

Coptic Orthodox Patriarchate  
**Mary Coptic Orthodox Church**  
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 كنيسة السيدة العذراء مريم  
 القبطية الارثوذكسية بشيكاغو  
 P. O. Box 408434 Chicago, Illinois 60640-8434



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Convent of Holy Spirit  
 2600 Waukegan Rd.  
 Northbrook, IL 60062  
 (312)-272 5930  
 (312)-884-0450

كنيسة السيدة العذراء القبطية الأرثوذكسية بشيكاغو



تدعوكم الكنيسة لحضور صلوات القديس الألهي  
 يوم الأحد من كل اسبوع من الساعة صباحاً



بمناسبة عيد الميلاد المجيد هنأت الكنيسة صاحب القداسة البابا شنودة الثالث على صفحات جريدة  
 وطني الصادرة يوم ٧ يناير ١٩٩٠، وفيما يلي نص التهنئة:

« صاحب القداسة الانبا شنودة الثالث بابا الاسكندرية وبطريك الكرازة المرقسية. ابناؤكم كاهن وشعب كنيسة  
 السيدة العذراء بشيكاغو يهنئونكم بعيد الميلاد المجيد، ويسالون الرب ان يحفظكم راعياً ومعلماً  
 لشعبكم وان يديم كهنتكم سنين كثيرة وازمنة سالمة مديدة »



## Simon The Righteous

“And, behold, there was a man in Jerusalem, whose name was Simon; and the same man was just and devout, waiting for the consolation of Israel: and the Holy Ghost was upon him. And it was revealed unto him by the Holy Ghost, that he should not see death, before he had seen the Lord's Christ.

And he came by the Spirit into the temple: and when the parents brought in the child Jesus, to do for him after the custom of the law, then took he him up in his arms, and blessed God, and said: Lord, now lettest thou thy servant depart in peace, according to thy word. For mine eyes have seen thy salvation.”

(Luke 2:25-30)



## للمحافل البار

« وكان رجل في اورشليم اسمه سمعان وهذا الرجل كان باراً تقياً ينتظر تعزية اسرائيل والروح القدس كان عليه. وكان قد أوحى اليه بالروح القدس انه لا يرى الموت قبل ان يرى مسيح الرب. فأتى بالروح الى الهيكل. وعندما دخل بالصبي يسوع ابواه ليصنعا له حسب عادة الناموس، أخذه على ذراعيه وبارك الله وقال الآن تطلق عبدك ياسيد بسلام حسب قولك، لان عيني قد ابصرتا خلاصك.»

(لو ٢: ٢٥-٢٨)

## Confused About Fasting...Why ?

### Christ Fasted

† Christ Himself Fasted, He taught us to fast as well. In the sermon on the mount He said, "And when you fast, do not disfigure your faces like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your father who is in secret, and your father who sees in secret will reward you openly." (Matthew 6:16-18)

† Christ did not say "If you fast..." but rather, "When you fast..." He presupposed that we understand fasting as a necessary part of our spiritual lives. He fasted for 40 days after his baptism, and before His appearance to the people to begin His public ministry.

### The Disciples Fasted

† When Christ's disciples could not heal a lunatic, He rebuked them saying, "But this kind never comes out except by prayer and fasting." (Matthew 17:21)

### The Old Testament People Fasted

† Centuries before the coming of Christ, the Prophet Isaiah wrote the following: "Is not this the fast that I have chosen? to loose the bands of wicked-

ness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

Is it not to deal thy bread to the Hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thy self from thine own flesh?

Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reward." (Isaiah 58:6-8)

### The Apostles Fasted

† The apostles also fasted, and combined their fasting with prayers. They did not separate their fasting from faith and good deeds, rendered in obedience to God's commandments of mercy and love. As the apostles continued in prayer and fasting, they likewise commanded us to do so as well.

### Fasting is a Necessity

† Fasting then, is an essential element in our spiritual life. It is absolutely necessary in our struggle to overcome sin and to enter into communion with GOD.

## أطلب الإنساج الله؟

قلتم بماذا سلبناك؟

† قال رب الجنود " في العصور وفي التقدمة. قد لعنتم لعناً واياي اتم سالبون.. هاتوا جميع العصور الى الخزنة لكي يكون في بيتي طعام وجربوني بهذا قال رب الجنود، ان كنت لا أفتح كوى السموات وأفيض عليكم بركة حتى لا توسع. وانتهر من اكلكم الاكل فلا يفسد لكم ثمر الارض ولا يعقر لكم الكرم في الحقل ..... ويطوبكم كل الامم لانكم تكونون ارض مسرة قال رب الجنود." (ملاخي ٢: ٨-١٢)

### Abouna said to me:

"Son, if you chose not to fast while the church is fasting, so you chose to isolate yourself from being a member in the church, and to be a stumbling stone and a bad example to others"

ياولدى « اذا أفطرت والكنيسة صائمة فإنك تكون قد فصلت نفسك من عضوية الكنيسة وأصبحت حجر عثرة وقذرة سيئة لغيرك.»



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هذه النشرة ترسل مجاناً لمن يطلبها  
بعنوان الكنيسة المذكور بعاليه .



## Anba Paula The Anchorite

### His solitude

✠ On February 9th (Amshir 2nd) our church celebrates the departure of Saint Anba Paula the anchorite. He was from the city of Alexandria, Egypt. In the year 250 A.D., he withdrew from the world and lived in a cave in the eastern inner wilderness. He was led to that cave by an angel of the Lord. Closely by there, there was a spring of water and a palm tree.

✠ St. Paula stayed in that cave for more than 70 years during which he saw no one. His daily meal was only half a loaf of bread and water. He never ate cooked food. As for his clothes he always wore a simple dress which he himself used to make from palm tree fiber.

### St. Antony visits him

✠ St. Antony the great used to think that he was the first to dwell in the wilderness.

So, to teach him a lesson, God sent him an angel who said to him, "There is a man who lives in the wilderness whom the world is unworthy of even his footsteps treading on it." St. Antony rose immediately looking for that person. After one day of walk, he was able to find the cave where Anba Paula dwelt. He entered the cave, met Anba Paula, and they sat down together, talking and praising the Lord.

✠ When Anba Paula was alone, God used to send him a raven daily, carrying half a loaf of bread for his daily meal. In the evening of the day on which St. Antony visited him, the raven brought a whole loaf of bread. St. Paula said to his guest: "Now I know that you are one of God's children.

For 70 years, the Lord has been sending to me half a loaf of bread every day, but today, the Lord sent your food also."



### His Departure

✠ The two Saints spent the whole night praying. In the morning Anba Paula said to St. Antony: "Now, go and bring me back in a hurry the tunic of St. Athanasius for my burial, since my departure is near."

✠ St. Antony went to bring the tunic. On his return, as he came closer to the cave,

he saw the soul of St. Paula carried by the angels to heaven. When he entered the cave, he found that Anba Paula had departed. St. Antony prayed, then clothed the body of Anba Paula in the tunic that he asked for. As he was wondering how he was going to dig a grave to bury Anba Paula, two lions entered the cave, dug the grave with their paws and then left. St. Antony buried the body. He took St. Paula's fiber dress to Pope Athanasius, who used to put it on three times a year on special occasions.

✠ St. Anba Paula lived in the wilderness for more than 70 years during which he never saw a human being. He abstained from all worldly pleasures, keeping in mind that, "The world passes away and the lust of it, but he who does the will of God abides for ever."

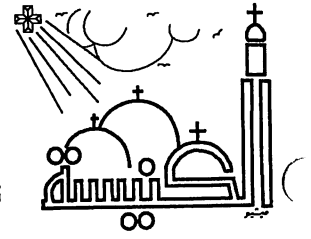
(1John 2:17)

✠ لقد عاش الانبا بولا في البرية الداخلية اكثر من ٧٠ عاماً لم يرى فيها وجه انسان، لقد عزف عن كل متع الحياة وزهد العالم بكل ما فيه، واضعاً نصب عينيه " ان العالم يمضى وشهوته، واما من يصنع مشيئة الله فهذا يثبت الى الابد."

(١يو ٢: ١٧)

## MY CHURCH

"On February 15th (Amshir 8th), the church celebrates the feast of the presentation of the lord Jesus to the temple"



### That Lucky Old Man

✦ It was said that he was one of the chief priests. While reading the Bible, he became doubtful about the possibility of the virgin's pregnancy. So God revealed to him that he would not see death before he had seen the virgin's son and taken him up in his arms.

✦ It was also said that he was among those who took part in the seventieth translation of the old testament to the Greek language, acting upon Petolemy's orders. And while he was translating the verse, "... a virgin shall conceive.." he was tempted to use the word 'Damsel' instead of 'Virgin', but the Spirit revealed to him to write 'virgin' as it was and that he should not die before he had seen the Virgin's Holy Son.

✦ This man, named Simon, had lived around 250 years, until he saw the Holy Child conceived by the Virgin Mary. He took him in his arms and blessed God saying, "Lord, now lettest thou thy servant depart in peace, according to thy word. For mine eyes have seen thy salvation." (Luke 2:29-30)

### ذلك الشيخ المغبوط

✦ قيل عنه انه احد رؤساء الكهنة، وبينما كان يطالع الكتاب المقدس تشكك في امكانية حبل العذراء، فكان كلام الرب اليه انه سوف يعيش حتى يرى مولود العذراء ويحمله على ذراعيه.

✦ وقيل ايضا انه احد الذين اشتركوا في الترجمة السبعينية للتوراة الى اليونانية التي امر بها بطليموس لكي يكون في هذه اللغة نسخة من التوراة. وبينما كان يقوم بالترجمة، جاء عند الآية «ها العذراء تحبل...» وتوقف عن الترجمة ولم يرد ان ينقل النص كما هو خوفا على التوراة من النقد، وفيما هو يفكر ان يكتب «ها الصبية...» بدلا من «ها العذراء...» فالصبية يحتمل ان تكون عذراء او متزوجة.. اذا به يسمع صوتاً من السماء يأمره بان يكتب «ها العذراء...» دون ان يغير النص الذي تضمنه الوحي الالهي، معلناً له انه لن يموت حتى يرى بعينيه ويحمل على ذراعيه مولود العذراء القدوس.

✦ وهكذا عاش هذا الرجل، واسمه سمعان، ما يقرب من ٢٥٠ عاماً حتى ابصر مولود العذراء الطفل يسوع، وحمله على ذراعيه وهو يجدد الله قائلاً «الآن تطلق عبدك يا سيد حسب قولك بسلام لان عيني قد ابصرتا خلاصك» (لو ٢: ٢٩-٣٠)

### The Great Lent

✦ It starts on February 19th (Amshir 12th) and lasts 55 days. Some say that the lengthy period of the lent, and the low nutrition value of the food, prevent them from keeping it.... But don't they think these excuses are to a certain extent, exaggerated. What excuses are they going to give if they knew that there was a man who lived more than 70 years during which he never ate any cooked food, being content only with some water and half a loaf of bread brought to him daily by a raven, and he was always happy and thankful?.

✦ Read his story on the opposite page. It is an inspiration for all of us. It is true that he was a regular person, but he was a little different. He submitted himself over materialistic needs and gave up all demands of the flesh, which enabled him to lead a successful spiritual life.

✦ Fasting, beside being healthy, is a blessing. It is feasible once you put your heart into it....

Dear brother and sister, make a sincere try to fast, and you will never regret it.

### الصوم الكبير

✦ يبدأ الصوم الكبير يوم ١٩ فبراير (١٢ أمشير) ومدته ٥٥ يوماً، والبعض يمتنعون عن الصوم متعللين بطول مدة الصيام وقلة القيمة الغذائية لأطعمته. ولكن ماذا يقول هؤلاء لو عرفوا انه كان هناك انسان قضى كل حياته صائماً، لم يذوق يوماً طعاماً مطهياً، مكتفياً بقليل من الماء ونصف خبزة كان ياتي به بها غراب كل يوم، واستمر على هذا الحال اكثر من ٧٠ عاماً، وكان سعيداً وراضياً، لم يشعر يوماً بأي ضيق او حرمان.

✦ اقرأ سيرة ذلك القديس في الصفحة المقابلة، ستجد فيه مثالا مشجعاً ودليلاً قاطعاً على امكانية ما يرى البعض انه غير ممكن... لقد كان حقاً انساناً ككل الناس ولكن مع فارق بسيط عنهم... هم يعيشون بالجسد اما هو فقد ارتفع فوق مستوى الجسد، لقد عاش بالروح فلم يكن لجسده اى سلطان عليه.

✦ صم يا أخي، فالصوم صحة وبركة، وهو

ممكن جداً ان عزمت بنية صادقة  
وقلب مشتاق ... جوب ان تصوم  
ولن تندم ابداً.