



— THE —  
**LORD**  
— IS MY —  
**LIGHT**



— AND MY —  
**SALVATION**  
WHOM SHALL I FEAR?  
PSALM 27:1

**Grade 1-2**

## **HIS HOLINESS POPE TAWADROS II**



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



# The Lord is My Light and My Salvation

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Visit the St. Mark Festival's website at [www.smfsus.org](http://www.smfsus.org)  
to find the material for the festival and  
for guidelines and information on the tests



# The Lord is My Light and My Salvation

## St. Mark's Festival 2024 Anthem

Our God is eternal

Pantocrator, The Logos

All generations witness for Him

Tells of His might and His wonders

We're peaceful in His promises

We live by His commandments

Our Church fathers and martyrs

A life of Sacraments

My faith and my doctrine are glory

The Lord is my light and my salvation

Our God is One in Three

Redeemer and Holy x2

His creation gives Him praise

How this world His hands have made

Guided by His teachings

We seek Him and His blessings

Kept Tradition to this day

My Church unique and firm in faith

Unchanging the teachings and Holy

The Lord is my light and my salvation



# The Lord is My God

## Our Lord the Great Creator

Learning about God teaches us about the Lord of Heaven and Earth.

### God the Creator

God has qualities that no one else has:

- God created light
- God divided the light from the darkness
- God created heaven with its beautiful colors
- God created trees and plants
- God created the sun, the moon, and the stars
- God created fish and birds
- God created animals and humans



God created man in His own image in a special way. He created man in the image of God. He formed man from the dust of the ground and breathed into his nostrils the breath of life. Then God took one of Adam's ribs and formed Eve. God is the only Creator. He created everything and He is the giver of life.

**"Who is God, who formed the earth and made it,  
Who has established it" (Isaiah 45:18)**



### The Man Born Blind (John 9)

One day our Lord Jesus Christ was walking with His disciples. He saw a man who was born blind. The blind man was sitting at the gates begging. Our Lord Jesus Christ spat on the ground and made clay, then He put it in the place of the eyes of the man and asked him to wash in the pool of Siloam. He went to the pool, washed his eyes, and came back seeing. God created eyes for him from the dust of the ground, just like He created Adam.



Our Lord Jesus Christ is the **Creator of everything**.

God created everything with amazing order; no one can ever change anything in creation without God's permission.

- The year has 4 seasons, and they come in a certain order: first comes winter, then spring, then summer, and then fall.
- Nighttime is always followed by daylight.



**Only God can control everything.**

### The Miracle of Stopping the Sun (Joshua 10)

Joshua led the people of God to Canaan (the Promised Land). The people of Gibeon told Joshua that 5 kings were planning to fight them. The people of Gibeon asked Joshua to help them. God told Joshua not to fear and fight the kings.

Not only did God help Joshua to defeat the kings and chase their armies away, but God also allowed heavy hailstones (ice) to fall from the sky on the enemies.



Joshua prayed to God to stop the sun in the sky from going down. With God's permission, the sun stood still over Gibeon until the war ended.

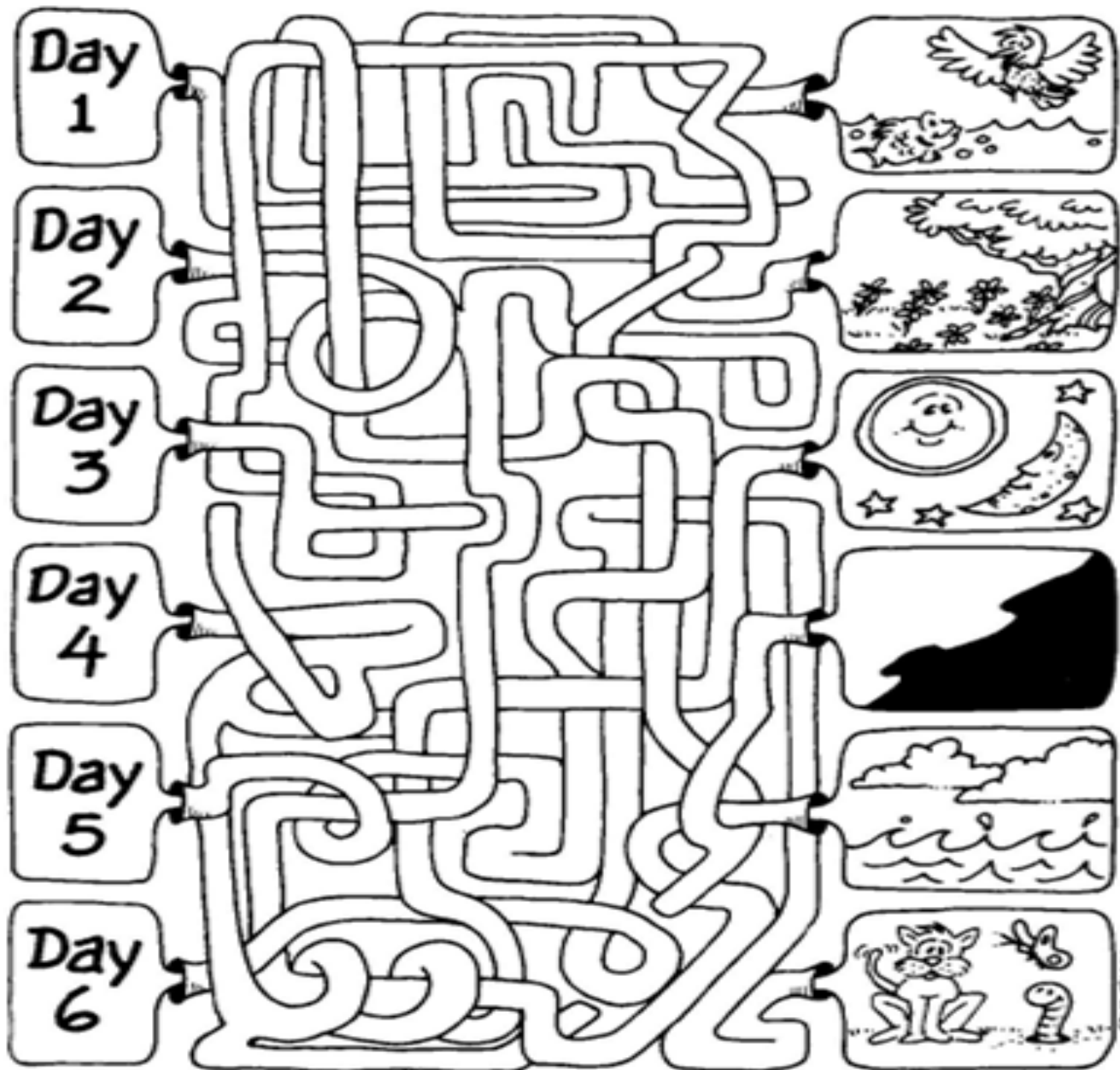
**God is the Creator of everything.**

**Only God can stop the sun because He created it.**



# In the Beginning

Read Genesis 1:1-25. Starting with Day 1, find the correct path through the maze to the things that God created on that day.



“Who created the Heavens, who is God,  
who formed the earth and made it” (Isaiah 45:18)

# The Lord is a Light to Our Path

## St. Mark the Apostle

The Synaxarion of the 30th day of the Coptic Month of Parmoute (May 8)

Learning how St. Mark faithfully brought the faith and knowledge of God to Egypt teaches us that God is light to our path.

The name Mark means hammer. He was born in Cyrene from a very wealthy Jewish family who educated him well. His mother's name was Mary, and his father's name was Aristopolus. He returned to Jerusalem with his family where he met our Lord Jesus Christ. He accepted the faith and became one of the 70 apostles.



St. Mark received the faith from our Lord Jesus Christ and witnessed many miracles. The Coptic Orthodox Church calls him:

- 1- The Beholder of God (Witness of God)
- 2- The Evangelist
- 3- The Apostle



Mary the mother of St. Mark served our Lord Jesus Christ. The Lord Jesus Christ established the Sacrament of Eucharist (Communion) in her house, in the upper room. Her house became the first Christian church in the world.



Also, after the Ascension of our Lord Jesus Christ, the Holy Spirit came upon the disciples in the house of the mother of St. Mark. Then they began preaching in Jerusalem and many other places.

St. Mark performed many miracles in the name of our Lord Jesus Christ. He talked to many people about the Lord Jesus Christ, teaching them the faith, and how the Lord is the light to our life.



St. Mark went to preach in the city of Alexandria. When he entered the city, his shoe was torn. He went to a shoemaker in the city, named Anianus to repair it. While he was repairing his shoe the tool pierced his finger. Anianus shouted "O, ONE GOD." When St. Mark heard these words, he took this chance to talk to him about the One God. St. Mark prayed, and the wound was healed immediately.



Anianus believed in the Lord Jesus Christ and the faith. St. Mark baptized him and his family in the name of the Father, and the Son, and the Holy Spirit. This was the beginning of Christianity spreading in Egypt.



St. Mark established the first church in Egypt. He ordained St. Anianus a bishop as well as 3 priests and 7 deacons for the city of Alexandria in Egypt. Then the church began to grow each day.





**1- St. Mark is the 1st Pope of Alexandria:** The same faith St. Mark received from the Lord Jesus Christ he passed down to every pope after him.

Today, **Pope Tawadros, the 118th Pope** continues with the same faith.

That's why the Pope is named on the **See of St. Mark.**



**2- He established the Theological School of Alexandria:**  
To teach the entire world about God.



**3- He wrote the Holy Liturgy:**  
one of the oldest liturgies of the church.



**4- He wrote one of the 4 gospels,**  
The Gospel of St. Mark.

St. Mark was a light to everyone around him by teaching others about God in the land of Egypt. He is called '**The Preacher of Egypt.**'

He also taught others about the Lord Jesus Christ by writing the Gospel. This is why He is called an '**evangelist.**'

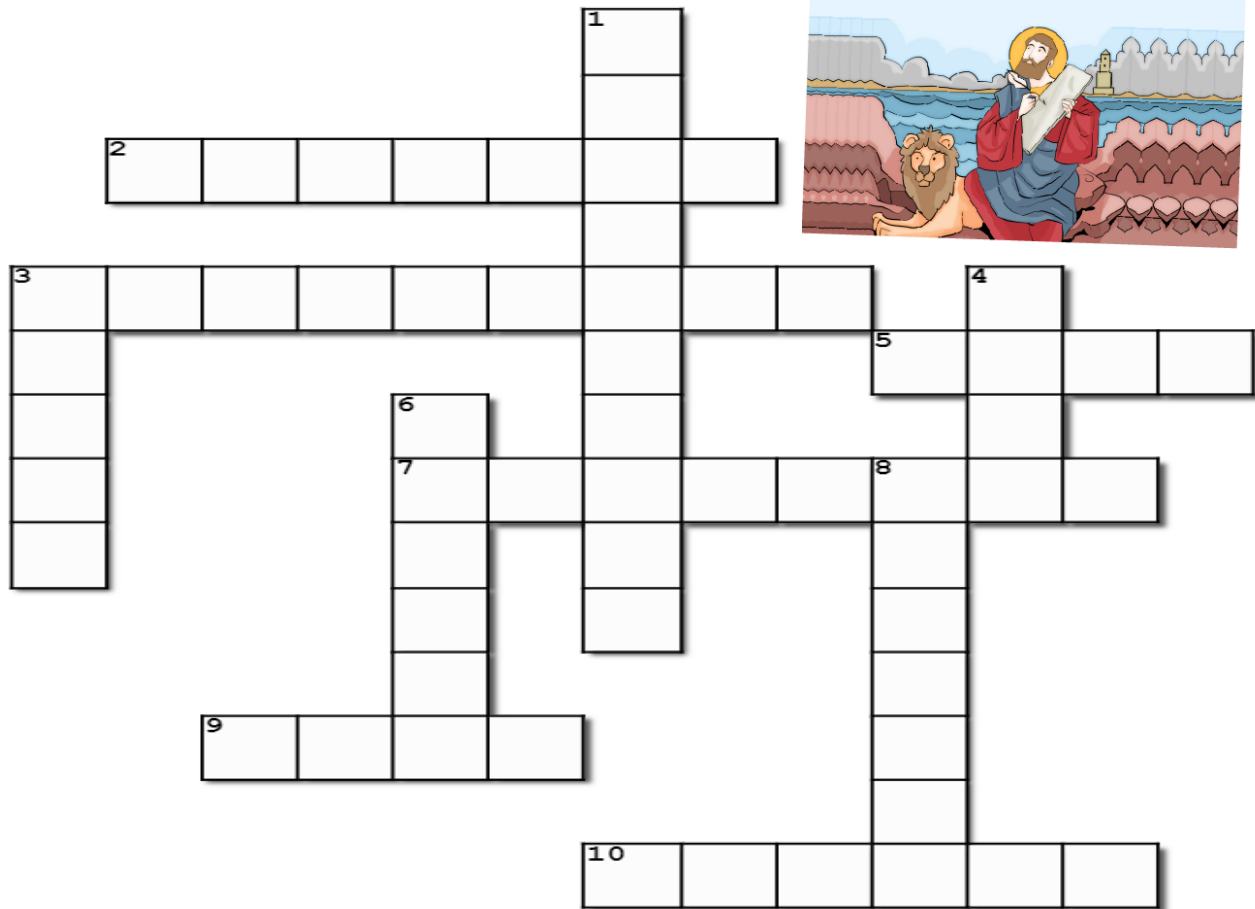
**It is our turn and duty to keep the faith unchanged as we received it just like St. Mark.**

**May the prayers of St. Mark be with us all.**



**"Keep the traditions just as I delivered them to you"  
(1 Corinthians 11:2)**

# Activity St. Mark



## Across

2. The name of the shoemaker St. Mark met.
3. What sacrament was established in the upper room?
5. How many gospels are there?
7. He became one of the 70 \_\_\_\_\_.
9. The name of the St. Mark's mother.
10. What did St. Mark do to heal Anianus' wound?

## Down

1. 'Keep the \_\_\_\_\_ just as I delivered them to you' (1 Corinthians 11:2)
3. St. Mark is called 'The Preacher of \_\_\_\_\_.'
4. St. Mark was the 1<sup>st</sup> \_\_\_\_\_ of Alexandria.
6. What does the name Mark mean?
8. Other than the Gospel, what did St. Mark write? The Holy \_\_\_\_\_

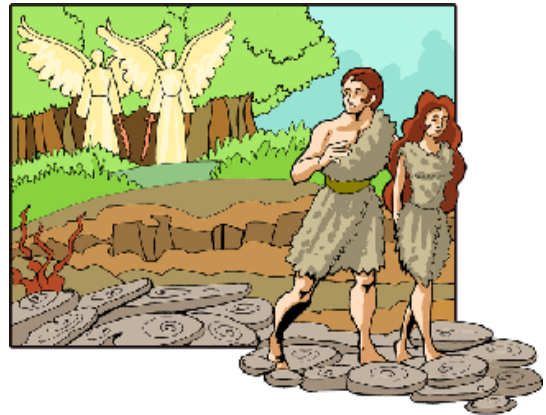
# The Lord is My Salvation

## St. Joseph the Carpenter

The Synaxarion of the 26th day of the Coptic Month of Epep (August 2)

Learning about the role of St. Joseph in the story of salvation teaches us that God is our Salvation.

God loved man before creating the world and made him in His image. After Adam and Eve sinned, they and all their children were separated from God and their nature was corrupted. They needed someone to save them and renew their corrupted nature. God promised man that He will be born from a virgin to redeem him. Many prophets wrote about it.



When the time came for God to fulfill His plan, there was a girl named Mary who was born to Anna and Joachim. Her parents took her as they promised and dedicated her to the temple.



She lived in the temple serving and loving God more and more every day. While St. Mary was in the temple, her parents departed. When she reached the age of 12, it was her time to leave the temple, but she had nowhere to go and no one to live with. God had a plan for St. Mary.



At that time Zacharias was the priest and he would be the one who will choose who will take care of St. Mary when she leaves the temple. God told Zacharias the priest to gather the staffs of 12 good men from the city and write their names on them. He placed them in the sanctuary and waited for a sign from God. The next day, the staff of St. Joseph grew some leaves, and a dove flew up and stood on top of St. Joseph. He was chosen by God to take St. Mary to live in his house and to take care of her.



St. Joseph was a simple man from Bethlehem who lived in Nazareth and worked as a carpenter until he became an honorable old man.

Archangel Gabriel appeared to St. Mary and announced that: **"You will conceive and bring forth a Son, and shall call His name Jesus." (Luke 1:31)**



St. Mary was surprised how this can happen without getting married. The angel told her: **"The Holy Spirit will come upon you, and the power of the Highest will overshadow you, therefore, also that Holy One who is to be born will be called the Son of God" (Luke 1:35)**

**The Church commemorates the Annunciation to St. Mary on the 29th day of the Coptic month of Paramhotep every year (April 7).**

After that, the angel also appeared to St. Joseph and told him that St. Mary **"will bring forth a son, and you shall call His name Jesus, for He will save His people from their sins" (Matthew 1:21)**

During that time, Caesar Augustus ordered that everyone should register their names and information in their home country. St. Joseph took St. Mary and travelled from Nazareth to Bethlehem. It was not easy for pregnant St. Mary to travel all the way to the other city; however, St. Joseph took good care of her. And when they reached Bethlehem, it was her time to have her baby. But the city was too crowded to find an empty place, so she had her baby in a manger among the animals.



Herod the king heard that the Lord Jesus Christ was born, and he got so troubled. He ordered all male children of two years and under to be killed. The angel appeared to St. Joseph and told him to **"Arise, take the young Child and His mother, flee to Egypt" (Matthew 2:13)** and to stay there until God tells him to return.



The Holy Family stayed in Egypt for about 4 years moving from place to place. When King Herod died, the angel told them that they could return to Nazareth.



**The Church commemorates the day of St. Joseph's departure on the 26<sup>th</sup> day of the Coptic month of Epep every year (August 2).**



# St. Joseph the Carpenter

Put the events in order numbering them 1-6.

\_\_\_ St. Mary traveled with St. Joseph to Bethlehem.



\_\_\_ The Holy Family returned to Nazareth.

\_\_\_ Archangel Gabriel appeared to St. Mary.



\_\_\_ St. Mary was taken to the temple to serve God.



\_\_\_ Archangel Gabriel appeared to St. Joseph.

\_\_\_ The Holy Family fled to Egypt.



# The Lord is My Refuge

## The Church Building and its Meaning

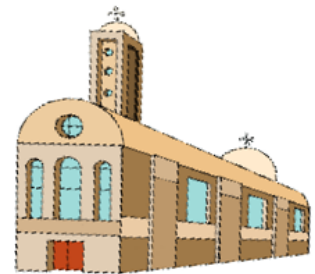
Learning everything about the church, even its building and what it means teaches us that the church is our refuge.

The church is the house of God. We gather at church to pray and feel the presence of God. We feel safe and don't fear anything. At church we get to enjoy heaven on earth.

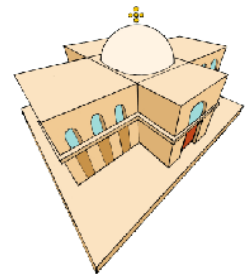
### The Church from the Outside

The church from the outside can be built in 3 designs:

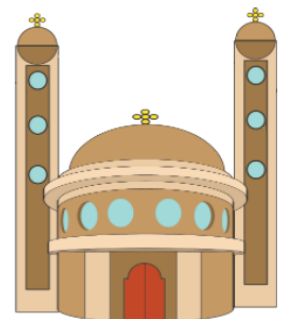
**1. The Shape of a Ship:** We are reminded of how the ark of Noah saved his family from the flood. It tells us the church can protect us from any danger. We spend our time at church by praying Vespers, Liturgies and attending Sunday School.



**2. The Shape of the Cross:** We are reminded that our Lord Jesus Christ saved us on the cross and opened the gates of heaven. Everyone who grows up in the church and follows the faith will get to heaven.



**3. The Shape of the Circle:** A circle has no beginning or end, just like God who has no beginning or end. This keeps us always safe in God's protection.





## The Church from the Inside



**The Baptismal Font:** It is located on the left side of the church entrance. The priest immerses the baby 3 times in the baptismal font in the name of the Father, the Son, and the Holy Spirit (a boy is baptized at 40 days old and a girl at 80 days old to be baptized).

Baptism removes the original sin that we were born with from Adam and Eve, and we become Christians. After the baptism, the priest anoints the baby 36 times with the Holy Myron to sanctify their body and let the Spirit of God dwell in them. Baptism is the first sacrament that allows us to partake in all the other sacraments.



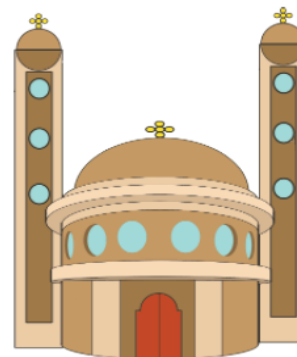
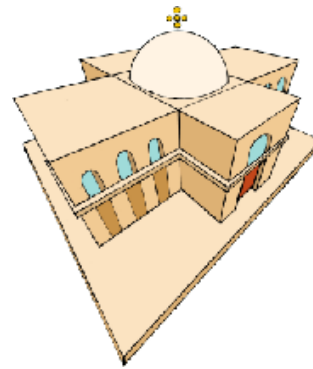
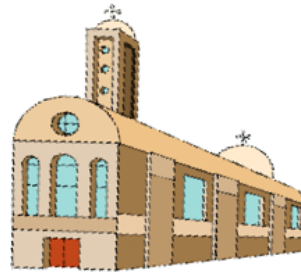
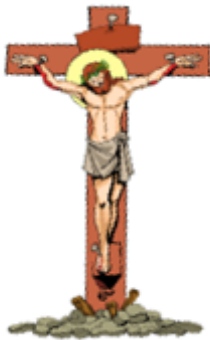
**The Bosom of the Father:** It is on the wall of the sanctuary. It is a wall that takes the shape of a semi-circle. It has an icon of our Lord Jesus Christ sitting on the throne. He is holding the earth with one hand because He created everything and controls everything. In His other hand, He holds a scepter because He is the King of kings.

In front of the Bosom of the Father is a candle that is always lit. This is called the **Perpetual Lamp**. It represents the star that appeared to the wise men and guided them to where the Lord Jesus Christ was born.

**"How lovely is Your tabernacle, O Lord of Hosts!" (Psalm 84:1)**

# Activity Our Church

Match the church to its shape.



"How lovely is Your tabernacle, O Lord of Hosts!" (Psalm 84:1)

# The Lord is My Peace

## St. Theognosta

The Synaxarion of the 17<sup>th</sup> day of the Coptic Month of Thoout (September 27)

**This story teaches us that those who love God always have peace even in hard times.**

St. Theognosta was a nun in a convent near Rome. One day, messengers from the king of India were visiting the king of Rome and on their way back, they saw St. Theognosta. They took her and offered her as a slave to the king of India. St. Theognosta didn't fear anything, and she was sure that God will save her from all dangers.

**"You are my hiding place, You shall preserve me from trouble" (Psalm 32:7)**

In the palace, St. Theognosta lived happily. She prayed, fasted, and read the Holy Bible. She also worked peacefully even though she was kept as a slave in the king's palace. God gave her grace in the eyes of the queen, and she became the head of the king's workers, and she did many miracles.

One day, the son of the king became sick. None of the doctors were able to cure him. The queen asked for St. Theognosta to come and pray for him. St. Theognosta came and prayed for him, and he was cured right away. The king wanted to reward St. Theognosta for healing their son, so he set her free from slavery and gave her a place to live by herself.

She prayed for everyone to know God and believe in Him. Later, the queen also became sick, St. Theognosta prayed for her, and she became well again.



Another day, the king went out on a hunting trip in the wilderness. There were thick clouds, and he was not able to see, the king was lost. The king remembered how St. Theognosta used to make the sign of the cross.

He called upon our Lord Jesus Christ to guide him back home. A shining cross appeared in front of them and guided them to the city.

The whole city rejoiced when the king returned safely. The king asked St. Theognosta to tell the people about the Lord Jesus Christ. And they all accepted the faith.

She asked the king of Rome to send them a priest. He agreed and sent a priest who later became a bishop. The number of believers was more and more each day.



St. Theognosta built a convent for herself and the other virgins to live in and worship God. Later, she became sick and departed this world on the 17th day of the Coptic month of Thoout (September 27) which is the same day as **the Feast of the Cross**.

**May the prayers of St. Theognosta be with us all. Amen**

**"You are my hiding place, You shall preserve me from trouble"  
(Psalm 32:7)**

Activity 

# St. Theognosta



"You are my hiding place, You shall preserve me from trouble"  
(Psalm 32:7)

# Memorization

## 1. “The Lord is my light and my salvation” (Psalm 27:1)

### 2. Conclusion of Every Hour (of the Agpeya)

Have mercy on us, O God, and have mercy on us, who at all times and in every hour, in heaven and on earth, is worshipped and glorified; Christ our God, the good, the long suffering, the abundant in mercy, and the great in compassion, who loves the righteous and has mercy on the sinners of whom I am chief, who does not wish the death of the sinner but rather that he returns and lives, who calls all to salvation for the promise of the good things to come.

Lord receive from us our prayers in this hour and in every hour.

Ease our life and guide us to fulfill Your commandments.

Sanctify our spirits. Cleanse our bodies. Conduct our thoughts.

Purify our intentions. Heal our diseases. Forgive our sins.

Deliver us from every evil grief and distress of heart.

Surround us by Your holy angels, that, by their camp, we may be guarded and guided, and attain the unity of faith, and the knowledge of Your imperceptible and infinite glory.

For You are blessed forever.

Amen

# Coptic

## Coptic Alphabet

Know the shape and name of the letter and one way to pronounce each letter

Letter	Name of Letter	Pronunciation	Letter	Name of Letter	Pronunciation
Ⲁⲁ	Alpha	A	Ⲡⲡ	Pee	P
Ⲃⲃ	Veeta	B, V	Ⲣⲣ	Ro	R
Ⲅⲅ	Gamma	G, N, Gh	Ⲇⲇ	Seema	S, Z
Ⲉⲉ	Delta	D, Th (the)	ⲉⲑ	Tav	T
Ⲋⲋ	Eyy	E	ⲓⲔ	Epsilon	V, I, (oo)
Ⲍⲍ	So-oo	number 6	ⲕⲛ	Fey	F
ⲏⲐ	Zeeta	Z	ⲍⲎ	Key	K, Kh, Sh
Ⲓⲓ	Eeta	Ee	ⲏⲑ	Epssee	Ps
ⲕⲖ	Theeta	Th (think), T	ⲓⲔⲕ	O-Long	Oo
ⲗⲘ	Yota	I, Y	ⲓⲔⲕⲏ	Shai	Sh
ⲙⲎ	Kappa	K	ⲓⲔⲕⲏⲑ	Fai	F
ⲏⲐ	Lavla	L	ⲓⲔⲕⲏⲑⲓ	Khai	Kh
Ⲓⲓ	Mey	M	ⲓⲔⲕⲏⲑⲓⲕ	Hori	H
ⲕⲛ	Ney	N	ⲓⲔⲕⲏⲑⲓⲕⲏ	Ganga	G, J
ⲍⲎ	Eksee	Ks	ⲓⲔⲕⲏⲑⲓⲕⲏⲑ	Cheema	Ch
ⲏⲐ	O-Short	O	ⲓⲔⲕⲏⲑⲓⲕⲏⲑⲓⲕ	Tee	Tee

## Nature



### **Bω** tree

Letter	<b>B</b>	<b>ω</b>
Name of Letter	veeta	o-long
Pronunciation	v	oo



### **Pн** sun

Letter	<b>P</b>	<b>н</b>
Name of Letter	ro	eeta
Pronunciation	r	ee



### **loз** moon

Letter	<b>l</b>	<b>o</b>	<b>з</b>
Name of Letter	yota	o-short	hori
Pronunciation	l	o	h



### **Cioʀ** star

Letter	<b>C</b>	<b>i</b>	<b>o</b>	<b>ʀ</b>
Name of Letter	seema	yota	o-short	epsilon
Pronunciation	s	i	o	u



## At School



### Ⲙⲁⲩ teacher

Letter	Ⲙ	ⲁ	ⲩ
Name of Letter	seema	alpha	khai
Pronunciation	s	a	kh



### Ⲭⲱⲙ book

Letter	Ⲭ	ⲱ	ⲙ
Name of Letter	ganga	o-long	mey
Pronunciation	g	oo	m



### Ⲙⲁⲱ pencil

Letter	Ⲙ	ⲁ	ⲱ
Name of Letter	kappa	alpha	shai
Pronunciation	k	a	sh



### Ⲭⲱⲙⲏ ruler

Letter	Ⲭ	ⲱ	ⲙ	ⲏ
Name of Letter	ksi	o-short	mey	eeta
Pronunciation	k + s	o	m	ee

## Family

### Πατωτ my father

Letter	Π	α	ι	ω	τ
Name of Letter	pi	alpha	yota	o-long	tav
Pronunciation	p	a	i	oo	t



### Ταμαρ my mother

Letter	Τ	α	μ	α	ρ
Name of Letter	tav	alpha	mey	alpha	epsilon
Pronunciation	t	a	m	a	v



### Πασον my brother

Letter	Π	α	σ	ο	ν
Name of Letter	pi	alpha	seema	o-short	ney
Pronunciation	p	a	s	o	n



### Ταωνι my sister

Letter	Τ	α	σ	ω	ν	ι
Name of Letter	tav	alpha	seema	o-long	ney	yota
Pronunciation	t	a	s	oo	n	i

## The Lord's Prayer

Χε Πενιωτ ἐτ δεν νιφνοῦι	Our Father who art in heaven
μαρεϋτοῦβο ἵχε πεκραν	hallowed be Thy name
μαρεσι ἵχε τεκμετοῦρο	Thy kingdom come
Πετεθνακ μαρεϋωπι	Thy will be done
ἡφρητ δεν ἴφε νεμ ριχεν πικαρι	on earth as it is in heaven
Πενωικ ἵτε ραστ μηϋ ναν ἡφοοῦ	Give us this day our daily bread
Οῦοδ χα μηετῆρον ναν ἐβολ	and forgive us our trespasses
ἡφρητ ρων ἵτενχω ἐβολ	as we forgive
ἵνηετε οῦον ἵταν ἐρωῦ	those who trespass against us
Οῦοδ ἡπερεντεν ἐδοῦν ἐπιρασμοσ	and lead us not into temptation
αλλα ναριμεν ἐβολ ρα πιπετρωῦ	but deliver us from the evil one
Ἡεν ΠιΧριστοσ Ιησοῦσ Πενβοικ	In Christ Jesus our Lord
Χε θωκ τε	For Thine is
ϋμετοῦρο νεμ τχομ νεμ πιῶοῦ	the kingdom, and the power and the glory
ωα ἐνεθ ἀμην	forever, Amen



# Hymns & Rituals



## Psalm Response for the Feast of Nayrouz

The Feast of Nayrouz is the celebration of the Coptic New Year and the beginning of a new Year of the Martyrs.

This year is the year 1740 AM.

The Feast of Nayrouz is celebrated for 16 days from Thoout 1 until Thoout 16 in the Joyful tune and is followed by the Feast of the Cross.

Alleluia. Alleluia.

Bless the crown of the year with  
Your goodness, O Lord;  
the rivers, the springs,  
the plants and the fruits.  
Alleluia. Alleluia.

ΑΛΛΗΛΟΥΙΑ: ΑΛΛΗΛΟΥΙΑ:  
ὄμοῦ ἐπιχλοῦ ἵτε τροπι:  
ΖΙΤΕΝ ΤΕΚΜΕΤΪΡΗΣΤΟΣ Πῶ οἰς:  
ΝΗΑΡΩΟΥ ΝΕΜ ΝΙΜΟΥΜΙ:  
ΝΕΜ ΝΙΣΙΪ ΝΕΜ ΝΙΚΑΡΠΟΣ:  
ΑΛΛΗΛΟΥΙΑ: ΑΛΛΗΛΟΥΙΑ.







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