

Coptic Orthodox Patriarchate Archangel Michael Church Howell, NJ



March, 2000

Volume1

Issue 3

Amshir/Baramhat 1716



**His Holiness Pope
Shenouda III**

We will study fasting from the dogmatic point of view (not spiritually).

The Coptic Orthodox Church is the only conservative Church about fasting. Protestants and Catholics neglect it. Protestants say that:

- 1 . Fasting should be practiced secretly (Matt 6:17-18).
2. They do not believe in fixed fasts (days or hours). A person may fast individually

FASTING

whenever he wants and in whatever manner he likes. No authority from the Church.

3. They speak about Col. 2:16-17 and I Tim. 4:1-3 (vegetarian).

Discussion:

1. Should fasting be practiced secretly or not? (Matt. 6:17-18) - Distinguish between individual worship and the worship of the congregation. Example: Individual, personal, or private prayer (secretly), but at the same time we have congregation prayer (all people pray together). Also there is private donations and public donations
(Continued on Page 2)



*"A certain man had two sons, the younger of whom said to his father, 'Father, give me the share of the property that is coming to me.' So he apportioned to them his property..... the younger son collected all he had and traveled to a distant country, and there he squandered what he had in reckless living. When he had run through everything, a terrible famine visited that whole land and he began to lack. But when he came to himself, he said, 'How many of my father's hired hands have more than they can eat, and here I am starving. I will rise and go to my father and say to him, "Father, I have sinned against heaven and before you, and I no longer deserve to be called your son; take me on as one of your hired hands.....We just had to make merry and be happy, for this **my son was dead and he has come to life, he was lost and has been found**" (Luke 15:2-24)*

(Continued From Page 1)

(1 Chron. 29:3-9), Public contributions are not against giving individually.

2. The same for fasting: All the congregation fasts together; Read: Esther 4:16, Jonah 3:5, Nehemiah 9- 1, Ezra 8:2 1. [Public Fasting]

3. Public fasting is a Biblical teaching.

4. In the New Testament, St. Paul and all the people fasted in the ship (Acts 27:21). They were fasting when they laid hands on Saul and Barnabas (Acts 13:2).

5. Fasting on Wednesdays and Fridays is not private, but all people are fasting. But the depth of fasting should be kept secret, the ascetic practice of your fast.

6. They fast to have the oneness of worship, the oneness of soul.

7. Protestants reject fasting in certain times, appointed by the Church (Zechariah 8:19). Protestants do not have the same respect to the Old Testament as they have for the New Testament, as if we have a new religion. "... I did not come to destroy, but to fulfill" (Matt: 5:17-19).

8. They misunderstand what is written in Col. 2:16-17 regarding Jewish customs and feasts and keeping the Sabbath day (Lev. 23:2-3). Also to keep the commandments concerning clean and unclean animals.

9. Vegetarian: From the beginning Adam and Eve were vegetarians, (Gen. 1:29-30) and animals also were vegetarians.

10. After the flood and exiting the

Ark of Noah, they were permitted to eat meat but without blood (Gen. 9:3-4), because the spiritual standards of the people were not high.

11. When God was the Host for the Israelites in Sinai, He gave them the Manna which is vegetarian food (Numbers 11:7-8 & 11:32-34).

12. St. Paul in 1 Tim. 4:1-3 is speaking about the sect of Mani in the 2nd & 3rd century who abstained from meats, wine, and marriage.

13. There is a difference between being ascetic (Monks) and to defile meat. We eat meat after we end the fast.

14. The prophet Daniel did not eat meat because at that time, Pagan Kings were eating what was sacrificed to the idols, (Daniel 10:2-3) for a certain period only (3 weeks).

15. John the Baptist was an ascetic not a heretic.

16. It is the authority of the Church to organize and to regulate because through organization, people may fast, pray and worship together in one spirit.



Pope Kyrollos VI

By : Mina Naguib



Retiring the world and all its materialism, Azzer Yousef Atta (Pope Kyrollos VI), dedicated his life to serve God , and has become the light of guidance to many lost souls. Changing the lives of many, Pope Kyrollos VI has definitely left a mark in the history of the Coptic church and in the lives of all those that His Holiness has influenced.

Azzer Yousef Atta was born on the 8th of August 1902 , in Damanhour. As he grew up, he took privilege in studying the Holy Bible. It was in July 1927 that he decided to join the El-Baramous Monastery. He was ordained on 24th February 1928 as a monk under the name of Mina El-Baramosy . He preferred the solitary life of which he spent most of it in a cave. Later in the late 1930's, Pope Kyrollos VI relocated to live in a windmill where he continued his daily prayers.

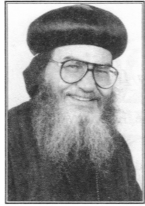
In 1947 the miracles had started to happen, for Pope Kyrollos VI built the church of Saint Mina (whom he had a strong spiritual relationship with) with the petty money that he received. In November 1959 he laid the foundation stone of the new monastery of Saint Mina in Mariuot Desert.

Because of his strong faith, God gave Pope Kyrollos VI the gift of healing. Even though Pope Kyrollos VI was starting to be recognized as a holy person, and was receiving a lot of attention from the people, he never took glory in himself. Through all the glory that his Holiness received, he was humble and simple. He lived his life for the people; his door was always open for those who needed him.

The miracles that have taken place by his prayers are countless, from healing to departing evil spirits. When at last time has come for God to win Pope Kyrollos VI from the world to His arms, God informed his Holiness through his dreams of the end of his mission. Shortly after, he became ill and passed away and was buried under the altar of the cathedral.

Although his holiness is not present physically, his spirit has never left us. Miracles continue to occur, and his holy name continues to be remembered in prayers.

Blessings of this great saint be with us. Amen



BIBLE STUDY

H.G. Bishop Moussa
Bishop for Youth

THE EFFECT OF THE BIBLE ON OUR SPIRITUAL LIFE



Christians should study the word of God regularly as a fulfillment of God's commandment, "You search the Scriptures, for in them you have eternal life." (John 5:39) The Lord has also described His words, saying "The words that I speak to you are spirit, and they are life." (John 6:63) As for David, he praised the person who meditates on the law of the Lord and compared him to a "tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither." (Psalm 1:3) Therefore, we are not surprised at the prophet Jeremiah's words, "Your words were found, and I ate them, and your word was to me the joy and rejoicing of my heart." (Jeremiah 15:16)

Reasons for which the Holy Bible is important to the believer.

The Holy Bible is the Word of God.

When God speaks, man must listen; He reveals His holy mysteries, His purposes in the creation and in history, and His works with His children who obey His commandments. Through the word of God, we even know His beloved and blessed Person, His honest and truthful promises and His valuable advice that leads to our salvation.

Who could ever live without the word of God? It is:

- + spirit and life
- + the food of the spirit- "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matthew 4:4).
- + a light to our path- "Your word is a lamp to my feet and a light to my path" (Psalm 19:105).
- + the sharp sword through which we dismember all false teachings- "For the word of God is living and powerful, and sharper than any two-edged sword" (Hebrews 4:12).
- + The secret of cleanliness and purity as the Lord says, "You are already clean because of the word which I have spoken to you" (John 15:3).
- + the power that lifts the weak and gives them strength.
- + The food that satisfies the heart through the love of God and others.
- + The sword that cuts off strange teachings and singles them out.
- + The light that guides the soul throughout the wilderness.
- + God speaks to us, let us listen to Him.
- + God reveals His love to us, let us feed on it.
- + God reveals His purposes to us, let us grasp them well.
- + God reveals His promises to us, let us hold on to them.

Know Your Church

By: Christine Michael

The Importance of the Liturgy

The Eucharistic celebration is the primary and central part of the worship of Christians today. At the time of Jesus, He, Himself instituted the Eucharist. (Mt. 26: 26-30; Mk. 14:22-26; Lk. 22:19-20; Jn. 6: 48-59). By His words of institution, we, as His children personally encounter the living Christ by partaking of the Holy Communion at each and every Liturgy. Not only do we receive Christ in our souls, but it is like a marriage union between Christ and the Church. With Jesus Christ as our Bridegroom and the Church as His Bride. We the people of the Church become a part of Christ, "Forever members of His body, of His flesh and of His bones" (Eph. 5:30). The Liturgy then becomes the ceremony where the Bridegroom unites with His

Bride. The Eucharist also reminds us of the utmost sacrifice of our Savior, as He was the Lamb for the entire world. In addition, the Liturgy of our church remembers the life, death, resurrection, ascension, and Second Coming of our Lord. According to our father St. Athanasius, the plan of salvation, celebrated in the Eucharist, result in the three actions of reception by Christ of our humanity through incarnation: its consecration by incarnation, redemption, resurrection, and ascension, and its communication of Christ's body by sacraments (especially communion). Therefore, in knowing your church, you will fully realize the different aspects and symbolism of the Holy Liturgy.

ARE THERE GAURDIAN ANGELS?

By: George Mankbadi

For years people have wondered about guardian angels. Do they exist? The answer is yes. Almost every Christian church believes in these angels. Especially the Coptic Orthodox and Catholic churches. Every person whether good or evil has a guardian angel. The only difference is if your evil the guardian angel in a way disconnects from you. When you are filled with sin you block the angel's grace and protection from entering you. Also, guardian angels have certain limits and like any angel they can only help you when commanded to do so by God. But how do we know that they exist? Well, although there is no direct quote about guardian angels in the Bible when

you read it very closely you'll find that the Bible does in fact prove the existence of these holy servants. For example, in Genesis 24: 40 Abraham said to his servants that God will send His angel to guide him. **"But he said to me, 'The Lord before whom I walk, will send His angel with you and prosper your way,"** Now if you think about it carefully you will realize that our Lord is sending an angel to deliver Isaac's marriage or otherwise God ordered Isaac's guardian angel to protect and help him in his marriage to Rebecca. Now you're probably wondering what marriage has to do with a guardian angel. A guardian angel doesn't have to protect in only one way. When we think of a guardian angel we think of saving from accidents or so. But the angel's mission is really to protect us from evil or sin. In this case it is from evil corrupting a marriage.

Guardian angels can also help in physical ways as well. And if God permits they can appear and speak to people as well. In Acts 12: 6-11 Peter's guardian angel helps him. **"Now behold, an angel of the Lord stood by him and a light shone in the prison: and he struck Peter on-the side and raised him up, saying 'Arise quickly ' And his chains fell off his hands. "** These are only two verses that tell us about guardian angels. If you search for more though in the Bible you are bound to find plenty more. Guardian angels can also be proved through personal experience and faith. In my experience I felt as if I was saved by my guardian angel, when I was going to travel with my dad in our new Toyota station wagon. Since it was my first station wagon and I was about 7, I was insistent on sitting in the very back seat where the trunk was. However, my dad told me to sit in the front seat. Now as I was going to complain, I felt something inside me, that told me to listen to him. It was a weird feeling, so I sat in the middle seat instead of the back. That same day we had gotten into a huge accident. The entire back of

the Toyota was demolished. Had I sat there I wouldn't be here today. I believe that it was my guardian angel that spoke to me. So in case you're still wondering about the obscure question of whether guardian angels exist or not, the answer is, they do. They will

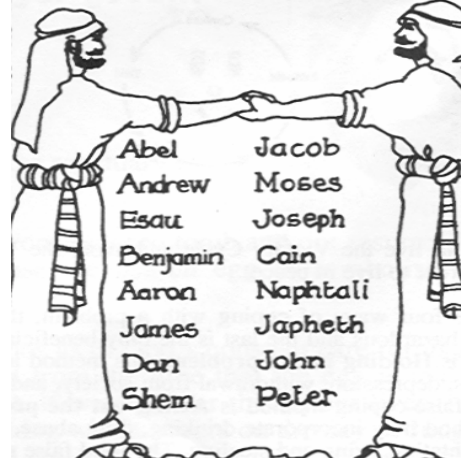


Answers to last issue's game
 1. Rock 2. Vessel or Coach 3.99
 4. One silver coin 5. And enjoy yourself

GAMES AND FUN

- Match the brothers -

Draw a line from a name on the left hand side to a name in the other column



Create a pure heart in me, O God and put
a new and loyal Spirit within me

"Psalm 50"

Camelback Skiing Trip



The Church
Bulletin Committee
welcomes your
participation in the
form of articles,
reviews, news, or
comments. Please
contact Fr.
Antonious by fax at
821-1512

In next Month's issue:

"Ask the Priest"
By Mary Ann Michael

"Know Your Church"
By Amanda Ibrahim

**"The Saint of the
Month"**
By Mark Michael.

"Games and Fun"
By David Guirguis



*Please do not forget to pray to the
Lord that He may heal the sick
and
repose the souls of those who have
passed away among us in the
paradise of joy "*

Church Services

March, 2000

Friday March, 3

-7:30 PM-8:30 PM; Hymns Lesson

-8:30 PM-8:45 PM; Prayer Meeting

-8:45 PM-9:30 PM; Bible Study

Saturday March, 4

-8:30 AM-11:30 AM; Divine Liturgy

-11:30 AM-1:00 PM; Sunday School & Youth group meeting

Friday March, 10

-7:30 PM-8:30 PM; Hymns Lesson

-8:30 PM-8:45 PM; Prayer Meeting

-8:45 PM-9:30 PM; Bible Study

Saturday March, 11

-8:30 AM-11:30 AM; Divine Liturgy

-11:30 PM-1:00 PM; Sunday School & Youth group meeting

Friday March, 17

-7:30 PM-8:30 PM; Hymns Lesson

-8:30 PM-8:45 PM; Prayer Meeting

-8:45 PM-9:30 PM; Bible Study

Saturday March, 18

-8:30 AM-11:30 AM; Divine Liturgy

-11:30 PM-1:00 PM; Sunday School & Youth group meeting

Friday March, 24

-7:30 PM-8:30 PM; Hymns Lesson

-8:30 PM-8:45 PM; Prayer Meeting

-8:45 PM-9:30 PM; Bible Study

Saturday March, 25

-8:30 AM-11:30 AM; Divine Liturgy

-11:30 PM-1:00 PM; Sunday School & Youth group meeting

Friday March, 31

-7:30 PM-8:30 PM; Hymns Lesson

-8:30 PM-8:45 PM; Prayer Meeting

-8:45 PM-9:30 PM; Bible Study

COPTIC FEASTS

March 6 ----- beginning of the Great Lent.

March 9 ----- Departure of Pope Kyrillos VI

March 19----- The Cross Feast