right and said "and the Holy Spirit" because God saved us and took us from darkness to the light.

At the end, he said: "one God. Amen"

The Cross is a sign of strength to the children of God.

### **MEMORY VERSE:**

***"But God forbid that I should boast except in the Cross of our Lord Jesus Christ." Galatians 6:14***



In our Coptic Church, we see the Cross in many places:

1. On the Church tower - it tells everyone that the Church listens and follows the teaching of our Lord Jesus Christ who died on the Cross.

2. Above the door of the Altar in the middle of the Iconstasis - to tell us that through the Cross, heaven was opened to us and now we have friends in heaven (the saints).
3. In Abouna's hand - used in all our prayers. He uses it to bless the people. When we see Abouna, we kiss the Cross in his hand, then we kiss his hand.
4. During the feasts and in many Church occasions, the Church uses it in the procession. The deacon holds it and goes around the Church to show that we are rejoicing in God who gave us victory through His Cross.

The Cross is very important to us Christians, which is why we keep it everywhere.

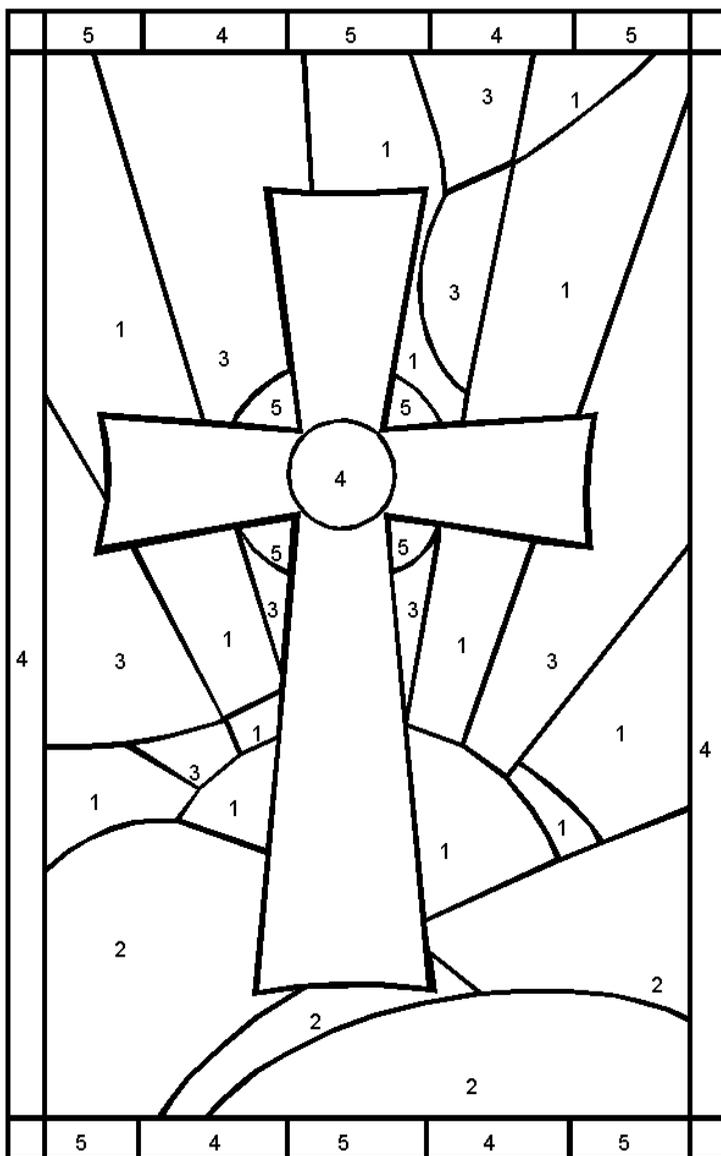
**Tommy:** I never heard that before. That's amazing Bart!

**Bart:** I know! Now, let's get to it.

*Bart shows them how to choose the best wood and they all help.*



# Colour The Cross

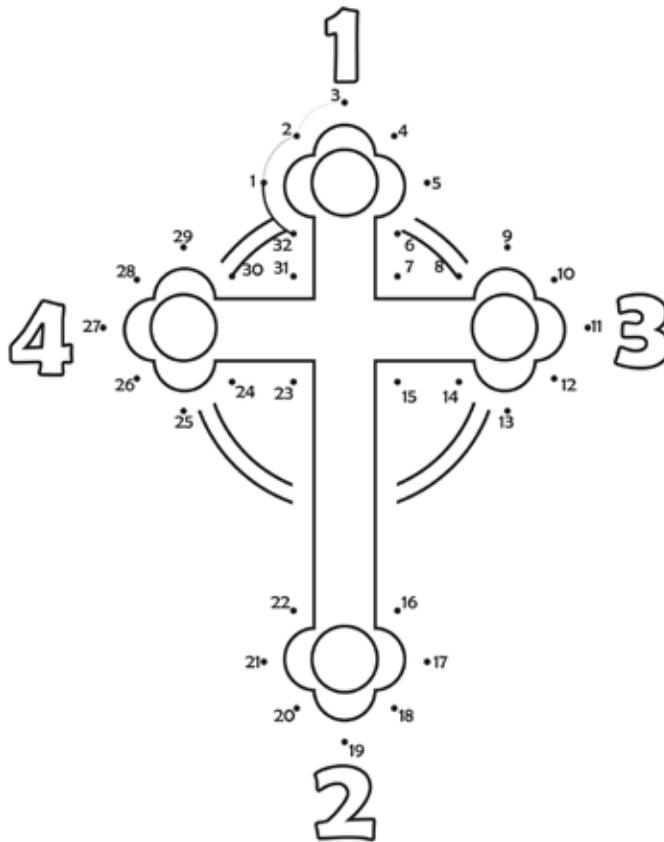


- 1 – yellow
- 2 – green
- 3 – blue
- 4 – purple
- 5 – red

## The Sign Of The Cross

Before we pray we make the sign of the Cross!

Making the sign of the Cross helps us to remember that we are coming to God to talk with Him and ask for His blessing in what we do or say.



Do you know how to make the sign of the Cross? Follow the drawing above and ask someone to help you. Don't worry if it's hard at first. Soon you will be doing it right!

## Bring Your Friends To God

*They all start cutting and chopping...cutting and chopping. They had cut so much wood, but it still wasn't enough... it seems like even though they keep cutting more wood, there was none left... But where did the wood go?*

**Bart:** What are we going to do? I'm not sure if there's any more wood to cut. Simmy and Kevin can you please go look around the garden for more?



**Simmy:** Of course. But where's Kevin?

**Drop:** I'm not sure.

**Simmy:** Hmm... okay I guess I will go look on my own.

*Simmy looks around the garden but can't find any good wood to cut. As she heads back to her friends, she Couldn't believe her eyes.*



**Simmy:** I can't believe it!

**Bart:** What's wrong Simmy?

**Simmy:** On my way back, I saw Kevin hiding the wood that we cut.

**Drop:** What? Why would he do that?

**Bart:** Let's go talk to him.

**Kevin (to himself):** Uh-oh! They're coming. What do I do now? Where can I hide all this wood? Here? There? Oh! Let me put it in the water...

*Suddenly...*

**Kevin:** Help!!!! Help! I'm drowning!!

**Bart:** It's Kevin's voice! Simmy, get him!!

*Simmy flies to Kevin and helps him out of the water.*

**Everyone:** Good job Simmy!

**Kevin:** Thank you Simmy, you saved my life. I don't know what to say... I'm ashamed of myself. I tried to slow you guys down and took all your wood, but you still saved my life.

**Simmy:** Well of course! The Gardener taught us to help everyone even if they cause us trouble.

**Bart:** That's true. He told us to help anyone who needs our help, no matter what they had done.

**Drip:** Drop, doesn't this remind you of that story the Gardener told us?

**Drop:** Yeah! The story of Naaman's servant, right?

**Simmy and Bart:** *Yeah!*

**Kevin:** Oh, I want to hear this story.

## THE SERVANT OF NAAMAN THE SYRIAN (2 KINGS 5: 1-15)

**Drip:** A long time ago, a young girl from the people of Israel was serving in the house of a man called Naaman in a faraway country. Naaman was the commander of the Syrian army, which means that he was not one of God's people. Although Naaman was not from her people, she offered him a lot of help.

**Kevin:** What did she do?

**Drip:** Well Naaman was sick. He had leprosy, which is a skin disease all over his body.



**Simmy:** So the young girl talked to Naaman's wife about a prophet in Israel named Elisha who does miracles. She said to her: "If only my master was with the prophet who is in Samaria! He would heal him of his leprosy." Naaman's wife told her husband what the servant told her.

**Kevin:** Did Naaman go to the prophet in Samaria?

**Bart:** Yes. Naaman took permission from the king of his country who sent him to the king of Israel. When Elisha heard that Naaman was with the king of Israel, he asked the king to send Naaman to him.

**Drop:** Naaman went to Elisha and stood at the door of his house. But Elisha did not go out to meet him, instead he sent a messenger to him saying, "Go and wash in the Jordan River seven times and you will be healed"



**Kevin:** What a strange request. Did Naaman do what Elisha asked him to do?

**Simmy:** At first, Naaman didn't want to, but his servants convinced him so he decided to go.

**Drip:** So he went down and dipped seven times in the Jordan River and he was healed. His flesh was restored like the flesh of a little child and he was cleansed from his leprosy.

**Drop:** Naaman was very happy and returned to Elisha and said to him, "Indeed, now I know that there is no God in all the earth, except in Israel!"

**Kevin:** What a nice story. So, this girl helped Naaman who was not from her people and because of that, Naaman was healed.

**Simmy:** Exactly! When the Gardener told us this story, he said:

**MEMORY VERSE:**

**“Let us do good to all.” Galatians 6:10**

Which means to help whoever needs help... anyone, anywhere, anytime!

**Kevin:** Even if they weren't being nice just like me... I'm sorry for what I did. Let me help you finish your work.

**Everyone:** Let's go!

*They all work together...*

**Bart:** We're almost done, just one more piece of wood... and we're done!

**Everyone:** Yay!!

*At last, the water starts flowing again down the river. Problem solved!*

**Kevin:** You know what guys? I learned so much from all of you. I want to come back and live with you in the garden.



# Colour By Number

How many times did Elisha's servant tell Naaman to wash in the Jordan River?  
Use the key below to color in the squares.

4	6 7	7	3	3	4	6	4 5	6	3	3	5		
7	5	4	6	7 5	6	7	4	5	6 4	7 4	7		
4	6	1 2	2	2 1	1 2	2	1	1	1	1 5	4		
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6	4	6	7 4	5	7	6	4	4	2	1	4	3	3
4	7 5	3	3	7	6	5	6 7	1	1	4	5	6	
6	5	4	3	5	3 4	7 5	6 1	2	2	5	4 6	3	7 3
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4	7 3	6	5	4	6	5 1	1	1	7	4	4	4	6 6
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4	3	3	6	6 7	4	6	6	5	4	6	4	4	

1 = Light Blue  
2 = Dark Blue

3 = Yellow  
4 = Red

5 = Green  
6 = Purple

7 = Orange

## Naaman Is Healed

Colour the pictures



## BOOKS OF THE NEW TESTAMENT

### Gospels

1. Matthew
2. Mark
3. Luke
4. John

### Acts

5. Acts

### St. Paul's Epistles:

6. Romans
7. 1 Corinthians
8. 2 Corinthians
9. Galatians
10. Ephesians
11. Philippians
12. Colossians
13. 1 Thessalonians

14. 2 Thessalonians

15. 1 Timothy

16. 2 Timothy

17. Titus

18. Philemon

19. Hebrews

### Catholic Epistles

20. James

21. 1 Peter

22. 2 Peter

23. 1 John

24. 2 John

25. 3 John

26. Jude

### Revelation

27. Revelation





A series of horizontal dotted lines spanning the width of the page, providing a guide for handwriting practice. There are 20 lines in total, evenly spaced from the top of the writing area to the bottom.





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