



Summer Festival | 2023 / 2024



REJOICE

Gr 4-6 | English Edition

“ ... the Lord your God will bless you in all your produce and in all the work of your hands, so that you surely rejoice” (Deut 16:15)



His Holiness Pope Tawadros II



118th Pope of Alexandria and Patriarch of The See of Saint Mark

“ REJOICE ”

Appreciation

The summer festival central committee of the Coptic Orthodox Diocese of Melbourne and its affiliated regions would like to give thanks and appreciation to the **Coptic Orthodox Diocese of the Southern United States** (www.smfsus.org) for their blessed and tireless work in the translation, revision and art-work of St. Mark's Festival (Mahragan Al Keraza) books from the original Arabic version under the guidance and prayers of **H.G Bishop Youssef**.

May The Lord bless all their fruitful services and for many years to come.

In Christ,

SF Melbourne Central Committee

Table of Contents

My Joy Comes from the Lord – The Holy Spirit	5
My Joy is in His House – A Journey Through Midnight Praises	8
My Joy is Living His Commandments – St. Paul and the Epistle to the Philippians	11
My Joy Stays with Me if I am with the Lord – The Sacrament of Repentance and Confession	14
My Joy Shows in My Behavior – Tobit and Archangel Raphael	17
Memorization	21

My Joy Comes From the Lord

The Holy Spirit

Learning about the Holy Spirit teaches us how He fills us and gives us true joy.



In the name of the Father, the Son, the Holy Spirit one God. Amen.
This means the Father is God, the Son is God and the Holy Spirit is God.
They are not 3 Gods but **One God** with 3 hypostases.

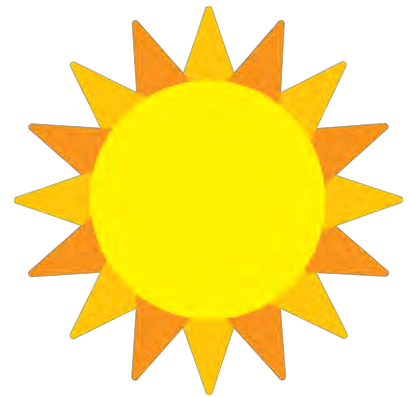
“The Lord our God, the Lord is one” (Deuteronomy 6:4)

“For there are three that bear witness in heaven: the Father, the Word, and the Holy Spirit, and these three are one” (1 John 5:7)

Here are some examples to explain the doctrine of the Holy Trinity:

1. The Sun, its Light and its Heat:

The sun exists in space, its light shines, and we feel its heat. The sun is not the light and it is not the heat either, but the three are one thing. In the same way, we can say that the Father is not the Son and the Father is not the Holy Spirit, but they are one God. The sun does not exist without its light or heat, as they are not separate. Therefore, the Father, the Son, and the Holy Spirit exist together and never separate.

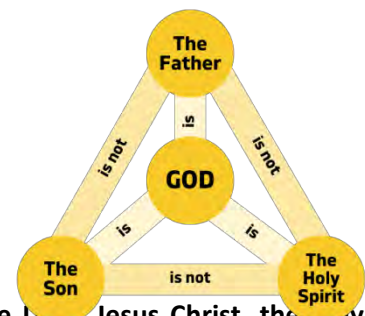


2. The Equilateral Golden Triangle:

The equilateral golden triangle has 3 connected lines, and each is made of the same material (gold). This is in the same way that the Father, the Son, and the Holy Spirit are connected and have one Holy Nature. They are equal and never separated.

The Father has specific qualities, which are different from those of the Son and the Holy Spirit. The Father is the origin, the Son is begotten of God, and the Holy Spirit proceeds from the Father.

We say in the Orthodox Creed, **“We believe in one God... We believe in one Lord, Jesus Christ, the only begotten Son of God, begotten of the Father before all ages... Yes, we believe in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father.”**



“ REJOICE ”

The Holy Bible tells us that the Holy Spirit is God:

“The Spirit of God has made me, and the breath of the Almighty gives me life.” (Job 33:4)

Immediately after we are baptized, we receive **the Sacrament of Confirmation**. In this Sacrament, the priest anoints us with the Holy Myron oil and the Holy Spirit dwells in us and we become children of God. This is why we must live a holy life.

The Holy Spirit supports us in our lives when **we practice the means of grace** like praying, fasting, reading the Holy Bible, repenting our sins, confessing to the priest, and receiving communion.



The more we continue practicing the means of grace, the more we grow spiritually, and we are filled with the Holy Spirit. **“Be filled with the Spirit” (Ephesians 5:18)**
An example of this are the **wise virgins** who were ready, and their lamps were full of oil.

But if we are not serious in our spiritual life, the opposite happens.

“Do not quench the Spirit” (1 Thessalonians 5:19).

An example of this are the **foolish virgins** who were not ready, and their lamps had no oil.

The oil that lights the lamps symbolizes the work of the Holy Spirit in us. When we live with God through the means of grace, He works within us. And the fruit of the Holy Spirit will show in our lives.

**“Love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control”
(Galatians 5:22-23)**

When we are filled with the Holy Spirit, we will always have the true joy which comes from Him.



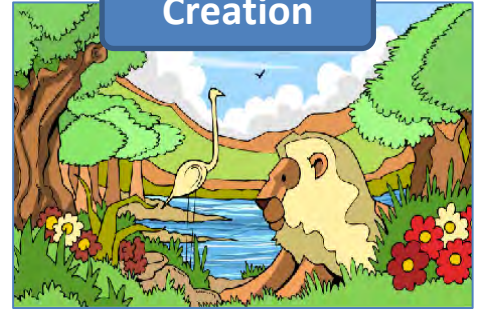


The Holy Spirit

Match the verse with the pictures of the work of the Holy Spirit.

Psalm 104:30

Creation



Psalm 139.4

He is everywhere



John 14:26

He knows everything



Zechariah 4:6

All-powerful (Omnipotent)



My Joy is in His House

A Journey Through Midnight Praises

This teaches us about the rite of Midnight praises; an offering of love and praise to the Lord who gives us joy.

“While I live, I will praise the Lord, I will sing praises to my God while I have my being”
(Psalm 146:2)

- ❖ Praise is how we glorify God and thank Him for all His graces.
- ❖ Praise is the work of angels in heaven, celebrating the presence of our Lord Jesus Christ.
- ❖ Praise is chanted with our voices – with understanding - not musical instruments.

“Therefore, by Him let us continually offer the sacrifice of praise to God, that is the fruit of our lips, giving thanks to His name.”
(Hebrews 13:15)



We praise the Lord throughout the day: in the morning, we pray the Morning Praises. In the evening we pray Vespers and at night, we pray the Midnight Praises.

Midnight Praises: A beautiful journey like our spiritual journey here on earth.

It is read from a book called the **Psalmody**. It is a Greek word that means a psalm. We sing the Midnight Praises all year round using the standard (annual) psalmody or the Kiahk psalmody.

1. It starts with “**Arise, O you children of the light: let us praise the Lord of hosts**”. Inviting us to join the praises.
2. Then, it is followed by the **First Canticle**: “**Then Moses and the children of Israel sang this song to the Lord and spoke saying, “Let us sing to the Lord for He has triumphed gloriously.”**”
(Exodus 15:1-21)

The First Canticle is the praise of the great triumph. Moses and the people of Israel were set free from Pharaoh, and they crossed the Red Sea, a symbol of baptism. It is followed by the Lobsh for the First Canticle. Canticle means praise and Lobsh means explanation.



“ REJOICE ”



3. Then comes the **Second Canticle**: “O give thanks to the Lord, for He is good and virtuous. His mercy endures forever.” (Psalm 135)

We give thanks to the Lord for His grace and mercy. It is also followed by the **Lobsh for the Second Canticle**.

4. **The Third Canticle**: It is the praise of the **Three Saintly Children** in the fiery furnace (Daniel 3). The Lord accompanied them, and the fire did not hurt them. God is always with us throughout the journeys of our life to support us in hardships.

The church teaches us to have joy despite our hardships.



5. **Aripsalin**: “O sing unto Him who was crucified, buried, and resurrected for us”. Just like He saved the Three Saintly Children; He saved us from Satan and sin.

6. **Ten Oweh Ensok**: “We follow You with all our heart”, feeling our Lord’s presence. It is sung in different tunes depending on the season; standard, joyful, Great Lent, Kiahk, and Palm Sunday.

7. **The Commemoration of the Saints**: “Intercede on our behalf, O Lady of us all the Theotokos, Mary the mother of our Savior, that He may forgive us our sins.” We pray asking for the intercession of all the saints in heaven, an indication of the unity of the Church in heaven and on earth.



8. **Doxologies**: A Greek word that means glorification. We happily sing doxologies for the saints, remembering their holy lives and thanking them for their intercession before the Lord to forgive us our sins and listen to our prayers. There are also doxologies for feasts and their purpose is to live the joy of Christ’s life on earth.

9. **The Fourth Canticle**: “Praise the Lord from the heavens Alleluia, Praise Him in the heights.” (Psalms 148, 149, 150) The entire creation is a great witness to God, praising Him for His glory. In Psalm 150, the word praise is repeated 10 times to show how happy we are as we glorify our Lord Jesus Christ.

10. **Psali**: A Greek word that means “Spiritual Song”. There is a Psali for every day of the week. There are Psalis for the feasts, fasts, and saints. In the Psalis, we repeat the name of our Lord Jesus Christ, which gives us joy.

11. **Theotokia**: It tells us about the incarnation of the Lord Jesus Christ and His birth from St. Mary. Theotokia comes from the word Theotokos which means the mother of God. Just like the Psali, there is a Theotokia for every day of the week. Most of the Theotokias were written by Pope Cyril, the Pillar of Faith in the 4th century.



12. **The Conclusion** consists of: The Conclusion of the Theotokia, Antiphony (book of saints), Introduction of the Creed, the Orthodox Creed, then Lord have mercy.

We learn how to rejoice in the house of God by happily singing hymns and praises.



Midnight Praises

Fil in the missing parts of the Midnight Praises

Beginning of Midnight Praises
The Church tells us to arise from sleep to share in praising of the Lord.

Theotokias
Glorification for St. Mary.

Psalm 135

Fourth Canticle

“ REJOICE ”

My Joy is Living His Commandments

St. Paul and the Epistle to the Philippians

Learning about St. Paul and the Epistle to the Philippians teaches us about living a true life of joy in the Holy Bible

1. St. Paul wrote more than half of the books of the New Testament.
2. He was a great philosopher who explained the doctrines of incarnation, redemption, etc...
3. He was the first apostle to preach to the Gentiles. Hence why we call him the Apostle of the Gentiles.
4. The Lord Jesus Christ appeared to him and called him to the faith.
5. St. Paul was born in Tarsus (Turkey) which was the center of Greek culture.
6. He also had Roman nationality.
7. He was Jewish from the tribe of Benjamin, from the Pharisees. His Jewish name was Saul, which means “prayed for” and his Greek name was Paul which means “small.”
8. St. Paul was the disciple of Gamaliel – the greatest Jewish teacher of that time. He learned the Jewish law from him.
9. St. Paul persecuted Christians at the beginning of his life, thinking that this is what pleased God.
10. He consented to the death of St. Stephen by guarding the clothes of the witnesses.
11. The Lord appeared to him on his way to Damascus. He heard a voice calling him:
“Saul, Saul, why are you persecuting Me?” And he said, “Who are You, Lord? Then the Lord said, “I am Jesus whom you are persecuting.” (Acts 9:1-9)
12. He was blind for three days, then, St. Ananias the disciple prayed for Saul, and he received his sight. He was then baptized and his life was changed.
13. St. Paul started his service by spending 3 years in seclusion in the desert of Arabia. Then he returned to Damascus and started preaching.
14. He went on 4 missionary trips.
15. He wrote 14 Epistles of the New Testament.
16. He was seized and taken to be persecuted in front of Caesar in Rome. While a prisoner, he was permitted to dwell for two years in a house with the soldier who guarded him. He continued preaching during that time.
17. St. Paul wrote the Epistles to the Ephesians, Philippians, Colossians, and Philemon while he was imprisoned.
18. Despite being a prisoner, he was happy **“Rejoice in the Lord always. Again, I will say rejoice” (Philippians 4:4)**. For he knew that God is the Pantocrator, who does not do evil, who may allow hardships according to His wisdom but gives us comfort through them, and who plans everything for our good.



“ REJOICE ”

The Epistle to the Philippians is full of happiness and joy. The word joy or happiness is repeated around 16 times throughout the Epistle.

The city of Philippi is in Europe. During the second trip of St. Paul, a man from Macedonia appeared to him and said, “**come over to Macedonia and help us**” (Acts 16:9)



St. Paul went over to Macedonia together with Timothy, Silas, and Luke. On a Sabbath day, they went out of the city to the riverside where they gathered and prayed. St. Paul started preaching to them about our Lord Jesus Christ. A woman named Lydia, a seller of purple, was among the crowd. She heard them and the Lord Jesus Christ opened her heart. She was the first to believe in our Lord and was baptized along with her family. She invited them to her house, which became the first church in Europe. The church in Philippi became the first church in Europe.



St. Paul wrote the Epistle to the Philippians to:

- Thank them for their care and gifts (Philippians 1:3-5, 4:10-19)
- Let them know that he was well (Philippians 1:12-26, 4:11-13, 18)
- Encourage them to rejoice in all circumstances (Philippians 1:27-30, 4:4)
- Send them Epaphroditus who was feeling much better (Philippians 2:25-30)





St. Paul

Read Philippians 2:25-30 and answer these questions:

1. What was the name of the servant whom the Philippians sent to St. Paul?
How did he describe him?

2. What happened to that servant?

3. Why did St. Paul send him back to them?



“ REJOICE ”

My Joy Stays with Me When I am with the Lord

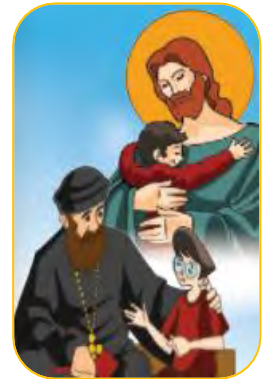
The Sacrament of Repentance and Confession

Teaching us that by having a relationship with God and by practicing the Sacrament of Repentance and Confession, we will have joy.

Any sin results in the separation from God **“for the wages of sin is death” (Romans 6:23)**. However, when we offer sincere repentance and confess our sins through the **Sacrament of Repentance and Confession**, we return to the open arms of our Lord Jesus Christ.

“There will be more joy in heaven over one sinner who repents” (Luke 15:7)

“Return to me and I will return to you.” (Malachi 3:7)



The Sacrament of Repentance and Confession is one of the 7 holy sacraments of the church. It was instituted by our Lord Jesus Christ Himself when He said:



“Assuredly I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” (Matthew 18:18)

After the resurrection, our Lord Jesus Christ told His disciples:

“If you forgive the sins of any, they are forgiven, if you retain the sins of any, they are retained.” (John 20:21-22)

We gain the remission of our sins when we confess them before the priest. The priest puts the cross on our heads, reads the absolution, and announces the remission of our sins with the authority he was given by our Lord Jesus Christ.



Sincere repentance + confession and absolution = remission of sins

“ REJOICE ”

Steps of practicing the Sacrament:

Before Confession:



- **Repent the sins:** Have **faith and hope** that our Lord Jesus Christ will forgive us because He loves us. **Regret** the sins and have the **determination** to stop doing them. Then **stay away** from the source of sin.
- **Prepare for Confession:** **Pray** and **ask** the Lord for guidance, then **write** the sins briefly on a piece of paper.
- **Confess before the Lord:** Pray and ask the Lord to forgive your sins and keep you away from them.
- **Apologize:** to those we hurt



During Confession:



- **Don't feel shy or scared** to confess your sins to the priest.
- **Don't give yourself excuses** for doing the sins, mention your sins briefly and directly.
- Ask the priest for **guidance** on how to stop these sins.
- The priest places the cross on your head and reads the **Absolution** and you read **Psalm 50**

After Confession:

- **Pray** and **thank** the Lord for returning to Him.
- **Ask for the Lord's help** not to repeat these sins.
- Receive **communion** as soon as you can.



The Blessings of the Sacrament of Repentance and Confession:

1. Remission of sins: **“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:9)**
2. Hope for eternal life with our Lord Jesus Christ by accepting His redemption.
3. Returning to our Lord like the **prodigal son**, **“for this my son was dead and is alive again; he was lost and is found.” (Luke 15:24)**
4. Receiving the absolution and the solution from the priest.



**The 7 Sacraments of our Church are our real sources of joy.
They allow us to live happily with the Lord Jesus Christ.**



The Sacrament of Repentance and Confession

Read the stories of the saints below in the Synaxarion. They repented and their lives were changed. Write the priest to whom they confessed to, how they offered repentance, and how their life changed afterward.

St. Moses the Strong (Paone 24):

The priest he confessed to: _____

How did he offer repentance? _____

How did his life change? _____



St. Mary of Egypt (Parmoute 6):

The priest she confessed to: _____

How did she offer repentance? _____

How did her life change? _____



St. Augustine (Mesore 22)

The priest he confessed to: _____

How did he offer repentance? _____

How did his life change? _____



My Joy Shows In My Behavior Tobit and Archangel Raphael

This story teaches us that when we help others, we bring joy to them and to ourselves.

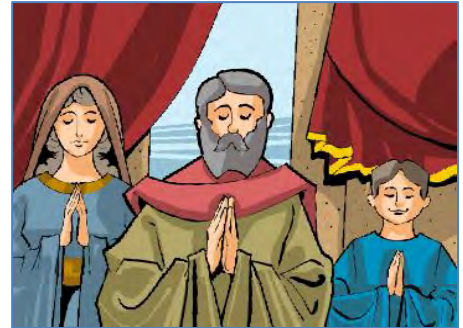
Tobit was from the tribe of Naphtali, he married Anna and they had a son whom they named after him (Tobias). Tobit taught his son to fear God. The family lived together happily until they were taken captives to Nineveh.

Despite being captives in a foreign city that didn't worship the Lord, they continued to love the Lord and obey His commandments. Tobit was favored by the King of Assyria and was given the freedom to do whatever he wished. After a while, the king died and his son reigned in his place. The new king didn't love the sons of Israel.

Tobit had a very loving heart. He used to go around and console the people, bury the dead, and help the needy.

One day, Tobit came home tired after burying the dead and he slept by the wall. While he was sleeping, warm droppings from a swallow's nest fell upon his eyes and he was made blind. Anna began weaving clothes to provide for her family. Tobit was not discouraged by what happened to him and he encouraged his son to fulfill the commandments of God and to take care of his mother.

**“Yet, for all the days of your life, have God in your mind.”
(Tobit 4:6)**



“ REJOICE ”

Tobit remembered that he lent ten talents of silver to a man called Gabael in Rages, while Tobias was still young. He showed his son the written agreement and asked him to get the money back.

Tobias told his father: **“I will do everything just as you have instructed me, father.” (Tobit 1:5)** But Tobias didn’t know the city or the man. How could he find him?

Tobit told his son that once he showed the agreement to Gabael, he would repay him immediately. They just needed to find a faithful man who could guide Tobias to the city and get him his wages.

Tobias left his father and found a young man who knew Gabael and the way to the city. He returned to his father and told him about the young man and Tobit asked to meet him. When the young man entered Tobit’s house he said, **“May gladness be always with you.” (Tobit 5:11)**

Tobit asked the man about his family and tribe and the young man said, **“I am Azariah, the son of Hananiah the great”**. The young man told Tobit that he will lead Tobias throughout the journey safely. They took all they needed for the journey and left.

They spent the night near the river. Tobias went to wash his feet and he was attacked by a big fish. The young man told Tobias to catch it by the gills and pull it out of the water. Then he asked him to open the fish and take out his heart, gall, and liver as they are useful medicine.

Azariah asked Tobias to go to the house of Raguel, who was a relative. Azariah told him to marry his only daughter, Sarah. Tobias told him that Sarah was married 7 times before and each of her husbands died. He was scared that might happen to him as well. Azariah told him to marry Sarah and spend the first three days of their marriage in prayers, and God would keep the devil away from them.



“ REJOICE ”

Tobias and Azariah went together to Raguel. Raguel was so happy to know that Tobias was the son of Tobit. He prepared a feast for them, but Tobias didn't want to eat until Raguel promised to let him marry Sarah. Raguel was so afraid of knowing what happened to the other 7 husbands. However, Azariah told him not to be afraid and to let Tobias marry Sarah and God will protect them. They got married and spent the first three days in prayer and God protected them.

They prepared a feast for all the neighbors and friends and asked Tobias to stay with them for 2 weeks. He gave Tobias half of his possessions and made a written agreement that the other half would be given to Tobias after his death.



Tobias asked Azariah to take the handwritten note and go to Gabael, get the talents of silver, and invite him to the wedding celebration. Raguel asked Tobias to stay with them and that he would send a message to his father Tobit. However, Tobias didn't agree as he knew that his parents might be so worried about him.

Raguel decided to let them go back to Tobit and he gave them half his possessions, servants, and sheep. Raguel and his wife advised Sarah to take good care of her household and to honor her parents-in-law.

Azariah suggested that he and Tobias could go ahead and let the family follow them. He asked Tobias to take the gall of the fish with him and to give thanks to the Lord once they entered the house. He would anoint Tobit's eyes with it and soon his eyes would open, and he would see the light. They will rejoice at the sight of him and praise the Lord.



Tobias did as he was told, and his father received his sight again. They glorified the Lord and feasted for 7 days. They wanted to thank Azariah for everything he had done and offered him half of what Tobias had brought from Raguel. To their surprise, Azariah said: **“I am the Angel Raphael, one of the seven, who stand before the Lord.” (Tobit 12:15)** He told them to bless the God of heaven and confess before everyone and reveal the works of God. Angel Raphael offered all Tobit's prayers to the Lord and the Lord sent him to cure him and free Sarah.



Then the angel was taken from their sight. They told everyone about the blessings and the miracles so they would glorify the Lord. When Tobit died, Tobias took Sarah, his wife, and returned to Raguel. They lived in joy together glorifying the Lord.

This is a story of a family who went through hardships but were supported by the Lord.

For this reason, our church arranged that we read the Book of Tobit on the sixth Friday of the Great Lent, right before the Holy Week.

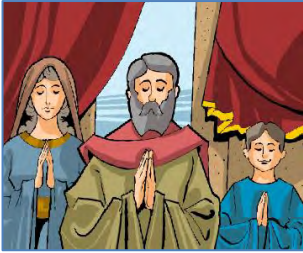
Our Lord Jesus Christ suffered and was crucified, a hardship that ended with the joy of His great Resurrection.

“ REJOICE ”



Tobit

Complete the crossword puzzle.



Across

4. The wife of Tobias
6. He was from the tribe of Naphtali
7. "I am the Angel _____ one of the seven"
9. He lent ten talents of silver to this person
10. How many days did they spend in prayer after they were married?

Down

1. The name of Tobit's wife
2. They caught it to use for medicine
3. The name of Tobit's son.
5. The name of the young man
8. Sarah's father

Memorization

From The 3rd Hour - Agpia

PSALM 23 (22)

The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness For His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever. **Alleluia.**

PSALM 47 (46)

Oh, clap your hands, all you peoples! Shout to God with the voice of triumph! For the LORD Most High is awesome; He is a great King over all the earth. He will subdue the peoples under us, And the nations under our feet. He will choose our inheritance for us, The excellence of Jacob whom He loves. God has gone up with a shout, The LORD with the sound of a trumpet. Sing praises to God, sing praises! Sing praises to our King, sing praises! For God is the King of all the earth; Sing praises with understanding. God reigns over the nations; God sits on His holy throne. The princes of the people have gathered together, The people of the God of Abraham. For the shields of the earth belong to God; He is greatly exalted. **Alleluia.**

R

Anthem 2023/2024

E

(By the grace of God we grow
And give fruits a hundredfold
And His Spirit dwells within us
Gives us joy as the Bible told) **x 2**

J

(Rejoice in your faith and church
Handed down to us by God
Be firm in prayers and doctrine
And build your life on His word) **x 2**

O

(Our Lord wants us faithful
Glorified and joyful) **x2**
Always joyful

I

For He has redeemed us on the cross
And gave us eternal life
When you're a temple for His dwelling
Sadness will not be a choice

C

Praise and thank God every day and you...
And you will surely rejoice!

E

Contact us on:

Website: www.sfmelb.org.au

Email: info@sfmelb.org.au

Facebook: SummerFestivalMelbourne