

My Church

Year 3-4



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



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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 Church is the body of Christ

Learning about that the Church is the body of Christ,
teaches us the joy of our Church

Write down the verses:

This verse tells us that the Church is the body of our Lord Jesus Christ:

Ephesians 1:22-23: _____

This verse tells us that the Lord Jesus Christ is the head of the Church:

Ephesians 5:23: _____

This verse tells us that the children of God are the members of the body of Christ.

1 Corinthians 12:27: _____

To understand what “the church is the body of Christ” means, first we need to understand what the Church is.

What is the Church?

- **The Church** is the **congregation of the believers** gathered in the **house of God**
- The Church is consecrated with Holy Myron Oil
- The Church is led by the **clergy** (pope, bishops, priests and deacons);
- In the presence of **angels** and **saints**;
- Gathered around the **Holy Body** and **Blood** of the **Lord Jesus Christ**

We are all together in the church as the body of Christ, and Christ is the head of the body.

Just as the human body cannot exist without a head, there can be no church without Christ.

As God's children we are members of the body of Christ (the Church) connected together and also connected to the head - the Lord Jesus Christ.



“the Church is the body of Christ”

The Holy Bible explains it to us in these verses:

1. The membership in the body of Christ starts from the day we are baptised.

**“For by one Spirit we were all
baptised into one body” 1
Corinthians 12:13**



2. Each of God’s children have a role in the body of Christ that distinguishes them from others. Every member needs the other members, we all complete each other.

The Church can’t be only priests, only deacons or only the congregation. We each have a talent that is important and benefits other members.

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



3. Each member of the body of Christ cares for other members. When someone is sick, others pray for them and visit them. Also, when a member has a joyous occasion we pray and visit them, sharing their joy with them.

**“And if one member suffers,
all the members suffer with it.”
1 Corinthians 12:26**

**“Rejoice with those who rejoice,
and weep with those who weep.” Romans 12:15**



“the Church is the body of Christ”

The prayers and rites of the Church explain it:

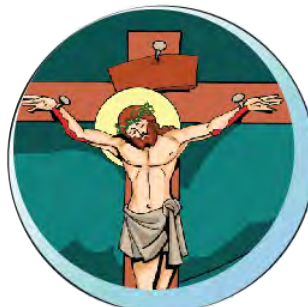
1. The people gather for Church prayers and pray together in one spirit in the Divine Liturgy, Praises, Agpeya prayers and other prayers of the Church.

The Church prays for each of her members:

- a. **Raising of Incense (Vespers and Matins):** We remember those who can't attend the prayers in the Litanies of the sick and the travellers (Matins), and the departed (Vespers).
- b. **We pray for the students.**
- c. **The Commemoration of the Saints:** We remember the saints who are in Heaven (the victorious church) among us here on Earth (the striving church).



2. **Fasts and Feasts:** The Church arranged times of fasting for all the members to fast and pray together, then celebrate together with one spirit. As one body we fast during the Nativity period, the Great Lent, the fast of the Apostles, and other blessed fasts throughout the year.



One Body

“the Church is the body of Christ”

What are some ways we are all one body in Christ?



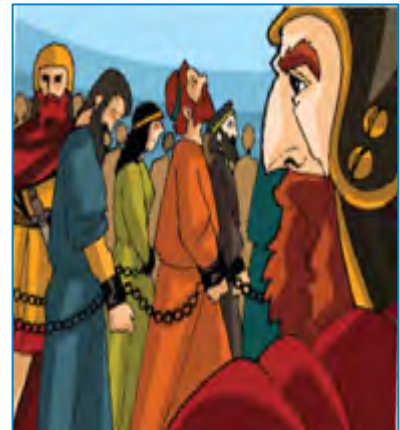
The Lord Protects our Church

Gideon the Judge

Judges 6 & 7

The story of Gideon the Judge teaches us that God protects His children and always watches over us

After the people of Israel came out of Egypt and settled in the Promised Land, they left God and worshiped idols. When they left God, their protector, their enemies conquered them and made them slaves. When they saw this, they repented and prayed to God to save them. He heard them and sent them a judge (a leader to save them from slavery). However, as soon as they felt safe, they forgot God again. The same thing repeated for about 400 years, and God sent them many judges.



Gideon was one of the judges God sent to Israel. He was from the tribe of Manasseh. His name means warrior.



The Midianites enslaved the Israelites for 7 years. The people of Israel escaped to the mountains and cried to God to save them. God had mercy on them and sent Gideon to save them from the Midianites.

The Angel of the Lord (who is God) appeared to Gideon when he was threshing wheat in the winepress to hide it from the Midianites and said: **"The Lord is with you, you mighty man of valor!"** Judges 6:12 and asked him to **"Go in this might of yours, and you shall save Israel from the hand of the Midianites, Have I not sent you?"** Judges 6:14 **"Surely I will be with you."** Judges 6:16



To make sure that it was God who was speaking to him, Gideon brought an offering to set before Him. Gideon prepared a young goat and unleavened bread and set them on a rock and poured broth over them as God asked him.

Then the Angel of the Lord touched the offering with the end of His staff and fire rose out of the rock and consumed the offering. Gideon knew that it was God who was speaking to him and built an altar for the Lord in that place.



Then the Lord asked Gideon to tear down the altar of Baal (the idol) that was in his father's house and build an altar for the Lord in its place and offer a sacrifice to the Lord; and Gideon obeyed.

One day, the Midianites gathered their army for war. Gideon wanted God to show him that He will help him save Israel. Gideon placed a piece of fleece (or lamb's wool) on the ground and asked God to make the fleece wet and the ground around it dry. God did just as Gideon asked. Gideon asked God to do this again, but this time to make the ground wet and the fleece dry, and God did so. Then Gideon knew that God wanted him to fight the Midianites.



Then Gideon started gathering an army to face the 135 thousand soldiers of the Midianites. He gathered 32 thousand, but God said: "The people you have are too many, lest they claim that by their own power they were saved. Whoever is afraid, let them return home." 22 thousand went to their homes and 10 thousand remained.



God saw that the people were still too many, so He told Gideon to bring them down to the water and watch how they would drink. Gideon did so, and whoever used their hands to drink were separated from those who brought their mouths down to the water. Those who used their hands were 300 men, God chose them to fight the Midianites.



He divided the 300 men in 3 groups of 100 each and put trumpets and empty pitchers with torches in everyone's hands, and they were stationed around the camp of the Midianites.



At night, the first group held torches in their hands, blew their trumpets and broke the pitchers, the other 2 groups did the same. This loud noise made the Midianites believe that there was a big army and they started fighting among themselves and tried to escape; but the people of Israel gathered and went after them and defeated them and took over their watering places.



It is not by their own power that they won, but by the power of our Lord, their King and Shepherd who protects them from all dangers, just like He does with us!



Gideon is Brave



"The Lord is with you, you mighty man of valor!"

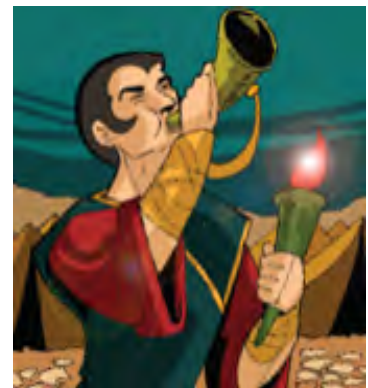
Judges 6:12

What should you do?

God chose Gideon to save His people. This seemed like a hard thing to Gideon, but he did something that helped him trust in God.

In the word pairs below, one word has a letter that is not in the other word. Write the extra letter you find in the squares. They will spell 3 words that will tell you what Gideon did, and what you can do when you are facing a tough job.

1. You can find me in PINK but not in KIN.
2. You can see me in DROP but not in POD.
3. I'm right there in READ but not in RED.
4. See me in YOWL but not in LOW.
5. Find me in THEN but not in HEN.
6. I am in COAT but not in CAT.
7. Here I am in GEAR but not in ARE.
8. I'm found in BOAT but not in BAT.
9. Now I'm in DONE but not in ONE.



1	2	3	4
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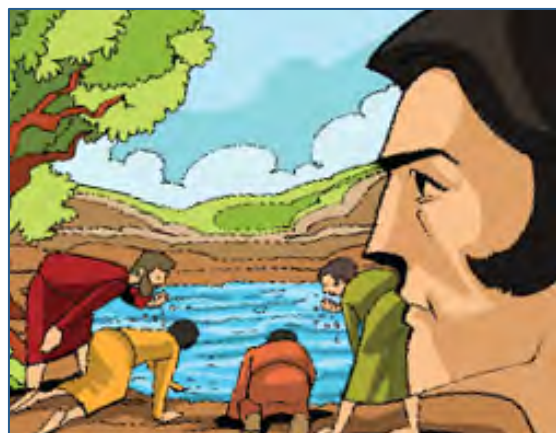
5	6
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7	8	9
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Gideon, the Judge

1. Where did the people of Israel settle after they left Egypt? _____
2. Who did God send to the people to help them? _____
3. What tribe was Gideon from? _____
4. What does Gideon's name mean? _____
5. Who appeared to Gideon? _____
6. What rose out of the rock and consumed the offering? _____
7. What did Gideon build in the place of his offering? _____
8. What did Gideon put on the ground? _____
9. How many men used their hands to drink? _____
10. What did each group put in their hands to fight the Midianites?



The Church is Well Rooted and Strong

St. Timothy and his wife St. Mora

Synaxarion- 5th day of the Coptic Month of Hathor (November 14)

The story of St. Timothy and wife St. Mora teaches us about the heroes of the Church that keep our Church strong

Our Church has strong roots, like the saints who preserved the faith for us.

St. Timothy was a deacon in the city of Ansena. St. Timothy and his wife, St. Mora were good Christians and always attended the Church prayers. Timothy took care of the church books and used to print more copies of them.

Emperor Diocletian ordered to persecute Christians, burn their books and force them to worship idols. Arianus, the governor of Ansena, brought Timothy and ordered him to bring the books of the Church to burn them, and to offer incense to the idols. Timothy refused and said, "These books are like my children, is it possible for a father to give his own children to the enemy?"



The governor became angry and ordered to torture Timothy. Timothy prayed to our Lord Jesus Christ to help him and strengthen him. However, persecution did not change his mind; so Arianus brought Timothy's wife Mora to convince Timothy. Instead, Timothy reminded Mora of the words of the Gospel, that eternal life awaits them, and the crown of martyrdom.

"Be faithful until death, and I will give you the crown of life."

Revelation 2:10

Mora went to Arianus and declared her Christianity. She told him that she would rather be martyred with her husband than worship idols. Arianus tortured Mora as well, but she faced the tortures silently and bravely.

At the end, the governor ordered them to be crucified and they received the crown of martyrdom on the 5th day of the Coptic month of Hathor (November 14).





Name the Book

St. Timothy loved the books of the Church.

Write the name of the Church book next to the description



Agpeya
(Book of Hours)



Lectionary
(Katamaros)



Euchologion
(Liturgy Book)



Antiphonary



Holy Pascha
Week Book



Synaxarion



Psalmody
(Book of Praises)

The book of prayers for the
Holy Pascha Week.

The book of daily Church
readings, it includes 4 books –
Standard
(annual), Great Lent, Holy Pascha
Week, and Holy 50 days.

The book of Church
feasts and fasts,
including the
biography of saints
and martyrs.

The book of Liturgical prayers,
vespers and matins raising of
incense, the three Liturgies of
Saints Basil, Gregory, and Cyril.

The book of daily prayers –
Matins, 3rd, 6th, 9th, 11th, 12th,
Midnight, and Veil.

Glorification and
biography for the
saints of the day.

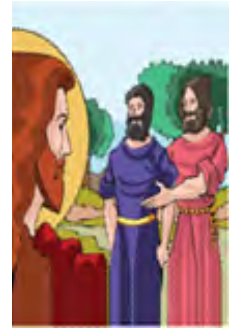
An annual psalmody and one
specifically for the month of Kiahk.

We are the Branches of the Church

St. Peter the Apostle

The story of St. Peter the Apostle teaches us that we should tell everyone what we know about the Lord Jesus Christ

St. Simon Peter was one of the 12 disciples of our Lord Jesus Christ. He was born in Bethsaida and he was a fisherman. His brother St. Andrew was also a fisherman. St. Andrew introduced St. Simon to the Lord Jesus Christ. When St. Simon met with Him, the Lord Jesus Christ changed his name to Cephas (Peter) which means rock (from the Greek word Petra).



One day, the multitudes gathered around the Lord Jesus Christ by the Lake of Gennesaret, so He got into the boat of St. Peter.



While the Lord Jesus Christ was teaching the people, St. Peter and the other fishermen were washing their nets after fishing all night without catching any fish.

Fill in the blank: **St. Peter and his brother _____ were fishermen** (John 1:40- 42)

The Lord called Peter a fisher of _____ (Luke 2:10)

After the Lord Jesus Christ taught the people, He asked St. Peter to go into the deep and let down their nets. St. Peter obeyed Him although they had fished all night and caught nothing.

“Master, we have toiled all night and caught nothing; nevertheless at Your word I will let down the net.” Luke 5:5

They caught so many fish! St. Peter fell at the feet of the Lord Jesus Christ saying, **“Depart from me, for I am a sinful man, O Lord!”** And the Lord Jesus Christ said to him **“Do not be afraid, from now on you will catch men.”** Therefore, when they came to the shore, St. Peter left everything, followed Him and became His disciple.



One day the Lord Jesus Christ taught them about faith. The Lord Jesus Christ asked his disciples **“Who do men say that I am?”** They said: **“Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets.”** He said: **“But who do you say that I am?”** Then St. Peter answered and said, **“You are the Christ, the Son of the living God.”**



The Lord praised his faith saying:

“You are Peter, and on this rock I will build My church, and the gates of Hades shall not prevail against it.” Matthew 16:18

The Lord Jesus Christ teaches us that faith in the Lord Jesus Christ is the foundation of the Church. St. Peter had faith and believed that the Lord Jesus Christ is the Son of the living God. The Lord Jesus Christ always protects His Church!

Fill in the blank: **After he denied Him, St. Peter _____** (Matthew 26:75)

The Holy Spirit came upon the disciples of the Day of _____ (Acts 2:1)

St. Peter learned a lot from our Lord Jesus Christ and knew His great love and acceptance to sinners who repent. At the time of the Lord Jesus Christ’s trial, St. Peter denied Him 3 times, but he repented, and God accepted his repentance. When the Lord appeared to the disciples after His resurrection at the Sea of Tiberias, He asked St. Peter **“Do you love Me?”** 3 times, and each time, he answered **“Yes, Lord, You know that I love You”**. Each time St. Peter said he loved Him, the Lord Jesus Christ responded saying **“Tend My sheep”**, giving him hope and showing him that his repentance is accepted.

After the Ascension of the Lord Jesus Christ, the Holy Spirit came upon St. Peter and the other disciples on the day of Pentecost. This was the day when the Church was founded.



After the Holy Spirit came upon them, St. Peter preached to the people on the Day of Pentecost and told them to:

“Repent, and let every one of you be baptised in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.” Acts 2:38

They gladly received his word and were baptised, and about 3000 souls were added to the Church.

St. Peter continued preaching in Judea, Galilee, and Samaria. God was glorified and many miracles were made at the hand of St. Peter, such as healing Aeneas who was bedridden and raising Tabitha from the dead.

Fill in the blank: **St. Peter healed _____ in Lydda.**

(Acts 9:32-35)

St. Peter raised _____ from the dead in Joppa.

(Acts 9:36-42)



God also accepted the Gentiles (none Jews) and brought them to the faith.



When St. Peter was in Joppa, he went on the housetop to pray, he became hungry and fell asleep. He saw Heaven opened and a sheet with all kinds of animals on it. He heard a voice saying **“Rise, Peter; kill and eat”** but St. Peter answered, **“Not so Lord! For I have never eaten anything common or unclean”**. Then the voice said, **“What God has cleansed you must not call common.”**

This was God’s way of telling him to preach to the Gentiles. As he was thinking about the vision, 3 men sent by Cornelius who were not Jewish, came and asked for him. The Holy Spirit told St. Peter to **“go down and go with them, doubting nothing; for I have sent them.”**



Indeed, St. Peter went and preached to Cornelius and his family who accepted the faith and were baptised, and the Holy Spirit came upon them.



St. Peter was a faithful servant of God who preached to many people and brought them to Christianity. He wrote 2 epistles to strengthen the believers.

St. Peter was martyred crucified head down. Our Coptic Church celebrates his feast on the 5th day of Epip (July 12).

The disciples of our Lord Jesus Christ spread the faith as they received it from the Lord Jesus Christ Himself without making any changes, additions or omissions. We too have a duty to keep the faith and teach it as we received it, unchanged!

We are the branches of the Church, we should help others know more about the Lord Jesus Christ, helping everyone go to Heaven.



Activity

A Vital Church Grows

Read Acts 2:40-47, Fill in the blanks and find the words in the word search.

"And with many other words he testified and exhorted them, saying, "Be _____ from this perverse generation." Then those who gladly received his word were _____; and that day about three thousand _____ were added *to them*. And they continued steadfastly in the apostles' _____ and fellowship, in the breaking of _____, and in _____. Then _____ came upon every soul, and many _____ and signs were done through the _____. Now all who believed were together, and had all things in common, and _____ their possessions and goods, and divided them among all, as anyone had _____. So continuing _____ with one accord in the temple, and breaking bread from house to house, they ate their food with _____ and simplicity of heart, _____ God and having favor with all the people. And the Lord added to the _____ daily those who were being _____."

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

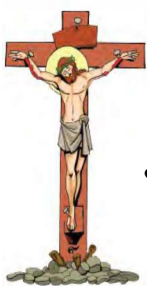
A Taste of Eternity

The Holy Bread

Learning about the holy bread in the Church teaches us what eternity is like

The holy bread (Korban) is used in the Divine Liturgy and by the descent of the Holy Spirit, it changes to the Body of the Lord Jesus Christ.

- Wheat flour is ground as the Lord was **“wounded for our transgressions and bruised for our iniquities”** Isaiah 53:5
- The room where it is baked in is called Bethlehem (house of bread) as the Lord was born in Bethlehem. He said about Himself, **“I am the bread of life”** John 6:35
- Wheat flour is kneaded with water into dough to become one bread. Water is a symbol of the Holy Spirit who unites all the members of the Church into the one body of Christ. **“For we, though many, are one bread and one body; for we all partake of that one bread.”** 1 Corinthians 10:17
- No salt is added since the salt’s purpose is to preserve food. But the bread that will become the body of Christ is without salt because His flesh did not see corruption.
 - Yeast is added to the dough. It symbolises our sins that our Lord carried in His body for us. As yeast becomes ineffective with heat, our sins have no power on us since our Lord redeemed us on the cross and paid our debt.
 - It is baked on the same day of the Divine Liturgy. **The person making it, recites psalms whilst they make it**, since psalms have many prophecies about the Lord Jesus Christ.
- It is called the Lamb since Christ is the Lamb of God who carries the sins of the world.
- The Lamb is chosen from an odd number of breads (3, 5, 7, or 9) symbolising the Lord Jesus Christ among the disciples whom He sent 2 by 2. The best one is chosen to become the body of Christ.



- It is in a shape of a circle because the circle has no beginning or end, like the Lord Jesus Christ who has no beginning or end.
- It has a big Cross in the middle (a symbol of Christ) surrounded by 12 small crosses (a symbol of the disciples who represent the Church)
- The Cross in the middle is called Spadikon symbolising that the Lord is the center of His Church.
- It has 5 holes symbolising the wounds of the Lord Jesus Christ; written around them are the Coptic words: Holy God, Holy Mighty, Holy Immortal (the praise of the Cherubim and Seraphim)



By the prayers of the Divine Liturgy, the Holy Spirit comes down and the bread on the altar and it becomes the Body of our Lord Jesus Christ, and the wine becomes His Blood. Those who eat and drink the Body and Blood of our Lord, of them receive many blessings:

- **Forgiveness of sins:** “For this is My blood of the new covenant, which is shed for many for the remission of sins.” Matthew 26:28
- **Eternal Life:** “Whoever eats My flesh and drinks My blood has eternal life.” John 6:54
- **Abiding in Christ:** “He who eats My flesh and drinks My blood abides in Me, and I in Him.” John 6:56

Truly the Church, with all that is in it, is like Heaven on Earth!





Activity

Our Beautiful Church

Our beautiful Church is full of treasures.

Fill in the blanks and match the number of each item to where it is in the church.

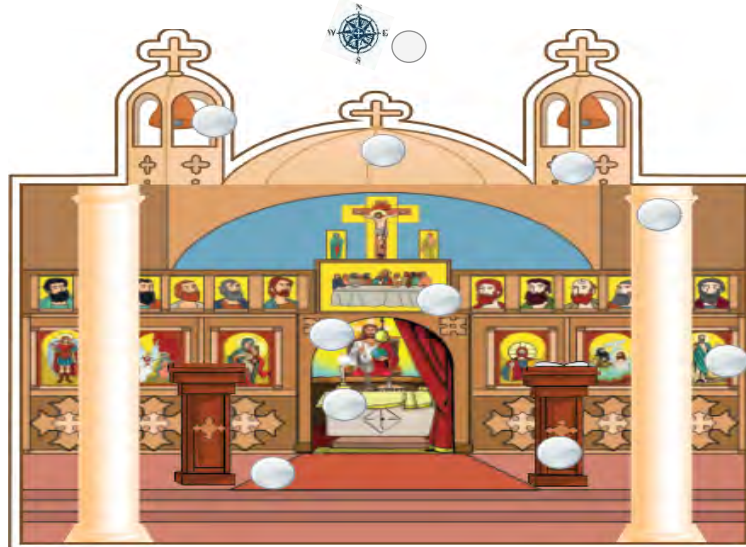
East

Tower

Bell

Pillars

Name the Patron
Saint of your
Church



Iconostasis

Lectern

Sanctuary

Chorus

Bosom of the
Father

1. _____: Every church has one or two. It is a tall building that can lead people to find where the church is.
2. _____: The Church is built upon them and there are 12 like the disciples of the Lord Jesus Christ.
3. _____: It is between the Sanctuary and the nave of the church. It declares that the Church is the image of Heaven.
4. _____: This is the icon on the right of the royal door, you'll find the icon of the Lord Jesus Christ, then St. John the Baptist, then the patron saint of the church.
5. _____: It is a few steps higher than the nave of the church where the deacons stand, and where you'll find the lectern, candles, and the bishop's seat.
6. _____: Alerts people that prayers are starting, it also rings when the bishop arrives. Joyous ring on feasts, and a different ring for funerals.
7. _____: The direction of prayer. Symbolises our awaiting the second coming of the Lord Jesus Christ.
8. _____: The holiest place in the church, where the offering takes place.
9. _____: The reading books are placed on it.
10. _____: A semi-circular wall on the east side of the altar that has the icon of the Lord Jesus Christ on His throne. It symbolises the open arms of God for the world.

God, the Creator of Everything

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



God is our heavenly Father, God loves us so much,
God created everything for us!

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

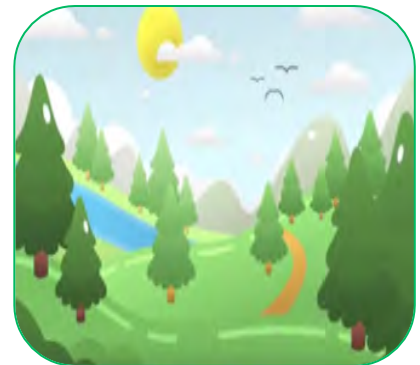
God created the whole world.

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

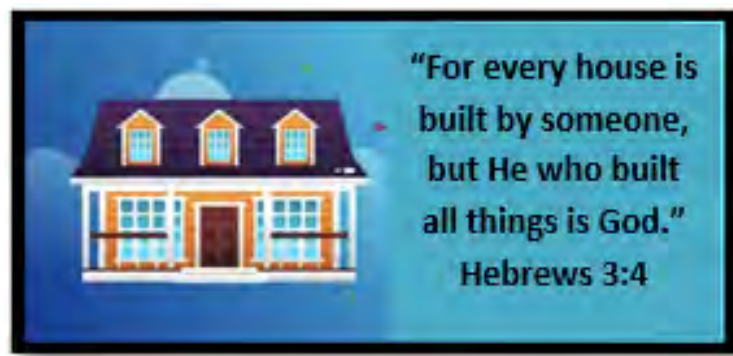
The Holy Bible says, **"By the word of the LORD the heavens were made, And all the host of them by the breath of His mouth.... For He spoke, and it was done; He commanded, and it stood fast"** (Psalm 33:6,9).

Our God is amazing! Our God is an intelligent designer, He created a fantastic universe with everything in perfect order.

- **Look at the Earth:** it is the only known planet equipped with an atmosphere of the right mixture of gases to sustain plants, animals and human life.
- God created the earth and the sun at a perfect distance. The Earth is located at the right distance from the sun. If the Earth were any further away from the sun, we would all freeze, and if we were any closer, we would burn up.
 - **Look at the sky:** the blue sky which hangs above us without any support.
 - **Look at the birds:** they can fly. Humans learned how to design airplanes by studying birds.
 - **Look at the sea:** God put boundaries to all the seas, oceans, and rivers.
 - **Look at the creatures in the sea:** From tiny fish to huge whales, corals and fish of every colour. Look at how they live and breathe in different ways than other mammals or insects.
 - **Look at each animal:** God created them with different colours, attributes, and all nature lives in harmony... you name it, He made it!



- **Look at the organs of the human body:** Our brain processes more than a million messages a second. Our heart, how it pumps blood with each beat. Our eyes with all the lenses can distinguish among seven million colours, taking pictures each billionth of a second so you can see. Our tongue, this tiny muscle that can taste the food, speak and sing.
- Every human is born with a unique fingerprint, no two have ever had the same set of fingerprints. God created each human perfect and unique and we are all created in His image.
- God gave man the intelligence to invent things (high-rise buildings, bridges, phones, and computers), and the intelligence to fix things when they go wrong. He also gave human the intelligence to fix things that go wrong with the tiny organs in our body (medicine, doctors). This shows us how amazing God is!



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, Abraham, Noah, Ezekiel, and many others.
- In the New Testament, many people saw our Lord Jesus Christ, the incarnate God; they heard His voice and saw the amazing miracles He did.

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

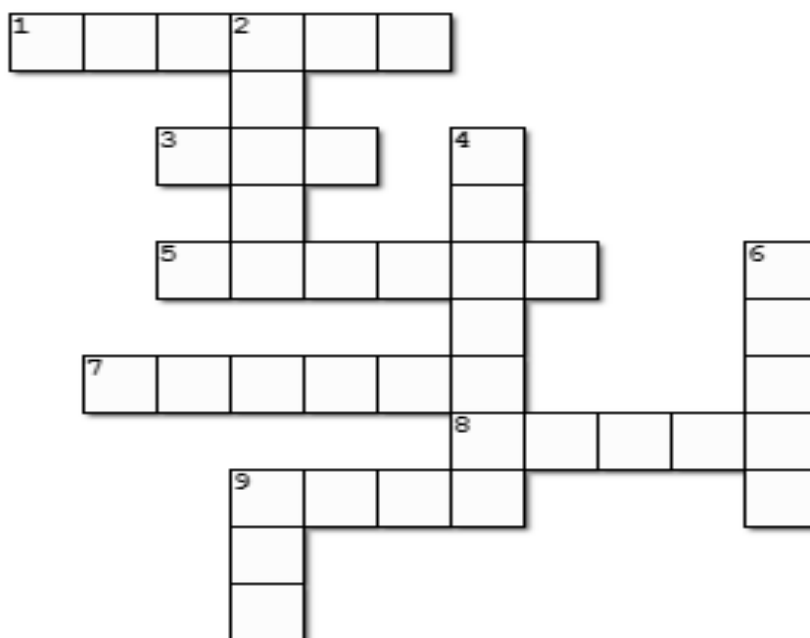
"The fool has said in his heart, *"there is no God."* (Psalm 14:1)



Creation



Read Genesis chapter 1 and complete the crossword



4 DOWN: In the beginning God _____ the heavens and the earth. Genesis 1:1

7 ACROSS: And the _____ of God was hovering over the face of the waters. Genesis 1:2

6 DOWN: Then God said, "Let there be _____" Genesis 1:3

3 ACROSS: God called the light _____ Genesis 1:5

5 ACROSS: (on the second day) God called the firmament _____ Genesis 1:8

8 ACROSS: And God called the dry land _____ Genesis 1:10

9 DOWN: Then _____ made two great lights: the greater light to rule the day, and the lesser light to rule the night. Genesis 1:16

1 ACROSS: So God created great sea creatures and every _____ thing that moves, with which the waters abounded, according to their kind, and every winged bird according to its kind. And God saw that it was good. Genesis 1:21

2 DOWN: Then God said, "Let Us make man in Our _____, according to Our likeness Genesis 1:26

9 ACROSS: Then God saw everything that He had made, and indeed it was very _____. Genesis 1:31

Memorisation

The Sixth hour of the Agpeya (Sext)- The Gospel according to St. Matthew (Matthew 5:1-16)

And seeing the multitudes, He went up on the mountain,
and when He was seated, His disciples came to Him.
And He opened His mouth, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they shall be comforted.
Blessed are the meek, for they shall inherit the earth.
Blessed are those who hunger and thirst for righteousness,
for they shall be filled.
Blessed are the merciful, for they shall obtain mercy.
Blessed are the pure in heart, for they shall see God.
Blessed are the peacemakers, for they shall be called sons of God.
Blessed are those who are persecuted for righteousness' sake,
for theirs is the kingdom of heaven.”

“Blessed are you, when they revile you, and persecute you,
and say all kinds of evil against you falsely for My sake.
Rejoice and be exceedingly glad, for great is your reward in heaven,
for so they persecuted the prophets who were before you.”

“You are the salt of the earth; but if the salt loses its flavor,
how shall it be seasoned? It is then good for nothing
but to be thrown out and trampled underfoot by men.”

“You are the light of the world. A city that is set on a hill cannot be hidden;
nor do they light a lamp and put it under a basket, but on a lampstand,
and it gives light to all who are in the house.”

“Let your light so shine before men, that they may see your good works,
and glorify your Father who is in heaven.”

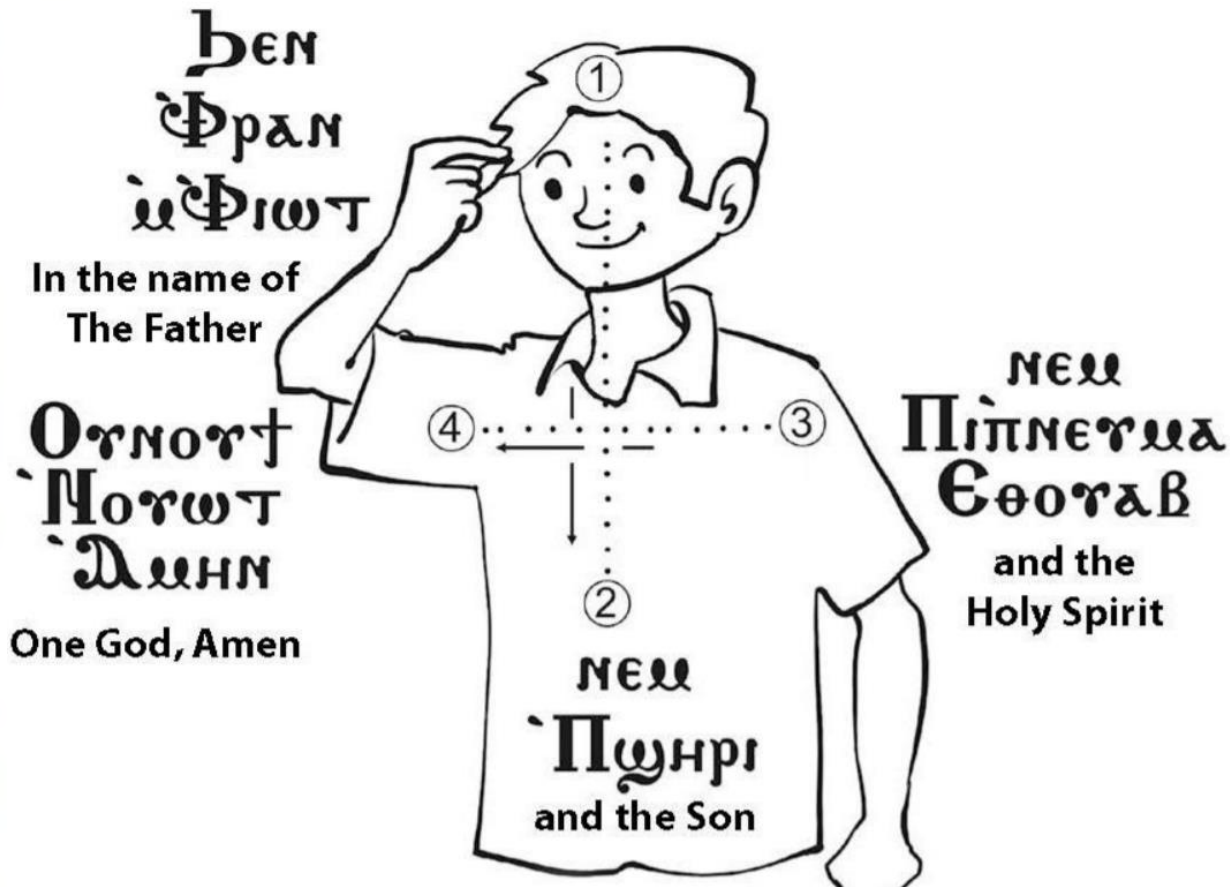
Glory to God forever. Amen.

Coptic

Letter	Name of Letter	Pronunciation
Α α	Alpha	'a' as in 'f <u>a</u> ther' (not 'c <u>a</u> t')
Β β	Beta	'v' if followed by a vowel 'b' if not followed by a vowel 'b' in all names
Γ γ	Ghamma	'g' if followed by E-family 'n' if followed by ς κ χ ζ 'gh' in any other case
Δ δ	Delta	'd' in names only 'dh' as in ' <u>th</u> is' in any other case
Ε ε	Ee	'e' as in ' <u>e</u> lephant'
Ϝ ϝ	So-oo	This is the number 6
Ζ ζ	Zeta	'z' as in ' <u>z</u> oo'
Η η	Eeta	'ee' as in ' <u>te</u> eth'
Θ θ	Theeta	't' if follows c or s 'th' as in ' <u>th</u> ing' in other cases
Ι ι	Yota	'i' as in ' <u>i</u> f' 'y' if follows vowel at start of word
Κ κ	Kappa	'k' as in 'c <u>a</u> t'
Λ λ	Lola	'l' as in ' <u>l</u> ove'
Μ μ	Mey	'm' as in ' <u>m</u> an'
Ν ν	Ney	'n' as in ' <u>n</u> o'
Ξ ξ	Exy	'x' as in 'e <u>x</u> press'
Ο ο	O	'o' as in ' <u>o</u> n'

Π π	Pi	'p' as in ' <u>p</u> raise'
Ρ ρ	Ro	'r' as in ' <u>r</u> un'
Ϛ ϛ	Seema	's' as in ' <u>s</u> am'
Ϝ ϝ	Tav	't' as in ' <u>t</u> ake'
Ϛ ϛ	Epsilon	'v' if follows λ or ε 'oo' as in 'm <u>oo</u> n if follows ο (οϚ) 'e' in all other cases
Φ φ	Fee	'f' as in ' <u>f</u> ar'
Χ χ	Key	'k' in all Coptic words 'sh' in Greek words followed by E-family 'kh' in all other Greek words
Ψ ψ	Epsi	'ps' as in ' <u>eps</u> ilon'
Ω ω	Oa	'oa' as in ' <u>o</u> nly'
Ϡ ϡ	Shai	'sh' as in ' <u>sh</u> ut'
Ϟ ϟ	Fai	'f' as in ' <u>f</u> un'
Ϡ ϡ	Khai	'kh' like when snoring
Ϣ ϣ	Hori	'h' as in ' <u>h</u> ello'
Ϥ ϥ	Jenja	'j' if followed by E-family 'g' in all other cases
Ϧ ϧ	Cheema	'ch' as in ' <u>ch</u> ange'
Ϩ ϩ	Ti	'ti' as in ' <u>t</u> ea'

The Sign of the Cross in Coptic:



Coptic words to memorise:

Participants should be able to read all Coptic words

Word	Pronunciation	Meaning
ܐܘܪܢܘܬ	Hitaen	Through
ܡܝܬܢܝܡܐ	Ti-theotokos	The Mother of God
ܥܫܘܪܐܒ	ethoowab	Holy
ܐܦܝܘܬ	yoat	Father
ܢܥܡ	naem	And
ܐܡܝܢ	entae	Of
ܡܘܪܘܬ	oo-oasht	Worship
ܡܘܪܝܐ	Keeriyos	Lord
ܡܝܬܢܝܡܐ	parthaenos	virgin
ܒܝܢ	Khaen	In
ܩܪܢ	raan	Name
ܐܦܝܘܬ	sheeri	Son
ܡܝܬܢܝܡܐ	pnevma	Spirit

ϥⲛⲟⲩⲧ	evnooti	God
ⲥⲱⲧⲏⲣ	soteer	Saviour
ⲉⲟⲓⲥ	chois	Master
ⲉⲙⲟⲩ	esmoo	Bless
ⲉⲕⲗⲟⲙ	eklom	Crown
ⲣⲟⲙⲡⲓ	rompi	Year
ⲕⲁⲧⲁ	Kaata	According

Phrase	Pronunciation	Meaning
ⲟⲩ ⲡⲉ ⲡⲓⲉⲃⲟⲟⲩ, ⲁⲡⲟⲟⲩ?	oo pae pi-eho-oo emfo-oo	What day is it today?
ⲁⲕⲓ?	aak-ee	Did you come? (for males)
ⲁⲣⲉⲓ?	aare-ee	Did you come? (for females)
ⲟⲩⲛⲓⲱⲧ ⲡⲉ!	oo nishti pae	Great!
Ⲡⲙⲟⲛ ⲉⲛⲉⲃ!	emmon aenaeh	Never mind (thx)
ⲛⲉⲛ ⲟⲩⲙⲉⲑⲙⲏⲓ	khaen oo-methmee	Truly

Participants should be able to write their own name in Coptic

Vowels:

ⲁ ⲉ ⲏ ⲓ ⲟ ⲩ ⲱ

E family:

ⲉ ⲏ ⲓ ⲩ

Jinkim ⲉ

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.

ⲛ̅ⲓ will be pronounced “en”

ⲉ̅ⲩ will be pronounced “ef”

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

Grammar lessons

9 letters with multiple rules

1. Β β = b/v 'Vita'

Β as (b)

A. In names.

B. At the end of the word.

C. When a consonant

comes after it.

e.g. Α. ΒΗΘΛΕΕΜ

=Bethlehem.

B. ζωβ = job.

C. ορυωβ = an arm.

β as (v) when a vowel comes after it.

e.g. βΕΝΙΠΙ = metal.

αββα = father.

βΗβ = cave.

Note. If a vowel comes after it and at the same time in names, then it is a (b), e.g. ΒΗΘΛΕΕΜ.

2. Γ γ = n/g/gh 'Ghamma'

Γ as (n) when [γ.κ.ζ.χ] comes after it.

(n) αγγελο = angel.

αναγκη = worry.

Γφισξ = sphinx.

εγχος = spear.

Γ as (gh): Α. when [ν.π] comes after it.

γνοφος = fog.

γραφι = writing.

Β. when [α.ο.ω.οτ] comes after it.

γαλα = milk.

αγορα = shop.

αγων = struggle, fight.

Γ as (g) when [ε.η.ι.τ] comes after it.

e.g. (g) γενος = sort, kind.

γη = Earth.

αγιος = Holy.

γρηγιος = Coptic.

3. Δ δ = d/z 'Delta'

Δ as (d)

A. In names.

B. When a consonant comes after it.

δαριδ = David.

δρακων = dragon.

Δ as (z) when a vowel comes after it.

δακων = deacon.

δοξα = glory.

δωρον = gift.

Note. If a vowel comes after it and at the same time in a name then it is a (d), e.g.

ΔαριΔ

4. Θ θ = t/ta/th 'Thita'

Θ as (t)

A. when (ϥ or ϣ) comes before it

and (ε, η, ι, ρ) comes after it.

προερεξαϥε = let us pray.

ϣθην = shirt.

ϣθεζ = road.

B. when (ϭ) comes before it/in names. e.g.

Μαϭεος = Matthew.

Θωμδϥ = Thomas

Θ as (ta) when (ϥ or ϣ) comes before it and (α, ο, ω) comes after it.

ϥθοινορϥι = incense.

μαϣθαυ = close.

ϣθου = gate.

Θ as (th) generally.

μεθυηι = truth.

θαυιο = make.

5. ϥ ϥ = sa/z/s 'Sima'

ϥ as (sa) when (α . ο . ω) comes after it.

ϥον = brother.

ϥωνι = sister.

ϥ as (z) in Greek words when (υ) comes after it.

κοϥυος = world.

ϥ as (s) in Coptic words /generally.

ϥυορ = praise.

κοϥυος = world

6. ϭ ϭ = ta/d/ t 'Tav'

ϭ as (ta) when (α.ο.ω) comes after it.

ϭαιο = honour.

ϭοϭϥ = chair.

ϭωυι = bond.

ϭ as (d) In Greek words when (ν) comes before it.
πανϭοκρατωρ = Ruler of All.

ϭ as (t) in Coptic words/generally. e.g.

ϭεβϭ = fish / πανϭοκρατωρ = Ruler of All.

7. ϭ ϭ = v , o , i 'Epsilon'

ϭ as (v) when (α. ε) comes before it.

νδϭ = see.

μαϭ = mother.

τ as (o) When (o) comes before it.

it will sound like (oo) as in moon.

ἄλoτ = boy.

τ as (i) in Greek words.

κτpιoс = lord.

8. x x = k/kh/sh 'Key'

x as (Q) in Coptic words

xHυι = Egypt.

x as (kh) in Greek words when (α,ω,ο,ρ) comes after it. e.g.

xαpιcυα = talent.

xωpα = village.

xoρoс = row.

xpHCTOC = righteous

x as (sh) in Greek words when (ε,η,ι,τ) comes after it.

xεpε = hail (peace)

xHρα = widow.

xιωN = hail

ιc xτpoc = mighty

9. x x = g/j 'Ganga'

x = (g) as in (go)

A. if (α . ο . ω) comes after it.

xαxι = enemy.

xoυ = power.

xωυ = book.

B. at the end of the word. xιx = hand.

C. when a consonant comes after it.

xpox = erog = sowing

x = (j) as in (Jack) when (ε . η . ι) comes after it.

xεBC = coal.

xHK = complete.

xιυι = find.