



St. Mark Coptic Orthodox Church

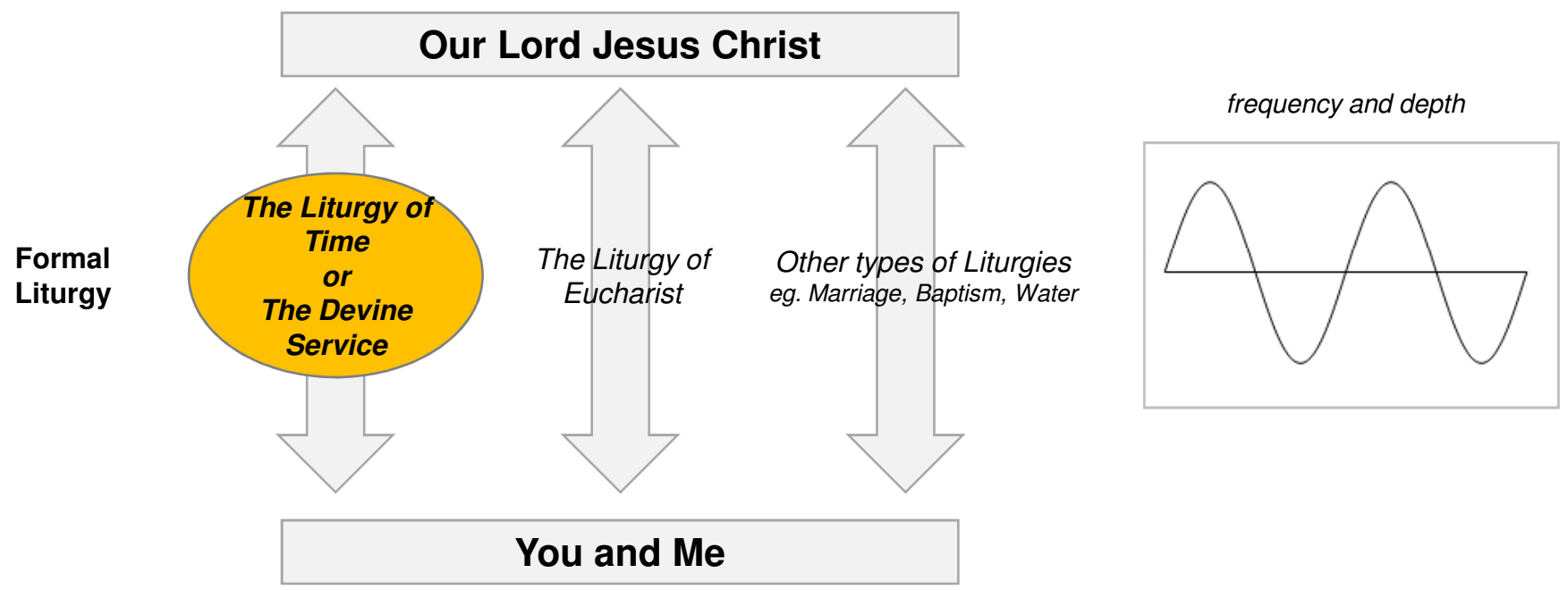
The Liturgical Cycle

10th July 2008

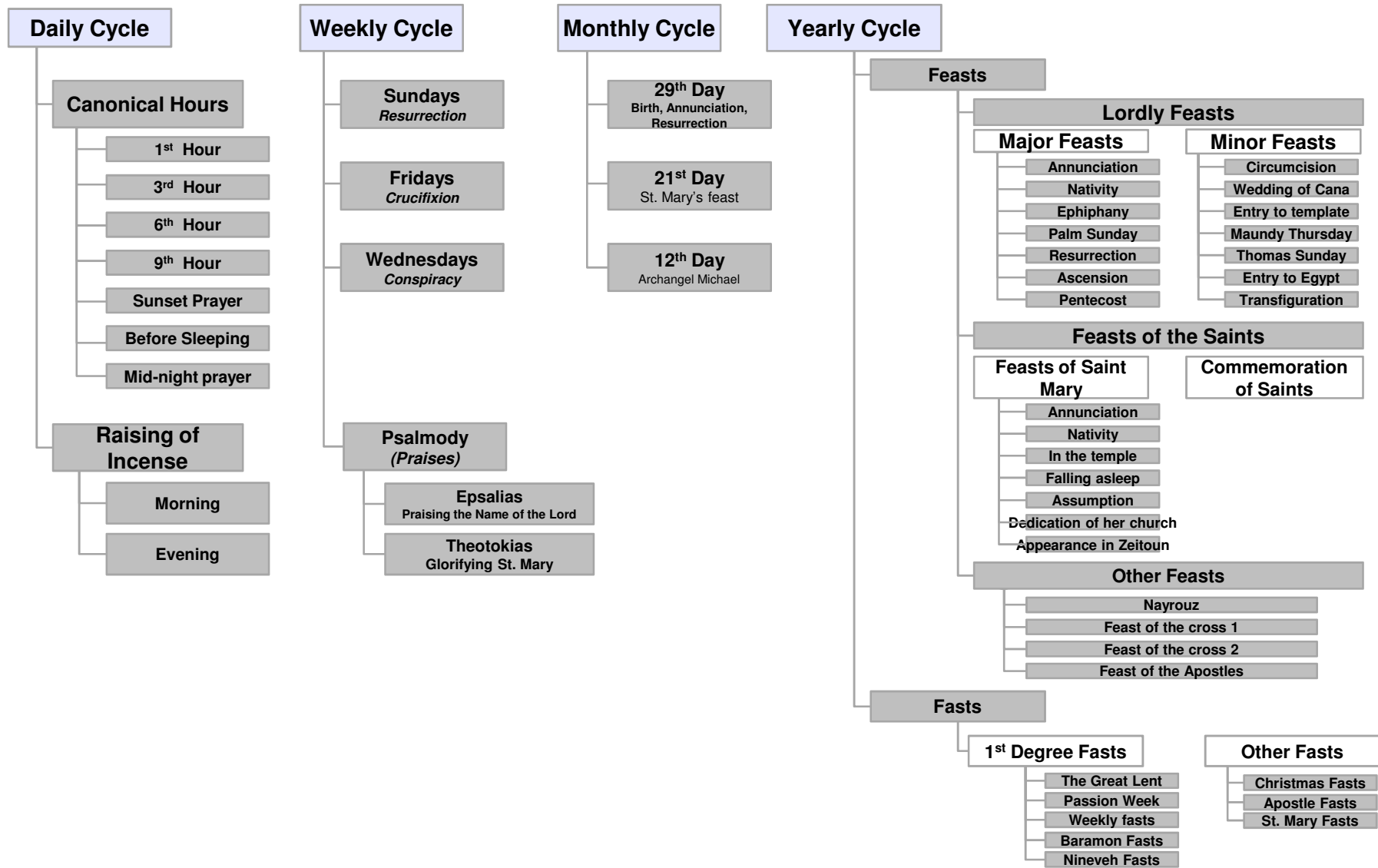


How can we worship the Lord?

“that men always ought to pray and not lose heart”
(Luke 18:1)



Liturgical Cycle – “The Liturgy of Time” or “The Devine Service”



Liturgical Cycle – Daily Cycle – Hourly Prayers



**1st Hour
(6:00 AM)**

Hour that Christ rose from the dead



**9th Hour
(3:00 PM)**

Hour of the death of Christ . His sacrifice is the Fullness of our day.



**Before Sleeping
(9:00 PM)**

Laying of the body of our Lord in the tomb. We remember our departure from this world



**3rd Hour
(9:00 AM)**

*Jesus condemned by Pilate
Ascension to Heaven
Descent of the Holy Spirit*



**Mid-night prayer
(12:00 AM)**

3 prayers of Jesus in Gethsemane. We remember the next coming of our Lord Jesus Christ to take us with Him and reward each one according to his deeds.



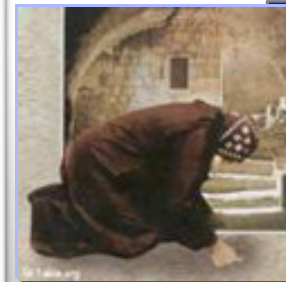
**6th Hour
(12:00 PM)**

Hour that Christ was crucified to save us from the penalty of our sins and return us back to the Kingdom of Heaven



**Sunset Prayer
(6:00 PM)**

Body of Christ taken down from cross. He will accept us even if we return to Him on the 11th hour



**Veil
(3:00 AM)**

Special for monks - Commemorates the second coming

Liturgical Cycle – Daily Cycle – Raising of Incense

*To praise the Lord
Performed in the Church*

Matins

'The Morning Raising of Incense'

"Midnight Praise" (said in the early morning before dawn) commemorates the Second Coming of Christ.

Vespers

'The Evening Raising of Incense'

(sunset) commemorates the taking down of Christ from the Cross.

Liturgical Cycle – Weekly Cycle

Conspiracy
Wednesdays



Crucifixion
Fridays



Resurrection
Sundays



Monday	Thursday
Tuesday	Friday
Wednesday	Saturday
	Sunday

Psalmody
(Praises)

Epsalias
Praising the Name of
the Lord

Theotokias
Glorifying St. Mary

- **Adam** – Short tunes used on *Sundays, Mondays & Tuesdays*
- **Watos** – Long tune to suit fasting days used on *Wednesdays, Thursdays, Fridays and Saturdays*

Liturgical Cycle – Monthly Cycle

march						
MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Archangel Michael
12th Day



Heavenly Event

We celebrate the heavenly support that we get through the heavenly creatures as the angels. The feast of Archangel Michael is 12th of Hatoor

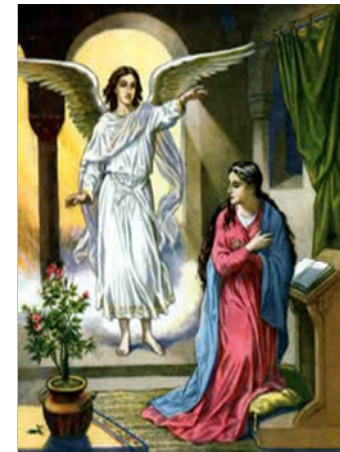
St. Mary's feast
21st Day



Incarnation

We celebrate the human nature represented by St. Mary who accepted the dwelling of the incarnated God in her. 21st of Tobah is the feast of her departure.

Birth, Annunciation, Resurrection
29th Day



Lordly Events

the 3 feasts happen to be on the 29th of different Coptic months (except for 2 months are they are not included in the pregnancy period (Joyful tunes)

Liturgical Cycle – Yearly Cycle

Major Feasts



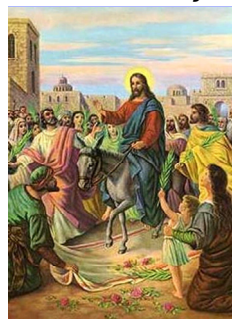
Annunciation



Nativity



Epiphany



Palm Sunday*



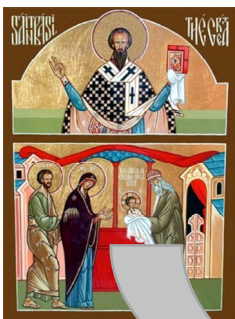
Resurrection*



Ascension*



Pentecost*



Circumcision



Entry to temple



Entry to Egypt



Wedding of Cana



Transfiguration*



Maunder Thursday*



Thomas Sunday*

January 2008

M	T	W	T	F	S	S
	7	8	9	10	11	12
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2008

M	T	W	T	F	S	S
	7	8	9	10	11	12
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

July 2008

M	T	W	T	F	S	S
28	29	30	31			
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

October 2008

M	T	W	T	F	S	S
27	28	29	30	31		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

February 2008

M	T	W	T	F	S	S
26	27	28	1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

May 2008

M	T	W	T	F	S	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2008

M	T	W	T	F	S	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2008

M	T	W	T	F	S	S
27	28	29	30	1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

March 2008

M	T	W	T	F	S	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2008

M	T	W	T	F	S	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

September 2008

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2008

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Minor Feasts

* date of the event changes

Liturgical Cycle – Yearly Cycle – Major Feasts

The Annunciation



The Archangel Gabriel announces to St. Mary that she will give birth to Jesus

In it we recall the fulfillment of the Old Testament prophecies, and the attainment which the men of God had longed for across the ages, namely the coming of the Word of God incarnated in the Virgin's womb (Matt. 13:17).

Nativity



Jesus is born in Bethlehem

Its aim is to confirm the divine love, when God sent His Only - begotten Son incarnate. Thus, He restored to humanity her honor, and sanctified our daily life, offering His life as a Sacrifice on our behalf.

Epiphany



Jesus is baptized in the Jordan by St. John the Baptist and the Holy Trinity is revealed

On Christmas, the Word of God took what is ours (our humanity) and in the "circumcision" He subjected Himself to the Law as He became one of us, but in the Epiphany He offered us what is His own. By His incarnation He became a true man while He still being the Only-begotten Son of God, and by baptism we became children of God in Him while we are human being.

Palm Sunday



Jesus enters Jerusalem as a King on the Sunday before He is crucified.

The church commemorates the entrance of our Lord Jesus into our inward Jerusalem to establish His Kingdom in us and gather all in Him

Liturgical Cycle – Yearly Cycle – Major Feasts (cont'd)

Resurrection



Jesus rises from the dead three days after his crucifixion

The church wishes that all believers may enjoy the new risen life in Jesus Christ.

Ascension



Jesus ascends into Heaven forty days after His Resurrection

In this feast we recall Him who raises and lifts us up to sit with Him in heaven

Pentecost



The Holy Spirit descends upon the disciples as tongues of fire

It represents the birthday of the Christian Church. When the Only-begotten Son paid the price for her salvation, He ascended to heaven to prepare a place for her. He sent His Holy Spirit to dwell in her, offering her existence, guidance, sanctification and adornment as the Heavenly Bride.

Liturgical Cycle – Yearly Cycle – Minor feasts

Circumcision



Jesus is circumcised 8 days after his birth, according to Jewish Law

It is important to stress out the symbol of circumcision in the New Testament. We remember that the Word of God who gave us the Law, He Himself was subjected to this Law, fulfilling it, to grant us the power to fulfil the Law in a spiritual manner. Thus we enjoy the circumcision of spirit and that of heart (Col. 2:11), instead of the literal circumcision of the flesh.

Entry to temple



Jesus is presented into the temple 40 days after his birth,

according to Jewish law. We remember that the Word of God, became man and does not want us to be careless about our lives, but to set our goals early since childhood. Thus we have to work and fulfil our goals regardless of people related to us, inspite of our love and obedience to them (Luke2:24).

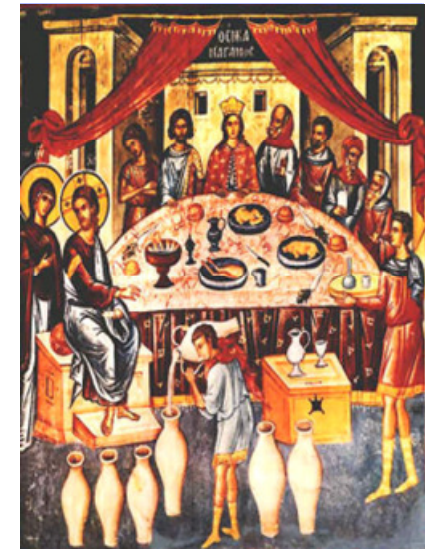
Entry to Egypt



The baby Jesus together with St. Joseph and St. Mary, flee from Herod and go to Egypt.

The Coptic Church is distinguished among all nations with this unique divine work, by the coming of our Lord to Egypt among the Gentiles.

Wedding of Cana



Our Lord changed the water into wine, as His first miracle, at the wedding in Cana of Galilee

confirming His eagerness for our attaining the heavenly wedding, and granting us the wine of His exceeding love.

Liturgical Cycle – Yearly Cycle – Minor Feasts (cont'd)

Transfiguration



Transfiguration of Christ
(Musra 13; c. August 19)

The unity of the two testaments was manifested in this feast, for Moses and Elijah assembled together with Peter, James and John. The Glory of our Lord was revealed to satisfy every soul who rises up with Him to the mountain of Tabor to enjoy the brightness of His Glory.

Maundy Thursday



Holy Thursday – Covenant Thursday

In it we commemorate the establishment of the Sacrament of Eucharist by our Lord Jesus, when He offered His Body and Blood as the living and effective Sacrifice, capable of sanctifying our hearts, granting us the victorious and eternal life.

Thomas Sunday



Thomas doubted the resurrection of Jesus

Jesus appeared to the disciples without Thomas. Thomas was told but doubted the story. Then the Lord appeared to the disciples again (including Thomas) and asked Thomas to feel his wounds that he might believe.

Liturgical Cycle – Yearly Cycle – Feasts of St. Mary

The annunciation of her birth

7 Misra



Commemorates the creation of St. Mary, the living Ark of the Covenant, the dwelling place of the Most High and the second heaven from two righteous parents, Joachim and Anne

The birth of Saint Mary

1 Bashans.



Honour St. Mary on the day of her birth as a day of joy.

Her entry into the temple

3 Kiahk



it is the day on which she entered to worship in the temple in a place especially for virgins - she was approximately 3 years of age. She spent nine years in the temple.

The departure of Saint Mary

21 Touba.



On this occasion the Church also commemorates the miracle which occurred on that day. The disciples surrounded her, except for St. Thomas who was preaching in India.

The Assumption of her body

16 Misra



This is preceded by the fast of the Virgin Mary which lasts for two weeks.

Dedication of her church

21 Baouna



On this occasion we also celebrate the building of the first church in her name in Philippi.

Her appearance at El-Zeitoun

April 2, 1968 (24 Baramhat)



These apparitions occurred on the domes of St. Mary's Church, seen by several hundred thousands of people of all ages and ranks, Christians and Moslems.

Liturgical Cycle – Yearly Cycle – Other Feasts



The Nayrouz Feast
Ist of Tout (c. Sep 11)

The word "Nayrouz" is Persian = "the beginning of the year." The Copts restored the Egyptian calendar with the beginning of Diocletian's reign in A.D 284, to commemorate the millions of Coptic martyrs.

Souls of martyrs kept shining as living stars therein. This feast, with its joyful hymns, continues until the feast of the Cross – pain converted into Joy in the Cross.

We honour those who stood and confessed their faith in the Word of God with firmness and commitment and with the totality of their lives.



1st feast of the Cross **2nd feast of the cross**
Tout 17 (c. Sep 27) Barmahat 10 (c. Mar 19)

Commemorates the dedication of the Church of the Holy Cross which was built by Queen Helen, the mother of Emperor Constantine.

Commemorates the discovery of the Holy Cross on the hands of the same empress in A.D 326.

During these two feasts the church conducts a procession similar to that of Palm-Sunday and uses the same tone in chanting (Shannon-Hosanna), to announce that the cause of her joy with the Cross is the openness of the hearts (the inner Jerusalem) to receive the Savoir as the King who reigns within us.



The Feast of the Apostles

The Feast of Saints Peter and Paul, or properly the Solemnity of Saints Peter and Paul, is a feast commemorating the martyrdom at Rome of the apostles St. Peter and Paul of Tarsus.

The celebration is of ancient origin, the date selected being either the anniversary of their death or of the translation of their relics.

Liturgical Cycle – Yearly Cycle - Fasts

The Great Lent

from – to (days)

Great Lent consists of six weeks (40 days), which correspond to the 40 days that Christ fasted on the mountain. The seven days of the Holy Week is also a period of rigorous fasting. There are an additional seven days of fasting before the beginning of the Great Lent, which serve as a preparatory period. Often called "Pre-Lenten Fast" or "Preparatory Week". It is, however, not a part of the fast of the Great Lent.

Passion Week

from – to (days)

This is the week preceding Easter, which climaxes with the Crucifixion on Good Friday and ends with the joyous Easter.

It is to be noted that in the early Church, since they are not related to each other dogmatically, the Great Lent Fast and the Holy Week Fast were fasted separately.

Weekly fasts

from – to (days)

Every Wednesday: Coptic Orthodox Christians also fast every Wednesday in commemoration of Christ's betrayal by Judas Iscariot,

Every Friday: in commemoration of Christ' crucifixion. Exceptions are the

Wednesdays and Fridays between Easter and Pentecost, which fall during a period of joy during which fasting is not permitted. This period is for 50 days

Baramon Fasts

from – to (days)

The day preceding the Feast of the Nativity and the Feast of Theophany is a fast day in preparation for the Feast day.

Nineveh Fasts

from – to (days)

It commemorates the three days that Jonah the prophet fasted while in the belly of the fish.

These 3 days are a direct parallel of and a prophecy about the three days that Christ spent in the tomb. The fast of Jonah begins on a Monday, two weeks before the Monday that marks the beginning of the Great Lent.

St. Mary Fasts

from – to (days)

This fast is 15 days long and precedes the feast of the Dormition of the Theotokos.

This fasting period is fasted to ask for the intercessions of the Virgin Mary.

It begins on 1 Mesori (August 7) and ends on 16 Mesori (August 22).

Christmas Fasts

from – to (days)

The Nativity Fast is the 40 days preceding the Nativity of Christ (Christmas) on 29 Koiak (January 7, which also falls on 28 Koiak in leap years).

The 40 days correspond to the 40 days that the Prophet Moses fasted on the mountain, before receiving the Ten Commandments from God, which were at that time considered the word of God to his people. Thus, with Christ being the Word of God, the Christians fast those 40 days in preparation of receiving the Word of God in flesh at the Feast of the Nativity.

Apostle Fasts

from – to (days)

The Apostles' Fast varies in length from 2 to 6 weeks (15 to 49 days). It begins on the Monday following the Sunday of Pentecost and extends to the feast day of Saint Peter and Saint Paul on 5 Epip (July 12). This fasting period commemorates the struggles of the holy apostles to preach Christianity to the world. Its length varies yearly depending on the date of Easter, which in turn determines the date of Pentecost.

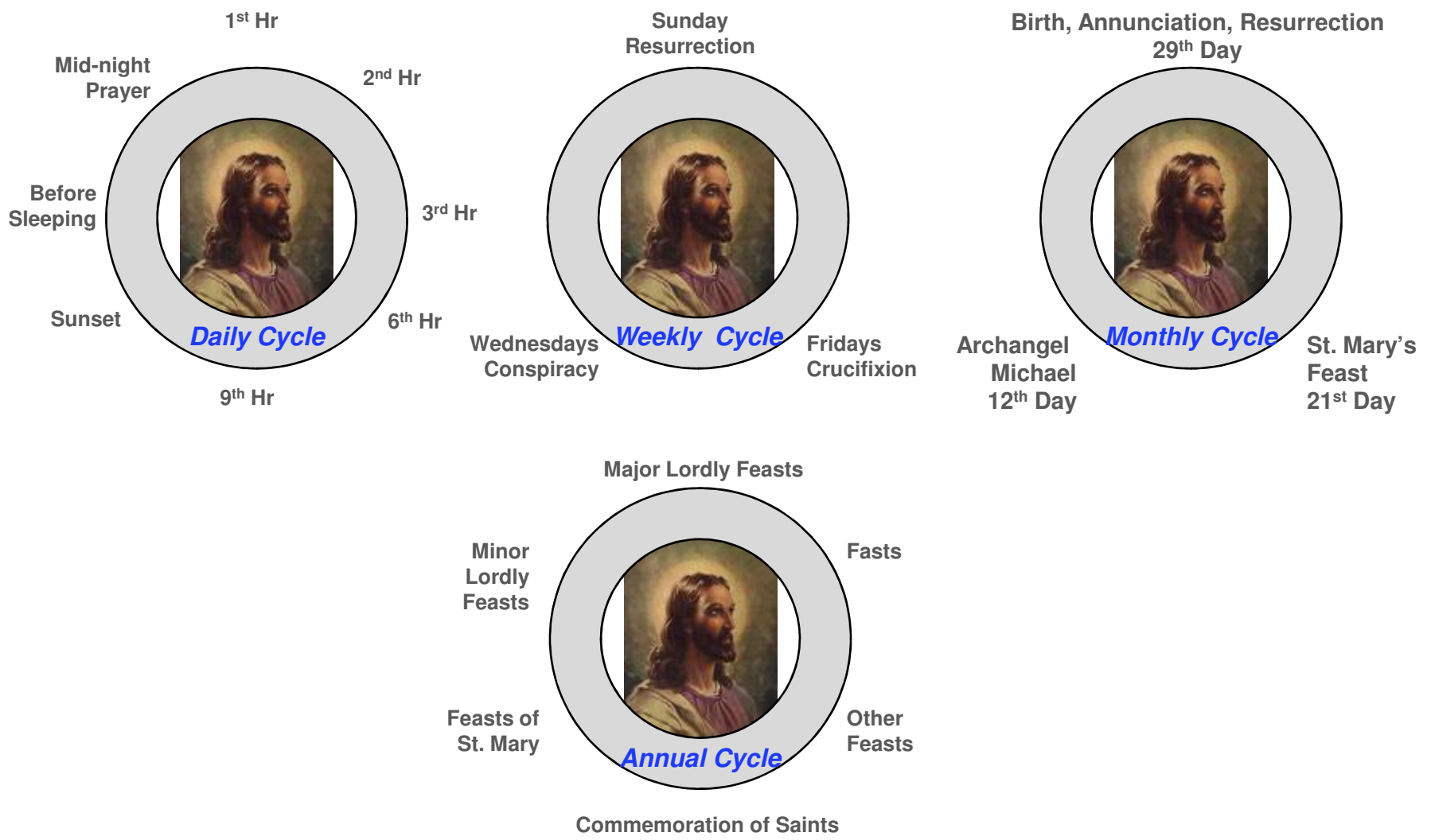
http://en.wikipedia.org/wiki/Fasting_and_abstinence_of_the_Coptic_Orthodox_Church_of_Alexandria

The Reading Calendar

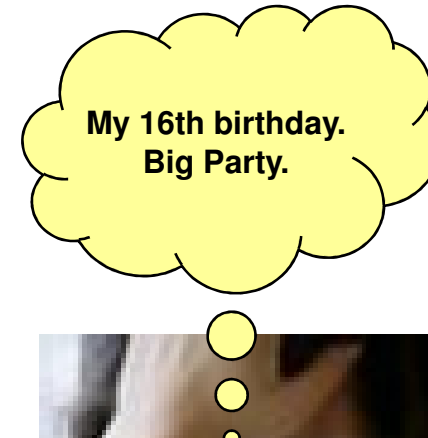
The days readings	<p>The readings follow the saint of the day. There are 70 different readings according to the different types of saints: <i>Apostles, Patriarchs, Bishops, Priests Martyrs, Deacons, Monks, Prophets, Ladies, Laymen ... etc.</i></p>
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Sundays readings	<ul style="list-style-type: none">▪ The aim of the readings is to highlight the work of the Holy Trinity in the Church▪ There are four Sundays each Coptic month, and mainly they have one topic▪ If there is 5th week in the month, then the reading will be<ul style="list-style-type: none">▪ for the first 6 months - “the gospel of the blessing – 5 loaves & 2 fish John 6:5:14▪ for the last 6 months - “the gospel of the blessing – 5 loaves & 2 fish” Luke 9:12-27
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Summary



Practically



??? My Church's birthday, St. Mary's feast, morning prayer..etc ????