



# Coptic Orthodox Patriarchate of Alexandria

St. Mary and St. Moses Coptic Orthodox Church

## Diocese of Mississauga and West of Canada

1334 Benjamin Avenue. Windsor, Ontario Canada. N8X 4M9

Tel: (519) 252 – 7366

Fax: (519)252 - 5936

[www.windsorcopts.com](http://www.windsorcopts.com)



**Baramhat / Baramouda**

**| Issue 112 |**

**April 2025**

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

*Father Moses, the council, the deacons, the servants, and the congregation of the church extend their greetings to our blessed His Holiness Pope Tawadros II, Pope of Alexandria and Patriarch of the See of St. Mark and all the lands of the diaspora, and his partner in the apostolic service, His Grace Bishop Mina, and all Coptic Christians a blessed and glorious Resurrection feast, praying that God may preserve their lives as a blessing*

## HOLY WEEK SPIRITUAL EXERCISES

*By Fr. Daoud Lamei*

- ❖ **Turn off TVs completely from Sunday to Sunday** – only CTV, Mar Markos, or Aghapy are acceptable. Disconnect yourself from the world, noise, and news.
- ❖ **Attend as many Paschal services as possible** – just being in church is a spiritual exercise. Stay close to Christ this week like St. Mary and St. John.
- ❖ **Minimize talking as much as possible** – be cautious not to sin with your tongue. Try to buy your feast clothes before Holy Week.
- ❖ **Pray 10–20 Psalms daily** – if you can pray 20 Psalms daily, you will complete the entire book of Psalms.
- ❖ **Have a personal Paschal service at home** – read the prophecies, pray "Thok Te Ti Gom," the Psalms, Gospel, and litanies. Pray in your room in secret, in addition to attending church.
- ❖ **Reduce social and work engagements** – this is not a time for socializing or visits. If possible, minimize work commitments.
- ❖ **Continuously repeat:** "Lord Jesus Christ, have mercy on me, a sinner." Pray for yourself and for everyone.



- ❖ **Avoid luxuries** – eat only what is necessary to sustain you. Avoid rich food and distractions. Focus solely on prayer.
- ❖ **Visit the sick and the poor** in a spirit of prayer. Don't go just to chat—bring the spirit of the church into their homes.
- ❖ **Practice fasting strictly, even if it gives you a headache** – those who can should increase their level of fasting without judging others.
- ❖ **Sit under a cross or icon for 30 minutes daily** – meditate on St. Mary's sorrow, St. John's grief, and the Passion of Christ. Focus on the nails, the spear wound, the crown of thorns, and the lashes.
- ❖ **During the Coptic readings in Pascha, read a spiritual book** – for example, Pope Shenouda's *With Power and Glory*. Use the long hymns as opportunities for deep meditation.
- ❖ **Give generously from your household** – share what you can, even unused items. This year is a year of giving. Every day, give something to someone. Giving is a way to love the Crucified Christ.
- ❖ **Reconcile with those you have conflicts with** – at the very least, call or visit them. Christ came from heaven to reconcile us, even though we were the ones who wronged Him. Do the same, even if others have wronged you.
- ❖ **Some young people sleep on the floor** as an act of self-discipline and solidarity with those who suffer. This is a blessing.
- ❖ **Meditate on a prophecy verse daily** – reflect on it during the Coptic Psalm chanting. Talk to God about it and write down your reflections.
- ❖ **Help elderly people get to church** – if someone cannot come alone, why not assist them? You will gain God's joy and bring joy to someone who otherwise couldn't attend.
- ❖ **Prioritize others over yourself** – avoid competing for chairs in church. If you get a seat, don't be happy while others stand. Instead, offer your seat and don't rush to receive Communion first.
- ❖ **Regulate your sleep** – in one night of Holy Week, Christ said three times: "Watch and pray." If you've been lax all year, push yourself this week. Get enough rest, but not excessively.
- ❖ **Don't lose your spiritual momentum on Easter day** – pray Matins attentively, read the Resurrection Gospels from all four evangelists before celebrating. Don't let Easter become just a day of feasting.
- ❖ **Easter is His day** – make time to spend with Him, enjoy Him, and truly celebrate with Him.

## OUR FAITH IN REDEMPTION AND RESURRECTION

*Fr. Hegomen Ephraim El-Anba Bishoy*

I congratulate you, my beloved, on the Feast of the Resurrection of our Lord and Savior Jesus Christ, hoping that we may all live in the peace, joy, and power of the Resurrection. May we all live in the hope of the Resurrection with Christ, who has risen victorious over Satan, the kingdom of evil, and death, granting life to those in the graves. We are assured that the sufferings of the present time will surely come to an end, whether our life is long or short. After carrying the cross and following the Crucified One, there is a reward for the righteous, a glorious



resurrection, and the joys of heaven. We are the children of the Resurrection and eternal life, living in joy and strength, unafraid of death, but rather bearing witness to the risen Christ, knowing that death is merely a bridge leading us to heaven.

The Lord Jesus foretold His disciples of His resurrection, just as He had announced His crucifixion before it happened, so that they might find reassurance, for He knew the weakness of human nature: "For He was teaching His disciples and saying to them, 'The Son of Man is going to be delivered into the hands of men, and they will kill Him. And when He is killed, after three days He will rise.'" (Mark 9:31).

The events of salvation and the crucifixion took place with the testimony of both enemies and friends. Christ was tried before Caiaphas and Annas, then before the Sanhedrin, Pontius Pilate the governor, and King Herod. The crucifixion occurred in front of many witnesses. From the cross, He spoke to His heavenly Father, His mother, John, the right-hand thief, and the crowds, asking for their forgiveness, in the presence of the Roman guards. His burial and wrapping were attended by Joseph of Arimathea and Nicodemus, and He was laid in a new tomb where no one had ever been placed. Even His enemies, before His friends, testified that He had been crucified and ordered the tomb to be guarded, knowing that He had said He would rise on the third day:

"The next day, which followed the Preparation Day, the chief priests and the Pharisees gathered before Pilate and said, 'Sir, we remember that while He was still alive, that deceiver said, "After three days I will rise again." Therefore, order that the tomb be secured until the third day, lest His disciples come by night and steal Him away and tell the people, "He has been raised from the dead," and the last deception will be worse than the first.' Pilate told them, 'You have a guard; go, make it as secure as you know how.' So they went and secured the tomb by sealing the stone and setting the guard." (Matthew 27:62-66).

Thus, the crucifixion, redemption, and resurrection were not done in secret so that some might deny them. God remains true and faithful, strengthening believers so that they may live in peace and faith, empowered by the risen Christ. Yes, our faith may at times be shaken by fear and trials, but God never abandons us. He has promised to be with us always, to the end of the age. Just as He appeared to His frightened disciples after His resurrection, dispelling their fear and granting them peace, joy, and strength to proclaim the redemption and resurrection of the Lord with boldness, let us also pray with confidence, faith, and hope. God is able to dispel our fears, remove our weaknesses, grant us peace, turn sorrow into joy, transform weakness into strength, and make us faithful witnesses to the Resurrection.

### Failed Attempts to Suppress the Faith

Just as in the past, even today, some try to conceal the truth of the Resurrection. Following Christ's resurrection and His appearances, the news of the Resurrection spread through the Roman guards assigned to guard the tomb. Yet, some attempted to suppress and deny it:

"As they were on their way, some of the guards went into the city and reported to the chief priests everything that had happened. After the priests had assembled with the elders and agreed on a

plan, they gave the soldiers a large sum of money and told them, 'Say this: "His disciples came during the night and stole Him while we were sleeping." If this reaches the governor's ears, we will deal with him and keep you out of trouble.' So they took the money and did as they were instructed, and this story has been spread among the Jews to this day." (Matthew 28:11-15).

However, the spread of this false report did not conceal the truth of Christ's resurrection but rather exposed their lies and hypocrisy. If the guards were asleep, how did they know the disciples had stolen the holy body? And if they were awake, would they have allowed it? Could the fearful disciples have done such a thing? Would they have falsely claimed that Christ had risen if He had not truly done so, even at the cost of their lives and martyrdom?

The angels proclaimed the Resurrection to the frightened women who visited the tomb early on Easter morning:

"When they entered, they did not find the body of the Lord Jesus. While they were perplexed about this, suddenly two men stood by them in dazzling clothes. So the women were terrified and bowed down to the ground. 'Why are you looking for the living among the dead?' asked the men. 'He is not here, but He has risen! Remember how He spoke to you when He was still in Galilee, saying, "It is necessary that the Son of Man be betrayed into the hands of sinful men, be crucified, and rise on the third day.'" And they remembered His words. Returning from the tomb, they reported all these things to the Eleven and to all the rest. Mary Magdalene, Joanna, Mary the mother of James, and the other women with them were telling the apostles these things." (Luke 24:3-10).

He then appeared to the two disciples on the road to Emmaus and later to the gathered apostles:

"As they were saying these things, He Himself stood in their midst. He said to them, 'Peace to you!' But they were startled and terrified and thought they were seeing a ghost. 'Why are you troubled?' He asked them. 'And why do doubts arise in your hearts? Look at My hands and My feet, that it is I Myself! Touch Me and see, because a ghost does not have flesh and bones as you can see I have.' Having said this, He showed them His hands and feet." (Luke 24:36-40).

Christ appeared first to Mary Magdalene (Mark 16:9), then to Peter (Luke 24:12). He also appeared to the disciples in the absence and then in the presence of Thomas, showing them even the wound on His side from the spear. He appeared to the disciples by the Sea of Galilee (John 21:1-7), then to over five hundred believers at once, and later to the early Christian community. Finally, He appeared to Saul, the persecutor of the Church, who became a witness to the Resurrection:

"For I passed on to you as most important what I also received: that Christ died for our sins according to the Scriptures, that He was buried, that He was raised on the third day according to the Scriptures, and that He appeared to Cephas, then to the Twelve. Then He appeared to over five hundred brothers and sisters at one time; most of them are still alive, but some have fallen asleep.

Then He appeared to James, then to all the apostles. Last of all, as to one born at the wrong time, He also appeared to me.” (1 Corinthians 15:3-8).

The Lord Jesus proved His resurrection to the apostles through many convincing proofs:

"After He had suffered, He also presented Himself alive to them by many convincing proofs, appearing to them over a period of forty days and speaking about the kingdom of God.” (Acts 1:3).

Thus, the apostles carried this joyful news to the whole world. Though they were few, without weapons, wealth, or power, they spread the faith throughout the earth within their lifetime.

*(To be continued in the next issue)*

## **Rites:**

### **THE RITE OF GLORIOUS RESURRECTION FEAST**

The Easter rite is a joyful one, distinguished by its melodious tunes that befit feasts and spiritual celebrations.

- ❖ The Psalms of the Matins prayer are not recited before the offering of incense on Easter.
- ❖ The Lamb is offered without Psalms, and the hymn "Eporo" and "Al-Qurban" are chanted in their well-known melodies.
- ❖ The hymn "Alleluia Fai be pe" is chanted, followed by "Tai Shori", then the hymns specific to Easter, the remaining hymns, and the Easter Aproxis response.
- ❖ The Synaxarion is not read on Easter day.
- ❖ While preparing the Easter icon, the chanters sing the hymn "O All the Heavenly Hosts."

### **The Commemoration of the Resurrection:**

- ❖ The lights are turned off, and the sanctuary doors are closed. A deacon stands outside and begins by proclaiming "Christos Anesti" (Christ is risen) three times, with the chief priest responding from inside, "Alithos Anesti" (Truly He is risen).
- ❖ The deacon then proclaims in Arabic, "Al-Masih Qam" (Christ is risen) three times, with the same response from the priest.
- ❖ Finally, the deacon declares twice, "Lift up your gates, O you rulers, and be lifted up, you everlasting doors!" without a response from the priest.
- ❖ On the third time, he adds, "...that the King of Glory may enter!" The priest inside asks, "Who is this King of Glory?" The deacon answers, "The Lord, strong and mighty, the mighty in battle—He is the King of Glory."
- ❖ The sanctuary doors are then opened, and the lights are turned on.



## **The Easter Procession:**

- ❖ The priests and deacons process three times around the sanctuary and church, carrying the Resurrection icon, censers, candles, and crosses while chanting procession hymns.
- ❖ The priests offer incense before the Resurrection icon, proclaiming:
  - First station: "We worship You, O Christ our God, and Your life-giving resurrection, for You have risen and saved us."
  - Second station: "O Lord Jesus Christ, who has risen from the dead, crush Satan under our feet quickly."
  - Third station: "Peace be to the resurrection of Christ, who has risen from the dead and saved us from our sins."
- ❖ After the procession, the Apenchois hymn is chanted, followed by the Three Trisagion in a joyful tune, each time adding "O Anastase Ekton Nekron, Eleison Imas" (O Resurrection from the dead, have mercy on us).
- ❖ The Gospel Litany is prayed, the Psalm is chanted in the Singaric tune, and the Gospel is read in Coptic and Arabic.
- ❖ The Gospel explanation is sung in the Practional tune, followed by the Adam Aspasmos, the Easter fraction, and at the end, the Distribution Psalm is sung in a joyful tune, along with a special doxology for the feast.

## **The Rite of Easter Sunday Evening (Sham El-Nessim Night)**

- ❖ The Psalms are not prayed in Vespers.
- ❖ The prayer begins with the Thanksgiving Prayer and Psalm 50 without the Agpeya prayers.
- ❖ The hymn "Ni-ethnos Tero" is chanted, followed by the Fourth Hoos, the Adam Epsali, and the Sunday Epsali "Aikoti".
- ❖ Then, the Sunday Theotokia is chanted, beginning with "Ran Nevin", followed by "Nem Ghar Khen Ni-Noti", the Vespers Exposition for Easter, and the conclusion of the Adam Theotokia.

## **The Offering of Incense for Easter Sunday Evening:**

- ❖ The priest offers incense as usual while the deacons chant the following verses:
  1. "Akhrestos Penouti"
  2. "Shere Tif Anastasis"
  3. "Anon Kha Ni Laos"
  4. "Oon O Helpis"

5. "Shere Ni Maria Ti Etshrompi"

6. "Maria Khen O Shere"

7. "Shere Mikhaeil"

- ❖ The prayers continue as on other joyful days, followed by the Litany of the Departed and the Resurrection Doxologies.
- ❖ The hymn "Ephnoti Nai Nan", Kyrie Eleison in its grand tune, and "Kata Ni Khoros" are chanted.
- ❖ The Easter procession is repeated, commemorating Christ's appearance to His disciples on that evening in the upper room, despite the closed doors.
- ❖ The Three Trisagion is chanted in a joyful tune, followed by the Gospel Litany, the Psalm in a joyful tune, the Gospel response, and the conclusion of the service.

## AUDIO SERMONS

### REJOICING IN THE RESURRECTION

*HG BISHOP ANGAELOS*

<https://www.youtube.com/watch?v=upwIABL59z8>



## SAINT OF THE MONTH:

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

### THE PURE AND HOLY MOTHER THEODORA

The pure and holy mother Theodora, was the only daughter of noble and Christian parents of Alexandria. Her parents provided for her costly apparels and many gold and silver accessories, for they wished to give her in marriage. This Saint refused that, for she desired in her heart the worship of God and the strife for His Name's sake. She sold all what her father bought her, gave to the needy, and then built a church outside the city of Alexandria, towards the west. Then she went to the holy father Abba Athanasius, the apostolic (Fourth century), who shaved her hair and made her a nun in one of the



convents outside the city of Alexandria. She devoted herself to the ascetic life, fought the spiritual

fight, and became worthy to see divine visions, distinguish angels from satan, and know the thoughts of the minds. Pope Athanasius visited her often and instructed her with his teachings. When he was exiled, he sent her many letters full of valuable sermons, and she was steadfast in her strife until the end of her life. She was contemporary to five Patriarchs: Alexandros, Athanasius, Petros, Timotheos and Theophilos. She put down many useful sayings, some of them by the grace that was in her; the others were from what she learned from those fathers. Once she was asked: "If a man talked to another evil words, would he silence him, or rebuke him, or close the ears and not listen to him?" She replied saying: "If a man put in front of you a table with good and bad foods, you can not say to him 'Take this or that for it is harmful for me,' but you overlook it and eat what you desired, so nothing should be said to who speak bad words to others but it is enough that the man does not let his ears enjoy what he is hearing." She was also asked: "How can the human overcome his enemy Satan?" She answered saying: "With fasting, prayer, and humility." When she finished her strife, she departed in peace and was one hundred years old.

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

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

- ❖ Christ was freed from the bonds of the grave, so you must be freed from the bonds of sin..... [St. Gregorius of Nyssa](#)
- ❖ For whom did Christ rise? And for whom did he come? And why did he take on a body, if not for the sake of raising bodies?! He personally has no need of resurrection, but rather accomplished it for us..... [St. John Climacus](#)
- ❖ There is no way to resurrection except one way, which is the cross. .... [Father Bishoy Kamel](#)

### **Question and Answer:**

**By: HH Pope Shenouda III**



*The Lord Christ said to the paralytic, "your sins are forgiven you." (Mark 2:5) and to the sinful woman He said the same (Luke 7:48). Both obtained forgiveness without baptism nor confession, in the same moment, what is the necessity of these two sacraments then?*



The Holy Bible says, "Without shedding of blood there is no remission." (Heb 9:22).



So, the sins of the paralytic and the sinful woman were only forgiven on the cross, not in the same moment and likewise every forgiveness granted before the crucifixion. **It is only a promise of forgiveness, not attainment of forgiveness.**

The same can be said with regard to those who offered sacrifices in the Old Testament with repentance for forgiveness of their sins. They waited in Hades with all the righteous of the Old Testament until Christ was crucified and saved them. It is written about them, "not having received the promises, but having seen them afar off were assured of them, embraced them." (Heb 11:13).

Thus, the paralytic and the sinful woman did not obtain forgiveness before the crucifixion, but they deserved it and took a document of the promise.

There is one question: **Have they died before or after the crucifixion?**

If they have died before the crucifixion, they had to wait in Hades till Christ was crucified. And whoever died before the crucifixion was not required to be baptized the New Testament baptism which is based on the deserts of the blood of Christ; for baptism is also death and resurrection with Christ as the apostle said, "... we were buried with Him through baptism into death." (Rom 6:4). Before the crucifixion Christ had not been buried nor His blood shed and therefore no need for baptism.

But if those two (ie. the paralytic and the sinful woman) had lived till the foundation of the church, they would have been required to believe in Christ's redemption, crucifixion and resurrection and to be baptized since they came to know this sacrament. They would be subject to the words of the Lord, "He who believes and is baptised will be saved." (Mark 16:16)

## **VERSE OF THE MONTH**

*I am the resurrection and the life. He who believes in Me, though he may die, he shall live.*

**John 11:25**

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

- ❖ Departure of the Great Prophet Daniel (23 Baramhat) .....1 April
- ❖ Apparition of the Pure Lady the Virgin in the church of Zeitoun (24 Baramhat) .....2 April
- ❖ Departure of Pope Peter VI, the 114 Pope of Alexandria (26 Baramhat) ..... 4 April
- ❖ Departure of the righteous Emperor Constantine the Great (28 Baramhat) ..... 6 April
- ❖ Commemoration of the Life giving Annunciation (29 Baramhat) ..... 7 April
- ❖ Commemoration of the Archangel Gabriel the Announcer (30 Baramhat) ..... 8 April
- ❖ Commemoration of the Transfer of the Relics of St. James, known  
as the Mangled (30 Baramhat) ..... 8 April
- ❖ Martyrdom of St. Christopher (2 Baramouda) ..... 10 April
- ❖ Departure of the Holy Father Anba Michael, the 71 Pope of the See of  
St. Mark ( 3 Baramouda) .....11 April
- ❖ Palm Sunday (5 Baramouda) .....13 April
- ❖ Day of Love and Betrayal (8 Baramouda) ..... 16 April
- ❖ Holy Thursday (9 Baramouda).....,.,.,,..... 17 April
- ❖ Commemoration of Crucifixion of our Lord (10 Baramouda)..... 18 April
- ❖ Bright Saturday (11 Baramouda) ..... 19 April
- ❖ Resurrection of our Lord from death (12 Baramouda) ..... 20 April
- ❖ Commemoration of the honorable Archangel Michael (12 Baramouda) .....20 April
- ❖ Thomas Sunday (19 Baramouda) .....27 April
- ❖ Martyrdom of St. Babnuda (Paphnute) (20 Baramouda) .....28 April
- ❖ Commemoration of the Virgin St. Mary (21 Baramouda) ..... 29 April

### **CHURCH SERVICES SCHEDULE:**

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

### **YOUTUBE SERVICE STREAMING ADDRESS:**

<https://www.youtube.com/@st.maryst.mosesopticortho489>