



# **TASTE & SEE**

The Lord Is Good



**Saint Mark Festival 2016**

**5<sup>th</sup> & 6<sup>th</sup> grade**





under the guidance of His Holiness  
**Pope Tawadros II**



## **WELCOME TO COOL**

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Group: \_\_\_\_\_

Phone : \_\_\_\_\_





## Rules and Regulations

1. In order to identify participants of the program, each child will be given a wrist band that they will be required to wear every day they are attending the program.
2. It is required that every child in the program bring their Activity Books every day they attend the program. Everyone is responsible for the care of their book and must have it completed at the end of the summer for handing in.
3. At the end of the summer, each child will be rewarded for the care and responsibility of their books. They will be graded on completion of the activities, on the condition of the book (not ripped or scribbled on), etc.
4. Books and wristbands are mandatory—as such, the children that bring in their wrist bands and Activity Books each day they attend will be rewarded at the end of the summer.
5. Encourage your children to open the Bible and look up the references used in the activities.
6. Also try to encourage your children to only do the assignment for that day and not go ahead in the book.
7. If you are traveling out of the state, let us know so that we can give you the assignment for the time you will be away so your children can continue to work on the program while not here.
8. It is best for the benefit of the children if they come on time so they can take advantage of all the activities.
9. Please be respectful of the servants sacrificing their time for the program and be very strict in picking up your children on time at night.
10. Children are not allowed to leave the church grounds and must be obedient and respectful of the rules of the church and her servants. In order for the program to be successful, discipline and respect will be taken very seriously.
11. The essence of the Olympics League is Christian respect and behavior, therefore children who do not consistently practice this Christian behavior will not be allowed to continue with the program to the Olympics competition day. If any child cannot follow the rules, does not respect his/her brothers and sisters in Christ, does not obey the rules of the program and the servants responsible for them, or causes disruption in the program, they will not be allowed to continue.

- ✠ للتعرف على المشتركين في البرنامج كل طفل سيعطى له Wristband لا بد من ارتدائها كل يوم للسماح له بالإشتراك في البرنامج.
- ✠ كل طفل مشترك في البرنامج مطالب بإحضار كتب النشاط كل يوم يشترك فيه. وكل طفل مسئول عن العناية بالكتاب وحل جميع النشاطات وتسليم الكتاب فى نهاية الصيف.
- ✠ فى نهاية الصيف كل طفل سيتم هدية مناسبة حسب عنايته ومسؤوليته بالكتاب. وسيتم تقييم الأطفال حسب الإجابات وحسب حالة الكتاب (ليس مقطوع أو مشخبط) .... الخ.
- ✠ احضار الكتب و Wristband اجبارى كل يوم. والطفل الذى سيلتزم سيتم جائزة فى نهاية الصيف.
- ✠ شجعوا أطفالكم على فتح الكتاب المقدس والإستشهاد به فى حل النشاطات.
- ✠ وأيضاً شجعوا أطفالكم على الإلتزام بحل المطلوب يوم بيوم وليس أكثر من المطلوب فى اليوم.
- ✠ برجاء اخبارنا فى حالة السفر والغياب عن البرنامج، لنعطى الطفل النشاطات المطلوبة منه فى فترة غيابه حتى يستطيع المواصلة والإستفادة.
- ✠ برجاء الحضور فى الميعاد لضمان الإستفادة الكاملة.
- ✠ برجاء احترام الخدام اللذين يمنحون وقتهم من أجل انجاح هذا البرنامج والإلتزام بميعاد الإنصراف وعدم التأخير فى استلام الأطفال مساءً.
- ✠ لمساعدتنا لإنجاح البرنامج غير مسموح للأطفال أن يتركوا الكنيسة نهائياً فى أثناء اليوم والإحترام الكامل للخدام ولقوانين الكنيسة وأخذها بجدية تامة.
- ✠ الغرض من هذا البرنامج هو احترام السلوك المسيحى، ولذلك أى طفل لا يتبع السلوك المسيحى لن يسمح له بالإستمرار فى البرنامج لنهايته (Day Competition). والطفل الذى لا يحترم القوانين ولا يحترم أخوته وأخواته فى الرب ويسبب أى إخلال بالبرنامج لن يسمح له بالإستمرار.



In the bus on the way to the international scientific conference in Alexandria, Maged, Peter and Yustina are sitting. They are talking about their excitement regarding the conference, which each year displays many discoveries and new scientific ideas. Peter is the most enthusiastic because of his love for science, mathematics and new discoveries.



**Peter:** I am so excited to see the new discoveries at the conference

**Yustina:** Me too! I hope we learn about many new ideas from the conference

**Maged:** Have either of you heard about this year's competition? It is going to be announced during the conference

**Peter:** Yeah, I heard it is going to be a new type of competition I don't know much about it but I'll join anyways



The friends go on expressing their excitement about the conference. When they arrive at the conference, it starts with an opening session where they are introduced to the idea of the conference and the instructions for the new competition, which is about building a geometrical shape or model for a new scientific project or idea by each team.

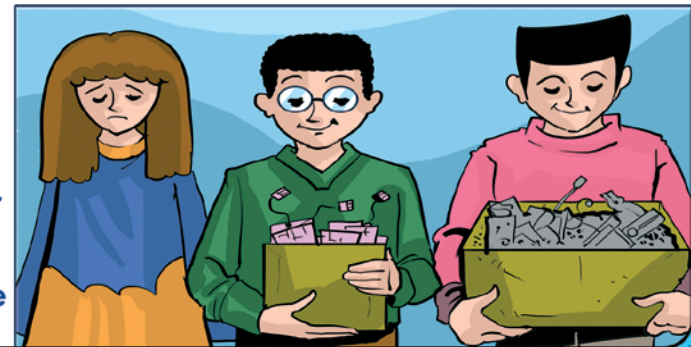
Unlike previous competitions, this year each person will have an interview with the conference coordinator to know what distinguishes him/her. For each team to get the needed pieces to make the shape, each person has to answer some questions in many scientific topics according to his/her area of strength, after which he/she can get some of the available tools to use with the rest of their team.

Maged, Peter, and Yustina go as a team to be interviewed. Then they are split up by their areas of strength and sent to answer some questions after which they then meet again to discuss what they have come across.

**Maged:** I received some electrical circuits and batteries after answering questions about electricity

**Peter:** Me too; I was asked questions in mechanics; thank the Lord I could answer them correctly and in turn got many nails and screw drivers

**Yustina:** Sorry guys, I answered many questions, but there was a strange one which I couldn't answer so they didn't give me anything **Peter:** What was that question? **Yustina:** Something appears to be quiet from outside yet is alive inside; life comes out of it and it has a well-known geometrical shape. **Maged:** That is a really difficult question **Peter:** I think the answer is the egg; the shape is the oval shape **Maged:** So what is the relation between the egg and the question? **Peter:** Do you remember the Resurrection story? **Yustina:** What is the relation between what we are saying and the story of the Resurrection? How are they similar?







**Peter:** When Michael, our Sunday school servant, started to tell us the resurrection story he said:

"As the bird gets out of the closed egg alive without anyone opening it, in the same way our Lord Jesus Christ in His resurrection came out of the tomb while it was closed and no one opened for Him. He rose Himself up by the power of His divinity which is united with His humanity"



so I linked what he said with your question and reached the answer

**Yustina:** I think you're right Peter; it looks like it was an interesting lesson, do you mind telling us what else Michael said in that story? **Maged:** I think Peter should go to answer the committee question and bring us the shapes needed for the project, while I tell you what Michael said. **Peter:** Sounds great **Yustina:** We will wait for you, Peter, don't be late

### The Journey of the Holy Fifty days

**Maged:** Michael started his story expressing the joy of the church in the Resurrection of our Lord Jesus Christ during the Holy Fifty Days, as we celebrate Easter after the journey of the Great Lent. It is here where he mentioned the similes which **Peter** told us. He then spoke about the start of the beautiful journey of Sundays during the fifty days:

### First Sunday:

Thomas Sunday  
the Sunday of Faith  
(John 20:19-31)



Our Lord Jesus Christ appeared to His disciples on Sunday night of His Resurrection while they were gathered in the upper room, but St Thomas was not there with them. When the disciples mentioned to him that the Lord appeared to them, he did not believe them. The Lord then reappeared in the first Sunday after the resurrection to the disciples, and this time while St Thomas was there, and Jesus said to Thomas "Reach your finger here, and look at My hands; and reach your hand here, and put it into My side. Do not be unbelieving, but believing" (John 20:27)

Then St Thomas answered saying "**My Lord and my God!**" and so our Lord Jesus replied saying:

And that's why the church calls this Sunday Thomas Sunday, and it is also known as the Sunday of faith, because we are joyful and believe that the Lord conquered death and gave us eternal life.

Memory Verse

Thomas because you have seen Me, you have believed  
Blessed are those who have not seen and yet have believed  
John 20:29





## Second Sunday



**Maged:** In the second Sunday, we learn how to abide in our Lord **Jesus Christ**, through partaking of His Body and Blood. That is why in the Gospel of the 2nd Sunday the Lord says:

*Jesus is the bread of our lives  
the Sunday of satisfaction*

**John 6:54-58**

Memory  
Verse

"He who eats My flesh and drinks My blood abides in Me and I in him." (John 6:56)

Our Lord Jesus Christ also showed us that He is the true bread in saying: "I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever" (John 6:51). Therefore this Sunday shows us that our joy and satisfaction with the Lord Jesus is through the partaking of the Holy Communion.

**Yustina:** The 1st Sunday is the Sunday of Faith and the 2nd Sunday is the Sunday of Satisfaction. What about the 3rd Sunday?

## Third Sunday



**Maged:** As we are filled by our Lord Jesus Christ the bread of life, we are also quenched as He is the water of life. Thus the gospel in the 3rd Sunday of the holy fifty days tells us about the **Samaritan woman** and the Lord's conversation with her, where He pointed out the true source of quench, He says:

*Jesus Christ is  
the water of our lives  
The Sunday of Thirst*

**John 4:1-42**

Memory  
Verse

"Whoever drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst" (John 4:13-14)

Through her conversation with the Lord, the **Samaritan woman** believed and her thirst was quenched. Then she became an evangelist for **Jesus Christ**. Thus anyone who lives with The Lord will never be thirsty.

**Yustina:** But how can we be quenched by Jesus Christ? **Maged:** Through practicing and growing in all the means of grace

Some of the means of grace are *(Prayer - Fasting - Holy Communion - Reading the Bible)*  
Get the following quotes, write under each one the name of the virtue through which we are quenched by our Lord Jesus Christ

**John 6:56**

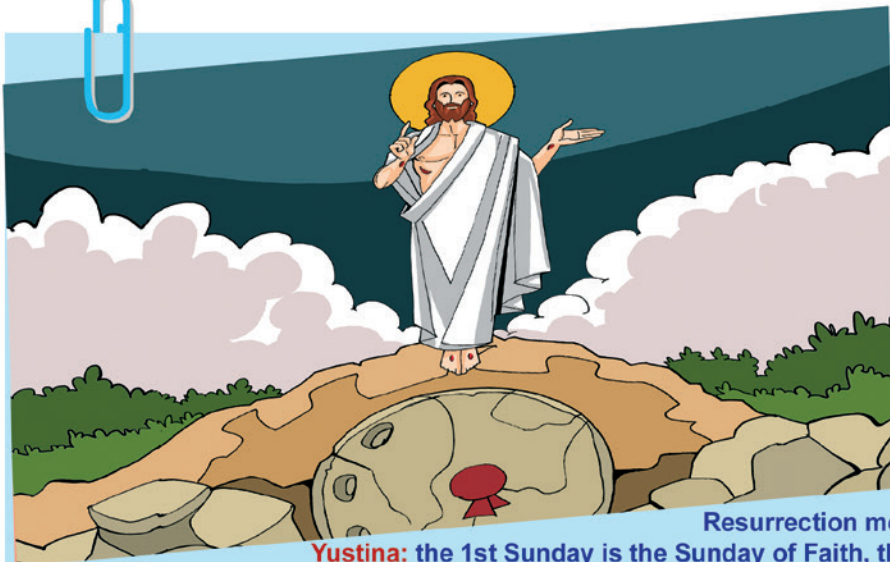
**Matthew 17:21**

**Colossians 4:2**

**Psalms 119:11**

Exercise





## Fourth Sunday

Christ is the light of our lives  
The Sunday of Enlightenment  
John 12:35-43

**Maged:** On the 4th Sunday, the church tells us about the light of our lives: **"our Lord Jesus Christ."** Man was living in darkness because of their sin. After the resurrection of our Lord Jesus Christ, God forgave us our sins, removed the death sentence, renewed our nature, transferred us from darkness to light and He became the light of our lives. The Lord tells us in the gospel of the 4th Sunday:

Memory  
Verse

"While you have the light, believe in the light, that you may become sons of light." (John 12:36)



Resurrection means always living in the light.

**Yustina:** the 1st Sunday is the Sunday of Faith, the 2nd Sunday is the Sunday of Satisfaction, the third Sunday is the Sunday of Thirst, and the 4th Sunday is the Sunday of Enlightenment, so what do we call the 5th Sunday?



**Maged:** During the holy fifty days our aim is to reach to the joyful eternal life, to get there we have to walk in the right way; the Lord showed us that He is the way saying:

Jesus Christ is the way of our lives  
The Sunday of the Way  
John 14:1-11

Memory  
Verse

"I am the way, the truth, and the life. No one comes to the Father except through Me." John 14:6



## Fifth Sunday

Therefore the Lord **Jesus Christ** didn't come to show us a way to walk in but rather to show us that He is the true way which we are looking for. The 5th Sunday is the Sunday that precedes the Ascension Thursday of our Lord Jesus Christ. He ascended to prepare for us a place in heaven and to make us worthy to enter heaven and live with Him for ever.



Exercise

Do you know when the feast of the ascension is? How many days after the resurrection is it? Use the verse to know the answer (Acts 1:3-11)

Answer

6





**Maged:** Through our Lord Jesus Christ's incarnation, crucifixion, defeat of death and resurrection, He defeated Satan and bound him; He gave us the power to defeat Satan as well, and made that clear in His promise mentioned in the gospel of that Sunday :

**Jesus Christ is He who overcomes the world. The Sunday of Victory**  
John 16: 32-33

**Sixth Sunday**

**Memory Verse**

"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." (John 16:33)

Our faith in our Lord Jesus Christ gives us the constant victory and continuous joy. St John clarified that in his epistle: "For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God?" (1 John 5:4-5)

**Yustina:** Is the Holy Fifty Days' journey about to end? Is the 7th Sunday the only one left?



Our Lord Jesus Christ promised His disciples that after His Ascension He wouldn't leave them, He promised that He would send the Holy Spirit to comfort them, to give them strength to go around preaching His name. Our church at the last week of the fifty days tells us about "being filled with the Holy Spirit."

**The Feast of Pentecost The Descent of the Holy Spirit**  
John 15:26, 16:1-15

**Seventh Sunday**

The church says the first step to being filled with the Holy Spirit is "repentance." In order to keep the Holy Spirit which we received through our baptism, we have to repent constantly and also to keep practicing continuously the means of grace which our Lord Jesus promised us :

**Memory Verse**

"But you shall receive power when the Holy Spirit has come upon you" (Acts 1:8)

Now we have reached the end of 'The Holy Fifty Day journey, in which we live a life of joy in each of its Sundays.

**Yustina:** I really enjoyed it, thanks Maged. Now that we finished what should we do?

**Maged:** Peter should be here by now so we can start our project; I'm not sure why he is late. Let's wait a bit longer and see.



Yustina and Maged were waiting for Peter. When he didn't show up, they started to look around for him in the halls of the conference. After a long search, they both stood in front of a room titled "mathematics lab." They thought Peter might be there looking for something new about mathematics, or for the shapes they needed, but they didn't find Peter--instead they found a huge geometrical shape in the lab.



**Maged:** Peter must have come here to make use of this shape; we can take many of the geometrical shapes which we need from this.

**Yustina:** We can't take anything unless we take permission first.

**Maged:** Of course. We should figure out what's inside, so when we find Peter we can go altogether and get permission.



The two friends kept on checking the shape from every angle. Then Maged found a piece that was not fixed properly in its place. He tried to fix it but it was not movable. Then the huge shape started to rotate around itself quickly making a loud voice, then everything stopped. Maged and Yustina found themselves somewhere where they were all surrounded by geometrical pieces stuck to each other. Before they could say anything, they found someone running towards them. They got scared but the person kept waving his hands at them and when he came closer, they found that it was Peter their lost friend.

**Yustina:** Where are we? What happened to us?

**Peter:** You must have made the same mistake I did; I tried to fix the shape, then I found myself trapped inside it.

**Maged:** What happened? How can we get out? **Peter:** I looked for a long time inside this huge shape to find a way out but I only found... **Maged:** (interrupting) Look there, I just saw something moving quickly in that direction! Is there anyone else here besides us? **Peter:** I didn't find anyone here, but let's go in the direction of that thing; we might find a solution or may at least find out where we are.



The three friends moved in the direction of the thing moving in front of them. Finally they found it to be a small figure which sat down looking tired and sad. **Yustina:** look there! It's a figure! But why is it sitting far away in that place? I don't understand anything.

**Maged:** (talking to the figure) My name is Maged, these are Peter and Yustina my friends, we don't know where we are, can you help us? **The figure:** Welcome, my name is Shapo, and I live in this large shape.

**Yustina:** Hi Shapo, why are you sad?

**Shapo:** I am not the only one who is sad in this geometrical shape, all the pieces are suffering from the same problem: the shape in which we are in has a big problem; it is unstable, and the pieces which form it keep changing their places.

**Maged:** That is a problem. **Peter:** We also have a big problem: we want to get out of this shape, but we don't know how.

**Shapo:** We both have the same problem; the instability of the shape is the cause of you being here, and there is no way out until the shape becomes stable again. **Maged:** We are in a big trouble.

**Yustina:** We have to find a solution, to save those inside the shape and to save ourselves as well.





**Peter:** You're right, what could be the solution for an unstable shape?

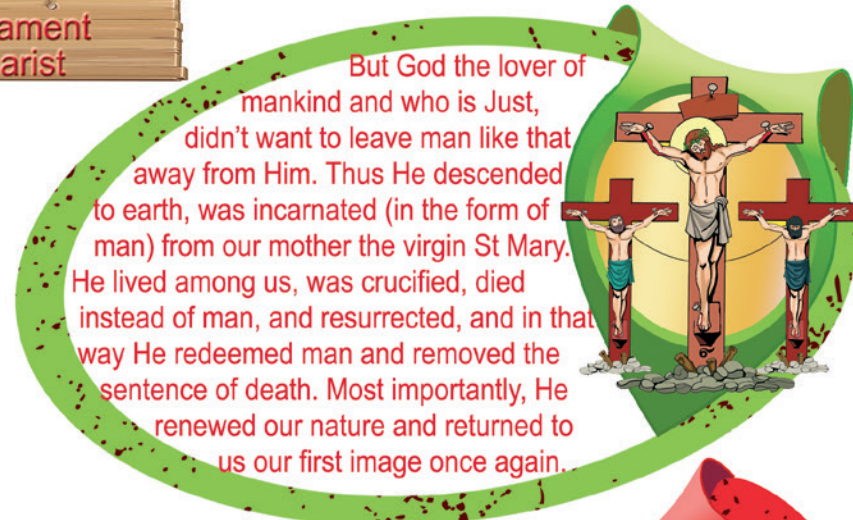
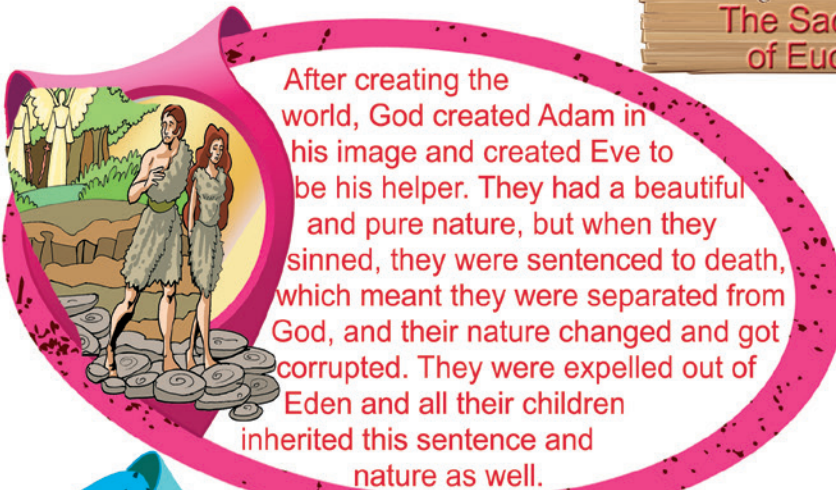
**Maged:** I think the pieces that form this shape have to unite and be fixed properly for it to be stable

**Yustina:** How would the pieces unite together? **Shapo:** Can someone explain to me the meaning of unity and stability?

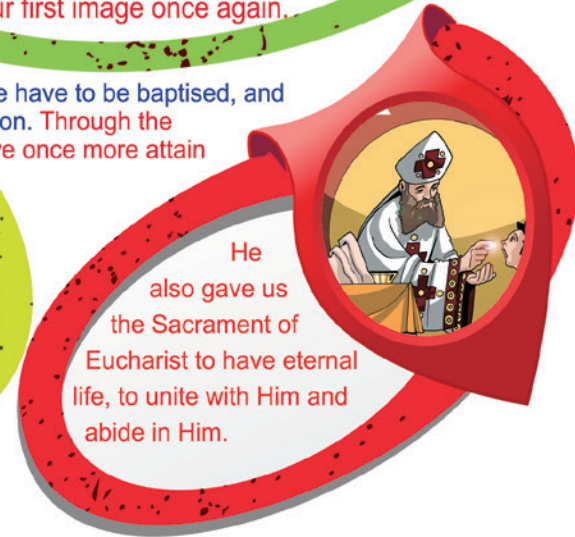
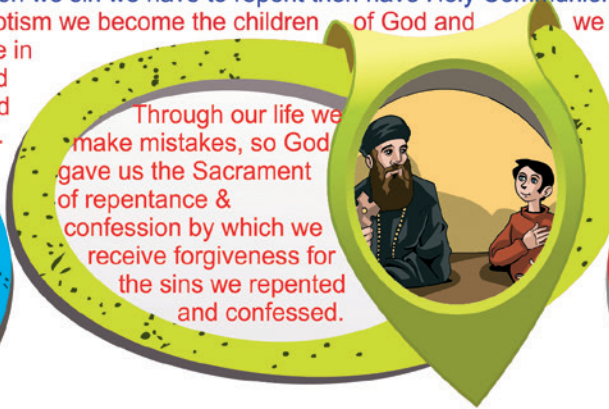
**Maged:** How can we explain these words?

**Peter:** What if we look for an example to explain to Shapo the meaning of unity and stability? The closest example would be the "Sacrament of Eucharist" To know it and to understand the meaning of unity and stability, let's start from the beginning.

### The Sacrament of Eucharist



**Maged:** For every one of us to be qualified for our Lord's redemption, first we have to be baptised, and chrismated. And when we sin we have to repent then have Holy Communion. Through the Sacrament of Baptism we become the children of God and we once more attain





**Peter:** You are right Maged; the Sacrament of the Eucharist is the Sacrament of all Sacraments. It makes us abide and unite with Jesus Christ. **Shapo:** It seems to be a very important Sacrament but how does unity and abiding happen? **Peter:** I will tell you, but first let me tell you how this sacrament was prepared and when it was established to understand its importance.

## Preparing for the Sacrament

**Our Lord Jesus Christ prepared His disciples to understand this Sacrament in the miracle of feeding the people with 5 loaves and 2 fish. Through this miracle Jesus wanted to change their minds to seek heavenly bread instead of earthly one, He told them:**

Memory Verse

"He who eats My flesh and drinks My blood abides in Me, and I in him" (John 6:56)



In His words to the disciples, Jesus stressed on the fact that He is the true bread of life that will last for eternal life.

**Shapo:** That means that the miracle of feeding the people was a preparation for the Sacrament of Eucharist. What about establishing it? **Yustina:** On Covenant Thursday, the Lord gathered His disciples in the upper room in St Mark's house and He established the sacrament before them, and taught them how to practice it.

## Before establishing the Sacrament



The Lord washed their feet to teach them that before having Holy Communion they have to be ready.

Then He held the bread in His hands, He blessed it (thanked and prayed), He broke it (divided it) and gave it to them saying "Take, eat; this is My body" (Matthew 26:26)



Then He held the cup filled with wine, He thanked and gave to His disciples saying "Drink from it, all of you. For this is My blood of the new covenant" (Matthew 26:27-28)



**Peter:** That confirms to us that having Holy Communion starts by first taking the **Body** then the **Blood**.



**Maged:** by doing this, the Lord Jesus established the Sacrament of the Eucharist. He asked His disciples and said: do this in remembrance of Me (Luke 22:19). **Shapo:** what does that mean? **Maged:** It means to keep practicing the Sacrament because it is the Sacrament of life; each time they practice this Sacrament they remember what Jesus did. The remembrance that the Lord meant was a true remembrance. In other words, our Lord Jesus Christ is present personally with His body and blood each time this Sacrament is prepared.



## Requirements for the sacrament of Eucharist

**Shapo:** Can everyone have the Lord's body and blood?

**Peter:** To have the body and blood of Jesus Christ each person has to be qualified and ready to have them

**Shapo:** What is the difference between being qualified and being ready?

**Peter:** to be qualified, the person has to be :

Orthodox Christian

1

Baptised in the Orthodox faith

2

Believing in the sacrament of having the Body and Blood of our Lord Jesus Christ.

3

**Yustina:** That is how to be qualified. As for proper readiness for the sacrament; there are 2 kinds of readiness:

### The physical Readiness

Fasting for 9 hours before having Holy Communion.

The body has to be clean & pure.

### The Spiritual Readiness

Attending the liturgy early and before the Gospel.

Making God our focus (don't allow our thoughts to think about anything but God).

Believing that what is on the altar is the Lord's body and blood.

Being in reconciliation with everyone.

Repentance/Confession

If any of these conditions are not fulfilled, the person has to inform the priest who gives absolution whether to have Holy Communion or not through the wisdom he receives from God.



## Blessings of the Eucharist Sacrament

**Maged:** The most important thing to know are the blessings of the Eucharist Sacrament, which are:

1.  
**Forgiveness  
of sins**

Exercise

Open Reference & write Verses:  
Matthew 26:28

1 John 1:7

2.  
**Abiding and  
uniting with  
Jesus Christ**

Exercise

Open Reference & write verse:  
John 6:56

3.  
**Our unity  
with each  
other as  
believers**

Exercise

Open Reference & write verse:  
1 Corinthians 1:16-17

4.  
**Growing in  
grace and  
in eternal  
life**

Exercise

Open Reference & write verse:  
John 6:58

John 6:54



**Peter:** Without the Eucharist the story of our Lord Jesus Christ would have just been a historical story . The offering of the Eucharist is an extension to the offering of the cross; if the Lord completed the salvation on the cross without giving us His Holy body and blood, we would have been like patients who can't find the medication for their treatment. By having Holy Communion, our sins are forgiven, we unite as believers with each other, we grow in grace and in eternal life, and finally we abide and unite with Jesus Christ and that is what we meant by unity and abiding.

**Shapo:** The Sacrament of Eucharist is really the Sacrament of all Sacraments; It is also the Sacrament of thanksgiving, and the Sacrament of life. I now understand the meaning of unity and abiding but how can we make all the pieces unite and be stable inside the large shape? **They all started to think of a way to make all the pieces unite together.**





After thinking for a while ..

**Maged:** I think we need to speak to the rest of the pieces and try to find a way to make each piece do its role.

**Shapo:** How would you communicate with them, they won't understand you.

**Peter:** Why? We will talk the same language we are talking with you now.

**Shapo:** This place doesn't have one language.

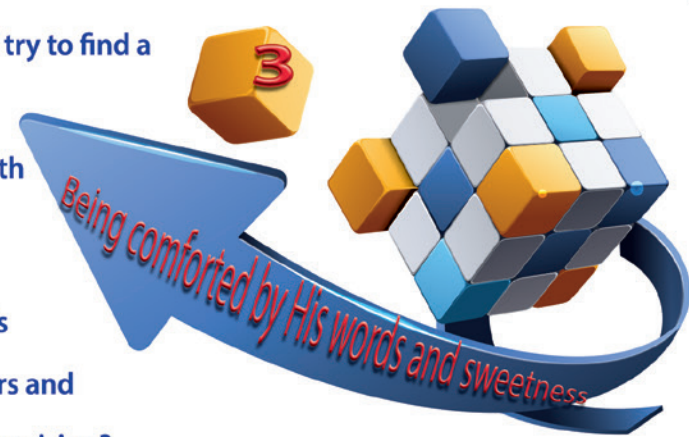
**Yustina:** That's strange, I know that each place has its own

language; in Egypt for example they speak Arabic, In France they speak French and so on, even in heaven they have their own language, which is praising.

**Maged:** That's true, praising is the language of heaven, but it doesn't have letters and meanings. **Yustina:** What do you mean?

**Shapo:** Hold on, I don't understand any of what you are both saying, what is praising?

**Maged:** Let me explain ...



## Praising

Praising is:

The language of the heavenly people.

It is a language with no letters or meanings as I mentioned to Yustina; angels do not have a language like human beings; they don't speak the Coptic language that we use in praising. We love the Coptic language because it was the language our fathers used in their daily lives, and their religion; they recorded their experiences and faith in Coptic. Our entire heritage is kept in this beautiful language. Angels have a heavenly language which we will learn when we go to heaven. What I mean by the language of praising is that just as it is the constant job of angels in heaven, our only job in heaven will be to praise our Lord, to offer Him our love and to show our joy of being with Him.

**Peter:** Praising is also praying to God through hymns and psalms; it is the highest form of praying in which we glorify God's attributes, good deeds and virtues.

**Peter:** Praising is distinguished from praying in 2 ways:

There is a difference between praying and praising.

**Shapo:** what is the difference?

1. Praising does not include any requests; it is purely praising God.

mentioned in the verse:

2. Praising is accompanied by music. We use our vocal chords instead of musical instrument; our praising is like an offering of love and joy to our God; we present ourselves and our voices instead of instruments as



"Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name." (Hebrews: 13:15)



**Shapo:** Great! But when do you praise?



**Yustina:** Praising with hymns can be done at all times; we praise the Lord when we start our day and before we go to sleep. Our Orthodox Church arranged for us many beautiful rituals through which we can praise our Lord Jesus Christ like the Vesper **Praise**, Midnight **Praise**, Morning **Praise**, Liturgical **Praise**, and Pascha **Praise**.

**Shapo:** Can you say one of the praises now?

**Maged:** Sure. We can sing the midnight praise; it is a nice journey that refers to our spiritual journey here on earth.



The praise starts with a nice joyful melody which says "Arise O children of the light, let us praise the Lord of hosts." The church alerts us that we have to wake up from our sleep to participate in praising..

**Peter:** After that nice hymn we start our journey to heaven, the first stop is:

**1**

### **The First Hoos (Exodus 15:1-21)**

*...Let us sing to the Lord, For He has triumphed gloriously!*

The word '**Hoos**' means '**praise**'; the first Hoos is praise for the great salvation, the victory over impossible things through the story of "the salvation of Moses and the Israelites from Pharaoh's slavery, and their crossing the Red Sea." The crossing symbolizes the holy baptism, as baptism is the beginning of our life with Jesus Christ. The First Hoos is the beginning of our journey with praise. After the First Hoos, we glorify God for His great works, He is the God of impossibilities, thus we praise Him.

**The Lobsh of the First Hoos:** the word "**Lobsh**" means "**explanation**" and it starts with "with the split, the waters of the sea split, and the very deep, became a walkway."





**Peter:** After finishing the First Hoos, the church raises its voice of thanksgiving for His Great works, so the second stop is:



**2**

## The Second Hoos (Psalm 135)

*"O give thanks to the Lord for He is good,  
Allelulia, His mercy endures forever"*

It is the praise of thanksgiving. We thank God who saved us from darkness, and gave us the true light of baptism. He gave us the great salvation which He completed on the cross. We thank Him for His daily care for us. Then comes *The Lobsh of the 2nd Hoos* where the church asks all people to thank God saying, "Let us give thanks unto Christ our Lord, with David the prophet and the psalmist"

**Maged:** Then comes the  
3rd stop...

**3**

## The 3rd Hoos (Addition to Daniel Chapter 3)

(Addition to Daniel chapter 3 (2nd canonical books))  
*"Blessed are You, O Lord God of our fathers, and  
exceedingly to be blessed and exalted above all  
forever"*



It is the praise of the three young men while in the fiery furnace. The church tells us that in our journey with Jesus Christ, we might face troubles and problems. God will allow us to experience them but will accompany us and turn the fire into dew. We believe that God is with us all the time, to support us and comfort us; thus we praise Him in the 3rd Hoos for His great power that saves us from troubles. And then comes the hymn: (*Aripsalin*): where we glorify God for what He did with the 3 young men and say "O sing unto Him who was crucified, buried and resurrected for us..."



**Yustina:** Then the 4th stop which is...

#### 4 The Commemoration of the Saints

In the 3rd Hoos we feel the presence of Jesus Christ in our midst. The presence of Christ requires the attendance of His Royal procession of saints.

We remember the saints in the order of their ranks in the Commemoration of the Saints, ask God's forgiveness through their intercessions and prayers, and believe that God listens to them: *"Intercede on our behalf O Lady of us all the mother of God, Mary the mother of our Saviour, that He may forgive us our sins".*



JOHN  
THE BAPTIST



ST. MARY

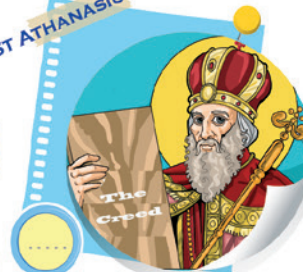


THE CHERUBIM

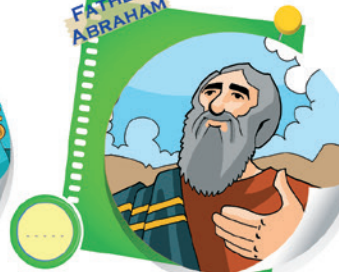


Open your psalmody and number the photos of the saints according to the order they're mentioned in the Commemoration.

ST ATHANASIUS



FATHER  
ABRAHAM



ARCHANGEL  
MICHAEL



**Peter:** Then the church presents glorification to those saints:

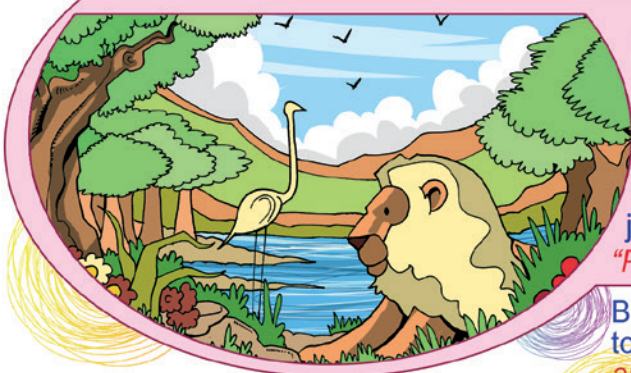
#### 5 Doxologies

The word 'Doxology' is a Greek word that means 'glorification' for saints where we glorify and thank them because they help us in our request to God to forgive our sins (in the prayer of the commemoration). We believe

that God responds to our prayers and accepts their intercessions for us and grants us forgiveness of sins by His grace, by the power of His precious blood and by His redemption to us; that's why we offer glorification to them. As there are Doxologies for

saints, there are also Doxologies for each occasion like: *The Annunciation of Christ's birth, the birth of Jesus, the Resurrection, etc.* They all aim to make us experience the incidents related to our Lord Jesus' life on earth.





6

## The 4th Hoos (Psalm 148, 149, 150)

our happiness for returning to Him, and it invites the whole creation to join us in praising God the loving creator which happens in the 5th stop in our journey: the 4th Hoos.

*"Praise the Lord from the heavens alleluia, praise Him in the heights"*

By this Hoos the church reaches the top of its praise where the psalm alerts us to praise the name of the Lord: *"Let them praise the name of the Lord, For His name alone is exalted" (Psalm 148:13)*

**Maged:** I feel so happy because of this journey and because of the forgiveness which the Lord grants us. Our church is so beautiful; it expresses its joy in the salvation of Jesus and



7

## Psali

**Peter:** so after the 4th Hoos the church starts praising the name of the Lord Jesus through the Psali hymns; 'Psali' means 'hymn' in Greek, there is a Psali for each day of the week, and there is a Psali for each feast, and for each fast.



8

## Theotokia

**Yustina:** The church explains the mystery of the incarnation, how it happened, and the blessings we received from it, in the very beautiful part called the Theotokia. "Theotokia" is taken from the word "Theotokos" which means the mother of God. These are musical passages in which the church glorifies St Mary. They are written by St Cyril the great (4th century), and each day has its own Theotokia.

**Peter:** Our church focuses on St Mary in the month of Kiahk in which we remember that God descended from heaven, and was incarnated from the Virgin to redeem us, so it arranged a special praise called the "Kiahk Praises"



9

## Conclusion

**Maged:** We conclude our praise with the Lobsh and/or Conclusion of the Theotokia. And afterwards we conclude by saying:

*Keryialaison/ Lord have mercy.*

That was our journey of praising from earth to heaven

**Shapo:** I really enjoyed the journey of praising



**Yustina:** Whoever knows the journey of praising will enjoy it. Whoever attends and recites parts of it, will enjoy it even more as these meanings will easily be in his/her mind in the correct order. We have to practice praising here on earth as it will be our only job in heaven: to praise God always. **Shapo** then explained to them that it is one of the few pieces in this shape that can speak more than one language. They then all went to the place where all the pieces of the big shape gather.

Our church arranged a beautiful journey which is the journey of the Midnight Praise. Complete the missing parts in the figure to show the order of the journey of the Midnight Praise.







The 3 friends started checking the pieces that form the big geometrical shape to reach a solution for the problem.

**Maged:** Look there, there is an empty spot and the its piece is not in its place

**Peter:** It's a triangle space, but where is it?

**Yustina:** I can see a sad piece sitting over there

**Shapo:** That's a square piece though not a triangle; it won't be suitable for the empty spot

**Yustina:** So the problem of the shape instability is because the pieces are not in their right places, but where could we get the right piece for that spot?

**Maged:** I have an idea, let's push hard on the square piece to get it into that spot, what do you think?



**Peter:** It's a good idea, let's do it.

The 3 friends carried the square piece and tried to push hard to fit it in the empty triangle spot; the rest of the pieces in the big shape strongly refused that solution.

**Yustina:** Why are they angry? We are trying to help.

**Shapo:** Because we can't change the original shape.

**Maged:** Why? Everything can be changed and modified.

**Shapo:** We have to keep the shape as it is.

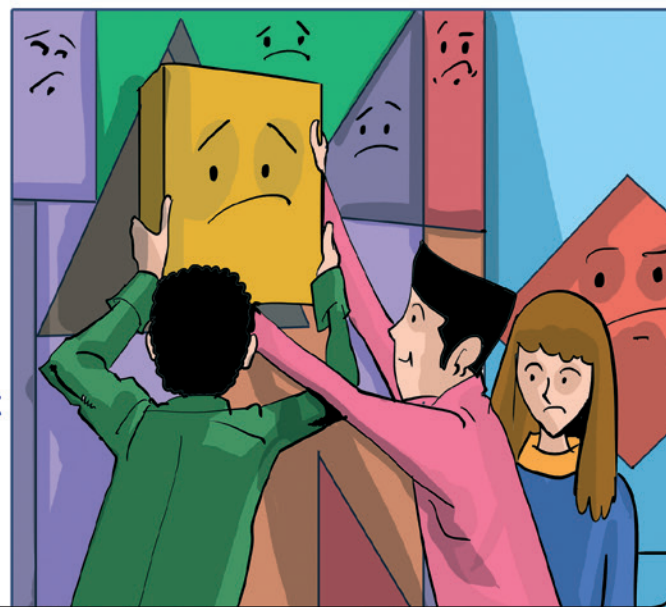
**Yustina:** Maged is right, why aren't they accepting changes?

**Peter:** Shapo is right, do you remember the story of St Severus the Antiochian?

**Maged:** What's the relation between the story of St Severus and what Shapo is saying?

**Shapo:** Who is Saint Severus? Did he have the same problem?

**Peter:** I will tell you his story...





## Pope Severus the Antioch



He was born in the year **459AD**, in a city in Asia Minor. His parents were Christian and were rich. His father was a member in the city council, and he had 2 brothers. After his father's death, his mother sent them to Alexandria to complete their studies in science, philosophy, and the Latin and Greek languages.

## Synaxarium

2Babah- 10 Kiahk- 14 Amshir



Then Severus went to Beirut to study law. He was very clever and very well looked up to. After finishing his studies, Severus went back to his country and worked as a lawyer.



He advanced in spirituality; he used to fast every day and to spend most of the night praying in the church. He then decided to visit Jerusalem; there he felt his desire to become a monk. So in the year **488AD** he went to the monastery of **Saint Lawendis** in Palestine.

He then desired to live alone in the desert and dedicated all his time to praying and studying. When he got sick he had to go to **St Romanus'** Monastery in Palestine and remained there.





Despite his illness, **St Severus** kept on working hard, encouraging the other monks to do handwork. Many monks believed that he would be the guardian of the Orthodox faith and church and will shepherd a multitude of people in Antioch and in the whole world. He became well known in the East and in the West. Many priests and monks came to listen to interpretations of the Holy Bible and doctrine from him.



After a long time at **St. Romanus'** Monastery, he distributed the wealth he inherited to the needy, and established a monastery in Gaza in Palestine. Many came to be his students and he attracted many to be monks.



When he saw the wars waged on the church from heretics (those outside of the orthodox faith), he rejected any changes to the faith he received from the fathers. He decided to leave his solitude to defend the faith. He began:

- *Writing many letters to answer the wrong teachings*
- *Fighting many heresies and wrong teachings which were common in his days, answering strongly to whoever taught differently than the Orthodox faith, showing them its bad consequences.*

**Shapo:** What were those wrong teachings?





*Peter: They said that the divinity of our Lord Jesus Christ is separate from His humanity. They thought that Jesus the God is separate from Jesus the human; this belief was rejected by our Orthodox church as we believe that:*

*God the incarnated Word has one nature. In our Lord Jesus' incarnation, there is complete unity between the Divine nature (Divinity) and the human nature (humanity), without change or mingling. Jesus Christ is completely God and completely human. He has all the characteristics of man and all the characteristics of God.*



**Shapo:** How can He be God and man at the same moment?

**Yustina:** Let me explain it to you. I'll simplify it with a simple example: if there is a doctor who graduated from medical school, and then joined the army and became an officer in the army, does that mean he is not a doctor anymore?

**Shapo:** Of course not, he's a doctor and an army officer at the same time.



**Yustina:** Exactly. Is he still one person or 2 persons?

**Shapo:** 1 person who has 2 jobs

**Yustina:** Great, so when he checks a patient he uses his stethoscope, in wars he uses his gun. One person with 2 jobs; we can distinguish between them in the different situations he comes across. Each job has its duty, time and place.

In the same way, our Lord Jesus Christ is one person who has all of God's characteristics and all human characteristics at the same time.



When He was eating, sleeping, and suffering, we can see His humanity. When He was incarnate from St Mary, He took flesh exactly like us in everything except sin: a body that gets tired, feels pain, needs to eat, and needs to drink.



When He was performing miracles and teaching, we can see His divinity; He is God.



**Maged:** What I understood from you Yustina is that our Lord is one Person and has one nature, made up of divinity and humanity

**Yustina:** Exactly; the two natures are united, they are never separated. His divinity never separated from His humanity; that's why we call it the one nature of God the incarnate Logos. While at certain times we mainly see His divinity and other times His humanity, they are never separated: it is one united nature.

**Shapo:** As the doctor and army officer has all the descriptions of a doctor and those of an army officer, he knows when to use each without them being mingled together.

**Yustina:** Now you've got it

**Shapo:** I understand now, thank you. Can you tell me the rest of St Severus' story please?



**Peter:** In the year 512 AD, he was ordained the Pope of Antioch, and was called Pope Severus. There was a nice aroma in the place during his ordination; the angels joined the ceremony. In this way the church applied St Paul's teaching to Timothy:

*"And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also"*  
(2 Timothy 2:2)

When Pope Severus was ordained, there was a tradition between the Antioch church and the church in Egypt (they were among the churches who did not believe in the orders of **Chalcedonian Council**). The tradition was for the **Antiochian Pope** to send to the **Alexandrian Pope** a letter explaining his faith and confirming the Orthodox faith which was received from the apostles. After His ordination, **Pope Severus** sent a letter to the Alexandrian Pope, declaring his rejection for all the heresies and wrong teachings and his conviction to the Orthodox teachings. Both Popes kept on mentioning each other in the fathers' litanies in the Holy liturgy.

He faced a lot of persecution defending the Orthodox faith.







**Maged:** What were those persecutions he faced?

**Peter:** An evil ruler named **Justinian** reigned over the Roman Empire. He didn't believe in the Orthodox faith and he issued an order acknowledging the Chalcedonian Council and its decisions and he started persecuting those who didn't believe in it. He sent for **Pope Severus** to come and meet him, trying to make him abandon his Orthodox faith and to follow the Chalcedonian Council's teachings. **Pope Severus** courageously refused, so **Justinian** persecuted him badly and the Pope had to flee to Egypt and stayed there for 20 years (except for a short period in which he went to **Constantinople**). During his stay in Egypt, **Pope Severus** still cared for his people and used to send them letters.

After **Justinian**, came another evil king who did the same; he called **Pope Severus**, asked him to leave his Orthodox faith and to accept the Chalcedonian Council decisions. The Pope again refused. When the king saw Pope Severus he told him: "Are you Severus who disdains the church of God?" **Pope Severus** answered him bravely saying: "No, you are the Emperor who gave up his true Orthodox Christian belief, which we received from our fathers and which King Constantine believed in. You accepted wrong faith and caused trouble to the whole world". When the king failed to make him change his mind, he arrested him and cut his tongue.







Empress Theodora, the Emperor's wife, was an Orthodox Christian and insisted that Pope Severus escape from the Emperor to be able to strengthen his people to stay in the Orthodox faith. At the beginning he refused, and then he accepted and fled to Egypt. Being humble, he used to go around disguised from place to place and from one monastery to another as a simple monk. God performed many miracles through him.

**Yustina:** Can you tell us about any of these miracles?

**Peter:** He was once in one of the monasteries attending the liturgy clothed as a simple monk. After saying the Holy Creed, the priest started the Prayer of Reconciliation, but he was shocked with something strange.

**Maged, Yustina and Shapo:** what happened?





**Peter:** The priest did not find the 'Korbana' on the altar. He started weeping and thought that it was because of his sin, but the angel of the Lord appeared to him, pointed at **Pope Severus** and said "it is not proper to pray a liturgy when the Pope is attending." The priest went to **Pope Severus** and took him to the altar. When he got back, he found the 'korbana' on the altar.



**Yustina:** Pope Severus is really a great saint.

**Peter:** He passed away in Egypt on the 14th of Amshir in 528 A.D. and was buried in the monastery of 'El Zugag' west of Alexandria. Our church celebrates his commemoration 3 times a year: (2nd of Babah commemorates his arrival to Egypt, 14th of Amshir his departure, 10th of Kiahk his burial in the monastery of "El Zugag")

**Maged:** He deserves to have all these celebrations.

**Peter:** Our church also honours St Severus and mentions him in the liturgy during the Absolution of the Servants directly after St Mark and before **Pope Dioscorus** and **Pope Athanasius** because he abided in the faith of the fathers, didn't change it, protected it, and refused all heresies despite all persecution and pain. He preferred to be a simple monk who defended the Orthodox faith all over the world than to be sitting on the Patriarchal chair forsaking the Orthodox faith.

After hearing the story of Pope Severus they all became convinced not to change the shape.





After everyone was convinced that the shape should not be changed, they all seemed very concerned  
**Maged:** So what's the solution now? Does anyone have an idea?

**Yustina:** (angry) I'm really tired of this; every time we think of a solution, it seems to be not suitable. I can't think of any solutions. We're going to stay here forever

**Peter:** We need to calm down to be able to find a solution.

**Maged:** Nothing will work, everything is outside, we can't get out, we know nothing about the competition, and we probably lost everything because of this problem.

**Peter:** We have to be calm and remain at peace

**Maged:** What peace? We are in deep trouble

**Peter:** The Shunammite woman was in an even bigger problem and was able to keep her peace

5



**Yustina:** You're right.

**Shapo:** Who's the Shunammite woman?

### The Shunammite woman 2 Kings 4:8-37



**Peter:** The main character of our story is a woman from a country called **Shunam**, north of Jerusalem. The Holy Bible didn't mention her name but mentioned that she was a great woman. (For the servant: a great woman could be a rich woman or wife of a rich man). She had great spiritual traits that helped her live peacefully despite the pain she experienced. Through her story we will come across situations showing her traits.

The story started when **Elisha** the prophet was in the Northern Kingdom.

**Shapo:** Who is **Elisha** the prophet?

**Peter:** **Elisha** was the disciple of **Elijah**. He met **Elijah** when he was ploughing in his father's field and **Elijah** called him to be his disciple (1 Kings 19:19-21). After **Elijah's** ascension, **Elisha** became the prophet of God.





Elisha used to pass by a country called Shunam as it was on his way to where he used to live (Mount Carmel) and to the school of prophets where he used to go. The woman saw him in the school of prophets and invited him to eat in her home with her husband.

**Shapo:** Did they have kids?

**Peter:** No, they didn't have children. Elisha used to visit them each time he passed by Shunam to eat and get some rest. One day the woman asked something from her husband.

**Shapo:** What was it?

**Peter:** To build a room for Elisha (separate from their home) where Elisha can stay at, because she knew he is man of God.

**Shapo:** How did her husband respond?

**Peter:** He accepted and built an upper room and furnished it with all what Elisha might need.

**Yustina:** Did she have a strong spiritual life?

**Peter:** Yeah! Her spiritual life was shown through her care for the prophet of God, which proved that God was in her life; this is the first trait which we can learn from her-- **sensing the presence of God** made her live in peace.

**Maged:** Do you mean sensing the presence of God in our lives gives us peace?

**Peter:** Definitely! One day Elisha went to the Shunam woman and her husband to stay in the upper room. He had Gehazi his disciple with him. Elisha wanted to repay the woman for her good deeds with him, so he asked his disciple Gehazi to call the woman and ask her what he could do to repay her and her husband as he has caused them a lot of trouble staying in their home. Elisha asked her *"Do you want me to speak on your behalf to the king or to the commander of the army?"*

**Yustina:** Would the king or the commander of the army listen to Elisha?

**Peter:** Yes! When the king asked advice from Elisha during war, Elisha gave him good advice since then the king and the commander of the army listened to Elisha.

**Shapo:** Elisha was really a great prophet. What did the Shunammite woman ask for?







**Peter:** The woman didn't ask for anything; she just said "I dwell among my own people."

**Shapo:** That was evidence that she was in good terms with her people; if she had a problem with anyone or if she had a request, she would have asked for it. It is clear that she was a friendly woman, loved others and lived in peace with those around her.

**Peter:** She was very content. She didn't ask for anything from Elisha; this is the **2nd trait** we can learn from her: **to be content**

**Shapo:** Did Elisha accept the woman's answer? Or did he try to repay her once more?

**Peter:** He asked Gehazi what they could do for her. Gehazi suggested that the woman didn't have children and her husband was getting old.

**Shapo:** That's true! That was something she could have asked for. She really was very content. So what did Elisha do after Gehazi's suggestion?

**Peter:** Elisha asked Gehazi to call the woman again. When she came he told her, "About this time next year you shall embrace a son"

**Peter:** This is the best reward ever. She must have been very happy.

**Peter:** She was amazed at Elisha's words and told him, "No, my lord. Man of God, do not lie to your maidservant!" God fulfilled His promise as Elisha said and she got pregnant and gave birth to a boy at the time Elisha mentioned to her

**Yustina:** We know 2 things from this woman's traits: she always sensed the presence of God in her life and she was **always content**. That's why she lived in peace

**Peter:** Indeed! The evidence that she always lived in peace was that she didn't lose her peace when she came across tribulation



**Shapo:** What was that tribulation?





**Peter:** One day the son of the Shunammite woman went to the field to his father. He felt pain in his head, and cried out "*my head, my head.*" The father asked his servant to take the boy to his mother, and the boy slept on her lap until noon then died.

**Shapo:** That is really sad; her only son died. That's a tough tribulation. What did she do?

**Peter:** What she did proved the amount of peace in her life.



Although she was sad for losing her son, she remained very peaceful. She carried the boy and placed him on **Elisha's** bed, and closed the door...



She asked her husband to go to the man of God **Elisha**. Her husband was not sure why she wanted to go at that time to him as it was not the beginning of the month or a Saturday and these were the days they would normally go to the prophets and men of God. She answered calmly saying: "**it is well.**"



Then she asked her servant to keep walking on the way till they reached **Elisha** in his place on **Mount Carmel**.





**Shapo:** This lady is amazing! Her son died and she said "it is well?!" What did she do when she saw Elisha?  
**Peter:** When Elisha saw her coming, he sent Gehazi to check the reason for her visit at that time, and to ask her "Is it well with you? Is it well with your husband? Is it well with the child?" She answered "it is well" for the 2nd time though she was deeply sad for the death of her son.

When she reached Elisha, she held his feet. Gehazi tried to stop her but Elisha asked him to leave her because she looked very sad, though he didn't know what happened. Then she told him "Did I ask a son of my lord? Did I not say, 'Do not deceive me?'" And Elisha then knew that her son died.



**Shapo:** What did Elisha do?  
**Peter:** Elisha asked Gehazi to take his staff (stick) and put it on the boy, but the woman insisted that Elisha should go with her. Gehazi went first and put the stick on the boy's face but he didn't wake up. Then Elisha arrived and found the boy lying on his bed in the upper room.

Elisha went into the room, closed the door, prayed, and lay on the boy in the shape of the cross. The boy's body became warm. Then Elisha got up and lay on him again. The boy sneezed 7 times then opened his eyes. Elisha asked Gehazi to call the boy's mother, who seeing her son rise from dead, knelt before Elisha to thank him and take her son. Elisha went back to where he was.





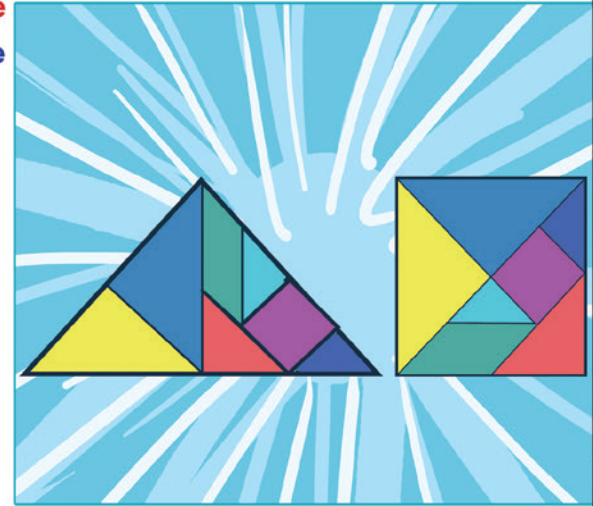
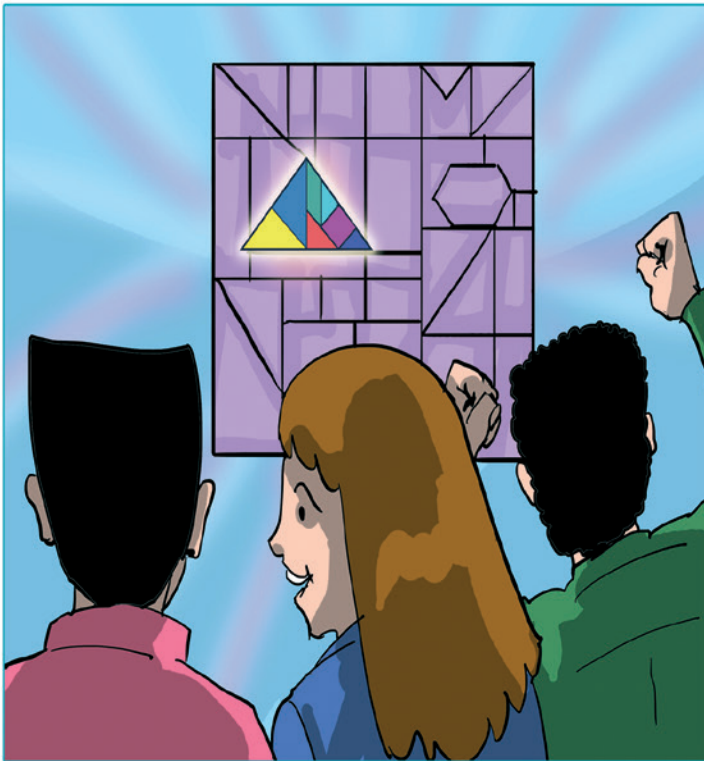
**Yustina:** Indeed she was a great woman; we learned a lot from her life: to **sense the presence of God** and to **be content** so that we can acquire and live in peace all the time and in all circumstances, remembering always what the Bible tells us:

Memory  
Verse

**“Become complete. Be of good comfort, be of one mind, live in peace; and the God of love and peace will be with you”**  
(2 Corinthians 13:11)



The story of the Shunammite woman comforted them and they remembered that the hand of God works when there is no solution. **And then suddenly Yustina screamed out saying**  
**Yustina:** I found it, I found it !!



**Peter:** what did you find?

**Yustina:** Do you remember the tangram?

**Maged:** yes we do.

**Peter:** you're a genius, we will turn the square into a triangle using the pieces of the tangram and the problem will be solved. Thanks Yustina!

The solution was quick, easy and successful; the 3 friends saved the shape, and the rest of the pieces became very happy. The shape started to rotate very quickly as it did in the beginning of the story, and the three friends found themselves in the mathematics room that they entered. The geometrical shape beautifully stood complete.

They solved the problem, saved the geometrical shape, and went back to their place. When they went to the presentation place for the competitions, many people presented awesome ideas. Yustina suggested to present the ideas they went through and how to use the tangram in changing shapes easily. They participated in the competition, and everyone was happy with their adventure and the new ideas they gained.



## Memorization

### The Absolution of the Twelfth Hour

O Lord, all things which we have sinned against You this day, whether in deed, or in word, or in thought, or through all senses, please remit and forgive us, for the sake of Your holy name, as a Good One and Lover of mankind. Lord, grant us a peaceful night and a sleep free from all anxiety. Send us the angel of peace to guard us from all evil, all plague and all temptations of the enemy. Through the grace, and mercies, and love of man of Your Only-Begotten Son, our Lord, and God and Savior Jesus Christ, through Whom is due all honor and glory, together with You and the Holy Spirit, the Life-giver, who is of one essence with You, both now and ever and unto the ages of all ages, Amen.

### Psalm 1

Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the LORD, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper. The ungodly are not so, but are like the chaff which the wind drives away. Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. For the LORD knows the way of the righteous, but the way of the ungodly shall perish.



## Memorization

### Psalm 50

Have mercy on me, O God, according to Your unfailing love; according to Your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against You, You only, have I sinned and done what is evil in Your sight, so that You are proved right when You speak and justified when You judge. Surely I was sinful at birth, sinful from the time my mother conceived me. Surely You desire truth in the inner parts. You teach me wisdom in the inmost place. Cleanse me with hyssop and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones You have crushed rejoice. Hide Your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from Your presence or take Your Holy Spirit from me. Restore to me the joy of Your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors Your ways, and sinners will turn back to You. Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness. O Lord, open my lips, and my mouth will declare your praise. You do not delight in sacrifice, or I would bring it; You do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, You will not despise. In Your good pleasure make Zion prosper; build up the walls of Jerusalem. Then there will be righteous sacrifices, whole burnt offerings to delight You; then bulls will be offered on Your altar. Alleluia





This book has been translated by: The Sydney Diocese, Saint Mary Coptic Orthodox Church, East Brunswick, NJ and Archangel Michael Coptic Orthodox Church, Howell, NJ.  
Under the guidance of His Grace Bishop-Moussa & the blessing of His Grace Bishop Daniel. For more information please visit [www.saint-mary.net/cool](http://www.saint-mary.net/cool)