

1 I will bless the Lord at all times; His praise shall continually be in my mouth. 2 My soul shall make its boast in the Lord; The humble shall hear of it and be glad. 3 Oh, magnify the Lord with me, And let us exalt His name together. 4 I sought the Lord, and he heard me, And delivered me from all my fears. 5 They looked to Him and were radiant. And their faces were not ashamed. 6 This poor man called to the Lord, and he heard him, And saved him out of all his trouble. 7 The Lord encamps all around those who fear Him, and see that the Lord is good; Blessed are the saints! There is no want among them who fear the Lord, nor do they suffer hunger or thirst. 8 Come, you who fear the Lord, taste and see that the Lord is good. 9 Who is the Lord? 10 He is our God, and we are His people, the sheep of His pasture. 11 Come, you who fear the Lord, taste and see that the Lord is good. 12 Who is the good? 13 Keep your tongue from evil, and your lips from speaking deceit. 14 Depart from evil, and do good; seek peace, and pursue it. 15 The eyes of the Lord are upon the righteous, and his ears are open to their cry. 16 The face of the Lord is near to those who have a broken heart, and he remembers them. 17 The remembrance of them from the time of their creation is before him, But the Lord hears, and delivers them. 18 Those who have a contrite spirit, and seek him, he will save. 19 Many are the afflictions of the righteous, But the Lord delivers him out of them all. 20 He guards all his servants; Not one of them is broken. 21 Evil shall slay the wicked, And those who hate the righteous shall be condemned. 22 The soul of His servants, And none of those who trust in Him shall be condemned.







**H. H. Pope Tawadros II**  
Pope of Alexandria and Patriarch of the See of St. Mark



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## INTRODUCTION Mahragan Alkeraza 2016

As we celebrated the conclusion of last year's Mahragan with the distribution of the trophies for the first, second and third place winners, we were grateful for God's blessings for a successful 2015 Mahragan. His Holiness Pope Tawadros II said during the Awards Ceremony in Egypt, "I am happy to see the activities of the Youth Bishopric, I am glad that our beautiful Church that is 2000 years old is full of young youth and I am proud to see the creative work and achievements of the youth."

Last year, in addition to the usual participation from Egypt and Sudan, we had a great worldwide participation from 192 Churches representing more than 20 countries and 8 languages.

The theme for Mahragan 2016 is "**Taste & See The Lord Is Good**" (Psalm 34:8).

This year, God is asking each one of us to grow in Christ by:

1. Rejoicing in Christ
2. Growing strong roots inside the Church
3. Building our faith through reading the Bible
4. Caring for everyone
5. Maintaining a peaceful heart

We hope that all of you will participate in the Mahragan activities this year, and encourage everyone you know to join us in one of the greatest annual events, presented by our mother, the Coptic Orthodox Church.

May God bless Mahragan Alkeraza this year and the efforts of all the participants and coordinators,

through the prayers of our beloved father Pope Tawadros II.

*My best wishes for a happy  
Festival*

*Bishop Moussa*



# VISION STATEMENT

St. Mark Festival envisions children, youth, and servants uniting with the Midwest Coptic Orthodox churches in order to grow closer to God and each other by having an opportunity to know Him better through spiritual lessons and activities.

# MISSION STATEMENT

Our mission is  
to love one another, as Christ loved us,  
and not let the competition get in the way of spiritual growth.



## THE ANTHEM

The Light was there, at our old ways  
And God formed His church, one and Orthodox (2)

To God we raise our eyes, who saw Him were enlightened  
And if we seek our God, we will follow His footsteps

Our God is a kind Lord, caring for His flock (2)

Our Lord is sweeter than honeycomb  
We tasted His beauty, love, and kindness (2)

We're His creation, saved by His will  
My joy is that I'm made in His image

And when I sought Him, with love I found Him (2)

## SPIRITUAL

**Spiritual Lessons - Coptic Hymns - Coptic Language**

## ACTIVITIES

**Choir - Drama - Multimedia - Video Clip  
Musical - Research Paper - Creative Writing - Arts & Crafts**

## SPORTS

**Basketball - Volleyball - Soccer - Ping Pong - Online Chess**

For more information about Mahragan activities please visit the Mahragan website at:

<http://www.stmarkfestival.us>



# IMPORTANT DATES & LOCATIONS

## June 26<sup>th</sup> - July 3<sup>rd</sup>: Midterm Exam - Church Level

- Format: Online Exam (Spiritual Lessons, Coptic Language, & Memorization)
- Participant: All Grade Groups
- Type: Individual (at your church under servant supervision)
- Location: Local Church

## July 17<sup>th</sup> - July 24<sup>th</sup>: Final Exam- Church Level

- Format: Online Exam (Spiritual Lessons, Coptic Language, & Memorization)
- Participant: All Grade Groups
- Type: Individual (at your church under servant supervision)
- Location: Local Church

## July 31<sup>st</sup> - August 7<sup>th</sup>: Regional Exam- Regional Level

- Format: Online Exam (Spiritual Lessons, Coptic Language, & Memorization)
- Participant: All Grade Groups Up to top 5 of each grade group
- Type: Individual but Graded based on average score (at your church under servant supervision)
- Location: Local Church

## July 31<sup>st</sup>: Due Dates for:

- Coptic Hymns\*
- Creative Writing\*
- Multimedia\*
- Research Papers\*

\*Please refer to the guidelines for submission instructions at [www.stmarkfestival.us](http://www.stmarkfestival.us).

**August 12<sup>th</sup> - Performances and Locations are TBD.**

**August 13<sup>th</sup> - Sports Day @ McCook Athletic & Exposition:**

4750 Vernon Ave, McCook, IL 60525 from 10:00am-8:00pm.

**August 14<sup>th</sup> - Performances and Locations are TBD.**



# MAHRAGAN ALKERAZA RULES

**"He who heeds instruction and correction is (not only himself) in the way of life (but also) is a way of life for others." (Proverbs 10:17)**

Please remember this is a Christian competition and as such you are expected to act accordingly.

## PARTICIPATION:

- Each person wishing to take part in the Mahragan must take the written Bible exam to be able to participate in other activities. There will be no exceptions to this rule.
- No electronic devices of any kind including cell phones or iPods will be allowed during the written portion of the competition.

## ATTIRE:

- Modest attire is required at all times.
- Please wear appropriate clothes for the written exam, sports, and leisure activities.

## BEHAVIOUR:

- No cheating
- No fighting
- No use of bad words or inappropriate language

## PLEASE NOTE:

Any disorderly conduct that limits the other participants' right to enjoy a spiritual competition will be dealt with immediately.

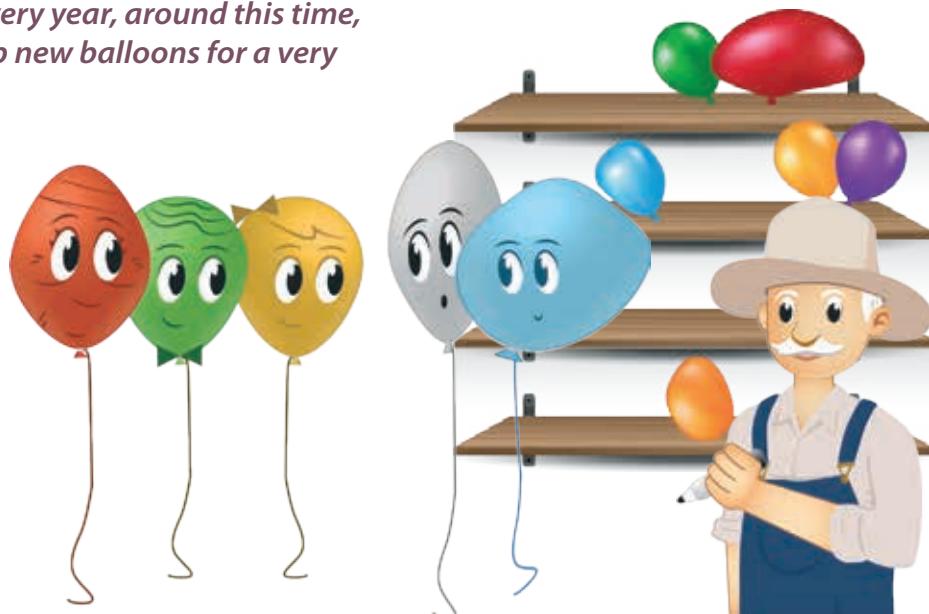


# MY HEART REJOICES IN CHRIST

*Uncle Moe's balloon shop was always the most colourful and exciting place around. Every year, around this time, Uncle Moe started blowing up new balloons for a very special event. This time around was no different. After blowing up huge colourful balloons, Uncle Moe began drawing big wide eyes and a big smile on each balloon.*

**Balloon 1:** Oh my! You look so cute with your little bow.

**Balloon 2:** You too!! You have a very beautiful smile. I love this place!



*Uncle Moe wanted to introduce the new balloons to all the other balloons.*

**Uncle Moe:** Hello everyone, I would like to introduce you to your new friends.

**Balloon 1:** Where are we?

**Uncle Moe:** You are in the biggest balloon shop around. We're all so happy to have you here.

**Balloon 2:** Wow! All the balloons here have beautiful colourful designs.

**Uncle Moe:** The red balloon over there is called Touta.

**Touta:** Welcome everyone. We've been waiting for you. What are your names?

**Uncle Moe:** Hmm... Let's call the yellow balloon Rora and the green one Howie?



**Rora:** I love it!

**Howie:** Me too, thank you so much Uncle Moe!

**Touta:** Welcome Howie and Rora, let me introduce you to the rest of our friends.

*As Touta introduced them to her friends...*

**Howie:** Touta, I have a question. You're all so beautiful! Why did Uncle Moe make us too? It seems like he has enough balloons.

**Touta:** That's because the feast of the resurrection is coming soon and we must celebrate for many days. Lots of people come and buy balloons to celebrate the feast. That's why Uncle Moe had to make more balloons.

**Howie** and **Rora:** Resurrection?

**Howie:** What's that?

**Touta:** The resurrection of our Lord Jesus Christ. Every year Uncle Moe tells us a new story. Let me tell you one of them...

## THE DISCIPLES OF EMMAUS AND THEIR JOY WITH THE RESURRECTION OF OUR LORD JESUS (LUKE 24:13-43)

**Touta:** After our Lord Jesus Christ died on the Cross, He was buried in a tomb. On the 3rd day, very early Sunday morning, He rose and conquered death. He rose from the dead while the tomb was sealed with a huge stone. He resurrected with His own power. After the resurrection of our Lord Jesus, Archangel Michael came down from heaven and rolled the stone away from the door of the tomb so that everyone could see the empty tomb and believe in the resurrection of our Lord. The resurrection was not only confirmed by the empty tomb and the folded linen cloth but also by the appearance of our Lord Jesus to many people for 40 days.

**Howie:** 40 days! Wow! So who did He appear to?

**Touta:** Hmm. I don't know, let's go ask Uncle Moe.



**Howie:** Okay. Let's go!

*They go ask Uncle Moe...*

**Uncle Moe:** Touta! I'm so proud of you for remembering the story of the resurrection. Let me tell you the rest...

After our Lord Jesus Christ resurrected, He appeared to His disciples and many others. The Holy Bible wrote to us about 11 of those apparitions.



**Rora:** Uncle Moe, please tell us about some of them.

**Uncle Moe:** On the Sunday of the resurrection, two of Jesus' disciples from a city called Emmaus, left Jerusalem to go back to their city after they heard about what happened. On their way, they were talking together about all the things that had happened. They were sad and confused. So it was, while they spoke to each other, that Jesus Himself drew near and walked with them. But they didn't know that it was Him. He said to them "What are you talking about and why are you sad"? Then Cleopas, one of the two disciples, answered Him, "Are You the only stranger in Jerusalem, and have You not known the things which happened there in these days?" And they talked to Him about the Lord Jesus.

**Touta:** What did they say?

**Uncle Moe:** They told Him about Jesus of Nazareth who was arrested, crucified and died. They told Him how they were hoping that it was Him who was going to redeem Israel. And that today early in the morning some women went to the tomb to anoint the body of the Lord Jesus but found that the stone was rolled away from





the tomb and the body of the Lord Jesus was missing. They told Him that the women saw angels who said that He was alive, and that some of the disciples went to the tomb and found the tomb just as the women had said.

**Rora:** I understand why they were confused. No one has ever heard of someone who rose from the dead after three days with his own power.

**Uncle Moe:** You know Rora, our Lord Jesus didn't like how they were confused. They didn't remember what the prophets said about Him in the Old Testament, that Christ had to suffer and die and resurrect and save all the people. Our Lord Jesus started to explain to them the Scriptures and all the things concerning Him.

**Howie:** All this and they didn't realize that He was the Lord Jesus?

**Uncle Moe:** Yes, they still didn't know. As they came closer to Emmaus, where they were going, it was getting dark because it was a long two hour walk. They asked our Lord Jesus to stay with them and He did.

**Touta:** Then what happened?

**Uncle Moe:** He sat at the table with them, He took bread, blessed and broke it and gave it to them. Then their eyes were opened and they knew Him. Right then, He vanished from their sight.



**Touta:** What did they do after that?

**Uncle Moe:** They returned to Jerusalem to tell the disciples about what happened and how they recognized Him when He broke the bread. While they were telling the disciples, you won't believe what happened!

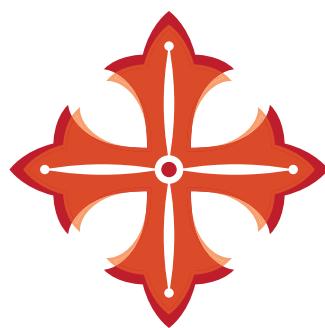
**Touta, Howie, and Rora:** What happened?!



**Uncle Moe:** Our Lord Jesus Himself stood in the midst of them and said to them "Peace to you". But they were frightened and did not believe that it was Him. He reassured them and showed them His hands and His feet. Our Lord Jesus told them to touch Him so that they may believe. The disciples were so happy! He also asked them to bring food so they gave Him a piece of broiled fish and some honeycomb and He ate in their presence.

**Memory Verse:** *"But I will see you again and your heart will rejoice, and your joy no one will take from you."* John 16:22

**Rora:** Wow! What a beautiful story! I'm so happy to learn about the resurrection and two of our Lord Jesus' apparitions after that.



# IN MY CHURCH MY HEART IS COMPLETE

*Everyone started getting ready for the grand celebration for the feast of the resurrection. But Howie was busy with something else...*

**Rora:** Howie, what are you doing?

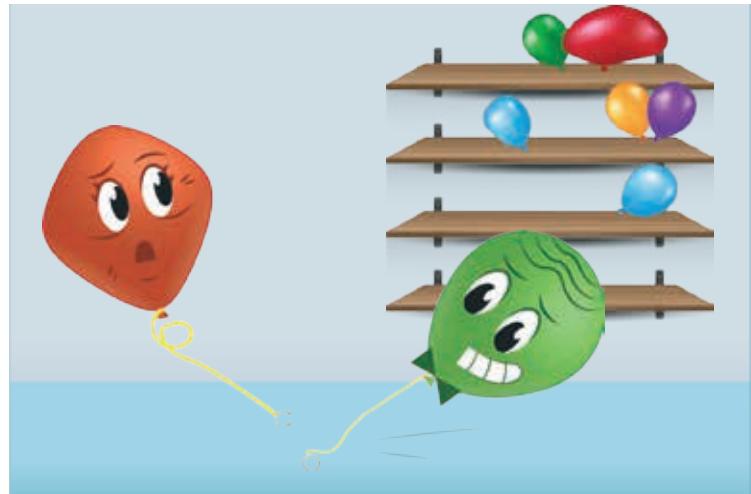
**Howie:** I'm trying to get rid of this ring. It's bothering me! I can't move or fly.

**Touta:** No don't, this ring is holding us in our place so we don't get lost.

**Howie:** I don't understand.

**Touta:** See, the air that's inside us makes us reach up so high. The ring is there to keep us tied together so we don't get lost.

**Howie:** But I feel so restricted.



*Uncle Moe arranged all the balloons and choose Touta, Howie and Rora to be at the door. Two little kids, George and Elaina, came in to buy some balloons for the Easter Sunday School party.*



**George:** Good morning Uncle Moe, we need some balloons because we have an Easter Party at Sunday School.

**Uncle Moe:** So good to see you guys again! You know you can always choose whatever you like.



**Elaina:** I like the three balloons that you have at the door. They're big and have such beautiful designs.

**Uncle Moe:** Oh! These are Tounta, Howie and Rora. They're the best I have. I made them especially for the Easter celebration.

**George:** Awesome! We will come pick them up next Sunday on our way to Church.

**Uncle Moe:** Okay I will keep them for you.

**Elaina:** Thank you Uncle Moe! Please take care of them.

*George and Elaina left the shop. Tounta, Howie and Rora were so happy that they were chosen for the Sunday School celebration. A few days later, George and Elaina came to pick up Tounta, Howie and Rora. George was holding Tounta and Elaina was holding Howie and Rora. On their way to Church.*



**Elaina:** Oh no! Where did Howie go?

**George:** Elaina! Try to catch him, oh no! He's so high!

**Elaina:** I'm sorry, I didn't mean it! I was holding them all very carefully. I don't know what happened.

*Elaina started to cry...*

**Tounta:** Don't cry Elaina! It's not your fault. Howie was trying to get rid of the ring because it was bothering him. We tried to explain to him that it was the ring that was keeping us all together so that we don't get lost but he didn't listen.



**Elaina:** What are we going to do now? I can't even see him!

**Touta:** Me neither!

*They all called for Howie but no one could see him.*

**Elaina:** I won't leave without Howie!

**George:** But we're gonna be late for the party. They're waiting for the balloons!

**Elaina:** No! I can't leave!

**George:** I have an idea. Let's take Touta and Rora to Church and give them to Anthony our Sunday School teacher so they can start and we can come back here to look for Howie.

**Elaina:** Good idea! Also that way, Touta and Rora will be safe there.

*When they arrived at Church, Abouna was sprinkling the water on the congregation because it was the end of the Liturgy. George and Elaina were waiting at the door of the Church but Rora was trying to hide.*

**Elaina:** What's wrong?

**Rora:** I am scared of the water. I don't want the water to come on me.

**Elaina:** Don't worry. Water doesn't hurt balloons!

**Rora:** But I'm scared! Why is he even sprinkling the people with water?



**Elaina:** Water plays a very important role in the Church rites. Everything that's done in the Church has a meaning.

**Rora:** Can you tell me about the use of the water in the Church?



## THE USE OF THE WATER IN THE CHURCH

**Elaina:** During the Liturgy, it's like we're in heaven. Our Lord Jesus Himself is among us on the altar. The Liturgy tells us the story from the birth of our Lord Jesus Christ until His resurrection, His ascension into Heaven and His second coming.

**Memory Verse:** "Taste and see that the LORD is good." Psalm 34:8

There are different uses of water in the Liturgy.

Before Abouna chooses the Lamb (the bread which will become the Body of our Lord Jesus), he washes his hands three times saying: "Wash me, and I shall be whiter than snow" Psalm 51:7.

Abouna washes his hands because he is about to touch the bread that will become the Body of Christ. It teaches us that we have to come to the Liturgy with a clean heart.

**Rora:** A clean heart?



**Elaina:** Yes, for example if you're upset with someone, you should reconcile with him.

**George:** Also if someone did something wrong, like swear or tell a lie, he has to ask God to forgive him and help him not to do this again. He also has to confess to Abouna, that way his heart will be clean and he will gladden God's heart.

After Abouna chooses the bread (Korbana or Lamb) that will become the Body of our Lord Jesus in the Liturgy, he takes some water in his hands and washes the Korbana. This is called "the Baptism of the Lamb".

**Rora:** Why does Abouna baptize the Lamb?



**Elaina:** Abouna baptizes the lamb like our Lord Jesus was baptized in the Jordan River by St. John the Baptist. During Jesus' Baptism, the heavens were opened. So during this time of the Liturgy, the heavens are opened and it's a perfect chance for us to pray and ask God for what we need.

**Touta:** Cool! Now we learned two things. What else?



**Elaina:** Abouna puts the wine in the chalice and mixes it with some water. This wine will be transformed into the Blood of Christ that we take during Communion

**George:** You know, when Jesus was crucified, one of the soldiers pierced His side with a spear and blood and water came out of His side.

**Elaina:** Exactly! That's why Abouna mixes the wine with the water. Let me tell you something else. In the Liturgy, after we recite the Creed, saying "We believe in one God..." Abouna goes inside and washes his hands with water.

**Rora:** That's the second time he washes his hands.

**Elaina:** That's right! Good job Rora. The first time, Abouna washed his hands to prepare himself to touch the Body of Christ. This time, he washes his hands and scatters the water in front of everyone. He is reminding us that it is our responsibility to prepare ourselves and be ready to attend the Liturgy and partake of the Holy Communion.

**Touta:** Is there any other use of the water in the Liturgy?

**Elaina:** At the end of the Liturgy, when Abouna is done with Communion, he washes the Communion vessels with water to make sure that there is nothing left from the Body in the paten or the dome and that no Blood is left in the chalice or the spoon (Mysteer). After that, the deacon dries the Communion vessels with a towel. This teaches us that as Abouna took care of



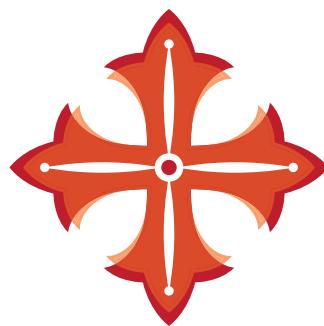
the Communion vessels, we too have to take care of ourselves as we are now carrying the Body and Blood of Christ. When we take Communion, we should be careful in everything we do and say, so that we continue to gladden God's heart.

**George:** Finally, at the end of the Liturgy, Abouna dismisses the angel of the sacrifice who attended the Liturgy with us. He puts some water in his hands, throws it up and says: "Oh, the angel of this sacrifice, flying up to the highest with this hymn, remember us before the Lord, that He may forgive us our sins". Then Abouna comes out from the altar and sprinkles the water on the congregation to bless them and dismisses them with the ending blessing and says: "Go in peace, the peace of The Lord be with you."



**Touta:** Oh, that's the part we saw just now.

**Elaina:** Exactly! And now that the Liturgy is over, Anthony will be coming out shortly.





# WITH THE BIBLE MY HEART IS FAITHFUL

*Everyone started leaving the Church but Anthony was missing.*

**George:** Everyone's gone but I still can't see Anthony.

**Rora:** I'm worried about Howie. I wanna go find him.

*Rora tried to free herself from the metal ring that was holding her.*

**Touta:** Wait! Where are you going? We don't know where Howie is.

**Elaina:** Wait! You're not going to leave us too?! Let's go look for Anthony first, then we'll come with you to look for Howie.

**Rora:** No it's too late! I have to go...

**Elaina, George** and **Touta:** Wait!!!

*Rora freed herself and started flying away, but instead of flying high in the sky, she found herself flying in a narrow place inside the Church. Rora went up into the Church tower and hit something which went ding... ding...*

**Rora:** What was that? Where am I?  
What is that sound?

**Ringo:** That was me! I'm Ringo, the Church bell. Welcome to the Church tower. Who are you?





**Rora** told **Ringo** her story and how she ended up in the tower. **Ringo** offered to help.

**Rora:** How can you help me when you're stuck in this narrow dark place?

**Ringo:** This is my home.

**Rora:** What do you do here?

**Ringo:** I ring to invite people to come to the Church. The place has to be narrow so my voice can be loud.



**Rora:** Are you happy here? You're like a prisoner! I've never heard of someone being happy while in prison.

**Ringo:** Of course I'm happy, I have an important role to play. Didn't you hear about St. Paul and Silas who were so happy while they were in jail?

**Rora:** No way! Tell me their story.

### ST. PAUL AND SILAS IN THE PHILIPPIANS' JAIL (ACTS 16: 16-34)

**Ringo:** Paul and Silas were Jesus' apostles. One day they went to a city called Philippi to preach about our Lord Jesus. Many people believed and were baptized. But in Philippi, there were people who were not happy with their preaching and the miracles they were doing with Jesus' power. So they took Paul and Silas and went to the governor and told him that they were causing trouble in the city. When he heard this, the governor ordered Paul and Silas to be tortured severely and put in jail. They put them in the inner prison and tied their feet in the stocks.

**Rora:** They must have been tired and in pain?

**Ringo:** Yes, they were tired, but even with the pain and the chains, they were praising God and singing hymns. Even the other prisoners heard their prayers.



**Rora:** Praising while in prison? I thought you would tell me they were upset and sad.

**Ringo:** No, even in jail, their hearts were rejoicing and they were praising God because they trusted in God and in His word. They trusted that God will be with them and protect them even in jail.

**Memory Verse:** “For our heart shall rejoice in Him, because we have trusted in His holy name.” Psalm 33:21

**Ringo:** Because they trusted God during this hard time, something really strange happened...

**Rora:** What happened?

**Ringo:** In the middle of the night, there was a big earthquake and the foundation of the prison

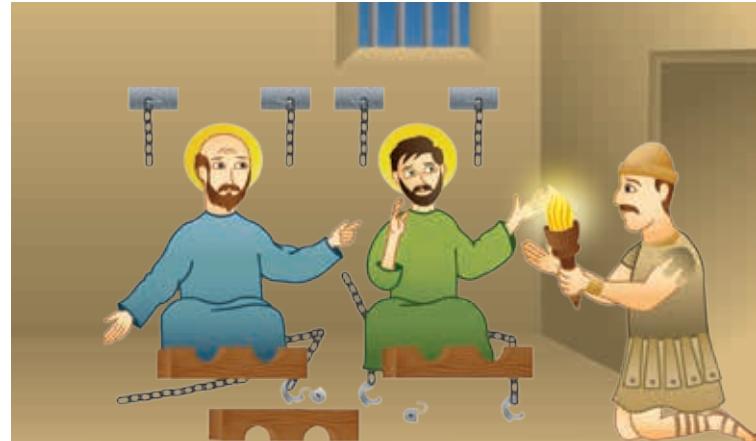




was shaken. The doors were opened and the prisoners' chains were loosed.

**Rora:** That's awesome! So Paul and Silas and all the prisoners could leave?!

**Ringo:** That's exactly what the jail keeper thought had happened when he woke up and saw that the doors were open. He wanted to kill himself.



**Rora:** Well, he probably thought that since the prison doors were open, then the prisoners must be long gone and as a result, the king will execute him.

**Ringo:** Yes, but Paul called him with a loud voice saying: "Do not harm yourself for we are all here". The jail keeper went inside and found Paul and Silas and all the prisoners there. He realized that this was the power of their God, so he fell down before Paul and Silas. He brought them out and said: "Sirs, what must I do to be saved?". They told him: "Believe in the Lord Jesus Christ and you will be saved, you and your household". The jail keeper took Paul and Silas to his house and washed their wounds. There, they spoke to everyone in the house about our Lord Jesus Christ and they all believed. The jail keeper and his entire household were baptized. They all rejoiced because they believed in God.



**Rora:** Wow! When we trust in God, we should be happy and rejoice always even in difficult times.

**Ringo:** Exactly. Now let's figure out how to get you out of here so you can save Howie.



# MY HEART CARES FOR EVERYONE

*Elaina, George and Touda looked for Uncle Amin, the Church keeper, to open for them the door of the tower. When they found him, they went up with him to get Rora.*

**Elaina:** Guys look! I can see Howie over there on the tree right in front of Uncle Moe's shop.

**George:** Yes, I see him!

**Elaina:** Let's go get Rora first, then we will go get Howie.

*Once they got Rora, they head towards the shop to get Howie.*

**Rora:** What about your party?

**George:** Don't worry. Anthony told us that they will wait for us. So we have some time, let's go!

*Once they got to Uncle Moe's shop, Uncle Moe asked them about Howie. They told him what happened and they showed him where Howie was stuck on the tree.*

**Elaina:** Uncle Moe, do you have a ladder?

**Uncle Moe:** Unfortunately, I don't have one that's long enough.

**Elaina:** What are we going to do now?

*In the meantime, Touda and Rora talked to their balloon friends inside the shop.*

**Touda:** Uncle Moe, we have an idea.





**All:** What is it?

**Touta:** How about you tie us all together with a rope and we can reach up to Howie and tie ourselves around him. Then you can pull us down.

**Uncle Moe:** Very good idea! I'm so proud of you. I'm so happy that you love each other and take care of each other.

**Elaina:** Uncle Moe, are you sure it's okay to send them all up together? What if something happens? Isn't it better to leave some balloons behind?



**Touta:** Don't worry Elaina. Uncle Moe taught us how to take care of each other. If one of us is happy, we're all happy. And if one of us is in trouble, we must all help.

**Uncle Moe:** That's right! This is how we show our love to one another. My lovely balloons, do you remember the story I told you about Anba Salama? Tell the story to Elaina and George while I go get the rope?

**Touta:** Sure Uncle Moe!

## ST. FRUMENTIUS THE BISHOP (ANBA SALAMA)

**Touta:** Our story is about a man named Frumentius from Alexandria. One day, he was travelling with one of his friends in a boat. But the wind was very strong and it took the boat to a far place. They found themselves on the shore of a city in Ethiopia. The people of this city did not know God.

**Rora:** When the people of the city saw the boat they went to attack it, but Frumentius and his friend ran away and hid under a tree and prayed to God to save them. However, the people of the city found them and took them to their king.



**George:** What did the king do to them?

**Touta:** The king ordered them to serve him. So they served the king with honesty and dedication. When the king saw their honesty, he asked them to take care of his two children as well. They served the king and his children until his death.

**Elaina:** What happened after that?

**Rora:** After the king's death, the queen asked them to help her in matters concerning the ruling of the city.

**George:** Did they agree?

**Rora:** Yes, and they took care of the education of the king's children as well. Not only that but they also taught the people of the city too. They started to teach them about the Christian faith.

**Elaina:** That's amazing!! They made the effort to teach everyone, even though no one asked them.



**Touta:** Exactly! It showed the love that they had in their hearts that led them to serve everyone and offer whatever they could.

**Rora:** When the two princes took over the kingdom, Frumentius and his friend asked them for permission to return to their country and they allowed them. They went back to Alexandria. Because of the great love that Frumentius had, he did something that showed how much he cared for the people.



**George:** What did he do?

**Rora:** He went to Pope Athanasius the Apostolic (the 20th Patriarch) who was the pope at that time. And talked to him about the city in Ethiopia and its people. He explained their need for a bishop to take care of them and teach them the Christian faith.

**George:** Even though he left he was still thinking about them! What did Pope Athanasius do?

**Touta:** Pope Athanasius thought about what Frumentius said and agreed to send a bishop to them. He kept thinking who would be the best person to go serve them and help them to be strong in the Church teachings and beliefs.

**Rora:** He decided that the best person for this task is Frumentius himself. St. Athanasius used the verse in the bible that says: "Can we find such a one as this, a man in whom is the Spirit of God?" Genesis 41:38

**Touta:** Pope Athanasius ordained Frumentius as a bishop with the name of Anba Salama and he became the first bishop of Ethiopia.

**George:** I'm sure the people over there were so happy.



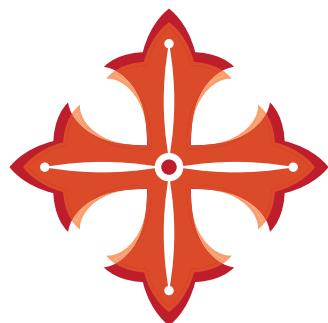
**Touta:** Yes, they were very happy with the ordination of Anba Salama. When he got there, he took special care in teaching them everything concerning Christianity. He baptized their king. He translated the Bible to their language to help them better understand the Christian faith. With this, Anba Salama was able to fulfill the verse that says:

**Memory verse:** "Be of the same mind toward one another." Romans 12:16



**Rora:** The people in Ethiopia loved him so much and they called him ABBA Salama which means the "Father of Peace", because he taught them about the true peace from God. They also called him the "Revealer of light" because he taught them about Christ, the true light.

*When they were done with the story about St. Frumentius (Anba Salama), Uncle Moe came back with the rope. They all worked together to help Howie.*





# MY PEACEFUL HEART MAKES NO MISTAKES

*Uncle Moe explained to the balloons how to save Howie. He instructed them to be careful and not let Howie fly away. As he was tying all the balloons together with the rope, one balloon was very angry.*

**Vero:** They never talk to us unless there's a problem. It's not fair! I'll show them.

*Uncle Moe took the balloons and went to the tree. There, he let go of the rope slowly, but Vero pushed herself up above the others and tried pushing Howie out of the tree.*

**George:** What's going on? Why is this balloon trying to push Howie away?

**Uncle Moe:** I don't know! Maybe she doesn't mean it. I will try to pull her down and give the others a chance.

*Uncle Moe pulled down on the rope and the other balloons successfully surrounded Howie and rescued him.*

**Touta, Rora:** Howie!





**Rora:** We missed you!

**Howie:** I missed you too, I'm sorry for all the trouble I caused. I'm sorry because I didn't listen to you.

*All the balloons welcomed Howie! He hugged them all and thanked them all except for Vero because she tried to push him away. Howie even tried to untie her from the ring that was holding her but Uncle Moe stopped him.*

**Uncle Moe:** Howie, what are you doing?

**Howie:** Didn't you see what she did? Vero was pushing me out of the tree! She wanted me to get lost forever. I'm doing to her what she wanted to do to me.

**Uncle Moe:** Howie, this isn't right! We don't return evil for evil.

**Howie:** So what do you want me to do? Forgive her?

**Uncle Moe:** Yes, God's commandment to us is to love our enemies and not to return evil for evil. So we can all live in peace.

**Elaina:** How can he forgive her, she was pushing him away?

**Howie:** Yeah! I have to get back at her!

**Uncle Moe:** No, the best way is to talk to her and try to understand the reason behind what she did. We can also explain to her that what she did was wrong but without hurting her.

**Howie:** I'm not convinced, and I've never heard of anyone who did that.

**Uncle Moe:** Well, I know someone who forgave the person who wanted to kill him, and did not return evil for evil.

**All:** Who's that?

**Uncle Moe:** I'll tell you the story.



## DAVID SPARES KING SAUL (1SAMUEL 26)

**Uncle Moe:** David was a man who had a heart which was according to God's own heart. He was a very brave shepherd. He killed Goliath the giant who was mocking and challenging the people of Israel. When David won and killed Goliath, the women sang for David and Saul, who was king at that time, but they cheered more for David. Saul was very angry and jealous. He considered David his enemy and tried to kill him multiple times.

**Howie:** Oh no! Why didn't David defend himself?

**Uncle Moe:** David had a good heart. He did not treat Saul in the same way that Saul was treating him. He did not return evil for evil.

**Howie:** How?

**Uncle Moe:** I will tell you what David did and you will understand what I mean.

One day David was hiding from Saul who was looking for him to kill him. People told Saul that David was hiding in the hill of Hachilah, which was a very far place. Saul took soldiers and went after David. When David heard that Saul came after him, he sent out spies and knew that Saul had indeed come.



So David went to the place where Saul was staying and found Saul sleeping. All the people around him were sleeping as well. He also saw Saul's spear and a jug of water beside him.

**Rora:** Perfect! Saul and his guards are asleep. This is the perfect time for David to kill him.

**Uncle Moe:** This is what Abishai, one of David's men, told David to do. But David did not listen to him and did not harm Saul. He just took the spear and the jug of water that were by his head.

In the morning David went over to the other side, and stood on top of a hill far away. David called out to Abner, the commander of Saul's army, and the people that were with him. He told them that he took the king's spear and the jug of water that were by the king's head while they were all sleeping. Saul recognized David's voice and knew what had happened and that David did not want to hurt him.

**George:** What did Saul do?

**Uncle Moe:** Saul was sorry and regretted that he wanted to kill David. He told David that he will not seek to kill him anymore and thanked him for what he did. David returned to Saul his spear and the jug of water. Saul returned to his place with his soldiers and left David and his men in peace.

Now you see how people who forgive others and who do not return evil for evil can live in peace? David also fulfilled the verse that says:





## Memory Verse: "Repay no one evil for evil." Romans 12:17

**Howie:** You're right uncle, when I forgive Vero even though she was trying to harm me, I will be happier and more peaceful.

**Howie** to Vero: Why did you do that?

**Vero:** I'm sorry for what I did. I was jealous because you all have beautiful colors and the kids love you. No one ever looks at me.

**Elaina:** But you are so beautiful and you have an amazing smile. Can you come with us to the party?

Uncle Moe, is that okay with you?

**Uncle Moe:** Of course! Now go, you're gonna be late for the party! Have fun and take care of the balloons!

**George** and **Elaina:** Will do!

**Elaina:** Thank you so much Uncle Moe!

**All balloons:** Bye Uncle Moe!

**Uncle Moe:** Bye guys! I will miss you all.







## Memorization Level 1

### Lesson 1:

"I will come again and receive you to Myself" (John 14:3)

### Lesson 2:

"And just as you want men to do to you, you also do to them likewise" (Luke 6:31)

"Give thanks to the Lord, for He is good. His love endures forever" (Psalm 136:1)

### Lesson 3:

"Be kind to one another" (Ephesians 4:32)

### Lesson 4:

"If anyone serves Me, let him follow Me" (John 12:26)

"All have sinned and fall short of the glory of God" (Romans 3:23)

### Lesson 5:

"But I say to you, love your enemies"

(Matthew 5:44)

"We will find benefit for ourselves when we start seeking benefit for our neighbor"

(St. John Chrysostom)



**Memorization**  
**Level 2**

## BOOKS OF THE OLD TESTAMENT

- |                  |                     |               |
|------------------|---------------------|---------------|
| 1. Genesis       | 14. 2 Chronicles    | 27. Daniel    |
| 2. Exodus        | 15. Ezra            | 28. Hosea     |
| 3. Leviticus     | 16. Nehemiah        | 29. Joel      |
| 4. Numbers       | 17. Esther          | 30. Amos      |
| 5. Deuteronomy   | 18. Job             | 31. Obadiah   |
| 6. Joshua        | 19. Psalm           | 32. Jonah     |
| 7. Judges        | 20. Proverbs        | 33. Micah     |
| 8. Ruth          | 21. Ecclesiastes    | 34. Nahum     |
| 9. 1 Samuel      | 22. Song of Solomon | 35. Habakkuk  |
| 10. 2 Samuel     | 23. Isaiah          | 36. Zephaniah |
| 11. 1 Kings      | 24. Jeremiah        | 37. Haggai    |
| 12. 2 Kings      | 25. Lamentations    | 38. Zechariah |
| 13. 1 Chronicles | 26. Ezekiel         | 39. Malachi   |





# St. Mark Festival 2016

Midwest Coptic Orthodox Churches

## ILLINOIS

St. Mary - Palatine, IL  
St. Mark - Burr Ridge, IL  
St. George - Monee, IL  
St. Mina - Champaign, IL

## INDIANA

St. Mary & St. Mark – Indianapolis, IN

## IOWA

St. Mary - Des Moines, IA

## MINNESOTA

St. Mary - Twin Cities, MN

## MISSOURI

St. Mary & St. Abraam - St. Louis, MO

## NEBRASKA

St. Mary & St. George - Omaha, NE

## WISCONSIN

St. Mary & St. Antonious - Milwaukee, WI  
St. Mary & St. Rewais - Madison, WI



If you have a question,  
Or if your church would like to join the mahragan competition,

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