



Mahragan El Keraza 2020



English Edition Grades 7&8

# MY CHURCH; Spirit & Life



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# Table of Contents

	Page
My Church: Spirit and Life	4
The Book of Acts	13
Ibrahim El-Gohari	33
Adolescence and the Body	38
Atheism	43
Memorization	46
Coptic & Hymns	51

## *My Church is Spirit and Life*

### **My Coptic Orthodox Church**

#### **A) Coptic**

- ✘ The word "Copt," which means Egyptian, originates from the hieroglyphic word - "Ha-keptah" meaning, in the land of the pharaonic god "Ptah." In Greek, the word became "Αίγυπτος" and, finally, in Arabic "El qibt."
- ✘ Our Coptic Orthodox church has been a patriotic church through-out the centuries - the Copts love their country and always defend it.
- ✘ The Coptic Orthodox church has a glorious and ancient history. Therefore, we must hold on to our Coptic identity.

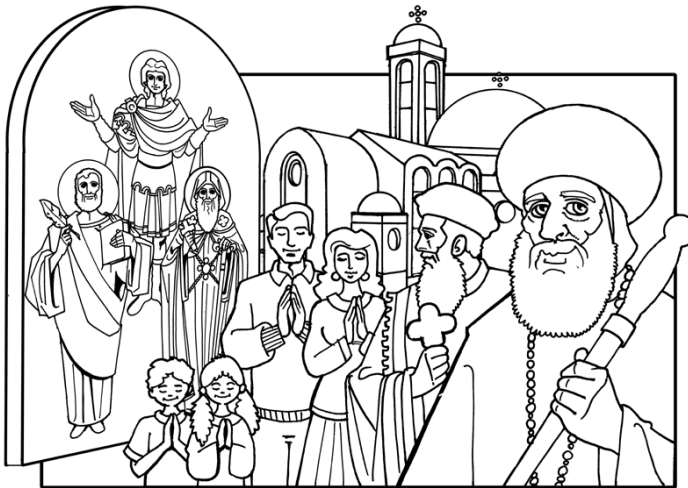


**1. Egyptian Roots:** A descendant of pharaohs, the builders of the pyramids, inventors of "Papyrus", and pioneers in medicine and chemistry. The word Chemistry is derived from "Rem nkemi" which means "son of the brown earth." The Egyptians knew about monotheism (belief in One God) before many other nations during the time of Akhenaten. "Christmas" originates from an ancient Egyptian Coptic word - a term that the whole world has adopted.

*2. I am Coptic:* I am a child of the saints and martyrs.

- ✦ **The Church of Theologians:** Athanasius, Dioscorus, and Cyril
- ✦ **The Church of Monasticism:** St. Anthony, St. Macarius, St. Shenouda, and St. Pachomious
- ✦ **The Church of the Martyrs:** The calendar of the Martyrs (AM) commemorates the sacrifice of numerous martyrs throughout the church's long history and still offers up to this day...
- ✦ **The Church of the Evangelists** who preached throughout the whole world: St. Maurice and St. Verena, with many foundations, monasteries, and cities named after them in Europe. The church continues to spread throughout every continent of the world.

Mahragan Elkeraza is an example which helps us to live in this unity as we learn together and chant one slogan and one melody.



# MY CHURCH; Spirit & Life

## B) Orthodox

We often hear of these unique features of the church by the mouths of the deacons in the Divine Liturgy when they chant saying: **“Pray for the peace of the one holy Catholic and Apostolic Orthodox Church of God.”** In the Litany of the peace, we are called to pray for:

1. *The One:* there is only one church – whether from eternity in the mind of God amongst the entire human race, or in the eternal life to come - the Body of Christ is one and the Bride of Christ is one.
2. *The Only One:* In the sense that it is unique - there is no other church like the Orthodox Church. She is the holy entity where the Lord meets with His people, brings together the temporal with the eternal, and joins those on earth with those in Heaven.
3. *The Holy:* The Holy Spirit consecrates every member of the body and dwells in it, making this body a holy and dedicated sanctuary for the Lord. Therefore, the Church is characterized by holiness of the body, thought, conscience, and behavior.
4. *The Universal (Catholic) Church:* The Old Testament focused on one nation (the children of Israel) but the New Testament expanded to include the whole world from all nations, peoples, tribes, and tongues. “For God so loved the world...” (John 3:16).





## MY CHURCH; Spirit & Life

5. *The Apostolic:* The Church have “been built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief cornerstone” (Ephesians 2:20). The Church is an extension of the Apostolic fathers, stemming from their righteous lives, strong faith, teaching, and preaching. Bishops are ordained following the reading of the Book of Acts (Praxis) as a sign that they are an extension of the apostolic life in the Church.

6. *The Church of God:* The Church is not the property of anyone, not even herself. Rather she is the pure property of God who loved her, redeemed her with His blood, and acquired her as a chaste bride. “For I have betrothed you to one husband, that I may present you as a chaste virgin to Christ” (2 Corinthians 11:2).

7. *Orthodox:* The Church emulates the straight path in belief, and thought (“Ortho” = straight). Likewise, the church glorifies God in this time and in eternity with straight thought and an honest life. There is no separation between belief and life nor between the mind, heart and our daily behavior.

Let us learn how we are united in the Church!

## THE CONCEPT OF CHURCH UNITY AND THE WORK OF THE HOLY TRINITY

To understand unity we have to know how schism found its way into the human race. When man separated himself from the Source of life and unity; he lost his peace and entered into an inner battle. His body desired against the spirit, and the spirit against the body. In fact, **unity is the return of man to his original nature.** It was impossible to realize that by himself. He was in need of the Creator Himself to renew his nature and to make an inner reconciliation between the body and the spirit by the reconciliation with the Creator of the body and the spirit.

The Church, as St. John Chrysostom says, is the life in Jesus Christ. It is not a social institution that realizes unity by gathering men together. It is the new and risen life, through which the believer discovers the divine love, and receives the work of the Holy Trinity in his daily life. He discovers the fatherhood of God, and finds a special place in His bosom. As a special child, he enjoys the divine bosom, hoping, praying and working very hard to attract every person to participate with him in this new status.

As he is special in the eyes of God, everyone is special in his eyes. He is in the likeness of God, has a wide heart, open to every person in Jesus Christ. He also accepts the redeeming work of the incarnate Son of God, through which he is united with Him as a member of His own body, i.e., His Church. He enjoys a unique friendship with Christ, through whom he becomes a unique friend to every man, as much as possible.

In Jesus Christ, the most Perfect One, there is no struggling between His body and His spirit, and in Him we attain perfection and do not suffer from inner schism between our bodies and our spirits. Through the redeeming work of Christ we receive the Holy Spirit, the Spirit of the Father and of the Son, and we have the right to be the constant dwelling place of the Holy Spirit. He forms us as an icon of Christ, our Head, the Head of the Church. He guides us in the royal way without inclination toward the right or the left, the way of true love towards our God, our brothers and ourselves.

# MY CHURCH; Spirit & Life

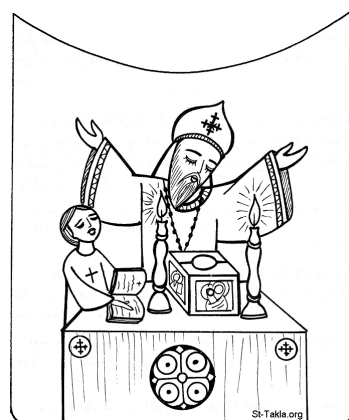
As the Church is the new and risen life, that is the unity with the Father in the Son by the work of the Holy Spirit, which leads to inner unity, and unity with our brothers, through our unity with God Himself, the Holy Trinity.

## **Now how do the church sacraments realize this unity and develop it?**

Sacraments are outward and visible signs of inward, spiritual and divine grace, instituted by our Lord Jesus Christ. Sacraments are not just some rituals or duties we have to perform. Rather, they represent the acceptance of the divine grace through which the Holy Spirit forms us gradually that we may become in the likeness and image of Christ. Church sacraments in their essences are an experience of the work of the Holy Trinity in our daily life

## **Members of the Family of God**

The Church as a mother to every believer offers the sacraments to her children as an aid throughout their life; in fact these sacraments represent life itself. The Holy Spirit through our spiritual mother grants us the following spiritual blessings in the seven Sacraments:



1. Through **Baptism**, we receive the gift of the new birth as children of God. The believer is newly born from God the Father and from the baptismal font as the womb of the Mother Church. The newly baptized becomes a member of the Family of God.
2. This renewed body needs to be consecrated and belong to the new family of God. It receives the Holy Spirit and all its members are consecrated through the sacrament of **Chrismation** (Myron). The Holy Spirit dwelling within us guides us and forms us as an icon of Christ, the Holy One
3. The renewed believer needs food and drink. All the members of the family, who are nourished with the honored Body and Blood of our Lord Jesus Christ share this food. Through **Eucharist**, we are united with the Lord's Body and Blood.
4. As in any family we as humans make mistakes. Although the children's mistakes are toward each other, however, it hurts the hearts of the father and mother of the one body and disrupts the unity. Therefore, **repentance and confession** are the reconciliation with the Father and with the mother Church, as well as with one another. Since sin is a separation from God that unites us, and thus, schism, repentance and confession represent a return to God and unity with one another. Through Repentance and Confession, we return to God our Father and to the Church, our mother to attain forgiveness of sins, and find a special place in their bosoms.
5. This newly admitted believer to the family of God, although possessing the Holy Spirit is still under the weakness of the flesh. He may suffer pain and sickness, and therefore needs spiritual and physical care. The Church therefore offers the sacrament of the **Unction of the sick** offering the gifts of the true Healer to all. Also, every member shares the pain of other members of the one family. Through Unction of the sick, God, as our Physician grants the cure of our bodies and souls



## MY CHURCH; Spirit & Life

6. The family also takes care that it continues forever as the family of God. It offers the sacrament of **Matrimony** as a continuation for her existence in the new generation. In this sacrament, true unity is achieved not only on the spiritual level but also on all the levels: spirit, thought, emotion and body. It is a symbol of the true unity of the soul with her bridegroom in heaven. Through Matrimony, the groom and the bride become one, forming a church family, as a shadow of the divine Family, and unity is realized even among the succeeding generations.

7. Finally through the sacrament of **Priesthood** the church offers all of the above sacraments to her children. The priest is the father who dedicates his life to keep the family together. He is the presbyter, the intercessor who brings the requests of the children to their Father. He stands in front of God and says, here I am Lord and the children whom you have given me. Through Priesthood, we are given the gift of sharing the work of Christ Himself in the salvation of our brothers.

### THE CHURCH UNITY IN PRACTICE

As we said, the church unity starts with the reconciliation within the believer, which removes every schism between the body and the spirit and between thought, emotion, and senses. Thus, the believer lives in the inner peace of God under the guidance of the Holy Spirit, the giver of unity for the whole man. This unity is the purpose of church sacraments that attracts the believer to the bosom of the Father, so that he may attain the work of the Holy Spirit and be formed into the icon of our Lord Jesus Christ. The believer is the object of the Father's pleasure; and all heaven rejoices with him. As the believer becomes in unity with the heavenly hosts, his heart will be widened to the whole of mankind as much as possible, so that he practices a genuine and deep unity with mankind, which Satan cannot destroy.

Now how can we practice these church sacraments in spirit and not just in the literal sense?

1. Practicing the sacraments with love mixed with the fear of the Lord, allows the believer to experience unity within himself and with his own God as well as with his brethren.
2. Our aim in practicing the church sacraments must be very clear, the meeting with the Holy Trinity and attaining a personal encounter with Him. So, that God may dwell in us bearing mankind with Him into our widened hearts.
3. Acknowledgment of the aims of every sacrament, which is the paradisaical joyful life. Even in the sacrament of repentance and confession, God wants us to sing, "Give me the joy of Your salvation." (Psalm 50:12 LXX). As all the sacraments guide us to our Christ, they make us enter us into His joyful kingdom. The removal of the inner joy is a serious consequence that occurs when we do not attain the redeeming work of God within us.
4. In our subjection to the church rituals, we must not be slaves to the literal performance but delve in the depth of the ritual and acknowledge its spiritual concepts.
5. While practicing any church sacrament, the heavenly procession of the Church must not escape from our eyes. We long for the participation and the sharing of every human being in the world in this procession. We do not see our brother in his anger, visibly or invisibly fighting us, but we behold him crowned in the great day of the Lord, with the brightness of the glory of God reflected on him. We see him not in his weakness, but in his eternal glory, and thus we long for the unity with him.

# The Book of Acts

✦ The Book of Acts is the story of the beginning of the church, how it spread, and how it succeeded in Jerusalem, in all Judea and Samaria, and to the end of the earth. Let's see how the Holy Spirit the true hero and guide!

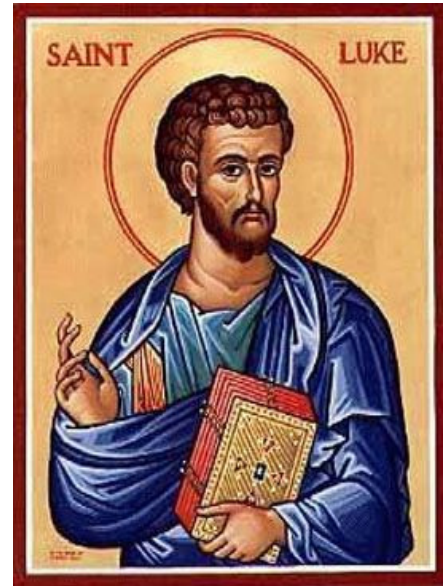
## *The Holy Spirit:*

- ✦ Established the church
- ✦ Guided the disciples and apostles on what they ought to speak
- ✦ Filled them every time they prayed and asked for His gifts
- ✦ Led all their decisions
- ✦ Gave them power, the ability to perform miracles, gifts such as speaking in tongues, teaching, and prophesying

## *The Writer of the Book of Acts:*

- ✦ The writer of the book is St. Luke (who also wrote the Gospel according to St. Luke). His name means, "**The enlightened one**" or "**the bearer of the light.**" He was a physician and an artist. St. Luke painted the first icon of St. Mary, an example to all the subsequent artists.

- ✦ The Book of Acts is written to Theophilus - a name meaning, "the lover of God." The church understands this book to be directed toward every person who loves God.
- ✦ The Holy Book of Acts does not end with 'Amen' because it is an extended story. The Church still lives its events and will continue to do so until the end of the ages as evangelism still spreads throughout the whole world.



## *Comparing the Gospels and the Book of Acts:*

- ✦ The Gospels are the life of Christ; the Book of Acts is Christianity.
- ✦ The Gospels are the life of Christ in the flesh; the Book of Acts is God in humanity.
- ✦ The Gospels are the preaching of Christ, the Book of Acts is the preaching of our Fathers the Apostles about Christ.
- ✦ The Book of Acts is Christ in the life of the disciples, and the work of Christ through the Holy Spirit in their evangelism.
- ✦ The Gospels tell about the birth of our Lord Jesus Christ, whereas the Book of Acts tells us about the birth of the church, the body of Christ.
- ✦ In the Gospels, we see the suffering of the Bridegroom for His bride. In the Book of Acts, we see the suffering of the bride out of her love for the Bridegroom.
- ✦ In the Gospels, the Lord washes the feet of the disciples and in the Book of Acts, those feet preach to the whole world.
- ✦ In the Gospels, the Holy Spirit creates a body for the Son in the womb of the Virgin. In the Book of Acts, the Holy Spirit creates the church, the body of Christ

## *The Purpose of the Book of Acts:*

- ✦ To confirm how this young plant, the new church, was able to stand steadfast against persecution from the Jews and Romans, and how it grew through the work of the Holy Spirit in it.

# MY CHURCH; Spirit & Life

- ✦ This Book remains open to continue the evangelistic work and witnessing for Christ even to bloodshed. The good word of the Church is still spreading worldwide and producing saints by which the world is blessed.
- ✦ This Book reveals the fact that the Church is evangelistic, always moving, alive. She lives the life of constant repentance, bringing in many people daily. A part of the Book of Acts is read in every holy Liturgy, after which the Synaxarion is read.

## Chapter 1: The Promise

### Verse 1 - 11: The Ascension

- ✦ **Verse 1:** The "former account" refers to the Gospel according to St. Luke
- ✦ **Verse 2 - 3:** Our Lord Jesus Christ showed Himself by many infallible proofs to confirm the Resurrection. "And as they went to tell His disciples, behold, Jesus met them, saying, "Rejoice!" So they came and held Him by the feet and worshiped Him" (Matthew 28:9).



### Verses 4 - 12: Promise of the Father & Descent of the Holy Spirit

- ✦ Our Lord Jesus Christ handed down to His disciples everything they needed to establish the Church. The disciples handed these things down to the next generation. This process continued until our time and will continue; this is what we call **Tradition**. "But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth" (Acts 1:8).

✦ *Do you witness for the Lord in your home, school, community, etc.?*

### Verse 12 - 14: The Disciples meet in the Upper Room

- ✦ Forty days after the Resurrection, our Lord Jesus Christ ascended to heaven, but He never left us alone. He ascended to send us the Holy Spirit, who lives within us and with the church to eternity.

In order for the Holy Spirit to descend upon the Apostles, they had to obey our Lord Jesus Christ and remain in Jerusalem. They had to continue in prayers and supplications with one accord; they lived a life of fellowship.

✦ **We too, if we desire to have the Holy Spirit work in us,** we must continue in prayers and supplications and unite with one accord in fellowship and love

### *Verse 15 - 26: Choosing St. Matthias instead of Judas*

✦ The name "Matthias" means "Yahweh's gift." Even though our Lord called Judas to the discipleship, he betrayed Him. **How about us? Be careful and make sure your works and actions witness that you are a disciple of our Lord Jesus Christ.**

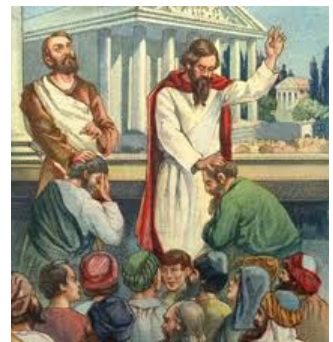
**v.20 Office= in Greek "epikopen". The disciples were the Church's first bishops**

✦ The disciples cast lot in their decision making, but **they prayed first** asking the Holy Spirit to choose between these 2 great candidates.  
 ✦ Currently, the church uses the "altar lot" to choose the patriarch, the successor of St. Mark. This lot is always preceded by many prayers and fasts. WE should not use lot to make our daily and life decisions. We reach out to God seeking the guidance of the Holy Spirit through prayers, bible readings, sacraments partaking and counseling with our father of confession and spiritual leaders.

## *Chapter 2: Power from Above*

### *Verses 1-13: The Descent of the Holy Spirit and Speaking in Tongues*

✦ According to Jewish tradition, Pentecost was the feast of harvest. Jews from all countries and tongues went to Jerusalem to celebrate the feast and on this day, the Holy Spirit descended on the disciples, the day of Pentecost.



# MY CHURCH; Spirit & Life

**The Descent of the Holy Spirit on the disciples was accompanied by many signs:**

- ✦ A mighty, rushing wind (verse 2) - to capture the attention of those who were outside celebrating the feast.
- ✦ Fire (Verse 3) - to prove the presence of God
- ✦ Speaking in tongues (verse 3) - to aid in evangelizing the whole world
- ✦ Miracles (verses 7 - 13) - to glorify God.

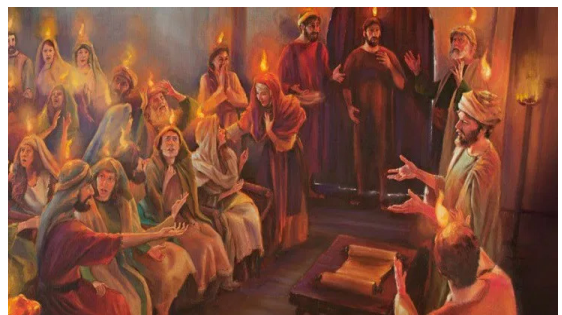
## *Verses 14-41: The Descent of the Holy Spirit and speaking in tongues*

- ✦ St. Peter recalls the prophecies of Joel (verse 16) and David (verse 29) to teach them about the awaited Messiah, who was incarnate, crucified, died, arose, ascended to heaven, and sent His Holy Spirit to dwell in His disciples on that day of Pentecost (vs. 16-36) so that they may speak in tongues, prophesy, & perform many miracles, that the Good News may spread to the ends of the earth.
- ✦ The Holy Spirit powerfully worked through the sermon of St. Peter, and they baptized **3000** souls. These were the first fruits of the church. They were to receive the Holy Spirit under certain conditions (vs. 37-41): true repentance from the heart, followed by baptism for remission of sins.

3000 souls were pierced in their hearts by St. Peter's words. How about us? When we sin, do we hear the Holy Spirit condemning our consciences unto repentance and confession before our father the priest? Let us not neglect His voice that lives in us!

## *Verses 42-47: The First Image of the Church*

- ✦ The gospels had not been written yet but they were taught orally by our fathers the apostles.
- ✦ The early Christians led a life of strong fellowship (prayer, fasting, giving alms)



**“So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart.” (Acts 2:46) “Breaking Bread” = The Eucharist**

**The fruits of the life of the Church are:**

- ✦ Joy & Simplicity of heart (verse 46)
- ✦ Life of Praise (verse 47)
- ✦ Favor with all people (verse 47)
- ✦ Positive Impact on people around you: Many joined Christianity (verse 47)

## **Chapter 3: Who Deserves the Glory?**

### **Verses 1-10: Healing the Paralytic**

- ✦ Our fathers the apostles went to pray at a certain time, as the church likewise has structured prayers for different times of the day in the Agpeya
- ✦ Healing the paralytic man is one of the first miracles mentioned in the book of Acts which was performed by the apostles as our Lord Jesus had promised them.
  - ✦ In verse 4, when St. Peter “fixed his eyes” on the paralytic man, this means he observed him very intently.
  - ✦ Although the apostles had nothing monetary to give the paralytic man, their wealth was in Christ. Through our Lord’s Name, the paralytic man received new life. He then went on to praise God and thank Him for His gift of healing.

### **Verses 11-26: St. Peter & St. John witness for the Lord Jesus**

- ✦ God alone deserves the glory and honor throughout our lives because our success, health, and works are from Him.



This is what saints Peter and John did when the paralytic was healed . They gave God the glory. If we neglect to give God the glory and think that our success comes from our own power or understanding, His Hand leaves us and we experience extreme want. Read what happened to Nebuchadnezzar in Daniel 4:30-34.

- ✦ As one of the Fathers says, **“There is no gift with no increase except that without thanksgiving.”**
- ✦ Saints Peter and John witnessed to Christ and His saving and life giving sufferings. They also witnessed to how the Jews persecuted Him as was foretold by the prophets.

## *Chapter 4: Satan Inflames the Jewish Leaders*

### *Verses 1-22: St. Peter & St. John Witness Before the High Priest*

- ✦ The captain of the temple was in charge of the temple’s security. The Sadducees—Jewish priests and high priests, had a good relationship with the Roman authorities as they did not believe in the resurrection of the dead, nor in angels; thus, they both opposed the Lord Jesus Christ.
- ✦ Despite the fact that they arrested the disciples, many believed on the Lord; the number of believers increased to 5000 men!
- ✦ The Sanhedrin is the council that tried our Lord Jesus Christ. It is composed of the High Priest and 70 elders. This same council met to convict the apostles.
- ✦ The Jews thought that the apostles had invoked the one of the names of the prophets of magicians. But St. Peter confirmed that only the Name of Jesus can perform such miracles.
- ✦ Thus, the Church praises the name of our Lord Jesus in the Sunday Psalm saying, “My Lord Jesus Christ help me,” to strengthen the believers.

### *Verses 23-37: St. Peter & St. John Pray with the Congregation*

- ✦ Our Fathers the Apostles and the people began their prayer with the Psalms

(ps. 2), then continued with personal prayers asking for strength and help to continue witnessing for the Lord Jesus.

- ✦ Through the power of prayer, the place where they were meeting was shaken and all were filled with the Holy Spirit. The believer is like a lamp. He/she must be filled with oil of the Holy Spirit to give light.
- ✦ These gatherings and fellowship of prayer confirm the unity of the church.

## *Chapter 5: Take Heed - Do Not Lie to the Holy Spirit*

### *Verses 1-11: Ananias & Sapphira Lie*

- ✦ Ananias and Sapphira's sin was not that they did not give to the church; God does not force anyone to give. Their sin was that they lied to the Holy Spirit. Actually, they did not love giving, neither to God nor the poor nor the Church. They only wanted to look good in front of the Apostles and the congregation. They thought that they can hide things from God. Their punishment was very strong as an example for us. God had to purify the early church from hypocrisy !



### *Verses 12-16: Miracles Performed at the Hands of the Apostles*

- ✦ "And through the hands of the apostles many signs and wonders were done among the people." People carried their sick into the streets so that St. Peter's shadow may fall on them and heal them.
- ✦ But some people were afraid to join them. They were afraid of being persecuted by the Jews & Romans.

**How about you? Are you afraid of your friends' criticism? Do you go along with them, even to sin, when you know it's wrong?**

### *Verses 17-40: The Apostles Arrested, Gamliel Advises*

- ✦ As the Fathers the Apostles and believers were filled with the Holy Spirit, the devil filled the hearts of the Sadducees, Jewish priests, and their followers with envy and evil.
- ✦ God never abandons His children but sometimes God allows His children to partake of His cross for the love of His Name. God allowed His apostles to be put in prison and sent His angel that night to open the prison doors. When people see how much the children of God endure for His Name, they understand how much they love Him and their faith; this could be a reason for others to accept the faith.
- ✦ Theudas and Judas were revolted against the Romans, but they failed.



- ✦ The Holy Apostles felt that suffering for the Lord Jesus Christ was an honor they did not deserve. For those who suffer with Him will also be glorified with Him. Thus, they returned rejoicing that they were counted worthy to suffer for His name.

## *Chapter 6: The First Deacon*

### *Verses 1-8: The Seven Deacons Chosen*

- ✦ There was a heated disagreement between the Jews and the Greeks because the Greek widows were accidentally neglected
- ✦ "Daily distribution"= refers to the distribution made to the poor

✦ The seven deacons were chosen as they were men of good reputation, full of the Holy Spirit and wisdom. When they prayed over them and laid their hands on them, the Holy Spirit came upon them and became their guide.

✦ In Acts chapter 6, the rite of ordaining deacons is explained and it is exactly how the Church ordains deacons: our father the bishop puts his hand on the deacon to ordain him

✦ Even though the deacons were chosen for serving tables and taking care of the widows (a seemingly simple service), St. Stephen, one of the deacons who was full of faith and power, did great wonders and signs among the people, and courageously witnessed for Christ in the Synagogues of the Jews!

✦ "Stephen" = a Greek name meaning 'crown' or 'a crown made of flowers'

### *Verses 9-15: St. Stephen's Wisdom*

✦ 'Synagogue' = knesta in Aramaic = Nest in Hebrew = Church in Christianity

✦ There were 480 Synagogues in Jerusalem. Each had a specific name according to the group. St. Stephen disputed with many of them in order to bring them to the faith in the Lord and enlighten their ways.

## *Chapter 7: The First Martyr*

### *Verses 1-53: St. Stephen's Message*

✦ St. Stephen spoke to the Jews in a Christian manner, not mockingly nor with sarcasm, but with a heart filled with God's love.



# MY CHURCH; Spirit & Life

- ✦ St. Stephen began his message with the Fathers, then the prophets, until he reached the Lord Jesus Christ.
- ✦ He mentions Abraham, of whom the Jews were extremely proud. Abraham obeyed the Word of God, and he left the Chaldeans and went to a land he did not know. He trusted the words of God and His promise that He would give him and his descendants the promised land.
- ✦ He mentions Moses, who freed them from the land of bondage (Egypt) to the promised land. He spoke with God, received from Him the Law, and by inspiration wrote the Torah. Despite all of this, the people rebelled against God on multiple occasions: in heart, mind and actions.
- ✦ St. Stephen rebukes the Jews for their disobedience; they were uncircumcised in heart and ears. Circumcision is the cutting of a small part of the body (symbolizing casting out sin from one's life) as a sign of the covenant between God and man. They were only circumcised according to the flesh, but their hearts were far from God, filled with evil and defilement (uncircumcised). Their ears also were uncircumcised, and did not hear the message of God.



## *Verses 54-56: The Stoning of St. Stephen*

- ✦ As a result of his message, the Jews stoned St. Stephen.
- ✦ St. Stephen received courage from his vision of the Lord. Martyrdom is a door

which leads to the Lord. Those who follow the Lord Jesus all the way find courage and power to do impossible things.

- ✦ Even though St. Stephen served tables, he was very well versed in the Holy Bible. This helped him to relay to the Jews the fact that the Lord Jesus Christ is the Savior spoken of by the prophets in the Old Testament, and by the Apostles in the New Testament. It is impossible to live without Him.
- ✦ St. Stephen's unity with Christ and his great love for God enabled him to forgive those who stoned him as His master forgave His murderers on the cross.

## *Chapter 8: The Persecution of the Church Leads to its Growth*

### *Verses 1-8: The Church Persecuted, the Believers Disappeared*

- ✦ The devil enticed a man named Saul to persecute the church. Saul went to the homes of the Christians and dragged men and women to prison. The Christians then became dispersed into various villages of Judea and Samaria. Although the devil meant to hurt the church, God changed this into good because those who scattered went preaching the Good News of the Gospel. Christianity was spread and the Lord's plan to evangelize Judea and Samaria was fulfilled.
- ✦ **Persecution made the church stronger and the brave apostles didn't mind the pain but rejoiced in it.**
- ✦ The Lord proved the words of the Apostles by accompanying them with miracles so that the people would believe the word of God. St. Philip preached the Samaritans. When they believed, they felt true joy, they never felt before. Joy is one of the fruits of the Spirit.
- ✦ We must understand that God permits trials, not to hurt us but for our benefit.

### *Verses 9-25: What did Simon the Sorcerer do?*

- ✦ The devil has the ability to deceive us with his evil works (as those of Simon). But when the word of God is revealed and works in us, it is a light that destroys darkness, revealing the evil work of satan and his deception.

# MY CHURCH; Spirit & Life

- ✦ Through baptism, one receives the grace of the new birth. In the early Church, the Holy Spirit was given by the laying of the hands on the Apostles. Nowadays, one receives the grace of the Holy Spirit through Chrismation (Holy Myron).
- ✦ Even though Simon was baptized, his thoughts were still evil: he wanted to buy, with money, the gift of giving the Holy Spirit by laying of hands.

## *Verses 26-40: St. Philip & the Ethiopian Eunuch*

- ✦ God always helps those who work to understand the Holy Bible just as He sent Philip to help the Ethiopian eunuch to guide him. It was not enough for the eunuch to believe in Christianity. He had to be baptized. Notice that he was baptized by immersion, **“And both Philip and the eunuch went down into the water, and he baptized him. Now when they came up out of the water, the Spirit of the Lord caught Philip away” (Acts 8:38 - 39)**. This proved that this was the work of the Holy Spirit.
- ✦ “But Philip was found at Azotus” which is 20 miles north of Gaza. So the Spirit carried Philip to wherever God wanted him to serve.



## Chapter 9: The Wolf Becomes a Lamb

### Verses 1-9: God Calls Saul

✦ Saul was a Jew from Tarsus. He was a pharisee (strict Jew) , and a Roman citizen by birth. He was educated by Gamaliel – one of the most popular Jewish teachers at the time ( Acts 5:33-40). He was very well educated and versed in the Law and prophets, which helped him later to refute the Jews and prove Christianity from the Old Testament. He was guarding the clothes of those who stoned St. Stephen, and consented to his death.

**“Saul... made havoc of the church, entering every house, and dragging off men and women, committing them to prison” (Acts 8:3).**

✦ After the Lord called Saul, he discovered that all the prophecies of the Old Testament were fulfilled in the Lord Jesus Christ.

Therefore, he believed that Christianity is the true faith. He turned his zealous spirit not just to defend it, but even suffering for it!

✦ Even though Saul was persecuting the believers, the Lord said he was persecuting Him personally, “Saul, Saul, why are you persecuting Me?” Whenever we face troubles and persecutions for the sake of our faith in the Lord Jesus, the Lord feels every hurt!

✦ The goad is an instrument used for guiding their oxen, and horses



# MY CHURCH; Spirit & Life

If the horse strays, the rider swings the goads into its belly to redirect it to the path. It is impossible for the horse to kick the goads. God sends goads (tribulations) to those who are far from Him to help him/her return to God's way (the straight way).

✦ "So he, trembling and astonished, said, "Lord, what do You want me to do?"

**Do you ask God, "Lord, what do You want me to do? Lord, what would you like me to leave behind for Your sake?" Do you ask for God's will instead of your will?**

***And how do you hear God's answer? You can hear it from:***

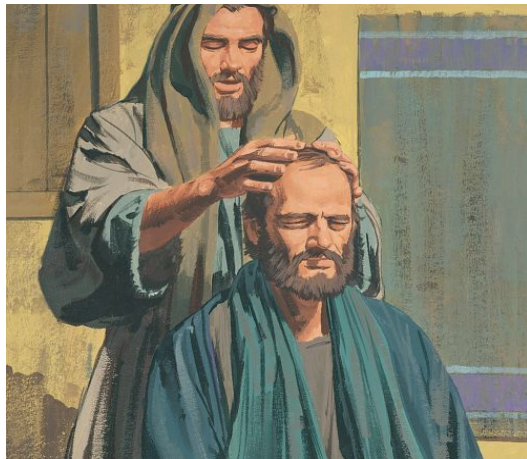
- ✦ Daily regular bible readings
- ✦ Your father of confession, our spiritual guide, just as God sent Saul to Ananias
- ✦ Sacraments
- ✦ Prayers

## ***Verses 10-30: Saul is Baptized, the Jews persecute him***

✦ The scales that were on Saul's eyes were like a screen that blinded him from seeing the Truth and the knowledge that the Lord Jesus Christ is the True God.

**How about you? Repent of your sins. Confess to your father of confession, so that the scales may fall from your eyes and you may see and know God.**

✦ The same tool that the devil used to persecute the Church (Saul) became the one to spread Christianity (Paul) and the one which the Church used to destroy the works of the devil. Thus, he incited the Jews to kill him, but Paul increased in power.



## ***Verses 31-43: The Church Grows & is Supported by Miracles***

✦ Despite persecution and tribulations, the Church continued to grow. God gave the Apostles the gift of working miracles as proof of their message that the Lord Jesus is God: St. Peter healed the paralytic and raised Tabitha from the dead.

Notice that he prayed before performing the miracle that God may give him strength to perform it.

## Chapter 10: God Does Not Accept Hypocrisy

### Verses 1-8: Who is Cornelius?

✦ The Good News had been preached in Jerusalem, Judea and Samaria. Now it was time for it to spread to the Gentiles. The Jews separated themselves from the Gentiles because they considered them as dogs. The Jews refused to accept the Gentiles in the faith unless they became Jews.

#### **Cornelius was:**

- ✦ A centurion. He was a Gentile, but He loved God and feared Him without even knowing Him.
- ✦ Through his faith, he found favor with God and He fasted. Thus, his prayers and alms-giving went up as sweet smelling incense before God.
- ✦ He was searching for God and that's why he found Him. This made him a loving person and therefore closer to the Kingdom of God.

### Verses 9-16: St. Peter's Vision

✦ It was difficult for St. Peter, being a Jew, to imagine that God would accept the Gentiles into the faith. The vision he saw was a declaration that God would accept them. In the vision, the unclean animals represent the Gentiles, as the Jews viewed them.



Christianity denounces segregation of nations; the Love of our Lord and Master Jesus Christ accepts and unites all.

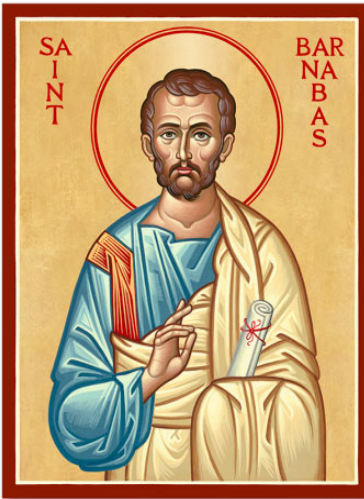
### Verses 17 - 48: Cornelius Believes

✦ In the Old Testament, the Lord forbade the Jews from dealing with the Gentiles so that they would not imitate them in worshipping idols, nor in their immoral behavior, nor eat what was forbidden (unclean or strangled animals) because the Gentiles were drowning in evil. But after the Lord cleansed the

# MY CHURCH; Spirit & Life

whole world, all the believers became the universal Church (the sheet) which came down from heaven.

- ✦ God is not biased toward a specific nation, but accepts every one who does His will.
- ✦ In St. Peter's sermon, he told Cornelius and his household that the Lord Jesus Christ took flesh because of the love of God for the whole world. He came to take away all sorrow and pain, but they crucified Him. Then, He arose from the dead, and ascended to heaven. In turn, we must live with the Lord Jesus, the Risen Christ, to understand the power of living with God.
- ✦ To declare that the Holy Spirit descended on them, God gave them the gift of speaking in tongues, as He did to the Apostles at the first. For He loves all the same, Jews and Gentiles.



## Chapter 11: The Son of

### Encouragement

#### *Verses 1-18: The Jews Object the Acceptance of the Gentiles*

✦ The news of accepting the Gentiles and what St. Peter did came to the ears of those in Jerusalem. This angered the Christians who followed Judaism strictly, and they contented with St. Peter when he went to Jerusalem. They wanted to first circumcise the Gentiles who would become Christians; they wanted them to pass through Judaism before becoming Christians and follow all the traditions of Judaism.

✦ St. Luke repeated the vision on purpose to confirm that God accepted the Gentiles into the faith.

### *Verses 19-21: The Result of the Dispersion*

✦ After Stephen was stoned, great persecution and tribulation arose against the Christians. Many dispersed, but notice that this persecution led to spreading the Good News; they went preaching the faith. The names of many who preached were not written here, but they are written in the Book of Life. Therefore, do not look for the reward of your good deeds here. Do not seek praise from people; your glory will be eternal in the kingdom of heaven.

### *Verses 22-30: The Good News in Antioch*

- ✦ Antioch was the 3rd largest city in the world at that time after Rome and Alexandria. The 1st church of the Gentiles was established in Antioch by **St. Barnabas**:
- ✦ Barnabas means "Son of encouragement"
- ✦ St. Barnabas was filled with the Holy Spirit and faith, thus, many believed because of him.
- ✦ He was the uncle of St. Mark, who evangelized Egypt.
- ✦ He accompanied St. Paul and introduced him to the disciples. He traveled with St. Paul preaching the word.
- ✦ The mother Church of Jerusalem sent him to Antioch to check on the church there.
- ✦ The first Church acted as one body. When the church of Antioch heard of the persecution in Jerusalem, they sent them help.

**How about us? Are we true witness for Christ? Do our actions and deeds witness for Him? Are we projecting a beautiful image of Him everywhere we go at all times?**

## *Chapter 12: The Proud Eaten by Worms*

### *Verses 1-5: St. Peter Imprisoned*

- ✦ King Herod was the grandchild of Herod the great who ordered the killing of the children of Bethlehem.
- ✦ Saint James the son of Zebedee was martyred. He was the first martyr among the apostles.
- ✦ In times of tribulations and trials, we seek prayer. This is what the church did



## MY CHURCH; Spirit & Life

when Saint Peter was imprisoned

**How about you? Do you pray for your family? your friends? your brothers and sisters in church? people in tribulation everywhere?**

### *Verses 6-17: How did St. Peter get Out of Prison?*

- ✦ In prison, Saint Peter had perfect peace. He wasn't worried about anything. Even though his hands and his feet were bound by chains and four sets of soldiers were guarding him, he fell into a deep sleep. He was in such a deep sleep that the Angel had to smite him on his side to wake him up.
- ✦ How did Saint Peter change from being afraid and denying the Lord to this deep and great peace? No doubt his trust and faith in the power of our Lord Jesus Christ give him this great peace.

**How about us? During tribulation do we think about the problem and then are filled with fear? Or do we think about the power of God who protects us, then are filled with comfort?**

- ✦ The disciples thought Saint Peter's Angel was knocking on the door, that is his Guardian Angel, or his spirit (they thought that he might have been martyred).
- ✦ Saint James is the son of Alpheus, the cousin of the Lord. He was the bishop of Jerusalem, and the head of the Council. He wrote the Epistle of Saint James. He is not Saint James who was martyred at the beginning of this chapter.

### *Verses 18-25: The Confusion & Herod's End*

- ✦ The people exalted Herod the King treating him as a god. Therefore, he thought that he was a god and he did not give glory to God. So, God smote him, and he died. When God works in us and we become successful, instead of giving the glory to God, we give the glory to ourselves and forget to thank God for His favors. We must give God the glory and thank Him and praise Him for every success, for He is all powerful. He gives us wisdom, intelligence and all things.
- ✦ Herod worked hard to destroy the church, but God is always working to build it up.
- ✦ Herod died but the church was victorious and grew through reaching the whole world and multiplying.



# My Church is a Pillar

The Most Honored Layman Ibrahim El-Gohari.

*Here is a story of layman, not a clergy or a monk, that loved the church from all of his heart and gave it all he had. May we acquire his zeal and realize our roles and responsibilities towards our beloved Mother Church.*

## **Ibrahim El-Gohari, The Scribe:**



The great layman Ibrahim El-Gohari was born to parents who were poor. His father's name was Yousef El-Gohari whose made clothes for a living. His parents taught him writing and arithmetic, which he excelled at. He used to transcribe religious books and distribute them to the church at his own expense. Through the many books given to the church along with the high cost of transcribing the books and binding them, Ibrahim El-Gohari got the attention of the pope. When the pope asked Ibrahim about his resource, and Ibrahim revealed to him his zealous and godly-life. The pope blessed him saying, "May the Lord uplift your name and bless your work and keep your memory forever." The relation between Ibrahim El-Gohari and the pope became stronger from that time. When he started to work, Ibrahim was a scribe to one of the Mamluks. The pope mediated with Moalem Rizk (the chief scribe) who took him as his private scribe. Then, Ibrahim El-Gohari became the chief scribe of all of Egypt, a position which is equal to prime minister today.

**Ibrahim El-Gohari and his family:**

Ibrahim El-Gohari became more humble, generous, and charitable, which attracted the hearts of all people. Ibrahim then married a righteous woman who shared with him his good nature and character. She helped him in his charitable deeds and encouraged him to build and maintain churches. They had two children, Yousef and Demiana. When his son grew up, his father furnished a home for his wedding day; however, his son departed before his wedding. The death of his son was the most shocking event in his life, but his desire to help the widows, orphans and the poor intensely increased. Everyone was so astonished at his endurance, patience, and his great control. When his wife resented the will of God, St. Anthony the great appeared to her in a dream, and comforted her. St. Anthony also appeared to Ibrahim El-Gohari, and he comforted him and strengthened his faith. When his wife rose up and told her husband about her dream, he told her that he also saw the same dream that same night. They surrendered their will to God, and their hearts were filled with comfort and they continued in their good charitable deeds. Their Daughter Demiana also died shortly afterwards as a young virgin.

**Overcome evil with good:** Once his brother Girgis complained to him that some young men insulted him in the street and asked him to do something about it. He promised him that he will shut their mouths. The next day Girgis received great respect from the same young men. When he asked his brother how did he do that, he replied that he sent them many gifts and provisions thus, following the bible commands: "Therefore, if your enemy is hungry feed him; if he is thirsty give him a drink; for in so doing you will heap coals of fire on his head. Do not be overcome by evil, but overcome evil with good." (Romans 12: 20-21)

One day after the Liturgy of the Resurrection Feast, his wife told him that a family of a Coptic prisoner was in need of food and clothes. He went with his wife to Archon Fanous who succeeded in getting him released. Archon Ibrahim got a job for him but the man refused saying "I have a friend who is in need of the job more than me." Ibrahim rejoiced at his nobility and was able to get a job for both of them.

### **The Sultan of the Copts:**

Ibrahim El-Gohari remained in his office until a coup occurred which forced Ibrahim and Murad Beys, together with Ibrahim El-Gohari to flee to upper Egypt. The new governor, Hasan Qubtan, persecuted the Copts and forbade them from riding horses with saddles, using Muslims as servants in their homes and did not allow them to buy slaves. He also ordered to have an account of the endowments that Ibrahim El-Gohary's wife hid by herself in a Muslim's home and confiscated all the silver, gold utensils, and their horses saddles and sold them for low prices. The governor was called back to Istanbul, and Ibrahim and Murad Bey returned to Cairo. Ibrahim El-Gohari then returned to his former position, but he did not continue for more than four years, although he was loved by everyone.

The people called Ibrahim El-Gohari the "The Sultan of the Copts." The famous muslim historian El-Gabarty stated that, "Ibrahim made Egypt great by his capability which endured for a long time. He was one of the greatest statesmen and had a great decisive mind. He treated everyone fairly and by his deeds, he attracted the hearts and the love of the people to him. In Ramadan, he used to send gifts to prominent and non-prominent Muslims. In his days, many churches and monasteries were built and maintained, and many endowments for the best land were given, with the necessary provisions and salaries. Anba Yousab el Abah, the bishop of Girga and Ekhmim said about him that, "He was one of the great people of his day, who was God-loving, giving all his possessions to the poor, and caring about the construction of churches. He loved all people of different religions, making peace with all, filling all the needs of everyone without prejudice."

### **Ibrahim El-Gohari's love to the Church:**

He donated many endowments of good land and money for their reconstruction, which amounted to 238 endowments as documented in the patriarchate. He was also popular for the transcribing of rare books and giving them as gifts to the churches and monasteries. He also prepared the materials for the oil of Chrism (Myron) from his own money and his brother Girgis carried them to the Pope.

Ibrahim El-Gohari was famous for his love of the construction of churches and monasteries, repairing what was destroyed. Prior to his time, the Copts were not allowed to build new churches or to repair the old ones, unless they got permission from the government, which was rarely granted. However, because of his influential position in the government and his great favor to the Muslim rulers, he was able to issue regulations to permit Copts to rebuild the destroyed churches and monasteries.

One of the princesses came on a pilgrimage to Mecca passing by Egypt. Ibrahim El-Gohari made everything as comfortable as possible for her during her stay. She wanted to reward him, so he asked her to get an order from the Sultan to permit the construction of a church in El-Azbakiya where he lived, along with requesting other items Copts needed. The Sultan issued the permit, but Ibrahim died before the construction of the church and his brother Girgis El-Gohari completed it. This was St. Mark's cathedral in El-Azbakiya.

Friday is the main day off in Egypt, while Sunday is a regular working day. Copts that worked for the government were having difficulty in praying liturgies on the day of the Lord and returning to work in the allowed time. So he built a small church after the name of St. Mercurius beside the main church of Virgin Mary in Haret-Zoweila, to allow him and the government Christian employees to attend the Sunday liturgies and return to their work as per the allowed time, without changing the timing of the liturgies for the congregation.

## MY CHURCH; Spirit & Life

Ibrahim El-Gohari built all of the northern wall of St. Antony monastery and also built a water wheel. The wall is known till today as El-Gohari's wall. He renovated the building of the church of the Virgin in Haret Zwela. He built the church of St. Philopater (Abu Sefein) in the monastery of St. Paul in the Eastern desert, and in the monastery of El-Paramous. He built the church of St. Apollo and St. Abib that was demolished previously. He additionally added an extension to the southern end of the monastery of El-Paramous. He also built palaces to the Lady Virgin in El-Paramous and the Syrians monastery.

In summary, he constructed and maintained many churches and monasteries. He took care of the monks, and offered many offerings, candles, oil, veils, and church books to all the churches of Egypt. He also distributed charities among the poor and the needy everywhere and gave them food and clothing. He gave special attention to widows and the orphans who had no one to help them and provided monthly provisions for all their needs. His deeds were made known in his funeral eulogy by Pope Youannis, the 18th Patriarch. He departed to his eternal home on Monday the 25th of Bashans (May 31st, 1795 A.D.). Everyone grieved his departure including the governor Ibrahim who walked in his funeral procession to honor him as he had honored him before his death. Pope Youannis eulogized him for his great love to him. He was buried in the private tomb that he built for himself beside the church of St. George in Old Cairo, which had an oil lamp that was lit day and night. He died without leaving a posterity, but his memory lives forever.

The society for the revival of the Coptic churches in Cairo took initiative to renovate his tomb in Old Cairo, and it has become a tourist attraction to all those who have heard about Ibrahim and his brother Girgis El-Gohari.



# ADOLESCENCE AND THE BODY

- *Does Christ and the Church demand young people to ignore their physical existence and deprive the body of its needs?*

## **THE BODY AND HUMAN LIFE**

God did not create us as a mere soul or a mere body, but He created us as a unique kind of “being” with astonishing potentials. This “being” shares a soul or a reasoning spirit with the heavenly creatures and thus is not satisfied with temporary matters, but aspires to the infinite. At the same time, this unique “being” has a body that possesses instincts and sensations. The body desires to be fed by many pleasurable indulgences rather than food alone. Nevertheless, man has one existence despite the great differences apparent between the features of his soul and those of his body. When God made man in His image and according to His likeness (Gen. 1:26), the reference is not to the soul alone, without the body, but to the total human being.

The body is not merely the dwelling place of the soul that occupies it until it leaves it for good. It shares with the soul everything, including the heavenly glories or eternal suffering. Athenagoras, in his book “On the Resurrection,” confirmed this for he said, “If the nature of man as a whole includes, generally, an eternal soul and a body that befits it, then God has not made man according to the nature of the soul alone or according to the nature of the body separately. However, He has created man composed of both, whereby he passes through life - by means of the soul and body - and attains one goal common to both.. “

The Church sees man, in his entirety, soul and body, sanctified to God and where the Holy Spirit dwells through the sacraments of baptism and Chrismation. Knowing the truth about our body, with all its capabilities and potentials, as well as being acquainted with its role in human life, is an essential matter.

### **THE BODY, BETWEEN DEIFICATION AND REPULSION**

There are two extreme attitudes towards the body and its needs throughout the ages. There has existed a trend to deify the body and surrender to it. On the other hand, there has always been a trend to repulse and abhor the body, to consider the body an enemy that should be destroyed. Physical passions steered the lives of many, so that the body, soul, and mind were totally devoted to prurience (lust). Such people are referred to as those whose gods are their bellies (Phil. 3:9), or whose gods are their bodies, in everyday language. It is clear, from the above statement, that young people, who are now demanding no restraints to physical passions under the cover of personal freedom, do not represent a new trend in the history of mankind. This trend is an extension of thoughts adopted by many throughout the ages. Such a trend reflects an attitude that ignores the value of the spirit, mind, and all noble human capabilities. It moreover, reduces the entire human "being" into a body propelled by instincts and physical passions which are uncontrolled or sanctified.

In every age, an opposing trend or attitude, which is equally dangerous, is the trend of denial of the body. This trend advocates the denial of the body, since those who adopt it believe that they are mere spirits that have been condemned to live temporarily in the body. Consequently, the body is antagonized, and the desire to destroy it is prevalent.

## THE SACREDNESS OF THE BODY

The body is God's good creation and it is not fit to abhor or resist it as an enemy to be conquered. We should not, either, consider it a prison where the soul has been condemned according to Plato. St. Paul regards the members of his body in reverence and awe, for he considers them members of Christ (1 Cor. 6:15). What others consider as degrading, he finds highly estimable and says, *"Those members which we think are less honorable than those, we bestow more abundant honor"* (1 Cor. 12:23). We should not corrupt these members or use them as instruments of lethal practice. They should be considered the instruments of righteousness unto God (Rom. 6:13).

The Church has always fought heretical thought embodied in the old philosophies, especially the Persian, who were hostile towards the body and considered it an instrument of darkness. In this context, the fathers made the following comments:

- We should not shy to name what God has not shied to create (St. Clement of Alexandria).
- The body, originally the theme of God's art, is created with the capacity of enjoying God's power and following His model (St. Irenaeus).
- Do not say that the body is the cause of sin, for if it were, then why have not the dead committed sin? The Body does not sin by its self, but the soul sins through the body. Be compassionate as your body is the temple of the Holy Spirit (1 Cor. 6:19). Do not defile it by adultery, and do not pollute your beautiful vesture; if you have washed it now by repentance, wash it while there is time (St. Cyril of Jerusalem).

This body, as well as all its members, is God's creation. It has deviated from its goal due to sin and passion that result from a deviated will. God's Word is concerned with the sanctification of the body, for He carried our body without shame. Therefore, we can say with St Gregory, "You blessed my nature in You." St. Clement of Rome says, *"God has lifted us up to Him with love! Due to love, He carried us, and Jesus Christ has granted us His blood, and granted His body to our body and His soul to ours (Eph 1:49)."* The same meaning is conveyed by St. Irenaeus, *"Thus God saves us through His blood, granting His soul to ours, and His body to ours, filling us with the Spirit of the Father to unite God and man and to share his life."*

God, who loves you, has not stripped you of the body that has become a burden to your soul because you have corrupted it by sin; but instead He sent His Only-Begotten Son, the Creator, clothed in this body. He came in the likeness of sinful flesh (Rom. 8:3), but without sin. He came and struggled in your name to grant you victory and holiness on the condition that you put on God, and hide in Him and react positively to Him. St Ambrose says, *"Jesus Christ the Lord, by fasting and isolation, aimed at healing us of our attraction to greed, He accepted, for our sake, to be tempted by the devil in order to teach us how to conquer him."* St. Cyril, the Great, says: *"Christ conquered the devil and crowned the body of mankind with wreaths of glory and victory."* Through the Lord Jesus Christ, the incarnate Word of God, we have become victorious and holy; our bodies have become sanctified in Him, they are His members (1 Cor. 5:16).

### **THE HUMAN BODY AND ITS PASSIONS**

Man with his body and soul represents 'one being,' carrying one nature namely, 'the human nature' where the body and soul are welded together and function harmoniously. Why then does the apostle moan on account of his body? Why does he say, "The body of this is death" (Rom. 7:24) "which lusted against the Spirit" (Gal. 5:17, 1 Peter 2:4)? It is necessary to distinguish between the human body "soma," as God's good creation and the flesh "sarkis," when it denotes physical lust that destroys the holiness of both the body and spirit.



# MY CHURCH; Spirit & Life

This urged the apostle to distinguish between carnal man and spiritual man, not to indicate that the former is a body without a soul and the latter a soul without a body, but to indicate that the first has surrendered his whole being and life to lust, as though he were nothing but body. As for the spiritual man, he has surrendered to the power of the Holy Spirit and thus has become spiritual without discarding his body. St. Augustine says, "He who is not spiritual, even in his body, becomes carnal even in his spirit." When man becomes carnal, the body is not to be blamed alone, because the soul shares in the guilt. Jesus Christ says, "*For out of the heart (inner man) come evil thoughts,.. fornications, thefts, false witnesses, and slanders*" *These are the things which defile the man*" (Matt. 15:19,20).

## **PHYSICAL CHANGES AND ADOLESCENCE**

The new physical, emotional, and sensory changes that accompany the adolescent period are beneficial. God, to enable man to lead a developing and active life and move towards maturity by the guidance of the Holy Spirit, has been entrusted with the steering wheel. Some psychological problems are sometimes the outcome of these changes. What we wish to clarify here is that many adolescents are worried and inwardly disturbed by the changes that occur very quickly to their bodies. What is happening however, to both sexes, reveals the greatness of the Creator and His wisdom, since he prepares them to move gradually towards puberty and maturity, and therefore, prepared to be mature parents in the future.

These changes are accompanied by new chemical reactions in the body. The outcome takes the form of new sensations experienced towards the other gender, and these increase and become part of the youth's total being. At this stage, feelings of purity are lost to the extent that youth imagine that life has suddenly become unclean. Often a sense of guilt sets in. What we wish to confirm here is that if feelings and sensations are delivered into God's hands, they prepare one to lead a well-balanced life, filled with blessings. Moreover, they set aright the love of God in the heart. Thus, these feelings are essential and necessary to whether one chooses to lead a holy married life or an ascetic celibate life.

In truth, the intimate physical relationship is neither a sin nor a profanity as long as it plays its rightful role and submits to the leadership of the Holy Spirit. The Holy Spirit grants holiness, wisdom, and growth.

# Atheist Arguments

*Atheists claim that God does not exist, while Agnostics argue that there is not enough evidence to prove God's existence. Atheists typically rely on some arguments and questions that are unanswered in their minds which make them question the existence of God. Some of these questions are:*

## 1. Intellectual arguments

Using what seems to be logical questions to support their views, atheists struggle with believing in a god who they cannot see? Forgetting that we believe in many things that we do not see like the Oxygen in the air we breathe, we do not see it yet we never question its existence!

Another argument Atheists use is: who created God and why does He allow suffering and pain? Forgetting that we as humans are a creation and can never fully comprehend our Creator. The same way a robot cannot fully comprehend its builder, or a computer program cannot fully explain its programmer, a god that can be fully comprehended is not God. We learn about God through His revelation to us, not through our advanced intelligence.

## 2. Scientific arguments

Many scientists go out of their way to develop scientific theories regarding the creation of the universe, misunderstanding the Holy Bible and arguing that Christianity is in conflict with science, forgetting that such theories are only experimental theories subject to flaws and errors, and that the Holy Bible is not a science book. It is the word of God for our edification and salvation, and is not meant to draw or test scientific theories!

## 3. The Flaws of the Religious Community

Atheists often point out the weaknesses of the believers and religious leaders in an effort to disregard their validity and authority. They forget that a true Christian would never claim perfection and holiness of life but rather would admit his weakness and be in constant pursuit of perfection according to God's commandments. St. John Chrysostom says, *"The church is a hospital for sinners, not a museum for saints."*

## 4. Other misconceptions about God

Atheists often spread many misconceptions about God as a restricter of humans' freedom, against human creativity and independent reasoning.



# MY CHURCH; Spirit & Life

Forgetting that God is the one who gave humanity its reasoning, accompanied with free will. Whether we choose to obey His commandments or not, we bear the consequences that follow our behavior.

## **God's existence is proved by His revelation**

The Holy Bible does not ask us to accept the existence of God blindly. Instead, it shows us how God, by His Spirit, has revealed Himself to us both in the past and in the present.

### **1. God is revealed through His creation**

Clement of Rome said, *"God is manifest even by the operations of the world which He has made, using the evidence of His creation."* There is no doubt that the universe reveals to us its creator and artist; its complexity and order teaches us about our wonderful God and His amazing work of creation. As St. Paul declared, *"For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead" (Romans 1:20).* How can anything run in such great order without a perfect Creator who allows it to be and to live? King David also shows us how contemplating on nature shows us handiwork and increases our knowledge of Him; *"The heavens declare the glory of God; And the firmament shows His handiwork. Day unto day utters speech, And night unto night reveals knowledge (Psalm 19: 1-21).*

God Himself declared His power and eternity to Job pointing at His work of creation when He spoke to him from a whirlwind; World's formation (Job 38: 4-6), the heavens (v.7), the balance between seas and land (v. 8-11), the dawn (v.12), the seas' depths (v.16), the life death cyde (17), the origin of light (v. 19), the winds (v.24), the hydrological cycle (v. 25-30), and animals nurturing their young (V. 39-41). *"By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible" (Hebrews 11: 3).*

### **2. God is Revealed Through the Incarnation of Christ**

"God, who at various times and in various ways spoke in time past to the fathers by the prophets, has in these last days spoken to us by His Son" (Hebrews 1: 1- 21). Although God revealed Himself to mankind by speaking directly or indirectly through His prophets, the ultimate revelation was through the incarnation of the Logos, our Lord Jesus Christ.

During His life on earth, the Lord Jesus Christ revealed the personality and character of God to us. People saw the Lord walking, talking, teaching, healing the sick, and raising the dead and they had a true human experience with God. He was loved and followed by many, as He touched their hearts and changed their lives. Hence everywhere He went, the multitudes followed Him. St. John proclaimed this truth in his first epistle, "*That which was from the beginning which we have looked upon, and our hands have handled, concerning the Word of life*" (1 John 1: 1). Therefore, by looking at our Lord Jesus Christ and learning from His life on earth, we know more about God and His existence.

### **Our Longing for Him is Proof of His Existence**

An interesting event took place in the book of Acts Chapter 17 when St. Paul went to Athens and wanted to preach the one true God to the Athenians. He stood in the midst of the Areopagus and said, "Men of Athens, I perceive that in all things you are very religious, for as I was passing through and considering the objects of your worship, I even found an altar with this inscription: TO THE UNKNOWN GOD. Therefore, the One whom you worship without knowing, Him I proclaim to you" (Acts 17: 22-23).

This is no surprise as mankind always had the longing to know its creator. From the beginning of time, man always searched for God. It is in our nature to long for Him who created us, loved us, and holds the whole world in His hand. We see this longing in the story of St. Moses the Strong when he was enslaved by people who worshiped the sun. In spite of his sinful life, one day he lifted up his eyes and looked towards heaven saying, "*O Sun, if you are God, let me know it.*" Then he said, "*And you God whom I do not know, let me know you.*" One day, he heard a voice saying to him, "The monks of Wadi El Natroun know the real God. Go to them and they will tell you." That was the spark to his life of repentance and sainthood.

St. Paul explained this truth extensively in his epistle to the Romans, because what may be known of God is manifest in them, for God has shown it to them" (Romans 1:19). Meaning that while all humans were born with a knowledge of God's existence, some may choose to proclaim it, and some choose to suppress the truth in unrighteousness" (Romans 1:16).

Memorization

PSALM 120

I lifted up my eyes to the mountains, from where my help shall come. My help shall come from the Lord, who made the heaven and the earth. He will not let your foot be moved; and your keeper will not slumber. Behold, He who keeps Israel shall not slumber nor sleep. The Lord shall keep you: the Lord shall cast a shelter upon your right hand. The sun shall not burn you by day, neither the moon by night. The Lord shall preserve you from every evil: the Lord shall keep your soul. The Lord shall keep your coming in and your going out, from this time and forever. ALLELUIA.

Memorization

**THE HOLY GOSPEL  
ACCORDING TO ST.  
LUKE (CH. 4 : 38-41)**

And He arose out of the synagogue, and entered into Simon's house. And Simon's wife's mother was taken with a great fever; and they requested Him concerning her. And He stood over her, and rebuked the fever; and it left her, and immediately she arose and served them.

When the sun was setting, all those who had any sicknesses with diverse diseases brought them unto Him; and He laid His hands on every one of them, and healed them. And devils also came out of many, crying out, and saying, "You are Christ, the Son of God!" And He, rebuking them, did not allow them to speak: for they knew that He was Christ.

**Glory to God forever. Amen.**

Memorization

## Litanies of 11th Hour

1. If the righteous one is scarcely saved, where shall I, the sinner, appear? The burden and heat of the day I did not endure because of the weakness of my humanity. But, O merciful God, count me with the fellows of the eleventh hour. For, behold, in iniquities I was conceived, and in sins my mother bore me. Therefore, I do not dare to lift up my eyes to Heaven; but rather, I rely on the abundance of Your mercy and love for mankind, crying out and saying, “God, forgive me, a sinner, and have mercy on me.”

2. Hasten, O Savior, to open to me the fatherly bosoms, for I wasted my life in pleasures and lusts, and the day has passed by me and vanished. Therefore, now I rely on the richness of Your never-ending compassion. So, then, do not forsake a submissive heart which is in need of your mercy. For unto You I cry, O Lord, humbly, “Father, I have sinned against heaven and before You, and I am no longer worthy to be called Your son, so make me as one of Your hired servants.”

3. Every iniquity I did with prudence and activity, and every sin I committed with eagerness and diligence, and of all torment and judgement I am worthy. Therefore, prepare for me the ways of repentance, O Lady the Virgin; for to you I appeal, and through you I seek intercession, and upon you I call to help me, lest I might be put to shame. And when my soul departs my body attend to me, and defeat the conspiracy of the enemies, and shut the gates of Hades, lest they might swallow my soul, O you, blameless bride of the true Bridegroom

Memorization

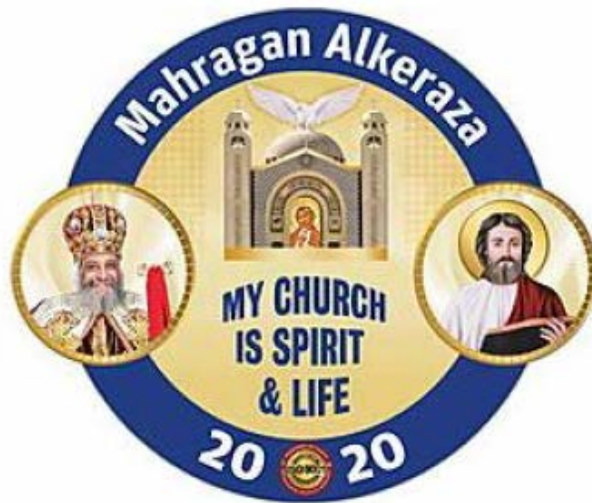
## ABSOLUTION (Bonus)

We thank You, our compassionate king, for You have granted us to pass this day in peace, and brought us to the evening thankfully, and made us worthy to behold daylight until evening. Lord, accept our glorification which is offered now, and save us from the trickeries of the adversary, and abolish all the snares which are set against us. Grant us, in this coming night, peace without pain, or anxiety, or unrest, or illusion; so that we may pass it in peace and chastity, and rise up for praises and prayers. And thus, at all times and everywhere, we glorify Your holy name in everything, together with the Father, who is incomprehensible and without beginning, and the Holy Spirit, the Life-Giver, who is in one essence with You, now and at all times, and unto the ages of all ages. Amen.



*Through the grace of God and under the auspices of His Grace Bishop David, Bishop of the Diocese of New York and New England and the current Papal Exarch of the Archdiocese of North America for H.H. Pope Tawadros II, this Mahragan book was translated and formatted by the blessed servants of the Coptic Orthodox Diocese of New York and New England. All material was translated from the Arabic Language to the English Language.*

**Midwest  
Mahragan Alkeraza**



**Coptic Language**

**Grade 7-8**

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Coptic Curriculum

Letter	Name	Pronun.	Letter	Name	Pronun.
Ⲁ ⲁ	Alpha	a	Ⲡ ⲡ	Pe	p
Ⲃ ⲃ	Vita	b,v	Ⲥ ⲥ	Ro	r
Ⲅ ⲅ	Gamma	g,gh,n	Ⲉ ⲉ	Seema	s
Ⲇ ⲇ	Delta	d, th	Ⲋ ⲋ	Tav	t
Ⲉ ⲉ	Eey	e	Ⲍ ⲍ	Epsilon	y, V, o
Ⲏ ⲏ	So-ou	-	Ⲑ ⲑ	Phi	f
Ⲓ ⲓ	Zeeta	z	Ⲕ ⲕ	Key	k, sh, kh
Ⲉ ⲉ	Eeta	ee	ⲗ Ⲙ	Epsi	eps
Ⲑ ⲑ	Theta	th, t	ⲙ Ⲏ	Omega	oa or au
Ⲓ ⲓ	Yota	i	Ⲙ ⲙ	Shai	sh
Ⲕ ⲕ	Kappa	k	Ⲟ ⲟ	Fai	f
Ⲏ ⲏ	Lola	l	Ⲡ ⲡ	Khai	kh
Ⲓ ⲓ	Mey	m	ⲣ Ⲥ	Hori	h
Ⲕ ⲕ	Ney	n	Ⲙ ⲙ	Jenja	j, g
Ⲏ ⲏ	Exi	x	Ⲟ ⲟ	Cheema	ch
Ⲓ ⲓ	O	o	Ⲡ ⲡ	Ti	ti or tee

# Table of Contents

Lesson 1: Letters similar in look and sound to English Alphabet ..... 3

Lesson 2: Letters that sound different than English (part 1) ..... 4

Lesson 3: Letters that sound different than English (part 2) ..... 5

Lesson 4: Vowels and the vowel point..... 6

Lesson 5: Letters similar to Greek (part 1)..... 8

Lesson 6: Letters similar to Greek (part 2)..... 10

Lesson 7: Ancient Egyptian Letters (part 1) ..... 12

Lesson 8: Ancient Egyptian Letters (part 2) ..... 14

Lesson 9: Abbreviations ..... 16

References ..... 18

## Lesson 1: Letters similar in look and sound to English Alphabet

Letter	Name	Pronunciation
Αα	Alpha	A (as in Art)
Εε	Ei	E (as in pen)
Ζζ	Zeta	Z
Ιι	Iota (Yota)	I or Y (as in sit or yam)
Κκ	Kappa (Kabba)	K
Μμ	Mei	M
Νν	Nei	N
Οο	O	Short O (as in look or book)
Ττ	Tav	T

### Examples:

ΑΝΟΚ	Anok	I
ΑΝΟΝ	Anon	We
ΖΑΖ	Zaz	Asphodel (plant)
ΝΑΝ	Nan	us
Κε (καί)	Ke	And (Greek)
ΤΟΤΕ	Tote	Then

### Homework: Pronounce each word/phrase out loud & write the pronunciation

ΜΟΙ		Give (v)
ΝΑΚ		Your /To you
ΚΑΤΑ		According
ΝΕΙ		And (Coptic)
ΝΙΙ		Who
ΖΕ		Truly
ΝΑΙ ΝΑΝ		Have mercy on us
ΤΑΙΟ		Honor

## Lesson 2: Letters that sound different than English (part 1)

Letter	Name	Pronunciation
Ββ	Veta (beta)	V if followed by a vowel (except in names)* B everywhere else
Ηη	Eeta	EE (as in seek)
Ρρ	Rho	R
ϸϸ	Sima (sigma)	S

Examples:

ΑΒΒΑ	Avva	Father
ΑΒΡΑΑΜ	Abra-am	Abraham
ΙΣΑΑΚ	Isa-ac	Isaac
ΠΕΝΝΟΒΙ	Nen-Novi	Our sins
ΜΑΡΕ	Mare	Let or may
ΝΑΙ ΝΗΙ	Nai Nee	Have mercy on me
ΣΑΒΕ	Sa-ve	Wise

**Homework: Pronounce each word/phrase out loud & write the pronunciation**

ΤΗΡΣ		All
ΜΙΣΑΗΛ		Mishael
ΑΖΑΡΙΑΣ		Azaria
ϸΕ		Yes
ΜΑΣΙΑΣ		Messiah
ΑΝΑΝΙΑΣ		Hananiah
ΠΙΒΕΝ		Every
ΠΙΕΒΙΑΙΚ		The servants

\* Some sources state that Β should also be pronounced 'V' when followed by the letters β, υ or ϯ.

Examples: αββα (avva), υιβϯ (Shivti), εβυι (evshi)

### Lesson 3: Letters that sound different than English (part 2)

Letter	Name	Pronunciation
Ωω	Oa (Omega in Greek)	Long O (as in boat or board)
Χχ	Key (ki)	<ol style="list-style-type: none"> <li>In words of Egyptian origin: K</li> <li>In words of Greek origin: <ul style="list-style-type: none"> <li>Sh if followed by e-vowel (ε, ι, η)</li> <li>Kh everywhere else</li> </ul> </li> </ol>
Ϡϣ	Ti (Tee)	Ti or Tee (as in Teepee)

Examples:

ϸωη	Si-oan	Zion
Αιωρεμ	Ai-soa-rem	I have strayed/ I have gone astray
Κωϣ	Koati	To turn or seek
χερε	Shere	Hail
Οητωϸ	On-toac	In Truth
Ιωαννης	Yo-an-nees	John
ϸωτηρ	Soa-teer	Savior
ϸωτεμ	Soatem	Listen
Χημ	Kee-mi	Egypt
ϸηωη	See - oan	Sihon (king of Ammorites)
χωριϸ	Khoa-ris	without

**Homework:** Pronounce each word/phrase out loud & write the pronunciation

χακι		Darkness
χιωη		Ice
Χωλεμ		Hurry
Μετοχος		Sharing in
Ρωμ		Human/man/people
Ακωϣ		You have saved
Ζηλωτε		Zealot
Καϣ		To know or understand

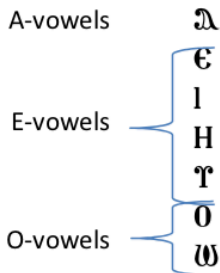
## Lesson 4: Vowels and the vowel point

New symbols	Name	Pronunciation
˘	Jenkem	Vowel point: 1. Adds an 'e' sound if placed on a constant (example: ˘c is read as 'ES') 2. When placed over a vowel, generally either elongates or stresses the vowel (splits the word).
Ⲑⲣ	Epsilon	1. Pronounced V after λ or ε 2. Ⲑⲣ is pronounced oo as in shoot or root 3. ⲣ is pronounced as e or y everywhere else

### Special Two-letter vowels:

Vowel	Pronunciation
ⲟⲣ	oo/ou as in shoot or root
λⲣ	av
εⲣ	ev

### All single vowels:



# Coptic Curriculum

## Coptic Curriculum

Examples:

Ⲯⲁⲙⲁⲧ		My mother
Ⲓⲛⲟⲩⲥ		Jesus
Ⲫⲟⲩ		Glory
̀ⲎⲦⲈ		Of
ⲘⲒⲜⲜⲒⲐⲁ		Communal Life
̀ⲎⲟⲩⲈⲥⲱⲩ		Lost or astray
ⲈⲘⲈⲟⲩⲱⲜⲎ		You open
ⲈⲦⲮⲬ *		Pray (Greek)
ⲘⲦⲣⲒⲟⲥ		Lord
ⲮⲒⲣⲟⲩ		All
̀ⲥⲙⲟⲩ		Praise
̀ⲎⲘⲞⲩⲩ ⲎⲒⲐⲈⲎ		At every time (at all times)
Ⲡⲱⲟⲩ		Mouths
ⲎⲒⲥⲁⲐⲈⲦ		The wise people
ⲘⲥⲙⲁⲣⲱⲟⲩⲦ		Blessed are you
ⲦⲒⲘⲘⲒⲜⲟⲙⲒⲁ		The Economy
ⲟⲩ-		Indefinite article

\* There are currently two acceptable ways to pronounce this word (Evshi and Evki)

Homework:

**Read** the following sentences out loud. **Underline** words you understand. **Circle** words that you don't know.

- ⲘⲈ ⲎⲦⲎ ⲘⲈ ⲁ̀Ⲓ ⲘⲈ Ⲓⲥ Ⲧⲟⲩⲥ Ⲉ̀ⲱⲎⲁⲥ ⲦⲱⲎ Ⲉ̀ⲱⲎⲱⲎ ⲁⲙⲈⲎ.
- ⲬⲈⲣⲈ ⲎⲈ ⲪⲁⲣⲒⲁ ⲮⲁⲣⲒⲥ Ⲧⲟⲩ ⲘⲁⲎⲎⲒⲘⲁ (Daniel)
- ⲘⲈ ⲐⲎⲦⲱⲥ ⲦⲈⲎⲥⲙⲟⲩ Ⲉ̀ⲣⲟⲘ: ⲘⲈ ⲐⲎⲦⲱⲥ ⲦⲈⲎⲦⲱⲩⲩ ⲎⲁⲘ.
- ⲘⲥⲣⲐⲐⲟⲕⲒ ⲁⲥⲙⲒⲥⲒ ⲮⲱⲣⲒⲥ ⲥⲦⲎⲟⲩⲥⲒⲁ.
- ⲈⲦⲮⲁⲣⲒⲥⲦⲎⲥⲱⲙⲈⲎ Ⲧⲱ ⲘⲦⲣⲒⲱ.

## Lesson 5: Letters similar to Greek (part 1)

Letter	Name	Pronunciation
ΔΔ	Delta	1. D in names as in <b>David</b> 2. Everywhere else, rough Th as in <b>The</b> or <b>There</b>
Θθ	Theta	Soft <b>Th</b> as in <b>Three</b> **
Ππ	Pi	P
Φφ	Fi	F or Ph as in phone

Examples:

Ⲙⲉⲟⲙⲏ		Truth
Ⲉⲟⲃⲉ		Because of
Ⲙⲓⲕⲉⲟⲛ		Just/right
Ⲡⲓⲥⲧⲟⲥ		Faithful
Ⲑⲱⲟⲩⲧ		Gather
ⲛⲓⲪⲏⲟⲩⲓ̀		The heavens
Ⲙⲓⲁⲕⲟⲛⲟⲥ		Deacon
Ⲫⲏⲟⲩⲧ		God (Coptic)
Ⲡⲟⲩⲣⲟ		The king/ O king
Ⲡⲁⲭⲛⲓ		Snow
ⲠⲓⲐⲟⲛⲟⲥ		The thrones
Ⲙⲱⲣⲟⲛ		Gift
Ⲑⲉⲟⲩ		God (Greek)
ⲘⲁⲩⲓⲘ		David

\*\* Some sources state that the letter **θ** is pronounced as T when the letter before it is **Ϣ**, **ϥ** or **Ϩ**.

Examples: Ⲙⲁⲧⲟⲓⲁⲥ (Mattias) and ⲠⲣⲟⲥⲉⲩⲁⲥⲟⲈ (Pros-ev-xaste), ⲱⲐⲉⲃ (eshteh)

## Coptic Curriculum

### Coptic Curriculum

#### Homework:

**Read** the following sentences out loud. **Underline** words you understand. **Circle** words that you don't know.

1. Δνω ἕμων τας καρδιας. Εχομεν ἕρος τον Κυριον
2. Πυκτες κε ἡμερε ρω πε: φωσκε σκοτος κε αστραπε
3. Ιρηνη πασι. Κε τω πνευματι σου
4. Παι ναν Φνοϋϋ Φιωτ Πιπαντοκρατωρ. Παι ναν Φνοϋϋ πενσωτηρ
5. Σταθητε μετα φοβου θεου

## Lesson 6: Letters similar to Greek (part 2)

Letter	Name	Pronunciation
Λλ	Lavla (Lola, Lambda)	L
Ϛϛ	Ghamma	<ol style="list-style-type: none"> <li>1. G as in Go when followed by e vowel</li> <li>2. N when followed by Ϛ or ϛ</li> <li>3. Gh (ϥ) (as in oghnia) everywhere else</li> </ol>
Ϙϙ	Exi	X
Ϡϡ	Epsi	PS (as in Psalmody)

Examples:

Προσευχαοε		Pray (Greek)
Κυριε ελεησον		Lord have mercy
Πιεροψαλτης		The Psalmist (hymist)
Μιασσελος		The angels
Αγαθος		Good
Αγιος		Holy
Πεκυονοσενης		Your only-begotten
Αξιος		Worthy
Μιεζοτσια		The authorities
Αλληλοτια		Alleluia
Ευλοσητος		Blessed
Αριψαλιν		O sing
Ψυχος		Coolness
παθλοφορος		Struggle-mantled/ struggle-bearer

## Coptic Curriculum

### Coptic Curriculum

#### Homework:

**Read** the following sentences out loud. **Underline** words you understand. **Circle** words that you don't know.

1. Κ̅ς̅μα̅ρω̅ν̅τ̅ ἀ̅λ̅η̅θ̅ω̅ς̅: ν̅ε̅μ̅ Π̅ε̅κ̅ι̅ω̅τ̅ ἡ̅α̅τ̅α̅θ̅ο̅ς̅: ν̅ε̅μ̅ Π̅ι̅π̅ν̅ε̅υ̅μ̅α̅ ε̅θ̅ο̅υ̅α̅β̅
2. Ἰ̅ κ̅α̅θ̅η̅μ̅ε̅ν̅ι̅ ἀ̅η̅α̅σ̅θ̅η̅τε̅: Ἰ̅ς̅ ἀ̅η̅α̅τ̅ο̅λ̅α̅ς̅ β̅λ̅ε̅ψ̅α̅τ̅ε̅.
3. ἀ̅ς̅ι̅ο̅ς̅ ἀ̅ς̅ι̅ο̅ς̅ ἀ̅ς̅ι̅ο̅ς̅ Κ̅τ̅ρ̅ι̅ο̅ς̅ σ̅α̅β̅α̅ω̅θ̅: π̅λ̅η̅ρ̅ι̅ς̅ ὁ̅ ο̅υ̅ρ̅α̅ν̅ο̅ς̅ κ̅ε̅ ἡ̅ γ̅η̅ τ̅η̅ς̅ ἀ̅ς̅ι̅α̅ς̅ σ̅ο̅υ̅ Δ̅ο̅ξ̅η̅ς̅.
4. Ἀ̅ξ̅ι̅α̅ Ἰ̅α̅ς̅ι̅α̅ Ἰ̅α̅ρ̅ι̅α̅ Ἰ̅π̅α̅ρ̅θ̅ε̅ν̅ο̅ς̅. Ἀ̅ξ̅ι̅ο̅ς̅ Ἀ̅β̅β̅α̅ Ἰ̅α̅ρ̅κ̅ο̅ς̅ π̅ι̅α̅π̅ο̅σ̅τ̅ο̅λ̅ο̅ς̅.
5. Π̅ρ̅ο̅σ̅ε̅ν̅ε̅ξ̅α̅ς̅θ̅ε̅ ἵ̅π̅π̅ε̅ρ̅ τ̅ω̅ν̅ ἀ̅ς̅ι̅ω̅ν̅ τ̅ι̅μ̅ι̅ω̅ν̅ Δ̅ω̅ρ̅ω̅ν̅ τ̅ο̅υ̅τ̅ω̅ν̅ κ̅ε̅ θ̅ε̅σ̅ι̅ω̅ν̅ ἡ̅μ̅ω̅ν̅ κ̅ε̅ π̅ρ̅ο̅σ̅φ̅ε̅ρ̅ο̅ν̅τ̅ω̅ν̅: Κ̅τ̅ρ̅ι̅έ̅ ἐ̅λ̅ε̅ν̅σ̅ον̅.
6. Δ̅ο̅ξα̅ Πα̅τ̅ρ̅ι̅ κ̅ε̅ Ὑ̅ἰ̅ω̅ κ̅ε̅ ἀ̅ς̅ι̅ω̅ Π̅ν̅ε̅υ̅μ̅α̅τ̅ι̅: Κ̅ε̅ ἡ̅ἡ̅ν̅ κ̅ε̅ ἀ̅ὶ̅ κ̅ε̅ ἰ̅ς̅ τ̅ο̅υ̅ς̅ ἑ̅ὼ̅ν̅α̅ς̅ τ̅ω̅ν̅ ἑ̅ὼ̅ν̅ω̅ν̅ ἀ̅μ̅ε̅ν̅.
6. Σ̅τ̅α̅θ̅η̅τε̅ μ̅ε̅τ̅α̅ Φ̅ο̅β̅ο̅υ̅ Θε̅ο̅υ̅ ἀ̅κ̅ο̅υ̅ς̅ω̅μ̅ε̅ν̅ τ̅ο̅υ̅ ἀ̅ς̅ι̅ο̅ ε̅τ̅α̅ς̅τ̅ε̅λ̅ι̅ο̅υ̅

## Lesson 7: Ancient Egyptian Letters (part 1)

Letter	Name	Pronunciation
Ⲯϣ	Shai (Shy)	Sh as in short
Ϣϣ	Fai	F
Ⲭⲃ	Khai	Kh (خ) as in Khalifa

Examples:

Ⲯⲗⲏⲗ		Pray (Coptic)
ⲁⲓⲛⲉⲛⲁⲓ		He ascended
ⲛⲉⲛ		In
ⲓⲛⲟⲓ		Blood
Ⲡⲱⲟⲩⲣⲏ		The censer
ⲁⲓⲓⲱⲩⲱⲧ		He saved
Ⲡⲉⲛⲥⲁⲃ		Our teacher
Ⲡⲱⲛⲃ		The Life

**Homework:** Read the following sentences out loud. **Underline** words you understand. **Circle** words that you don't know.

- Ⲡⲱⲟⲩⲣⲏ ⲏⲛⲟⲩⲃ ⲧⲉ ⲧⲓⲡⲁⲣⲟⲉⲛⲟⲥ: ⲡⲉⲥⲁⲣⲱⲙⲁⲧⲁ ⲡⲉ ⲡⲉⲛⲥⲱⲧⲏⲣ: ⲁⲥⲙⲓⲥⲓ ⲙⲓⲙⲟⲓ ⲁⲓⲓⲱⲩⲱⲧ ⲙⲓⲙⲟⲛ: ⲟⲩⲟⲩ (ou-oh) ⲁⲓⲓⲱⲩⲱⲧ ⲛⲉⲛⲛⲟⲩⲃ ⲛⲁⲛ ⲉⲃⲟⲗ.
- Ⲑⲱⲟⲩⲧ ⲙⲓⲡⲓⲉⲛⲁⲩⲩⲉⲗⲓⲟⲛ ⲏⲧⲉ Ⲓⲏⲥⲟⲩⲥ Ⲡⲓⲭⲣⲓⲥⲟⲥ Ⲡⲱⲏⲣⲓ ⲙⲉⲑⲛⲟⲩⲧ ⲉⲧⲟⲛⲃ
- Ⲡⲓⲛⲓⲱⲧ ⲁⲃⲃⲁ ⲁⲛⲧⲱⲛⲓ: ⲛⲉⲙ ⲡⲓⲑⲙⲏ ⲁⲃⲃⲁ Ⲡⲁⲧⲗⲉ: ⲛⲉⲙ ⲡⲓⲱⲟⲩⲧ ⲉⲑⲟⲧⲁⲃ Ⲥⲁⲕⲁⲣⲓⲟⲥ: ⲁⲃⲃⲁ Ⲓⲱⲁⲛⲏⲏⲥ ⲡⲓⲕⲟⲗⲟⲃⲟⲥ: ⲁⲃⲃⲁ Ⲡⲓⲱⲟⲩ ⲁⲃⲃⲁ Ⲡⲁⲧⲗⲉ: ⲛⲉⲛⲓⲟⲧ ⲉⲑⲟⲧⲁⲃ ⲏⲣⲱⲙⲉⲟⲥ Ⲥⲁⲗⲓⲙⲟⲥ ⲛⲉⲙ ⲁⲟⲙⲉⲧⲓⲟⲥ: ⲁⲃⲃⲁ Ⲥⲱⲥⲏ: ⲁⲃⲃⲁ Ⲓⲱⲁⲛⲏⲏⲥ ⲭⲁⲙⲏ: ⲁⲃⲃⲁ ⲁⲗⲁⲛⲏⲗ: ⲁⲃⲃⲁ Ⲓⲓⲁⲗⲱⲣⲟⲥ ⲁⲃⲃⲁ ⲡⲁⲃⲱⲙ: ⲁⲃⲃⲁ Ⲥⲉⲛⲟⲩⲧ: ⲕⲉ ⲁⲃⲃⲁ Ⲡⲁⲑⲛⲟⲩⲧ: ⲁⲃⲃⲁ Ⲡⲁⲣⲥⲱⲙⲁ: ⲁⲃⲃⲁ Ⲥⲉⲗⲓ (Teji).
- Ⲉⲣⲉ ⲡⲟⲩⲥⲙⲟⲩ ⲉⲑⲟⲧⲁⲃ ⲱⲱⲡⲓ ⲛⲉⲙⲁⲛ ⲁⲙⲏ. ⲁⲟⲗⲁ ⲥⲓ ⲕⲧⲣⲓⲉ: ⲕⲧⲣⲓⲉ ⲉⲗⲉⲏⲥⲟⲛ: ⲕⲧⲣⲓⲉ ⲉⲗⲉⲏⲥⲟⲛ: ⲕⲧⲣⲓⲉ ⲉⲧⲗⲟⲥⲓⲟⲥ: ⲕⲧⲣⲓⲉ ⲁⲛⲁⲡⲁⲧⲥⲟⲛ: ⲁⲙⲏ.
- Ⲉⲧⲁⲓⲕⲏⲏ ⲁⲛ ⲉⲓⲟⲓ ⲏⲓⲛⲟⲩⲧ: ⲁⲓⲓⲱⲩⲱⲧ ⲏⲓⲱⲏⲣⲓ ⲏⲣⲱⲙⲓ: ⲁⲗⲗⲁ ⲏⲑⲟⲓ ⲡⲉ ⲑⲛⲟⲩⲧ ⲙⲓⲙⲟⲛ: ⲁⲓⲓⲱⲩⲱⲧ ⲟⲩⲟⲩ (ou-oh) ⲁⲓⲓⲱⲩⲱⲧ ⲙⲓⲙⲟⲛ

## Lesson 8: Ancient Egyptian Letters (part 2)

Letter	Name	Pronunciation
Ⲭ	Hori	H
Ⲫ	Jinja	J when followed by e vowels (ε, ι, η) G (as in <b>Go</b> ) everywhere else
Ⲙ	Cheema	Ch as in <b>choice</b> or <b>church</b>

Examples:

Ⲭⲓⲗⲉⲛ		On, upon, over
Ⲭⲏⲧ		(n) Heart
Ⲡⲃⲟⲓϥ		Lord
Ⲙⲧϥⲁⲗⲓ		Spoke
Ⲡⲃⲓϥⲓ		The highest
ⲧⲉⲕⲗⲓⲣⲏⲏⲏ		Your peace
Ⲙⲉⲛⲗⲏⲧ		Have compassion
Ⲡⲓⲧⲱⲃⲗ		The prayers (Coptic)
Ⲙⲁⲣⲟⲩⲃⲁϥ		Let them exalt him
Ⲙⲃⲃⲁ ⲧⲉⲗⲓ		St. Rouis

**Homework:** **Read** the following sentences out loud. **Underline** words you understand. **Circle** words that you don't know.

- Ⲙ Ⲡⲉⲛⲃⲟⲓϥ Ⲓⲏϥⲟⲩϥ Ⲡⲓⲭⲣⲓϥⲧⲟϥ ⲉⲣⲏⲏⲭⲧⲉⲧⲓⲛ ⲉ̀ⲗⲣⲏⲓ ⲉ̀ⲗⲱⲏ ⲏ̀ⲗⲙⲉ ⲏ̀ⲗⲟⲟⲧ ⲏⲉⲙ ⲗⲙⲉ ⲏ̀ⲗⲱⲣⲗ ϥⲁ ⲏ̀ⲧⲉⲓ ⲥⲱⲧⲉⲛ ⲃⲉⲛ ⲏⲉⲛⲏⲟⲃⲓ
- ⲗⲓⲧⲉⲛ ⲏⲓⲣⲉϥⲃⲓⲁ ⲏ̀ⲧⲉ ⲧⲏⲉⲟⲧⲟⲕⲟϥ ⲉⲑⲟⲧⲁⲃ Ⲙⲁⲣⲓⲁ: Ⲡⲃⲟⲓϥ ⲁ̀ⲣⲓⲗⲙⲟⲧ ⲏⲁⲏ ⲁ̀ⲡⲓⲭⲱ ⲉ̀ⲃⲟⲗ ⲏ̀ⲧⲉ ⲏⲉⲛⲏⲟⲃⲓ
- Ⲙⲗⲗⲏⲗⲟⲩⲁ Ⲙⲁⲓ ⲡⲉ ⲡⲓⲉⲗⲟⲟⲩ ⲉ̀ⲧⲁ Ⲡⲃⲟⲓϥ ⲑⲁⲙⲓⲟϥ: ⲙⲁⲣⲉⲛⲑⲉⲗⲏⲗ ⲏ̀ⲧⲉⲛⲟⲩⲧⲏⲟϥ ⲙ̀ⲙⲟⲛ ⲏ̀ⲗⲏⲧⲓⲓⲓ: ⲱ Ⲡⲃⲟⲓϥ ⲉ̀ⲕⲉⲛⲁⲗⲙⲉⲛ: ⲱ Ⲡⲃⲟⲓϥ ⲉ̀ⲕⲉϥⲟⲧⲉⲛ ⲏⲉⲛⲙⲱⲓⲧ: ϥ̀ϥⲙⲁⲣⲱⲟⲧ ⲏ̀ⲗⲉ ⲡⲏⲉⲑⲏⲏⲟⲧ ⲃⲉⲛ ⲡⲣⲁⲏ ⲙ̀Ⲡⲃⲟⲓϥ: ⲁⲗⲗⲏⲗⲟⲩⲁ.
- ⲕ̀ϥⲙⲁⲣⲱⲟⲧ Ⲡⲃⲟⲓϥ Ⲙⲏⲟⲧⲓ ⲏ̀ⲧⲉ ⲏⲉⲛⲓⲟⲧ: ⲕⲉⲣⲗⲟⲩⲟ ⲥ̀ⲙⲁⲣⲱⲟⲧ ⲕⲉⲣⲗⲟⲩⲟ ⲃⲓϥⲓ ϥⲁ ⲏⲓⲉⲛⲉⲗ.  
ϥ̀ϥⲙⲁⲣⲱⲟⲧ ⲏ̀ⲗⲉ ⲡⲓⲣⲁⲏ ⲉⲑⲟⲧⲁⲃ ⲏ̀ⲧⲉ ⲡⲉⲕⲱⲟⲩ: ϥ̀ϥⲣⲗⲟⲩⲟ ⲥ̀ⲙⲁⲣⲱⲟⲧ ϥ̀ϥⲣⲗⲟⲩⲟ ⲃⲓϥⲓ ϥⲁ ⲏⲓⲉⲛⲉⲗ.

## Coptic Curriculum

5. Ἀλληλοῖα Ἰε φμεῖνὸ νὸτρωμι εφῆοῦωνε νακ ἔβολ Πβοις: ογοε πῶσπ ἵτε ὀτμεῖνὸ εφῆερῶαι νακ. Πιθῶσια νῖπροςφορα ῶποτ ἔροκ: ἀλληλοῖα.
6. Ἀκβὶ ἵχαρις ἠωῶτῆς: ἵμετοῖηβ ἵτε ἠελχιεδεκ: ἵμετῆελλο ἵτε Ιακωβ: πινοε ἵὰεῖ ἵτε ἠαθοῦσαλα: πικαἵ ετσωπ ἵτε Δαῖδ: ἵσοφια ἵτε Σολομων: Πῖπνεμα ἠπαρακλήτον φῆεταῖ ἕεν νῖαποστολοσ.
7. Ἀρῖπρεσβεῖν ἕρη ἕων ὠ τενβοις ἵνηβ τηρεν ἵθεοτοκοσ ἠαρια ἠμαρ ἠπενσωτηρ ἵτεεχα νενοβὶ να ἕβολ.

## Lesson 9: Abbreviations

original	abbreviation	English
ΙΗΣΟΥΣ	ΙΗΣ	Jesus
ΠΙΧΡΙΣΤΟΣ	ΠΙΧ	Christ
ΦΙΟΥΤ	Φ	God
ΠΝΕΥΜΑ	ΠΝΑ	spirit
ΕΘΟΥΑΒ	ΕΘΥ	Holy
ΚΒΟΙΣ	ΚΟΣ	Lord
ΙΕΡΟΣΑΛΗΜ	ΙΛΗΜ	Jerusalem
ΘΕΟΣ	Θ	God (Gk)
ΥΙΟΣ	Υ	Son (Gk)
ΑΛΛΗΛΟΥΙΑ	ΑΛ	Hallelujah (Heb)
ΣΤΑΥΡΟΣ	ϣ	Cross (Gk)
ΜΑΡΤΥΡΟΣ	μ	Martyr (Gk)
ΙΣΡΑΗΛ	ΙΣΛ	Israel

Homework: Read the following sentences out loud. **Underline** words you understand. **Circle** words that you don't know.

Χε πενωτ ετδεν νιφνονι μαρεϋτονοβο ηνε πεκραν: μαρεσι ηνε τεκμετοτρο πετεζνακ μαρεϋωπι μηρητ δεν τφε νεμ ειχεν πικασι: πενωικ ητε ραστ μηιϋ ναν μφοου οτοζ χα νηετερων ναν εβολ: μηρητ ζων ητενω εβολ ηνηετε οτον ηταν ερωου: οτοζ υπερεντεν εδοτη επιρασμοσ αλλα ναζμεν εβολ ζα πιπετρωου. δεν Πιχς Ιης πενοσ: χε θωκ τε τμετοτρο νεμ τζου νεμ πιουτ ωα ενεζ λμην.



In ——— **ⲄⲈⲚ**  
The name — **Ⲫⲣⲁⲛ**  
Of the father — **ⲓⲫⲓⲱⲧ**  
(In the name of  
the Father)

God — **Ⲑⲧⲛⲟⲩⲧ**  
One — **ⲛⲟⲩⲱⲧ**  
Amen — **ⲁⲙⲛⲛ**  
(One God,  
Amen)

and — **ⲛⲈⲘ**  
the son — **ⲛⲱⲛⲣⲓ**  
(and the son)

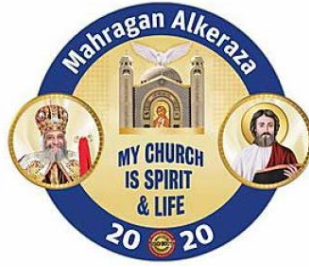
**ⲛⲈⲘ** — and  
**ⲛⲓⲛⲛⲈⲩⲱⲁ** — the spirit  
**Ⲉⲟⲟⲩⲁⲃ** — Holy  
(and the Holy  
Spirit)

## Coptic Curriculum

Adopted from St. Mary and St. Rouis Coptic Orthodox Church, Memphis, TN

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## Hymns for 7<sup>th</sup> and 8<sup>th</sup> Grade

### Core:

#### 1. Pinishti

The great Abba Anthony, and the righteous Abba Paul, the three saints Abba Macarii, Abba John the short, Abba Pishoy, Abba Paul, our holy Roman fathers Maximus and Dometius, Abba Moses, Abba John Kame, Abba Daniel, Abba Isidore, Abba Pachom, Abba Shenoute and Abba Paphnoute, Abba Parsoma, Abba Teji.

And all those who have rightly taught the word of truth: the Orthodox bishops, priests, deacons, clergy, laity, and all the Orthodox people. Amen.

ΠΙΝΙΩΥ ΑΒΒΑ ΑΝΤΩΝΙ: ΝΕΥ ΠΙΘΜΗ ΑΒΒΑ  
 ΠΑΥΛΕ: ΝΕΥ ΠΥΟΥΤ ΕΘΥ ΑΚΑΚΑΡΙΟΣ: ΑΒΒΑ  
 ΙΩΑΝΝΗΣ ΠΙΚΟΛΟΒΟΣ: ΑΒΒΑ ΠΙΩΥΙ: ΑΒΒΑ  
 ΠΑΥΛΕ: ΝΕΝΙΟΥ ΕΘΥ ΗΡΩΜΕΟΣ ΑΖΙΜΟΣ ΝΕΥ  
 ΔΟΜΕΤΙΟΣ: ΑΒΒΑ ΟΩΧΗ: ΑΒΒΑ ΙΩΑΝΝΗΣ  
 ΧΑΜΗ: ΑΒΒΑ ΔΑΝΙΗΛ: ΑΒΒΑ ΙΣΙΔΩΡΟΣ: ΑΒΒΑ  
 ΠΑΔΩΥ: ΑΒΒΑ ΨΕΝΟΥΥ: ΚΕ ΑΒΒΑ ΠΑΦΝΟΥΥ:  
 ΑΒΒΑ ΠΑΡΩΜΑ: ΑΒΒΑ ΤΕΧΙ.  
 ΚΕ ΠΑΝΤΩΝ ΤΩΝ ΟΡΘΟΔΙΔΑΧΑΝΤΩΝ: ΤΟΝ  
 ΛΟΣΟΝ: ΤΗΣ ΑΛΗΘΙΑΣ: ΟΡΘΟΔΟΧΩΝ:  
 ΕΠΙΣΚΟΠΩΝ ΠΡΕΣΒΥΤΕΡΩΝ: ΔΙΑΚΟΝΩΝ  
 ΚΛΗΡΙΚΩΝ ΚΗ ΛΑΙΚΩΝ ΚΕ ΤΟΥΤΩΝ ΚΕ  
 ΠΑΝΤΩΝ: ΟΡΘΟΔΟΧΩΝ: ΑΜΗΝ.

## 2. Watos Verses of Cymbals

+We worship the Father and the Son, and the Holy Spirit, the holy and co-essential, Trinity.

Hail to the Church, the house of the angels, hail to the Virgin, who gave birth to our Savior.

+Hail to you O Mary, the beautiful dove, who gave birth to, God the Word.

Hail to you O Mary, a holy hail, hail to you O Mary, the Mother of the Holy.

+Hail to Michael, the great archangel, hail to Gabriel, the Announcer.

Hail to the Cherubim, hail to the Seraphim, hail to all the heavenly orders.

+Hail to John, the great forerunner, hail to the priest, the relative of Emmanuel.

Hail to my masters and fathers, the apostles, hail to the disciples, of our Lord Jesus Christ.

+Hail to you O martyr, hail to the evangelist, hail to the apostle, Abba Mark the beholder of God.

Hail to Stephen, the first martyr, hail to the archdeacon, and the blessed one.

+Hail to you O martyr, hail to the courageous hero, hail to the fighter, my master king George.

Hail to you O martyr, hail to the courageous hero, hail to the fighter, Philopater Mercurius.

+Hail to you O martyr, hail to the courageous hero, hail to the fighter, Abba Mena of Faiat.

The wise virgin child, the chosen and righteous

+ϮενοϮωϮ ϮϮϮωϮ νεϮ ϮϮϮρι: νεϮ

ϮιϮνεϮμα εϮϮ: ϮϮριας εϮϮ: νομοοϮციοϮ.

Χερε ϮεκκληϮια: Ϯηι Ϯτε ϮιαϮϮελοϮ: χερε

ϮπαρϮενοϮ: εταϮμεϮ πεϮϮωτηρ.

+Χερε νε Ϯαρια: ϮδρουϮι εϮνεϮωϮ:

ϮηεταϮμιϮι Ϯαν: ϮϮϮ ϮιλοϮοϮ.

Χερε νε Ϯαρια: Ϯεν οϮχερε εϮοταβ: χερε νε

Ϯαρια: ϮμαϮ ϮϮηεϮοταβ.

+Χερε Ϯιχαηλ: ϮιϮιϮϮ ϮαρχηϮαϮελοϮ:

χερε Ϯαβρηλ: ϮιϮοϮϮ ϮϮϮϮαιϮεϮνοϮϮϮ

Χερε ϮιΧεροϮβιϮ: χερε ϮιϮεραϮιϮ: χερε

ϮιταϮμα τηροϮ: ϮεϮοϮραϮιοϮ.

+Χερε ΙωαννηϮ: ϮιϮιϮϮ ϮαροδρουοϮ: χερε

ϮιοϮηβ: ϮεϮεϮεϮηϮ ϮεϮμαϮοϮηλ.

Χερε ϮαοϮ ϮιοϮ: ϮαϮοϮτολοϮ: χερε

ϮιμαϮητηϮ: Ϯτε πεϮοϮ ΙηϮ ϮηϮ.

+Χερε Ϯακ ω ϮιμαρτηροϮ: χερε

ϮιεϮαϮεϮλιϮτηϮ: χερε ϮιαϮοϮτολοϮ: αββα

ϮαρκοϮ ϮηεωριοϮ.

lady, the bride of Christ, Saint Demiana.

+Hail to our father Abba Antony, the lamp of monasticism, hail to our father Abba Paul, the beloved of Christ.

+Hail to my masters and fathers, the lovers of their children, Abba bishoy and Abba Paul the beloved of Christ.

Hail to our holy father, the patriarch, Abba Athanasius the Apostolic, the beloved of Christ.

+Hail to the great Abba Macarius, the lamp of monasticism and his children, the cross-bearers, the beloved of Christ.

Blessed are you indeed, our father the righteous Saint, Abba Abraam the Bishop, the lover of Christ.

+We ask You O Son of God, to keep the life of our patriarch, pope Abba Shenouda the high priest, confirm him on his throne.

And his partner in the liturgy, our holy and righteous father, Abba (...) the metropolitan (bishop), confirm him on his throne.

+Through the intercessions, of the Mother of God Saint Mary, O Lord grant us, the forgiveness of our sins.

That we may praise You, with Your good Father, and the Holy Spirit, for You have (come) and saved us.

Χερε Στεφανος: πιωροπ ἁμαρτηρος: χερε  
πι̅αρχιδιακων: οτοϑ τ̅ςμαρωοτ.

+Χερε νακ ὠ πιμαρτηρος: χερε πιωωιχ  
ἰςεννεος: χερε πι̅αθλοφορος: πα̅οϑ̅ ποτρο  
Σε̅ωρσιος.

Χερε νακ ὠ πιμαρτηρος: χερε πιωωιχ  
ἰςεννεος: χερε πι̅αθλοφορος: Φιλοπατηρ  
Μερκοτριος.

+Χερε νακ ὠ πιμαρτηρος: χερε πιωωιχ  
ἰςεννεος: χερε πι̅αθλοφορος: αββα Μιηνα  
ἰντε νιΦαιατ.

Ͽ̅α̅λοϑ̅ ἰςαβη ἁπαρθενος: τ̅σωτπ̅ ἰκτρια  
ἁμ̅η̅: τ̅ωε̅λε̅τ̅ ἰντε Π̅χ̅ς̅: Ͽ̅α̅σια Δ̅ω̅μ̅ι̅α̅ν̅η̅.

Χερε πενωτ αββα Δ̅η̅τω̅ν̅ι̅ο̅ς̅: πι̅θ̅η̅β̅ς̅ ἰντε  
τ̅μ̅ε̅τ̅μ̅ο̅να̅χ̅ο̅ς̅: χερε πενωτ αββα Πα̅υ̅λε̅:  
πι̅μ̅ε̅ν̅ρι̅τ̅ ἰντε Π̅χ̅ς̅.

+Χερε να̅ο̅ς̅ ἰιο̅τ̅: ἁ̅μ̅αι̅νο̅τ̅ω̅η̅ρι̅: αββα Π̅ι̅ω̅ι̅  
νευ αββα Πα̅υ̅λε̅: ν̅ι̅μ̅ε̅ν̅ρα̅τ̅ ἰντε Π̅ι̅ς̅.

Χερε πενωτ ε̅ο̅ν̅: ἁ̅πα̅τ̅ρια̅ρ̅χ̅η̅ς̅: αββα  
Δ̅θ̅α̅να̅σι̅ο̅ς̅ πι̅α̅πο̅στο̅λι̅κο̅ς̅: πι̅μ̅ε̅ν̅ρι̅τ̅ ἰντε  
Π̅χ̅ς̅.

+Χερε πι̅ν̅ι̅ω̅τ̅ αββα Μα̅κα̅ρι̅: πι̅θ̅η̅β̅ς̅ ἰντε  
τ̅μ̅ε̅τ̅μ̅ο̅να̅χ̅ο̅ς̅: νευ νεϕ̅ω̅η̅ρι̅ ἰ̅ς̅τα̅ρο̅φο̅ρο̅ς̅:  
ν̅ι̅μ̅ε̅ν̅ρα̅τ̅ ἰντε Π̅χ̅ς̅.

	<p> <b>Ω</b>ΟΥΝΙΑΤΚ ΔΕΝ ΟΥΜΕΘΜΗ: ΠΕΝΙΩΤ <b>ΕΘΥ</b>  <b>Ν</b>ΔΙΚΕΟΣ: ΔΒΒΑ ΔΒρααυ ΠΙΠΙΣΚΟΠΟΣ ΠΙΜΕΝΡΙΤ  <b>Ν</b>ΤΕ Π<b>Υ</b>Σ.         </p> <p> <b>+ Ψ</b>ΕΝΨΟ ΕΡΟΚ Ω ΥΙΟΣ ΘΕΟΣ: ΕΘΡΕΚΑΡΕΖ  <b>Ε</b>ΨΩΝΔ <b>Μ</b>ΠΕΝΠΑ ΤΡΙΑΡΧΗΣ: ΠΑΠΑ ΔΒΒΑ  <b>Ψ</b>ΕΝΟΥΔΑ ΠΙΔΑΡΧΗ ΕΡΕΥΣ: ΜΑΤΑΧΡΟΥ ΖΙΖΕΝ          ΠΕΥΘΕΡΟΝΟΣ.         </p> <p> <b>Π</b>ΕΥ ΠΕΥΚΕΨΦΗΡ <b>Ν</b>ΛΙΤΟΥΡΣΟΣ: ΠΕΝΙΩΤ <b>ΕΘΥ</b>  <b>Ν</b>ΔΙΚΕΟΣ: ΔΒΒΑ (...) ΠΙΜΗΤΡΟΠΟΛΙΤΗΣ          (ΠΙΕΠΙΣΚΟΠΟΣ): ΜΑΤΑΧΡΟΥ ΖΙΖΕΝ ΠΕΥΘΕΡΟΝΟΣ.         </p> <p> <b>+ Ζ</b>ΙΤΕΝ ΝΙΠΡΕΣΒΙΑ: <b>Ν</b>ΤΕ ΨΘΕΟΤΟΚΟΣ <b>ΕΘΥ</b>  <b>Μ</b>ΑΡΙΑ: ΠΟΣ ΔΡΙΞΟΤ ΝΑΝ: <b>Μ</b>ΠΙΧΩ ΕΒΟΛ <b>Ν</b>ΤΕ          ΝΕΝΝΟΒΙ.         </p> <p> <b>Ε</b>ΘΡΕΝΩΣ ΕΡΟΚ: ΝΕΥ ΠΕΚΙΩΤ <b>Ν</b>ΔΣΑΘΟΣ: ΝΕΥ          ΠΙΠΝΕΥΜΑ <b>ΕΘΥ</b>: ΧΕ ΑΚΙ ΑΚΩΨ <b>Μ</b>ΜΟΝ. ΠΑΙ          ΝΑΝ.         </p>
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3. 4th hos:

<p>(Psalm 148)</p> <p>+ Praise the Lord from the heavens Alleluia. Praise Him in the heights.</p> <p>Praise Him all His angels Alleluia. Praise Him all His hosts.</p>	<p>(Ψαλμος ρμη)</p> <p>+ <b>Σ</b>ΜΟΥ ΕΠΒΟΙΣ ΕΒΟΛ ΔΕΝ ΝΙΦΗΟΥΙ          ΑΛΛΗΛΟΥΙΑ. <b>Σ</b>ΜΟΥ ΕΡΟΥ ΔΕΝ ΝΗΕΤΒΟΙ.</p>
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+ Praise Him sun and moon Alleluia. Praise Him all you stars of light.

Praise Him you heavens of heavens Alleluia. And you waters above the heavens.

+ Let them praise the name of the Lord Alleluia. For He commanded and they were created.

He has ordered and they were created Alleluia. He has established them forever and ever.

+ He has made a decree which shall not pass away Alleluia. Praise the Lord from the earth.

You great sea creatures and all the depths Alleluia. Fire and hail, snow and clouds, stormy wind fulfilling His word.

+ Mountains and all hills Alleluia. Fruitful trees and all cedars.

Beasts and all cattle Alleluia. Creeping things and flying birds.

+ Kings of the earth and all people Alleluia. Princes and all judges of the earth.

Both young men and maidens Alleluia. Old men and children.

+ Let them praise the name of the Lord Alleluia. For His name alone is exalted.

His glory is above the earth and heaven Alleluia. And He has exalted the horn of His people.

+ The praise of all His saints Alleluia. The children of Israel, a people near unto Him.

(Psalm 149)

Alleluia, Alleluia, Alleluia.

Sing to the Lord a new song Alleluia. And His praise in the congregation of the saints.

+ Let Israel rejoice in his Maker Alleluia. Let the children of Zion be joyful in their King.

Ὑμῶν ἑρῶν νεφασσελος τηρῶν ἀλληλοῦν.

Ὑμῶν ἑρῶν νεφδτηναμικ τηρῶν.

+ Ὑμῶν ἑρῶν πιρῆ νεμ πιουε ἀλληλοῦν.

Ὑμῶν ἑρῶν νικιοῦ τηρῶν ἵτε πιουωμιν.

Ὑμῶν ἑρῶν νιφῆνοῦ ἵτε νιφῆνοῦ ἀλληλοῦν.

Νεμ νικεμωῦ ετσα ἵπωι ἵνιφῆνοῦ.

+ Ὑμῶν ἑρῶν τηρῶν ἐφῆραν ἵπβοικ ἀλληλοῦν. Χε ἵθοῦ αχχοε οτοε ατρωπι.

ἵθοῦ αχχονχεν οτοε αττωντ ἀλληλοῦν.

Δηταρωδ ἑρατοῦ ῥα ἕνεε νεμ ῥα ἕνεε ἵτε πιἕνεε.

+ Δηχω ἵνοττων οτοε ἵνεχσινι ἀλληλοῦν.

Ὑμῶν ἐπβοικ ἕβολ δεν ἵκαρι.

Νιδρακων νεμ νινοῦν τηρῶν ἀλληλοῦν.

Οἱχρωμ οταλ οἱχων οἱχρτσταλλοε οἱπνεῦμα ἵκαρθοῦ νηεῖρι ἵπερκασι.

+ Νιτωῦν ετβοικ νεμ νικαλαμφωῦν τηρῶν ἀλληλοῦν. Νιῶωμν ἵκαριοταε νεμ νιωενσιϋ τηρῶν.

Νιθηριον νεμ νιτεβνωῦν τηρῶν ἀλληλοῦν. Νιδατϋ νεμ νιγαλαϋ ετοι ἵτενεε.

+ Νιοτρωῦν ἵτε ἵκαρι νεμ νιλαοε τηρῶν ἀλληλοῦν. Νιαρχων νεμ νιρεϋτσαπ

Let them praise His name in a chorus Alleluia.  
Let them sing praises unto Him with timbrel and harp.

+ For the Lord takes pleasure in His people Alleluia. He will raise the meek with salvation.

Let the saints be joyful in glory Alleluia. Let them sing aloud upon their beds.

+ Let the high praises of God be in their mouth Alleluia. And a two edged sword in their hands.

To execute vengeance on the nations Alleluia. And punishments on the people.

+ To bind their kings with chains Alleluia. And their nobles with fetters of iron.

To execute on them the written judgment Alleluia. This honor have all His saints.

(Psalm 150)

+ Alleluia, Alleluia, Alleluia.

+ Praise God in all His saints Alleluia.

Praise Him in the firmament of His power Alleluia.

+ Praise Him for His mighty acts Alleluia.

Praise Him according to the multitudes of His greatness Alleluia.

+ Praise Him with the sound of the trumpet Alleluia.

Praise Him with psaltery and harp Alleluia.

+ Praise Him with timbrel and chorus Alleluia.

Praise Him with strings and organs Alleluia.

+ Praise Him with pleasant sounding cymbals Alleluia.

Praise Him upon the cymbals of joy Alleluia.

+ Let every thing that has breath praise the name of the Lord our God Alleluia.

τηρου ἴτε ἰκαρι.

Θανδελωρι νεμ θανπαρθενος αλληλοια.

Θανδελλοι νεμ θανδλωσι.

+ Βαρουνομυομ τηρου εφραν ὑποιοι  
αλληλοια. Χε αβιτσι ἴτε πεφραν  
ὑμαγατη.

Πεφρωνη εβολ ωοπ ειχεν ἰκαρι νεμ ἴερη  
θεν ἴφε αλληλοια. Ἰναβιτσι ὑπταπ ἴτε  
πεφλαος.

+ Ουνομυομ ἴτε νηθεοβαβ τηρου ἴταμ  
αλληλοια. Πενωρη ὑπικραηλ: πιλαος ετ  
θεντ ερομ.

(Ψαλωμο ρυθ)

Αλληλοια: αλληλοια: αλληλοια.

Χω ὑποιοι θεν ορχω ὑβερι αλληλοια.

Χε ἀρε πεφνομυομ θεν τεκκλησια ἴτε  
νηθεοβαβ.

+ Βαρεφωνομυομ ἴτε Πικραηλ εχεν  
φηεταφωμομ αλληλοια. Πενωρη ἴσιων  
βαροθεληλ εχεν Ποτοτρο.

Βαρουνομυομ επεφραν εθοβαβ θεν ορχορο  
αλληλοια. Ήεν οτκευκεμ νεμ  
οτψαλ τηριον βαροτερψαλιν ερομ.

+ Χε ἰποιοι νατματ εχεν πεφλαος

Glory be to the Father and the Son and the Holy Spirit Alleluia.

+ Now and forever and unto the age of all ages Amen Alleluia.

Alleluia, Alleluia. Glory to You, O our God Alleluia.

+ Alleluia, Alleluia. Glory be to our God Alleluia.

αλληλοια. Ήναδici η̄νιρεμραγυ δ̄εν  
ογογχαι.

Ε̄τεγογγογ ῡμωογ η̄νε η̄νεθογαβ δ̄εν  
ογ̄ωογ αλληλοια. Ε̄τεελεηλ ῡμωογ εῑξεν  
νογυαηενκογ.

+ Η̄ιδici η̄τε Φ̄νογτ̄ εγ̄χη δ̄εν τογ̄ωβωβι  
αλληλοια. Ζ̄ανχηγ η̄ροσ̄ναγ εγ̄χη δ̄εν  
νογχιξ.

Ε̄π̄ξινῑρι η̄νογβ̄ῑπ̄ωγ δ̄εν η̄ιεθνογ  
αλληλοια. Η̄εμ ζ̄ανκογζι δ̄εν η̄ιλαογ.

+ Ε̄π̄ξινω̄νη η̄ζ̄ανογρωογ δ̄εν ζ̄ανπεδ̄ηγ  
αλληλοια. Η̄εμ η̄ηετταιηογτ̄ η̄τωογ δ̄εν  
ζ̄ανπεδ̄ηγ η̄χιξ ῡβενηπι.

Ε̄π̄ξινῑρι η̄δ̄ητογ η̄νογζ̄απ εγ̄δ̄ηογτ̄  
αλληλοια. Π̄αῑωογ φ̄αι αγ̄ωοπ δ̄εν  
η̄νεθογαβ τηρογ η̄ταγ.

(Ψαλμογ ρ̄η)

+ Αλληλοια: αλληλοια: αλληλοια.

+ Ξ̄μογ ε̄Φ̄νογτ̄ δ̄εν η̄νεθογαβ τηρογ η̄ταγ  
αλληλοια.

Ξ̄μογ ε̄ρογ δ̄εν πιταγρο η̄τε τεγ̄ζου  
αλληλοια.

+ Ξ̄μογ ε̄ρογ ε̄ρ̄ηι εῑξεν τεγ̄μεγτωρι

αλληλοια.

Ὑμοσ ἐροσ κατὰ πᾶσαι ἵτε τεμετνωτ  
αλληλοια.

+ Ὑμοσ ἐροσ δεσ οὐσμὴ ἵκαλιπυτοσ  
αλληλοια.

Ὑμοσ ἐροσ δεσ οὐψαλιθριον νεμ οὐκῑθαρα  
αλληλοια.

+ Ὑμοσ ἐροσ δεσ εακεκεκε νεμ  
εακχοροσ αλληλοια.

Ὑμοσ ἐροσ δεσ εακαπ νεμ οτορσανον  
αλληλοια.

+ Ὑμοσ ἐροσ δεσ εακτυβαλον ἐνεσε  
τοὐσμὴ αλληλοια.

Ὑμοσ ἐροσ δεσ εακτυβαλον ἵτε  
οτεψηλοῖ αλληλοια.

+ Ηῖσι νιβεν μαροῦμοσ τηροσ ἐφραν  
ὐπῑοισ Πεννοσ αλληλοια.

Δοσα Πατρι κε Ὑιω κε Δισιω Πνευματι  
αλληλοια.

+ Κε νῑν κε ἀῖ κε ισ τοῖσ ἐῶνασ των  
ἐῶνων ἀμην αλληλοια.

Δλληλοια: ἀλ. Δοσα ci ὁ θεοσ ἡμων  
αλληλοια.

+ **Αλληλοσυντηρία:**  $\bar{\lambda}$ . Πίωοϛ φα Πεννοϛ† πε  
αλληλοσυντηρία.

**Advanced:**

1. Pachois

O my Lord Jesus Christ, who rose from the dead, on the third day, You shall raise us with Your power.

The Cherubim and the Seraphim, the angels and the archangels, the principalities and the authorities, the thrones and the powers.

Proclaim saying, "Holy holy, holy O Lord of the ages, Christ is risen from the dead."

Παβοις Ιησοϋς Πιχριστος: φηεταϋτωνϋ  
εβολ δεν νηεθωωοϋτ: δεν πιεζοοϋ

υμωωωοϋτ: εκετοϋνοστεν δεν τεκωω.

Πιχεροϋβιω νεω Πισεραφιω: νιασσελοσ νεω

νιαρχηασσελοσ: νιστρατια νεω νιεζοϋγια:

νιθρονοσ νιμετβοις νιζωω.

Ερωω εβολ ερω υμοσ: κε χοταβ οτοσ

χοταβ: χοταβ Πβοις νηιενω: Χριστοσ

ανεστη εκ νεκρων.

## 2. Share efnooty:

Wherein God takes away, the sins of the people, through the burnt offerings, and the aroma of incense.

Blessed are You indeed, with Your good Father, and the Holy Spirit, for You have come and saved us. Have mercy upon us.

Ωρε Φϋ ωλι υμωω νηινοβι ντε πιλαοσ:

εβολϋιτεν πιδλιλ: νεω πιεθοι ντε

πιεθοινοϋϋ.

Κεωρωοϋτ αληωωσ: νεω Πεκιωτ νασαθοσ:

νεω πιΠνεωμω εϋτ: κε ακι ακωϋ υμων.

Παι ναν.

## 3. Lobsh 2nd Hos:

+ Let us give thanks, to Christ our God, with David the prophet, and psalmist.

For He has made the heavens, and all its hosts, and established the earth, on the waters.

+ These two great stars, the sun and the moon, He has made to enlighten, the firmament.

He brought forth the winds, out of His treasure box, He breathed unto the trees, and they

+ Μαρеноωωνε εβολ: υΠιχριστοσ Πεννοϋτ:

νεω πιεροψαλθησ: Δαυιδ πιπροφηθησ.

Χε αϋθαωιο νηιφηνοϋ: νεω νοϋδϋναωισ:

αϋϋιενϋ υπικαϋ: εϋρη ϋιζεν νιωωοϋ.

+ Παινιϋϋ υφωστηρ: πιρη νεω πιωε: αϋϋαϋ

blossomed.

+ He caused the rain to fall, upon the face of the earth, and it sprouted, and gave its fruit.

He brought forth water, out of a rock, and gave it to His people, in the wilderness.

+ He made man, in His image, and His likeness, that he may praise Him.

Let us praise Him, and exalt His name, and give thanks to Him, His mercy endures forever.

+ Through the prayers, of David the psalmist, O Lord grant us, the forgiveness of our sins.

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

+ Through the intercessions, of all the heavenly hosts, O Lord grant us, the forgiveness of our sins.

Blessed are You indeed, with Your good Father, and the Holy Spirit, for You have (risen/come) and saved us.

ετεροτωινη: θεν πιςτερωμα.

Δεινι νθανθον: εβολ θεν νεφλωρ: αφηρι  
νσα νιωγην: ψα ντοφφιρι εβολ.

+ Δφωοτ νοτυοτηωοτ: ειχεν πωο  
υπκαρι: ψα ντεφρωτ επωι: ντεφ  
υπεφωταθ.

Δεινι νοτυοοτ: εβολ θεν οηπετρα: αφτσο  
υπεφλαο: νερη ει πωαφε.

+ Δφθαμιο υπιρωι: κατα πεφινι: νευ  
τεφρικων: εφρεφμωοτ ερωφ.

Μαρενωω ερωφ: τενδισι υπεφραν:  
τενωωνθ ναφ εβολ: χε πεφναι ωοπ ψα  
ενεθ.

+ ειτεν νιετχη: ντε πιερωψαλθις Δαυιδ:  
Πβοις αφιζωοτ ναν: υπιχω εβολ ντε  
νενηοβι.

ειτεν νιπρεβια: ντε Ϛθεοτοκοο εφωαβ  
Μαρια: Πβοις αφιζωοτ ναν: υπιχω εβολ ντε  
νενηοβι.

+ ειτεν νιπρεβια: ντε πχωροο τηρφ ντε  
νιαττελοο: Πβοις αφιζωοτ ναν: υπιχω εβολ  
ντε νενηοβι.

Κωαρωοτ αφηωωο: νευ Πεκιωτ ναταθοο:  
νευ Πιπνευμα εφωαβ: χε (ακτωνκ/ακι)

ԱԿՇԿ ԳՐԱՆ.

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**Coptic Orthodox Patriarchate  
Diocese of New York and New England  
USA**

