



# Coptic Orthodox Patriarchate of Alexandria

ST. MARY AND ST. MOSES COPTIC ORTHODOX CHURCH

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**Babah/ Hatour**

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*Under the auspices and guidance of H.G. Bishop Mina bishop of Mississauga, Vancouver and west of Canada*

### I WANT NOTHING FROM THE WORLD

*By H.H. Pope Shenouda III*

I want nothing from the world., for the world has nothing to be desired. The desires of the world are only attractive to those who value them.

I want nothing of the world, for the world is too poor to give me. If what I want was available in the world, the world would be heaven but it is not! There is nothing in the world except material things. In fact, what I search for are heavenly and spiritual things. I search for God!

I want nothing of the world, for I am not of the world. I am not dust as many think, I was created by a divine breath. I was in God's plan from eternity and God placed me on the earth. But I shall leave it after a while and return to God.... So, I want nothing of this earth. "I came forth from the father, and have come into the world, Again, I leave the world and go to the father" (John. 16:28).



I want nothing of the world; all that I want is to get rid of it, to be released from it, from the flesh and from the earth! I want to return to God – as before – to be again a holy breath not defiled by any worldly thing.

I want nothing of the world because I seek eternal, immortal things and the world has nothing that is immortal. All that is in the world is passing away, even the world itself will perish and come to nothing. I do not seek perishable things.

I want nothing of the world because I have the One whom I ask and He gives me.

He who is rich and powerful, in Whom I have found satisfaction and by Whom I lack nothing. He gives me before I ask Him, He gives me what is good and of benefit to me. Since I have put myself in His hands, I need nothing of the world.

I want nothing of the world, for the world does not give me for my benefit but it gives with the purpose of subduing me. Those who received what the world gave them became slaves to the world. It gave them the pleasures of the body and took from them the purity of the spirit. The world gave them the worldly enjoyment and took from them the blessings of the heavenly Kingdom. Satan gave them all the kingdoms of the world and their glory to make them fall down and worship him. He always gives all that he has to make people lose their souls. As for me: “I have suffered the loss of all things, and count them as rubbish, that I may gain Christ” (Phil. 3:8). This world takes more than it gives. It subjects those who desire it... So, I want nothing of it.

I want nothing of the world, for I am superior to it. I am a son of God – in the image of God and after His likeness. I am a temple for the Holy Spirit and a place of dwelling for God. I am the only creature who partakes of His Holy Flesh and Blood. I am superior to the world and the world is in need of me to give it. for I have the keys of heaven and earth. I am the one who God in His loving-kindness and humility, willed to make me the light of the world and the salt of the earth (Matt. 5:13,14).

I want nothing of the world, because I want to live as my fathers did; those whom the earth was not deserving of them to walk upon it. They lived a life which took nothing from the world. On the

other hand, they were a blessing to the world. For the sake of their prayers God sent rain on the earth... and for their sakes God preserves the world till today.

I want nothing of the world, because sin entered it and corrupted it. In the beginning God saw everything and behold it was very good, as sin had not yet entered the world. Even the great sea creatures were blessed by God to be fruitful and to multiply. But now, the masterpiece that God had drawn is scarred. Therefore, I reject the world that loves the darkness more than the light and I no longer desire anything of it.

I want nothing of the world, because I want You alone; You who loved me till the end and gave Yourself up for me; You who formed me out of nothing and You Who was not in need of my service but it is rather I who was in need of Your sovereignty.

Therefore, I want to be released from the world and be united to You, who gave me the gift of knowing You.

## **SAINTLY LIFE**

*By H.H. Pope Tawadros II*

Our relationship with the saints makes heaven close to earth, and we say everyday in the synaxarion: “we celebrate on this day the life of this or that saint”, therefore today we will be talking about the saintly life and so we don’t think that the saintly life is only for particular individuals but for everyone, but how?

St. Paul says: “for this is the will of god; your sanctification... for god did not call us for uncleanness, but in holiness”.

Holiness is one of the words that we use more often. Like we say: “holy god, holy mighty, holy immortal”, and the book of god’s commandments is called the “Holy Bible”, we describe the church as “one holy church”, and in the liturgy we use a book called “holy liturgy book”. And the individual that practices the will of god is called “holy person” and whoever visits the holy land is called “holy”. Then how is this holy life for everyone?



Firstly: you should understand that being holy isn't about living the perfect Christian life, but in the orthodox understanding it's the person that walks with god, a person that yearns to improve spiritually. Therefore when St. Paul was sending letters to the believers he used to call them "saints".

Secondly: holiness is a blessing gifted by god to us through our spiritual struggle, and St. Paul says in the verse "this is the will of god, your sanctification", which means god is calling us to be saints: old or young.

Thirdly: saintly life doesn't oppose human nature. When god created Adam and Eve they were living spiritual life, but when sin was introduced in to the world they lost that blessing, just like god creates a healthy human and then they get a disease.

How can someone live a spiritual life?

### **1- teach yourself to hate sinning from the bottom of your heart:**

The bible says through the mouth of Jesus that this world is evil, therefore you should teach yourself how to hate the sin. We all know how Joseph was exposed to a lot of troubles, but when he stood in front of Potiphar's wife and said this great phrase "how hen can I do this great wickedness, and sin against god" (Gen 39:9). Do you know why the church fasts a lot? So we can train our will to stand against the sin and refuse it. The problem with us is that sometimes our will is weak and we get attracted to sin easily, therefore fasting teaches us how to say no. Even when raising our children, we teach them using the words yes and no.

### **2- make a door for your heart:**

Your heart is like the street or like a house, and there's a huge difference between them. A house has doors but the street doesn't, imagine your house without a door, would you be comfortable sleeping? Or will you guard your belongings? Can you lie down relaxed? Treat your heart like your house, don't let everything into your heart, not every thought or desire, not every relationship. Don't let the world occupy your heart, in every liturgy after reading the catholic epistle we say "do not love the world or anything in the world, the world is passing away and it's lust", and this is an advice that the church offers every day. A person willing to live the saintly life makes a door for his

heart, and like what David says: “set a guard o lord over my mouth, keep watch over the door of my lips” (Psalm 141:3). Teach yourself to live in the world but don’t let the world live in you, we shouldn’t hate the world but don’t allow the world to change your spiritual path.

### **3- the capital of a Christian life is love:**

We do not have anything but this commandment, “love one another”. Love is the main means of communication between God and us. And like John the beloved says: “my little children, let us not love in word or in tongue, but indeed and in truth” (1 John 3:18). Loving by tongue is of no value but we love by deed and truth, with all our heart.

The problem with modern life is that we all love less, making humans hungry for love. In the gospel Jesus says: “was hungry and you fed me” (Matthew 25:35), here it doesn’t refer to food and drink alone but being hungry for love. St Augustine says: “love everyone in order to obtain everything”.

The world my brethren is in need of love. In the story of saints Didymus and Theodora, st Theodora was arrested to disown her faith in Christ, and when she refused, she was sent to a sinful house. At night they presented to her a soldier who was a believer, st Didymus whom gave her his attire to run away with. And in the daylight when they discovered what has happened, they took him to the field to be martyred, and suddenly a lady started running towards him saying “do not steal my crown”, and they were both martyred on the same day. If you wanted to love a saintly life then you have to love from your entire heart, love Christ like he loved you first. True love is based on two principles, first having the ability to forgive one another, and secondly being able to forget everyone’s trespass against us. Isn’t that what Jesus did first?

### **4- spiritual aspects:**

Heaven is expensive and it requires a lot of work and A lot of sacrifices to reach it. Do you read the bible and pray every day? Do you have a merciful heart towards everyone? Do you please everyone you meet? Do you sit yourself down and judge yourself? Do you have a confession father? If your actions were evil yesterday then today should be righteous.

Your spiritual life is like the cross, you should hate sin from your entire heart, and then make a door for your heart, then you fill your heart with love for everyone. That's how you carry your cross every day and how you live a spiritual life.

“That's the will of god, your sanctification” God didn't call us for uncleanness but for holiness. Be holy just like your father in heaven is. At the start of this Coptic new year, tell the lord you want to live a spiritual life. Ask him to give you grace, grant me this year o lord to live a life pleasing to you. Help me lord and I promise to hate the sin, and to fill my heart with love.

Glory be to God forever amen.

## CHRISTIAN FAMILY

### THE UNITED AND ETERNAL FAMILY

Fr. Jacob Nadian St. Bishoy Coptic Orthodox Church

*(Continued)*

#### 1. Know Your Responsibilities

For a family to function and function well, it takes teamwork. Within a family there are many things to be done and it goes much better when we share these different responsibilities; in a family it may be someone's job to cut the grass; wash the cars, clean the bathrooms, pay the bills, empty trash cans, buy the groceries, sweep the floor, take out the trash, vacuum the house, do the dishes, wash the clothes, set the table....etc. And let me say this, it is good even at any early age to give children some responsibilities so that they can be a contributing member of the family. Even simple things begin to start the pattern of teamwork.

I read this story about a little girl who had been trying for months to learn how to tie her shoes. She finally got it and was able to do it by herself. Her parents expected delight in the child but were surprised by her disappointment. Her father asked her why she was crying, She sobbed, “I just learned to tie my own shoe,” He said, “That's wonderful sweetie. Why are you crying?” She replied, “because now I'll have to do it all by myself for the rest of my life.”

As the church is a family and different people have different responsibilities; your house is also a church and every member has a different responsibility. Parents, for example, have the role of

leadership and children have the role of learning and holding unto the teaching they receive from their parents and from the church. Let's read what St. Paul says about that:

❖ “And we urge you, brethren, to recognize those who labor among you, and are over you in the Lord and admonish you, and to esteem them very highly in love for their work's sake. Be at peace among yourselves. Now we exhort you, brethren, warn those who are unruly, comfort the fainthearted, uphold the weak, be patient with all” **(1 Thessalonians 5:12-14)**

So, as a family, we labor, watch over each other and warn against wrongdoing. This brings my second point.

## **2. Work Hard The word**

“labor” that St. Paul uses here, that is translated work hard means, to “toil, strive, to struggle, and to grow weary in doing so.” Being the leader of a family is hard work; whether you are talking about a family at home or a church family. Why is family work so hard? Because it involves people; people with feelings, struggles, hurts and problems. And to care for people is hard work. But we must do out of our love for God and for His people, our own family members.

## **3. Respect and love one another**

St. Paul teaches the husbands and wives to live in love and respect; as he said:

❖ “Let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband” **(Ephesians 5:33)**

A house that is not built on love and respect will bring forth generations that do not know God for “God is love” and are full of aggression and violence. We will be responsible for this generation before God and must work on preparing them now to be “fellow citizens” of the heavenly kingdom.

## **4. Correct Wrong Behavior**

One of the responsibilities of the family leaders is to correct wrong behavior, keeping in mind the love and tender mercies for family members and the heavenly reward for those who discipline and those who abide by the teaching. Now this is not easy to do, but it is necessary.

❖ “Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it” (**Hebrews 12:11**)

Why is it necessary to correct wrong behavior? Because wrong behavior affects the person’s relationship with God. So, even if it is difficult you must do it, for the sake of your family’s eternity.

I read a story about someone who was called into his doctor’s office? The doctor sat him down and said, “I’ve got some good news and bad news. Which do you want first?”

“Give me the good news first.” “Ok,” the doctor said. “Your tests are back and you only have three days to live.” “That’s the good news?” the man exclaimed. “For heaven’s sake, what’s the bad news?” “Well,” said the doctor, “my receptionist has been trying to get a hold of you for two days!”

So, don’t wait until it is too late, don’t wait for someone else to bring any good or bad news to your family but share with them in all good and bad times, and don’t count on someone else to teach your family but do it all the time. In so doing, remember this last advice for today.

## **5. Be Kind and Rely on God always**

The best thing about family is that when they get together, they always have fun, they pray together, they read the Bible together, they sing church songs and they speak God’s words at all times. One day, a father who didn’t exactly resemble Atlas or perhaps Samson said, “My little girl was sitting on my lap facing a mirror. After gazing intently at her reflection for some minutes, she said, ‘Daddy, did God make you?’

“He sure did,” I told her.

“And did He make me too?” she asked. “Yes, He did. Why?” I replied. Then she said, “It seems to me that God is doing better work lately.”

The little girl here knows about God, His creation and how to chat with her father in love and fun.





St. Paul summarizes for us all these good things about family (explained in parentheses and underlined):

- ❖ “See that no one renders evil for evil to anyone (not holding anything wrong against each other), but always pursue what is good both for yourselves and for all (wishing all the very best and serving all for their well-being). Rejoice always (joy and fun in the family), pray without ceasing (pray for each other), in everything give thanks (being thankful always); for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise prophecies (always read and trust the word of God). Test all things; hold fast what is good (don’t believe anything that you hear but examine it before you use it against your family). Abstain from every form of evil (do not revenge). Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless (never be angry and use wrong words at home) at the coming of our Lord Jesus Christ (confession and repentance and partaking of the Holy Communion). He who calls you is faithful, who also will do it. Brethren, pray for us. Greet all the brethren with a holy kiss (warm and faithful welcome of all family members). I charge you by the Lord that this epistle be read to all the holy brethren (share the word of God with everyone and establish what is known as the Family Altar). The grace of our Lord Jesus Christ be with you. Amen” (**1 Thessalonians 5:15-18**)

## Rites:

### PROSTRATION

*Bishop Mattaous*

#### 2. The Prostration of Repentance

There are two types of these prostrations:

- ❖ Offering metanias to God, asking Him to have mercy on us, to give us the life of repentance and to forgive us our sins. These prostrations may be given as a task from our father of confession for the repentance of a certain sin, either for practice or as a corrective measure.



❖ Offered by a person to his brethren after a meeting of discussion or reconciliation. The other party should

accept these metanias and offer a similar metania in return, then they should shake hands in love,

❖ reconciliation and forgiveness, as it is written in the Bible,

***“Take heed to yourselves. If your brother sins against you, rebuke him; and if he repents, forgive him. And if he sins against you seven times a day and seven times a day returns to you, saying, ‘I repent,’ you shall forgive him” (Luke 17:3-4).***

The word “metanoia” is a Greek word which means repentance, that is, to change the mind from that which is

wrong to that which is right. St. Paul says,

***“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God” (Romans 12:2).***

Prostrations offered from the heart are a powerful action in attempting to attain the forgiveness of those whom you have transgressed against. If sincere, they can wipe out all effects of insult or transgression, and refill the heart with a love greater than it felt before.

In ***“The Paradise of the Fathers”*** a famous spiritual book on the life and sayings of the desert fathers, there is a story about two brothers who were devout monks living in the wilderness of Sheheet. The devil became keen to drive a wedge between these two brothers. One day the younger brother lit a lamp and put it on its stand, but through Satan’s trickery, the lamp fell down and was extinguished. The older monk became very upset and hit his brother. At this, the younger brother bowed down and said, “Do not get upset my brother. Just be patient and I will light the lamp again”, repeating himself many times. When God saw how meek the younger brother was He tortured that devil until morning. The devil then went to the leader of demons, and told him what had happened. A priest of the idols who served the demons heard this story, and upon hearing it, left everything,

believed, and joined the order of the monastic life. Right from the start of his monasticism, he practiced humility. He used to say, “Humility can overcome, dissolve and suppress all the power of the enemy.

He once said: “I once heard demons say to each other, ‘Every time we are found between monks, we see them offering metanias to each other, suppressing our powers’.”

Prostrations and repentance are signs of humility, a fear of God, and the following of the commandments by the worshipper. Such virtues cannot be tolerated by the devil, as it burns him.

## **AUDIO SERMONS**

### ***BE ANXIOUS FOR NOTHING***

By: HG Bishop Angaelos

<https://www.youtube.com/watch?v=EUgrx13Mr00>

## **SAINT OF THE MONTH:**

***“Whose faiths follow, considering the outcome of their conversation?” Heb 13:7***

### **THE HONORABLE ST JOHN OF THE GOLDEN MOUTH (CHRYSOSTOM)**

He was born in the city of Antioch around the year 347 A.D., to a rich father, whose name was Sakondos and a pious mother, whose name was Anthosa. They brought him up well and reared him in the Christian tradition. He went to the city of Athens, where he learned the Greek wisdom in one of its schools. He surpassed many in knowledge and in virtue. He forsook the vanities of the world and became a monk at a young age in one of the monasteries. He had a friend whose name was Basilius, who was a monk before him in that monastery. They had the same interests and they practiced many virtues. When his father departed,



St. John did not keep any of his father's possessions, but gave all of his inheritance to the poor and the needy. He then lived an ascetic life full of strife. In the monastery, there was a Syrian hermit whose name was Ansoynos. One night he saw the apostles, Peter and John, entering where the Golden Mouth was. St. John, the Apostle, gave him a Bible and told him, "Do not be afraid, whosoever you shall bind, shall be bound, and whosoever you shall loose, shall be loosed." The old hermit therefore realized that St. John Chrysostom would be a faithful shepherd. The grace of the Lord filled St. John Chrysostom and he wrote homilies and sermons and he interpreted many books while he was still a deacon. It was St. Melatius, Patriarch of Antioch, who had raised him to this rank. Then he was ordained a priest by St. Phlapianus, St. Melatius' successor, by the guidance of the angel of the Lord.

When Nectarius, Patriarch of Constantinople departed, Emperor Arcadius summoned St. John and made him Patriarch. He conducted himself during his patriarchate in an apostolic manner. He continued teaching, preaching and interpreting the books of the church, both old and new. He boldly admonished the sinners and the wealthy, regardless of their authority or wealth. Queen Eudoxia, the wife of Emperor Arcadius, had a lust for money. She took a garden which belonged to a poor widow by force. The latter complained to the Saint, who went to the Queen and admonished her and asked her to return the garden to its owner. When Eudoxia did not obey him, he prevented her from entering the church and partaking of the Holy Communion. She became exceedingly angry and gathered a council of bishops whom St. John had previously excommunicated for their evil deeds and their mismanagement. They sentenced the saint to be exiled. He was exiled to the Island of Thrace, but this exile did not last more than one night. The people were enraged and they gathered around the royal palace demanding the return of the Patriarch. While the people were sorrowful because of their righteous shepherd, a severe earthquake took place and almost destroyed the city, terrifying everyone. The people thought that this was a sign of the Lord's anger, caused by the exile of the Saint. As for Eudoxia, she was disturbed, her soul was troubled and she went in haste to her husband and asked him to bring back the saint from exile. Once the light of the shepherd shone on his flock, their sorrow changed to joy and their wailing was replaced by the songs of joy and happiness.

This state of affairs did not last long. There was a large square beside the church of Agia Sophia, where a large silver statue of Queen Eudoxia was erected. On the day of its dedication, some common people danced madly, played profligate games, until they were immersed in immorality and sin. Because of St. John's zeal to curb the spread of immorality, he repudiated the people in his sermons, courageously showing his disapproval of their behavior. His enemies took advantage of his zeal and accused him before the Queen, of having said that "Herodia had risen up and danced and asked for the head of John the Baptist on a plate." This cruel accusation gave the Queen a good reason to sentence him to exile. She instructed the soldiers who were in charge of guarding him not give him any means of comfort during his travel. Thus, they moved him from one place to another hastily, until they came to a city called Komana, where his health deteriorated and he departed in peace in the year 407 A.D. During the reign of Theodosius II, the son of Emperor Arcadius (who exiled St. John), the body *of St. John was taken to Constantinople, where it was placed in the church of the Apostles.*

*May his prayers and blessings be with us all, and Glory be to God forever. Amen.*

### **Sayings of the Fathers:**

- ❖ Fire and water do not mix, neither can you mix judgment of others with the desire to repent. If a man commits a sin before you at the very moment of his death, pass no judgment, because the judgment of God is hidden from men. It has happened that men have sinned greatly in the open but have done greater deeds in secret, so that those who would disparage them have been fooled, with smoke instead of sunlight in their eyes..... **St. John Climacus**
  
- ❖ Our wickedness shall not overpower the unspeakable goodness and mercy of God; our dullness shall not overpower God's wisdom, nor our infirmity God's omnipotence..... **St. John of Kronstadt**
  
- ❖ The proof of love is in the works, where love exists it works great things. But when it ceases to act, it ceases to exist..... **St. Gregory the Great**

## **Question and Answer:**

**By:** *HE Metropolitan Youssef*

### **Question**

The Book of Genesis states that God created the light on the first day (Gen 1:3), while it states that the sun, moon and stars were created on the fourth day (Gen. 1:14-18). What is the difference between the two matters? And was the light created on the first day or the fourth?

### **Answer**

God created light on the first day as the Bible indicated. But, what light? It is the substance of light, the shining mass of fire from which God made the sun, the moon and the stars on the fourth day. On the fourth day also, God established the astronomical laws and the permanent relation between these celestial bodies.

## **VERSE OF THE MONTH:**

**Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. Mat 5:16**

## **THE CHURCH COMMEMORATES THIS MONTH “SYNAXARIUM”**

- ❖ Commemoration of St. Mary the Virgin (21 Tute) .....1 October
- ❖ Martyrdom of St. Julius El-Akfehas, the Writer of the Biography of Martyrs (22 Tute) .....2 October
- ❖ Re-Opening of St. Mary's Church in Haret El-Rum (23 Tute).....3 October

- ❖ Departure of Jonah the Great Prophet (25 Tute) .....5 October
- ❖ The Angels Annunciation of John the Baptist to Zacharias (26 Tute) ....., 6 October
- ❖ Commemoration of the major feasts of the Lord  
(Annunciation, Nativity and Resurrection) (29 Tute) ....., 9 October
- ❖ Commemoration of the Miracle that God performed to St. Athanasius  
the Apostolic (20 Tute) .....10 October
- ❖ The Coming of Saint Severus the Patriarch of Antioch to Egypt (12 Babah) .....12 October
- ❖ The Departure of St. Paula El-Tamouhi (7 Babah) .....17 October
- ❖ Departure of St. James the Patriarch of Antioch (11 Babah) ..... 21 October
- ❖ Commemoration of the honorable Angel Michael, the Archangel (12 Babah).....22 October
- ❖ Departure of Abba Demetrius the First, the Twelfth Pope of  
Alexandria (12 Babah)..... 22 October
- ❖ Departure of St. Philip, One of the Seven Deacons (14 Babah) ..... 24 October
- ❖ Assembly of a Council in Antioch for Paul of Samosat (19 Babah) .....29 October
- ❖ Commemoration of the Mother of God (21 Babah) .....31 October
- ❖ Commemoration of the Relocation of the Body of Lazarus (21 Babah) .....31 October

**CHURCH SERVICES SCHEDULE:**

**PLEASE, CHECK CHURCH WEBSITE IN THE FIRST PAGE.**

**YOUTUBE SERVICE STREAMING ADDRESS:**

[www.youtube.com/channel/UC\\_MI2B3NKLi1Y8P3nQR5Amw/live](http://www.youtube.com/channel/UC_MI2B3NKLi1Y8P3nQR5Amw/live)