



Coptic Orthodox Patriarchate of Alexandria

St. Mary and St. Moses Coptic Orthodox Church

Diocese of Mississauga and West of Canada

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Tute / Babah

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

Areas for Thanksgiving

From the book The Life of Thanksgiving by His Holiness Pope Shenouda III

There are many reasons for which we should thank God, or many areas in which we should offer thanksgiving. Yet we rarely give thanks! Some of these things seem to us to be merely ordinary matters... There are other things whose only effect on us may simply be that they bring us joy. But we are content with the joy and do not give thanks. And there are still other things in which God's work, generosity, and goodness are very clearly evident. Yet we give thanks only for a moment, and our thanksgiving does not continue beyond that; in other words, we have not given them their due measure of thanksgiving!



In this chapter, we will try to look at some of the areas for thanksgiving and give examples of them.

1. Thank God because He created you and blessed you with existence

Truly, who among us thanks God for creating him and granting him this existence?!

It was possible, my brother, that you might never have existed. God was not obligated to add one more person to the world... Thank God that your mother was not barren, but that God granted her the blessing of bearing children.

Your very birth is a great blessing from God, for it is said in the Psalm: "Children are a heritage from the Lord" (Psalm 127:3). It was possible that He might not have given your father this inheritance! Or that your parents might have had only your siblings and not you in particular...

So, give thanks to God that He created you and allowed you to exist.

In this sense, how beautiful is the passage found in the Gregorian Liturgy, in which the priest addresses the Lord in thanksgiving:

“You created me as a human being, because You are the Lover of mankind. You did not need my servitude, but I am in need of Your lordship. Because of Your abundant compassion, You formed me when I did not exist.”

2. Thank God for the nature that surrounds you

Is it not fitting for all of us to thank God because He created man on the sixth day and prepared everything for his comfort before creating him?

Before that, He created the heavens and adorned them with the sun, moon, and stars. He brought forth light and illumination, and established all the laws of astronomy that govern the relationships within the natural world of this marvelous universe. He arranged the conditions of the air, heat, and rain.

He also created plants, animals, and all the other living creatures, whether on the earth, in the air, or in the sea. He provided food for man before He created him.

Indeed, He created for man pleasures through the beauty of nature: the beauty of roses and flowers, the singing of nightingales and birds, and the beauty of gardens and blossoms...

After God had prepared every means of comfort, He created man.

So, how many people thank God for this nature—for its sufficiency, its variety, and its beauty?!

The Holy Church gives us this spiritual practice in the grateful prayer of thanksgiving, in which the priest says in the Gregorian Liturgy:

“You made the heavens for me as a roof, and established the earth for me to walk upon. For my sake You restrained the sea. For my sake You subjected the nature of animals... You did not leave me lacking anything from the works of Your honor...”

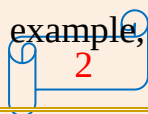
3. Thank God for the natural gifts He has given you

Many people give thanks only for supernatural gifts, such as the healing of the sick, the raising of the dead, spiritual revelations, and visions...!

But who among people gives thanks for the gifts of wisdom and knowledge, when these gifts are mentioned first, even before the gifts of healing and the working of mighty deeds and miracles? (1 Corinthians 12:8–10).

Do you, for example, thank God for the mind, intelligence, or imagination He has given you?

Do you thank Him that He has given you, for example, a gift for painting, poetry, or music?



Or that He has given you a beautiful voice, a beautiful face, the ability to persuade, or a cheerful spirit that makes people love being around you?

Or that He has given you the ability to endure and to be patient?

All of these are gifts from God that require thanksgiving.

MY HEART IS READY - PREPARE TO MEET THE LORD

By H.E. Metropolitan Youssef

Preparation demands four D's: discipline, determination, dedication, and drive. In all facets of life, we are required to prepare. Whether you are a student, teacher, parent, athlete, employee, or boss, your role has specific goals to meet. The parable of the five wise and the five foolish virgins compares the wisdom of the virgins, who were prepared and saved a reserve of oil needed to trim their lamps should the groom arrive when it is dark, to the carelessness of the unprepared virgins, who did not think ahead and did not prepare for possibilities.¹ Thus, when the time came, the foolish missed their greatest and only opportunity, but the wise were satisfied. In most regions of the world, people take precautions for weather conditions in their countries. For example, some cities, islands, and countries in the world brace themselves for hurricanes in summer months when weather conditions are favorable to develop hurricanes, floods, tornadoes, and other severe storm watches and warnings. These weather disturbances require advanced preparation. People should have extra water, a generator, canned foods, medical supplies, medicine, and fill their cars with gasoline in case they need to evacuate. Other areas may be prone to earthquakes or mudslides or perhaps other devastating potentials. If they wait until the last minute, they will be destitute like the five foolish virgins who were unprepared and could not help themselves nor find anyone who would help them. Most of us know very well the importance of preparation for school. You must read ahead of the expected material to be able to understand what the teacher or professor will discuss in the next class session. You must also do the assignments and homework as these exercises reinforce the material taught and provide an opportunity for practice in order to be able to grasp the new and more difficult material at a higher cognitive level. Review is then important to acquire the information deeper for recall and to discuss it and apply it. The athlete also must train vigorously, eat healthy, and have a very disciplined way of life. If the athlete is negligent about his holistic wellbeing, he will not be able to maintain his stamina for the physical challenge and will not compete well against his opponent. Another contestant that may be less athletically talented but is better prepared will achieve the goal and win the prize. Even the apostle Paul used this analogy to describe spiritual diligence. "Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it." Relationships with others also need to be nurtured. The social component of our lives is very critical. However, you cannot spend every moment with your family and friends, or you will waste precious time and will not achieve success. Relationships need boundaries. Good friends and family members ought to desire the success of the other. The Holy Scripture captures many accounts of unique relationships that teach



us the true qualities and essence of relationships. These include Elijah and Elisha; Ruth and Naomi; Ruth and Boaz; David and Jonathan; Barnabas

and Mark; Priscilla and Aquila; Paul and Timothy. These friends or family members all had the same spiritual vigilance for the success of their loved one. The Holy Scripture cautions us to always be prepared in all circumstances. Our spiritual lives also demand rigor and seriousness. "But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear."² If we apply the four D's to our spiritual lives, we will be prepared stewards and disciples of Christ in a realistic way and not just by some whimsical desire but still spiritually inept to make a real commitment. 1. Discipline- Develop the most optimum system that works for you. This should include prayers, meals, study, exercise, sleep, and social time. You should balance your commitments and not neglect your time for church or service. 2. Determination- Success requires work and sacrifice, but the decision is ultimately yours. Most often when students need to eliminate distractions in their lives to achieve academic accomplishments, they begin with church and their services. If you prioritize your spiritual life in an order with your spiritual father, you will find that God will bless your time and service and it will not distract you from your other responsibilities at all. 3. Dedication- At this juncture in your life, you do not need to pray all the prayers in the Agpeya, you do not need to read an entire book in the Holy Bible in one day, and you do not need to have too many services. However, coordinate your spiritual agenda with your confession father so that you can dedicate your prayers, readings, and services without any neglect. 4. Drive- Be purpose driven. Achievement is not a selfish goal for boasting. Actually, the more you achieve, the more humble you should be. All achievement is by the grace of God and for a specific purpose. The more you have, the more you give. It is not you, but Christ in you, as the apostle Paul teaches us. "But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God which was with me."³ Therefore, if we apply these four D's in our daily lives- in the academic, athletic, social, and spiritual aspects of our lives, we will achieve success here on earth and prepare ourselves for the heavenly kingdom of God. "Think nothing and do nothing without a purpose directed to God. For to journey without direction is wasted effort."⁴ To God is the glory forever, Amen

Rites:

The Symbolism of Changing the Liturgical Napkins During the Divine Liturgy

The liturgical napkins symbolize:

1 – The swaddling cloths that covered the Savior's body at His birth:

"You will find a Baby wrapped in swaddling cloths and lying in a manger" (Luke 2:12).

2 – The burial cloths that covered the Savior's body after His death. At His Resurrection, He left the burial cloths arranged in an orderly and beautiful way. He rose from the tomb and came out while the tomb was still sealed with the stone and the official seals. When the angel came, he broke the seals and rolled away the stone. Later, when Peter and John came to the tomb and found it open, they entered and saw the burial cloths lying there. The cloth that had been around His head was not lying with the other cloths, but was folded and placed separately (John 20:6–7). Everything was left in a proper and orderly manner.

3 – The napkins symbolize the wings of the seraphim. Each seraph has six wings: with two they cover their faces, with two they cover their feet, and with two they fly. In the same way, the priest places the napkins over his hands as though he is covering them. From time to time, he moves the napkins, resembling the movement of the seraphim's wings as they fly and continually praise God.

At “O Kyrie,” the priest takes with his right hand the napkin that is on the paten, together with the cross, and blesses the people with it.

At “Agios,” the priest takes the napkin that is on the chalice with his right hand, together with the cross, and blesses the people with it. In this way, the people receive the blessing through both.

❖ Before the priest says the word “Agios”:

❖ The priest places the napkin that was on his left hand over the chalice, symbolizing that our sins have been placed upon the cup containing the Blood of Christ.

❖ The napkin that was on his right hand is placed on his left hand, symbolizing that Christ has covered us with the righteousness of His Body.

❖ The napkin that was on the chalice is used by the priest to bless the people, signifying that the people receive their sanctification through the Blood of Christ.

❖ When the priest says “O Kyrie,” meaning “The Lord be with you all,” he is addressing the people; therefore, he blesses the people.

When the priest says “Agios,” meaning “Holy,” he is addressing God in prayer and proclaiming His holiness. Therefore, he makes the sign of the cross upon himself in humility and reverence before the divine majesty

AUDIO SERMONS

THANKSGIVING

Fr. Raphael Hanna LA, Ca

<https://www.youtube.com/watch?v=eGzrp3sqzEE>



HALLOWEEN

Fr. Matthias Shehad

<https://www.youtube.com/watch?v=8TJpTW1rPNo>



SAINT OF THE MONTH:

“Whose faiths follow, considering the outcome of their conversation?”

Heb 13:7

SAINTS URSUS AND VICTOR OF THE THEBAN LEGION

These two saints were born in the city of Thebes and joined the Theban Legion, which traveled to suppress tribal revolts in Western Europe by order of the Emperor Diocletian, in order to assist the Emperor Maximian. The battalion of Saints Ursus and Victor was stationed near the city of Solothurn in Switzerland.

All the members of the legion refused to obey the emperor's orders to offer sacrifices to the gods. Maximian therefore ordered that one-tenth of the members of the legion be killed in order to intimidate the rest. When he found that everyone remained steadfast in the Christian faith, he ordered the entire legion to be tortured and killed.



Saints Ursus and Victor were brought before the governor of Solothurn, who subjected them to severe torture because they remained firm in their faith. God performed many miracles during their torture. Among these was the breaking of the iron chains with which they had been bound. When they were thrown into the fire during their torture, the fire was extinguished, and they were not burned.

Many of those who witnessed these events believed and openly confessed their faith before the governor. The governor became enraged and ordered that the saints be beheaded. Each of them then carried his own head and walked a certain distance before kneeling and falling asleep in the Lord. Their bodies shone with a brilliant light, and a great number of people believed and openly declared themselves Christians.

The two saints were buried with great honor at the place of their martyrdom, where a church dedicated to Saint Peter the Apostle was later built. In the tenth century, a large church dedicated to Saint Ursus was built in the city of Solothurn, and his relics were transferred there. As for the body of Saint Victor, it was transferred at the beginning of the sixth century to the city of Geneva, where a church was built in his name.

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

Sayings of the Fathers:

- ❖ There is no gift that fails to grow and increase except the one that lacks thanksgiving.
..... **St. Isaac the Syrian**
- ❖ Give thanks in all things, for this is the will of God in Christ Jesus concerning you.
..... **St. Paul the Apostle**
- ❖ Our thanksgiving is more important than our breathing. There is a time for everything, but thanksgiving is for all times..... **St. Gregory of Nazianzus**
- ❖ Thanksgiving in times of trial helps us to be delivered from them.
..... **The Late Martyr Anba Makari, Bishop of Sinai**

Question and Answer:

By: H. H. Pope Shenouda III



When we give thanks to the Lord?



When we give thanks to the Lord, we are glorifying God, acknowledging His loving kindness to us. Come, taste and live the life of Thanksgiving to God for His glorious works and love to us! He who lives the life of thanksgiving is a noble person, acknowledges and does not forget a favor. He NEVER forgets any good offered to him, and expresses his thanks.

Thanksgiving is in his heart on his tongue for God and men. The Lord Jesus blessed the Samaritan, who was the only one of the ten lepers who were cleansed, he “fell down on his face at his feet, giving Him thanks.” So Jesus answered and said, “Were there not ten cleansed. But where are the nine? Were there not any found who returned to give glory to God except this foreigner?” (Luke 17:17).

The church begins with the prayer of thanksgiving even at funerals. The apostle says “And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God” (Col. 3:17). We thank You in every occasion, in every condition and for all things. So, it is not only giving thanks always but also for all things because God continually makes good to us. There is also thanksgiving over what is hidden and unseen. Thanksgiving for the wars and troubles which were possible to come to us but did not because of God’s keeping and care..... We give thanks for the hidden matters. In all this, thanksgiving is mixed with love. Constant thanksgiving does not need a specific reason but it is enough that we are in God’s care, and we are His children, and such feeling is connected with the life of submission.

The highest level of thanksgiving is to give thanks to God over tribulations. We thank God over the tribulations from which He saved us.... But, what is greater than this is also thank Him over the prevailing tribulations which we bear and live in. By faith we believe it is for our good. To endure and bear tribulations, is a virtue. To be content with the tribulation and accept it is a greater virtue. And what is more important is to give thanks over the tribulation with complete surrender and joy. If we thank God for the gifts only, then our love is for the gifts not for God the giver Himself. But if we give thanks to God in tribulation we prove that we love God Himself and not for His gifts. We do not only love Him for the nice gifts He gives us, health, wealth, success, peace and comforts of life, but God must be our goal, either He gave us good things or tribulations.

We should not allow such events to take away our peace from us or our joy in the Lord. No matter what the outer circumstances may be, we rejoice in the Lord always and do not lose our peace with God and man. It is written that the fruits of the Spirit are “Love, peace, joy...” (Gal. 5:22), and our peace, comfort and joy will affect others and by our good example we lead others to God. Also, tribulation needs thanksgiving because it strengthens the spiritual life. It gives us depth in prayer and depth in our relationship with God...a severe tribulation leads man to repentance



How can we truly be thankful for tribulations?



We give thanks by faith, believing that "all things work together for good to those who love God" (Rom. 8:28). Tribulations strengthen our spiritual life and deepen our prayer and relationship with God. They offer a fellowship in Christ's sufferings, which the apostles considered a gift to be rejoiced over, as seen in Acts 5:41.

A whisper in your ear

On Thanksgiving:

- ❖ Thank God at all times and in every circumstance—not only when He gives you what you hope for, but even when He allows you to go through a hardship whose reason you do not understand.
- ❖ Thank Him for the blessing, and thank Him for the trial. Thank Him for the doors He has opened, and also for the doors He has closed, because you do not know what He has prepared for you through either one.
- ❖ Gratitude does not mean that the pain is not there; it means that you trust that God is with you in the midst of the pain.
- ❖ When you learn to thank God in the midst of hardship before the relief comes, you will discover that God can turn the hardship itself into a blessing, fear into peace, and weakness into strength.
- ❖ Always thank God... for a grateful heart sees many blessings even in the midst of the most difficult circumstances

VERSE OF THE MONTH

**Whoever wants to be my disciple
must deny themselves and take up their
cross and follow me.
Mark 8:34**

THE CHURCH COMMEMORATES THIS MONTH “SYNAXARIUM

- ❖ Commemoration of St. Mary the Virgin (21 Tout)1 October
- ❖ Martyrdom of St. Julius El-Akfehas, the Writer of the Biography
of Martyrs (22 Tout)2 October
- ❖ Departure of Jonah the Great Prophet (25 Tout)..... 5 October
- ❖ Commemoration of the Major Lordly Feasts (the Annunciation,
the Nativity, and the Resurrection) (29 Tout)9 October
- ❖ Commemoration of the Miracle that God performed to St. Athanasius
the Apostolic (30 Tout)10 October
- ❖ Martyrdom of St. Anastasia (1 Babah) 11 October
- ❖ The Coming of Saint Severus the Patriarch of Antioch to Egypt
(2 Babah)12 October
- ❖ The Martyrdom of St. Paul, Patriarch of Constantinople (5 Babah)15 October
- ❖ The Departure of the Righteous Hannah, the Prophetess and
Mother of Samuel, the Prophet (6 Babah)16 October
- ❖ The Departure of St. Paula El-Tamouhi (7 Babah) 17 October
- ❖ Martyrdom of St. Sergius, the Companion of St. Bacchus (10 Babah)20 October
- ❖ Departure of St. James the Patriarch of Antioch (11 Babah)21 October
- ❖ Martyrdom of St. Matthew the Evangelist (12 Babah)22 October
- ❖ Commemorative Feast of Michael the Archangel (12 Babah)22 October
- ❖ Departure of St. Philip, One of the Seven Deacons (13 Babah) 23 October
- ❖ Assembly of a Council in Antioch for Paul of Samosat (19 Babah) 29 October
- ❖ Departure of the Great Saint Abba John the Short (20 Babah) 30 October

CHURCH SERVICES SCHEDULE:

Please check church website in the first page

YOUTUBE SERVICE STREAMING ADDRESS:

https://www.youtube.com/channel/UC_Ml2B3NKL1Y8P3nQR5Amw/video