

**Grade 5-6**

*Continue in what  
you have learned*

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## **HIS HOLINESS POPE TAWADROS II**



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



# Continue In What You Have Learned

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to find the material for the festival and  
for guidelines and information on the tests





# Continue In What You Have Learned

## St. Mark Festival 2025 Anthem

(Our faith from the beginning  
Was established by our God  
Preached by the Apostles  
And preserved by our fathers) X2

A steadfast tree of faith  
Rooted in history  
Pure and watered with God's word  
Rites and Liturgy  
Rites and Liturgy

I am firm  
I am firm in faith and doctrine  
My Church origins are patristic  
Orthodox like my forefathers  
Heroes of the Coptic Church

Mark, Athanasius, Dioscorus  
And many pillars of faith  
Though many heresies arise  
We'll stay firm in the true faith

(You're rooted in the Church  
Remember what you learned) X2

# Continue In What You Have Learned

## 2 Timothy 3:14

In the Holy Bible, St. Paul wrote to his disciple St. Timothy: "**Continue in the things which you have learned and been assured of, knowing from whom you have learned them.**" (2 Timothy 3:14)

St. Paul wanted St. Timothy to stay strong in the faith and never forget what he learned about our Lord Jesus Christ. There will always be people who try to change the truth, but we must trust our Lord Jesus Christ. The Lord promised, "**The gates of Hades shall not prevail against the Church.**" (Matthew 16:18) This means that as long as we stay close to God and trust in Him, the devil cannot defeat us.

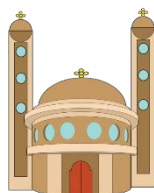
### Why Is our faith important?

Our faith comes from our Lord Jesus Christ, who taught His disciples, the Apostles. These Apostles then passed down the faith through their teachings and writings, which the Church has kept unchanged, even to this day.



### Sources of our Faith

- **The Holy Bible** – The word of God, which teaches us how to live.
- **The Church** – A place where we worship, learn, and follow the teachings of our Lord Jesus Christ.
- **The Holy Liturgy** – Our prayers and beliefs that remind us of the truth of our faith.
- **The Church Fathers** – The faithful Church Fathers explained and defended the truth so that we can stay strong in our faith.
- **Tradition** – Teachings that have been handed down from generation to generation as they were received directly from the Lord Jesus Christ Himself.





## How Do We Stay Strong in our Faith?

- **Know our Lord Jesus Christ** – Build a relationship with Him through prayer, follow His commandments, and participate in the Sacraments.
- **Read the Holy Bible** – The more we read God's word, the better we understand how to live as Christians, children of God.
- **Attend Church Prayers** – Worshiping with others helps us grow closer to our Lord Jesus Christ and strengthens our faith.
- **Follow the Saints** – Learn from the teachings and examples of our beloved saints. They explained the true faith to us and dedicated their lives to following our Lord Jesus Christ.



## Rejecting Wrong Teachings

Our Lord Jesus Christ warned us that some people will try to change the truth. The Church teaches us how to recognize and reject false teachings:

- **Be Careful** – Pay attention to what we learn and compare it to the teachings of the Church.
- **Stay True** – Follow what our Lord Jesus Christ and the Church have taught us, even when others disagree.
- **Learn from the Saints** – Heroes of the faith like St. Athanasius, St. Cyril, and St. Dioscorus defended the truth, and we should follow their example.

**Our Lord Jesus Christ wants us to keep our faith strong and share it with others unchanged.  
We should continue learning, praying,  
and living by His teachings.**

**We pray that the Lord helps us remain faithful in the Orthodox Church and grow in His love every day.**



"Continue in the things which you have  
learned and been assured of."  
(2 Timothy 3:14)

# I Have Joy When I Am With The Lord

## Parables of Repentance

(Luke 15:1-32)

We learn about God's love for us and His acceptance to every sinner who repents.

In the Gospel of St. Luke, chapter 15, the Lord Jesus Christ tells 3 parables about God's love for everyone, even the sinners. He searches for them and rejoices in their repentance.

Our Lord Jesus Christ told these parables when the Pharisees complained about Him sitting among the sinners and tax collectors.

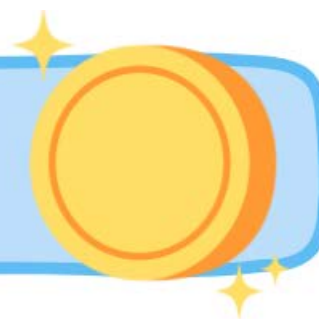


The 3 parables represent different types of sinners:



1. The Lost Sheep represents those who strayed from God because of their lack of knowledge and going after their desires.

2. The Lost Coin represents those who don't know they are lost; they have gone astray because of the influence of others.



3. The Lost Son (The Prodigal Son) represents those who turned away from God by their own will.



## 1. The Lost Sheep: (Luke 15:4-7)

A shepherd had 100 sheep. One day, 1 of the sheep got lost. But the shepherd didn't just leave it or think, "I still have 99 other sheep." The shepherd loved every single one of his sheep, so he went out to search for the lost one. When he found it, he joyfully carried it on his shoulders. He took the lost sheep home and rejoiced over his return.



- **The shepherd** represents the Lord Jesus Christ – ‘**The Good Shepherd**’.
- **The lost sheep** represents the sinners.

Adam and Eve disobeyed God. They listened to the serpent and ate from the tree, falling into sin. As a result, all humanity fell with them and were separated from God.



The Lord Jesus Christ, our merciful and just Shepherd, promised to save us. So, He became man in order to die for our sins on the Cross, and remove the sentence of death from us.

When He rose from the dead, He gave us life and renewed our nature in Him. He opened Paradise so that we may live with Him forever.



**Our Lord Jesus Christ searches for each one of us because He loves us,  
and we are so precious to Him.**

**Heaven rejoices when the sinner repents and returns to God.**

**“There will be more joy in heaven over one sinner who repents than over  
ninety-nine just persons who need no repentance.” (Luke 15:7)**



## 2. The Lost Coin: (Luke 15:8-10)

A woman had 10 silver coins and lost 1 of them. She lit a lamp and searched all over the house because it was valuable to her. When she found it, she rejoiced and told all her neighbors to rejoice with her.

- **The woman** represents the Church.
- **The lamp** represents the word of God (the Holy Bible).
- **The coin** represents each one of us, created in the image of God.
- **The lost coin** represents the sinners and how the image of God becomes distorted in them.

**The Church searches for the sinners, teaches the word of God to enlighten them and leads them to repentance. The Church rejoices at the return of the sinners.**



## 3. The Lost Son (The Prodigal Son): (Luke 15:11-32)

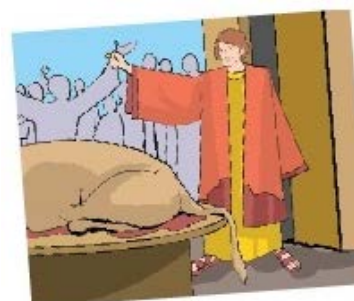
A father had 2 sons. One day, the younger son asked his father to divide his money between him and his brother, and he wanted his share right away. The father gave his son the money he asked for. The younger son decided to leave his father's house and live far away. He wasted all the money his father gave him on worldly things and needed a job. He found a job in the fields feeding pigs. He was so hungry that he was willing to eat the food given to the pigs, but he couldn't.

He then remembered all the blessings he had in his father's house and realized that leaving his father was not a good choice. So, he decided to return to his father.

When the **son** returned home, he found his **father** waiting for him. As soon as his father saw him coming, he ran to meet him. His father welcomed him with joy and told his servants to **put the best robe on him, a ring on his finger, and sandals on his feet**. He also had a **fattened calf** killed to celebrate his return.

- **The son** represents anyone who leaves God (our Father) and His house (the Church), falls into sin, but then repents and returns. God accepts us with joy.
- **The father** represents God, who is very loving toward all His children. He patiently waits for the sinner's return, accepts him, welcomes him with open arms, and gives him many blessings.
- **Putting the best robe on him** represents the Sacrament of Baptism and the renewal of our nature.
- **The ring on his finger** represents becoming children of God.
- **The sandals on his feet** represent the Lord Jesus Christ's teachings and commandments.
- **The fattened calf** represents giving us His Body and Blood in the Sacrament of the Eucharist, so that we may abide in Him and He in us.

**"I will arise and go to my father, and will say to him,  
'Father, I have sinned against heaven and before you,  
and I am no longer worthy to be called your son.  
Make me like one of your hired servants.'"** (Luke 15:18)







# Parables of Repentance

Match the parable to the type of sinner it teaches us about.



Those who don't know they are lost;  
they have gone astray because of  
the influence of others.



Those who turned away from God by their own will.



Those who strayed from God because of their lack  
of knowledge and going after their desires.

Fill in the Blanks:

1. The \_\_\_\_\_ searched everywhere for his lost sheep.
2. The woman looked all over her house for the missing \_\_\_\_\_.
3. The prodigal son's \_\_\_\_\_ welcomed him home with open arms.
4. "There will be more joy in \_\_\_\_\_ over one \_\_\_\_\_ who \_\_\_\_\_ (Luke 15:7)
5. "There is \_\_\_\_\_ in the presence of the \_\_\_\_\_ of God over one sinner who \_\_\_\_\_." (Luke 15:10)
6. "It was right that we should make merry and be \_\_\_\_\_, for your brother was dead and is \_\_\_\_\_ again, and was lost and is \_\_\_\_\_." (Luke 15:32)

What Sacrament does each one represent? Circle the picture.

Putting the best robe on him



The fattened calf



# I Am Well Rooted

## The 7 Sacraments

We learn how we abide in the Lord Jesus Christ and He abides in us through the Sacraments of the Church.

**“Now he who keeps his commandments abides in Him, and He in him. And by this we know that He abides in us, by the Spirit whom He has given us.” (1 John 3:24)**

We abide in the Lord Jesus Christ by keeping His commandments and through the Holy Spirit's work in us, which we receive by practicing the 7 Sacraments of the Church.

### What is a Church Sacrament?

A sacrament is a grace or gift from God that we don't see with our eyes. We receive it when we practice the rites and prayers performed by a priest, with a seen matter (what we use in the Sacrament).

**After receiving the Sacrament, the Spirit of God fills us and sanctifies us.**

**There are 4 Sacraments necessary for salvation, that all children of God MUST receive:**

### 1. Sacrament of Baptism:

In this Sacrament, we are born again by being submerged in the water of the baptismal font 3 times while the priest says, **“In the name of the Father, and the Son, and the Holy Spirit.”**

This Sacrament is like a door we come through into the Church.

Without Baptism, we cannot practice any of the other Sacraments.

**Through the Sacrament of Baptism, we receive many blessings:**



- **Salvation from the Original Sin:** We are freed from the original sin inherited because of Adam and Eve's disobedience, since all humanity was in Adam. By being baptized, we accept the redemption of our Lord Jesus Christ on the cross, and our nature is renewed.
- **We Become Sons of God:** **“For you are all sons of God through faith in Christ Jesus. For as many of you as were baptized into Christ have put on Christ.” (Galatians 3:26-27)**
- **Membership in the Body of Christ:** We become members of the Body of Christ: therefore, everyone who is baptized can partake of the Body and Blood of our Lord Jesus Christ.
- **The Kingdom of God is Opened for Us:** **“Unless one is born of water and the Spirit, he cannot enter the kingdom of God.” (John 3:5)**



## 2. Sacrament of Confirmation:

Immediately after Baptism, we receive the Sacrament of Confirmation. In this Sacrament, the priest anoints the person 36 times with the Holy Myron oil on all parts of the body.

**“But the anointing which you have received from Him abides in you.” (1 John 2:27)**

**Through the Sacrament of Confirmation, we receive many blessings:**

- The Holy Spirit lives in us.
- The Holy Spirit enlightens us and teaches us everything.
- The Holy Spirit sanctifies us for God.



## 3. Sacrament of Repentance and Confession:

In this Sacrament, we repent to God and confess before the priest. The priest then gives us the absolution and the Lord forgives the sins we confessed.

Our Lord Jesus Christ told His disciples **“Whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” (Matthew 18:18)**

He also said, **“If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.” (John 21:23)**

**Through the Sacrament of Repentance and Confession, we receive many blessings:**

- We return to our Lord Jesus Christ and He accepts us.
- Forgiveness of our sins.



## 4. Sacrament of the Eucharist (Communion):

In this Sacrament, we abide in our Lord Jesus Christ by partaking of His Holy Body and Precious Blood.

Our Lord Jesus Christ instituted this Sacrament on Great Thursday in the upper room of St. Mark's house, before His crucifixion.

He took bread, blessed and broke, gave to the disciples saying, **“Take eat; this is My body”** He took the cup of the juice of the vine, gave to the disciples saying **“drink from it all of you. For this is My blood of the new covenant which is shed for many for the remission of sins” (Matthew 26:26-28)**

During the Liturgy, the Holy Spirit descends on the bread and wine and changes them into the Body and Blood of our Lord Jesus Christ.

**Through the Sacrament of the Eucharist, we receive many blessings:**

- Forgiveness of sins (Matthew 26:28)
- Abiding in Christ (John 6:56)
- Unity with the congregation (1 Corinthians 10:17)
- Eternal life (John 6:54)



**There are 3 sacraments that are not necessary for salvation, not everyone receives them:**

### **5. Sacrament of the Unction of the Sick:**

In this Sacrament, 7 candles in oil are lit, and 7 prayers are prayed on the oil. The Holy Spirit changes this oil into a holy oil to heal us both physically and spiritually. The priest then anoints the sick person with this holy oil.

The sick person is encouraged to repent and confess before receiving this Sacrament and to receive Holy Communion afterward.

Our Lord Jesus Christ instructed His disciples to **“Heal the sick, cleanse the lepers” (Matthew 10:8).** The disciples **“anointed with oil many who were sick, and healed them.” (Mark 6:13)**

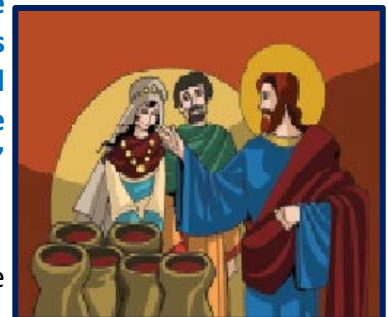
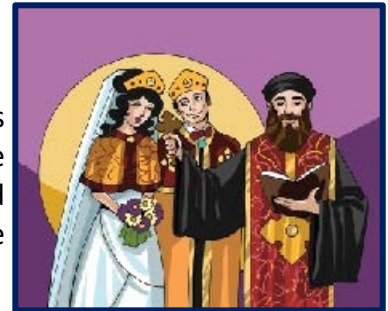


### **6. Sacrament of Matrimony (Marriage):**

In this Sacrament, a bride and groom come to the church, and the priest prays for them. Through the Holy Spirit, the man and woman become one body. The Lord Jesus Christ blesses their marriage, and their home becomes a blessed small church where they live, pray together, read the Holy Bible, follow the commandments, and love one another.

**“And He answered and said to them, “Have you not read that He who made them at the beginning ‘made them male and female,’ and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’? So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate.” (Matthew 19:4-6)**

At the wedding of Cana of Galilee, our Lord Jesus Christ blessed the marriage by attending the wedding with His mother, St. Mary and the disciples.

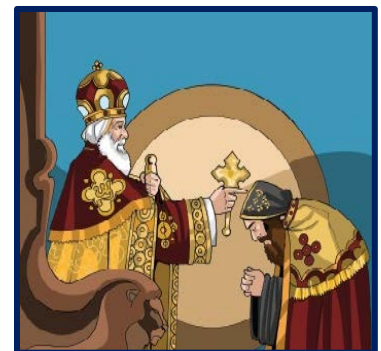


### **7. Sacrament of Priesthood:**

In this Sacrament, the Holy Spirit descends on the man being ordained as a priest, gives him the gift of priesthood and allows him to perform all other Sacraments of the Church.

Our Lord Jesus Christ chose 12 disciples and dedicated them for service. He gave them the authority to forgive sins and to teach the people.

**“He called His disciples to Himself; and from them He chose twelve whom He named apostles”  
(Luke 6:13)**



**By practicing the Sacraments, we stay rooted in the faith and firm in the teachings of our Church.  
We reflect the light of Christ and glorify the Lord.**





# The 7 Sacraments

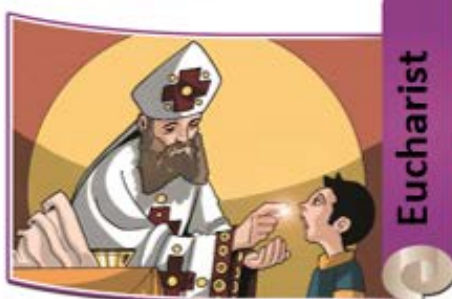
We read verses from the Holy Bible in the rituals of every Sacrament.

Match the picture to the verses from the Holy Bible.



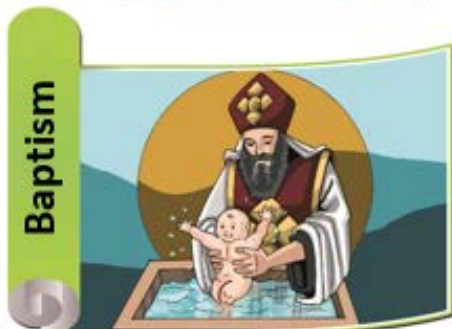
Unction of the Sick

Psalm 32: 1-2,  
John 3:1-21



Eucharist

Psalm 19:5-6,  
Psalm 128:3-4,  
Matthew 19:3-6



Baptism

Matthew 26:26-28



Matrimony

James 5:14-18

# My Faith Is A Refuge

## Ezra the Priest and Scribe

### The Book of Ezra

We learn how to keep what we learned and teach it to those around us.

Ezra kept what he learned and taught it to the people, even when they were in captivity. He wrote a book in the Old Testament that tells the story of their return from captivity (The Book of Ezra).

There was a time when the Israelites were not obeying God's word and were doing wrong things. This caused God's wrath to come upon them. As a result, God allowed King Nebuchadnezzar to conquer them in their war with the Babylonians, and they were taken captive in Babylon. They lived there for many years, awaiting God's mercy.

After many years, Cyrus, King of Persia, freed the Israelites and allowed them to return to Jerusalem. He gave them what they needed to rebuild their city and the Temple.

After 70 years, they returned from Babylon in 3 groups.

Ezra led the second group in their return to Jerusalem and taught the people the word of God. He was a priest from the tribe of Levi and a scribe, which is a person who writes down the word of God.

He **"prepared his heart to seek the law of the Lord, and to do it, and to teach statutes and ordinances in Israel"** (Ezra 7:10).

Ezra was a great leader to the people during captivity, while returning to Jerusalem, and after the captivity.

#### During Captivity:

He wrote the law of God and taught it to the people. God gave him grace with the king of Persia, who loved him and trusted him. He appointed him to lead the people of Israel in returning to Jerusalem and gave him all they needed.





### Returning to Jerusalem:

Ezra led about 8,000 people on their return to Jerusalem, even though it was difficult. While preparing for the trip, he realized that no Levites were going with him. However, he needed them because they would serve at the temple in Jerusalem. He called on them to join him, and God gave him grace, so they agreed.

He asked all the people to fast and pray to God to protect them. He led them for about 4 months until they reached Jerusalem.



### After Returning from Captivity:

After they settled in Jerusalem, some of the people ignored the commandments of God and married pagans.

Being a good leader, Ezra prayed to God and offered repentance for the people's sins, even though he didn't sin himself. He then called on the people to repent and confess their sins.

His prayers and tears were the reasons the people repented.



Ezra stayed in Jerusalem and collected the books of the law of God until Nehemiah returned with the third group and began building the walls of the city.

Then Ezra stood and read the law of the Lord to all the people.

**Ezra was dedicated not only to learning God's word,  
but also to living by it and teaching it to others.**



**"For Ezra had set his heart to study the Law of the Lord, and to do it,  
and to teach statutes and ordinances in Israel." (Ezra 7:10)**





# Ezra the Priest and Scribe

Match the person to their role.

Person

Ezra

King Cyrus

King Nebuchadnezzar

Role

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Options:**

**a) Allowed Israelites to return**

**b) Took Israelites captive**

**c) Taught and wrote God's word**

**Fill in the Blanks**

1. Ezra was a \_\_\_\_\_ from the tribe of \_\_\_\_\_.
2. The Israelites were taken to \_\_\_\_\_ after they disobeyed God.
3. King \_\_\_\_\_ allowed them to return to Jerusalem.
4. Ezra helped lead the \_\_\_\_\_ group back.
5. A scribe is someone who \_\_\_\_\_ the word of God.
6. Ezra led about \_\_\_\_\_ people to Jerusalem.
7. Ezra realized no \_\_\_\_\_ were traveling with him at first.
8. Ezra asked the people to \_\_\_\_\_ and \_\_\_\_\_ before the journey.
9. After they settled in Jerusalem, the people disobeyed God by \_\_\_\_\_.
10. Ezra responded by \_\_\_\_\_ and asking the people to \_\_\_\_\_.



# My Doctrine Is Life And Rule

## The Council of Nicaea

325 A.D.

We learn about the importance of keeping what we learned and to teach it to those around us.

The Church of Alexandria was known from the early days of Christianity for holding firmly to the true faith. The Church Fathers sacrificed so much, even their lives, to give this faith to us without change.

Whenever a heresy (wrong teaching) arose, the Church held councils (meetings) to reject them.

An **Ecumenical Council** is a meeting attended by the leaders of the church from around the world to discuss an issue related to the faith.

**There were certain conditions for holding an Ecumenical Council:**

1. The rise of a heresy or wrong teaching to the faith.
2. It must be called for by the emperor.
3. It had to be attended by most of the bishops from all the churches of the world.
4. To make new decisions that didn't exist before.

**The Council of Nicaea** was the first Ecumenical Council that was convened to discuss the heresy of Arius.

Arius taught **wrong teachings**, he claimed that the Lord Jesus Christ was created and was not equal to the Father (**which is wrong**).

What we believe is that the Son and the Father are equal and both are divine.

Pope Peter, the 17th Pope of Alexandria, tried to convince Arius to repent for these wrong teachings, but Arius refused. As a result, Pope Peter did not allow him to teach in the Church.



Arius continued in his wrong beliefs until **Pope Alexander became the 19<sup>th</sup> Pope of Alexandria**.

Arius' wrong teachings reached Emperor Constantine, who called for a council to take place in Nicaea in the year **325 A.D.** to discuss his heresy.

The council was attended by **318** bishops and continued for 3 months.

Pope Alexander attended the council with his disciple, St. Athanasius, who was a deacon at the time.

St. Athanasius bravely responded to Arius and refuting his heresy with verses from the Holy Bible and examples.



St. Athanasius used this verse from the Holy Bible to refute Arius's heresy:

**"In the beginning was the Word, and the Word was with God, and the Word was God." (John 1:1)**

**This verse proves that the Lord Jesus Christ existed from the beginning.**



**Other verses St. Athanasius used to refute the heresies of Arius:**

- **"I and My Father are one" (John 10:30)**
- **"He who has seen Me has seen the Father; so how can you say show us the Father?" (John 14:9)**

At the end of the Council of Nicaea, they wrote the Creed up until **'Yes, we believe in the Holy Spirit'**. We continue to pray the Creed today; it is the foundation of our faith.

**Some of the decisions of the Council:**

- The excommunication of Arius (not being a part of the Church)
- The formulation of the Orthodox Creed

After the departure of Pope Alexandros, **St. Athanasius became the 20th Pope of Alexandria**. He was given the title **'the Apostolic'** because he kept the faith as it was received from the apostles.

He faced many persecutions and was exiled 5 times for a total of 17 years. He wrote books to explain the faith, such as 'On the Incarnation of the Word' and 'Against the Arians.'



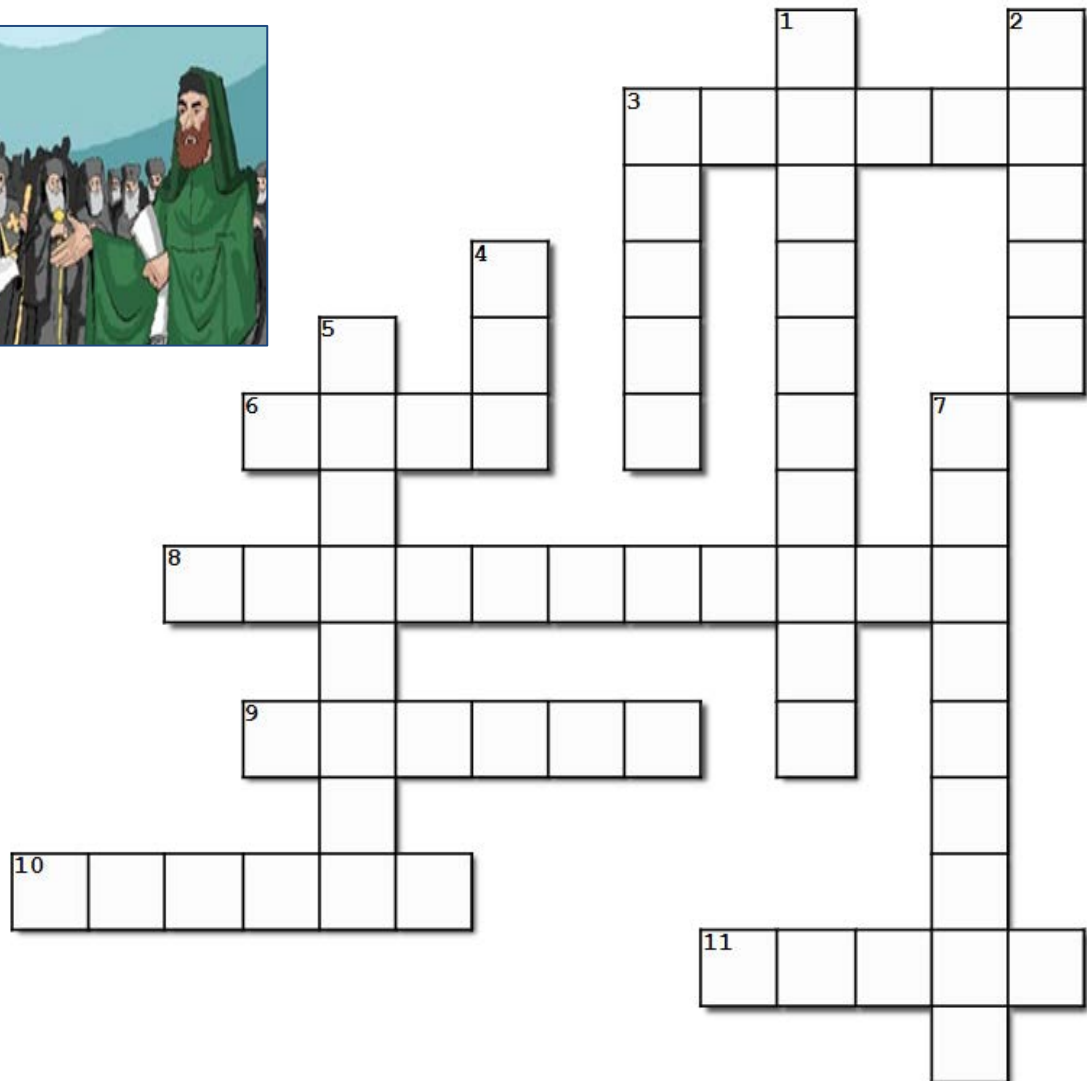
**St. Athanasius was a hero in defending the faith. He received the sound faith and kept it with faithfulness. He was strong and persuasive.**

**"But you must continue in the things which you have learned and been assured of, knowing from whom you have learned them." (2 Timothy 3:14)**





# The Council of Nicaea



## Across

3. "I and My \_\_\_\_\_ are one" (John 10:30)
6. 'In the beginning was the \_\_\_\_\_'
8. The emperor at that time
9. Council in 325 A.D.
10. Wrong teaching
11. 17th Pope of Alexandria. Pope \_\_\_\_\_

## Down

1. The deacon that attended the council.
2. He taught wrong teachings
3. St. Athanasius defended the \_\_\_\_\_
4. 'and the Word was \_\_\_\_\_'
5. Meetings
7. 19th Pope of Alexandria. Pope \_\_\_\_\_

# I Am Proud Of My Heritage

## St. Macarius the Great A Friend of the Cherubim

Synaxarion of the 27th day of the Coptic month of Paremhotep (April 5)

Learning about St. Macarius teaches us about a hero of the Church;  
a founder of a monastic order.

Our Church has strong roots, preserved by those who kept the faith as they received it. The apostles received the faith from our Lord Jesus Christ and handed it down through generations.

Monks established orders of monasticism and had a great role in the Church. This important role includes praying for the world, preserving the faith, and leaving us their teachings and sayings.

One of the monks who established an order of monasticism was **St. Macarius the Great**.

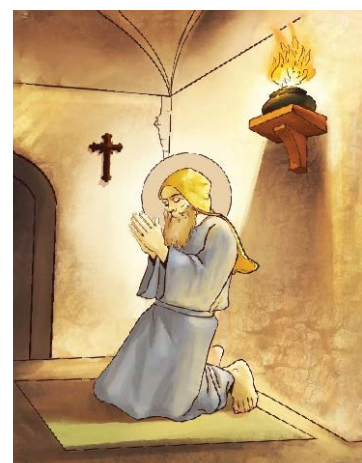
He was born in the 4th century to righteous Christian parents in Upper Egypt. His father was a priest.

In a vision, his father saw the angel of the Lord, who told him he would have a son. The angel also said that his son would become a father to many spiritual children.

Shortly afterward, they had a son and named him **Macarius**, which means 'blessed'.

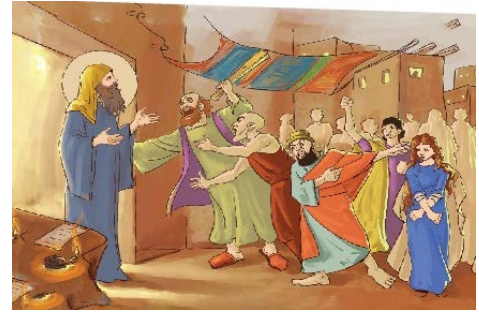
St. Macarius loved God and had many virtues. He was obedient, humble, and meek.

St. Macarius desired to live in the desert to be with God. After his father departed, he gave all his money to the poor and lived in a cell outside his village. He grew in virtue, and when the people knew about him, they asked their bishop to ordain him a priest.





One day, the people of the village accused him falsely of doing something wrong. Fortunately, God revealed his innocence after a while, and the people wanted to ask him to forgive them. However, when he found out they were coming, he escaped and went to live in a different cell.



He was about 30 years old at that time. While walking, he saw a cherubim (an angel) who walked before him for 2 days until he arrived at the wilderness of Scetis. The cherubim told him to live there and that he would be with him.



He lived in the wilderness with God, and continued in prayers, fasting, and reading the holy books.

He went to St. Anthony to be his disciple. When St. Anthony saw him, he told him, **“You shall be blessed as your name”**, and taught him the monastic life. Then, he went back to his cell.



The cherubim used to visit him from time to time.

The devils fought him, but he used to pray, and God supported him.

He had many disciples who came to live next to him, learn from him, and become monks.



**St. Macarius continued to love God, performed many miracles, and became well known.**

**He continued to live a righteous life until his departure on the 27th day of Paremhotep (April 5).**

**May his prayers be with us.**





# St. Macarius the Great

"You shall be blessed as your name"

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

Anthony  
Apostles  
Blessed  
Cherubim  
Church

Desert  
Disciples  
God  
Great  
Faith

Love  
Macarius  
Miracles  
Monasticism  
Monks

Paremhotep  
Pray  
Saint  
Scetis  
Teachings



# Memorization

1. "But you must continue in the things which you have learned"  
(2 Timothy 3:14)

## 2. Psalm 45 of the Third Hour of the Agpeya (Terce)

Our God is our refuge and our strength;  
He is our help in the afflictions that have come heavily upon us.

Therefore we shall not fear when the earth is troubled,  
and the mountains are removed into the heart of the seas.

The waters have roared and been troubled,  
the mountains have been troubled by His might.  
The streams of the river gladden the city of God;  
the Most High has sanctified His dwelling.

God is in the midst of her; she shall not be moved;

God shall help her face.

The nations were troubled; the kingdoms tottered;

He gave forth His voice, the earth shook.

The Lord, God of hosts, is with us;  
the God of Jacob is our helper.

Come, you, and behold the works of the Lord,  
the wonders which he has set upon the earth.

Putting an end to wars to the ends of the earth;  
He will crush their bows, and break their weapons,  
and burn their bucklers in the fire.

Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted upon the earth.  
The Lord God of hosts is with us;  
the God of Jacob is our helper.

**ALLELUIA.**

# Coptic



Our Lord spent about 4 years in Egypt as a baby. He spoke to the people in Egypt in their language, which was the Coptic language at that time.

## THE COPTIC ALPHABET

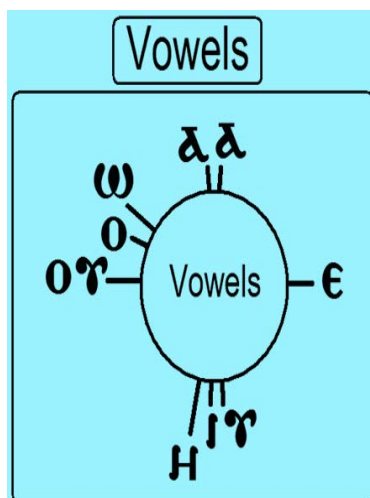
	<b>Alpha</b> A	<b>Veeta</b> B, V	<b>Gamma</b> G, N, Gh	<b>Delta</b> D, Th (the)	
<b>Eyy</b> E	<b>Number 6</b> So-oo <small>Not a true letter</small> The number 6	<b>Zeeta</b> Z	<b>Eeta</b> EE	<b>Theeta</b> TH (think), T	<b>Yota</b> I, Y
<b>Kappa</b> K	<b>Lavla</b> L	<b>Mey</b> M	<b>Ney</b> N	<b>Eksee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

The Coptic Alphabet has 32 letters

- 24 consonants
- 7 vowels (**Α Ε Η Ι Ο Υ Ω**)
- 1 letter used only as a number (**Ϟ**)



# Pronunciation



Some Consonants						
N	K	T	C	q	p	z
n	k	t	s	f	r	z

Practice			
qap	qep	qir	qor
qop	qor	qur	qor
ket	kat	kor	per
pan	zak	zhk	nor

Practice			
tor	chn	no	no
kat	kat	zen	per
qur	qat	qor	ta
qin	cin	nac	pic

## Practice

ნაჲ	ნოჲჲ	როჲჲ	რენ
ზჲრ	რაც	რეც	როჲც
რჲც	როც	ცაჲტეკ	ნაჲნე
ზოჲ	ზოჲჲ	ცოჲ	ცოჲცოჲ

## Jinkim ◡

When placed over a letter, it makes this letter a **separate syllable**.

When placed over a **consonant**, The letter will be pronounced as if there is an “e” before it.

ნ̂ will be pronounced “en”

ჲ̂ will be pronounced “ef”

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

აჲჲ

θε̂ο̂τοκος

ἡ̂τε

ἐ̂μοϋ

ρε̂υ̂ῃ̂χ̂η̂ι

ἐ̂πισκοπος

ὠ̂οϋ



ночри

hi

ночри пеннинѢ

Hi Sayedna

ночри пеніѡѤ

Hi Abouna

οὔχαΙ

Bye



οὔχαΙ  
ξεν ἰβοις

Bye  
(in the Lord)

ΔΕΝ ΦΡΑΝ ἈΦΙΩΤ

In the Name of the Father

ΝΕῤ ΠΩΗΡΙ

and the Son

ΝΕῤ ΠΙΠΝΕΥΜΑ ΕΘΟΥΑΒ

and the Holy Spirit

ΟΥΝΟΥΤ ἸΟΥΩΤ ἈΜΗΝ

One God Amen



ΔΩ ΠΕ ΠΕΚΡΑΝ ?

What is your name ?



ΔΩ ΠΕ ΠΕΡΑΝ ?

What is your name ?

ΠΑΡΑΝ ΠΕ .. My name is

ΝΑΝΕ ΤΟΟΥΤΙ

Good morning

ΝΑΝΕ ΡΟΥΖΙ

Good evening

ΝΟΥΡΙ ΕΞΟΟΥ

Good day

ΝΟΥΡΙ ΕΧΩΡΖ

Good night



## My Family (1)



ΠΑΙΩΤ

My father

ΤΑΜΑΥ

My mother

ΠΑCΟΝ

My brother

ΤΑCΩΝΙ

My sister

ᾤᾤΕΝΡΙΤ The beloved

## My Family (2)



ΠΑΥΗΡΙ

My son

ΤΑΥΕΡΙ

My daughter

ΠΑΖΑΙ

My husband

ΤΑCΖΙᾤ

My wife

ՈՍՐԻ	Hi		
ՕՐՃԱԻ	Bye	ՔԱԼՈՒՄ	My Father
ՆԱՆԵ ՄՕՐՄԻ	Good Morning	ՄԱՍԻՄ	My mother
ՆԱՆԵ ՐՕՐԶԻ	Good Evening	ՔԵՆՆԻՅ	Sayedna
ՈՍՐԻ ԷԶՕՐՄ	Good day	ՔԵՆԻՈՒՄ	Abouna
ՈՍՐԻ ԷՃՈՐԶ	Good night		

ՈՍՐԻ ՔԵՆՆԻՅ ԸՄԵՆՐԻՄ  
 ՈՍՐԻ ՄԱՍԻՄ ԸՄԵՆՐԻՄ  
 ՕՐՃԱԻ ՔԱԼՈՒՄ ԸՄԵՆՐԻՄ  
 ՕՐՃԱԻ ՔԱԶԱԻ ԸՄԵՆՐԻՄ  
 ՆԱՆԵ ՐՕՐԶԻ ՄԱՏՈՆԻ ԸՄԵՆՐԻՄ



Indefinite article (a, an)



Masculine

ዐሃ



Feminine

ዐሃ



Plural

ጌልን

Definite Article (The)



Masculine

ፒ

ፒ

ቅ



Feminine

ተ

ተ

፩



Plural

ን

(ንን)

## Some masculine nouns

ጸጸጸጸ Land

ፒጸጸጸጸ the land

ዐሃጸጸጸጸ a land

ሠዘዞ Son

ፒሠዘዞ the son

ዐሃሠዘዞ a son

ዐግግ Father

ቅዐግግ the father

ዐሃዐግግ a father

## Some feminine nouns

ርወን Sister

ተርወን the sister

ዐሃርወን a sister

ቅዩ Heaven

ተቅዩ the heaven

ዐሃቅዩ a heaven

ሠልሃ Mother

፩ሠልሃ the mother

ዐሃሠልሃ a mother

### Some plural nouns

**ⲙⲁⲩ** Mothers

**ⲛⲓⲙⲁⲩ** the mothers

**ⲉⲁⲛⲙⲁⲩ** mothers

**ⲫⲏⲟⲩ** Heavens

**ⲛⲓⲫⲏⲟⲩ** the heavens

**ⲉⲁⲛⲫⲏⲟⲩ** Heavens

### Some more masculine words

**ⲛⲟⲩⲥ** God

**ⲃⲟⲓⲥ** Lord

**ⲡⲛⲉⲩⲙⲁ** Spirit

**ⲁⲩⲩⲉⲗⲟⲥ** Angel

**ⲱⲓⲕ** Bread

**ⲱⲟⲩ** Glory

**ⲭⲱⲙ** Book

**ⲕⲁⲱ** Pencil

### Some more feminine words

**ⲥⲱⲛⲓ** Sister

**ⲃⲱ** Tree

**ⲭⲟⲙ** Power

**ⲃⲁⲕⲓ** City

**ⲱⲉⲣⲓ** Daughter

**ⲙⲉⲧⲟⲩⲣⲟ** Kingdom

### Some more plural nouns

**ⲓⲟⲥ** Fathers

**ⲙⲁⲩ** Mothers

**ⲥⲱⲛⲓ** Sisters

**ⲥ̀ⲛⲏⲟⲩ** Brothers

**ⲱⲛⲣⲓ** Sons

**ⲱⲉⲣⲓ** Daughters



**ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥΙ**  
Our Father who art in Heaven

**ἀΡΙΤΕΝ ἡμεῖς ἄξιός σε οὕτως εὐχόμεσθα**  
Make us worthy to say thankfully

**ΧΕ ΠΕΝΙΩΤ ΕΤΘΕΝ ΝΙΦΗΟΥΙ**  
Our father who art in heaven

**μαρεψτοῦβο ἡχε πεκραν**  
Hallowed be Thy name

**μαρεσί ἡχε τεκμετοτρο**  
Thy kingdom come

**πετεθνακ μαρεψωπι**  
Thy will be done

**ἡφρητ̃ σε τ̃φε νεμ θιχεν πικαθι**  
On earth as it is in heaven

**πενωικ ἡτε ραστ̃ μηιϋ ναν ἡφοοῦ**  
Give us this day our daily bread

**οτοθ χα νηετερον ναν ἐβολ**  
And forgive us our trespasses

ἡφῆρη† ζωὴν ἡτένχω ἐβόλ

As we forgive

ἡνῆετε ὅτον ἡτὰν ἐρωοῦ

those who trespass against us

ὅτοθ ὑπερεντεν ἐδοῦν ἐπιρασμοσ

And lead us not into temptation

ἀλλὰ ναθμεν ἐβόλθα πιπετρωοῦ

But deliver us from the evil one

δεὺν πυχριστοσ Ἰησοῦσ πενβοισ

In Christ Jesus our Lord

χε θωκ τε

For Thine is

†μετοῦρο νεμ †χομ νεμ πιῶοῦ

the kingdom, the power and the glory,

ψα ἐνεθ ἀμην

forever, Amen





# Hymns & Rituals



## First Doxology for Kiahk

**Rite:** On the four Sundays of the Blessed Month of Kiahk, we read from the Gospel of St. Luke Chapter 1 about:

1. The Annunciation by Archangel Gabriel of the Birth of St. John the Baptist
2. The Annunciation by Archangel Gabriel of the Birth of the Lord Jesus Christ
3. The Visit of St. Mary to St Elizabeth
4. The Birth of St. John the Baptist

We chant doxologies for St. Mary, Archangel Gabriel, and St. John the Baptist.

<p>For when I speak about you,</p> <ul style="list-style-type: none"> <li>• O cherubic throne,</li> <li>• my tongue never wearies</li> <li>• from blessing you.</li> </ul>	<p>Κε γαρ αἰψάνσαχι εὐβητῆ: ὦ πιαρμα ἡχερονβιμικον: παλας ναδισι ἀν ἐνεσ: τενερμακαρίζιν ἡμο.</p>
<p>For indeed, I will go</p> <ul style="list-style-type: none"> <li>• to the house of David</li> <li>• to acquire a voice</li> <li>• by which I can speak of your honor.</li> </ul>	<p>Χε οντωσ γαρ τῆναθεννι: ψα νιαγληνοῦ ἡτε ἡνι ἡλὰνι: ἡταβι ἡονσμη ἐβολεζιτοττ: εὐρισαχι ἡπεταῖο.</p>
<p>For God has stood</p> <ul style="list-style-type: none"> <li>• at the borders of Judea</li> <li>• and joyfully granted His voice</li> <li>• which the tribe of Judah accepted.</li> </ul>	<p>Χε αφνοντ ὄσι ἐραττ: δεν νιῶω ἡτε ἡλοεᾶ: αττ ἡτετςμη δεν ονῶεληλ: ἀτφνλη ἡλονλα ῶοπ ερος.</p>
<p>The tribe of Judah is the Virgin</p> <ul style="list-style-type: none"> <li>• who gave birth to our Savior;</li> <li>• and after His birth,</li> <li>• she remained a virgin.</li> </ul>	<p>ἡφνλη ἡλονλα τε τῆπαρθενος: θενετασμιςι ἡΠενσωτηρ: ονοσ ον μενεσα ἡρεσμαστ: αδὲσι ἐσοι ἡπαρθενος.</p>
<p>Along with the voice</p> <ul style="list-style-type: none"> <li>• of Gabriel the angel,</li> <li>• we send you greetings,</li> <li>• O Mary, the Mother of God.</li> </ul>	<p>Εβολ γαρ ζιτεν τῆφωνη: ἡτε Γαβριηλ πιαστελος: τεντ νε ἡπιχερετισμος: ὦ τῶεδοτοκος ἡαρια.</p>
<p>Hail to you from God.</p> <ul style="list-style-type: none"> <li>• Hail to you from Gabriel.</li> <li>• Hail to you from us.</li> <li>• We magnify you, saying: "Hail to you."</li> </ul>	<p>Χερε νε ἐβολεζιτεν φνοντ: χερε νε ἐβολ ζιτεν Γαβριηλ: χερε νε ἐβολεζιττον: χε χερε νε τενβισι ἡμο.</p>

<p>The holy angel Gabriel</p> <ul style="list-style-type: none"> <li>• announced glad tidings to the Virgin;</li> <li>• after the greeting,</li> <li>• he strengthened her, saying:</li> </ul>	<p>Πιαγγελος εθουαβ Γαβριηλ: αγγελωεννονφι η̅τ̅παρθενος: μενενα πιασπασμος: αγταχρο υ̅μος δεν περσαχι.</p>
<p>"Do not be afraid, Mary,</p> <ul style="list-style-type: none"> <li>• for you have found favor with God.</li> <li>• Behold, you shall conceive,</li> <li>• and bring forth a Son.</li> </ul>	<p>Χε υ̅περερεοτ̅ Παριαμ: αρεχιμι γαρ̅ νον̅ε̅μοτ̅: δατεν Φνον̅τ̅ ρη̅ππε γαρ̅ τεραερβοκι: ο̅νο̅ς η̅τε̅μι̅σι̅ νο̅ν̅ω̅η̅ρι.</p>
<p>And the Lord God shall give Him</p> <ul style="list-style-type: none"> <li>• the throne of His father David</li> <li>• and He shall reign over the house of Jacob</li> <li>• forever and ever." </li></ul>	<p>Ερε̅τ̅ να̅φ̅ η̅χε̅ Π̅βο̅ι̅ς̅ Φ̅νον̅τ̅: υ̅πι̅ε̅ρο̅νο̅ς̅ η̅τε̅ Δ̅α̅ν̅ι̅Δ̅ πε̅ρι̅ω̅τ̅: ε̅να̅ε̅ρο̅ν̅ρο̅ ε̅χε̅ν̅ η̅ν̅ι̅ η̅λα̅κ̅ω̅β̅: ω̅α̅ ε̅νε̅ε̅ η̅τε̅ π̅ι̅ε̅νε̅ε̅.</p>
<p>Therefore, at all times,</p> <ul style="list-style-type: none"> <li>• we glorify you as Theotokos.</li> <li>• Ask the Lord on our behalf,</li> <li>• that He may forgive us our sins.</li> </ul>	<p>Ε̅θε̅ε̅ φ̅αι̅ τε̅ν̅τ̅ω̅ν̅ νε̅: ε̅ω̅ς̅ θε̅ο̅το̅κο̅ς̅ η̅χο̅ν̅ ν̅ι̅β̅ε̅ν̅: μα̅τ̅ε̅ο̅ ε̅Π̅βο̅ι̅ς̅ ε̅ε̅ρ̅η̅ι̅ ε̅χ̅ω̅ν̅: η̅τε̅ρ̅χα̅ νε̅ν̅νο̅β̅ι̅ να̅ν̅ ε̅βο̅λ̅.</p>
<p>Hail to you, O Virgin,</p> <ul style="list-style-type: none"> <li>• the right and true Queen.</li> <li>• Hail to the pride of our race</li> <li>• who bore to us Immanuel.</li> </ul>	<p>Χ̅ε̅ρε̅ νε̅ ω̅̅ τ̅πα̅ρ̅θε̅νο̅ς̅: τ̅ο̅ν̅ρω̅ υ̅μ̅η̅ι̅ η̅λ̅λ̅η̅θ̅ει̅νη̅: χε̅ρε̅ η̅ω̅ν̅ω̅ν̅ η̅τε̅ πε̅ν̅τε̅νο̅ς̅: α̅ρε̅χ̅φο̅ να̅ν̅ η̅ε̅μ̅μ̅α̅νο̅υ̅η̅λ̅.</p>
<p>We ask you to remember us,</p> <ul style="list-style-type: none"> <li>• O our faithful advocate,</li> <li>• before our Lord Jesus Christ</li> <li>• that He may forgive us our sins.</li> </ul>	<p>Τ̅ε̅ν̅τ̅ε̅ο̅ α̅ρι̅πε̅ν̅μ̅ε̅ν̅ι̅: ω̅̅ τ̅η̅ρ̅ο̅ς̅τ̅α̅τ̅η̅ς̅ ε̅τε̅ν̅ε̅ο̅τ̅: να̅ε̅ρε̅ν̅ πε̅ν̅βο̅ι̅ς̅ η̅χο̅ν̅ς̅ Π̅ι̅χ̅ρ̅ι̅ς̅το̅ς̅: η̅τε̅ρ̅χα̅ νε̅ν̅νο̅β̅ι̅ να̅ν̅ ε̅βο̅λ̅.</p>



Sundays of the Month of Khiahk







Visit the St. Mark Festival's website at

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and information on the tests

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