

My Church

Nursery and Reception



Spirit & Life



stmarkfestival.org.uk

British Edition

"Now you are the body of Christ, and members individually" (1 Corinthians 12:27)

HIS HOLINESS POPE TAWADROS II



**118TH POPE OF ALEXANDRIA AND
PATRIARCH OF THE SEE OF SAINT MARK**

Spirit and Life

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Visit the St. Mark Festival website at
stmarkfestival.org.uk
to find the material for the festival and
for guidelines and information on the tests



Spirit and Life

Festival 2020 Anthem

My precious Church

Heaven on earth

A fortress in the world

A refuge for all. (x2)

Since Adam humanity has fallen

Separated from our calling

But Christ came, died and rose

And through Him we were restored. (x2)

My Church you are my strength

Treasury of heavenly wealth

(Sound doctrine, living rites

Leading us to the light) (x2)

House of God, a fruitful vine

My Church, spirit and life (x3)

My Church, the Fruitful Vine

The Holy Bread on the Altar

Learning about the Holy Bread on the Altar teaches us about the joy of our Church

The **Church** is the **house of God**. When we grow in the Church, we always live with our **Lord Jesus Christ**.

We all know what the holy bread (Korbana) is and we really love to eat it.

When the holy bread is made for the Divine Liturgy, the priest chooses the best one to become the Body of our Lord Jesus Christ.



The Holy Bread (Korbana):

- 1- Is a perfect circle
- 2- Has 1 big Cross in the middle and 12 small crosses around it
- 3- Has 5 holes around the Cross
- 4- It has words in Coptic that mean:
"Holy God, Holy Mighty,
Holy Immortal"

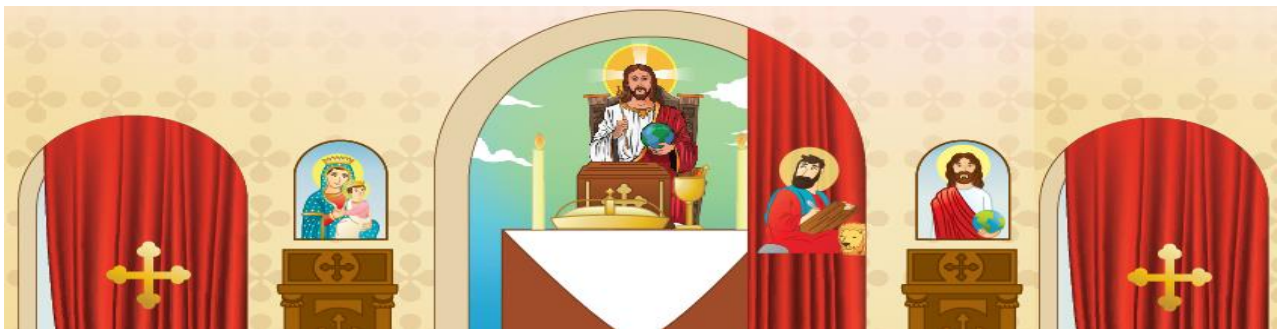


Why does the priest choose the best holy bread?

Just like our Lord Jesus Christ was perfect without any sin, the holy bread must be perfect without anything wrong with it.

After the priest chooses the holy bread, he takes it into the Sanctuary.

The priest places the holy bread on the **altar**.



The Altar:

- The **altar** is the table in the middle of the sanctuary.
- The main **altar** in the Church is usually named after the saint of the Church.
- The altar can be made of wood like the Cross of our **Lord Jesus Christ** or made of stone like the tomb of our **Lord Jesus Christ**.
- The altar is consecrated with the **Holy Myron** oil. The altar can only be used for the prayers of the Church.
- On the altar you will see the **paten**, the **throne** and the **cup**.
The paten carries the **holy bread** that will become the **Body** of our **Lord Jesus Christ**. The **throne** holds the cup of wine that will become the **Blood** of our **Lord Jesus Christ**.



Paten



Throne



Cup

Our Church teaches us to respect the sanctuary:

Before the **priest** or **deacons** enter the **sanctuary**, they:



1- Take off their shoes



2- Prostrate (bow down) and make the sign of the Cross



3- Stand still and quiet.
We should be praying.

"How lovely is Your tabernacle, O Lord of hosts!"
Psalm 84:1

Color the Picture



"How lovely is Your tabernacle, O Lord of hosts!"
Psalm 84:1

The Lord Protects our Church

The Good Shepherd

The story of the Good Shepherd teaches us that
God protects His children and the Church

Our Lord Jesus Christ said about Himself:

"I am the good shepherd" John 10:11

A **shepherd** takes care of his **sheep** and names each one of them.

The **sheep** know their **shepherd**
and only listen to their
shepherd's voice.

The **Lord Jesus Christ** knows
each one of us by our name because
we are His children.

Just as a **shepherd** takes care of
his **sheep**, our **Lord Jesus Christ**
also takes care of us, His children.

We know His voice
and obey His commandments.



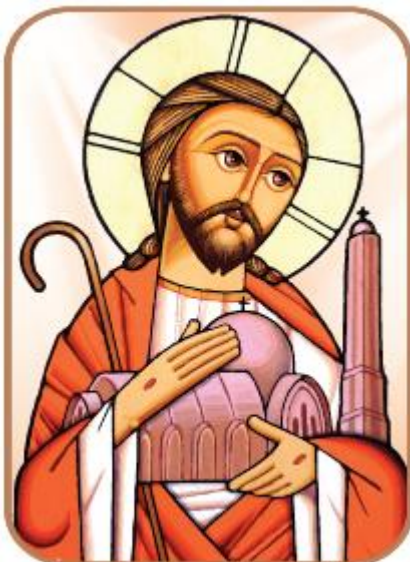
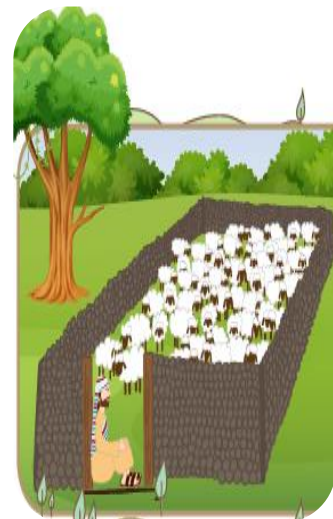
A **shepherd** feeds his **sheep** good food and enough water until they are filled and satisfied.



Our Lord **Jesus Christ** knows what we need and gives us everything we need at the right time.



A **shepherd** leads his **sheep** and always protects them. He sits at the door and makes sure no one takes his sheep or hurts them.



Our Lord **Jesus Christ** protects His **Church** and His children as He promised:

"I, the Lord, keep it." Isaiah 27:3



Colour the Picture



"I, the Lord, keep it." Isaiah 27:3

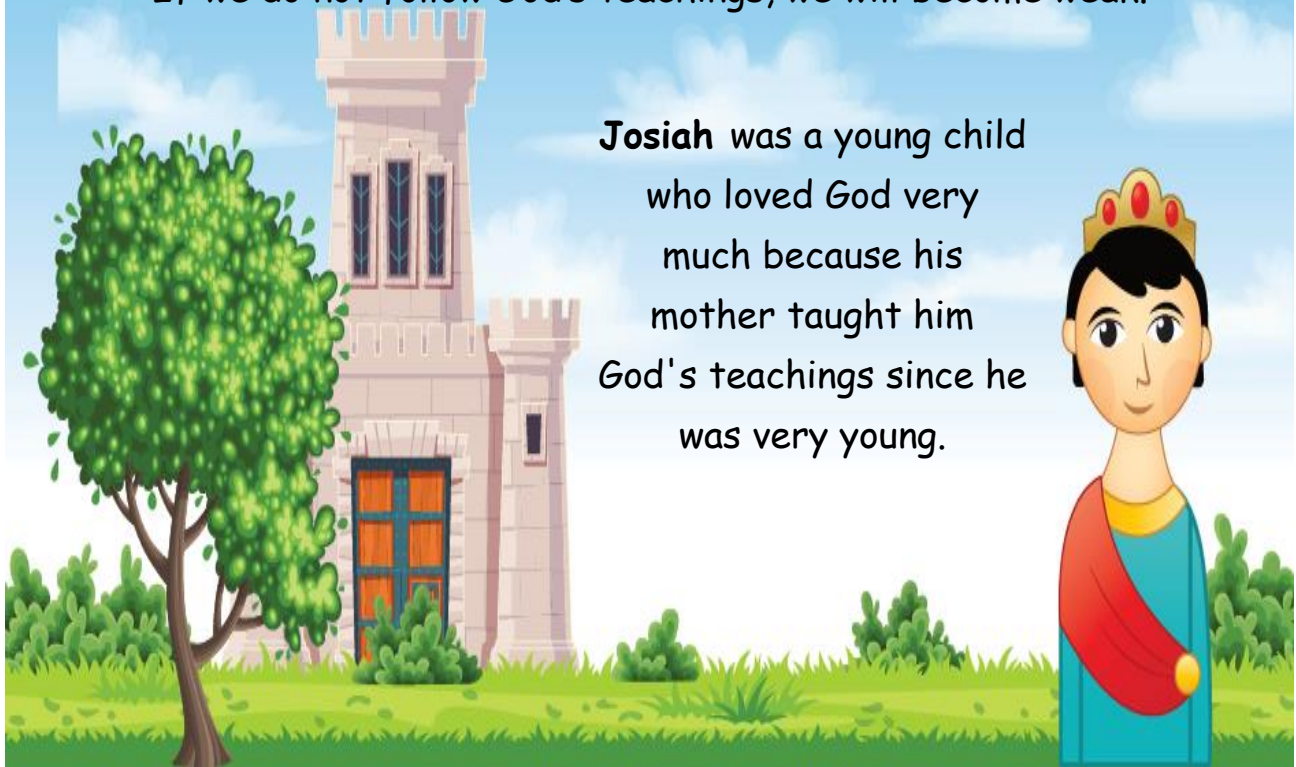
The Church is Well Rooted and Strong

King Josiah holds fast to God's words

2 Kings 22

The story of King Josiah teaches us to read the Holy Bible and obey God's teachings to keep our Church strong.

The **Church** and the children of **God** are strong when we obey what **God** teaches us in the Holy Bible.
If we do not follow God's teachings, we will become weak.



Josiah was a young child who loved God very much because his mother taught him God's teachings since he was very young.

Josiah became king when he was just 8 years old.
He continued to obey God's teachings just as his mother taught him.
He also listened to **Hilkiah the priest** who helped him rule the kingdom.

When **King Josiah** grew, he saw that his people were worshiping statues instead of **God**. They forgot all of God's teachings because they stopped reading and teaching God's word to their children.

King Josiah was not happy and started to teach the people what was right.

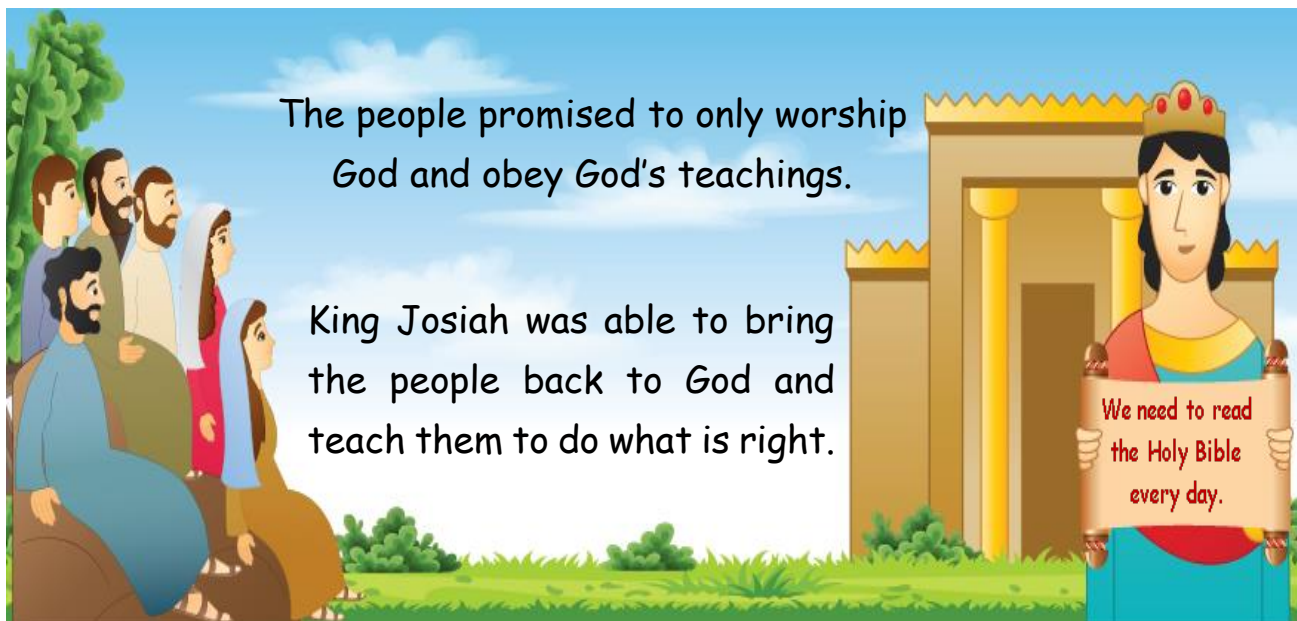
He ordered his soldiers to break all the statues so the people would only worship God.



King Josiah began to rebuild the house of God. While they were rebuilding, **Hilkiah the priest** found the **Book of Law**. The **Book of Law** had God's teachings in it, and it was lost for many years. Hilkiah was so happy and returned the **Book of Law** to King Josiah.



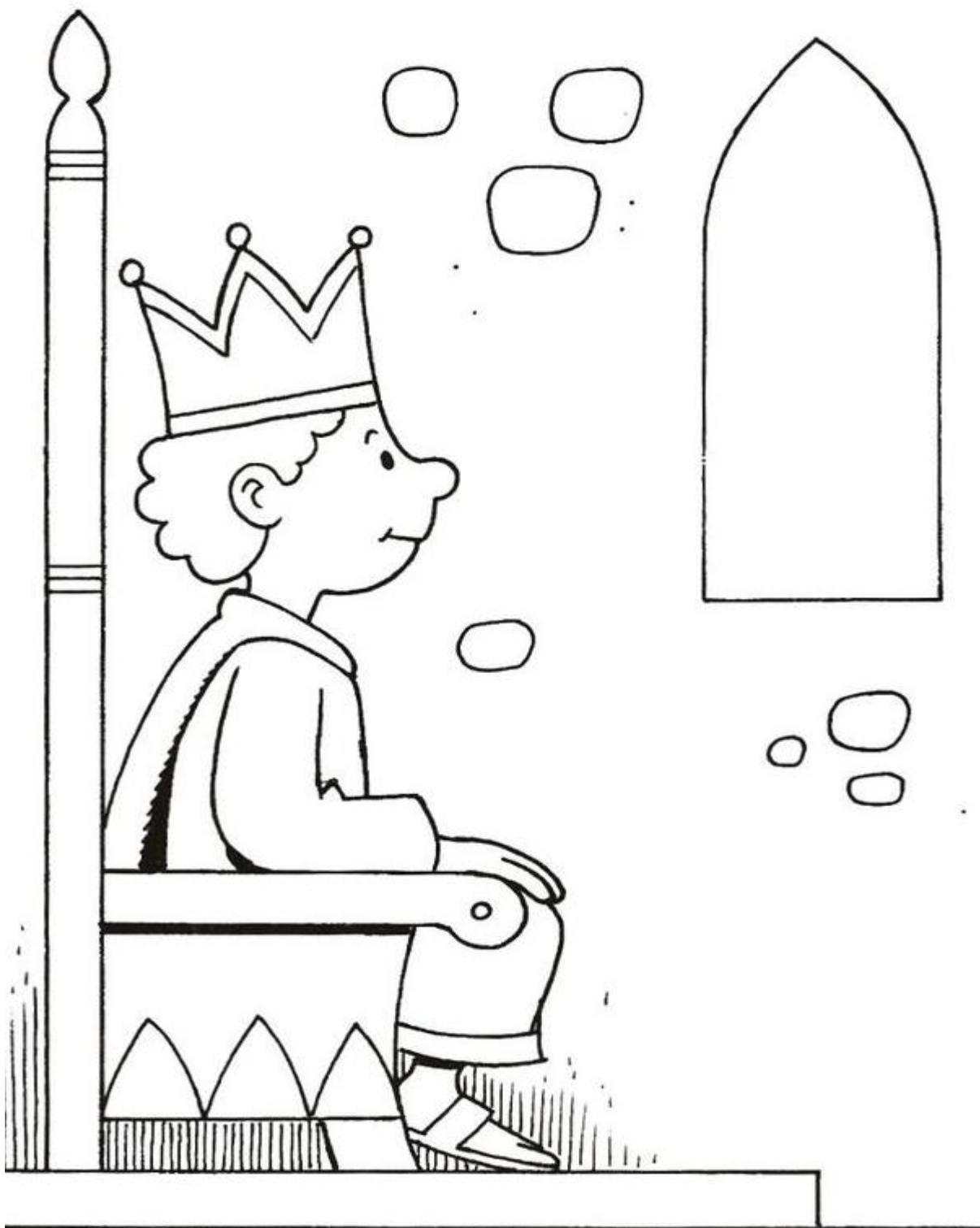
King Josiah gathered everyone in God's house and read the **Book of Law** to them. He told them to obey God.



"Yet I do not forget Your precepts." Psalm 119:141



Colour the Picture



"Yet I do not forget Your precepts." Psalm 119:141

We are the Branches of the Church

St. Athanasius the Apostolic, the Defender of the Faith

Synaxarion - the 7th day of the Coptic Month Pashons (May 15)

The story of St. Athanasius teaches us that we learn a lot from the Church and it keeps us strong

St. Athanasius was born to pagan parents who did not worship God. His mother made sure he learned about lots of things, this made him very knowledgeable.

When Pope Alexandros saw how smart St. Athanasius was, he taught him the Christian faith and baptised him.

After that, St. Athanasius went to live with St. Anthony and stayed with him for a long time to learn God's commandments and His love for us.

Pope Alexandros ordained St. Athanasius a deacon and made him his disciple.

Every day he knew more and more about the Holy Bible and the teachings of the Church. This kept St. Athanasius strong in the Christian faith.



At that time, there was a man named **Arius** who was not listening to the Church teachings. Instead, he started teaching others his wrong ideas. He told the people that the Lord Jesus Christ is not God. He was weak in the Christian faith and he tried to make others weak too.



The Church refused his wrong teachings and had a council (a big meeting) in a city called Nicaea to discuss **Arius's** wrong teachings. Bishops from all countries attended the council, including Pope Alexandros who took St. Athanasius the deacon with him.

St. Athanasius knew the teachings of the Church very well. He stood in front of the council and corrected Arius's wrong teachings with verses from the Holy Bible. St. Athanasius told them that our Lord Jesus Christ is God and was born of St. Mary to save everyone.



Sadly, Arius only believed his wrong ideas. The Church had to keep Arius away from the Church to protect God's children from Arius's wrong teachings.

We too need to always learn and listen to the teachings of our Church so we can be like St. Athanasius and defend our faith.

**"But you must continue in the things
which you have learned."**

2 Timothy 3:14



Colour the Picture



**"But you must continue in the things
which you have learned."**

2 Timothy 3:14

A Taste of Eternity

The Sacrament of Eucharist (Holy Communion)

Mark 14:12-26

Learning about the Sacrament of Eucharist teaches us that when we eat the Body and drink the Blood of our Lord Jesus Christ, we know what eternity tastes like.

When the feast of Passover was near, **the Lord Jesus Christ** asked two of His disciples, **St. Peter** and **St. John** to prepare a place to celebrate the feast.

He told them they will find a man carrying a pitcher of water and to follow him.



St. Peter and **St. John** did just as **the Lord Jesus Christ** told them. The man took them to the house of Mary, the mother of St. Mark where they prepared for the feast.

This is when **the Lord Jesus Christ** started the **Sacrament of Eucharist (Holy Communion)**.



He took the bread and broke it, and gave it to the disciples saying: "**Take, eat; this is My body**"

Then He took the cup and gave thanks and gave it to the disciples to drink and said: "**This is My blood**"

This is what we do in every Divine Liturgy as the **Lord Jesus Christ** taught us. The Lord Jesus Christ said:



"Whoever eats My flesh and drinks My blood has eternal life." John 6:54

The **Sacrament of Eucharist** is very important. When we eat and drink the Lord's Body and Blood during Holy Communion, we will have joy with our **Lord Jesus Christ** and live with Him in heaven always.

When you partake of the Holy Communion:

- 1**- You should **stand** still and **praise** the Lord Jesus Christ with the deacons singing hymns.
- 2**- Hold the **handkerchief** over your mouth, be very careful not to drop the Holy Body from your mouth. The priest is the only one who can touch the Holy Body with his hands.
- 3**- Sip the Holy Blood from the **spoon**.
- 4**- **Drink water** after the Holy Communion.



The Holy Communion

What should we do during the Holy Communion?

Match the words to the pictures



I drink water after the
Holy Communion

I pray and thank the Lord
for coming inside of me

I sip from the spoon when
I take the Holy Blood

I put the handkerchief on my
mouth only when I take
the Holy Body

I pray for the Lord to
enter my heart

I stand still and praise
the Lord Jesus Christ



God, the Creator of Everything

We learn that God is our heavenly Father,
God loves us so much and God created everything for us!

We see God in everything around us,
in all the amazing wonders He created.

God created the whole world.

God said, "Let there be light"; and there was light." (Genesis 1:3)

The Holy Bible says,

"By the word of the LORD the heavens
were made (Psalm 33:6).

Our God is amazing! Our God is a very smart designer, He created everything in perfect order.

- God created the sky, the sun and the many stars we see at night.
- God created the plants, trees and fruits and vegetables we eat.
- God created many kinds of beautiful birds. Birds of different colours and sizes that fly in the sky.
- God made the seas, rivers and oceans.
- God made all the amazing creatures of the sea. He created colourful fish, dolphins and whales. God created these creatures to live and breathe under the water.



- God created amazing animals. Small animals like puppies, big animals like elephants, tall animals like giraffes and funny animals like monkeys. Every animal is different in their own special way.
- God created people to look like Him. Every part of our body is perfectly made to do something different. Eyes to see, ears to hear, mouth to eat and speak, and nose to smell.

God created people to enjoy all He created because He loves us!



The Holy Bible tells us about God!

God gave us the Holy Bible; it is God's word. Through the Holy Bible, God speaks to us and teaches us about Himself.

- In the Old Testament, God spoke to many people and they heard His voice, like Moses and Noah and many others.
- In the New Testament, many people saw our Lord Jesus Christ, the incarnate God, heard His voice and saw the amazing miracles He did.

God is the Creator of all things, He alone is worthy of all our love, praise, and worship.

**"O Lord, how manifold are Your works!
In wisdom You have made them all." Psalm 104:24**

Memorisation

The First hour of the Agpeya (Prime - Matins)

Psalm 66

God be merciful to us and bless us,
And cause His face to shine upon us,
That Your way may be known on earth,
Your salvation among all nations.
Let the peoples praise You, O God;
Let all the peoples praise You.
Oh, let the nations be glad and sing for joy!
For You shall judge the people righteously,
And govern the nations on earth.
Let the peoples praise You, O God;
Let all the peoples praise You.
Then the earth shall yield her increase;
God, our own God, shall bless us.
God shall bless us,
And all the ends of the earth shall fear Him.

ALLELUIA.



Coptic

Coptic Alphabet

Know the shape and name of the letter

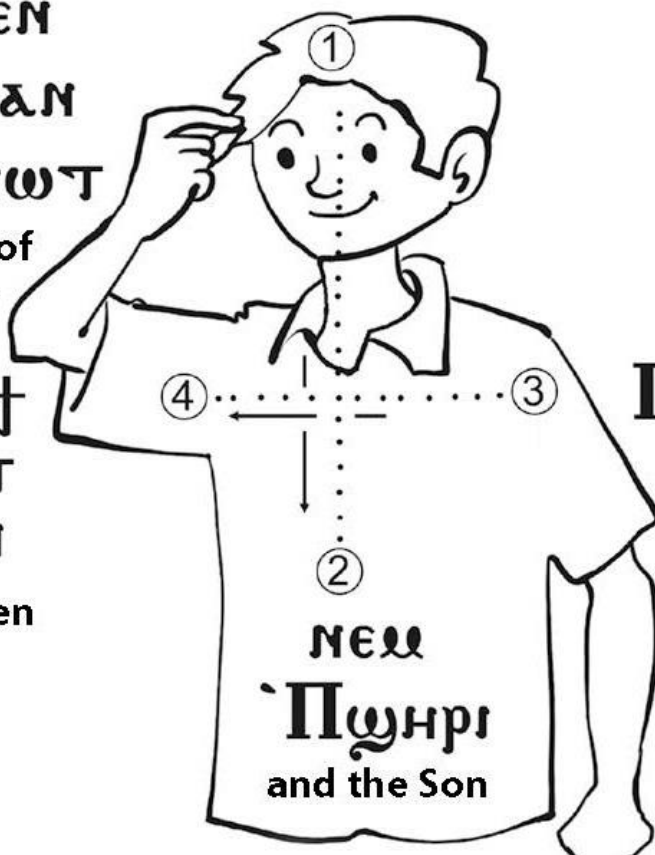
Letter	Name of Letter	Pronunciation	Letter	Name of Letter	Pronunciation
Αα	Alpha	A	Ππ	Pee	P
Ββ	Veeta	B, V	Ρρ	Ro	R
Γγ	Gamma	G, N, Gh	ϸϸ	Seema	S, Z
Δδ	Delta	D, Th (the)	Ττ	Tav	T
Εε	Eyy	E	Υυ	Epsilon	V, I, (oo)
Ϻϻ	So-oo	number 6	Φφ	Fey	F
Ζζ	Zeeta	Z	Χχ	Key	K, Kh, Sh
Ηη	Eeta	Ee	Ψψ	Epsee	Ps
Θθ	Theeta	Th (think), T	Ωω	O-Long	Oo
Ιι	Yota	I, Y	Ϡϡ	Shai	Sh
Κκ	Kappa	K	Ϣϣ	Fai	F
Λλ	Lavla	L	ϣϤ	Khai	Kh
Μμ	Mey	M	ϥϦ	Hori	H
Νν	Ney	N	Ϩϩ	Ganga	G, J
Ξξ	Eksee	Ks	Ϫϫ	Cheema	Ch
Οο	O-Short	O	Ϭϭ	Tee	Tee

ԷԵՆ
ՓրաՆ
ԱՓԻՈՒՄ

In the name of
The Father

ՕՐՈՐԴ
ՄՈՐՈՒՄ
ԱՄԵՆ

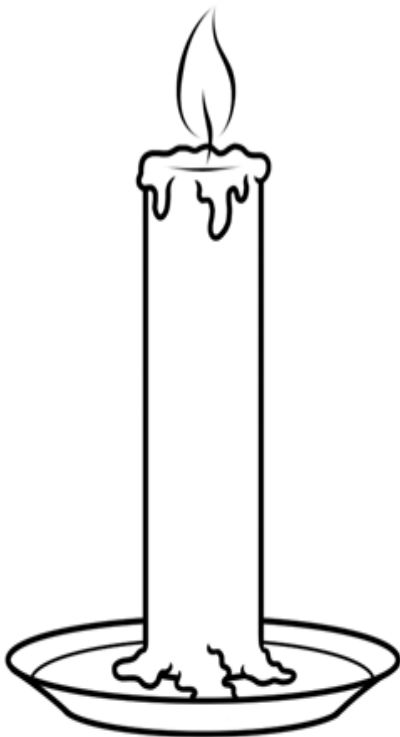
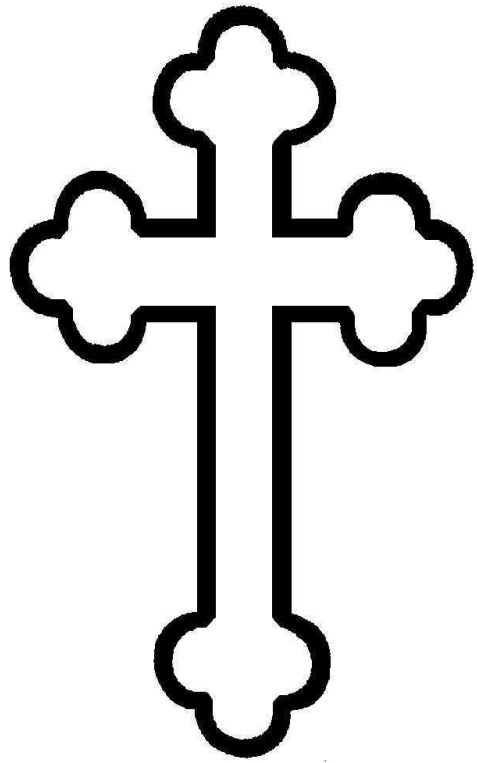
One God, Amen



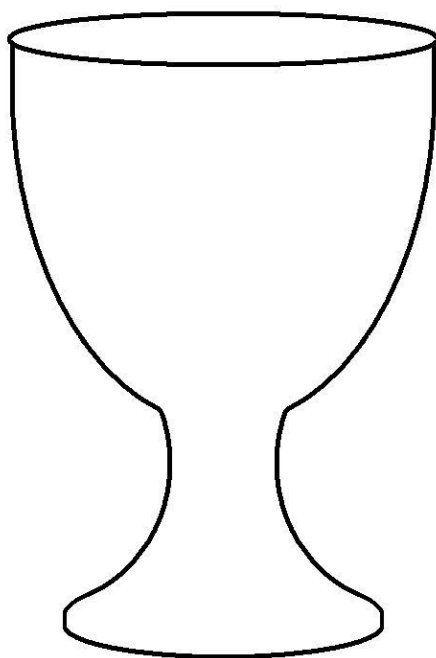
NEՆ
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and the
Holy Spirit

Ἑστάρρος



Ώλζ

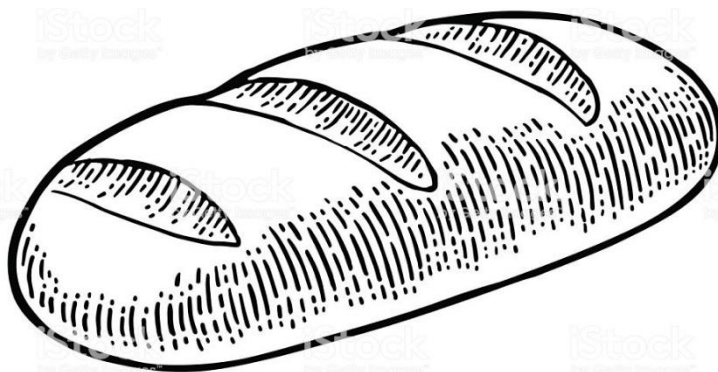


CUP

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WIK

BREAD



Word	Meaning
ΙΗΣΟΥΣ	JESUS
Κυριὲ ἐλεησον	LORD HAVE MERCY
τενοῦωψι	WE WORSHIP
Πιχριστος	CHRIST
κεμαρωσι	BLESSED
πᾶποστολος	THE APOSTLES