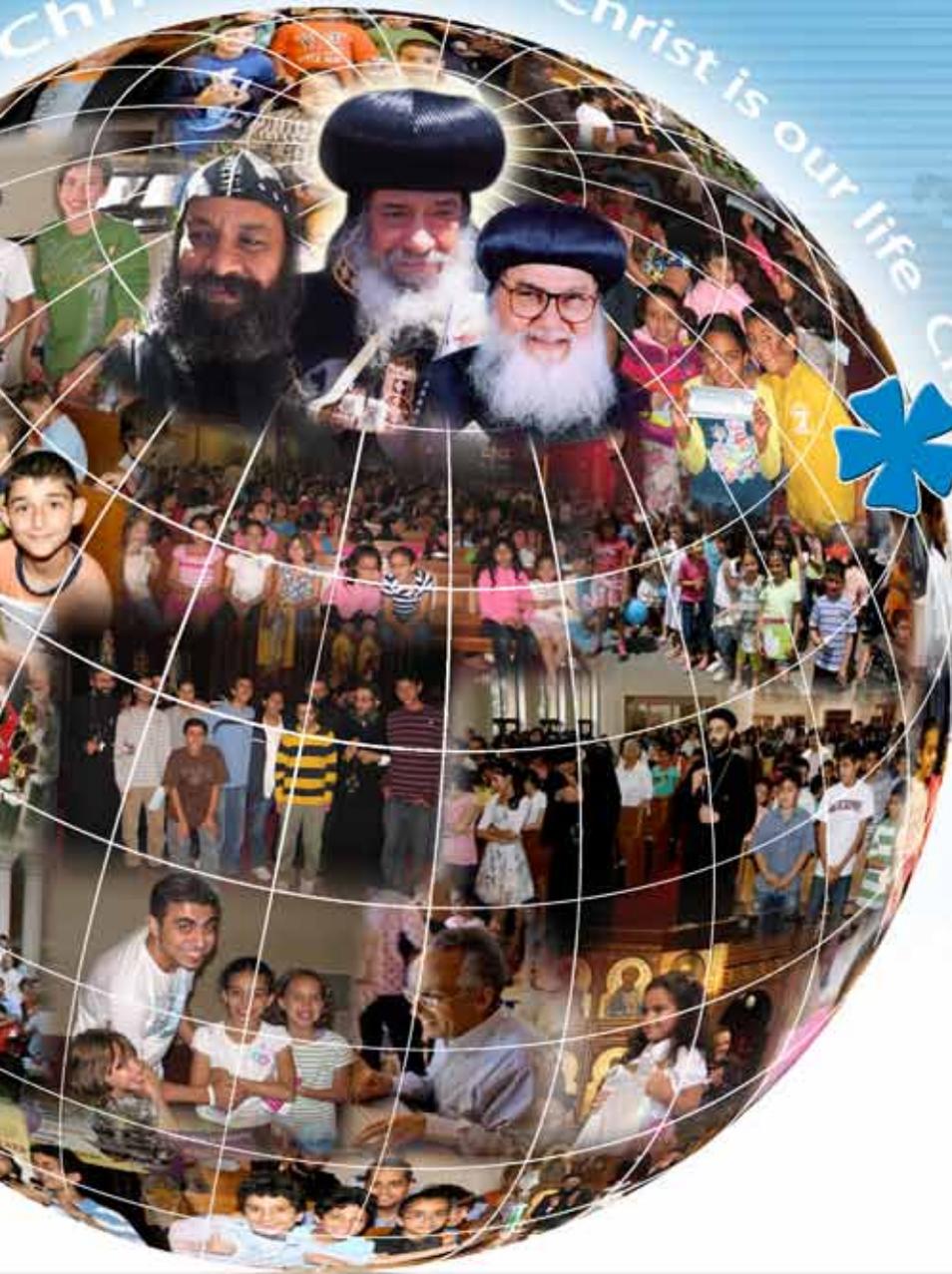


Mahragan Alkeraza

2011

Christ is our life Christ is our life Christ is our life



English Edition
Gr. 5 - 6



H.H. Pope Shenouda III

Pope of Alexandria



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Mahragan Alkeraza 2011

It is with great pleasure that we welcome another year of the Mahragan competitions. Last year was a great success with so many churches participating in Egypt, North America, Europe, Australia and elsewhere around the globe. Last year, there were over 119,000 participants in the finals who represented around 10% of the total participants. With the blessings of His Holiness Pope Shenouda and under the continued care of His Grace Bishop Moses, we are expecting this year to attract a much wider audience and be the source of blessing for many of our children and servants everywhere.

The theme this year “Christ is our Life” reflects the true essence of our Christian faith. It’s very important for our youth and kids to experience Christ in all aspects of their life, whether it’s in absorbing the rich material offered in the Mahragan, in the diverse activities offered to them or in the sports competitions that are made available to them throughout the Mahragan.

The material emphasizes the following three areas

- 1- Who is Christ**
- 2- Christ is our life**
- 3- Christ is our role model**





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

God bless the efforts of all who participated in the coordination of the Mahragan activities and all the participants.

✠
My best wishes for a happy
Festival
✠
Bishop Mousa





MY LORD JESUS CHRIST REDEEMED ME AND RENEWED MY NATURE

George was a very knowledgeable boy. He enjoyed reading a lot of books. He always dreamed about visiting famous libraries. One day, the church announced a trip to Alexandria. George ran to Peter, his Sunday School teacher.

George: Are we going to visit the Library of Alexandria?

Peter: Of course! It's one of the most famous libraries in the whole world and one of the biggest too. We'll also...

George: Count me in! Can you save me a spot please?



George was thinking about the trip and how to prepare for it. What did he need to buy? What questions did he want to ask? He visited the Library's website to gather some information. And the big day came! Finally, the bus was in front of the Library. George got off the bus with his notebook and pen. He was staring at the building with excitement.

Peter: George, let's go! Don't you want to go inside?

Demiana: Let's go George! What are you staring at?

George was excited about history and about different



Peter: You don't want to know the rest of the program?

George: It's not important! The most important thing is that we're going to visit the Library of Alexandria. That's always been one of my dreams!

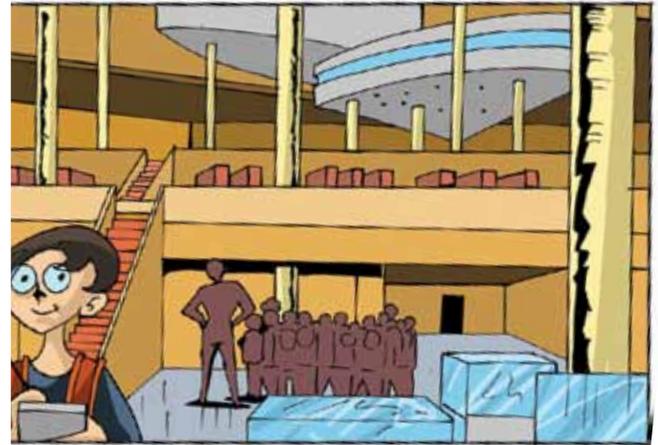
George kept





Phoebe: You said you would give us a tour! What's wrong with you?

George: Of course I'm coming! I just can't believe it! My dream came true! Let's go. Where do we start?



George and his friends went inside to the different sections of the Library. They were asking George so many questions about different things and different books. The amount of information and stories that he knew amazed them. Every time they would talk about a historical character, they would ask him if he was his role model. But he will always answer...

George: No, I truly admire him but he's not good enough.

Phoebe: Unbelievable! All these characters yet no one is good enough to be your role model?

George: There is only one special Person. He offered to everyone the best gift of love... He is our Lord Jesus Christ.

Peter: You're right George and the beauty of this love is that it's still ongoing.

Demiana: Ongoing? How?

Peter: I will tell you the story from the beginning...

God loved man even before He created him. That's why He prepared everything for him first, and then created him.



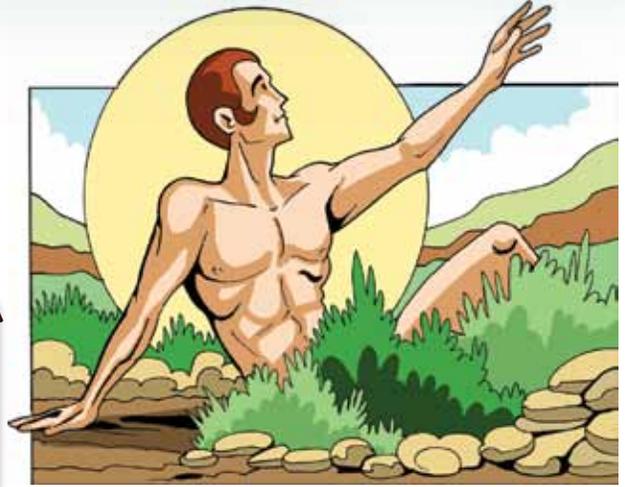


George: Also, the way He created man was different from any other creature.

MEMORY VERSE



“The Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being” (Genesis 2:7).



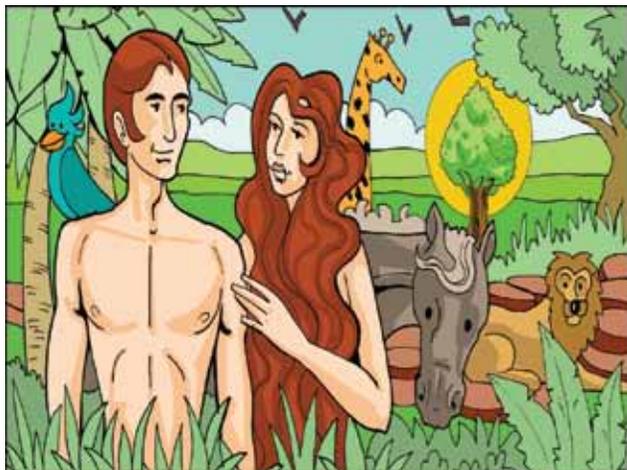
Man is the only creature into whom God breathed the breath of life.

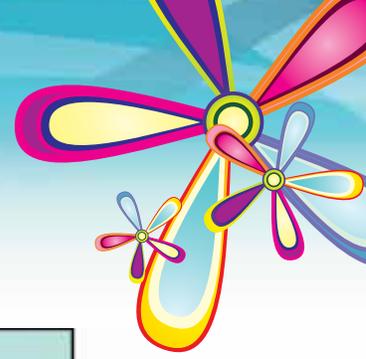
Peter: God also created man in His own image and His own likeness. “So God created man in His own image; in the image of God He created him; male and female He created them” (Genesis 1:27). He also gave man free will to choose whatever he wants.

Demiana: Free will? How?

Peter: When God told Adam that he could eat from all the trees in the garden except the tree of the knowledge of good and evil, God could have prevented Adam from eating of the tree. But He gave him the freedom to choose.

Phoebe: Unfortunately, Adam and Eve ate from the tree.

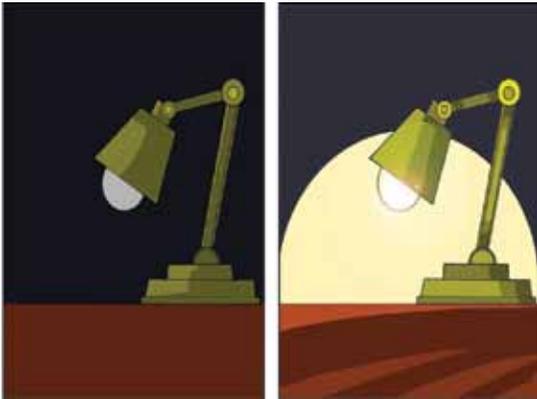




George: Yes, unfortunately, they misused their freedom. They listened to the serpent instead of listening to God.

Peter: That's why the judgment of death came upon them. "For in the day that you eat of it you shall surely die" (Genesis 2:17). This judgment was passed down from Adam and Eve to all their children. This means that they became separated from God, just like when you cut off the power from a lamp. What happens?

Demiana: It won't light.



Peter: This is what sin did. It separated Adam and Eve from God. Because of sin, their nature became corrupted. It's like when you eat something bad, and you become very sick. You need medication or you might die. This is what happened with Adam and Eve. Their nature became corrupted and the sentence of death came upon them.

George: And since we're Adam and Eve's children, we inherited this corrupted nature.

Demiana: Do you mean that because of the sin of Adam and Eve, our nature became corrupted and the sentence of death came upon us?

Peter: Yes, and in order for us to return to our original nature, the sentence of death has to be taken away and our nature has to be renewed, so we won't be separated from God.





Phoebe: I have a question. You said that God loved man even before He created him. Why didn't He forgive Adam and Eve instead of doing all this?

George: It's true that God is a loving God, but He is also just. If God forgave Adam and Eve, He wouldn't be just. How can a Holy God not be just? That's why He couldn't simply forgive them. The biggest problem was in the corrupted nature.

Demiana: Okay, I have another question. Why didn't He let man die and create a new one instead?

George: A new man? How? God loves His creation.

Demiana: So, let me get this straight...

- God loves man so much, and that's why He created him according to His own image and in His own likeness.
- But when man sinned and disobeyed God's commandments, the sentence of death came upon him.
- The sin caused man's nature to be corrupted, and it needed to be renewed.
- Because we're Adam and Eve's children, we inherited the corrupted nature.
- Since God loves man, He didn't create new people to replace Adam and Eve.
- God is Holy and Just, so He couldn't simply forgive Adam and Eve. He had to renew their corrupted nature.

So what's the solution?

Peter: Well, somebody had to die instead of us, to redeem us and pay our debts.

Demiana: To redeem us? What would be the characteristics of that redeemer?





Peter: The redeemer:

- 1- Must be human because it was man who sinned. So the redeemer cannot be an angel or any other creature.
- 2- Must die so he can take the sentence of death that came upon Adam and Eve. "The wage of sin is death".
- 3- Must be without sin. Otherwise, he would need to be redeemed first.
- 4- Must be unlimited, so that he can redeem the sins of the whole world.
- 5- Must be a creator to be able to renew our corrupted nature, and restore it to its original state before the sin.
- 6- Must be able to conquer death.

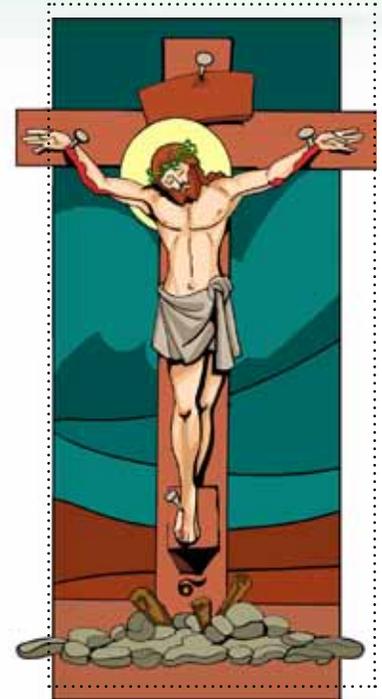
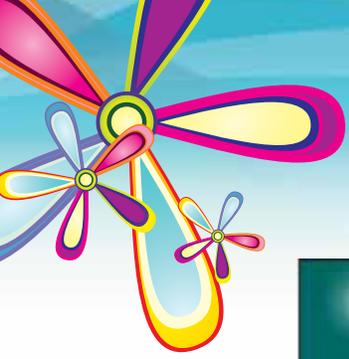
Who do you think can do all this?

Phoebe: Any Archangel can do it.

George: How come? That wouldn't work. First of all, he's an angel, not a human. Also, he's limited and is not a creator.

Phoebe: Okay, how about a prophet like Moses or Abraham for example?





George: No. Prophets are also missing four characteristics; they're not without sin, nor unlimited, nor creators or nor are they stronger than death.

Demiana: All these characteristics apply to God only.

Phoebe: But how can God be a man and die?

Mildad: To redeem the human nature, God was incarnated. He took flesh from the Virgin Mary and became man so that He could die and pay our debts. It's exactly like a man who has a huge debt that he can't afford to pay back, then a rich man comes and pays all his debts. This is exactly what our Lord Jesus Christ did for us. He was crucified and died on our behalf. He took away all our sins.

Phoebe: Wow! Any sin?

Peter: Careful Phoebe! No one deserves this redemption. In order for us to be forgiven, we have to be baptized, repent and confess our sins. We also have to partake in the Holy Communion, so God will abide in us and us in Him.

Phoebe: Got it!

Peter: Now do you understand why I said that God's love for us is still ongoing?

Phoebe and **Demiana:** Yes, we do.

George: By the way, the cross and the redemption were part of God's plan a long time ago. That's why there are many symbols of the redemption and the cross in the Old Testament before the incarnation.

Demiana: Really? Can you tell us about them?





The Passover Lamb (Exodus 12)

George: This story started when the Israelites, God's people, were oppressed under the Egyptian bondage. They cried out to God to save them. God heard them and sent Moses to save them from their bondage.

God told Moses to go to Pharaoh and ask him to let his people go. But Pharaoh refused and hardened his heart and was very harsh to the Israelites. So God struck Egypt with ten plagues. After each plague, Pharaoh would ask Moses and Aaron to pray for him, and ask God to take away this plague promising that he would let the people go. But every time, he would go back on his words until the tenth plague.

Demiana: What happened in the tenth plague?



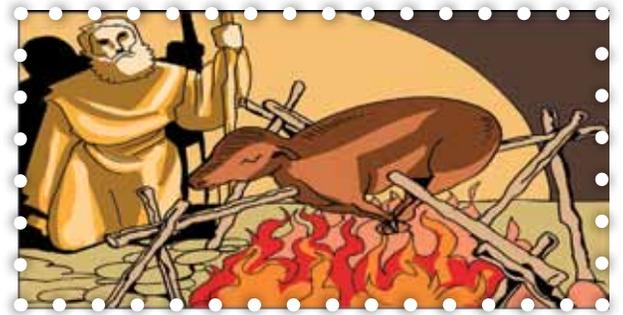
George: Because Pharaoh wouldn't let the people leave, God said to Moses that He would strike down all the firstborn in Egypt, from the firstborn of Pharaoh, who sat on the throne, to the firstborn of the prisoner, who was in the dungeon, as well as the firstborn of all the livestock.

God told Moses to tell the Israelites that each house was to take one perfect male lamb.

The lamb had to be younger than one year old. The Israelites had to take the blood of the lamb and put it on the two side posts and on the upper door post of their houses.

The blood of the lamb was to be a sign, and whenever God's angel saw the blood on the doorposts, he would pass over the house, and no one in that house would die. **"And when I see the blood, I will pass over you"** (Exodus 12:13).





They were to roast the lamb over a fire, and to eat it along with bitter herbs and bread made without yeast. The entire household had to eat from it. They could not break any of its bones. He also told them not to leave any of it till the next day, all the leftovers had to be burned (Exodus 12:46-47).

God asked Moses and Aaron to remember that day, and to celebrate it as a festival for the Lord each year to commemorate God's salvation. This day was to be called the "Passover" which means "crossing", because the Israelites crossed from slavery to freedom, to the Promised Land.

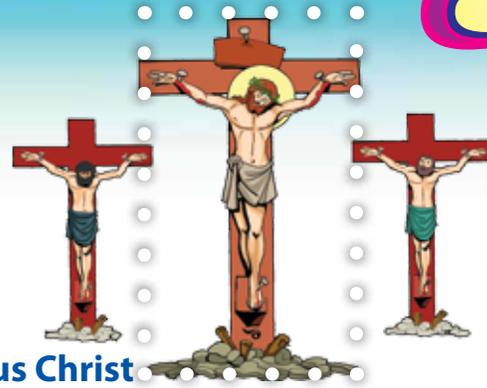
Phoebe: I'm sure that they will never forget that day. It was the day they regained their freedom.

Peter: Do you guys know that the Passover lamb is a symbol of our Lord Jesus? Let's see how...





Passover Lamb



Our Lord Jesus Christ

A lamb	It was said about Jesus Christ "He was led as a lamb to the slaughter, and as a sheep before its shearers is silent, so He opened not His mouth." Isaiah 53:7
A perfect lamb with no defect	Our Lord Jesus was without blemish "knowing that you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers, but with the precious blood of Christ, as of a lamb without blemish and without spot" 1Peter 1:18-19
It was slaughtered on behalf of the sinners to redeem them	It was said about our Lord Jesus "The Lamb of God who takes away the sin of the world" John 1:29
The blood of the lamb that was put on the side posts and the upper doorpost to save the firstborns from death	The blood of Jesus Christ purifies us from all sins and saves us from eternal death
The lamb was roasted over fire on two crossing wooden rods	Jesus was lifted up on the cross
They did not break any of its bones	When Jesus was on the cross "the soldiers came and broke the legs of the first and of the other who was crucified with Him. But when they came to Jesus and saw that He was already dead, they did not break His legs." John 19:32-33
The entire household had to eat from it, not leaving any leftovers to the next day	We all have to eat His body and drink His blood. After He died, Jesus' body did not remain on the cross
To commemorate the freedom from Pharaoh's slavery and the start of a new life	On the cross, Jesus redeemed us and gave us a new life





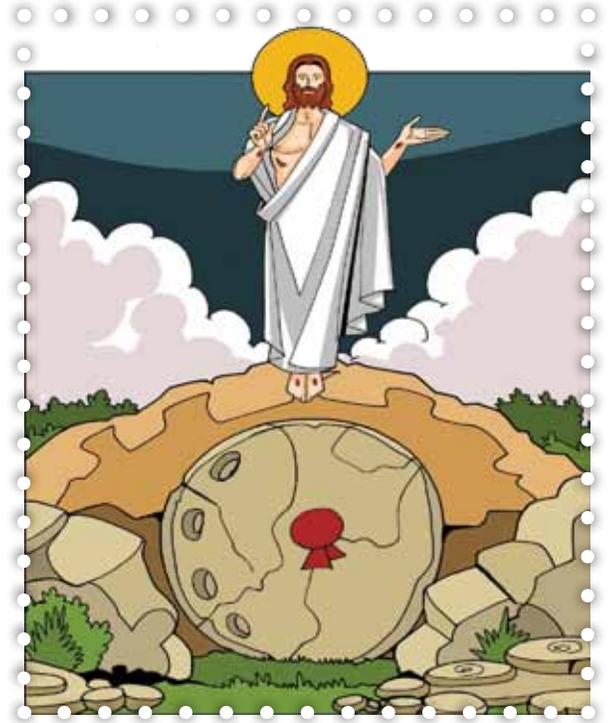
God loved us and offered Himself on the cross for us. We too, have to learn to love Him and offer Him our lives.

Phoebe: I'm so happy with all I learned about His salvation and redemption.

Peter: What makes us even happier is that after His death and His burial, Jesus resurrected from the dead after three days with the power of His divinity.

After His resurrection, He appeared to His disciples for forty days. He then ascended to heaven to prepare a place for us and to send us the Holy Spirit. St. Paul talked to us about the Kingdom of Heaven in 1 Corinthians 2:9 when he said "Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him"

Also in the Book of Revelations, St. John describes the heavenly Jerusalem saying:



MEMORY VERSE

"And I heard a loud voice from heaven saying, "Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God." Revelation 21:3

Phoebe: How beautiful is the Kingdom of Heaven! The best thing is that we'll be praising God forever.

Peter: Do you know the difference between the Paradise and the Kingdom of Heaven?

Demiana: No. What's the difference?





Peter: The Paradise is a waiting place for the righteous after they die. The Kingdom of Heaven is the place where we'll live with God forever. We'll go there after Jesus' second coming at the end of the world.

Phoebe: Would everyone enter the kingdom of heaven?

Peter: God is a Just Judge. He will give each one according to his deeds. The people who live in the fear of God, follow the teaching of the Bible and do what pleases God will deserve to enter the Kingdom of Heaven and God will tell them "Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world" Matthew 25:34.

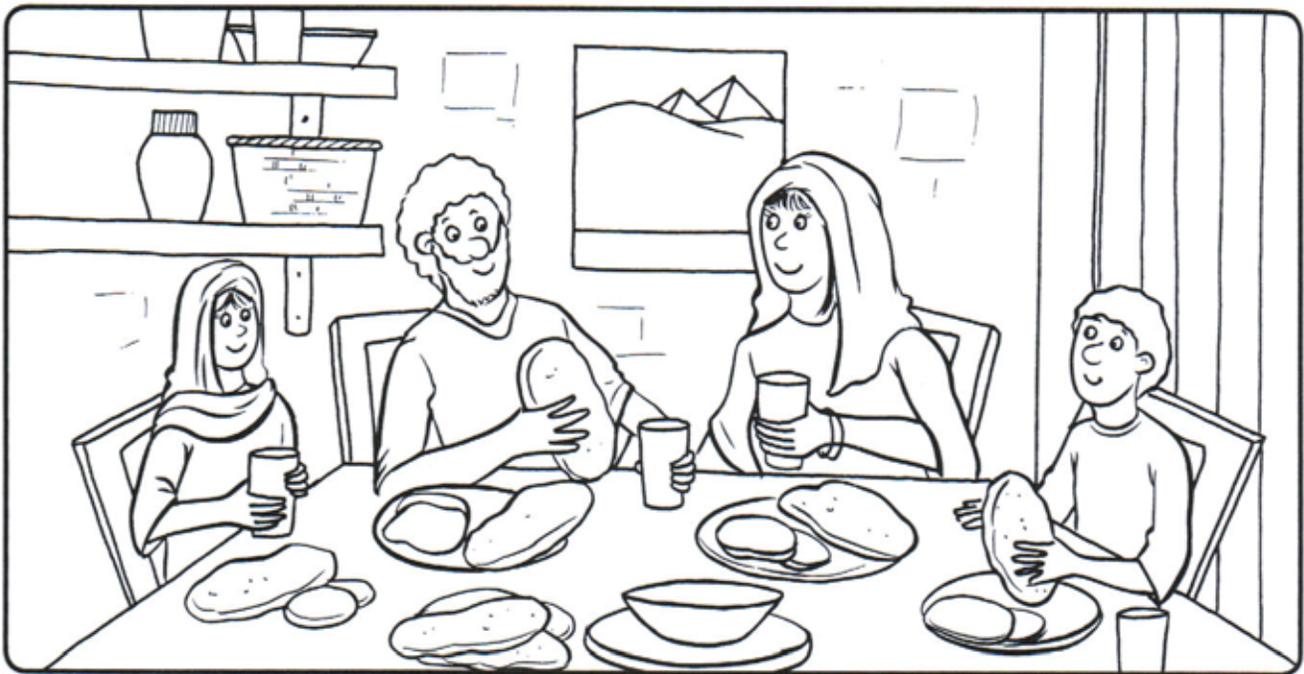
George: We have to be ready and do what pleases God in order to enter His Kingdom.





Freedom Food

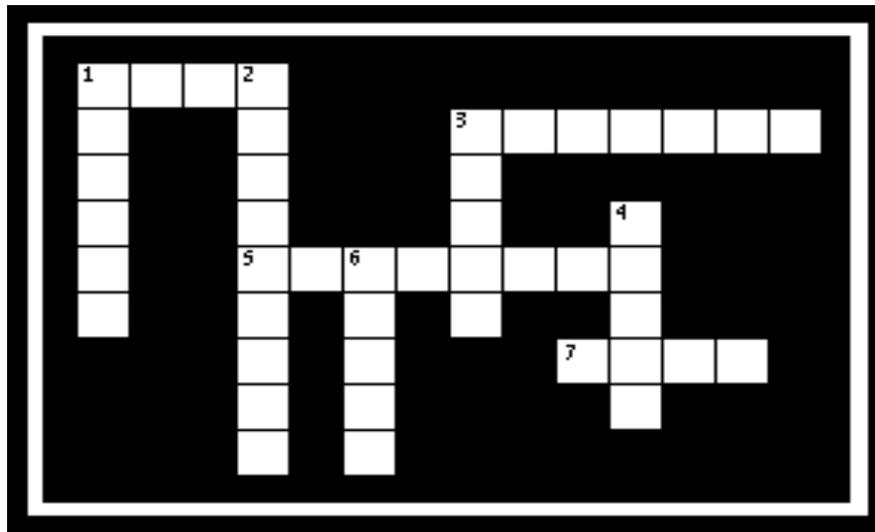
A special dinner was held before the Israelites escaped from Egypt. Can you spot the eight differences between these pictures of the Passover meal?





The First Passover

(EXODUS 12:1-28)



- 3 DOWN "But now in Christ Jesus you who once were far off have been made near by the ____ of Christ." **EPHESIANS 2:13**
- 7 ACROSS The LORD said, "Speak to all the congregation of Israel, saying: 'On the tenth day of this month every man shall take for himself a ____, according to the house of his father, a lamb for a household.'" **EXODUS 12:3**
- 3 ACROSS The LORD said, "Your lamb shall be without ____, a male of the first year." **EXODUS 12:5**
- 4 DOWN Also the LORD said to Moses, "In the first month, on the fourteenth day of the month at evening, you shall eat unleavened ____, until the twenty-first day of the month at evening." **EXODUS 12:18**
- 6 DOWN "For ____ days no leaven shall be found in your houses, since whoever eats what is leavened, that same person shall be cut off from the congregation of Israel, whether he is a stranger or a native of the land." **EXODUS 12:19**
- 5 ACROSS "Then Moses called for all the elders of Israel and said to them, 'Pick out and take lambs for yourselves according to your families, and kill the ____ lamb.'" **EXODUS 12:21**
- 1 DOWN Moses told them, "You shall take a bunch of hyssop, dip it in the blood that is in the basin, and strike the ____ and the two doorposts with the blood that is in the basin." **EXODUS 12:22**
- 2 DOWN Then Moses said to them, "For the LORD will pass through to strike the Egyptians; and when He sees the blood on the lintel and on the two ____ the LORD will pass over the door and not allow the destroyer to come into your houses to strike you." **EXODUS 12:23**
- 1 ACROSS "Then the children of Israel went away and did so; just as the ____ had commanded Moses and Aaron, so they did." **EXODUS 12:28**



**The
Second
Gift**

OUR LORD JESUS IS WITH ME ALL THE TIME

When Peter finished explaining the story of salvation and the meaning of the Kingdom of Heaven...

Phoebe: I'm really pleased with all you said and I want to stand and pray to thank God for His redemption and His resurrection. I also want to thank Him for His kingdom that He prepared for us.

Peter: Let's all lift up our heart and thank God.

Demiana: Did you forget that we're in the library. It's not the right place or the right time for prayer.

George: We can't pray now! It will disturb the people around us.

Peter: Easy guys! I didn't mean that! We're not going to do a prayer meeting now! All I meant was that we should all pray silently in our hearts without disturbing anyone.

Demiana, George and Phoebe: How is this prayer?

Peter: Because prayer is the feeling of the presence of God in my life. When I feel His presence, I will lift up my heart and talk to Him and I'm confident that He will listen.

Someone can pray from the Agpeya and still his prayer won't be accepted. If he does not pray from his heart, his prayer will be just repetition of words with his mouth. When we pray we have to understand and live the words that we say. This way Christ will abide in us, and people will see Christ in us. We'll be a living Bible for the people around us and true children of God.

George: So if I focus in my prayer





and pray from my heart, I will be a living Bible?

Peter: Yes! If I feel the presence of God, my life will be full of prayer. Everything I do will be prayer, walking, sitting, sleeping, studying, going out and so on. My life will have a totally different meaning because Christ will be in it. When I stop praying, I'll fall into sin. Do you believe me now when I tell you that we can pray all the time?

Demiana: Yes, because prayer is the feeling of the presence of God in our lives and the confidence that He listens to us.

Phoebe: Now I can pray and thank Him from all my heart. All I have to do is just lift up my heart and pray, right?

Peter: Yes. Don't forget that God is with you all the time. As long as you feel His presence within you, you will live the life of prayer. Remember, when you do any of your daily tasks, do it with the spirit of prayer. So you can say with David the prophet "I give myself to prayer" (Psalm 109:4).

George: You know that every time I hear this verse I'm really astonished. How can David with such a busy schedule say I give myself to prayer?! He was not a monk consecrating his life to prayer. He was a king and his kingdom was very big, he was dealing with people's problems as a judge and was also the leader of the





army. How did he find time to pray?

Peter: Because he was doing everything with the spirit of prayer. He always felt the presence of God in his life. Even during the war, he said that the war is for God. Knowing that they're God's people and that God is among them, he judged them according to God's commandments.

Demiana: David was truly a man of prayer. Was he the only one?

Peter: Actually he was not the only one, other kings after him did the same, like King Jehoshaphat. Did you hear about him George?

George: King Jehoshaphat! I can't remember! He was one of the kings after David.

Peter: Yes, what else do you know about him?

George: To be honest I don't remember. Can you tell us about him?

Peter: Sure...

King Jehoshaphat (1Kings 22 & 2Chronicles 17-20)

Jehoshaphat was the 4th king of Judah. After king Solomon, son of David, Israel's kingdom was split into two, one in the North, the Kingdom of Israel and one in the South, the Kingdom of Judah.

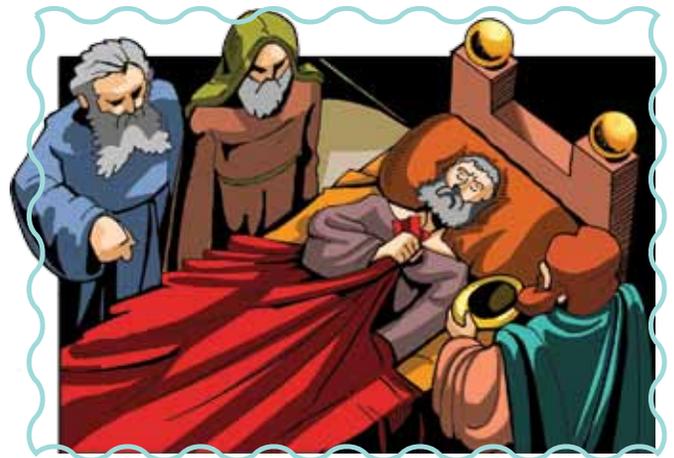
Jehoshaphat was 35 years old when he became king, and he reigned in Jerusalem 25 years.

His name means "The Lord Judges"

His mother's name was Azubah.

His father was king Asa. Asa did what was right in the eyes of the Lord, removing all the idols. But at the end of his life, his faith weakened and he didn't seek God at the time of his death.

After king Asa's death, Jehoshaphat his son reigned in his place. He sought the God of his father and followed





His commands.

George: What did he do?

Peter: He did many things...

- 1- He had good communication with all the kingdoms around Judah.
- 2- "He placed troops in all the fortified cities of Judah"

(2 Chronicles 17:2).

- 3- He removed the high places and wooden images from Judah. He didn't seek Baal, who was the most popular god in Canaan, the god of strength and fertility. "He walked in the former ways of his father David" (2 Chronicles 17:3-6).
- 4- He sent his leaders to the cities of Judah, to teach the people the decree and the rules of the kingdom.
- 5- He sent the Levites, the priest helpers, to teach the people the religious rites, rituals and hymns.
- 6- He sent the priests to teach the people the Book of the Law and how to worship God (2 Chronicles 17:7-9).





Demiana: Wow! He was a really good king, He did so many good things for his kingdom. He also reigned in the fear of God.

Peter: That's right! Because he had a strong relationship with God, God gave him many blessings:

- 1- There were no wars between him and the surrounding kingdoms.
- 2- The Palestinians, Israel's biggest enemies, presented gifts to him.



- 3- God made him prosper and established his kingdom

George: So, the kingdom of Judah was a true kingdom for God, walking in His fear.

Peter: Yes, Jehoshaphat was always praying and seeking God in every step of his life. But God allowed a tribulation to come upon him.

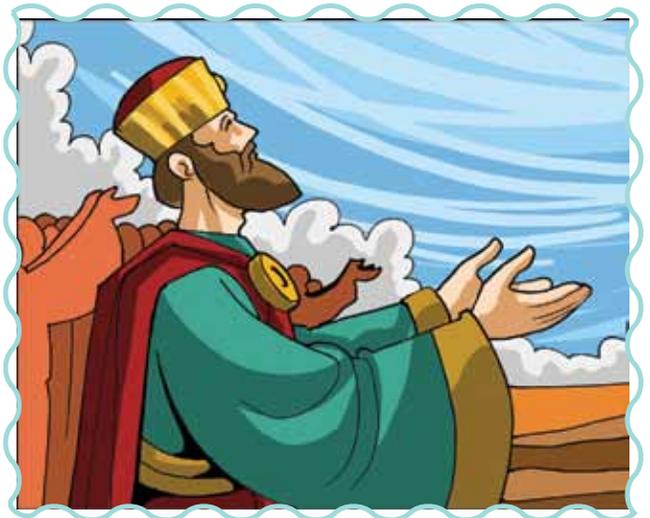
Demiana: What happened?



Peter: The people of Moab with the people of Ammon, and others with them, came to battle against Jehoshaphat. What do you think he did?

Phoebe: He probably prepared his army, and supplied it with all kinds of weapons and tools for the war.

Peter: He did indeed prepare his army, but with different weapons. He did two major things. First, he turned his face to heaven, and set himself to seek God. Then he proclaimed a fast throughout all Judah. "And set himself to seek the Lord, and proclaimed a fast throughout all Judah" (2 Chronicles 20:2).





He gathered all the people to pray and at the end of his prayer he said:

MEMORY VERSE



“For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You” (2 Chronicles 20:12).

Do you understand why I told you that he used different weapons? He felt that he needed help from God to save him from his enemies.

George: How great was Jehoshaphat’s trust in God! Did He save him?

Peter: What do you think? If we have a problem and we pray to God and tell Him “we don’t know what to do”, would God listen to our prayer and solve our problem?

Demiana: Of course! Because we’re His children and we ask Him to do according to His good will in our lives.

Peter: Exactly! Let’s move on with our story. A prophet named Jahaziel the son of Zechariah, stood in the midst of the assembly and said: “Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God’s” (2 Chronicles 20:15). He told them that even though they will go to the war, they will not fight and God will be with them.



So, the next day Jehoshaphat and all the people went to the battle. Because Jehoshaphat trusted in God, he told the people:

MEMORY VERSE



“Hear me, O Judah and you inhabitants of Jerusalem: Believe in the Lord your God, and you shall be established; believe His prophets, and you shall prosper.” 2 Chronicles 20:20

Afterwards, he consulted the people and did something really strange...





Phoebe: What did he do?

Peter: He asked all those who sing and praise the Lord to go ahead of the army saying: "Praise the LORD, for His mercy endures forever" (2 Chronicles 20:21).

Demiana: This is really weird! People singing praises in front of the army?

Phoebe: I have never heard something like this before!
A war where the only weapons used were praise and thanksgiving!



George: They didn't even win! And yet they were praising and giving thanks to God! This is amazing!

Peter: You will be more surprised to know that when they started praising God, He ambushed the people of Ammon, Moab, and Mount Seir, who came against Judah. The people of Ammon and Moab fought against the inhabitants of Mount Seir, and when they had defeated the inhabitants of Seir, they started to kill one another.

As they fought against each other, Jehoshaphat and his people were praising God and thanking Him. They trusted God and He gave them victory over their enemies. They went back to Jerusalem, praising and rejoicing because the Lord had fought for

them.

Demiana: Peter, you're right. Jehoshaphat understood the real meaning of prayer and was always aware of God's presence. He always prayed before doing anything.

Peter: You know, if we feel the presence of God in our lives and we trust Him, our life will be filled with prayer!



The Third Gift

MY LORD JESUS CHRIST TAUGHT US THAT WE ARE ALL MEMBERS OF HIS BODY

After Peter was done with Jehoshaphat's story and the kids understood the real meaning of prayer, they went on with their program. They visited different areas in the library; they visited the Art Galleries and saw beautiful pieces of art. They were about go watch a show in the sky dome when Demiana noticed that Peter was missing.

Demiana: Where is Peter?

George: I don't know. I haven't seen him for a while. Let's go ask Fady.

They all ran to the other Sunday school servant, Fady, and asked him about Peter.

Fady: Don't worry kids. Peter went to the library clinic with Maria. She fell on her way to the Art gallery and hurt her leg.

Phoebe: How come nobody told us?

Fady: We didn't want to interrupt the tour, especially that the show is about to start.

Demiana: I don't want to watch the show now. I have to make sure Maria is okay first.

George: What? Not watch the show? It's the most important part of our visit.

Fady: We'll go see Maria right after the show, I promise.

Demiana: If you don't mind, I have a suggestion. I heard that the show is repeated every hour. We have an hour and a half of free time before we go to the beach. Can we change the schedule and go see Maria first?





Phoebe: Very good idea!

Fady: Yes, but this is only for the two of you. What about the rest of the group?

All the kids: We all agree!

So, they all went to the clinic to see how Maria is doing. Although she was in pain, Maria was very happy to see them.



Peter: What you guys just did reminds us that we're all one Body.

Fady: You're right. I had the same feeling when I saw them worried about Maria. They even sacrificed their free time to come and ask about her.

MEMORY VERSE



"If one member suffers, all the members suffer with it" 1 Corinthians 12:26

George: One Body? I don't get it.

Peter: Our wonderful Church teaches us that we're all one Body. As the body has different members, the Church also has different members and its head is Christ. The Church is you, me, our families and our friends. The Church is the assembly of the believers. So when any member of the Body suffers or is hurt, the whole Body suffers.

Maria: That's exactly what happened to me. My leg was hurt, but my whole body was in pain.

Peter: The Church teaches us that if anyone amongst us suffers, we all feel his pain. Do you know why?

George: Because we're all one Body!





Fady: Exactly! And this applies to all circumstances in our life such as joy not only pain. The Bible teaches us to “Rejoice with those who rejoice, and weep with those who weep” (Romans 12:15).

Peter: By the way, being members in one Body whose head is Christ means that we need each other and we complement each other. Exactly like the members in the body, each has its own unique role and all the members need each other.



MEMORY VERSE

“But now indeed there are many members, yet one body. And the eye cannot say to the hand, “I have no need of you”; nor again the head to the feet, “I have no need of you.”
1 Corinthians 12:20-21



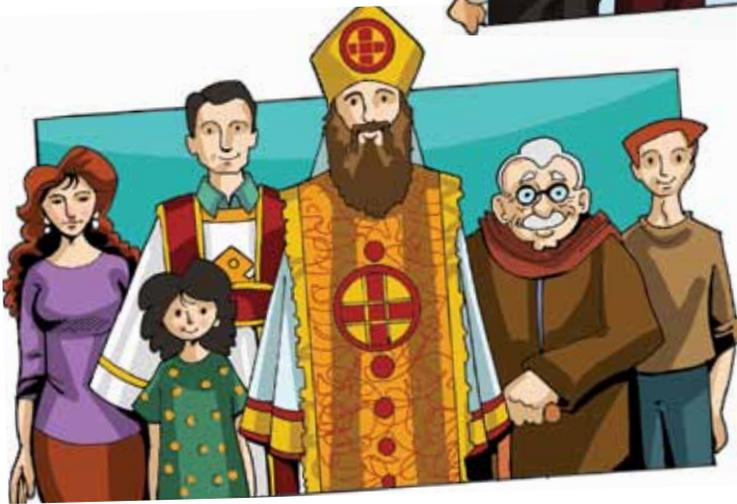
Although we’re all different, we still need each other. For example, George likes reading and he likes history. You will find someone else who likes art and music, others like drama. We all complement each other.

George: But history and knowledge are more important!

Peter: They’re all equally important. Can the eye tell the hand I don’t need you? Or can the head tell the leg I can do without you? We also can’t tell a person that he’s not useful. Each one has a talent that God gave him to serve others.

Did you ever see a Church with only priests? Or only deacons? Or just a congregation? Of course not! We need each other to perfect the Body of Christ in which we’re all members. This





is the Church.

Demiana: But I'm still young. I'm sure I don't have a role in the Body of Christ. Maybe when I'm older, I'll be able to do something.

Peter: When we were baptized, we all became members of the Body of Christ because the Bible says: "we were all baptized into one Body" (1 Corinthians 12:13).

It does not matter how old you are, or how small your role is. You're still a member of the

Body of Christ.

Fady: Did you forget that you were the one who brought us here to ask about Maria? To make sure that she's okay.

Peter: Do you guys know that the Church with its prayers and rites confirms that we're one Body.

George: How?

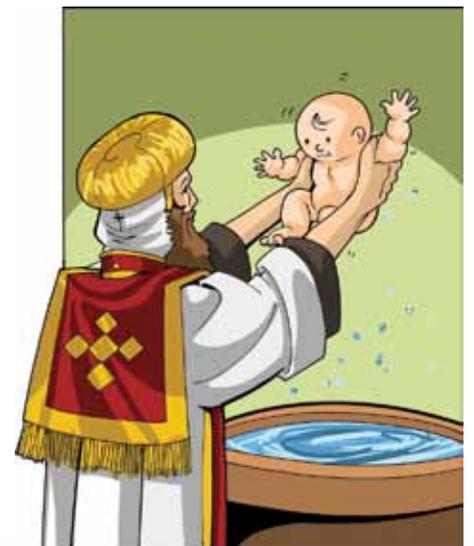
Peter: For example, the Divine Liturgy. Who attended the mass this week?

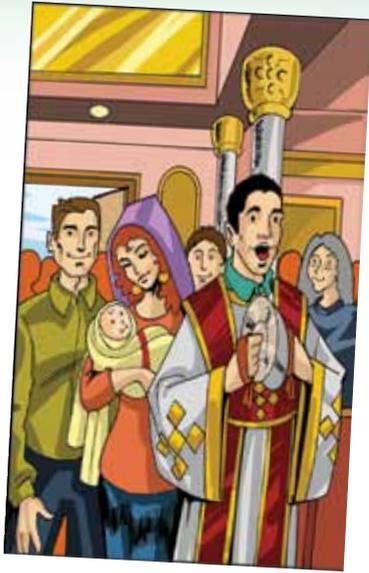
Phoebe: I did!

Peter: Who was with you?

Phoebe: My mom and my brother. My dad didn't go because he was travelling.

Peter: Did you remember to pray for him?





Phoebe: Of course I did. Especially when the priest prayed the litany of the travelers. I felt like the whole Church was praying for my dad.

Peter: That's exactly what I meant. Our Church affirms that we're one Body. During the Liturgy, the whole congregation is present except those who are sick or travelling and the departed.

That's why during the raising of incense, Vespers and Prime, the Church prays different litanies or petitions. There's the litany for those who has fallen asleep, the litany for those who are travelling, and the litany for those who are sick.



The Church also remembers the saints who have preceded us to heaven, we call them the Victorious Church. We remember them in the "Commemoration of the Saints". So whether on earth or in heaven, we remember each other and pray for each other.



The church also prays for the success of the students. The Church prays for your success because the Church rejoices when her children are successful.

As the Sacrament of Baptism made us all members in the Body of Christ, the Sacrament of the Eucharist also makes us all abide in Christ.

George: Oh! That's why the Church calls it communion.

Peter: That's right.

Fady: There is one more thing in the Church rites that confirms this understanding which is the Agpeya Prayers. Do you remember when Peter talked to us about the real meaning of prayer? When we all pray using the same words, we are connected and the difference in time, place or age does not matter.

All Kids: We truly are all one Body!



The Fourth Gift

MY LORD JESUS TAUGHT ME TO HAVE A WELL-ROUNDED PERSONALITY

Maria was feeling better and the doctor told her that she could leave the clinic. So they all went to watch the show at the sky dome. It was a really good show and they learned a lot. It was then time for them to leave and continue with their schedule. They all headed to the bus but George was not happy...

George: Can we please spend the rest of the day in the library? If not, can you go and leave me here? I really want to stay.

Demiana: Unbelievable! Do you ever get bored of books? There are other things in life, you know? **Peter:** Demiana is right. In order for you to have a well-rounded personality, you have to make time for other things in your life.

George: What do you mean? If I read a lot, my personality won't be fully developed?

Peter: I will explain it to you. To each of us, God gave A spirit

- 1- A mind
- 2- A soul
- 3- A body

They're all equally important and they should all grow together. We can't take care of one at the expense of the other.

George: I know that when I study well and I'm successful at school, I'm taking care of my mind. But how can I look after my soul, spirit and body?





The spirit	The soul	The body
The spirit is satisfied when you have a good relationship with God through prayer, fasting, reading the Bible and participate in the Church sacraments.	The soul is satisfied through the fulfillment of the psychological and emotional needs.	The body enables us to work and do all what we need to do. That's why it's important to take care of it. It is a gift that God gave to us.

So as you can see, everything must be balanced. We can't take care of one more than the other.

Demiana: ...Or focus on one and leave the other.

George: Oh I get it! You mean that when I spend my whole time reading, this takes care of my mind only?

Peter: You got it. You can't let your mind lead you. You have to be led by the spirit, which will lead your soul, your mind and your body. This way, you become a true child of God.

Memory Verse: "For as many as are led by the Spirit of God, these are sons of God" Romans 8:14

And you will have a well-rounded personality

- 1- Your spirit will be satisfied through your practice of the different sacraments
- 2- Your mind will be satisfied with your knowledge and learning
- 3- Your soul will be satisfied when you feel the love of everyone around you, when you enjoy your life, when you know your rights and responsibilities, when you feel the appreciation of others and when you know how to control your emotions.
- 4- Your body will be satisfied when are physically healthy by eating well, playing and resting.)
- 5- Your social relationships are satisfied when you have good relationships with your family members, your neighbors, your friends at school, and with those in the Church.





George: I understand, but that's not easy.

Peter: Our Lord Jesus is our role model. He taught us to take care of everything that was given to us. A true Christian knows how to balance his personality. The Church has many great examples of people who had a well-rounded personality.

George: Like who?

Peter: You will meet with him when we get to the beach. We'll have an interview with him.

When they arrived, they saw a man waiting for them. He looked as if he was coming from a different time. Also, the way he was dressed was different. Fady started to greet him and told the kids that they can ask him any questions.

St. Paul the Apostle

Fady: Can you please tell us about yourself.

Guest: I was born in Tarsus, which is now called Turkey. Back then, it was a main centre for the Greek culture. I have a Roman citizenship but I received a Greek education. My religious background is Jewish from the tribe of Benjamin. As a youth I was sent to Jerusalem to pursue my education. I studied the law under Gamaliel, a well-known teacher in the first century. I wrote 14 letters in the New Testament.

Demiana: Oh! You're very knowledgeable!

Guest: Yes, I gave special attention to all kinds of knowledge, from Greek and Jewish Law to tradition. I was a Pharisee, part of a group of Jews that emphasized strict interpretation and literal observance of the Mosaic Law and the Jewish tradition.

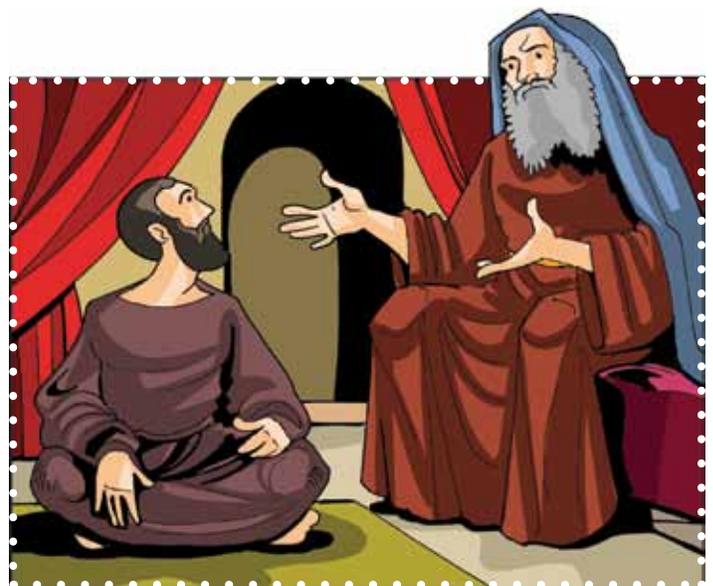
George: You have two names, right?

Guest: That's correct.

George: I know you. You're St. Paul the Apostle.

Guest: Very good. You deserve a round of applause.

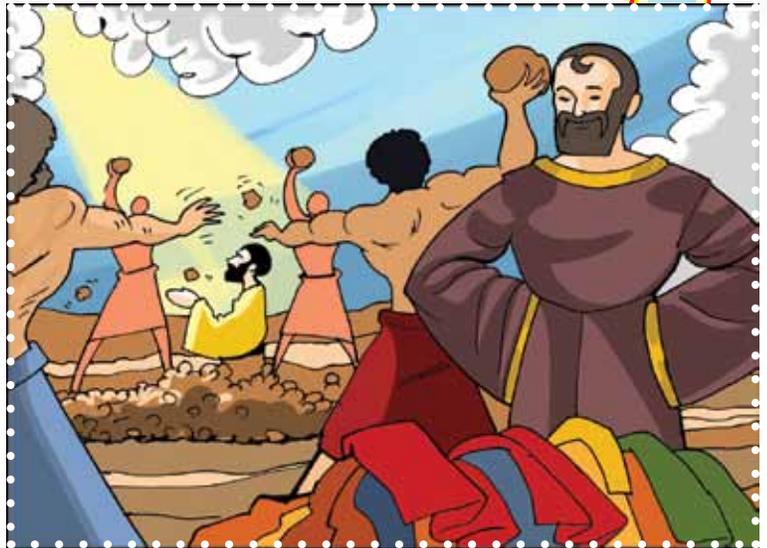
They all gave George a round of applause. George





helped Fady with the interview, to help the kids know more about St. Paul.

George: Like many of the Jews you had two names. A Hebrew name Saul, which means “desired”, and a Greek name Paul, which means “little”. But you were very fanatic and you persecuted the early church. I’m sorry to ask, but didn’t you feel bad when you were doing this. Your conscience didn’t trouble you?



Guest: Not at all, I was doing this out of ignorance. I thought I was pleasing God. That’s why I put all my effort into persecuting as many Christians as possible (Acts 26:11). Until the most important day of my life came when I discovered the true faith. That’s when the Lord Jesus appeared to me. I was on my way to Damascus to arrest the Christians there, and I heard a voice telling me “Saul, Saul, why are you persecuting Me?”

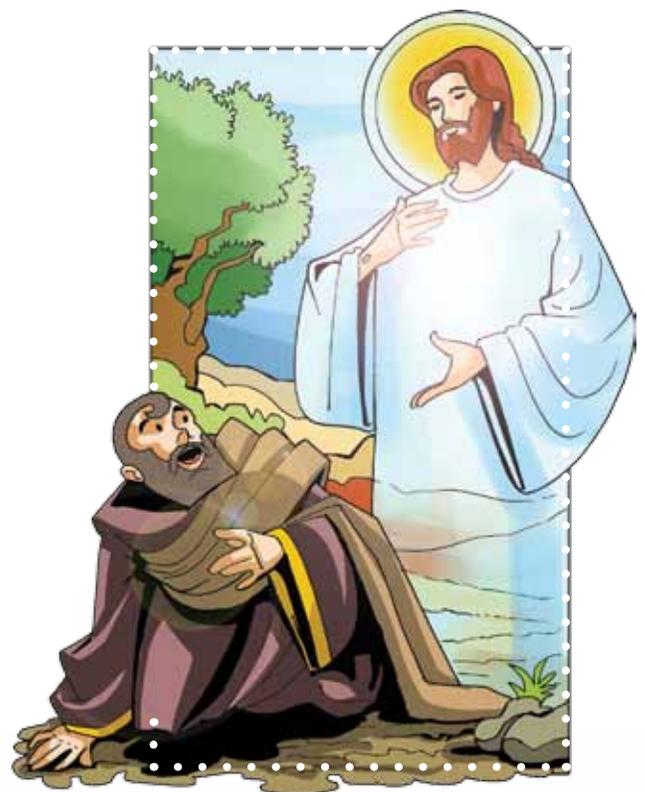
“I said, “Who are You, Lord?” Then the Lord said, “I am Jesus, whom you are persecuting, it is hard for you to kick against the goads.” So I said, “Lord, what do You want me to do?” (Acts 9:1-9)

Then the Lord said to me, “Arise and go into the city, and you will be told what you must do.” My eyes were opened but I couldn’t see. I went in the city and stayed there for three days without sight until Ananias came. He healed me and baptized me and from that day, my life was changed.

Peter: So when did you start your ministry?

Guest: After the Lord Jesus appeared to me, I went to the desert of Arabia. I spent 3 years there in solitude. I started to read the Torah again and look for the Lord Jesus in it. I read it with a new spirit. Then I started my ministry.

Demiana: You gave special attention to your education





and your relationship with God as well.

Peter: He was also dealing with wisdom in all matters of his life and his ministry. Can you give us an example of a situation where you had to deal with wisdom?

Guest: When I went to Athens, I found idols everywhere. I was devastated. When I was walking around, I saw an altar that had no idols on it, but on it was written "TO THE UNKNOWN GOD". God gave me the wisdom to preach to these people. I praised them because they're religious and I told them that I will tell them about the God that they don't know. I talked to them about God, the creator of heaven and earth, I told them...



MEMORY VERSE



"Though He is not far from each one of us; for in Him we live and move and have our being" Acts 17:27-28

After that, some of them believed and stopped worshipping idols.

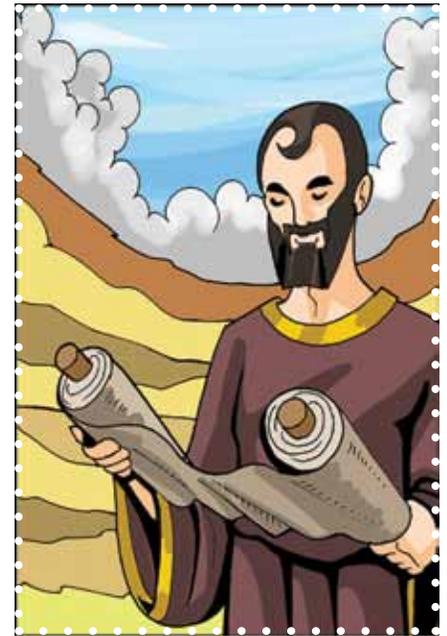
George: That was very wise! You differentiated between the way you preached to the Jews and the way you preached to the Gentiles. For the Jews, you used examples from the Holy Bible because they believed in it. But for the Gentiles, you took examples from their philosophers and writers.

Guest: This was because I was always united with God, the source of all wisdom.

Phoebe: You're very humble.

Demiana: Okay, the mind part is great. The Spiritual part is perfect. What about the body? What did you do for living? Or did you depend on other people?

Guest: I was a tent maker. I earned enough money to provide for myself and for all my spiritual children who

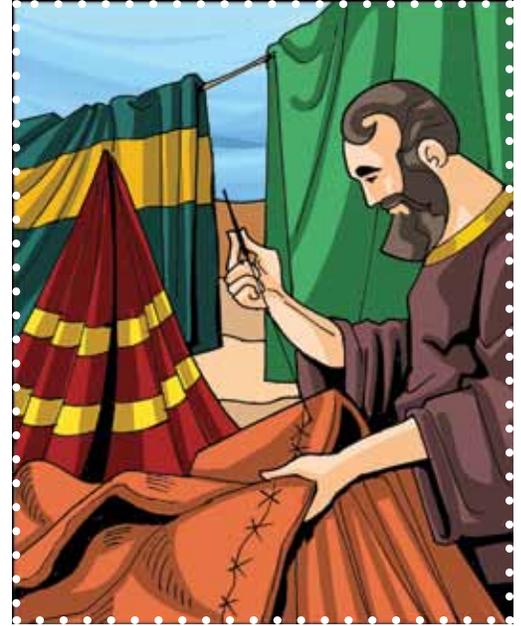




preached with me.

Demiana: So that takes care of the body, but what about the soul?

Guest: My Lord Jesus Christ taught me to be perfect like Him when He said: "Therefore you shall be perfect, just as your Father in heaven is perfect" (Matthew 5:48). At the end of my 3rd and last missionary journey, I was in Jerusalem talking to the people. I was telling them about God's calling for me. But when I told them that God has sent me to preach to the Gentiles, they became very angry because Jews don't like the Gentiles. The Roman prince ordered that I should be scourged. I said to them: "Is it lawful for you to scourge a man who is a Roman, and uncondemned?" (Acts 22:25)

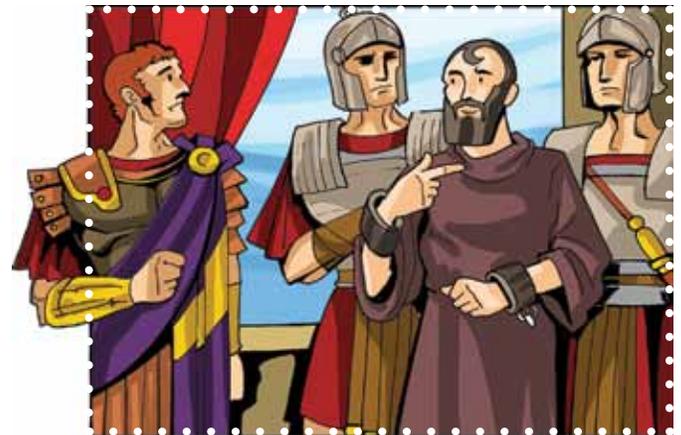


I stood for my rights. I'm a Roman citizen and it's illegal to flog a Roman citizen without a trial.

Fady: You also took care of all your spiritual children. You greet them in all your letters. Your kindness in dealing with Onesimus, the runaway slave, made him repent and return. It proves that you were paying special attention to your relationship with others.

Peter: I told you that our teacher St. Paul is a perfect example of a true Christian. I have one more question. Where is our Lord Jesus in your life?

Guest: The Lord Jesus is my life. I feel that I am "in Christ". Everything that Christ did was for me, and everything that I do, I do for Him.



MEMORY VERSE



"It is no longer I who live, but Christ lives in me"
Galatians 2:20

I also want to tell you all: "Imitate me, just as I also





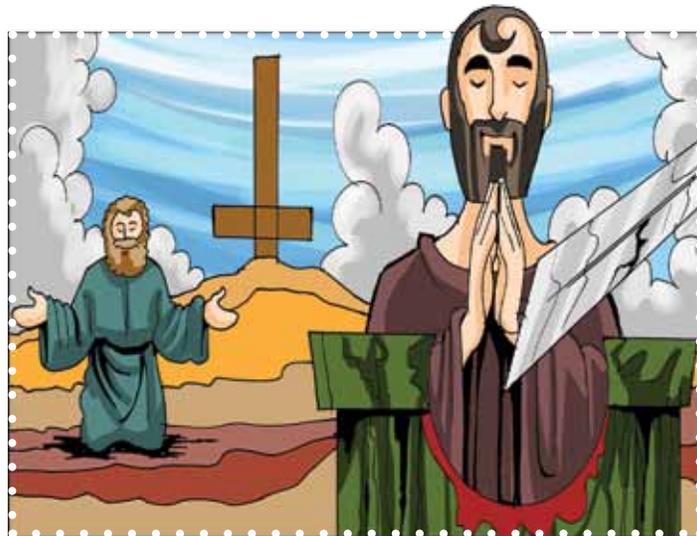
imitate Christ" (1 Corinthians 11:1)

George: One last question please. When were you martyred?

Guest: I was beheaded on the 5th of Abib. St. Peter was also martyred on the same day.

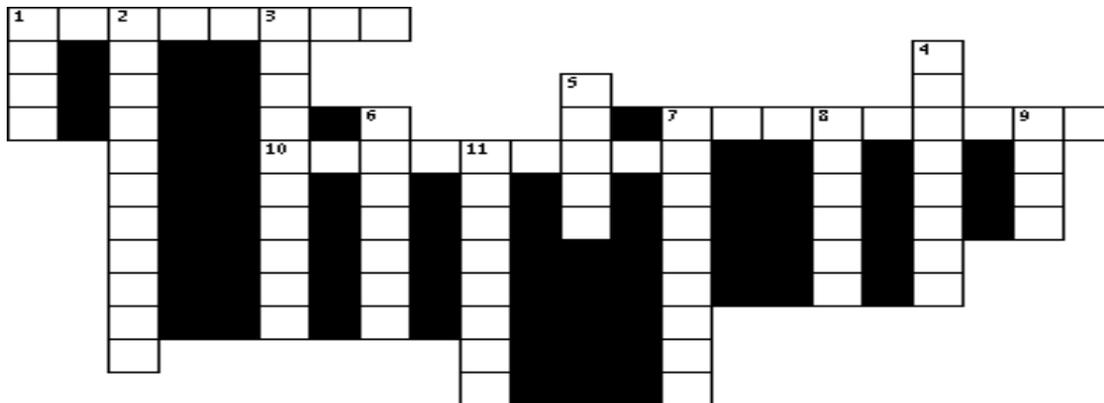
George: In fact, the church celebrates the Feast of the Apostles, the martyrdom of St. Peter and St. Paul, on the 5th of Abib (July 12).

Finally I would like to thank our teacher and the world's greatest missionary. We all love you, please remember us in your prayers.





St. Paul's First Missionary Journey



- 6 DOWN "Now in the church that was at _____ there were certain prophets and teachers..." **ACTS 13:1**
- 3 DOWN "As they ministered to the Lord and fasted, the _____ said, 'Now separate to Me Barnabas and Saul for the work to which I have called them.'" **ACTS 13:2**
- 8 DOWN "So, being sent out by the Holy Spirit, they went down to Seleucia, and from there they sailed to _____." **ACTS 13:4**
- 1 ACROSS "And when they arrived in Salamis, they _____ the word of God in the synagogues of the Jews. They also had John as their assistant." **ACTS 13:5**
- 7 DOWN "Now when Paul and his party set sail from Paphos, they came to Perga in Pamphylia; and John _____ from them, returned to Jerusalem." **ACTS 13:13**
- 10 ACROSS "But when they departed from Perga, they came to Antioch in Pisidia, and went into the _____ on the Sabbath Day and sat down." **ACTS 13:14**
- 2 DOWN "...the rulers of the synagogue sent to them, saying, 'Men and brethren, if you have any word of _____ for the people, say on.'" **ACTS 13:15**
- 1 DOWN "Then _____ stood up, and motioning with his hand said, 'Men of Israel, and you who fear God, listen.'" **ACTS 13:16**
- 11 DOWN "And when the Jews went out of the synagogue, the _____ begged that these words might be preached to them the next Sabbath." **ACTS 13:42**
- 9 DOWN "...But when the Jews saw the multitudes, they were filled with _____; and contradicting and blaspheming, they opposed the things spoken by Paul." **ACTS 13:45**
- 5 DOWN "...I have set you to be a _____ to the Gentiles..." **ACTS 13:47**
- 4 DOWN "But the Jews stirred up the devout and prominent women and chief men of the city, raised up persecution against Barnabas and Paul, and _____ them from their region." **ACTS 13:50**
- 7 ACROSS "And the _____ were filled with joy and the Holy Spirit." **ACTS 13:52**





Saul Is Converted

(ACTS 8:1-4; 9:1-22)

J V E S S E L O R D G S D L A
 C E E T T E M U Z C A U G P P
 L T S P Z S L M P B B F N O L
 P E I U E E E A J U R F I L E
 P Y Y R S R D I C S B E R T C
 R A Q A I D S A R S N R A L I
 A Q D P W P N E M P Y Q E U O
 Y A U E R E S E C A H P H A V
 I O T K Z E H Y H U S G R S S
 N Y V N A I A T L Y T C I P A
 G E S B B K T C D O N I U H I
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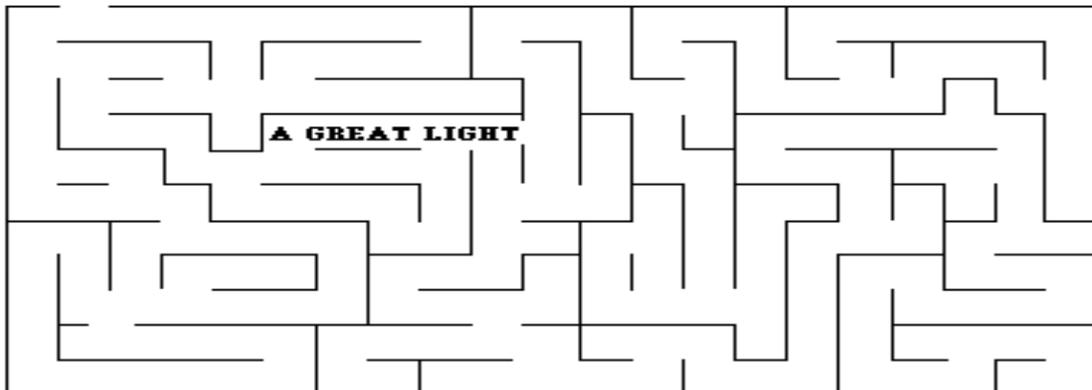
AMAZED
 ANANIAS
 BAPTIZED
 BLIND
 DAMASCUS
 DISCIPLES

HEARING
 HEAVEN
 HIGH PRIEST
 HOLY SPIRIT
 JESUS

LORD
 PERSECUTING
 PRAYING
 PREACHED
 SAUL

SCALES
 SUFFER
 THE WAY
 VESSEL
 VOICE

THE ROAD BEGINS HERE



The Fifth Gift

OUR LORD JESUS IS PATIENT (LONGSUFFERING) WITH US

When the interview was over, the kids were very excited to know who was playing St. Paul's role.

Fady: I would like to introduce to all of you, my friend Nader. We studied together in the same university but he lives in Alexandria. He likes drama and he's very talented.

The kids welcomed Nader, they took a group picture with him in St. Paul's costume.

It was time to go to the residence. After the evening prayer, they all went to sleep. Peter had to stay up to prepare for the next day's program. He heard someone crying. He went outside his room to check what's going on.



Peter: George? What's wrong? Are you okay?

George: I feel terrible! I'm a very bad person.

Peter: Why are you saying this? You're a very smart boy, very polite, successful and all your friends like you.

George: No, I'm very bad. I did something awful. God will never forgive me. I don't know how I did it?

Peter: Don't say that. God will always forgive you. Just tell me what happened? There's a solution for every problem.

George: I saw the book of "The History of the Egyptian Pharaohs" in the library. Sometimes, I check it online and I always wanted to have it. Today when I saw it, they told me that they sell it in the bookstore. When I asked about its price, it was expensive and I didn't have enough money to buy it. So I did something really bad

George was crying and Peter was trying to calm him down.

George: I thought about stealing the book. But when I tried to take it to put it in my bag, the security guard was looking, so I pretended to look at it and I returned it back. I'm a thief! How can I do such terrible thing? I'm a bad person. I'm a sinner.



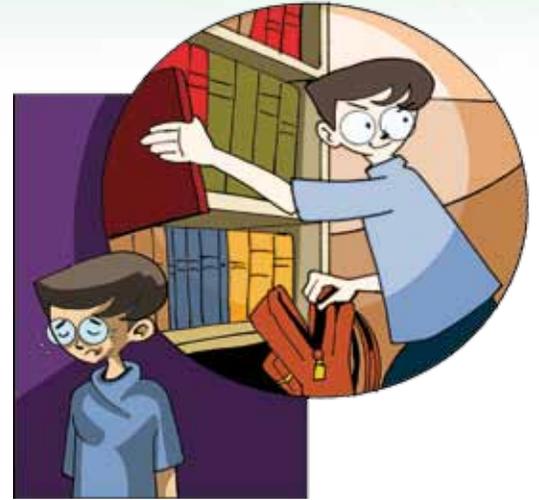


George was crying really hard.

Peter: Do you feel sorry?

George: Yes, very much. I can't forgive myself. I can't sleep, eat or pray. I feel that God won't listen to my prayers. I'm ashamed of myself.

Peter: God will always listen to our prayers no matter how big our sin is because He said:



MEMORY VERSE



"And the one who comes to Me I will by no means cast out." John 6:37



Of course when you thought about stealing the book, it was a mistake. The fact that you tried to steal is another mistake. The Bible teaches us to be honest. When any bad thoughts come to you, you have to protect yourself with the sign of the cross.



1 I see that you're sorry about what you did. This is the first step of repentance.

2 The second step is that you should pray and ask God to forgive you and to help you not do this sin again.

This is repentance, but the sin is still there.

George: And the wage of sin is death. I will perish! And you don't want me to be sad?

Peter: George, do you know why Jesus was crucified? To give us life, because He said: "For whoever finds me finds life" (Proverbs 8:35) and "I have come that they may have life, and that they may have it more abundantly" (John 10:10).



George: But you said that the sin is still there! How can I find life?

Peter: The sin has to be removed.

3 This is the third step. You have to go and confess your sin to God in the presence of your father of confession. He will give you the absolution, and Jesus will take away your sin.

The priest takes our sins and puts them on the sacrifice during the mass.

George stopped crying...

George: You mean that for my sin to be removed, I have to regret my sin, pray and ask God to forgive me, which is repentance, and confess my sin to my father of confession? But I don't have a father of confession and I don't know how to confess.

Peter: First you have to choose a priest to be your father of confession. You have to be comfortable talking to him so that you can tell him everything and talk to him freely. Your confession has to be preceded by a true repentance:

- Decide with all your heart to stay away from the sin and not go back to it.
- Stay away from anything that makes you sin
- Fight any sinful thoughts with the sign of the cross and don't think about it.

George: I'm very sorry and I promise I will never do this again. I believe this feeling will help me not repeat this sin.

Peter: Very good George! This is the first step. When you confess to your father of confession, remember:

1 Don't find excuses for yourself, like I didn't mean it or I did it by mistake, because the Bible says "You are inexcusable, O man" Romans 2:1

2 Don't justify your sin by telling stories around it. Just say the truth unless the priest asks you for details to be able to help you and guide you.

3 If you took something that's not yours, you have to return it.





And when the priest prays the absolution, Jesus takes away our sin. He also gives us advice and spiritual guidance.

George: If I do what you told me, will God forgive me?

Peter: Absolutely!

George: But I feel that my sin is terrible.

Peter: You have to trust that God will forgive you and never doubt in His forgiveness. No matter how bad or how big your sins are. God's longsuffering has no limit and it drives us to repentance.

MEMORY VERSE



If we are faithless, He remains faithful; He cannot deny Himself." 2 Timothy 2:13

There are many stories about God's patience. Do you know the story of St. Augustine's repentance? And how God's longsuffering changed his life?

George: No.

Peter: I will tell you his story...





St. Augustine

St. Augustine was born on November 13, 354 AD in the city of Tagaste. His mother, Saint Monica, was a devout Christian. His father was a pagan who had a violent temper and a bad character. But Monica treated him with patience and respect, praying continuously for him, until he believed and was baptized shortly before his death.

St. Monica tried to teach Augustine the Christian faith, but his father was more concerned about his education.



He sent him to pagan teachers to study different languages and sciences. Those teachers were never concerned about the student's morals. So Augustine was careless in his behaviors.

When Augustine was 16 years old, his father sent him to a rhetoric (public speaking) school in Carthage. He was a brilliant and successful student. But unfortunately, he was surrounded by corrupted friends that influenced him. He did many sins and lived a wicked life.

When he was 19 years old, he had his own school of public speaking. He himself was a teacher in this school. He was attracted to a religious group whose teaching was against the true Christian faith and became devoted to them.

When St. Monica heard all about Augustine's life, she was praying to God with tears asking Him to help her son and guide him in the right direction.



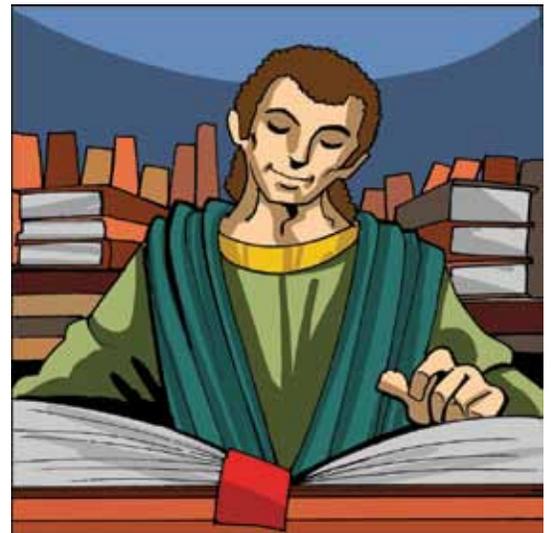


In the year 382 AD, one of his friends suggested that he goes to Rome to earn more money. His mother feared that he will be taken further into the life of sin and tried to prevent him in vain. She tried to go with him to Rome, but he left her and went by himself. She continued to pray for him. He then went to Milan.



He met the bishop of Milan, St. Ambrose who was addressing many of the philosophers' questions. Augustine attended his sermons and was influenced by his teachings. St. Monica went to Milan to ask about Augustine. She found that he was not part of the false Christian group anymore. But he was still far from the Christian faith.

Augustine began to read some of the Platonic books, but they didn't lead him to the true faith. He then started to read the Holy Bible, St. Paul's letters in particular. He was very impressed by St. Paul's writings and the way he connected the Old Testament with the New Testament. But he was still living a corrupted life.



One day, Augustine visited one of the believers who talked to him about the Christian faith. He read passages of St. Paul's letter to him. He also talked to him about St. Anthony. Augustine was very touched by St. Anthony's life, it make him think about his own life and all the sins he committed.

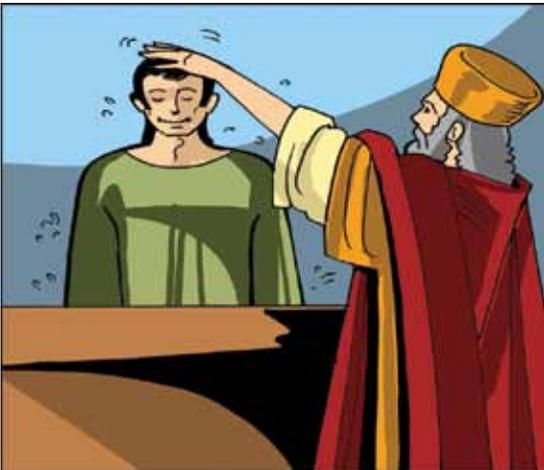
Augustine repented from all his heart, he wept bitterly and asked God to forgive him. He decided to leave his sinful life and return to God. He was 32 years old at that time.

His life started to change. He went back to his mother to bring her the good news about his return to the



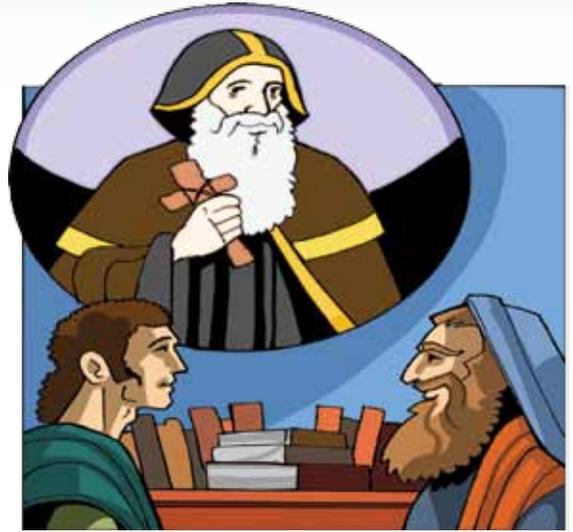
Christian faith. His mother rejoiced over his repentance and recalled what St. Ambrose told her one day “the child of those tears shall never perish”. In the year 387 AD, Augustine was baptized by St. Ambrose.

After the departure of St. Monica, Augustine gave all his money to the poor and dedicated his time to prayers and worship. Later, he was ordained a priest. He instituted two monasteries,



one for the monks and one for the nuns. In the year 395 AD, he became the bishop of Hippo.

He departed in the year 430 AD, at the age of seventy-six.



George: Wow! It’s such a beautiful story! What I liked the most is how God was so patient with him all these years and forgave him to the point that he became a bishop!

Peter: Because our Lord is righteous, our Church is beautiful and her Sacraments are the secret of its beauty.

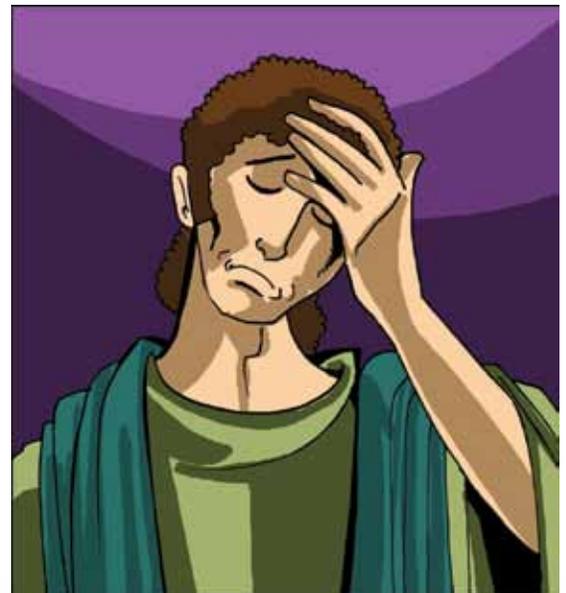
George was delighted. He decided to go confess right after the trip.

The next day, they went to visit different places in the city of Alexandria. ... The bus stopped one more time in front of the library. To the surprise of all the kids, Peter went inside the library; he came back after fifteen minute with a package that he handed to George. George was thrilled.

Phoebe: What is going on? Peter, why did you go back to the library? Why is George so happy?

Peter: I just bought George a book he liked.

George: Thank you so much Peter. I just want to tell the entire group about what happened, the story of St. Augustine and how God is longsuffering.





"The Lord is merciful and gracious, slow to anger, and abounding in mercy." Psalm 103:8

George told them what happened. All the kids were very happy with George. They respected him because he recognized his mistake. After the trip, they all went to their homes rejoicing for all the gifts they received: "The gift of Redemption", "The gift of Prayer", "The gift of our Membership in the Body of Christ", "The gift of the Well-rounded Personality" and "The gift of God's Longsuffering" so we can all say...



"CHRIST IS OUR LIFE"



Memorization

A. Verses to support the Sacrament of repentance and confession

1- We have to confess to a Priest

In the Old Testament, when David sinned and God sent Nathan the prophet to him, David confessed his sin and said: So David said to Nathan, "I have sinned against the Lord."

And Nathan said to David, "The Lord also has put away your sin; you shall not die."

In the New Testament it was practiced at the time of our fathers the apostles. "And were baptized by him in the Jordan, confessing their sins" Matthew 3:6

"And many who had believed came confessing and telling their deeds" Acts 19:18

"Confess your trespasses to one another, and pray for one another, that you may be healed." James 5:16

2- The Lord Jesus Himself instituted this sacrament

"Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." Matthew 18:18

"Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven." John 20:21-23

3- Confession grants us forgiveness

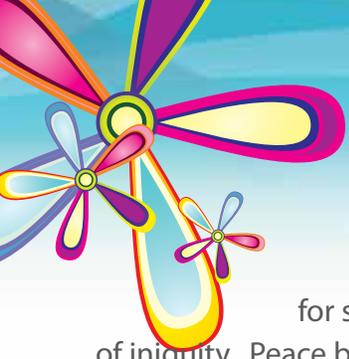
"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" 1 John 1:9

B. Agpeya (Vespers Prayers)

1- Psalm 125 (124 in the Agpeya)

Those who trust in the LORD are like Mount Zion, which cannot be moved, but abides forever. As the mountains surround Jerusalem, so the LORD surrounds His people from this time forth and forever. For the scepter of wickedness shall not rest on the land allotted to the righteous, lest the righteous reach out their hands to iniquity. Do good, O LORD, to those who are good, and to those who are upright in their hearts. As





for such as turn aside to their crooked ways, the LORD shall lead them away with the workers of iniquity. Peace be upon Israel! Alleluia

2- **Gospel (Luke 4:38-41)**

“Now He arose from the synagogue and entered Simon’s house. But Simon’s wife’s mother was sick with a high fever, and they made request of Him concerning her. So 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 that were sick with various diseases brought them to Him; and He laid His hands on every one of them and healed them. And demons also came out of many, crying out and saying, “You are the Christ, the Son of God!” And He, rebuking them, did not allow them to speak, for they knew that He was the Christ.”

3- **The litanies**

Doxa Patri ke Eioa ke Agio Pnevmati

Glory to the Father, and the Son, and the Holy Spirit.

- 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.”

Ke nin ke a ee ke ees toos e onas toan e oa noan ameen.

Now and forever and unto the ages of all ages, Amen.

- Every iniquity I did with prudence and activity, and every sin I committed with eagerness and diligence, and of all torment and judgment 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.





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Activities



I am seeking my brothers

Hymns & Tasbeha

Coptic Language

Drama & Mime

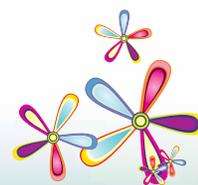
Arts

Creative Writing

Sports



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