

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
Kindergarten



H.H. Pope Tawadros II

Pope of Alexandria &
Patriarch of the See of Saint Mark



H.G. Bishop David

Bishop of the Diocese of New York
and New England



Victory Against Amalek

In this story we will learn about one symbol of the Cross in the Old Testament.

The Cross is an Eternal Plan.

Through the Cross, Humanity was Saved!

In this lesson, we will learn God's plan to redeem us by His death on the Cross.

Through the Cross, all Humanity was Saved!



In this lesson, we will learn that we use the Cross in all the church's services.
My Cross in My Church and it is With Me Everywhere

The Cross in the Liturgical Prayer

In this lesson, we will learn how the Wood of the Cross was discovered.

My Spiritual Fathers Lived by the Cross.

Queen Helen and the Cross

The Cross leads me to Eternity.

In this lesson, we will learn how to become worthy of redemption.

The Faith of the Eunuch

Introduction

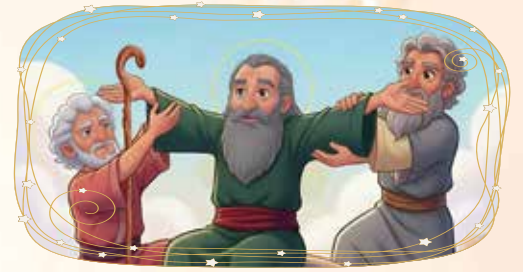
Through the prayers of His Holiness Pope Tawadros II and our beloved bishops of the Coptic Orthodox Church, we introduce to you The Academic Competition.

Our friends, little angels, how are you? Our story this year is an exciting adventure in the land of the squirrels. In this great adventure, **King Nutmeg** the king of the squirrels with **Timmy** and **Fina**, his children, will take us on an exciting journey. Their friend **Goldfeather** will help them solve the mystery along with Grandpa Chestnut. In this adventure, we will learn beautiful stories to learn how to live the verse;

“We are more than conquerors through Him who loved us.” (Romans 8:37)

This is our theme this year, **Mahragan 2026**. We are so excited to have you join us this year and learn the beautiful stories with us.

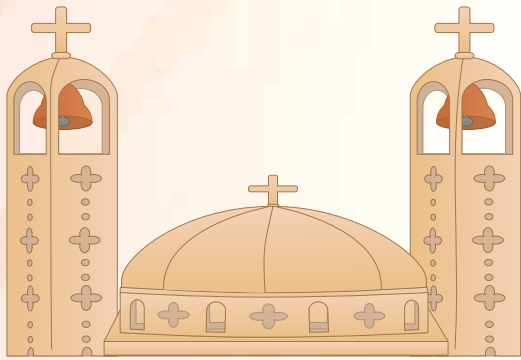




1. A Miraculous Victory in the war against Amalek: *In this story we will learn about one symbol of the Cross in the Old Testament. And we will learn the first anchor which is* **“The Cross is an Eternal Plan.”**



2. On the Cross He Died to Redeem Us: *In this lesson, we will learn God’s plan to redeem us by His death on the Cross. This is the second anchor,* **“Through the Cross, Humanity was Saved.”**



3. My Cross in My Church and it is With Me Everywhere: *In this lesson, we will learn that we use the Cross in all the church’s services. This is the third anchor,* **“The Cross in the Liturgical Prayer”**

Discovery of the Cross: *In this lesson, we will learn how the Wood of the Cross was discovered. This is the fourth anchor,* **“My Spiritual Fathers lived through**



the Cross”.

5. The Faith of the

Eunuch: *In this lesson, we will learn how to become worthy of redemption. This is the fifth anchor,* **“The Cross will Lead me to Eternity”**

Let’s get started...



The Cross is an Eternal Plan

In a large, beautiful tree in the middle of the forest, there lived a large family of squirrels. They lived together happily and ate from the delicious fruit of the tree. One day, King Nutmeg discovered something very alarming. He called all the squirrels to discuss the matter...

King Nutmeg: The tree we eat from stopped making fruits and all the food we have saved is almost done. It looks like a stranger has entered our house. We need to get together to find a different way to solve this problem to feed our family.



Timmy did not attend the meeting. However, when he heard of the problem, he said

Timmy: I am old enough to save my family. I have to help my dad King Nutmeg. I will search for another tree that has plenty of food.

Fina: Wait Timmy. Where are you going? Wait for me.

Timmy: I must go now. I need to find another tree to solve our food supply problem. Let me go now, Fina.

Fina: Wait. You can't go by yourself. We have never left our kingdom, Timmy. I will tell dad, King Nutmeg.

Goldfeather: Timmy, where are you going? Why are you running? This is my first time seeing you going outside of the kingdom by yourself. Do you need help?

Timmy: I am going to save my family. And I do not need any help from anyone. One day I will grow up and become the leader, and my role will be to solve my family's problems without any help from anyone.

Goldfeather: What problem? Besides, everyone needs help sometimes no matter how old we get. Even when you become a great leader, you will still need help.

Timmy: That is not true.

Goldfeather: I will tell you a story so you can believe me...



The Miraculous Victory in the War against Amalek

Goldfeather: Moses the Prophet was a great leader. He led God's people to the Land of Canaan. However, when he faced a big problem, he was not able to solve it all by himself.

Timmy: How could Moses be a great leader if he could not solve the problem all by himself? What kind of problem was it?

Goldfeather:

I will tell you the story.

One day a **big and strong army** attacked the People of Israel. They were called "**The**

Amalekites". The

Amalekites were big and tall and they wanted to fight the People of Israel. This was the first time the People of Israel got into a war with another army.

Timmy: Oh no! This is a big problem! What did Moses do?

Goldfeather: Immediately, Moses asked his disciple Joshua to choose the strongest men of the People of Israel to go and fight the Amalekites. Joshua did exactly as Moses told him.



The next day, Moses went to the top of the hill where the men were fighting. He took his brother Aaron and Hur with him. Moses also took the rod which God performed many miracles through. Timmy, can you guess what Moses was doing on the hill?

Timmy: What was he doing?

Goldfeather: Moses was praying with his arms lifted up.

Timmy: You mean his hands looked like a cross?

Goldfeather:

You are correct, Timmy. Let me finish the story.

When Moses lifted up his arms, the People of Israel won the war.

Every time Moses' hands hurt and he had to put them down, the Amalekites (the enemy) won. Moses tried hard to keep his hands up so the People of Israel could win.

Eventually, Moses **could not keep his arms up** anymore. So, **Aaron** and **Hur** found a large rock for Moses to sit on and they held Moses' hands up on both sides with Aaron from one side and Hur from the other side.





This way, **Moses the Prophet was able to keep his arms up.** He stayed on the hill until the sun went down and Joshua, with the people of Israel, won the war and defeated the Amalekites.

God told Moses to write down everything that happened in the war, so that the people of Israel would remember how God helped them when they fought a big army. God wanted them to know that **their power and victory comes from the Cross** of our Lord Jesus. Even now, everyone knows that:



Goldfeather: See, Timmy, I told you. Even Moses, as a great leader, was not working alone.

Timmy: Now I understand what you mean. Can you help me save my family?

Goldfeather: Of course, Timmy. I will do my very best.



Through the Cross Humanity was Saved

Timmy the squirrel and his friend Goldfeather the eagle started their mission to help the squirrel family. The road was very hard.

Goldfeather: I will fly high in the sky and watch you. Be careful, Timmy. There are many trees here and their branches are tangled together. Walk next to the big branch on the ground.

Timmy: Don't worry, Goldfeather. I can do it. Suddenly Timmy slipped.

Timmy: Help me! I fell!

Goldfeather: Timmy! I can't see you. Are you okay? Stay where you are because there are many thorns here. I will go get your dad, King Nutmeg.



Timmy: I don't think Dad can leave the kingdom to come save me.
Then a voice called out.

King Nutmeg: I am here, my son. Do not be afraid.

Timmy: Dad! How did you come here?

King Nutmeg: You are my dear son. I would never leave you alone. When

I heard you left the kingdom, I followed you so I could help you if you were in danger. Be careful. I will lift the branch so you can come out.

Goldfeather: Your Highness, you are a very good king. I have never seen a king come to save his son like this.

King Nutmeg: Yes, there is a King who did the same for His children. He loves them very much. Let me tell you His story.





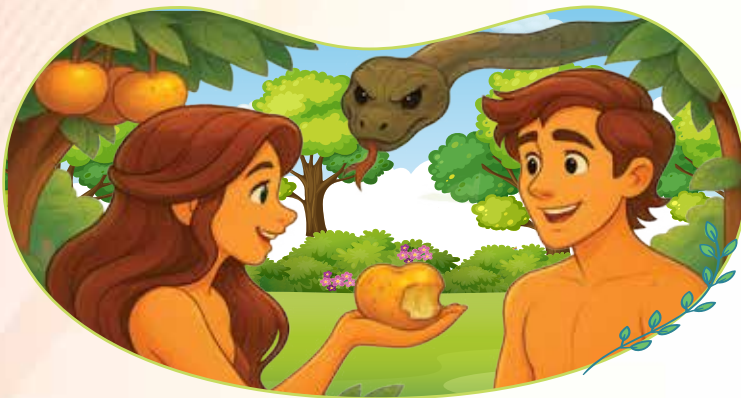
On the Cross, He Died and Redeemed Us



King Nutmeg: When **God created Adam and Eve**, He created them in **HIS image**, the best image ever. He let them live with Him in the Garden of Eden. **Adam and Eve were very happy with everything God created for them.** They were never afraid of anything and they never got tired. They only knew good. Adam was the great great grandfather of all humans and Eve was the great great grandmother of all humans.



However, they made a big mistake when **they ate from the tree of the knowledge of good and evil, the tree that God told them not to eat from.** Because they disobeyed God, their image was changed and they were no longer in God's image. After they ate from the tree, **they felt afraid, and tried to hide from God.** They were punished and their children were also punished. They could not live in the Garden of Eden with God anymore. They felt afraid, tired, and even became sick.



Timmy: Really? Does this mean that man will **live away from God forever?**

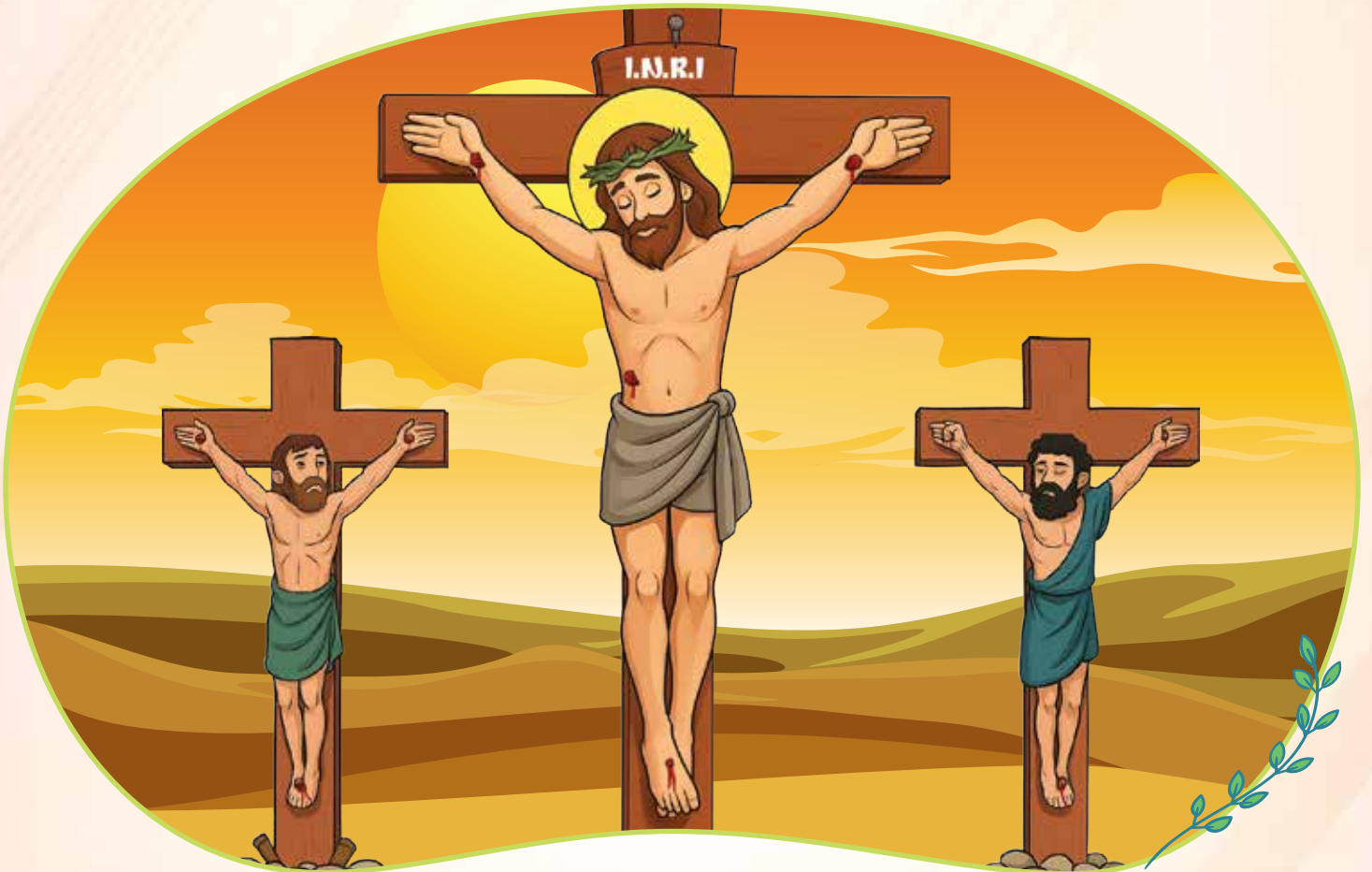
King Nutmeg: Don't worry, Timmy. Man will not live away from God forever.

Timmy: How come? Can you please explain it to me?

King Nutmeg: Because **God loves man and wants us to live with Him forever,** God chose to be punished instead of man for the mistake Adam and Eve made. That is why **God came down from heaven, was born from the Virgin Mary,** lived on the earth with people and at the end, He was **crucified and died on the Cross.** He was nailed to the Cross between two thieves, one on His right and another on His left on a high hill called **"Golgotha"**. Everyone saw Him.

On the Cross

We see Him opening His arms as if He is telling everybody, **“Come to Me. I have My arms open for you.”** The wise one runs to Me and listens to My words and hides in My bosom all the time.



On the Cross

He was in so much pain for all the people. **He died and redeemed Man.** Because He is God who can do all things, **He rose from the dead after three days all by Himself.** No one helped Him rise from the dead.



He rose and **conquered death**. This is how God redeemed man and opened heaven's gates for him to live with God again.

This is the best thing that happened to God's children whom He loves, and who love Him. This is why **everyone looks at the Cross of the Lord Jesus** and says with joy:





Timmy: Thank you, Dad, for loving me so much. Your love made you leave your kingdom and come to rescue me.

King Nutmeg: You are my beloved son, I can never leave you in danger.



The Cross is the Foundation of the Liturgy

Timmy: Dad, we need to find a way to solve the problem. We keep losing our food. What can we do?

King Nutmeg: This is a big problem. We must help each other find the right solution. Neither of us can solve it all by ourselves. First, let's go home. Then, we can think together to solve this challenging problem.

Goldfeather: This place is full of trees. I don't know the way. I think we came from this way. No, this way? Where did we come from? Wait for me here. I will fly up

and find the way home. It is probably close by.

Timmy: Did you say "probably"? You don't know for sure? Are we lost? Will we be able to get back home?

King Nutmeg: Don't worry! Look at the ground. Do you see the little wood pieces? I put them here so we can find our way home. If we follow these marks, we will get home for sure.





Goldfeather: You are right! I found one and here is another one and another and another. There are so many of these marks. Great idea, King Nutmeg.

King Nutmeg: This is, actually, not my idea originally. This was the Carpenter's idea. The Carpenter who comes and collects wood from next to our tree made many pieces like this that all looked the same. They look like the Cross.

Timmy: But why did he make that many?

King Nutmeg: His son asked that too. Let me tell you their story.



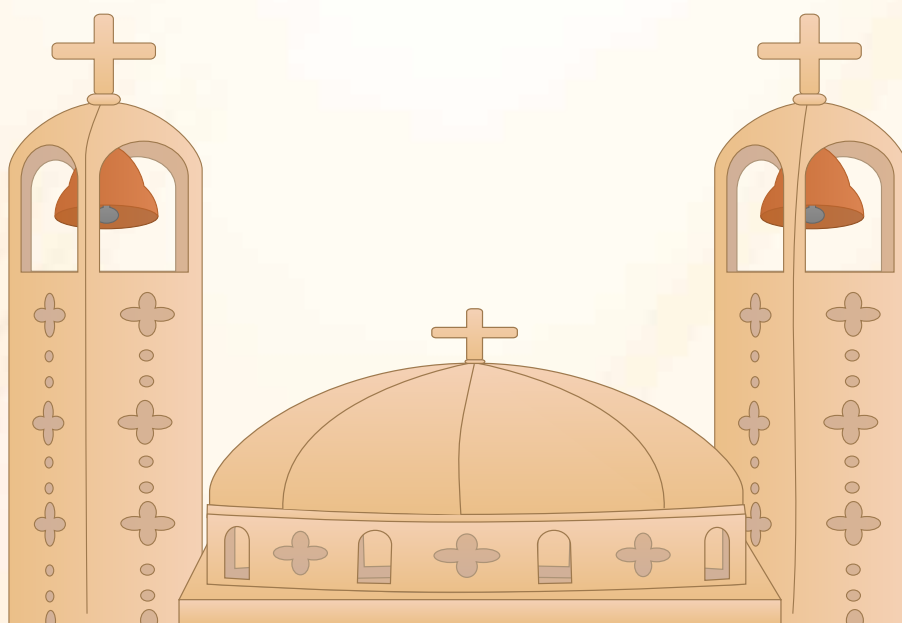
My Cross in My Church and it is With Me Everywhere

The Carpenter: Since the time when our Lord Jesus Christ was crucified on the Cross and re-deemed us, **He opened the doors to heaven for us to return home and live with Him forever.** The Cross became the source of power to all of God's children everywhere they go. The word "**Cross**", as the verse says, **is the power of God:**

Memory
Verse

**"...to us who are being saved it is the
power of God." (1 Corinthians 1:18)**

This means God gives us strength through the Cross. This is the reason why **we use the Cross everywhere we go** and we see it all around us.





On Top of the Church Tower

The Cross is in high places to show everyone that the church belongs to the Lord Jesus Who was crucified on the Cross.



In Abouna's Hand

To give blessings to all the people. When we see Abouna coming, we run to him and kiss the Cross and his hand.



On Top of the Altar:

The Cross is in the center of the Iconostasis (which has the pictures of the saints) to remind us that through the Cross, the gates of heaven were opened and many saints are there in heaven.



We also notice that the Cross is used in all seven sacraments.

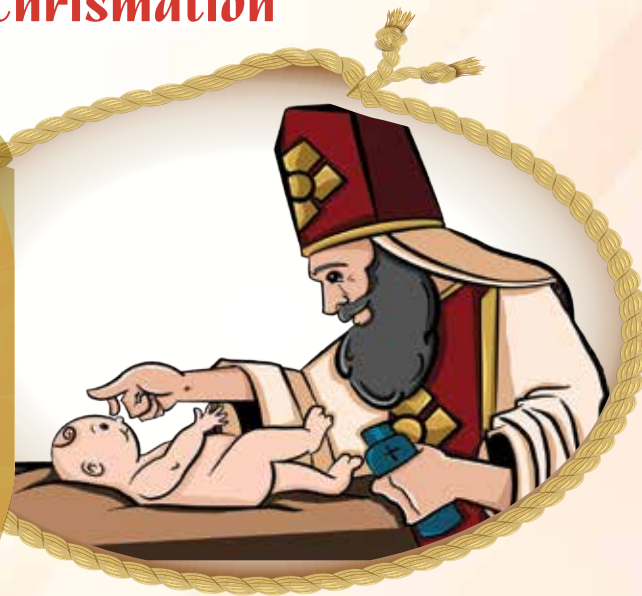
In the Sacrament of Baptism



Abouna does the sign of the Cross over the water in the baptismal font. He immerses the baby three times in the water. He says, "In the Name of the Father, the Son, and the Holy Spirit, One God Amen." Then the baby comes out of the water a Christian, a child of God.

In the Sacrament of Chrismation

After the Sacrament of Baptism, Abouna anoints the baptized baby with the Holy Chrismation Oil 36 times. Each time Abouna does the sign of the Cross, he is blessing the baby to become dedicated to God, to do God's will, and gladden His heart.



The Carpenter's Son: I lift the **Cross high** when I am wearing my **tonia** and serve as a deacon with all my friends, the deacons. We go around the church joyfully during the days of the feasts and on many other days. We sing beautiful hymns because we are happy that **our Lord Jesus was crucified for us and saved us.**



Timmy: No wonder you said the Carpenter made many, many crosses!

King Nutmeg: You are absolutely right, Timmy. That is where I got this idea. Since then, I started cutting pieces of wood in the shape of our tree because **it is our home and our fortress which protects us and feeds us.** I do the same every time I go out on a mission so I can always find my way home.

My Spiritual Fathers Lived By the Cross

Finally, King Nutmeg arrived home with Timmy and Goldfeather. They found Fina waiting for them. She was so happy to see Timmy.

King Nutmeg: Now we need to find Mr. Sangoby the Wise. He will help us solve our problem. He doesn't have an office, so we need to look for him.

Goldfeather: I will fly and try to find him between the trees.

King Nutmeg: Perfect! Timmy and Fina, come with me. We will look for him inside the tree. Maybe he is hiding under the roots.

Under the roots...

Timmy: Wow! This place is so beautiful. This is my first time here.

King Nutmeg: This is our town library. Mr. Sangoby the Wise is in charge of it. Our grandfathers collected books from all over the world and kept them here. I am almost certain Mr. Sangoby the Wise is here.





... Mr. Sangoby the Wise came out from under a pile of papers and books.

Mr. Sangoby the Wise: I am here, Your Highness, King Nutmeg.

King Nutmeg: What are you doing here?

Mr. Sangoby the Wise: I

am looking for an important docu-

ment that will help us solve the problem we are facing. Our grandfathers kept this document in an old wooden box.

King Nutmeg: Timmy and Fina can help you find it, and I will go check on the food storage.

... they started looking everywhere in the library for the document, but they could not find anything.

Fina: I give up. I can't find anything. I am so tired.

Timmy: Me too. I am so tired.

Fina: I can't look anymore.

Timmy: I can't either.

Mr. Sangoby the Wise: I know, dears. We need to work a little harder because this document is very important and we must find it. Precious things take hard work to find. This is exactly what happened with Queen Helen a long time ago. Let me tell you her story while we are looking.



Queen Helen and the Discovery of the Holy Cross (Baramhat 10)

Mr. Sangoby the Wise: This story happened a long time ago, in the year 326 AD, about 17 centuries ago. The queen whose story I am about to tell you is **Queen Helen**, the mother of **Emperor Constantine the Great**.

One day, **God made Queen Helen search for the Holy Cross of the**

Lord Jesus. She traveled all the way to **Jerusalem where the Lord Jesus was crucified.** She took **3000 soldiers** to help her find the Cross.

She looked for a really long time, but she could not find it.

Someone told her that there was **a very old Jewish man** who knew the place of the Holy Wood of the Cross.



Quickly, Queen Helen had him brought to her and asked him where the Cross was. At first, he wouldn't tell her. Then she told him, "You must tell me where the wood of the Cross is." He told her, **"The Cross is under this big pile of garbage over there."**

Fina: A pile of garbage?! What did Queen Helen do when she heard that?

Mr. Sangoby the Wise: Queen Helen ordered her soldiers to clean the pile of garbage quickly. When they were done, they found three crosses. Do you know why there were three?

Timmy: Yes, I know. When **the Lord Jesus was on the Cross, two thieves were crucified with Him. One on His left side and one on His right side.** I wonder what Queen Helen did when they found the three crosses?

Mr. Sangoby the

Wise: She was so happy. However, she had a problem. She did not know which cross was the one that Our Lord Jesus was crucified on.

Fina: This is an important question. I wonder how she found out which one belonged to the Lord Jesus Christ!



Mr. Sangoby the Wise: As she was thinking, some people passed by carrying a dead man. Queen Helen stopped them and asked her soldiers to place the three crosses on him. The soldiers placed the first cross, then the second cross, and when they put the third Cross, a miracle happened.

Timmy and **Fina:** What miracle?

Mr. Sangoby the Wise: As soon as the third Cross touched the dead man, he rose right away.

He was no longer dead. Queen Helen rejoiced greatly, and everyone rejoiced with her because she had found the Honorable Cross of the Lord Jesus.

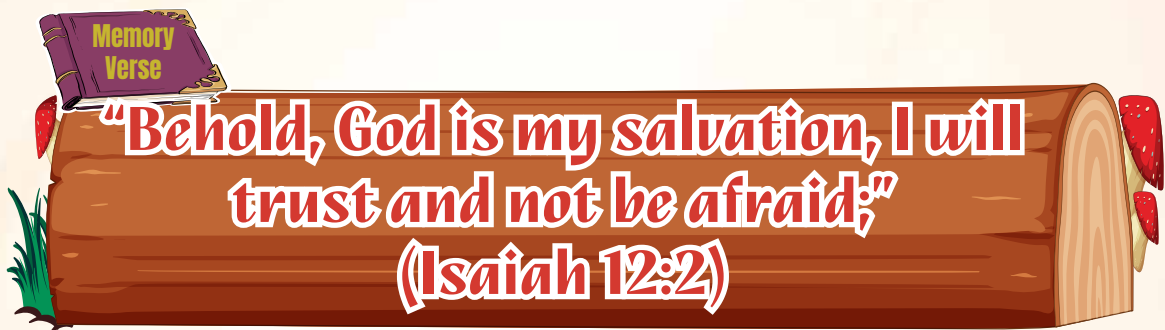
Queen Helen took very good care of the Holy Cross. She built the Church of the Resurrection and put the Wood of the Cross in it. Many people come to this church to get the blessing of

the Cross of the Lord Jesus. The Church has a special feast for the Cross **on the 10th of Baramhat** which is **the day Queen Helen found the Cross.** (for the servant: **Thoout 17** is the day we celebrate the Holy Cross in the Church of the Resurrection).





Now do you see how powerful the Cross of the Lord Jesus is, because the Lord Jesus Himself was crucified on it. The power of the Cross protects God's children and protects them from any danger. Whenever we are afraid or upset, we do the sign of the Cross saying:



Fina: You are right Mr. Sangoby the Wise. We will work harder to find the document because it is very important. Our grandfathers left it for us.

The Cross Leads Me to Eternity

Timmy and Fina looked everywhere for the old wooden box. Finally, when they arrived at the palace hall, they found something surprising ...

Timmy: Fina, hurry up! Come see what I found. I found the document that will save us from famine.



Fina: No way, Timmy! Great job. This is the wooden box that Mr. Sangoby the Wise was talking about.

Timmy and Fina opened the box.

Fina: What is this? Is it a page from a calendar?

Timmy: Could these numbers be a special number to call for food delivery? Or maybe they are the secret code for the safe box where a lot of food is kept.

Fina: Since we cannot figure it out ourselves, we should ask Mr. Sangoby the Wise. He might know what this number is for.

Timmy: I don't need to ask anybody. We will figure it out all by ourselves. Let's try to open it ourselves. We don't need anyone to help us.

Fina: I am afraid we might make a mistake and cause a bigger problem. If we do not know what the right thing to do is, we should ask someone we trust. They might be able to help us. How will we figure it out by ourselves?

Timmy: Don't worry, Fina. I am old enough to know everything.

Fina: Do you know, Timmy, that no matter how old we are, we still need help, and we need to ask those who are older than us? They can explain what we cannot figure out by ourselves. This is just like the **Eunuch of Queen Candace**.

A eunuch is a servant of the queen. I heard this story from the Carpenter when he was telling it to his son.



The Faith of the Eunuch (Acts 8)

Fina: One day, the **Eunuch of Queen Candace** was on his way home from Jerusalem. While he was riding in his chariot, he was reading God's word in the Book of Isaiah out loud. Meanwhile, God told **Philip, one of the seven deacons**, "Come walk next to that chariot." When Philip got closer, he asked the Eunuch,

Philip: Do you understand what you are reading?

The Eunuch: How can I understand it if no one explains it to me? Can you please come sit with me in my chariot and explain what the prophet is talking about?

Fina: Philip got into the chariot and explained to the Eunuch the words of Isaiah the Prophet in the Old Testament. Philip told the Eunuch that everything written in the Old Testament was a prophecy about the Lord Jesus. They were about His crucifixion and redemption for us. **When Philip finished speaking, the Eunuch rejoiced in the word of God that he heard. He wanted to become a Christian.**



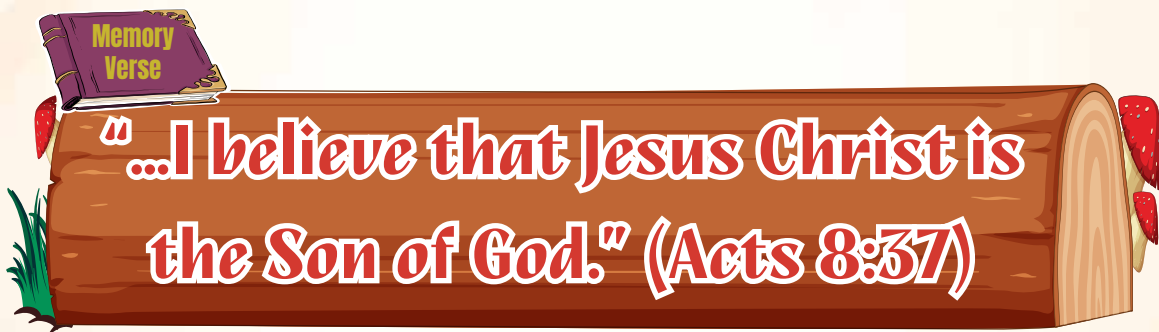
Timmy: Do you mean the Eunuch wanted to get baptized?

Fina: Yes! In order for him to become a child of God and a Christian, **he had to be baptized.** However, there were no churches or baptismal fonts, so when they saw water on the way, the Eunuch asked Philip,

The Eunuch: Here is water. Can you baptize me?

Philip: Only if you believe with all your heart.

Fina: The Eunuch answered confidently, saying:



Fina: The Eunuch ordered the guards to stop the chariot. Both Philip and the Eunuch went down into the water. **Philip baptized the Eunuch in the water.**

The Eunuch was so happy when he came out of the water because **he became a child of God, a Christian.** When the Eunuch arrived at his hometown, he told everyone about the Lord Jesus.

After Fina finished the story,

Timmy agreed to go with her to ask Mr. Sangoby the Wise for help. They showed him the paper they had found in the wooden box.



Mr. Sangoby the Wise: Great job, you two. Where did you find the box?

Fina: What is written on the paper, Mr. Sangoby? We couldn't figure it out ourselves.

Timmy: We found it in the palace hall.



Mr. Sangoby the

Wise: Thank God! Thank God!

Fina: What happened?

Mr. Sangoby the Wise: This paper has a math formula that tells us when our tree will

produce fruit. According to the numbers here, the tree will have fruit in three months.

Timmy: Perfect! What can we do now?

King Nutmeg: Do not worry, children. We have enough food until the tree starts producing fruit again. Our grandfathers knew the exact times when the tree would bear fruit. They saved enough food to sustain us until the tree bears fruit again.

Timmy and Fina were so happy. Three months later, while they were sitting



under the tree, they suddenly saw the first fruit fall from it. A few minutes later, another fruit fell. Then another one, and another, until the tree was full of fruit. All the squirrels gathered around the tree and took some fruit home. They all rejoiced and were happy because of the tree that protected them and fed them.



Memorization

The Sign of the Cross

In the Name of the Father,
and the Son, and the Holy
Spirit, one God. Amen.

ἮΕΝ ΦΡΑΝ ἠΦΙΩΤ ΝΕΩ
ἸΩΗΡΙ ΝΕΩ ΠΙΠΝΕΥΜΑ
ΕΘΟΥΑΒ ΟΥΝΟΥΤ ἸΟΥΩΤ.
ΑΜΗΝ



Memorization

The Lord's Prayer

Our Father Who art in heaven, hal-
 lowed be Thy name. Thy kingdom
 come, Thy will be done, On earth
 as it is in heaven. Give us this day
 our daily bread and forgive us our
 trespasses, as we forgive those
 who trespass against us and lead
 us not into temptation, but deliver
 us from the evil one, in Christ Je-
 sus our Lord.

For Thine is the kingdom, the pow-
 er and the glory, forever. Amen.

Χε Πενιωτ ετ δεν νιφνορι: μα-
 ρεφτορβο ηχε πεκραν. Μαρ-
 ci ηχε τεκμετορρο. Πετεε
 μακ μαρεφωπι: υφρητ δεν τφε
 νευ ριχεν πικαρι. Πενωικ ητε
 ραcτ μηιφ ναν υφοοτ. Οτοε χα
 νηετερον ναν εβολ: υφρητ ρων
 ητενχω εβολ ηνηετε οτοη ηταν
 ερωοτ. Οτοε υπερεντεν εδοτη
 επιρασμοc: αλλα μαριμεν εβολ ρα
 πιπετρωοτ. Δεν Πιχριστοc Ιηcουc
 Πενβοιc: χε θωκ τε τμετορρο νευ
 τχομ νευ πιωοτ ωα ενεε. Αμην.



Memorization

The Books of the Old Testament

- | | | |
|--|---|---|
|  Genesis |  First Chronicles |  Ezekiel |
|  Exodus |  Second Chronicles |  Daniel |
|  Leviticus |  Ezra |  Hosea |
|  Numbers |  Nehemiah |  Joel |
|  Deuteronomy |  Esther |  Amos |
|  Joshua |  Job |  Obadiah |
|  Judges |  Psalms |  Jonah |
|  Ruth |  Proverbs |  Micah |
|  First Samuel |  Ecclesiastes |  Nahum |
|  Second Samuel |  Song of Solomon |  Habakkuk |
|  First Kings |  Isaiah |  Zephaniah |
|  Second Kings |  Jeremiah |  Haggai |
| |  Lamentations of
Jeremiah |  Zechariah |
| | |  Malachi |



**WE ARE
MORE THAN
CONQUERORS**

**THROUGH
HIM**

**WHO
LOVED US**



ROMANS 8:37

Through the grace of God and under the auspices of His Grace Bishop David, Bishop of the Diocese of New York and New England, this Mahragan book was translated and formatted by the blessed servants of the Coptic Orthodox Diocese of New York and New England. All material was translated from the Arabic Language to the English Language.



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