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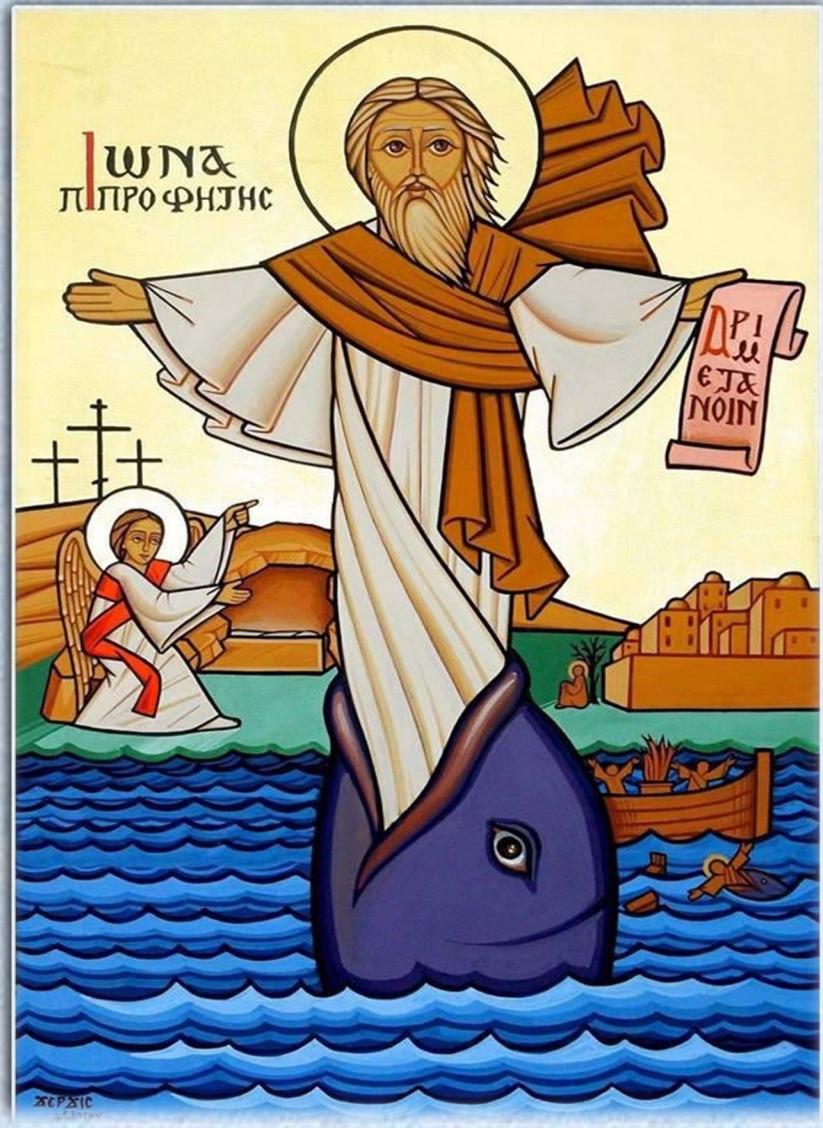


"The men of Nineveh will rise up in the judgment with this generation and condemn it, because they repented at the preaching of Jonah; and indeed a greater than Jonah is here"

(Mat 12: 41)

Jonah's fast & feast

22/02/21-25/02/21



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Liturgies during the month of February

FEAST OF CHRIST ENTERING THE TEMPLE
عيد دخول المسيح للهيكل



5-7 am

قداس
Liturgy
Monday
15/02



Fr Thomas Abdelmalek
0421 085 362
abounathomas@hotmail.com

JONAH'S FAST & FEAST
صوم و فصح يونان

22/02/21 - 25/02/21

Liturgy 12:00 - 3:00 pm	Monday الاثنين
Liturgy 12:00 - 3:00 pm	Tuesday الثلاثاء
Liturgy 12:00 - 3:00 pm	Wednesday الاربعاء
Liturgy 7:00-9:00 am	Thursday Jonahs passover الخميس فصح يونان




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0422 755 620
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0412 884 434
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Fr Peter Agaibi
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The True meaning of Joy

H.H. Pope Tawadros II

Prepared by Germaine Gambian

As the world celebrates the feast of Nativity, this very special occasion brings us so much joy, and brings us closer to God. The feast of Nativity is the first celebration of the year for the church, and the joy that the feast of Nativity brings us, should be carried throughout the year and in all that we do. But what is the true meaning of Joy?



Joy has been lacking in the world, as the world was spiritually depressed living a life that was further away from God. They lived by the Old Testament through sacrifices, offerings and the commandments. As the world entered a new era, through the birth of Jesus, humanity crossed over from the traditions of sacrificing and following the commandments, over to receiving the one true sacrifice through the Cross. It is salvation that will deliver us from hades to eternity. With the birth of Christ, we were given a new direction to find our way back to him.

Christmas brings to us true Joy of the world. Jesus Came down for a better Life for all of humanity. God created each one of us for a purpose in life. It is through this purpose that will eventually lead us to God. This is a great gift that God has given to humanity. Just as Jesus gave up his life for us. When Jesus was born, truth was also born into the world, and this is true joy. A need that only a life with God can truly fulfil if we just allow him into our hearts. So how then do we receive Joy? There are 5 elements to receiving Joy into your life. They are Salvation, Responsibility, Hymns, Simplicity, and sharing, these are seen in the story of the Nativity.

1. Salvation- When St Mary received the good news from Archangel Gabriel, that she will be carrying the son of God. Her first instinct was to go visit Elizabeth and to serve her. St. Mary was so joyful and therefore had the Holy Spirit within her. She went to serve instead of worrying about herself. This is the true meaning of Joy. St. Mary knew the importance of salvation, and because of it, is seen as an ambassador to humanity. "And Mary said: My soul magnifies the Lord, ... And my spirit has rejoiced in God my Saviour" (Luke 1:46-47) St. Mary has taken us by the hand and set us onto the right path of salvation. There will be no true joy unless you believe through salvation that Jesus died on the cross for us. This is how you will accept salvation. To be truly joyful, is salvation.

As it is mentioned in the sixth hour prayers, of the Agpeya "O Lord Christ you gave salvation to the whole world when you spread your undefined hands on the cross, for this all nations give you praise saying; "Glory be to you O' Lord". There is no joy without the cross. The cross is the main source to our salvation and evidently to our Joy.



2. Responsibility- God chose St. Joseph the carpenter to guard the manifestation. He was a companion to St. Mary on the difficult journey to Bethlehem and Egypt. Joy can be seen here through the responsibility given by God to St. Joseph. When God bestows responsibility on to us, no matter how small the responsibility may seem, as long as the servant completes it joyfully, honestly and with loyalty he will receive a reward that matches your actions and acceptance of God's will. We see this in the parable of the honest worker in Luke 19:17-27.
3. Hymns- The Angels in heaven always sing hymns. These Hymns are the language spoken by angels in heaven. Singing praises is the true example of Joy. For through these hymns, we are praising and glorifying God always. This Joy of singing hymns should be shared with others and not kept to yourself. This should be seen as a gift from God. Without this gift, Joy does not exist and therefore God is not present with you.
4. Simplicity -The Shepard's looked after their flock and lived a very simple life, one which we can learn a lot from. Shepard's were nomads moving around from one place to another, lead only by faith. They were satisfied with their simplicity, and never lived to want anything from this world. This simple life was their main source of Joy. In the words of St. Augustine "I sat on top of the world when I came to fear nothing and desire nothing but you." If we live only for God, if we seek him, and serve with Joy and with our whole heart, we are allowing God to dwell within our heart. It was because of their simplicity and honesty, that the angels appeared and spoke to them (Luke 2:8-16). Their reward for their loyalty, faith and the speed at which they responded to the angel's message, was that they were the first to see baby Jesus.

Looking at the Shepard's simplicity, is the picture of what a perfect joyous spiritual life is. To live simply and not want for anything from this world. To trust in God. To receive God in your heart – you will not need for anything else.

In comparison a person who revolts, rejects their duty, is never happy and does not know Joy, and therefore does not know God. Remember it was first the Shepard's, and simple humble people like the fishermen who first spread the news of the birth of Jesus.

5. Sharing- The 3 wise men came from the Eastern world and took many months to arrive, to see the king. They were wealthy and had bought gifts for baby Jesus, which they presented joyfully. This Joy of sharing and giving always comes from God.

A person who only lives for himself, does not deserve to be on Earth. The value of serving others should always be a priority. Giving to others, sharing with others what God has blessed you with, no matter how much or how little you have. God will reward you accordingly to the joy in your heart when you serve. But remember, Service without prayer is a wasted opportunity.



مذكرات السجن

القمص / لوقا سيداروس

سبتمبر 1981

استلمونا على باب السجن بالعدد خمسة أئفار ثم دخلنا إلى مكتب مأمور السجن عدد من الضباط يملأ المكتب ، وكانت الساعة قاربالت التاسعة صباحاً أو تجاوزتها بقليل .. وجدت المطاريف ... باللعجب، أسماء آباء كهنة أعرفهم بالقاهرة ... إذن الموضوع ممتد ومشعب. أبتدأوا بتفتيشنا واحداً فواحداً ... تجريد كامل من كل شيء .. وقراءة كل قصاصة ورق في جيبي ، والأجندات الصغيرة التي بها العناوين والتليفونات ، وكل شيء ونحن في صمت كامل ، من لحظة خروجي من المنزل. ولكن كنت أتكلم مع حبيب نفسي ... صلوات صغيرة جداً ولكن بعمق شديد .. كان ينبع عزائي ، يفيض ويروى داخلى بهدوء ، وأنا أرقب ما يدور في الخارج . أنهوا من تفتيشى أنا والأستاذ عادل بسطوروس، وقدنا أحد المخبرين ، أمسك كل واحد بيده، ثم ذهب بنا إلى مبنى منفصل، حوله حرس بالسلاح ، وأدخلنا إلى الداخل ، ثم فتح إحدى الزنزانات وأدخلنا وأغلق الباب .

وصف الزنزانة

حجرة ضيقة جداً 150 x 180 سم ، وداخلها حاجز من الطوب ، خلفه تواليت بليز الزنزانة ليس فيها فتحات للتهوية ولا شباك ، وبابها صاج حديد بسمك 15 سم ، وبه فتحة (8 سم x 8 سم) وأعلاه شراعة بعرض الباب ، عليها شبكة سلكية.

وجدنا شاباً جالساً في الداخل ، سجّد على الأرض ، وصلينا صلاة طويلة وعميقه .. ملوءة فرحاً وتعزية، وأتذكر جيداً أن كلمات الصلاة كانت تطفى عليها نعمة الشكر والأمتنان ، من أجل هذه النعمة التي أعطانا رب إياها .. لأن في ذهنى هذا هو ميراث الرسل الأطهار ، الذين كانوا أول من سجنوا من أجل اسم مخلصنا . ثم جلسنا بعد الصلاة .. ومن أعمال التدبیر الإلهي ، أن سمحوا للأستاذ عادل أن يكون معه إنجيله ، عهد جديد صغير .. فأخذته وقرأنا سوياً رسالته فيليبى ، التي كتبها القديس بولس وهو في سجن رومية وهي رسالة الفرح النابع من أعماق السجن ، تعزينا بها جداً .

ثم توالى الأحداث .. حركة دائمة في العنبر وقع أقدام ، وأصوات ، ومزاليج الأبواب. وكنت بين الحين والآخر ، أقف أنظر من الفتحة الصغيرة جداً ، وأرى كهنة يتقاطرون واحداً وراء الآخر ، مع أخوة علمانيين وفي الساعة الثالثة ... بعد الظهر وقفت لأنظر ... أذهلني المنظر جداً الأنبا بنiamين أسقف المنوفية في قبضة المخبر ، واقفاً أمام أحدهم يسأله عن اسمه وسنّه ومكان إقامته. ثم أدخلوه زنزانة رقم 6 ... باللهول ... قد فاض الكيل ... وكنت أخبر الجالسين معى ... فامتلأنا دهشةً وذهولاً .. ترى ماذا حدث ، ماذا يحدث ، وماذا سيحدث ... هل أنفك الشيطان؟ هل جن الرجل الذي أصدر مثل هذه القرارات؟ ثم توالى الأحداث بعد ذلك بساعات أسقف آخر ثم ثالث إلى أن صاروا 8 أساقفة و24 قسيساً ، وكثيراً من العلمانيين وبالحق كانت الساعات الأولى خانقة للنفس كثيبة وثقيلة ورهيبة حقاً ، وقد زادها قسوة هذه الزنزانة التي لا تصلح لسكنى الحيوانات .. فالهواء الفاسد تستنشقه بلا تغيير ، وحرارة الشمس تضرب الزنزانة طوال ساعات النهار ، حتى إذا ما جاء الغروب أفرغت حيطانها كل ما اختزنّه من حرارة إلى داخل الزنزانة ، فوصلنا إلى درجة الاختناق ، وعيثا حاولنا التغلب على ذلك، ورائحة التواليت بدون مياه صرف زادت الطين بلة، فصار الاحتمال صعباً. ولكن شكرأً لغنى نعمة المسيح، الذي صار عزاونا ورجاعنا .. ولو لا هذه النعمة التي أزررتنا ، لما بقي لنا بقية من حياة، ولا من أمل ورجاء في شيء. فلم تكن قوتنا البشرية ، لنجحمل شيئاً من هذا ولو لمدة يوم واحد ، لأن معظمنا ضعفاء في بنائهم من كثرة الأصوم والحياة النسكية ، وحتى أن بعضنا كان قد تجاوز 76 سنة بشهور.

فكيف عالت النعمة وسندت ، وصارت عصداً لكل هؤلاء ، ولم يفشل منهم أحد خلال مدة إقامتنا في هذه الظروف ، التي لم تتغير على مدى 45 يوماً كاملة؟!



PAIN AND SUFFERINGS...AND GOD'S EXISTENCE

Fr Samuel E

If we were to reflect on the multitude of people who experience pains and sufferings, we would find so much grief in the world that warrants the question: If God is meant to be a God of love, how can He possibly allow such sufferings to exist. We are talking here of sufferings caused by evil people inflicting much pain on others, on natural disasters, on vicious wild animals or fish that can attack and shred a human being to pieces, on miniature organisms (viruses, bacteria, etc) that can cause deadly illnesses beyond a cure, etc. Some atheists go on to pose the question: ‘Does this not prove that God could not exist?’



Assumptions made... When I think of this question, my first thought is to wonder if more people would actually believe in God if pain and sufferings did not exist in the world. Do people who endure more suffering believe less in God because of their sufferings? Somehow, I doubt this. Alternatively, if we accept that God exists, an alternative question will be: “Why does God allow such things to occur? So, it should not be a point of dispute about God’s existence, because the two ideas do not oppose each other.

Also to reach the conclusion that God does not exist because of the suffering makes two assumptions:

1. God creates a world exactly as He pleases; i.e. He interferes with all decisions that humans make, so that they will also do as He wills;
2. A ‘loving’ God could not allow physical human sufferings.

In Christianity these two assumptions are not entirely correct. Firstly, God is indeed able to prevent every evil action taken by an evil person anything; yet it would not be according to His plan of allowing human freedom. With regard to the ‘evils’ of disease-causing organisms even biologists tell us that most bacteria in existence are useful for us and that we could not survive without them.



Would God necessarily remove the few that cause disease just to prove that He exists? What about natural disasters? As Mark Durie puts it: *'If disaster and human suffering point to the non-existence of a Loving God, couldn't good luck, ... health, prosperity, and order, be possible evidence for the existence of a Benevolent Being?*

Secondly, on the question of God being a loving God, (not allowing human sufferings), this is human reasoning, but is not necessarily correct. God's love doesn't necessarily mean He prefers a world free of earthly sufferings. Just as a loving earthly parent would push His/her child to visit the dentist for the child's own sake, (even though it may cause suffering), so does God also have good reason to allow it. We may or may not understand God's reasoning, but this does not mean He does not allow it. A similar situation happens in the world. Scientists have discovered that large scale systems (e.g., weather) can be affected by small disturbances. Therefore, surely we can also accept that man cannot know why an all-knowledgeable God may allow sufferings for His own purposes.

Origins of Sufferings. From a biblical perspective we need to also remember an important point- That it was man's poor choice and decision-making that caused him these sufferings. A person who chooses a destructive lifestyle will cause hardship for both himself and for his family. Adam, God's first creation, chose to ignore God's law having been forewarned by God that death is an outcome: "*but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die*" (*Gen 2: 17*). Perhaps all the sufferings in the world could be the result of what God decreed when Adam sinned: "*Cursed is the ground for your sake. In sorrow you shall eat of it all the days of your life*" (*Gen 3: 17*). Hence the sufferings and eventual death in the world is the result of God's justice. So if this is the case, how does God demonstrate that He is a loving God? As St Paul puts it: "*God demonstrates His own love toward us, in that while we were still sinners, Christ died for us*" (*Rom 5: 8*) taking the just punishment for our father Adam's sins and that of ours also. So He also accepted sufferings to save the world, not from earthly pains, but from eternal punishment for sinners. Furthermore, He tells us: In this He shows that He is both a just God (propitiating for our sins) and a loving God, taking the punishment (which we deserved) upon Himself.



God came to ease the world's sufferings... Let's remember also that it was Christ's very presence and teachings that allowed many in the world to freely alleviate the world's sufferings. So many people contribute much to making the lives of others more comfortable, demonstrating virtues of charity, love, almsgiving to the needy, forgiveness, etc through the teachings of the Lord Jesus Christ. Some will say that non-Christians also do 'good deeds'. Yet one cannot deny that much of this has stemmed from Christ's teachings, either directly or indirectly. Hence it is apparent that God's purpose for man is not so much to provide human comfort, for His peace is '*not of the world*' (*Jn 14: 27*); rather it is the hope that Christ's blood removes the shame and guilt of sin of each person who believes in Him; thereby having true everlasting inner peace.



Accepting earthly sufferings... Perhaps some people will use sufferings as a cause for rejecting God, responding with bitterness, even anger as they see others suffer. But this rejection will not alleviate the world's sufferings. But those who respond by turning to God in their time of need for strength will find comfort and will, in turn, empathise others' sufferings and feel compelled to work to alleviate it. This is the very story of many who lose their loved ones through illness and then, having appreciated the pains that their loved ones endured, become inspired to work at helping others who suffer similar fate. This is perhaps a positive aspect of pain and suffering, inspiring us to be warm individuals who empathise for and show love and care for others. Furthermore, Christ inspires us and gives us reason to be involved in such work through His eternal promise: '*Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; ³⁶I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.*' (*Mat 25: 34-36*). Pain and sufferings of some people indeed brings out the good in others who aspire to make others' lives more comfortable. Those who do so with Godly faith inherit greater rewards, for their efforts are not hindered by earthly discomfort, but rather continue to work in the real hope of eternal life.



In conclusion we must say that God does not take away man's free will, even if it's evil; rather He has His own reasons for allowing earthly sufferings. Just as there exists natural disasters, there also exists goodness; as there's handicap and disease, there's also good health. But these have nothing to do with 'proving' either God's existence or non-existence. The Bible reminds us that the earth has been cursed as a result of sin, reflecting God's justice; yet, despite this, God's love also shines forth as He proved to man when He took our due punishment on the cross. He also left us a legacy that, despite the occurrence of pain and sufferings, we have a role to alleviate it; thereby becoming a truly compassionate world. To reject God and His teachings means to perpetuate and accentuate the pains and sufferings that are an inevitable part of this world.



مذكرات في تاريخ الكنيسة المسيحية القديس فيليبس التلميذ

Philip the apostle

في اللغة الإنجليزية

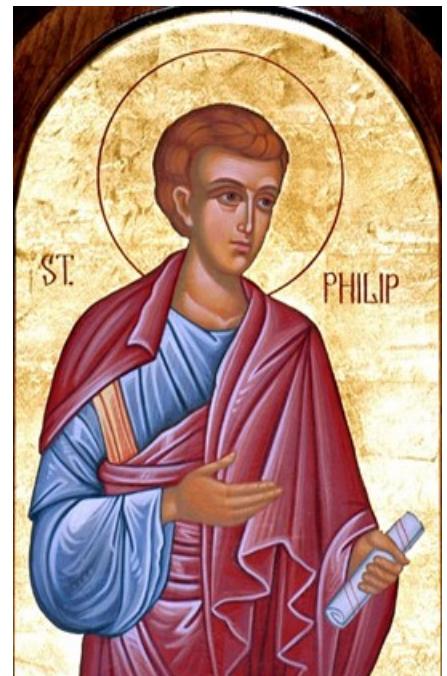
ولد في بيت صيدا - اسم يوناني معناه محب للخير.
يبدو أنه عكف منذ صباه على دراسة الكتب المقدسة.
نجد في حديثه إلى نثنائيل "قد وجدنا الذي كتب عنه موسى في
الناموس والأنبياء يسوع"

لم يرد ذكره كثيراً في الإنجيل:-

+ ذكر اسمه في معجزة اشباع الجموع بالخمس خبزات
والسمكتين.

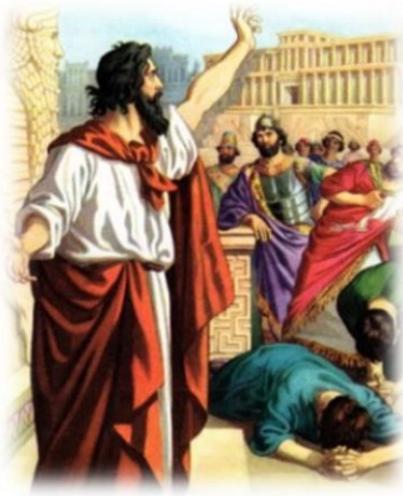
+ جاء ذكره في يوم الاثنين التالي لأحد الشعانين.
+ وجاء ذكره في العشاء الأخير حينما قال للرب يسوع "ارنا
الآب وكفانا" ، فكان جواب الرب عليه "أنا معكم زمانا هذه
مدتها ولم تعرفي يا فيليبس"

+ حمل بشري الخلاص إلى بلاد فارس وآسيا الصغرى.
+ استشهد مصلوباً بعد أن ثار عليه الوثنيون.





نینوی ”مدرسة التوبة“ أ. نبيل مسيحه



كانت نينوى مدينة عظيمة ، معروفة بغنائها وجمالها. وقد كانت عاصمة للإمبراطورية الأشورية. ويصور سفر يونان نينوى – قبل توبتها – في شكل مدينة مماثلة بالشرور مستحقة للدمار. وقد أرسل الرب يونان ليذهب إلى نينوى لينبأ أهلها بما سيحدث لهم. وتعتبر توبة نينوى من أروع أمثلة التوبة في التاريخ ، فكيف تخضع فجأة مثل هذه المدينة العظيمة المتشامخة ذاتها لأقصى درجة من الإذلال والإتضاع ، بكل من فيها ، من أعظمهم إلى أدناهم ، ومن الملك الجالس على العرش إلى أحقر سكانها. لقد صارت نينوى حقاً مثلاً رائعاً للتوبة الحقيقية.

معنى التوبة:

التوبة هي رجوع الإنسان إلى نفسه وهي تغيير الذهن والقلب ورجوع القلب إلى حرارته ورجوع الضمير إلى عمله. ومادامت الخطية خصومه معه ، تكون التوبة هي الصلح مع الله. وعندما يغیر الإنسان من سلوكه - المخالف لوصايا الله - يكون ذلك علامه للتوبة ويصبح السلوك المتصرف بالبر من ثمار التوبة.

كيف تحول أهل نينوى إلى التوبة؟

1. **عمل النعمة:** كان عمل النعمة رائعاً في قيادة أهال نينوى إلى التوبة ، وإلاً فكيف تتضمن فجأة مثل هذه المدينة العظيمة المتكبرة والمماثلة بالعنف وعمل الشر ، وكيف تؤمن وتصدق الرسالة التي حملها يونان النبي من الله؟ إنها بلا شك يد الله ، فقوته ونعمته كانتا هما المؤثرتان لتحريك قلوب أهل نينوى بالتوبة.



2. **إيمان أهل نينوى:** عندما دخل يونان المدينة ، كان كل ما قاله هو أنه بعد أربعين يوماً تنقلب نينوى (أى يتم



3. مخافة الله والرجاء: إن الرجاء والأمل في رحمة الله ، يشجعان بلا شك على التوبة ، وقد كان إيمان أهل نينوى مصحوبا بالرجاء ومخافة الله. وما يدعونا إلى للتأمل في توبه هذه المدينة هو الصورة المفرحة للرجاء ، فرغم أن كلمات يونان كانت قصيرة وصارمة ، إلا أن ذلك لم يفقد أهل نينوى الرجاء في رحمة الله ، فقالوا مع الملك: "لَعَلَّ اللَّهَ يَعُودُ وَيَنْدِمُ وَيَرْجِعُ عَنْ حُمْ وَغَضَبِهِ فَلَا نَهْلَكَ" (يونان 3 : 9). إن فقد الأمل لا بد أن يلغى الرغبة في التوبة ، فالليأس يدفع بالخاطيء إلى البعد عن الله وربما إلى كرهه !

علمات توبية أهل نينوى:

لقد إستمع أهل نينوى بإهتمام بالغ إلى يونان واستجابوا بسرعة لتحذيره ، فكانت توبتهم من القلب ، توبة صادقة بمعنى الكلمة.

1. لقد أثمر كلام رب صوما وصلوة ، فكانوا يصرخون بقوه إلى هـ في صلاتهم لكي ما يرفع غضبه عنهم. كما أعلنت المدينة صوما عاما للجميع ، فانقطع الناس عن الطعام والشراب ، وحتى البهائم لم يطعموها فلم تأكل أو تشرب .

2. وتحوّل أهل نينوى عن طرقوهم الرديئة وعن الظلم الذي في أيديهم ، وتنازلوا عن غطروتهم وكبارائهم وتخلوا عن ترفهم وعنفهم وحشيتهم وإثمهم.

3. إِتَّضَعُوا جَمِيعًا وَأَذْلُّوا أَنفُسَهُمْ أَمَامَ الرَّبِّ ، وَتَغْطَّتِ الْمَدِينَةُ كُلُّهَا بِالْمَسْوَحِ وَجَلَسَتْ فِي التَّرَابِ

والرماد من الملك إلى الرضيع ، كعلامة على الحزن والتقشف ورفض مباهج العالم. حتى البهائم تغطت بالمسوح.

توبه ملک نینوی:

لما بلغ كلام الله ملك نينوى قام من على عرشه وخلع ثوبه الملكي ، رمز جلالته ، وتغطى بالمسوح ، كرمز للتدليل بسبب ذنوبه وخطايا شعبه. ولم يقم الملك بالتوبة بمفرده ، بل شجع المدينة كلها على الندم والرجوع ، فأمر بأن لا يسمح لأى إنسان في المدينة أن يذق شيئاً من الطعام ، وبألا يسم للبهائم أو الغنم أو البقر أن ترع أو تشرب ماء. كما





الإرادة والتغيير الداخلي:

تبدأ التوبة بالتغيير الداخلي عن طريق الإرادة ، فالنوبة تستلزم الإرادة الحرة. ويرمز الملك في سفر يوحنان إلى هذه الإرادة التي تحكم سلوكه. وكما غير الملك ملابسه الملوكية بالمسوح وجلس في الرماد ، هكذا أيضاً يجب على إرادتي الإنسانية أن تطرح عنها ملابسها التي عملتها لنفسها وأن تعرف بعريها وفقرها حتى يغطيها الله برداء الإرادة السمائي الملوكى.

حنا الله وشفقته:



رأى الله صدق توبة أهل نينوى بما فعلوه. فهذه الثمار كلها ومظاهر التوبة هي التي حرّكت قلب الله لكي ما يتراجع عن الحكم الذي قرر ان يصنعه بهم إذا ما استمرّوا في طرقهم الشريرة. ومن المذهل حقاً أن نرى كيف جعل الله المدينة بأكملها تؤمن وأن تتتب! إن رجوع الله وندمه على الشر. الذي تكلّم أن يصنعه بهم هو بسبب حنوه وشفقته ، وهو ما أتكل عليه أهل نينوى في توبتهم ز

ماذا يعني "ندم الله":

"فَلَمَّا رَأَى اللَّهُ أَعْمَالَهُمْ أَنَّهُمْ رَجَعُوا عَنْ طَرِيقِهِمُ الرَّدِيئَةِ نَدِمَ اللَّهُ عَلَى الشَّرِّ الَّذِي تَكَلَّمَ أَنْ يَصْنَعَهُ بَهُمْ فَلَمْ يَصْنَعْهُ". (يوحنان 3 : 10) إن الله لا يندم أو يغير رأيه بالمعنى البشري ، فالله ثابت لا يتغير في ذاته وكمالاته ، أما الإنسان فهو الذي يغير موقفه تجاه الله وعندئذ يتبدل الحكم. وعندما يتوقف الإنسان عن فعل الشر ويرجع إلى الله ، يجده باسطا ذراعيه .

"هل مسراً أسر بموت الشّرير - يقول السيد الرب؟! إلا برجوعه عن طرقه"

فيحيا" (حز 23:18)



Cana of Galilee meeting

Over To You!

A healthy marriages and families that you always wanted, and the stress in our lives, particularly if it's at an overwhelming level.

Here are 7 ideas to help you reduce the pressure.

1. Refresh daily.

Psalm 1:3 says that the man who delights in God's Word "will be like a tree firmly planted by streams of water ... and in whatever he does, he prospers." Reading God's Word will equip you with wisdom, peace, courage, and faith to help you in your daily battles. It's a necessary investment in your life if you want to live stress-free.

Find a place to get alone with God.

2. Take a day off.

While planning your weekly activities, set aside one day with no activities, plans, or meetings. Make it a night to sit down as a family and read together, play or make some popcorn and ice cream.

3. Seek peace with others.

Unresolved conflict can weigh on our hearts and cause an anxiety. Proverbs 29:9 says, "When a wise man has a controversy with a foolish man, the foolish man either rages or laughs, and there is no rest." As Christians, we are to be at peace with all men as much as possible (see Romans 12:18). Pray for a heart of forgiveness for those who have offended you and for a heart of grace for those whom you have offended.

4. Take things one step at a time.

Someone once said, "How do you eat an elephant? One bite at a time." Facing a mountain of projects can be overwhelming.

Instead of thinking about the amount of work, just concentrate on the first step. God can help you walk through these busy days. As Job marvelled, "Does He not see my ways and number all my steps?" (31:4). Remember that you aren't going through these things alone. God will never give you more than you can handle, and you can do all things through Christ who gives you strength (see Philippians 4:13).

5. Plan ahead.

Stress is often due to lack of planning.

As the old saying goes, "An ounce of prevention is worth a pound of cure." If you know you're going to have a hectic week, do some things to prepare: Finish work assignments ahead of time so you're not rushing to finish them during your busy schedule.



Cana of Galilee meeting cont.

Make extra portions for dinner and freeze them for ready-made meals.
Call to confirm next week's appointments so that there isn't a last minute mix-up.
Select and prepare your clothing for the next five days.

6. Take notes.

By taking notes, you not only remember important details, but you also prevent worrying that you might forget. Often worry itself produces unbearable stress. Jesus said, "Do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own" (Matthew 6:34). If you can live a more carefree life, you're less likely to suffer mentally and physically.

7. Trust God.

The book of Ecclesiastes reminds us that God has set a proper time for everything under heaven (see chapter 3). He is the controller of the universe, so you don't have to be. There will be mistakes, things that fall through the cracks, and misunderstandings, but you can trust God to work out every problem. As Solomon said, "He makes all things beautiful in His time" (Ecclesiastes 3:11). Instead of stressing over difficult circumstances, use this time as a faith-buildings





Year 7-9

Reflections on the period of isolation

"The 3-4 month period of isolation induced because of the Coronavirus had both it's advantages and disadvantages on many aspects of everyday life. I wasn't able to see my friends, go to school and go to church. Since close contact was prohibited/kept to an absolute minimum by authorities, i partook in the sacrament of communion a total of 4 times. Sunday School, Bible Studies, Vespers and everything else church affiliated was done via Zoom. Although considering, the time in isolation gave me a chance to contemplate and evaluate on life decisions and on my relationship with God and individuals in my life. Having so much time to myself and alone gave me plenty of time to grow closer to God and grow stronger my relationship with Him."

Nathan Gambian (year 9)

Isolation has extended my time period in praying and has made me set aside some of my major things in life like talking to my friends and playing on technology. It has also made me have one principle in life which I have learnt during the period of isolation is that during these tough times, God is always standing next to me and sending his guardian angel to protect me. God has been standing next to me and I have been dedicating most of my free time to Him. I have also learnt that we have some wonderful servants, standing and guiding us to keep us up and running, inspiring us to keep on going with our lives and continue talking with our Lord Jesus Christ. With God and online learning, it has now become a chief part in my life and that is what I will dedicate my time during online learning. I know this has been a tough thing to deal with, during isolation, but I know and I am certain we all know that God is with us and He will talk to us through the Holy Bible to what we could do in these tough situations. "The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing. Zephaniah 3:17"

Andrew Sharobem (year 7)

"In the past three to four months we have been in lockdown and that means behind locked doors and as the bible says in the gospel of John chapter twenty verse nineteen 'Then, the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled, for fear of the Jews, Jesus came and stood in the midst, and said to them, "Peace be with you.'" God doesn't need our doors to be open to come to us. In the past few months my relationship wth God ha increased greatly, it has made me realise the importance of the church even more and the importance of communion."

Mina Hanna (year 7)



Year 4-6

Summer Club



YEAR 4-6 GRADUATION





St George Coptic Orthodox Church - February 2021

Year 7-9 Work shops



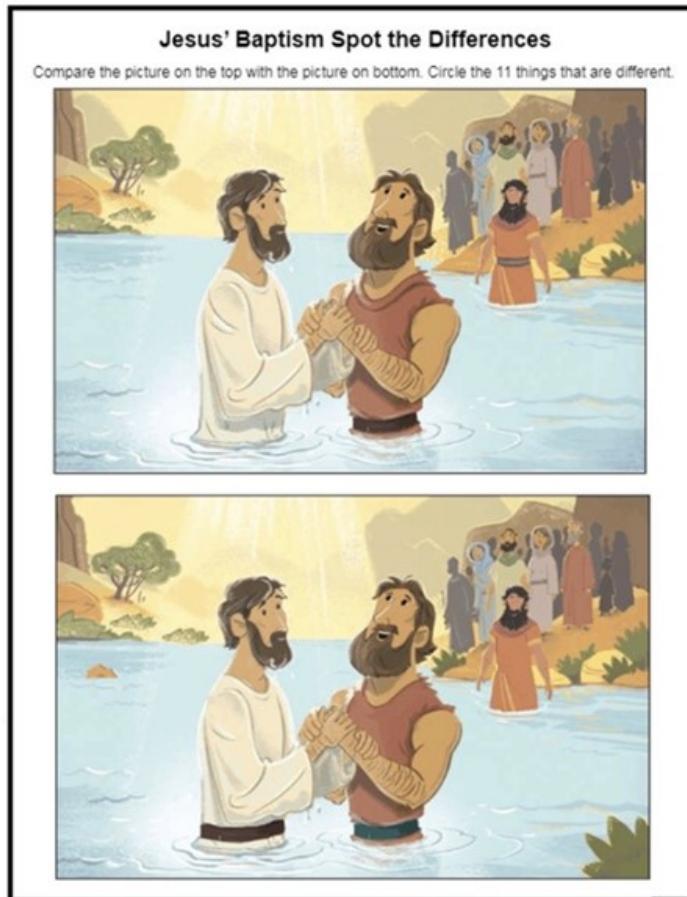
Year 10-12 End-of-year Celebration





Prep Sunday school classes

"This is My beloved Son, in whom I am well pleased " Matthew 3:17

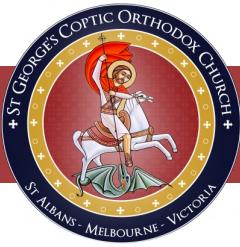


Πωηρι (epsheeri
/The Son)

Φιωτ (efioot
/The Father)

Πίπνευμα εθ οοαβ (pi epnevma eth ooab
/The Holy Spirit)

ωμς
(ooms/Baptized)



Church news

**Remember O Lord Your servants, the departed
Recently departed in the Lord:**

†Mahfooz Armanous

father of Jason and John and brother of Layla, Emy
and the Late Sami Armanous



†Kamilia Makin (Egypt)

mother of Juliet Nakhla (wife of Dimean Gars).



**May the Lord repose all their souls in the heavenly
paradise and give the comfort and peace of the Holy
Spirit to all their family members.**



Weddings

“They are no longer two, but one flesh” (Mk 10: 8)

St. George’s Congratulates the recently married couples:

Samuel Bebawi & Christine Mikhaiel



Mike Abdelmalek & Mariam Demian



May the Lord bless them with a joyful and harmonious life together for many years to come



Visit of HG Bishop Daniel El-Antouny

St George's received the blessing of a visit and liturgical prayer with HG Bishop Daniel on Saturday 30 January, 2021. During the liturgy, the following deacons were ordained at the level of 'Psaltos' (Singer):

- + Mina Ghabriel as 'Yostos'
- + Jude Ghobrial as 'paul'
- + Michael Asaad as 'Paula'
- + Christian Ghabriel as 'Anthony'
- + Mark Hakim as 'Mark'.

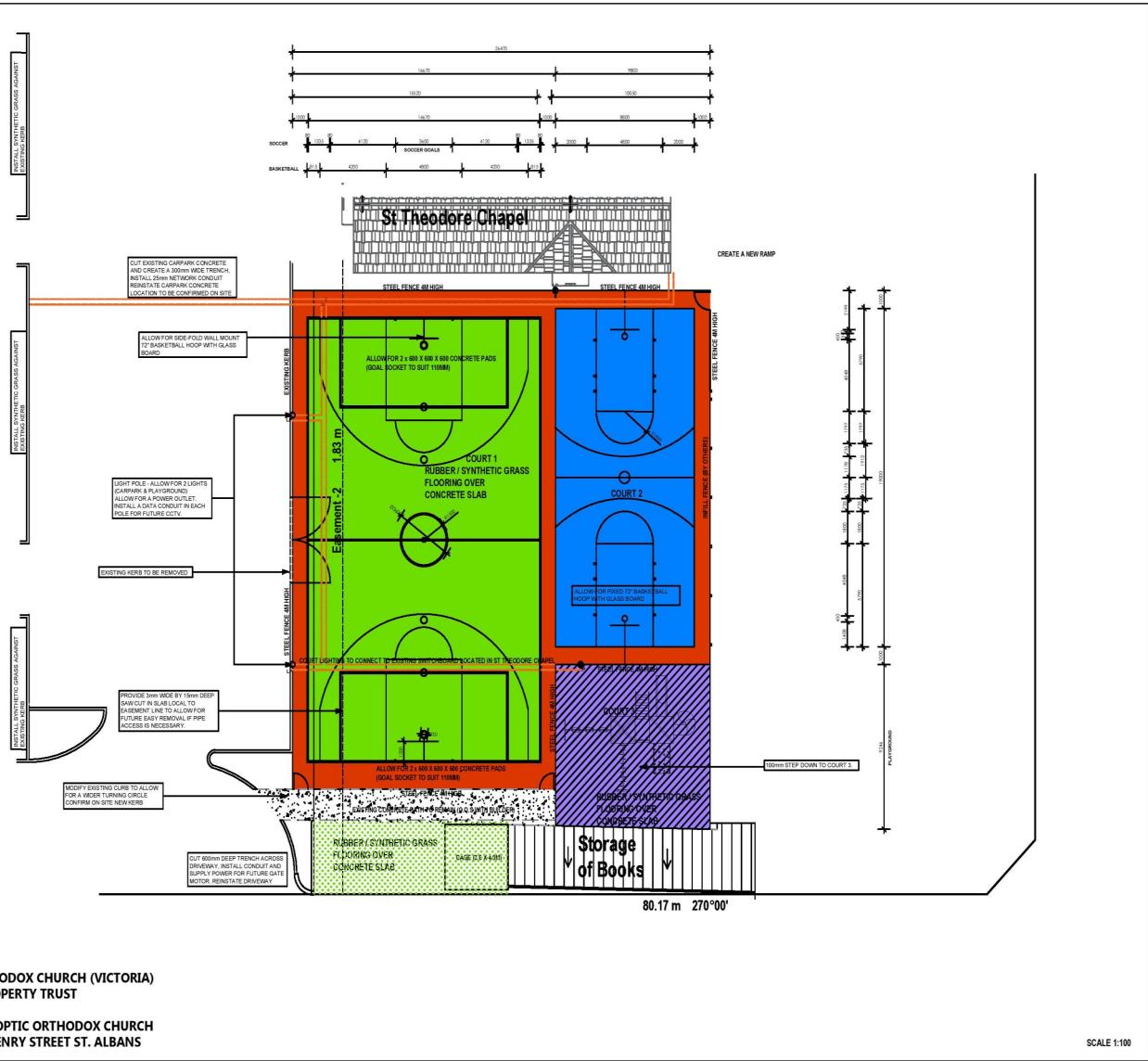




From the Church Committee

Dear Christ loving family of Saint George's Church. Through God's grace, your love and generosity, \$27,000 have been raised out of our goal of \$150,000. This will be secured for investing in our children's future at the church for the playground, basketball and soccer courts. Let's keep working together to see this investment through for our children and the future.

We expect the demolishing of the current set up to commence this week, February 2020. And then work will commence soon after





قاموس الكتاب المقدس | دائرة المعارف الكتابية المسيحية

شرح كلمة يونان النبي

اللغة الإنجليزية: - Jonah (Jonah) في اللغة القبطية: - حـنـا π̄οφ̄να

الصيغة السريانية والعربية للاسم العبري "يونة". ومعناه حمام.

كان يونان النبي بن أمتاي من سبط زبولون (يش 19: 10-16). ومن أهالي جت حافر على بعد ثلاثة أميال من الناصرة. والأرجح أنه هو المذكور في مل 14: 25 وأنه تنبأ في أيام يربعام الثاني ملك السامرة. وتنبأ يونان برد حدود السامرية إلى مدخل حماة شمالاً وإلى بحر العرب وخليج العقبة جنوباً. وكان موضوع نبوءته إنقاذبني إسرائيل من ظلم الأراميين "السوريين". وكانت نبوءته مطبوعة بطبع وطنى أدبي خلقى كتبى نبوءة هوشع وعاموس. وهذا النوع من النبوات كان يصادف هوى في قلبي الشعب العبراني. وقصته في سفر يونان.

وقد كان يونان أحد أنبياء إسرائيل (يونا 1: 1)، وكان من مدينة جت حافر في سبط زبولون (مك 2: 14-25). ويذكر سفر الملوك الثاني أن يونان قد تنبأ بأن بريعام بن يهواش، ملك إسرائيل سيرد تخم إسرائيل من مدخل حماة إلى بحر العرب (خليج العقبة).

ورغم أنه عصر يربعام الثاني كان عصر ازدهار سياسي، إلا أنه كان عصر انحطاط روحي، لأن يربعام عمل الشرفي عيني الرب، "م يحد عن شئ من خطايا يربعام بن بنياط الذي جعل إسرائيل يخطئ (مل 2: 14)، فإن يونان تمسك بوطنيته بغيره شديدة حتى إنه لم يشا أن يلبى دعوة الرب له للذهاب إلى نينوى لإذار أهلها، لأن شرهم قد صعد أمام الرب، لأنه كان يعلم أن أشور هي الآلة التي يستخدمها الرب لعقاب أمتاه إسرائيل. (انظر المزيد عن هذا الموضوع هنا في موقع الأنبا تكلا في صفحات قاموس وتفاصيل الكتاب المقدس الأخرى). فالنبي الذي أرسله الرب إلى يربعام ليؤكد له نجاحه في استعادة تخوم مملكته، هو النبي الذي أرسله الله إلى نينوى لإذارها بالخراب، لعلها تتوب.

ومن عجب أن النبي الذي كان شديد التعصب لقوميته (يونا 1: 9)، هو نفسه النبي الذي اختاره الرب ليرسله إلى أمه معادية لشعبه. كما أن سفر يونان يبدو فريداً بين أسفار الأنبياء إذ أنه سفر تاريخي أكثر منه نبوي، فلم تكن النبوة التي كلفه بها الرب سوى خمس كلمات (فى العبرية كما هي في العربية) "بعد أربعين يوماً تقلب نينوى" (يونا 3: 4).

وهو أحد الأنبياء الصغار (يونان النبي الصغير)، ولم تكن هذه التسمية بسبب صغره شأن هؤلاء الأنبياء، وإنما لقصر نبواتهم المكتوبة.



Taste of EGYPT COMMUNITY FESTIVAL

Hosted by St. George Coptic Orthodox Church

27th - 28th February 2021 9AM-6PM 77-79 Henry St. St. Albans



Exotic Egyptian Sweets

- Basboosa
- Baklava
- Konafa
- Zalabia
- Rice Pudding
- Crepes & Churros
- Waffles & Pancakes
- Sugar Cane Juice
- Fruit Smoothies & Shakes
- Tiramisu



EFTPOS Available



Authentic Egyptian Cuisine

- Kofta
- Kebab
- Shawarma
- Kebda
- BBQ Chicken
- Quails
- Falafel
- Koshari
- Foul
- BBQ Fish



Kids Rides and Activities

- Jumping Castle
- Animal Farm
- Face Painting
- Arts & Crafts
- Kid's Movie Station



77-79 Henry Street, St Albans / P.O. BOX 145 St Albans Vic 3021