



20th



Convention



STUDY MATERIAL

Imitation without Limitation
Imitation without Limitation



*Imitate me,
just as I also
imitate Christ.*

– 1 Corinthians 11:1



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STUDY MATERIAL



Welcome to the 20th annual Coptic Orthodox Ontario League (C.O.O.L.) Convention. The theme of the sessions that you will attend, God willing, at this year's convention, focus on imitating Christ.

The five sessions that you will attend at the convention will focus on imitating Christ through compassion, self-denying love, understanding of our self-worth in Christ, forgiveness, and having wisdom and discernment.

In order to imitate Christ we have to be rooted firmly in Him, being ready to meet Him. This also includes understanding of our Christian Faith and the way we live that faith. As this relates to the theme of Mahragan Alkeraza, "*Be Prepared,*" we have included below **portions** from this year's Mahragan Alekraza study materials as the focus of study for this year's COOL Convention.

Testing at the convention will be based on the following materials.

These materials are from the **MAHRAGAN ALKERAZA 2018, Grades 7 & 8 booklet**, which you can also download directly from <http://www.mahragan.ca/downloads>.

They include

Be Ready	Page 6
The Full Armor Of God	Page 36
Preparation Of The Union	Page 49
Bring Your Scale	Page 56
Your Eternity First	Page 62
Memorization	Page 68

(Note that Pages 16 through 35 are **not** included or required for Cool Convention Study materials).

God bless you,

-The COOL Committee.

Be Ready

“Therefore you also be ready, for the Son of Man is coming at an hour you do not expect.” Matthew 24:44

Facts

We All Believe That

1. God exists, He is the creator of the whole universe the secret of our existence and our salvation
2. God created Adam and Eve from the dust of the earth “And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being” Genesis 2:7
3. “The Lord God planted a garden eastward in Eden, and there He put the man whom He had formed.” Genesis 2:8
4. “And out of the ground the Lord God made every tree grow that is pleasant to the sight and good for food” Genesis 2:9
5. “The tree of life was also in the midst of the garden, and the tree of the knowledge of good and evil” Genesis 2:9
6. “Now a river went out of Eden to water the garden” Genesis 2:10
7. “And the Lord God caused a deep sleep to fall on Adam, and he slept; and He took one of his ribs, and closed up the flesh in its place. 22 Then the rib which the Lord God had taken from man He made into a woman, and He brought her to the man” Genesis 2:21
8. “ And Adam said: “This is now bone of my bones and flesh of my flesh; She shall be called Woman, because she was taken out of Man” Genesis 2: 23
9. “ Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.” Genesis 2:24
10. “And they were both naked, the man and his wife, and were not ashamed” Genesis 2:25

What Did God Do With Adam And Eve After The Fall?

A new nature after the fall

1. Adam and Eve fell when the serpent deceived Eve saying: "in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil." Genesis 3:5
2. "So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate" Genesis 3:6
3. "And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden." Genesis 3:8
4. "Then the Lord God called to Adam and said to him, "Where are you?" Genesis 3:9
5. "So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself." Genesis 3:10
6. "And He said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?" Genesis 3:11
7. "Then the man said, "The woman whom You gave to be with me, she gave me of the tree, and I ate." Genesis 3:12
8. " So the Lord God said to the serpent: "Because you have done this, You are cursed more than all cattle, and more than every beast of the field; On your belly you shall go, and you shall eat dust all the days of your life" Genesis 3:14
9. "And I will put enmity between you and the woman, and between your seed and her Seed; He shall bruise your head, and you shall bruise His heel." Genesis 3:15

This is what happened on the cross of our Lord Jesus Christ, He "crushed Satan" although Satan made the Jews "crushed His heel" referring to the wounds in His body.

So we see

1. The completion of the creation
2. The fall of man
3. The promise of salvation and redemption
4. This is what our Lord accomplished through His incarnation, crucifixion, resurrection and ascension into heaven for our sake
5. He sent us the Holy Spirit the Paraclete, who instituted Churches the ship of salvation
6. He promised to come again with glory, He will come in His glory and the glory of His Father and give each one according to his deed. (Divine Liturgy)
7. We all exclaim, "according to Your mercy O Lord and not according to our sins"
8. Through faith, repentance, confession, spiritual guidance, partaking in the Holy Mysteries we abide in Christ and He in us and we have eternal life

Hence, the sons and daughters of the Church are keen to partake in the Holy Communion since their Baptism, which should not be delayed except for necessity and under the guidance of the priest. So we abide in Christ and He abides in us *"He who eats My flesh and drinks My blood abides in Me, and I in him" John 6:56*

Preparing For The Second Coming

The Church teaches us the importance to prepare before taking communion *"Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord" 1Corinthians 11:27*

1- Be Ready By Faith

"Therefore I said to you that you will die in your sins" John 8:24

In the Old Testament when Moses asked God about His name, *"And God said to Moses, 'I AM WHO I AM.' And He said, 'Thus you shall say to the children of Israel, 'I AM has sent me to you. Exodus 3:14* in Greek EGO EMI which has a theological meaning (I am the origin of the existence)



We believe in one God creator of heaven and earth. We believe in His promises in the Old Testament that were fulfilled in the New Testament (incarnation, redemption, resurrection, ascension, second coming, eternal life)... This is what we proclaim in all our prayers, in the liturgies, all the Church's rites and prayers. We believe He is the God of both Testaments Old and New and that The Old Testament is revealed in the New Testament. The New Testament is hidden in the Old as our fathers taught us

We believe that both testaments are one book with one inspiration *"for prophecy never came by the will of man, but holy men of God spoke as they were moved by the Holy Spirit."* 2Peter 1:21

Here we pause in front of some of the present age claims who are trying to detract from the sanctity of the Old Testament or some of his books and ignore that "All Scripture is given by inspiration of God" 2Timothy 3:16

2- Be Ready By Means Of The Doctrine

Goal

To understand the Coptic Orthodox doctrine, protect it from misleading teaching and how to answer heresies

We explain our dogma in simple attractive ways suitable for all ages, and worn against the "No Sectarianism" which aims is the annulment of the Coptic Orthodox Faith, we ought to understand the Holy Trinity, the difference between the different denominations, the right understanding of Christian unity, the role of the Nicean council in rationing the faith and putting together the Nicean Creed... and *"the faith which was once for all delivered to the saints"* Jude 1:3 and to deliver to other generation

Coptic Orthodox Doctrine

1- Sound Doctrine

Meaning it is controlled by the Scriptures and Tradition. Giving special attention to the subjects of the sacraments, intercession, prayers for the deceased, fasting, feasts and so on...

With the grace of God our Church was able to provide Christian theologians who have been able to acquire the Christian faith and the sound doctrine and formulate the Creed and other Christian truth in an accurate manner that was and still witnessed by the whole world.

The return of the two Orthodox families to St. Cyril of Alexandria statement "One nature of the incarnate Word of God" was and will be the main reason of the unity between them

2- Straight Doctrine

Never deviated to the right or to the left, since the era of the Apostles till now. In a straight line without any slight deviation. Some deviated to the right, and has some opposition who deviated to the left... If they ever sit together to discuss they will find refuge in the Orthodox roots. We do not claim any special thing in us, but this is history.

3- Comprehensive Doctrine

Do not tend to exaggerate on an issue on the expense of another ... for example: talks about faith without neglecting the work, praises the Virgin without raising her up to the level of divinity, allows people to read the Bible and meditate on its words without giving them the freedom of putting individual explanation. Respects the priesthood and its authority without denying the people's right to make the Church decision. It talks about grace and also talks about spiritual struggle.

4- Biblical Doctrine

The Coptic Church is a Church of Tradition, it believes in the importance of the ecclesiastical Tradition and that the Bible is the gift of the Tradition and part of it. It believes that the Bible is the rule of every doctrine, tradition and ritual. Therefore all the Church's doctrines are biblical. Hundreds of verses about the sacraments, the intercession, unction of the sick, priesthood, the altar, honoring of St. Mary... etc. The doctrine of the Coptic Orthodox Church is the right understanding of the Bible this is the inheritance that we received from the fathers. All our forefathers lived the bible and we study our lives and their sayings and their bible explanations and commentaries and we follow their way: *"Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith" Hebrews 13:7*

"But the seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown." Matthew 13:23

3- Be Ready Spiritually

God give man a spirit, for man to communicate with God. Beware do not neglect this part in your life. The Church was careful in helping its children to have good communication with God through: prayer, fasting, Holy Bible, Eucharist, spiritual readings, spiritual meetings, service, praises... etc. To prepare them for the life of sacrifice and to help them to tolerate the sufferings for the sake of Christ.

4- Be Ready Through The Church

- a. Commitment to the Church life, on a personal level, in the family, in the Church. So everyone would know about the history of our glorious Church and the fathers who kept the faith (Pope Athanasius the Apostolic- Pope Cyril the great – Pope Dioscorus- Pope Shenouda) and what they have written and recorded with their lives

- b. The rituals is a reflection of life, our Church's rituals are fulfilling at the intellectual, mental and spiritual level. The ritual in the Church is a vessel for the dogma. Also our Church membership is the union of the believers (on earth) with the saints (in heaven) with our Lord who is the head of the Church and her Heavenly Bridegroom.

5- Be Ready Through The Service

The Church is in need of a servant who has the right faith and the right belief in his regular life. We must know that although the service is giving the servant also receives from the service. *"The generous soul will be made rich, and he who waters will also be watered himself."* Proverbs 11:25

There are many ways for the service like: the service of the word, the service of outreach, the service of prayer, the service of aghaby...etc.

We must serve with all our strength to the glory of the God's name, the extension of His kingdom, the growth of our personal lives and the building of the kingdom of God

6- Be Ready For Eternal Life

Our daily goal is; "we look for the resurrection of the death and the life of the coming age".

The journey of all Christians will end at this point, the point of the harvest, when the Lord Jesus comes again in a visible manner *"Behold, He is coming with clouds, and every eye will see Him"* Revelation 1:7 unlike the first coming when He was born of the Virgin Mary humble and His divinity was hidden purposely for our redemption *"for had they known, they would not have crucified the Lord of glory."* 1Corinthians 2:8, but He will come again in *"His glory"* Matthew 25:31 manifested *"the brightness of His coming"* 2Thessalonians 2:8

The goal of the first coming was salvation. The goal of the second coming is

judgment. It is an important responsibility before every believer. Everyone must pay attention to his daily life, his regular confession, and his spiritual life, waiting for the end of the world or the end of life.

Be Ready In Your Daily Life

As many ask is thing lawful or unlawful? St. Paul gave us rules to follow in our daily life

- a. All things are lawful for me, but I will not be brought under the power of any. 1Corinthians 6:12
- b. All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify. 1Corinthians 10:23

In everything we should ask ourselves:

- Is it **helpful** for us as children of God?
- Is it **edifying** to our life?
- Would this **overpower us?** For example: smoking, drugs, adultery

So we can take the right decision to benefit our family, our Church, our country and ourselves. Refuse all negativities and all what is against the Christian faith, the Holy Bible and the Christian dogma. Beware of all the negatives on social media, internet.

"I have fought the good fight, I have finished the race, I have kept the faith."
1Timothy 4:7

May the Lord keep us in His right hand and help us in our salvation through the prayers of His Holiness Pope Tawadross II

The Full Armor Of God

St. Paul Epistle To The Ephesians

INTRODUCTION

We cannot be ready to meet our Lord if we do not abide in Him. The best example is St. Paul the apostle who faced many tribulations but he was not shaken. As he said in his epistle: "From the Jews five times I received forty stripes minus one. Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep; in journeys often, in perils of waters, in perils of robbers, in perils of my own countrymen, in perils of the Gentiles, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness—besides the other things, what comes upon me daily: my deep concern for all the Churches. Who is weak, and I am not weak? Who is made to stumble, and I do not burn with indignation?" 2Corinthians 24-29

We will study together one of the epistles of this great apostle, who went around the world preaching the name of the Lord Jesus Christ enduring the pain. Always prepared to answer anyone who asks him on the reason of his hope. He wrote 14 epistles, including the epistle to the Ephesians that is addressed to the Churches of Ephesus in Asia Minor (currently Turkey)

In the first three chapters he reminds us that we have been in the mind of God since the beginning, and He has chosen us in Christ and united us in Him, and we have become members of His body, the Church, and He become the head of the Church. In the last three chapters he teaches us how to behave in a Christian manner worthy of the holy sons of God

Lastly, how to be ready to face the spiritual wars and be vigil until we reach the eternal joy and the eternal inheritance with Christ

The City Of Ephesus

Ephesus is a city in Asia Minor was famous because of the great temple of the god Artemis. It was known for her clean air and nice weather. Its people were very wealthy and were know for their love to the arts. Many celebrations were held in it because it was a famous city and because of the presence of the temple.

This temple attracted many people from all over the world, it took about 200 years to build it but he was burned and was rebuilt again at the end it was destroyed in an earthquake.

That is why St. Paul the Apostle chose Ephesus as an important center for the spread of the Gospel and it became a place of influence and spiritual strength



The Lord reached out to this city, so St. Paul the Apostle went to it on his way to Corinth in the year 54 AD (Acts 18, 19). He entered the synagogue and preached to the Jews he did not approach the gentiles. He left Priscilla and Aquila there (Acts 8:18, 26). Then he returned again to establish the Church of Ephesus (Acts 19:1) and stayed there for about three years this is considered a long time compared to other places.

What did St. Paul do during his stay in Ephesus?

1. He preached the gospel of salvation to the disciples of St. John the Baptist and the Holy Spirit came upon them
2. He spent three months discussing with the Jews on matters related to the kingdom of God
3. He spent two years making disciples and preaching the gospel until the word of the Lord reached all the inhabitants of Asia and the Lord supported his service with great wonders
4. When the resistance began at the hands of Demetrius (Acts 20:1) he left, then met with his disciples for the last time and gave them recommendations regarding the service

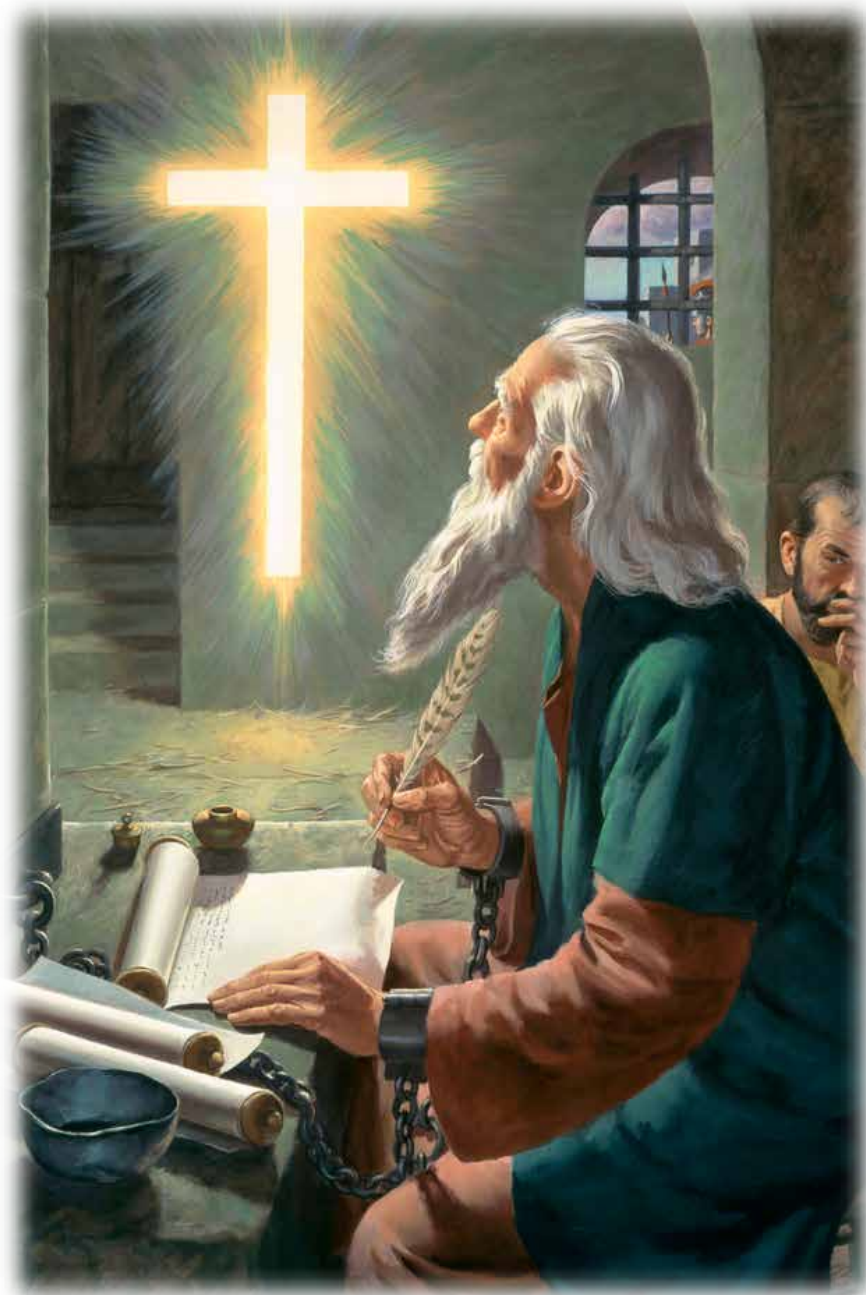
The Church of Ephesus is one of the seven Churches that St. John the beloved wrote about in the Book of Revelation (Rev. 2:1-7). St. Timothy also served in the Church of Ephesus (1Timothy 3:1)

When and where it was written?

This epistle was written in 62-63 AD in the prison of Rome with three other epistles, Colossians, Philippians and Philemon. These letters are called letters of captivity

Main theme

The main theme is what our teacher St. Paul calls the "mystery" he does not mean something that no one can explain. Rather, he points to an amazing fact that has never been declared before and has now become publicized and known as that the believers of the Jews and the Gentiles are one in Christ. They are members of the Church that is



the body of Christ and partners in eternal inheritance. The word “mystery” is repeated numerous times.

The subject of this epistle is “the Church the body of Christ” and thus completes the epistles to the Colossians “Christ the head of the Church”.

So the Apostle asked to exchange them and read them, especially since his disciple Tychicus was carrying both epistles.

Chapter 1

Christ blesses and fills His Church

He starts the epistle with greeting then gives an education sermon that is like a beautiful praise. In which he gives thanks to God and lists the entire blessing that He has given us in Christ. The word “in Christ” is repeated more than 20 times in the epistle as he wanted to confirm that without Christ there is no salvation.

In Christ the Father chose us from eternity, in Christ we became true children, in Christ, we have become redeemed, in Christ we have known the mystery of the heavenly Father’s will which is:

1. In Christ He united the heavenly with the earthly
2. He also united the Jews and the gentiles and the gentiles became partners in the inheritance
3. In Christ we have received redemption, forgiveness of sin, and we became the dwelling of the Holy Spirit, which secure the eternal inheritance that awaits us in heaven
4. Then he asks and prays for the believers to receive wisdom and enlightenment so that they realize the extent of their status in Christ and what is the glory of the inheritance of the saints

We ask ourselves everyday, as chosen children of God are we ready to struggle in order to be loyal to Him? What do we do for Him?

Chapter 2

Christ unites humanity in the Church

In this chapter, our teacher St. Paul describes the way in which the Jews and the gentiles receive salvation through the grace of God in Christ. He also describes the process of reconciliation that has taken place between them all, and between God, and also among themselves, and how they became one new person in their unity with Christ. They became a holy temple and a sanctuary to God in the Holy Spirit

In this chapter we see the cross with its vertical and horizontal branches

Horizontal: refers to our unity with Christ where we are with Him and sit with Him in the heavenly (verse 6)

Vertical: refers to our reconciliation with God (verse 16)

Horizontal: refers to our reconciliation with our brothers (the Jews and the gentiles as an example) (verse 15-16)

This union with Christ and this reconciliation with God through the cross; made Him fills all in all.

By grace you have been saved: grace is a free gift, it summarized the work of love and mercy from God to us. St. Paul said to the believers: you have received salvation from the sin and resurrection from spiritual death by the grace of God, not because you deserve it. After we have received salvation we must do good works and strive and unite with Christ through communion, so when we abide in Him, we will have a place in the kingdom.

The grace of God is ready to work in us no matter what our sins, but we must be ready strive and work for our salvation.

Chapter 3

God's great love for the salvation of the gentiles

Our teacher St. Paul confirms that he is a prisoner because of his preaching to the gentiles, he is a prisoner of Christ. His life is in the hand of God not in the hand of the Jews or the gentiles that is why he is not worried.

He confirms that God has declared to him as to the other disciples in the New Testament after the descent to of the Holy Spirit what was not known to the prophets of the Old Testament, the salvation of the gentiles, and that they are partner in the inheritance.

God gave him the gift and the grace to disclose this matter to the gentiles, and to preach to them about Jesus Christ. That is why the Jews were resisting him. St. Paul was always praying with humbleness for the believers:

1. To be strengthened with might through His Spirit, that Christ may dwell in their hearts through faith
2. That they be rooted and grounded in love, God is love, and to comprehend the depth of God's love which passes knowledge.

The love of our Lord Jesus appeared clearly on the cross, His love is without limits, His limits are the limits of God Himself, God is love and God is unlimited. The love of God cannot be described nor comprehended. Therefore, St. Paul described it using these words "width, length, depth and height" to show its extent and that it includes all human beings

And that Christ forgives all sins and His love extends even to our depths and it is beyond our comprehension.

Have we realized the great love of God for us? Are we ready to keep His love? What do we do to exchange this love? Are we ready to work for others and care about the salvation of our friends?

Chapter 4

Renewal, Christian behavior and steadfastness

This chapter is the beginning of the practical section in the epistle. It teaches us about the Christian behavior. The Christian man who believes and is certain of his heavenly vocation should also do all his duties in life in holiness.

We should not only escape from sin but also strive to acquire virtues

Christian behaviour toward others

1. To live according to the commandments of Christ in kindness, humility and love
2. Keep the unity by making peace as much as we can
3. Every person has his talent given to him by God for the completion of the service and the building of the Church and to achieve the perfection of knowledge and holiness and love for each other
4. Be steadfast in the faith and do not be fooled by false teachers, but warn them with gentleness and love
5. Do not behave as the people of the world walking in evil and profanity
6. We should not only escape from sin; but also strive to establish virtue - Do not lie but also speak the truth, do not steal but work and give to those who do not have don't only escape from anger, but walk with kindness and tolerance

Let's keep God's commandments and do not give ourselves excuses and be ready to struggle in the virtue till death.

Beware

Beware of those who say; "we are all in Christ". The unity between sects and Christian doctrines is based on one faith, one baptism and one doctrine. Let us pray until all those who have deviated from the First Church return to the one faith and the one Church Christ being the Head of the Church and it is one body, one holy catholic (universal) apostolic Church

To return to our Coptic Orthodox Church, which did not turn left or right, but lived the faith and kept it as it was received by the Apostles and the Holy Fathers who received it as it is throughout the ages and generations.

Chapter 5

Christian behavior

Christian behavior in the midst of an evil society

1. Behave according to the commandments of Christ in love and tolerance and compassion
2. Escape from evil and greed and evil deeds and inappropriate speech
3. Do not be deceived from those who picture happiness for us through sin
4. Walk in the light as children of light to bear fruit of the Holy Spirit
5. Do not participate in the acts of darkness
6. Behave with diligence and vigilance and take advantage of the time available to struggle in prayers before the end of life
7. Do not to be deceived by false happiness, but strive for spiritual joy, which is the fruit of the Holy Spirit, which works in us through the modes of grace; praises, repentance, unity with Christ through communion, reading the Holy Bible etc...

Commandments for couples

As the Church is subject to Christ the head of the Church, so the wife must be subject to her husband, because he has the leadership "for he husband is the head of the wife". The Christian man leads his family by the grace of God. So his wife's submission to him is submission to God. She must respect him. A man should love his wife like Christ loved the Church and gave himself to her, so the man has to love his wife as his body, she is part of him, he has to care for as they become one body through the holy matrimony

Chapter 6

Commandments and spiritual weapons

To the children and parents

Children ought to obey their parents and honor them this is obedience to Christ as long as they do not contradict God's commandments. This commandment is very important God gave it with a promise "that it may be well with you and you may live long on the earth". Fathers should not be too hard on their children so they will become angry. But teach with Christian teaching.

Bondservants and masters

Bondservants should obey their masters with fear and respect without murmuring and not to please men. But as bondservants of Christ doing the will of God from the heart knowing that they will receive their reward from God

Master should not be threatening their servants, knowing that they have their own Master in heaven and there is no partiality with Him.

The whole armor of God mentioned is Ephesians (6:10-14) the Church has armed us with it since our childhood through the sacrament of Myron

The anointments of Myron

1. 8 (1 on the head, 7 on the senses, eyes, ears, nostrils, mouth)
2. 4 (heart, belly, back, lower back)
3. 12 (both arms on each joint front and back)
4. 12 (both legs on each joint front and back)

Total 36 anointments

Armor: refers to the status of continuous readiness and struggle to abide in Christ. Christ who is in us will win because we cannot fight Satan without Him. "For without Me you can do nothing" John 15:5 so we have to abide in Christ "He went out conquering and to conquer." Revelation 6:2



HELMET OF SALVATION

BREASTPLATE OF RIGHTEOUSNESS

SWORD OF THE SPIRIT

SHIELD OF FAITH

BELT OF TRUTH

FEET FITTED WITH THE GOSPEL OF PEACE

The armor of God is complete, does not leave any weak point. The power of Christ is unlimited neither the world or Satan can face us. He who struggles and tries to do this will find the power of Christ supporting him then he must attribute the strength to God and not to himself

The Type Of Weapon	Its Impact On The Soldier	The Christian Name	The Myron Weapon	The Spiritual Use
The Strong Belt	Support the back	Truth	Anointments 11-12	The truth is to know Christ and his commandments and to keep them. This is the belt that strengthen us
The Breastplate	Protects he chest, heart and belly	Righteousness	Anointments 9-10	To live the life of righteousness protects the heart from lusts and the arrows of the devil
The Shoes	To walk toward the goal	Gospel of peace	Anointments from 25-36	To walk according to the will of God and the message of the Gospel, love and peace
The Shield	Protects the whole body	Faith	Anointments from 9-36	Protects the entire body, without it we will be exposed to the devil his wars and his fiery arrows

The Helmet	Protects the head and the face	Salvation	Anointments from 1-8	Protects our mind and thoughts from false beliefs and evil thoughts
The Sword	To attack (this is the only peace used to attack)	The word of God		The word of God conquers the devil, the sword is the word of God "For the word of God is living and powerful, and sharper than any two-edged sword" Hebrews 4:12 The sword is the only attacking weapon, Christ himself used the power of the word of God in His fight against Satan "Jesus answered... it is written" Luke 4:4

Let us always carry the whole armor of God, for the devil our enemy does not sleep... Let us hold on to our faith and the Word of God and be watchful in our daily repentance. So we can triumph and receive the crown of life and have a share in the eternal inheritance and the heavenly joy prepared for us.

Preparation Of The Union

We ask ourselves sometimes... Why do we need to attend the liturgy?

Is it not that the bread and the wine turn to the body of the Lord and His blood at the time of sanctification? So why all this time in prayers and readings? Why don't we go to the Church at the time of sanctification only and then take communion? Is it not the purpose of the mass?

We have 9 readings in each mass

Psalm and Gospel of evening raising of incense

Psalm and Gospel of prime raising of incense

Pauline epistles, Catholicon (Catholic epistles), Praxis (Book of Acts)

Psalm and Gospel of the liturgy

The Church Has Put Together All These Readings For Many Reasons:

1- To Purify And Sanctify Our Lives

To know who is Jesus Christ with whom we will be united in the Eucharist. His words purify us as He said: "You are already clean because of the word which I have spoken to you" John 15:3

2- To enlighten our lives

To be able to distinguish the good from the bad and the right and wrong as children of God "Your word is a lamp to my feet and a light to my path." Psalm 119:105

3- To lead our lives

In each day we should live as David the prophet says: "Your word I have hidden in my heart, that I might not sin against You." Psalm 119:19

Many selected readings of the Bible (Old and New Testaments) are included in all the services and rituals of the Coptic Orthodox Church throughout the year. All the rituals and doctrine originated from the Bible.

Through these readings, the Church presents to us the love of God and His work of salvation and also stresses on commitment to faith, repentance and spiritual struggle in order to be entitled of this salvation, and ready for the eternal life.

Therefore, the readings are part of the worship and it is performed in tune and melody appropriate to every season of the year (annual, Kiahk, sad, joyful, Palm Sunday, fasting)

The Readings Are Divided In:

1- Sundays readings

During the Sundays throughout the year, and show the work of the Holy Spirit:

Sundays of the month of Tout (first Coptic month) talks about "The love of God the Father"

Sundays of the month of Babah till end of Bashans (include Advent fast, Nativity and Epiphany..) talks about "The grace of the only begotten Son"

Sundays of the whole month of Baounah, this is the month where we usually celebrates the Pentecost talks about “The fellowship, the talent and the gift of the Holy Spirit”

Sundays of the month of Abib where we celebrate the feast of the Apostles the readings focus on “The our Savior’s help to the pure apostles”

Sundays of the month of Mesra talks about “The care of our Savior to the Church till the end of the year”

The short month talks about the end of the world and the signs that will precede the second coming.



2- Readings of the week days (except Sundays)

The Church arranged the readings according to the Synexarium with a common line connecting the readings of the day- Synexarium is a Greek word meaning “news” or history and stories of the Fathers, prophets, saints and martyrs.

For every day of the year, there is a certain reading from the Synexarium of the day the rest of the readings are based on the Gospel of the Liturgy

The daily readings are according to the commemoration of the day for example the feast of St. Mary, a saint, a patriarch, a monk or an angel.

If the Synexarium of the day has more than one biography of a saint the Church choose one of them, often the most prominent, and arranged the readings the day

Then we follow the principle of borrowing, there are essential readings (60 days) the rest are taken from or borrowed from the 60 readings that is why many readings are repeated throughout the year.

- Feasts of St. Mary- the main day is 1st of Bashans -St. Mary's birthday- the liturgy gospel reading is about St. Mary's visit to Elizabeth (Luke 1:39-56) these readings show the rank and the honor of St. Mary- the same readings are read in all other St. Mary's feasts for example 3rd of Kiahk her entry to the temple, 21 Tobah her departure... we call them the borrowed days.
- Feasts of the angels- the main day is 12 Hatour - the feast of Archangel Michael- the gospel reading talks about the role of the angels on judgment day (Matthew 12:24-42) – borrowed days 12 Baounah ...etc. the monthly commemoration of Archangel Michael
- Feasts of the prophets- the main day is 8 Tout –the departure of Moses the prophet- the gospel is about God's answering the prophets (Matthew 23:14-36)- borrowed days any day we celebrate a prophet.

- Feasts of the fathers the monk- the main day is 22 Tobah- the departure of St. Anthony the great- the gospel is about God's promise of the kingdom to his faithful servants who are watchful. "Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom." (Luke 12:22-44) borrowed days 14 Babah departure of St. Balarion...etc. the main theme of the reading is to be ready.
- Feasts of Saints and martyrs (female)- main day is 30 Tobah- the martyrdom of Saints Pastees and Halbees and Aghabi and their mother Sophia- the reading talks about preparation for the eternal life, these readings are repeated 23 times in similar occasions for example: 10 Tout martyrdom of St. Matrouna, 29 Tout martyrdom of St. Arabsima and the virgins who were with her, 15 Baramhat the departure of St. Sarah the nun, 28 Abib the departure of St. Mary Magdalene etc.

Example of the relation between the 9 readings and the synexarium

For example on the 30th of Tobah when we commemorate the saints (female) who were ready for the Heavenly Bridegroom

1. Vespers prayers Psalm (Psalm 68: 25-26) "The singers went before, the players on instruments followed after; among them were the maidens playing timbrels"
2. Vespers prayers Gospel (Matthew 26: 6-13) " a woman came to Him having an alabaster flask of very costly fragrant oil, and she poured it on His head as He sat at the table"
3. Prime Psalm (Psalm 8:2-3) "Out of the mouth of babes and nursing infants. You have ordained strength"
4. Prime Gospel (John 4:15-24) "Sir, give me this water, that I may not thirst, nor come here to draw."
5. The Pauline (Ephesians 5:8-21) "Walk as children of light. Finding out what is acceptable to the Lord. And have no fellowship with the unfruitful works of

darkness, but rather expose them. "Awake, you who sleep, Arise from the dead, And Christ will give you light."

6. The Catholicon (1Peter 3:5-14) "For in this manner, in former times, the holy women who trusted in God ... as Sarah obeyed Abraham, calling him lord". Our true bridegroom is our Lord Jesus Christ so we ought to submit to Him and obey His commandments
7. The Praxis: (Acts 21: 5-14) gives the example of the daughters of Philip "and entered the house of Philip the evangelist, who was one of the seven, and stayed with him. Now this man had four virgin daughters who prophesied." (Pray, praise, preach)
8. Psalm of the Liturgy: (Psalm 45:14) "She shall be brought to the King in robes of many colors; the virgins, her companions who follow her, shall be brought to You"
9. Gospel of the Liturgy: the parable of the 10 virgins (Matthew 25:1-13) "Then the kingdom of heaven shall be likened to ten virgins who took their lamps and went out to meet the bridegroom"

We notice that all the readings talk about the spiritual struggle and the readiness to eternal life- notice the sequence, the sinful woman offer repentance – She pours the fragrant oil as a sign of love, then the Samaritan who asks for the living water and preaches the salvation sign of spiritual fullness, then the virgins who are ready with their oil sign of holiness and acts of love and mercy so they enter to the king with joy and praise (unity).

Repentance Then Fullness Then Unity

The parable of the 10 virgins is read:

Daily in the midnight prayer (1st service) to remind us to be ready to meet the Bridegroom

Annually on the Tuesday of the Pascha (Holy week)

Randomly in special occasions related to the feasts of the saints (female)

What is the difference between the wise and the foolish virgins?

	Comparisons	Wise virgins	Foolish virgins
1	Number	Five	Five
2	Status	Virgins	Virgins
3	Oil in the lamp	Had oil	Had oil
4	Waiting for the Bridegroom	Waiting	Waiting
5	Sleeping	They slept	They slept
6	When the Bridegroom arrived	Woke up	Woke up
7	Oil in the vessels	Had oil in the vessels	Did not have oil in the vessels
8	Readiness to meet the Bridegroom	Ready	Not ready

Bring Your Scale

Since the beginning of history, man has used measuring devices as a process to identify the natural phenomena surrounding him and to identify objects he uses during his daily life

He invented instruments to measure lengths and weights to regulate the social and economic life style. The Egyptian Pharaohs used the dimensions measurements with a precision that allowed them to build the pyramids. Different weight measures were used in commercial transactions between the various nations at that time and over time.

Measurement has played a very important role in our daily lives, but our social, economic and political life has become linked to different measuring instruments. For example:

The watch that we use to know and organize our time is an important measuring device

The scales of various types, whether in grams to weigh gold or kilos to weight other items.

The thermometer to measure the temperature. The electricity meter and the water meter to measure consumption. Different measurements are used in trade exchanges between different countries. Also during your studies you have used measuring devices e.g. the simple ruler to determine the length, the triangles and the compass etc.

We as Christians we have different measures to measure our lives, but they are different because our lives and goals are different

Who Is The Christian? What is his role on earth? What are the principles that govern the actions of a Christian and the limits of his freedom on earth?

Who Is The Christian?

A Christian is a new creature in Christ (Ephesians 2:10) he has a different life ... called the eternal life (John 3:16). He has a different citizenship, his homeland is heaven and he has different behaviors and aspirations (Colossians 3:1) on these bases the Christians should live (Revelation 12:1-2).

What Is The Christian's Role On Earth?

After St. Paul the apostle told the Corinthians that they were not for themselves, but for He who bought them at a price... he put before them the purpose of their living which is to glorify God.. "Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's." (1Corinthians 6:19-20)

As a Christian, God becomes the absolute reference in everything in my life. I ought to obey Him in all my actions and my thoughts and desires and feelings and He should reign over my heart and this is what the word Orthodox means - the right doctrine or the straight doctrine. The Orthodox is the Christian believer who lives a straight belief with God.

What are the principles that govern the actions of a Christian and the limits of his freedom on earth?

Does the Christian have unlimited freedom in everything he does? The answer is "No" Because Christian is a new creation he cannot follow the principles of the world Because Christian is not his own but to Him who bought him, he has to realize that he is not free in all what he does but must ask his owner – Jesus Christ- before doing anything

That is why in our spiritual life we are in need of a sensitive device to measure our behaviors to show us if we are walking in the right way to eternal life

St. Paul talked about this sensitive device when he wrote:

“All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any.” 1Corinthians 6:12

“ All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify.” 1Corinthians 10:23

So whatever we do must be according to the Christian standard and the work of the Holy Spirit in us ... so we should not be overpowered by sin, bad habits or wrong behaviors that enslave us. Everything that we do must increase our faith and the faith of others and make us grow spiritually ... we should avoid anything that does not build us spiritually or cause others to stumble.

In everything I do in my life I must measure my actions according to the three previous criteria:

1. Is this action appropriate for me as a Christian and a child of God?
2. Does this build my life and build the lives of whom I am dealing with?
3. Is this going to take over my life make me slave and I cannot get rid of it easily and lose my eternal life?

If your answer is “No” for #1 and #2, and “Yes” for #3 you need to:

1. Stop all relationships: Be firm in dealing with any sin and do not allow the devil to enter even from a small hole in the door, if you allow him he will enter through all doors without permission
2. Cleaning and purification: This means that you should not leave the sin and the evil thoughts take over your life, but must purify your life from all aspects, clean your mobile, your computer and all the means of communication
3. Beware: The devil always wants to spoil the simplicity of our mind that we have in Christ Jesus, and he would use any thought or sin which he himself had previously

put in our minds (that we might have already offered repentance). He would take advantage of any small situation and try to restore a relationship of friendship between you and him. He wants a sign of welcome to enter and occupy your mind. And your mind instead of being a place for prayer and hymns with a slogan "dedicated to the Lord" he would change it to "Was dedicated to the Lord"

The devil is smart and knows how to come to each one with the thought they like (e.g. pride, adultery, bad words, gossip, breaking the rules...)

Pray the arrow prayer "My Lord Jesus Christ have mercy on me, help me, guide me..." this is a strong weapon despite of being a simple prayer... The mention of Jesus' name terrifies the devil

If we struggle in our spiritual life, God will help us
Do not despair or be tired of fighting Satan ... God rejoices greatly when He sees the struggle of his children

Let's look at the following scenarios, and measure them according to the measure of the Bible using the previous criteria:

Scenario 1

Mary is a very social girl has a sweet personality with her friends but her relationship with her mom is so and so, they don't understand each other.

Mary feels that her mother interferes in all things ... Mary does not like anything in her life the time she enters the house she is bored... she does not want to stay home....

She does not like anything everything is bad.

Mom: Mary where are you going?

Mary: What do you mean? I am going to the Church... I am free I am not a little kid... all the time you tell me where are you going? Why are you late?

Mom: Mary, I don't think this is the right way to speak.

Mary: I don't like someone to ask me where I am going.... I am old enough, I am free, I know what is right

Mom: But I am your mother... you are my responsibility... and what is this you are wearing?

Mary: This is fashion... everyone wears it.... This is what you find in the stores and all girls wear it.

Mom: But this is not for us, you cannot walk with it in the street and more over you cannot wear it in the Church

Mary: why not for us? Am I less than the other girls? Why can't I wear it in the Church?

Mom: As you wish, but I do not like your behavior...

Mary insisted and she went to the Church... If you meet Mary in the Church what would you tell her based on what you learned from this chapter?

Scenario 2

John and Maryam are siblings, when they come back from school they have dinner then they go to their room to study.

Maryam: John please, lower the volume of the laptop, I want to study

John: Sure I will put my earphones

Mom comes in

Mom: Maryam how are you doing?

Maryam: I finished my homework, now I am doing some revisions

Mom: What about you John?

John doesn't answer because of the earphones.

Mom (louder): John can you hear me?

John: Yes mom

Mom: Since you came from school you have been playing games and then you spend more time on facebook. When are you going to finish your homework?

John: Don't worry mom, I will finish this game and start right away

Mom: OK

After a while mom comes back and John is still playing

Mom: John the game is not over yet?

John: I am done with the game, I am just looking in facebook I will finish the chat and start right away

If you meet John and he tells you what happened, what would you tell him based on what you learned from this chapter?

Do not forget the measurement criteria that we use to measure all our lives
All things are lawful for me, but all things are not helpful. (1 Corinthians 6:12)
All things are lawful for me, but I will not be brought under the power of any.
(1Corinthians 6:12)

All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify. (1Corinthians 10:23)

Let's discuss some positive and negative situations and evaluate them through our measurement standards:

- Standing during prayer (paying attention and avoid distraction)
- Our behavior in the Church (respect for the Church, do not play with your mobile during the Mass)
- Respect the time (attend on time and come early)
- Cheating in exams
- The use of abusive language with others
- Fashion
- Serving others (parents, sick people, seniors)
- Help around the house
- Use the internet wisely
- Addiction (computer, internet, cigarettes, caffeine...)
- Using loud voice with you parents
- Isolation, withdrawal and introversion

Train yourself you use those words: Please... thank you... God bless you... I am sorry

Your Eternity First

A story: A king gave a stick to his minister and said to him: If you find any one who is less intelligent than you in my kingdom, give him this stick.

After the doctor left the king's room, the minister asked the doctor about the king's health. The doctor said: The king is traveling to eternity.

The minister went in and asked the king: Are you ready to travel to eternity? The king answered him no.

The minister told him, "When we have a hunting trip we prepare for it for weeks, so how can we not prepare for our eternity?"

Then he extended the stick and gave it to him.

I. What Is Eternal Life?

Eternal life is the goal of everyone, we long for it and we struggle to reach it and enjoy it. It is true everlasting happiness, the dwelling of God with the angels, the martyrs, the saints who lived the life of readiness and struggle to achieve it.

Although heaven is the goal of all mankind, but not all mankind will enjoy it, as the bible says: "because narrow is the gate and difficult is the way which leads to life, and there are few who find it." Matthew 7:14

Do you prepare before an exam? How? Why?

What if you go to an exam when you are not prepared?

Who is sure that he will go to heaven?

Who is not sure that he will go to heaven?

Who is sure that he will not go to heaven?

Why?

The door of heaven is of little height only the humble can enter through it

II. What Are The Bases Upon Which We Will Go To Heaven?

1. Faith in Christ: Christ is in heaven if I don't believe in Christ I cannot enter His kingdom. "He who believes and is baptized will be saved" Mark 16:16, "Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved." Acts 4:12
2. Baptism: it is the 2nd requirement to go to heaven it is a confirmation of Christ salvation for us and His death on our behalf. "Unless one is born of water and the Spirit, he cannot enter the kingdom of God." John 3:5 Baptism is the second birth, forgiveness from the original sin but it does not prevent us from sinning therefore we need:
3. Confession and Repentance: "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1John 1:9
4. Communion: Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. John 6:54
5. Good deeds: "Faith without works is dead" James 2:20, "What does it profit, my brethren, if someone says he has faith but does not have works? Can faith save him?" James 2:14
6. Love for everyone even the enemies: All the above without love is nothing, without love we cannot go to heaven. St. John said: "My little children, let us not love in word or in tongue, but in deed and in truth." 1John 3:18

Manage the ship of my life with your commandments and give me understanding that I may trade with my talents before I am told: come show me your trade you did in your life. St. Mar Ephraim the Syrian

III. St. Paul And Heaven

St. Paul had a good relationship and unity with Christ. He was always longing to heaven therefore he live the life of continuous readiness: "having a desire to depart and be with Christ, which is far better" Philippians 1:23

He was taken to the 3rd heaven

1st heaven: the heaven of birds and clouds

2nd heaven: the heaven of planets and stars

3rd heaven: the heaven of paradise

St. Paul was taken to the 3rd heaven where he saw glory and majesty and beauty that words could not describe, he said: "he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter" 2Corinthians 12:4

"Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him" 1Corinthians 2:9

IV. The Description Of The City Of God

What we know about heaven is very little compared to what we don't know. However this little that we know is enough to revive our faith and to put in us the desire to go to our heavenly home. "Now I know in part, but then I shall know just as I also am known." 1Corinthians 13:12

St. John the beloved says: "I saw a new heaven and a new earth" Revelation 21:1
This new heaven and new earth is paradise.

1. The whole city is made of pure gold. The feet of saints in heaven trample the gold that is shining in the eyes of men here on earth
2. The city is of equal dimensions. The city is laid out as a square; its length is as great as its breadth. Symbol of perfection, therefore whoever dwells in it should be perfect
3. The walls of the city. High walls made of precious stones surround the city
4. The gates of the city. The city has 12 gates, and twelve angels at the gates, and names written on them, which are the names of the twelve tribes of the children of Israel
5. The foundations of the city. The city has 12 foundations adorned with all kinds of

precious stones like jasper, sapphire, and emerald ...etc. and on them were the names of the twelve apostles of the Lamb.

And most importantly "Our Saviour is in its midst crowing with honor those who love Him" as we all chant during the night of Apocalypse

V. How Shall We Live In Heaven?

Illuminated Body

Made of light.... Exactly like the body of our Lord Jesus after the resurrection, He entered in the upper room while the doors were closed.

Spiritual Body

Has a spiritual touch that makes it holy and pure and able to go to heaven

Heavenly Body

Attracted to heaven where Christ is sitting in His glory

Glorified Body

When we receive from the Lord the crown of glory as appropriate "for one star differs from another star in glory" 1Corinthians 12:41

"There we will have no other desire but to stay there forever" St. Augustine

The Nature Of The Life In Heaven:

1. No hunger, no thirst, no heat, no cold in heaven: "To him who overcomes I will give to eat from the tree of life, which is in the midst of the Paradise of God." Revelation 2:7

2. No sorrow, no crying, no pain, no disease “And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.” Revelation 21:4
3. No lusts and no bad inclination: “It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a natural body, it is raised a spiritual body. There is a natural body, and there is a spiritual body. . . . However, the spiritual is not first, but the natural, and afterward the spiritual. . . . And as we have borne the image of the man of dust, we shall also bear the image of the heavenly Man” 1Corinthians 15: 43-49
4. No other, no envy or quarrel: “Behold, how good and how pleasant it is for brethren to dwell together in unity!” Psalm 133:1
5. No darkness: “There shall be no night there: They need no lamp nor light of the sun, for the Lord God gives them light. And they shall reign forever and ever.” Revelation 22:5
6. We will see all those who preceded us in the glory: we will see all those whom we have read about them, angels martyrs and saints and we will live with them forever
7. Life of eternal praise: where we stay with the angels and praise with them saying: Holy, Holy, Holy

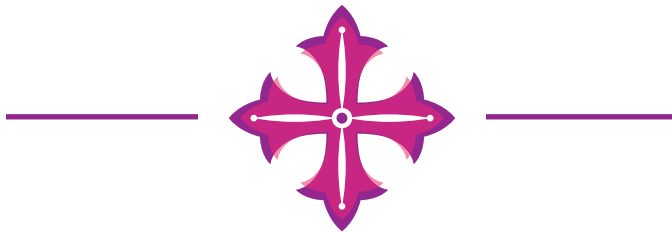
Happiness In The Presence With God

The greatest reward for man in heaven is to be given God Himself forever without separation.

As the words of the bride in the Song of Songs: My beloved is mine, and I am his.
When I found the one I love. I held him and would not let him go, Song of Songs 3:4

Therefore we have to live the life of readiness to receive all these eternal glories and hear the voice of God to us: "Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your Lord." Matthew 25:21 Then, we have to live a life of vigilance and constant preparation for the life in heaven and be ready to bear any hardship with joy "Blessed are those servants whom the master, when he comes, will find watching." Luke 12:37

"Blessed is he who found the kingdom of God within him. This is the hidden treasure in the field" the spiritual elder St. John Saba



PRAYER OF THE SIXTH HOUR

Psalm 66

God shall pity us, and bless us; and reveal His face upon us and have mercy on us. That Your way may be known on the earth, Your salvation among all nations. Let the peoples, O God, give praise to You; let all the peoples give praise to You. Let the nations rejoice and exult, for You will judge peoples in equity, and guide nations on the earth. Let the peoples, O God, give praise to You; let all the peoples give praise to You. The earth has yielded its fruit. God, our God, shall bless us; and all the ends of the earth shall fear Him. ALLELUIA.

Psalm 69

O God, be mindful of my help; make haste, O Lord, to help me. Let them be ashamed and be scorned, those who seek my soul: let them be turned backward and put to shame, those who wish to do evil unto me. Let those who say to me, "Aha, aha," be turned back in shame immediately. Let all who seek You exult and be glad in You: and let those who love Your salvation say continually, "Let the Lord be magnified." But I am poor and weak; O God, help me: You are my Helper and Savior, O Lord, do not delay. ALLELUIA.

THE HOLY GOSPEL ACCORDING TO ST. MATTHEW (CH. 5 : 1-16)

And seeing the multitudes, He went up on a 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 be to God forever. Amen.

The Litanies

O You, Who on the sixth day and in the sixth hour was nailed to the cross, for the sin which our father Adam dared to commit in Paradise, tear the handwriting of our sins, O Christ our God, and save us. I cried to the Lord and He heard me. God hear my prayer, and do not refuse my petition. Be attentive to me and hear me in the evening, in the morning, and at midday. I say my words, and He hears my voice and delivers my soul in peace.

"Zoksapatri ke Eiyou-ke agi-you epnevmaty" (Glory be to the Father, and to the Son, and to the Holy Spirit.)

O Jesus Christ, our God, who was nailed to the cross in the sixth hour, and killed sin by the tree, and by Your death You made alive the dead man, whom You created with Your own hands, and had died in sin. Put to death our pains by Your healing and life-giving passions, and by the nails with which You were nailed. Rescue our minds from thoughtlessness of the earthly deeds and worldly

lusts, to the remembrance of Your heavenly commandments, according to Your compassion.

“Kenin ke aa-ee ke-ic-touce e-on-ace ton e-onon Amen.” (Both now and forever and unto the age of all ages, Amen.)

Since we have no favor, nor excuse, nor justification because of our many sins, we, through you, implore to Him who was born of you, O Mother of God, the Virgin, for abundant and acceptable is your intercession with our Savior. O pure mother, do not exclude sinners from your intercession with Him whom you bore, for He is merciful and able to save us, because He suffered for us to deliver us. Let your compassion speedily reach us, for we are exceedingly humbled. Help us, O God, our Savior, for the glory of Your name. O Lord, deliver us and forgive us our sins for the sake of Your holy name.

“Kenin ke aa-ee ke-ic-touce e-on-ace ton e-onon Amen.” (Both now and forever and unto the age of all ages, Amen.)

You wrought salvation in the midst of all the earth, O Christ our God, as You stretched Your holy hands on the cross. Therefore, all nations cry out saying, “Glory to You O Lord”.

“Zoksapatri ke Eiyou-ke agi-you epnevmaty” (Glory be to the Father, and to the Son, and to the Holy Spirit.)

We worship Your incorruptible person, O Good One, asking for the forgiveness of our sins, O Christ our God. For, of Your will, You were pleased to be lifted up onto the cross, to deliver those whom You created from the bondage of the enemy. We cry out unto You and give thanks to You, for You have filled all with joy, O Savior, when You came to help the world. Lord, glory to You.

“Kenin ke aa-ee ke-ic-touce e-on-ace ton e-onon Amen.” (Both now and forever and unto the age of all ages, Amen.)

You are she who is full of grace. O Mother of God, the Virgin, we praise you, for, through the cross of your Son, Hades fell down and death was abolished. We were dead but we are raised and became worthy of eternal life, and gained the delight of the first Paradise. Therefore, we thankfully glorify the immortal Christ our God.

