

MAHRAGAN EL-KERAZA 2026

MORE THAN CONQUERORS



“Yet in all these things we are more than conquerors through Him who loved us”

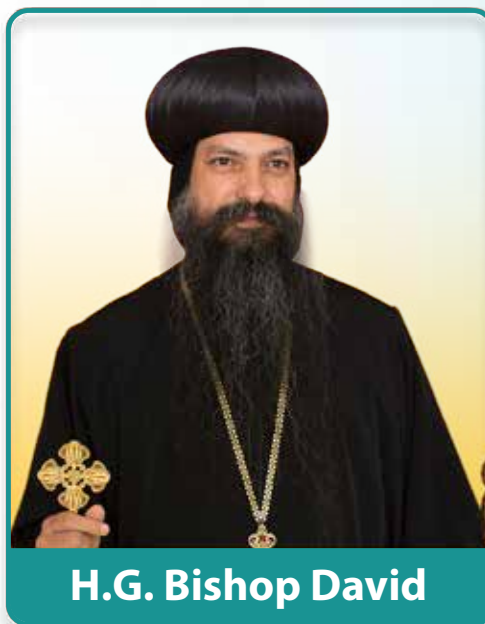
(Romans 8:37)

English Edition
Grades 3-4



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The Bronze Serpent

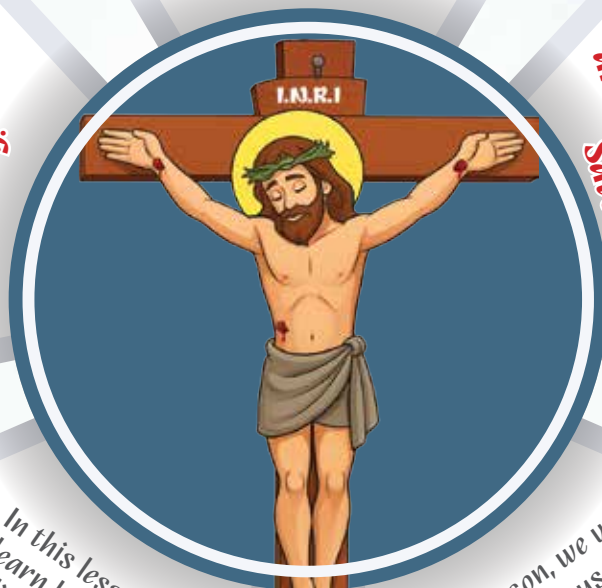
In this story we will learn about one of the symbols of the Cross in the Old Testament. And we will learn the first anchor which is, **"The Cross is an Eternal Plan."**

Saint John the Beloved

In this lesson, we will learn about a saint who lived close to the Lord Jesus all his life and became a light to the world. And we will learn the fifth anchor which is, **"The Cross Leads me to Eternity."**

Why the Cross

In this lesson, we will learn about the reasons why the Lord Jesus chose to die by being crucified on the Cross. We will learn the second anchor which is **"Through the Cross, all Humanity was Saved."**



Saint Anthony the Father of the Monks

In this lesson, we will learn how the Cross was a living experience in the lives of our saints. From this story, we will learn about the fourth anchor which is, **"My Spiritual Fathers Lived by the Cross."**

The procession of the Feast of the Cross

In this lesson, we will learn that we use the Cross in all of the church's services. This will teach us the third anchor which is, **"The Cross in the Church."**



Dear friends, in our adventure this year, we will work hard to get to the sign of "Pistavros" first before any of the other groups. Our team is made of four friends, two fourth graders, Tony and John, and two third graders, Lauren and Marina. Uncle Mark will be leading them in this adventure. In this adventure we will learn many interesting stories and we will learn how to apply the verse:

***"Yet in all these things we are more than conquerors through Him who loved us.."
(Romans 8:37)***

This is the theme verse for **Mahragan El Keraza 2026**. We will all have fun in this adventure together.

Let's get started...





This is the verse that inspires the theme for this year's Mahragan as we learn the following lessons:

1. The Bronze Serpent: In this story we will learn about one of the symbols of the Cross in the Old Testament. And we will learn the first anchor, **"The Cross is an Eternal Plan."**



2. Why the Cross: In this lesson, we will learn about the reasons why the Lord Jesus chose to die by being crucified on the Cross. We will learn the second anchor which is **"Through the Cross, all Humanity was Saved"**.

3. The procession of the Feast of the Cross: In this lesson, we will learn that we actually use the Cross in all the church's services. This will teach us the third anchor which is, **"The Cross in the Church."**



4. Saint Anthony the Father of the Monks: In this lesson, we will learn how the Cross was a living experience in the lives of our saints. From this story, we will learn about the fourth anchor which is, **"My Spiritual Fathers Lived by the Cross."**



5. Saint John the Beloved: In this lesson, we will learn about a saint who lived close to the Lord Jesus all his life and became a light to the world. And we will learn the fifth anchor which is, **"The Cross Leads me to Eternity."**

Let's get started...





The Cross is an Eternal Plan

1

In the middle of an island full of forests and mountains, the adventure of our five friends began. The adventure

was a game filled with challenges, difficulties, and many surprises.

As soon as they put on their special glasses, they entered the game. Their mission was clear: To get out of the game, they had to reach the treasure before all the other teams

— within the set time — so they could become the winning team.

On the screen of the glasses, they saw a “Toolbox” that included all the tools they might need on their journey. In a moment’s time, they found themselves inside an



airplane.

Uncle Mark: Now that we’re on the plane, we must follow the safety rules – wear our seatbelts, stay seated, and avoid unnecessary movement.

Tony: According to the instructions, we have about 6 kilometers left to reach the mission site.”

John: Maybe we can increase the speed so we arrive faster and have more time there.

Lauren: But that would break the rules of the game! They might remove us from the game entirely.

Marina: No way! Let’s stick to the rules. We don’t want to break them.





Uncle Mark: We must follow the rules because of the air pressure and wind conditions. It depends on the environment we're in.

At that moment, they heard an alarm. The fuel tank was running low! Suddenly a message appeared:

"Now... the mission has begun."

They were forced to land in the nearest place — an island of rare trees.

Tony: What just happened?! How can the mission begin when the fuel is running out?

Uncle Mark: Part of the game rules is to expect anything and be ready for whatever happens.

Marina: So what do we do now? According to the map, we need to cross the river to reach the next point.

Uncle Mark: Swimming here is forbidden. So how will we get there?

Marina: "We need to find something to help us cross over. But what? Are we going to invent something?"

Tony: What if we use the environment around us? We could build something to float across the river — like a wooden raft or a small boat.

Uncle Mark: Excellent idea, Tony!

Lauren: Bravo, Tony! Let's start by dividing the tasks.

They began looking for trees.

John: I found it! I found the perfect tree to make our small boat!

Uncle Mark: (examining it) Unfortunately, this tree won't work.

Marina: Why? It looks beautiful and strong — it's even shining!

Uncle Mark: That's a willow tree. It's a soft type of wood that absorbs a lot of water. If we use it, it could sink — and that could be dangerous for us. The kind of wood we need is oak or mahogany — or another strong type."

Tony: So... a tree can either save us or destroy us? Just like something that happened long ago?



John, Lauren, and Marina: What do you mean?

Tony and Uncle Mark: The story of our salvation...

Uncle Mark: To help you understand, Tony and I will tell the story from the beginning.



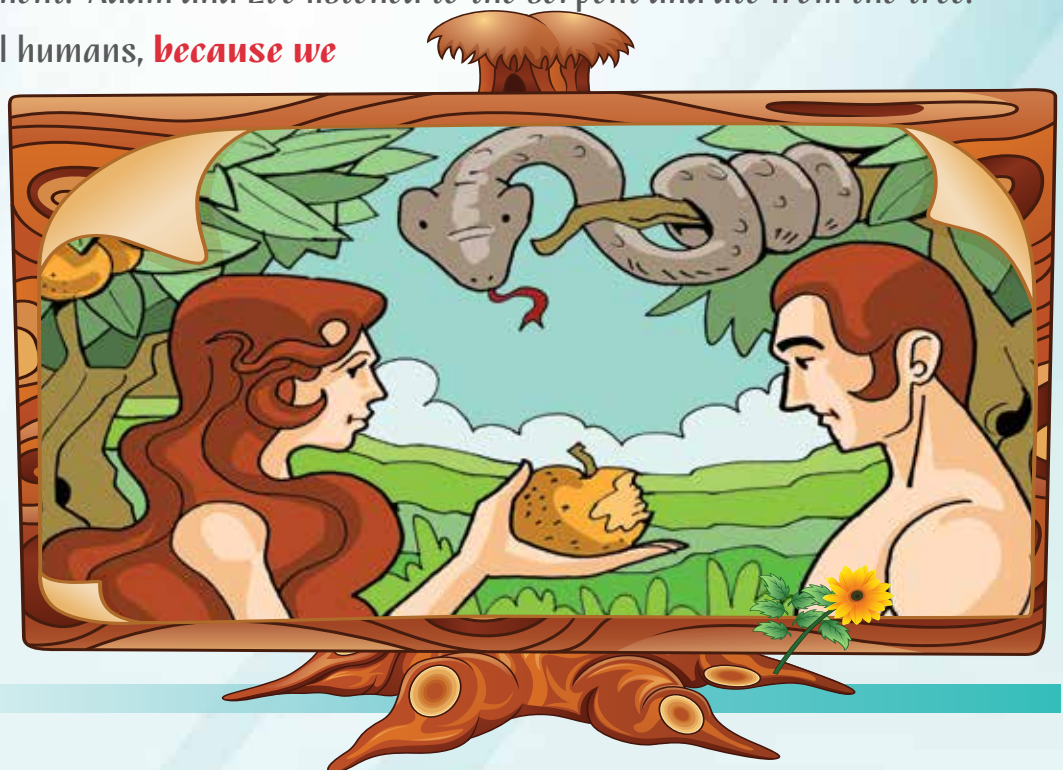
God, out of His love for man, prepared for him everything he needed before He even created him. **God created man in a special way** that is different from the way He created the rest of creation. Man is the only creature that God breathed the breath of life into him. And God created man in His own image and likeness. **“So, God created man in His own image; in the image of God, He created him; male and female He created them.” (Genesis 1:27)**

God gave man free will when He told him, **“Of every tree of the garden you may freely eat; 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.” (Genesis 2:16–17)**

But sadly, Adam and Eve chose to disobey. Adam and Eve disobeyed God and fell into sin. Because of that, all people were also affected by sin. Exercising this free will, man chose to sin and disobey God’s word and break the commandment. Adam and Eve listened to the serpent and ate from the tree.

They fell into sin, along with all humans, **because we**

all were in Adam when he sinned. Every human born of a woman was subject to the punishment of death—from Adam to the end of time. That is why Saint Paul said:





“Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned.”
 (Romans 5:12)

Marina: But what is the punishment for sin?
Uncle Mark: I will tell you...



The punishment of death fell on Adam and Eve, and all their descendants.

God told them that **on the day they eat of the tree, they will surely die**. This shows that the punishment of sin is death. As a result, **they were separated from God**. This is just like the lamp when the electricity is cut off. What do you think will happen? The lamp won't turn on!



Because of sin, their nature was corrupted.

Just like when someone eats rotten or contaminated food, it will undoubtedly make them sick, unless they **take some medicine to help them feel better**, they might die.



Man was kicked out of the garden

In this way, man inherited sin and its consequences. This was the result of **Adam's sin** and the punishment of death. Their nature became corrupted.



In order to get back the life we lost because of sin, we needed:

1. To lift the sentence of death.

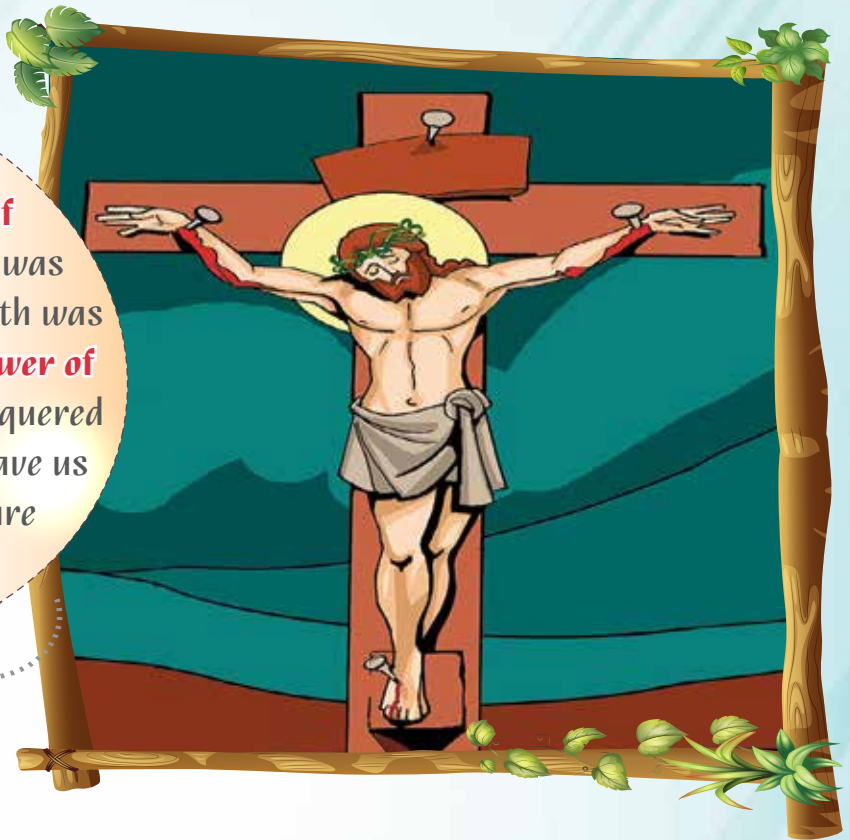
2. To renew our nature which was corrupted because of sin.

And because of **our Lord's great love and justice**, He gave us the **promise of salvation**: which is that **He will come and redeem us...** and indeed...





The Lord Jesus was incarnated. He was crucified and died on the cross instead of us, and by His death, divine justice was fulfilled in Him, so the sentence of death was lifted from us. And **He rose by the power of His divinity on the third day** and conquered death, and by His resurrection, He gave us eternal life and renewed our nature that had been corrupted because of sin.



Tony:

And so, just as **the tree of the knowledge of good and evil was a tree of destruction for Adam and his descendants... the tree of the cross became a tree of survival for Adam and his descendants... because the blood of the Lord Jesus Christ** that was shed on the cross is sufficient to carry the sins of the whole world. And for every person to benefit from this salvation, they must: **believe in the Lord Jesus... and receive the sacrament of Baptism and Myron (Chrismation)** in the name of the Holy Trinity... and also **partake of the Lord's Body and Blood...** and when they sin, **they repent and confess.** And by doing so, they declare that they have accepted **our Lord's redemption** for them.



John: Now I understand what you mean by how one tree could be the cause of our destruction... and another tree could be the cause of our survival...

Marina: You are right... the wood of the cross always expresses survival.

Lauren: And it tells us **the most beautiful love story in human history**... the story of **God's love for man and His redemption of mankind**.

Uncle Mark: Indeed... and by the way, **the cross and redemption are an eternal plan in the mind of God** (meaning before any beginning)... and so that God could prepare our minds for the concept of redemption... He paved the way for us from **the Old Testament with many symbols**... all of which **were preparations so that we would understand the meaning of the Lord Jesus's redemption for us**, which He completed in the New Testament. So you can understand what I mean, I will tell you about one of the symbols of the cross in the Old Testament.



The Bronze Serpent (Numbers 21:4-9)

After God brought the people of Israel out of the land of Egypt which was **under the leadership of Moses the Prophet**... they were very happy because God saved them from the slavery of Pharaoh... and many years passed while they were lost in the wilderness... before they reached the land of Canaan. Even though God loved them, **the people constantly grumbled against God and Moses**.

When they asked for food, **God sent Manna** (which tasted like honey wafers) and **Quail from heaven**.





And they went back to **grumbling against Moses and Aaron** because **they were thirsty...** and God never punished them for their grumbling... and **He brought water out for them from the rock** (Numbers 20:1-13). And they went back to grumbling again against God... and Moses... and they said about the Manna that it was **"worthless food"** (Numbers 21:5).



Marina: Wow... so much **grumbling** against God means that **they do not trust in God's providence** and care for them... and so they are moving away from God.

Uncle Mark: Indeed, Marina... and as long as **they moved away from God...** they certainly **moved away from His protection** for them from any danger... and at that time they were indeed exposed to a **great danger**.

All of them: What is it?

Uncle Mark: God allowed **fiery serpents** to bite the people. Whoever was bitten by a serpent would die. But because **God is merciful**, as soon as the people returned, confessed their sins, and asked Moses to pray for them so that God would have mercy on them, Moses prayed to God for the people, and **God immediately heard their cry**.



John: So, what did God do?

Uncle Mark: The Lord commanded Moses to **make a bronze serpent**, similar to the fiery serpents that bit them, and to raise it on a pole. Everyone who was bitten by a serpent and **looked toward the bronze serpent** raised on the pole lived and **was saved** from the **serpent's venom (poison)**.

Lauren: That is why **the bronze serpent** is one of the **symbols of the Cross**, because they are both a **source of salvation**.

Uncle Mark: Exactly, Lauren. Bravo.

Marina: Can you explain what you mean?

Uncle Mark: I will explain it to you, Marina.



Similarities Between the Cross and the Bronze Serpent





In a High Place

Moses raised the serpent on a pole: **“So Moses made a bronze serpent and put it on a pole”** (Numbers 21:9).

Both Give Life

Anyone bitten by a serpent would die, but whoever was bitten and looked at the **bronze serpent** was healed: **“and so it was, if a serpent had bitten anyone, when he looked at the bronze serpent, he lived”** (Numbers 21:9).

Inability to Self-Heal

The people **were unable to heal themselves**. Therefore, God established a plan to save the Israelites from the venom of the serpents.

Without Venom/Sin

The **bronze serpent** had the same appearance as the **biting serpents** but was without venom/poison.

Likewise, **the Lord Jesus** was lifted up on the wood of the Cross to be crucified: **“And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up”** (John 3:14).

Likewise we sinned and received the sentence of death since we were in Adam. Whoever believes **in the Lord Jesus**, who was lifted on the Cross and His redemption, and subsequently receives the sacraments of **Baptism and Chrismation**, and continually partakes of the Lord’s Body and Blood... and when they sin, they repent and confess... they are the ones who **receive eternal life**

Likewise, **man is unable to achieve redemption for himself**. Therefore, God established a plan for our salvation, removing the sentence of death and renewing our nature. **Thus, He came to redeem us.**

Likewise, **the Lord Jesus** took on our human nature and became like us in everything, but **without sin. Christ took our form (the likeness of the sinful flesh).**

Everyone: Now we understand.

John: I am convinced. Because of this, I will start looking for the required trees.

Before they could start looking, something strange happened...





2

Salvation is by the Cross

Lauren: What is that?! What appeared on the screen? it's a piece of something.. and its shape is unclear?!!

Marina: It appeared on my screen as well.

Uncle Mark: It's clear that this piece appeared on all of our screens. We should put it together in the Toolbox we have.. and I believe we might know what it is and its purpose in the coming stages.. the important thing now is

to search for the required wood.. let's go quickly.

And after searching and looking around, they found the required wood.

Lauren: Look guys, I see that this tree has the required specifications.

Uncle Mark: Correct.. This tree has all the features and characteristics we need.

Marina: But how will we cut it? It's huge! It will take us a long time to be able to cut it..

Lauren: You're right.. we are wasting our time this way.. we need to find a different solution..

Uncle Mark: A different solution!! Like what?

Lauren: I mean, we look for something pre-made.. What do you think about using the iron parts in our plane instead? I think they would be stronger than wood and also pre-made and it won't take much time.



John: No, of course not. Iron won't work!! Because iron does not float on water.

Marina: True. Although wood is not as strong as iron, it is the means that will achieve our survival. So we must start collecting the wood.. even if it will take a long time.





Tony: You know Marina, your words brought a question to my mind: **Why did the Lord Jesus choose the wood of the Cross specifically to achieve His redemption for us?** I mean, **Could He have died in another way other than the Cross and achieved His redemption for us?**

Lauren: That is a very good question. Let's think about the answer while we are cutting the wood. And they began cutting the tree...

Uncle Mark: I like your question, Tony. **Why did the Lord Jesus choose the Cross specifically? Especially since the Cross is a punishment involving pain and a symbol of shame and curse.. and it was the punishment for criminals since it was severely painful.**

And to find out why the Cross specifically.. let's find out what the other alternatives were.

Why the Cross????

Uncle Mark: The Lord Jesus could have **died because of sickness or illness.** Could we, then say He died for us and on our behalf?

John: **Certainly not..** because then He would have died because of the illness.



Uncle Mark: **Perfect!** How about if He **had grown very old, shown signs of aging, and died..** at that time could we say He died for us and on our behalf?

Marina: **Certainly not..** because then He would have died like most people die.

Uncle Mark:

Imagine, for example, if one of the Jews **thought of bringing a lamb to offer as a sacrifice... and on the way, the lamb got tired and died...** would he then say, "I have already offered it as a sacrifice"?

Lauren: **Certainly not,** because the lamb died before being sacrificed. He would have to go buy another lamb, and take it to the Temple to be slaughtered there. Then he could say, "I offered it as a sacrifice"...

Uncle Mark: Perfect!. That is why it was necessary for **the Lord Christ to offer Himself as a sacrifice** and die for us on the Cross because **"without shedding of blood there is no remission"** (Hebrews 9:22).. but I wonder, **why did He choose the Cross specifically?**

Tony: I think I have the answer,



1 A Public and Universal Sign



The Lord Jesus Christ chose

the Cross to be a visible sign to be displayed openly and publicly before a large crowd. This allowed everyone to witness the nails in His hands and feet, the crown of thorns, and the piercing of His side.

First, this confirms that the one who was crucified was the Lord Jesus Himself and not any random person or someone that looked like Him. Second, seeing the marks of the nails and the wound in His side after the Resurrection confirmed that the same person who died and was buried had risen from the dead.



2 The Cross as a Symbol



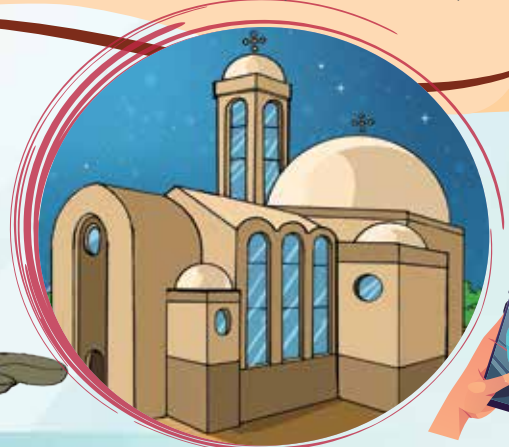
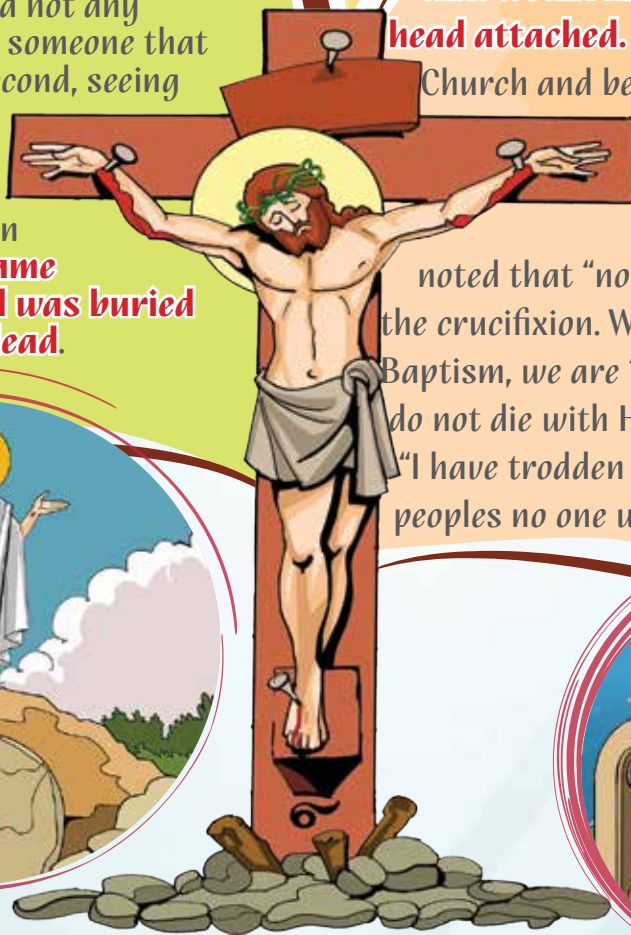
Lauren:
The Lord Jesus Christ

wanted to have a symbol (the symbol of the Son of God) that is simple and easy to hold and to use. The sign of the Cross points to the four corners of the world, to remind us that salvation is for the entire world.

3 On the cross, His Bones were never Broken

Christ wanted His Body to stay whole because it represents the Church in a spiritual sense. He wanted the Church to be complete and united, not divided. The cross was the only method of execution that would keep His Body intact and His head attached. Since Christ is the head of the Church and believers are His body, He chose to die with His head joined to His body to signify His eternal union with the Church. It is

noted that "not a bone of Him was broken" during the crucifixion. When we practice the Sacrament of Baptism, we are "buried with Him in baptism," We do not die with Him in Golgotha as the Bible says "I have trodden the winepress alone, And from the peoples no one was with Me. (Isaiah 63:3)



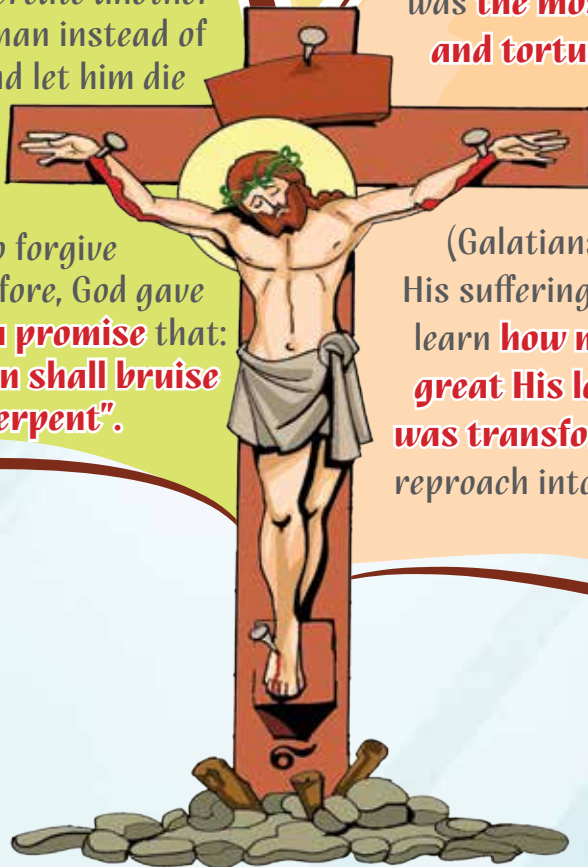
Uncle Mark: Everything you said is correct. Also, there is an important point that answers our question, which is:

4
The Cross is a reproach
and torture to everyone
that was hung on it

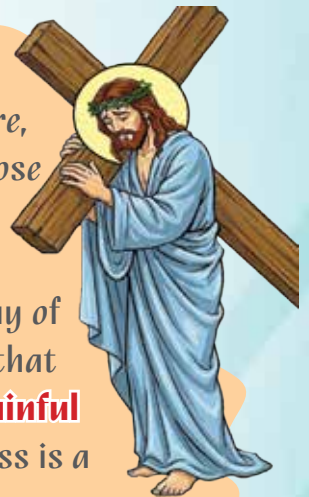


A
Because sin is a reproach: **"Sin is a reproach to any people" (Proverbs 14:34)** and also **"sin... might become exceedingly sinful"** (Romans 7:13). Although our Lord **loves the sinner, He hates sin** and evil very much. Because He loves the sinner, He did not want to create another new human instead of Adam and let him die in his sin forever. Because God is Just and Holy, it was not possible to forgive man for his sin. Therefore, God gave man a **covenant and a promise** that: **"the seed of the woman shall bruise the head of the serpent"**.

B
For that reason, **the Lord Jesus Christ was incarnate to redeem us.** He carried our sins and died on the Cross to lift the sentence of death from us. **He suffered instead of us and bore the pain of the Cross** which was the punishment of sin.



C
Therefore, our Lord chose to be crucified on the Cross because it was the way of punishment at the time that was **the most shameful, painful and tortuous.** For the cross is a reproach and a curse as the verse says: **"Cursed is everyone who hangs on a tree"** (Galatians 3:13, Deuteronomy 21:23). Also, His suffering was **very difficult.** By this, we learn **how much God hates sin and how great His love is for us.** Thus, **the cross was transformed** from a sign of shame and reproach into a sign of victory, triumph, and pride.





That is why we all take pride in the Cross and say:



“But God forbid that I should boast except in the cross of our Lord Jesus Christ” (Galatians 6:14).

In this way, we understand our doctrine of the Cross. **For in the Cross is the salvation of humanity.**

John: Truly... What is this? Another piece appeared to me other than the one that appeared at first, and it looks strange. Did it appear to you?

All: Yes.

Uncle Mark: The shapes of the pieces are important and will lead us to something in the end. We must collect them and pay attention to them. Let's go, everyone, so we can finish assembling the raft before we run out of time.

After they finished speaking, they had completed making the wooden raft.





**The Cross is the
Basis of the
Liturgy**

3

John: Everything is perfect. Thank God we finished the raft, and we can move right now.

Uncle Mark: Let's go onto the raft! All of us know our roles well. Let's stick to the map and the route instructions.

Tony: Don't worry, Uncle Mark. Every one of us knows their role...

After they started moving, a surprise came

Lauren: Oh my goodness!! What is happening?! Why is the raft spinning so hard like this?!!

Tony: We were supposed to have calculated the current... and we are following the exact points on the map.

Uncle Mark: I don't think we are moving in the right direction!! Can I see the map, please Tony? Is it possible we are entering a whirlpool zone? It could pull us in... quickly, move the paddle! Help me, Tony please!

And after they changed the direction of the raft's path, they returned to shore.

Uncle Mark: Tony, what happened? You were the one holding the paddle... Were you not following the map and the route instructions?!

Tony: Honestly... no... I thought we were moving with the current, so I didn't think I needed to follow the map.

Uncle Mark: We could have been pulled into the whirlpools!! Now a part of the raft broke. Keep in mind that the map and instructions are how we know the speed of the current in the water, and which direction to take, away from the whirlpool zone which we were about to enter. As long as something has a system, we must stick to it so we can walk correctly. Let's fix the part that broke.





While they were fixing the broken part:

John: You're right, Uncle Mark. Everything has a fixed system and order. If we stick to it, we will know how to walk correctly, and that way we reach our goal safely. And this is exactly what Uncle Mina told us in the last Deacons' School class while he was teaching us about the importance and beauty of our Church's rites, through his explanation of the rite of the Procession of the Feast of the Cross in our beautiful church.

Marina: What did he tell you?

John: I'll tell you...



The Church, through its rituals, makes us live all the occasions of the Church and understand them. One of the beautiful rituals through which the Church expresses its joy is...



The Rite

John: the Church is the House of God, and because our God is not the author of confusion but of system and order. That is why **the Church is organized in all its prayers** and everything in it. The system and order in the Church, we call **"Rite" (Taqs).**



The Celebratory Processions (Zafa).

The celebratory processions **make everyone in the church joyful,** because everyone - Abouna, the deacons, and the whole congregation - participates in its beautiful rites. The deacons, with the cymbals (Daf) and the triangle (Tarianto), praise while they go around the church. At that time, the congregation sings the most beautiful hymns (Alhan), and everyone receives the blessing of the procession (Zafa).



The procession of the **two feasts of the Cross** (17 Tout, 10 Baramhat) and the procession of "**Palm Sunday**" have the same rite, which is:

The Procession of the Feast of the Cross

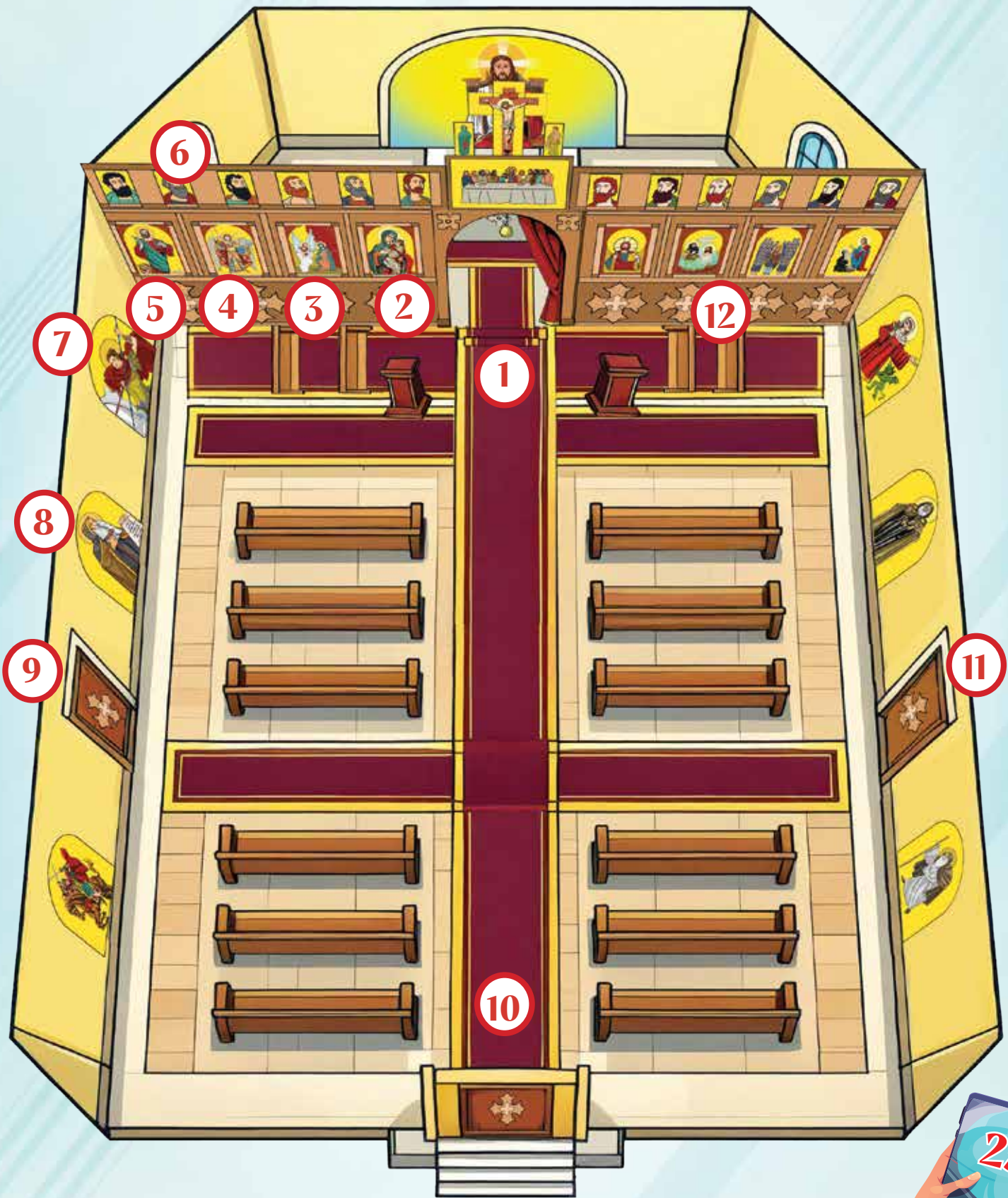
The deacons hold **a cross decorated with flowers** for the Two Feasts of the Cross, and **decorated with olive branches, palm leaves**, and flowers for Palm Sunday. Abouna holds the censer in his hand, and they begin to go around the church.

They read **12 Psalms and Gospels** in 12 stations in the church.

Each Psalm and Gospel is related to the icon of the saint, the angel, or the place. In every place, **we will find a clear connection to the Cross.**

Come, let us learn the order and system of the Procession of the Feast of the Cross:





1 In Front of the Main Sanctuary

The **sanctuary** in the church is a symbol of Heaven, which is filled with the angels, the servants of our Lord.

That is why, we celebrate the Cross of **our Lord Jesus, the Son of the Living God** in front of the sanctuary,

Who, through His death, Resurrection, and Ascension, the door of Heaven was opened for us.

The Gospel Response speaks about the four living creatures who carry the throne of God: the face of a man, the face of a lion, the face of an ox, and the face of an eagle.

After that, we say a beautiful response during the Feast of the Cross, which is:

Through His Cross and His holy Resurrection,
He restored man once again to Paradise.

On **Palm Sunday**, we say the response:

Hosanna in the highest. This is the King of Israel. Blessed is He who comes in the name of the Lord of Hosts. Hosanna means: Save us.

This is the shout with which the people **welcomed our Lord Jesus when He entered Jerusalem.** They were holding palm branches and saying:





**"Hosanna to the Son of David!
'Blessed is He who comes in the name
of the Lord!' Hosanna in the highest!"
(Matthew 21:9).**

**He makes His angels spirits, and His ministers a flame of fire.
Before the angels, I sing praise to You, and I worship before
Your holy sanctuary. Alleluia. Find (John 1:44-45)**

Application



2

In Front of the Icon of Our Mother the Virgin Mary



Because *our Lord Jesus was incarnate from our Mother the Virgin*, we received the salvation that was completed on the Cross. Therefore, in the Psalm and the Gospel, we speak about our Mother the Virgin. The Psalm praises her and calls her *the City of God*. In the Gospel, we hear the praise of the Virgin, in which she showed her joy in her Son and her God, because through Him *she received salvation with all people*: "My spirit has rejoiced in God my Savior." This salvation came through the redemption of our Lord Jesus Christ on the Cross.

Gospel Response: *We exalt you worthily with Elizabeth your cousin, saying: Blessed are you among women, and blessed is the fruit of your womb.*

Then we continue with the rest of the response...

Application

"Glorious things are spoken of you, O city of God! And the Most High Himself shall establish her forever, the dwelling of all within you is as the dwelling those that rejoice. Alleluia."

Find (Luke 1:39–56)

3 In Front of the Icon of Archangel Gabriel

Archangel Gabriel is the one who **announced to Saint Mary** that she would give birth to the Lord Jesus, who became Man to redeem us on the holy wood of the Cross.

Gospel Response: **Gabriel the angel, Daniel saw, standing on his feet, by the riverbank.** Then we continue with the rest of the response...



“The angel of the Lord encamps all around those who fear Him, and delivers them. Oh, taste and see that the Lord is good; Blessed is the man who trusts in Him! Alleluia.” Find (Luke 1:36–38)

Application



4 In Front of the Icon of Archangel Michael

He is the **commander of the Lord's army**... and he is the one who came to the tomb of our Lord Jesus after His resurrection from the dead and **rolled away the stone from the door of the tomb** to proclaim the resurrection of the Lord Jesus. That is why the Church calls him **“the Angel of the Resurrection”**. The Gospel here calls us to struggle spiritually to reach the kingdom of God (the hidden treasure)... and through our struggle, our Lord sends us His angels to help us.

The Gospel response: **Michael, the head of the heavenly, he is the first among the angelic ranks serving before the Lord.** Then we continue with the rest of the response.



Application

“Bless the Lord, you His angels, Who excel in strength, who do His word, heeding the voice of His word. Bless the Lord, all you His hosts, You ministers of His, who do His pleasure. Alleluia.” Find (Matthew 13:44–53)

5 In Front of the Icon of Saint Mark



Saint Mark is the *Evangelist of Egypt*. God gave Saint Mark special strength, and he carried the cross of the Gospel, ministry, and preaching with joy (as the Psalm says). He endured suffering until martyrdom. He was one of the 70 apostles whom the Lord Jesus chose for Himself. The Gospel tells us that the Lord Jesus chose seventy apostles and sent them to the ministry.

Gospel Response: O Mark the Apostles and Evangelist, the witness to the Passion of the only-begotten God. Then we continue with the rest of the response...

Application

“The Lord gave the word; Great was the company of those who proclaimed it: Kings of armies flee, they flee, and she who remains at home divides the spoils. Allelulia.” Find (Luke 10:1–12)





In Front of the Icon of 6 The Twelve Disciples

The **holy Apostles** preached the Name of the Lord Jesus Christ throughout the whole world. The Lord gave them authority to heal the sick and cast out demons.

The Apostles endured many hardships and pain in order to spread the faith and **preach the Cross everywhere.**

Gospel response: **Jesus Christ sent you, O Twelve Apostles, to preach in the nations, making them Christians...** Then we continue with the rest of the response ..

Application

“There is no speech nor language where their voice is not heard. Their line has gone out through all the earth, and their words to the end of the world. Alleluia” Find (Matthew 10:1–8)



7 In Front of the Icon of a Martyr (Saint George)

(if the church is named after another martyr, this Gospel is read before his/her icon)

The martyrs are role models of those who loved God, and held firmly to their faith. They witnessed the power of the Cross of the Lord Jesus, His death and His redemption before kings and rulers. The martyrs endured persecutions with patience until they received the crown of martyrdom.

And through all their sufferings, the Lord was with them, strengthening them. Gospel response: **Saint George completed seven whole years, being judged daily by seventy lawless kings.... Hail to you, O martyr... hail to the courageous hero... Hail to the struggle-mantled.** Then we continue with the rest of the response...



"Light is sown for the righteous, and gladness for the upright in heart. Rejoice in the Lord, you righteous, and give thanks at the remembrance of His holy name. Alleluia." Find (Luke 21:12-19)

Application



In Front of the Icon of Saint Anthony **8**

Saint Anthony is an example of a saint who was not martyred. If the church is named after another saint (who is not martyred), then the Gospel is read before the icon of Saint Anthony.

Saint Anthony left everything in the world to live only with God.

He carried the Cross of ascetic life and spiritual struggle against the wars of the devils.

He remained faithful until the end and became the father of all monks.

The Gospel response: **Purge from your hearts thoughts of vice and deceiving ideas that darken the mind...** Then we continue with the rest of the response.

"O God, You are more awesome than Your holy places. The God of Israel is He who gives strength and power to His people. But let the righteous be glad; Let them rejoice before God; Yes, let them rejoice exceedingly. Alleluia." Find (Matthew 16:24-28)

Application



At the Northern Door 9

At this station, we read a psalm that shows our joy when we enter the House of God. The Gospel teaches us to endure trials with patience and joy, so that we may share in Christ's sufferings and rejoice in His Resurrection.

Gospel response: *When You come in Your second, fearful appearance, do not let us fearfully hear, "I do not know you."* Then we continue with the rest of the response...

How lovely is Your tabernacle, O Lord of hosts! My soul longs, yes, even faints for the courts of the Lord. Alleluia.

Find (Luke 13:22-30)

Application

10 At The Western Door The Laqan Basin

The Laqan Basin reminds us of the humility of the Lord Jesus on **Covenant Thursday**, when He bowed down and washed His disciples' feet. He taught us to **carry the Cross of humility and self-denial**. The Gospel tells us the story of the **Lord Jesus' Baptism**. For in Baptism, Abouna immersed us in water three times in the Name of the Holy Trinity: the Father, the Son, and the Holy Spirit. We were **buried with Christ in Baptism and rose again as children of God**. We moved from darkness (west) to light (east).

Gospel response: *John has borne witness in the four Gospels, saying "I have baptized my Savior in the waters of the Jordan."* Then we continue with the rest of the response...



Application

"The voice of the Lord is over the waters; the God of glory thunders; the Lord is over the many waters. The voice of the Lord is powerful. The voice of the Lord is full of majesty. Alleluia."

Find (Matthew 3: 13–17)

11

At the Southern Door

In this station, we read the Gospel of the **Lord Jesus entering Jerusalem on Palm Sunday**. On that day, the Lord entered earthly Jerusalem as a King, and **through the Cross He opened the doors of Heaven** for us to enter with Him in His victorious procession.

Gospel Response: **He who sits upon the Cherubim, on the throne of His glory, entered into Jerusalem; what is this great humility?**

Then we continue with the rest of the response...



Application

"Open to me the gates of righteousness; I will go through them, And I will praise the LORD. This is the gate of the LORD, Through which the righteous shall enter." Find (Matthew 21:1–11)



In Front of the Icon of Saint John the Baptist 12

We know that **Saint John the Baptist** prophesied about the crucifixion of the Lord Jesus Christ and said, **“Behold! The Lamb of God who takes away the sin of the world!”** (John 1:29). Saint John himself carried the Cross of witnessing to the Truth until he received the crown of martyrdom at the hands of **the evil King Herod**. It is as if our entry into this procession requires us to bear witness to Christ in truth, as John himself bore witness. (John 1:8). Gospel response: **Among those born of women, no one is like you. You are great among all the saints, O John the Baptist.** Then we continue with the rest of the response ..

Application

“But I am like a green olive tree in the house of God, and in the presence of Your saints I will wait on Your name, for it is good. Alleluia.” Find (Luke 7:28-35)

Tony: You’re right, John. The Church, through her rites, prepares us to live every feast and understand it.

Marina: Yes! Everything has an order and arrangement. When we follow it, we reach our goal safely. And now we have finished fixing the broken pieces of the raft. Uncle Mark, where are the map and the instructions so we can complete our mission?

The third piece of the puzzle appeared.

Lauren: Look, Uncle Mark. You were right about the clues. We get a new clue every time we complete a task.

John: But the strange thing is that I still can’t see the big picture.

Uncle Mark: Don’t rush. The mission isn’t finished yet. Every piece that appears will have a purpose or give us a clue. Your task is to collect all the pieces in the box, just as we agreed.





**My Spiritual
Fathers Lived by
the Cross.**

4

They opened the map and began calculating the current so they could move in the correct direction.

Uncle Mark: Now we're moving in the right direction with the proper current. John, can you bring the communication device that you have and send a signal to the game

control room so they can send us the next point?

Marina: I wonder what the next mission will be?!

Tony: I'm really excited about the next task.

John: Guys... I'm sorry. I made a big mistake!

Lauren: A big mistake?! What?! I hope it is not what I think it is!

Marina: What happened, John?

John: The device fell from my hand into the water and drifted away with the current.

Tony: You dropped the device?! You dropped it?! That means we're lost! We're done! We're finished!

Lauren: What do you mean finished? We're on the raft. Calm down so we can think.

Uncle Mark: Without the device, we can't move beyond this point. So, there's only one solution. You all stay here at the last point we reached, and I'll go to the end of the river. May God help me find the





device. At the end of the river, there is a small lake where the river flows. There's a chance the device might be there—even though it's difficult, we should try.

Tony: Take some water and food with you—and the life vest too to help you.

Uncle Mark left, and they all waited a long time. When night began to fall...

John: Look! Someone is coming from far away!

All: Uncle Mark! Yay!

Tony: Thank God for your safe return.

Lauren: You took a very long time!

Uncle Mark: Thank you. It took me some time before I found the device, but thank God I was able to find it by following the LED lights on it. One of the device's features is that it's waterproof, so it kept



working. I sent a message to the game control so they can send us the next task. I'm waiting for their reply.

Tony: We were worried and afraid something might have happened to you, or that you ran out of food. But it's strange—you ate and drank only a little even though you were gone for so long!

Uncle Mark: That is because I was focused on the goal I went out for, Tony. I was so busy with it that I didn't pay attention to eating or drinking. Sometimes when someone is focused on

an important task, they may forget things that others consider important.



Marina: I don't understand what you mean.

Uncle Mark: I'll tell you a story, so you understand what I mean—until the game control center sends us the next point.

Uncle Mark: *Abba Anthony, the father of all monks*, is a hero of our beautiful Coptic Orthodox Church. *He loved God with all his heart* and was completely focused on Him. God was his only goal. That made him give up many things that people think are important because of his great love for God and his focus on living with Him

Tony: That is true, Uncle Mark. Abba Anthony also paid very close attention to everything that happened to him. *He considered everything that happened in his life a message from God* for him to learn from it and obey faithfully. I love the story of Abba Anthony because he is my intercessor. I can tell it too.

Uncle Mark: I agree with you, Tony. Let's tell his story together.

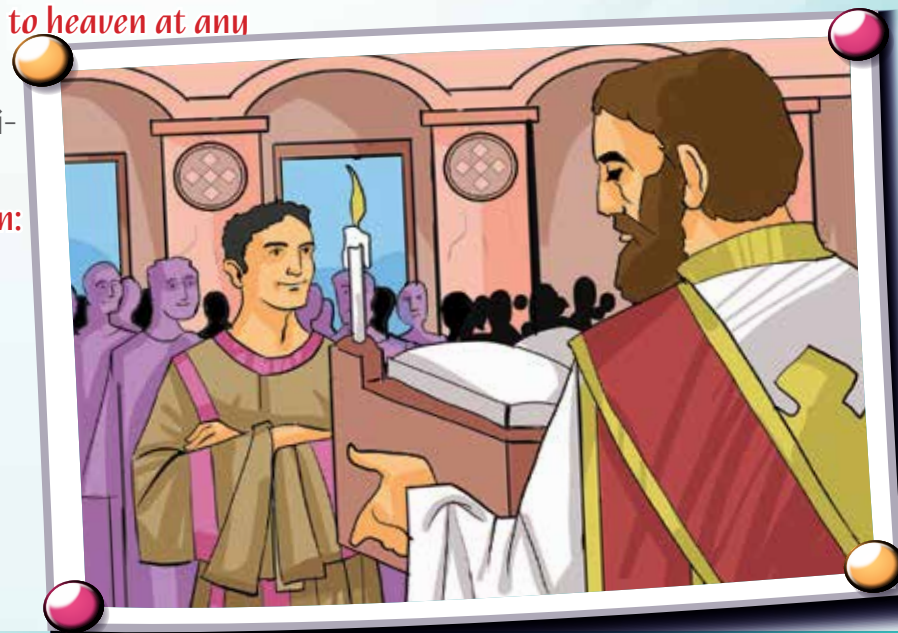


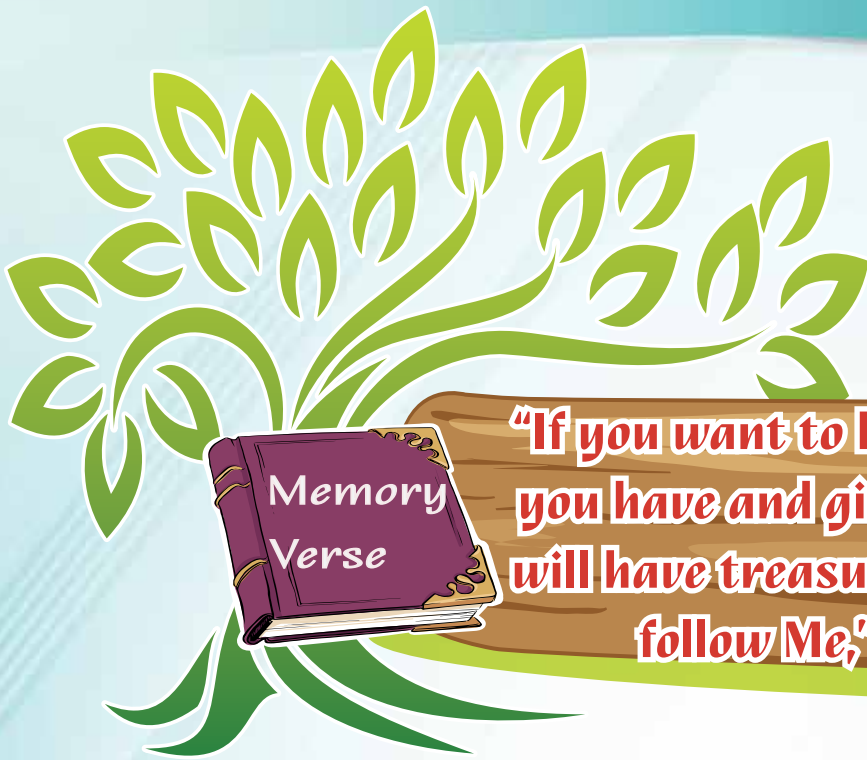
Uncle Mark: *Abba Anthony* was born in the year **251 AD** in a village called **Qiman El-Arous** in Beni Suef. His family was very rich and loved the poor. *His parents taught him and his sister to love God with all their hearts.*

When his parents died, they left him and his sister **large amounts of land and money**. He was about 18 years old at the time. Abba Anthony considered his parents' death a message from God to him, *reminding him to always be prepared to go to heaven at any*

time.

One day, while he was attending the Divine Liturgy, *he heard in the Gospel the Lord Jesus saying to the rich young man:*



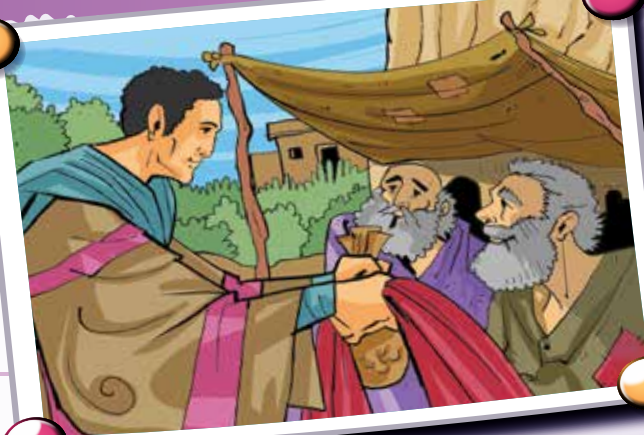


"If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me," (Matthew 19:21).

Abba Anthony felt that this was *a personal message from God to him*. He began thinking about what he should do and how he would take care of his sister. Then he remembered another verse: **"Do not worry about tomorrow,"** He considered this another message from God and quickly began to obey.

Marina: What did he do?

Tony: He sold all his land and possessions and gave most of the money to the poor. He kept a small portion for his sister. To make sure she was safe, he took her to a house of virgins so she could live there.

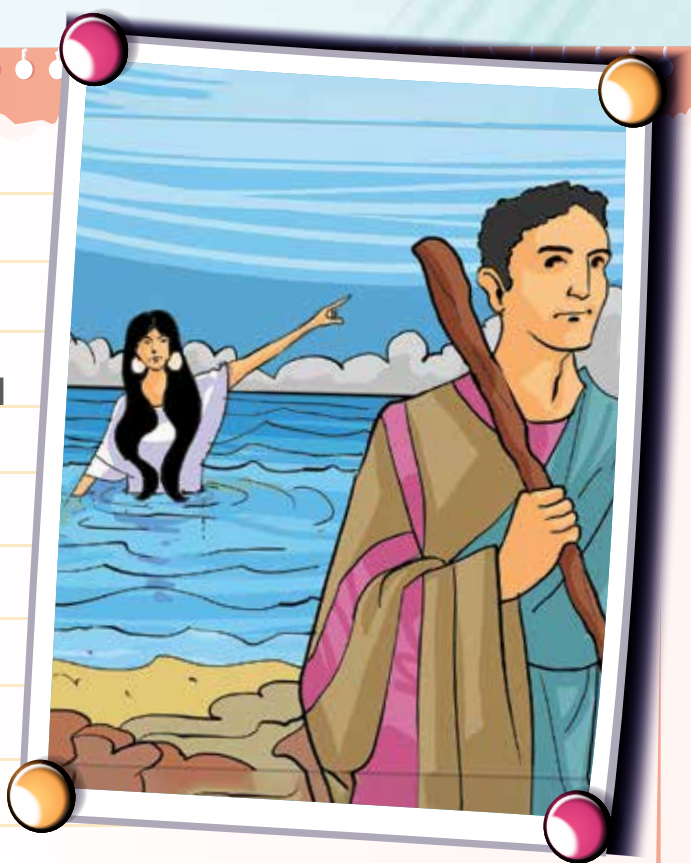


Then, **he left the village** and lived in a small hut near the Nile, dedicating his life faithfully to God. There, **he learned many virtues** from a group of ascetics who were living nearby, worshiping God. From one **he learned gentleness and humility**. From another he learned silence. From another he learned **constant prayer and watchfulness**, and many other virtues. He was always searching for a virtue to learn from each person he met and **the message God wanted to teach him**. One day God sent him a message in a very unusual way.

Lauren: What message was that?

Tony: One day, a woman came to bathe in the river. When Abba Anthony saw her, he told her to go bathe somewhere else because he was a monk.

But the woman told him, **"If you were truly a monk, you would live in the inner desert, because this place is not suitable for monks."** Abba Anthony **considered it a message from God**. And immediately, he left that place and lived in **the inner desert**, where he lived praying and fasting.



Uncle Mark: During his life, **he faced many spiritual battles from the devils**, but he had **very strong weapons to defeat them**.

Marina: I wonder what those weapons were?

Uncle Mark: His weapons were: **prayer, fasting, the Word of God, and the sign of the Cross**, which defeats all the wars of Satan.





One time, Satan fought him with **the war of boredom**. He felt bored all the time. So, he cried out to God to help him. God sent him an **angel to show him how to overcome boredom**.

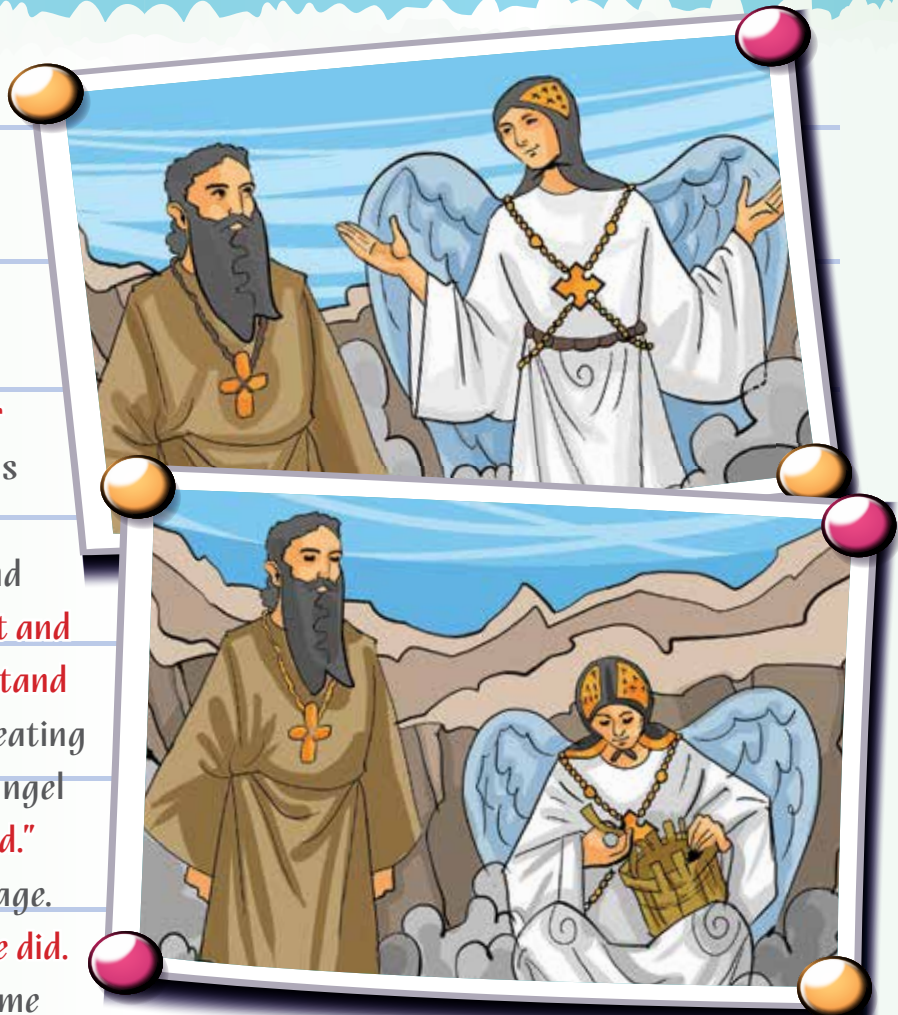
The angel was in the form of a man wearing **long white garments** and wearing **the monastic eskim (a leather belt decorated with crosses)**, and on his head was a hood with crosses.

Abba Anthony began watching him and learning from him. The angel **would sit and weave palm leaves into baskets**, then **stand and pray**, then **return to weaving**, repeating this again and again. At the end, the angel told him: **"Do this, and you will be saved."**

Abba Anthony figured out God's message. **He mimicked the angel in everything he did.**

The **clothing** that the angel wore became **the monastic garb** (uniform), and the

handiwork became one of the **foundations of monastic life** so that monks could fight against the war of boredom. Abba Anthony lived faithfully a life of prayer, asceticism, and fasting.



The Cross Bearers

Lauren: Is that why monks are called “Bearers of the Cross”?

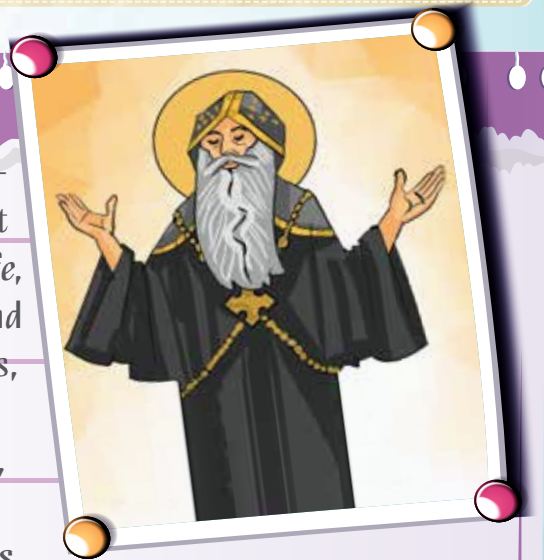
Uncle Mark: Yes, Lauren. “Bearers of the Cross” is a term that generally applies to all saints and martyrs, especially the **monastic fathers**. It means “those who wear the Cross.”

The spiritual meaning is that they take the Cross as a source of comfort, strength, and victory throughout their lives, and as their way of life, because they persevere with endurance and patience through the struggles they face.

Tony: Let me tell you the rest of the story. As time passed, people found out where Saint Anthony lived and they began to visit him on the mountain. Since Saint Anthony loved the solitary life, God guided him to go to the furthest part of the inner desert. And indeed, Saint Anthony lived in a cave near a water spring. Thus,

he devoted himself more to the worship of God. After a while, a group of disciples gathered around him, learning from his teachings. Saint Anthony became a father and a guide to them, and his disciples would choose to live in caves near his to learn from him. Saint Anthony played an important role in defending the faith.

Marina: Can you tell us what he did?



Uncle Mark: Abba Anthony left his cave in the desert and went down to Alexandria twice.



The First time: It was during the days of **Emperor Maximian**, when there was great persecution against Christians. Abba Anthony realized he had to leave his cave to support the people who were suffering persecution. He went to Alexandria, visited the prisons, and encouraged the believers there with comforting words. After that, he returned to his cave.



The Second Time: A man named **Arius** tried to change the true Faith of the Church. He said that “the Lord Christ is created, not equal to the Father in essence, and not eternal.”

This is against the Orthodox Church’s Faith, which believes that “the Son is equal to the Father in essence and eternity.”



At that time, Abba Anthony had to confirm the true Faith and support **Pope Athanasius** (the 20th Patriarch, who was a disciple of Anba Anthony).

He came down from his cave to help the Pope. Then he returned again to his place.



God continued sending messages to Abba Anthony throughout his life. Once, **Abba Anthony thought that he was the first one to live in the desert.** God guided him to a great and holy saint in the desert whom the world did not deserve—**Saint Abba Paul, the first hermit.** He went and met him and learned from his life and humility. **Saint Anthony was the one who buried Abba Paul after he departed to heaven.**

Abba Anthony lived many years learning from God, noticing all His messages to him and obeying them. **Abba Anthony was a monk for more than 80 years.** He founded **the first organized monastic system** in the whole world. Many disciples followed his teachings and spread monasticism everywhere. Abba Anthony was called the

“Father of all Monks.” He departed around the year 356 AD and lived **about 105 years.**



Marina: Now I understand what you meant, Uncle Mark. **When someone is focused on a specific goal, they may forget things that people think are important.**

While they were talking, a strange and special sound was heard, and a fourth new piece appeared on the screen. But unfortunately, they could not figure out what the new shape was.



5

The Cross Leads Me to Eternity

high hill, and move as one team. We may find obstacles, and we must overcome them.

Marina: We trust you, Uncle Mark. We trust that you are a great leader. With you, we will reach our goal and win against the other teams.

John: But climbing the hill is difficult. We need to hold each other's hands tightly as we climb.

Tony: Watch out, guys. There are rocks falling toward us.

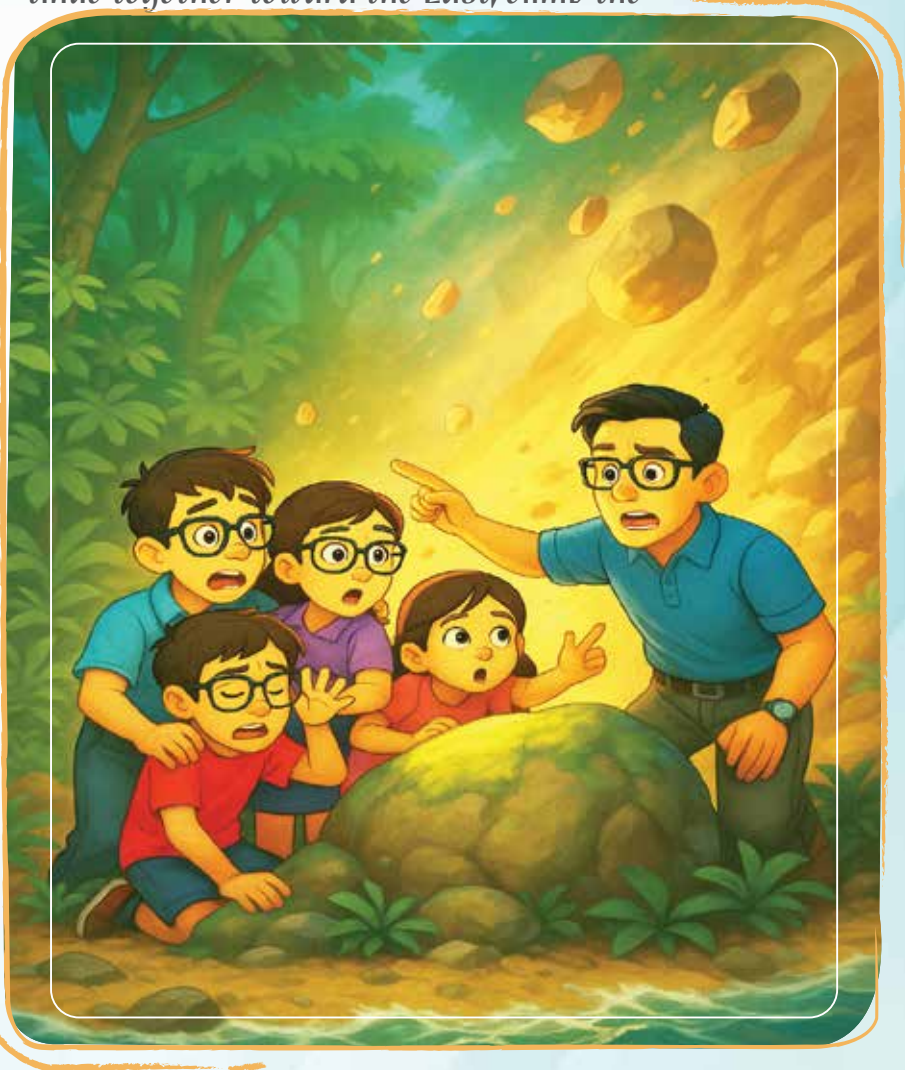
Lauren: Let's hide behind this big rock until this difficult part passes.

They waited until the difficult stage ended. Then they saw a hill in front of them that they had to climb. They began climbing the hill.

Uncle Mark: There are less than 45 minutes left until the mission ends. Either we win, or we stay in the game and won't be able to get out. So, we need energy so we can quickly reach the required point.

Lauren: I wonder exactly what we are supposed to do.

Uncle Mark: The instructions say that we should continue together toward the East, climb the



Tony: Do you see? At the end of the hill there is a wall and a door.

John: Yes! Come on, let's climb quickly so we can try to open the door and pass to the other side before time runs out.

Uncle Mark: By the way, you are a very special group. We are the first team to reach this stage. I'm very happy with you because you have been responsible. I expected that when we faced problems or difficulties, you might refuse to continue the adventure or leave me to finish alone.

John: How could we leave you, Uncle Mark?! Would anyone leave their teacher in a time of trouble? Of course not!

Marina: John, do you know what your words remind me of?

John: Of what, Marina?

Marina: What Saint John the Beloved did long ago. You know the story, right?

John: Of course.

Lauren and Tony: Can you explain what you mean?

Marina: We will tell you his story while we are climbing.

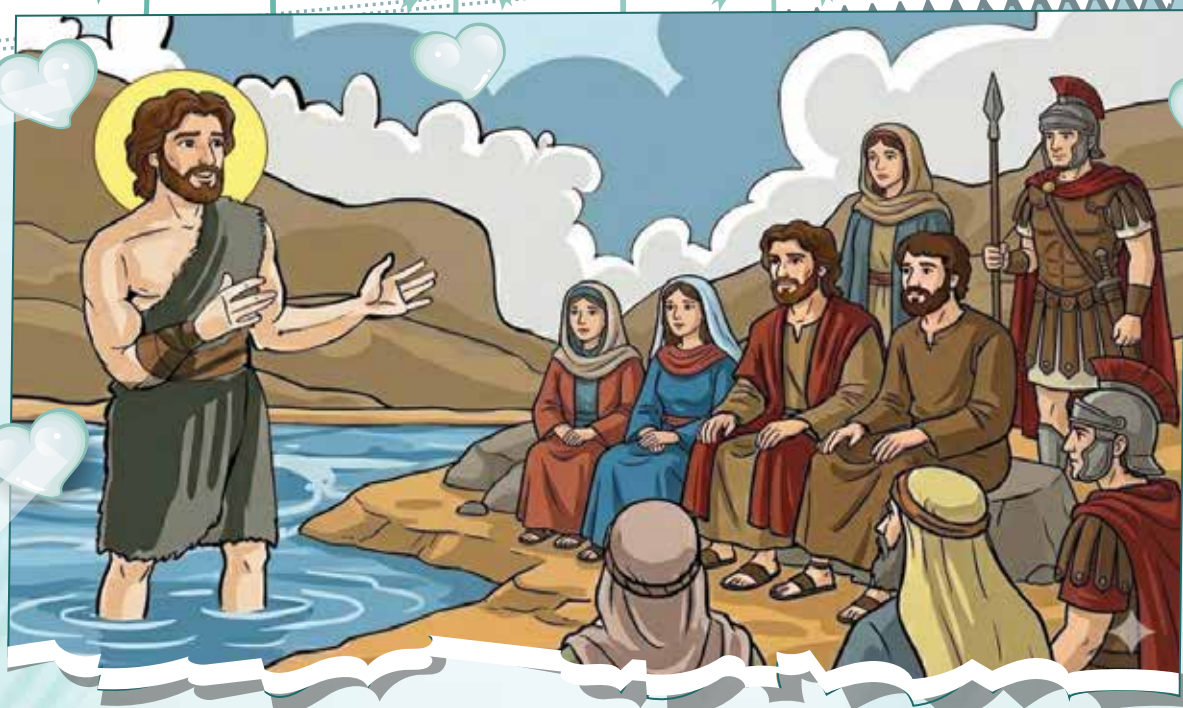




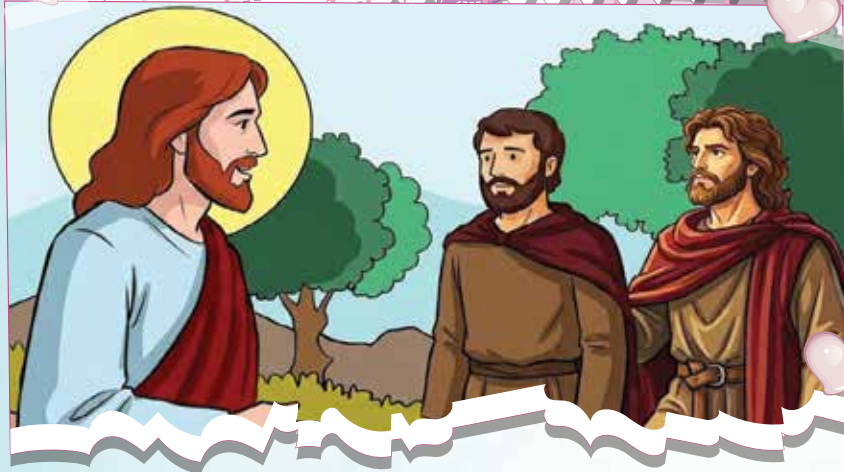
Saint John
The Beloved
Synexarium, 4 Toba

Marina: Saint John's father was named **Zebedee**, and he worked as a **fisherman**. He had a brother named James. John and his brother, James, worked as fishermen. **Their mother** was a virtuous woman, one of the women who **followed and served the Lord Jesus** (Matthew 27:55-56)

Uncle Mark: Saint John was a disciple of **Saint John the Baptist**. He heard Saint John the Baptist's testimony about the Lord Jesus when he said, **"Behold the Lamb of God!"** (John 1:36)



One day, while he was fishing with **his brother James**, the Lord Jesus passed by them and called them, (Matthew 4:21) and they immediately left everything and followed Him. **They were among the first of the Twelve Disciples to follow the Lord Jesus.**



Saint John, since the day the Lord Jesus called him, **stayed with Him**, listening to His teachings, keeping them, and caring to obey them. He saw many miracles that the Lord Jesus performed. Some of these miracles were witnessed **only by three disciples**, and **John** was one of them, along with **James his brother** and **Peter**:

The Miracle of **raising Jairus' Daughter** from the dead (Mark 5:21-43)



The Prayer of
the Lord Jesus
in **Gethsemane**
on the night
of His suffer-
ing (Matthew
26:37)



The Miracle
of the **Trans-**
figuration
(Matthew
17:1-13)

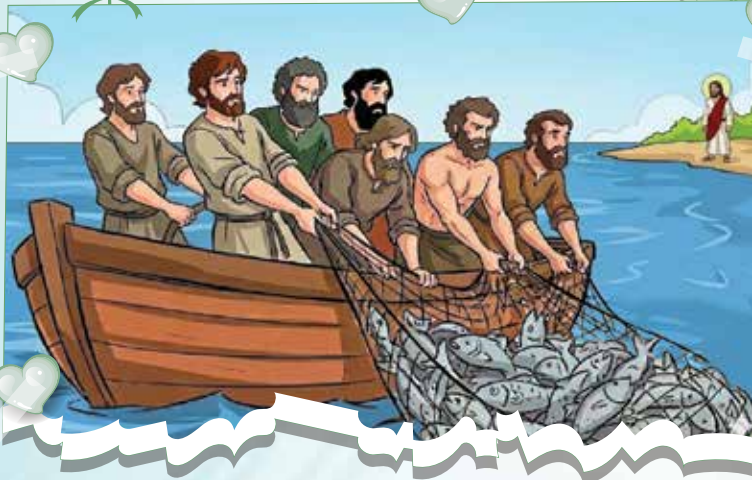


John: Saint John was one of the disciples **closest to the Lord Jesus**, especially at the time **when every-
one left Him**.

He was the only one who **stayed with
the Lord Jesus** during His trial and
until His death on the Cross. There,
the Lord Jesus called Saint John and
entrusted him with His mother, the
Virgin Mary, saying: **"Behold your
mother!"** (John 19:27). Saint John
took Saint Mary to his house and
she lived with him.



He also went early **at dawn on Resurrection Sunday** with Saint Peter to make sure the Lord Jesus had risen. **Saint John arrived at the tomb first**, bent down, and saw the linen cloth lying there. However, **he did not enter inside the tomb.** (John 20:1-10)



He was also the only disciple who **recognized the Lord Jesus** when He **appeared after the Resurrection** at the Sea of Tiberias, and he said to Saint Peter: **"It is the Lord!"** (John 21:7)



Tony: Saint John's love for the **Lord Jesus was very great.**

Marina: Yes. After the **Ascension of the Lord Jesus** and the coming of the Holy Spirit upon the disciples and apostles, the apostles began preaching to the people and speaking to them about the Lord Jesus. Saint John preached in many places. He began his preaching in **Jerusalem and the nearby regions.** He spoke to them and taught them all **the teachings** he had received from **the Lord Jesus faithfully.**

Saint John **preached with Saint Peter** after the miracle of healing the lame man at the gate of the temple called **Beautiful** (Acts 3–4).



In the city of **Samaria**, **Saint John** and **Saint Peter** laid their hands on the people so they could **receive the Holy Spirit** (Acts 8:14–17).



Saint John testifies about the Lord Jesus before the **Sanhedrin** (the highest court among the Jews) (Acts 4).



Uncle Mark: Saint John also **preached in other places**. Let me tell you where: He traveled from **Jerusalem** to **Asia Minor** and lived in **the city of Ephesus**. From there, he preached in many cities in Asia Minor. Because of his preaching, **many people believed and were baptized**. He had **many disciples** who learned from him. He **ordained bishops** and **priests** to pass on the teachings of **the Lord Jesus** that they had received from Saint John. So this verse applies to Saint John:



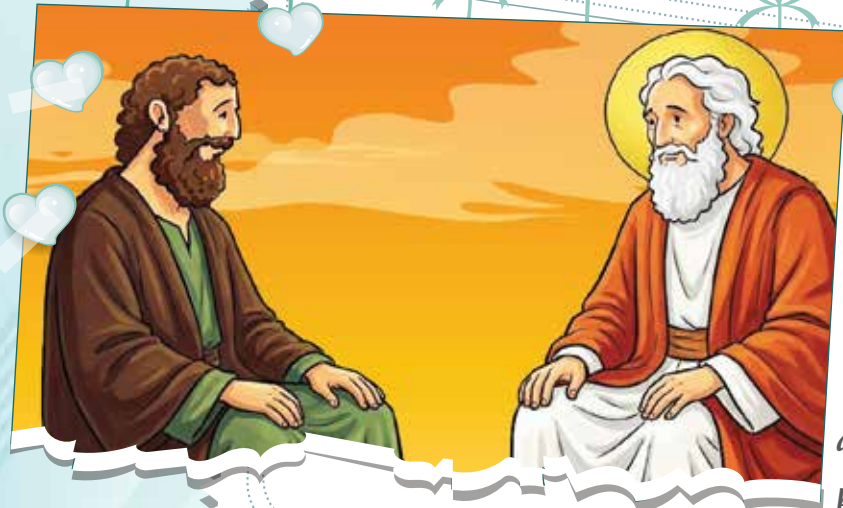
Saint John faced many **difficulties and persecutions** during his preaching. He was arrested and sent to **Rome in chains** during the reign of Emperor Domitian (81–96 AD). There he suffered many tortures.

The emperor then ordered him to be exiled to the island of **Patmos** (located southwest of Ephesus). He stayed there for about a year and a half. During that time, he wrote the **Book of Revelation** by the guidance of the **Holy Spirit** (around the year 95 AD).



Later, Emperor Nerva (96–98 AD) released him, and **he returned to Ephesus** to continue preaching. Saint John **loved sinners** and worked hard to **bring them back to the Lord Jesus**—like what he did with **the young man who became the leader of a gang**.

John: I don't know that story, Uncle Mark. Can you tell us?



Uncle Mark: There was a young man **who did not believe in the Lord Jesus**. Saint John preached to him, and **he believed** in the Lord and repented. Then Saint John **entrusted him to the bishop of the city** and asked him to care for him. As time passed, **the young man left the way of the Lord and returned to**

sin again—so much that he became the leader of a gang.



When Saint John returned and asked the bishop about the young man, he learned everything that had happened. He became **very sad** and began searching for him **to bring him back to the Lord**. Although he was **very old**, Saint John rode on his animal and **went searching for him in the mountains** where he was living. There, **some robbers caught him and brought him to their leader**. As soon as the young man (the gang leader) saw Saint John, **he recognized him and immediately ran away**.



Even though Saint John was **very old**, he ran after the young man, asking him to **have mercy on his old age and stop**. The young man stopped. **Saint John spoke to him** and advised him, and the young man **offered true repentance** and returned to life with **God** again.



Lauren: Saint John's **love** was very great—for **all people**.

John:
Yes, truly. The **commandment** he spoke about most in his sermons, letters, Gospel, and all his writings was:
"Love."

Because of this,
Saint John was called **"The Disciple of Love,"** and our Church also calls him

"John the Beloved."

When
he became an old man,
he used to advise the people and
say:

"My children, love one another."
He would explain and say: **"It is the most important commandment that the Lord taught us."**



In the New Testament, **St. John wrote five books inspired by the Holy Spirit:**

The Gospel of John, Three Epistles (1, 2, and 3 John), The Book of Revelation

He departed in peace **around 100 AD.** He was the only disciple who was **not martyred.** He is called:


Saint John is the one who wrote
the Gospel of John for us.

John the Evangelist

Saint John wrote the Book of Revelation for us.

John the Theologian





He is the one whose sermons, letters, and writings are about love. The Holy Scriptures say of him: **"The disciple whom Jesus loved,"** (John 13:23; 19:26; 20:2; 21:7; 21:20).

John the Beloved

Uncle Mark: Great job, John and Marina! You've learned wonderful things about the life of St. John. St. John reached the **true Light** because he lived with the Lord Jesus, **heard His teachings**, and **became His disciple**.



"I am the Light of the world. He who follows Me shall not walk in darkness, but have the light of life." (John 8:12)



Because we are the children of God, He told us **“you are the light of the world”** – (Matthew 5:14).

After finishing their discussion, they reached the top of the hill and tried to open the door — but it wouldn't open!

Lauren: Oh no! The door won't open! It needs a key! What do we do?

Marina: The key! I understand now! The pieces we collected in every stage must be part of the key!

Uncle Mark: Maybe they are the key. Let's try to put them together quickly.

After working hard, they assembled the pieces. The door opened!

When they entered the city, they were amazed by its beauty. They heard applause and a warm welcome.

Sound: Welcome! You were a committed and united team. You followed your leader in every situation, overcame difficulties, and succeeded with excellence. You deserve the grand prize — **the Flag of the Conquerors** — which allows you to enter the City of the Conquerors and enjoy its beauty. **Congratulations!**





Memorization Psalm 136

By the rivers of Babylon, there we sat and wept when we remembered Zion. We hung our harps on the willows in the midst of it. For there those who had taken us captive asked of us the words of a song, and those who had carried us away asked a hymn, saying, "Sing us one of the songs of Zion."

How will we sing the Lord's song in a strange land? If I forget you, O Jerusalem, I shall forget my right hand. My tongue shall cling to my throat, if I did not remember you, if I did not prefer Jerusalem as the head of my joy.

Remember, O Lord, the children of Edom in the day of Jerusalem, who said, "Tear it down, tear it down, even to its foundations." Wretched daughter of Babylon! Blessed is he who will reward you with the reward you have given us. Blessed is he who will seize and bury your infants by the rock. Alleluia





Memorization Gospel of the Twelfth Hour

THE HOLY GOSPEL ACCORDING TO ST. LUKE (CH. 2: 25-32)

And behold, there was a man in Jerusalem, whose name was Simeon; and this man was just and devout, waiting for the consolation of Israel; and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he would not see death before he had seen Christ the Lord. So he came by the Spirit into the temple. And when the parents brought in the Child Jesus, to do for Him according to the custom of the law, he took Him up in his arms and blessed God, and said, "Lord, now You are letting Your servant depart in peace, according to Your word; for my eyes have seen Your salvation, which You have prepared before the face of all peoples, a light for the revelation to the Gentiles, and the glory of Your people Israel."

Glory be to God forever. Amen.





Memorization Litanies of the Twelfth Hour

1. Behold, I am about to stand before the Just Judge terrified and trembling because of my many sins. For a life spent in pleasures deserves condemnation. But repent, O my soul, so long as you dwell on this earth, for inside the grave, dust does not praise. And in death, no one remembers, neither in Hades, does anyone give thanks. Therefore, arise from the slumber of laziness, and entreat the Savior, repenting and saying, "God, have mercy on me and save me."

Δοξα Πατρι κε Υιω κε αςιω Πνευματι



2. If life were everlasting, and this world ever-existing, you would have an excuse, O my soul. But if your wicked deeds and ugly evils were exposed before the Just Judge, what answer would you give while you are lying on the bed of sins, negligent in disciplining the flesh!? O Christ our God, before Your awesome seat of judgement I am terrified, and before Your council of judgement I submit, and from the Light of Your divine radiance I tremble, I, the wretched and defiled, who lies on my bed, negligent in my life. But I take example of the Publican, beating my chest and saying, "O God, forgive me and have mercy on me, a sinner."

Κε νην κε αι κε ις τοις εωνας των εωνων: αμην

3. O holy Virgin, overshadow your servant with your instant help, and keep the waves of evil thoughts away from me, and raise up my ailing soul for prayer and vigil, for it has gone into a deep sleep. For you are a capable, compassionate and helpful mother, the bearer of the Fountain of Life, my King and my God, Jesus Christ, my hope.





Memorization Absolution of the Twelfth Hour

Lord, all our sins which we committed against You in this day, whether in deeds or in words or in thoughts or through all senses, please remit and forgive us, for the sake of Your holy name, as You are Good and Lover of mankind. God, grant us a peaceful night and a sleep free from all anxiety. And send us an angel of peace to protect us from every evil, and every affliction, and every temptation of the enemy; through the Grace, compassion and love of mankind of Your Only-Begotten Son, our Lord, God and Savior Jesus Christ, to Whom is due, with You and with the Holy Spirit, the Life-Giver Who is of one essence with You, all glory, honor and dominion. Now and ever and unto the ages of all ages. Amen.

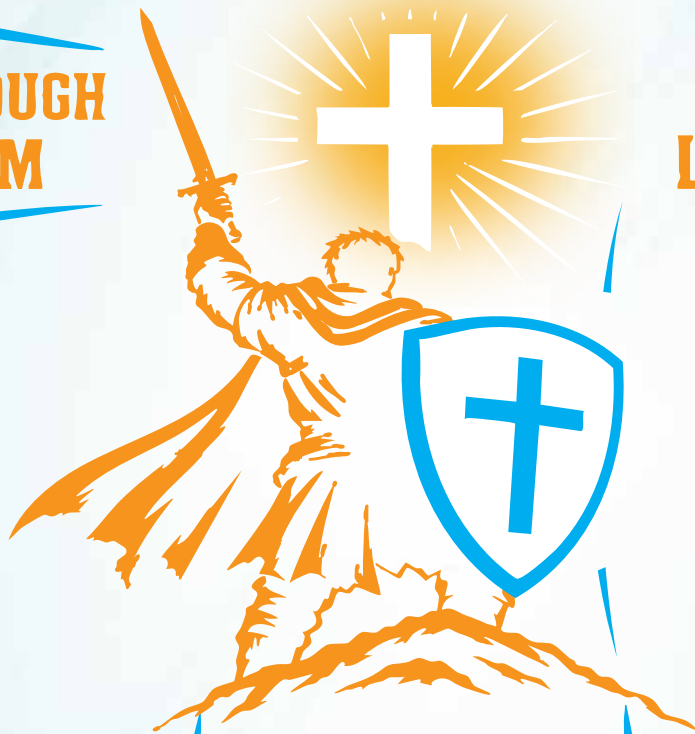




**WE ARE
MORE THAN
CONQUERORS**

**THROUGH
HIM**

**WHO
LOVED US**



ROMANS 8:37

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