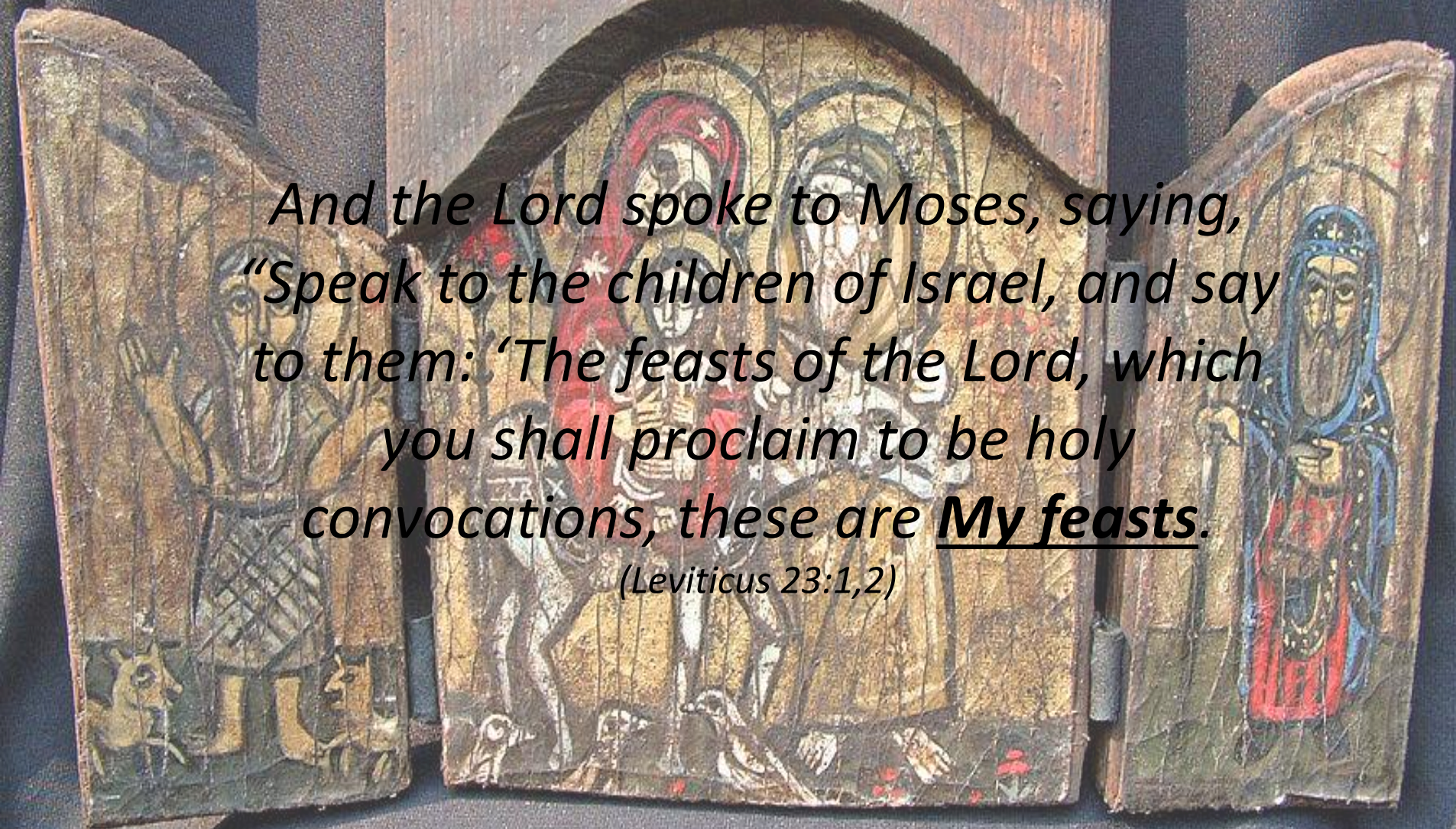


# Concepts of Feasts in the Coptic Church

*And the Lord spoke to Moses, saying,  
“Speak to the children of Israel, and say  
to them: ‘The feasts of the Lord, which  
you shall proclaim to be holy  
convocations, these are **My feasts**.*

*(Leviticus 23:1,2)*

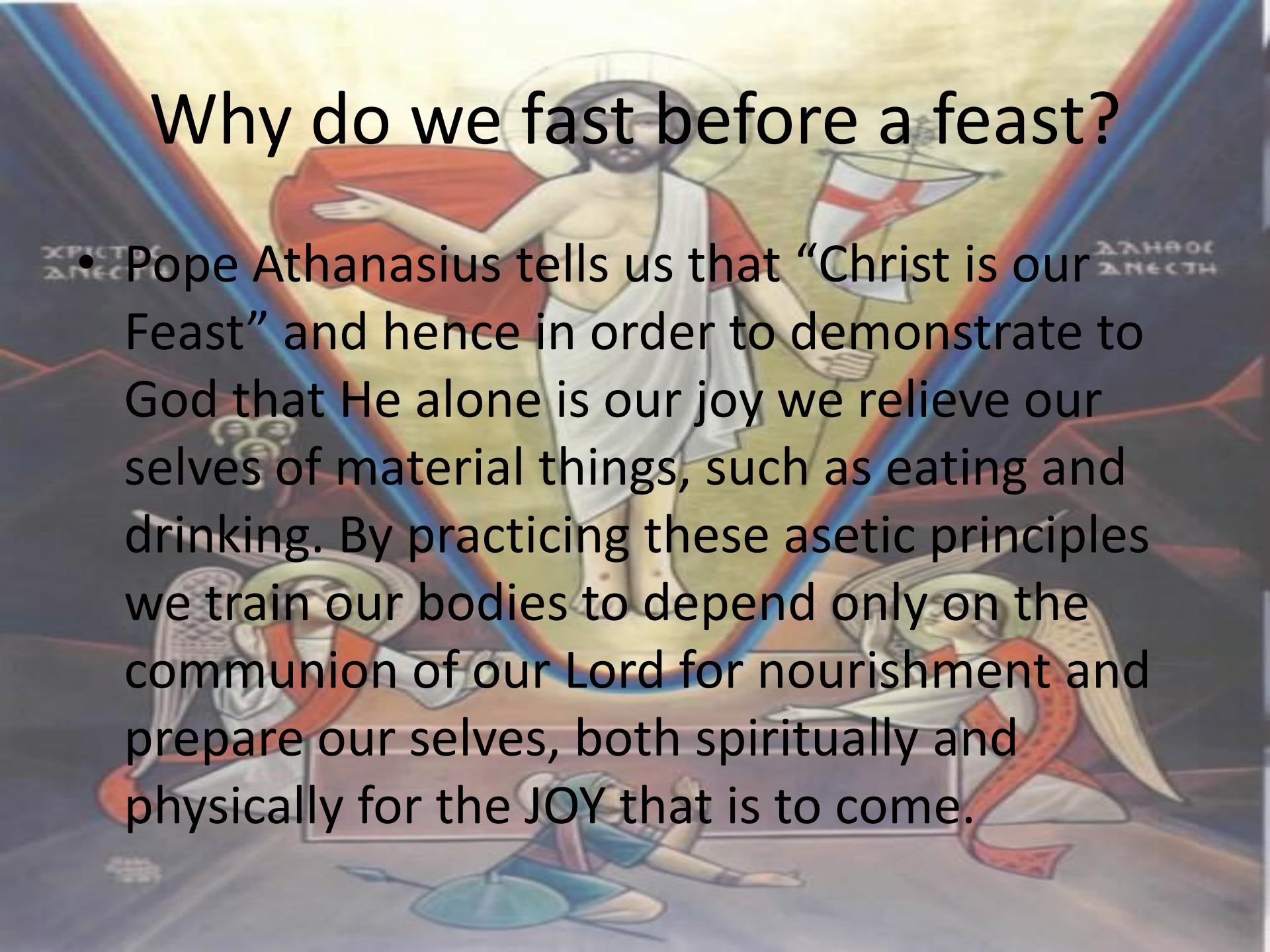


# What are feasts and why do we have them?

- According to Siri (iPhone) a feast is an occasion that is experienced with great delight. This is very relevant to our Coptic church as we are a church of joy!!!
- St. Jerome informs us about an abbot called Apollo who was always smiling. He attracted many to the ascetic life as a source of inward joy and heartfelt satisfaction in our Lord Jesus. He often used to say: “Why do we struggle with an unpleasant face?! Aren’t we the heirs of the eternal life?! Leave the unpleasant and the grieved faces to pagans, and weeping to the evil-doers. But it befits the righteous and the saints to be joyful and pleasant since they enjoy the spiritual gifts.”

# Why do we fast before a feast?

- Pope Athanasius tells us that “Christ is our Feast” and hence in order to demonstrate to God that He alone is our joy we relieve our selves of material things, such as eating and drinking. By practicing these astatic principles we train our bodies to depend only on the communion of our Lord for nourishment and prepare our selves, both spiritually and physically for the JOY that is to come.

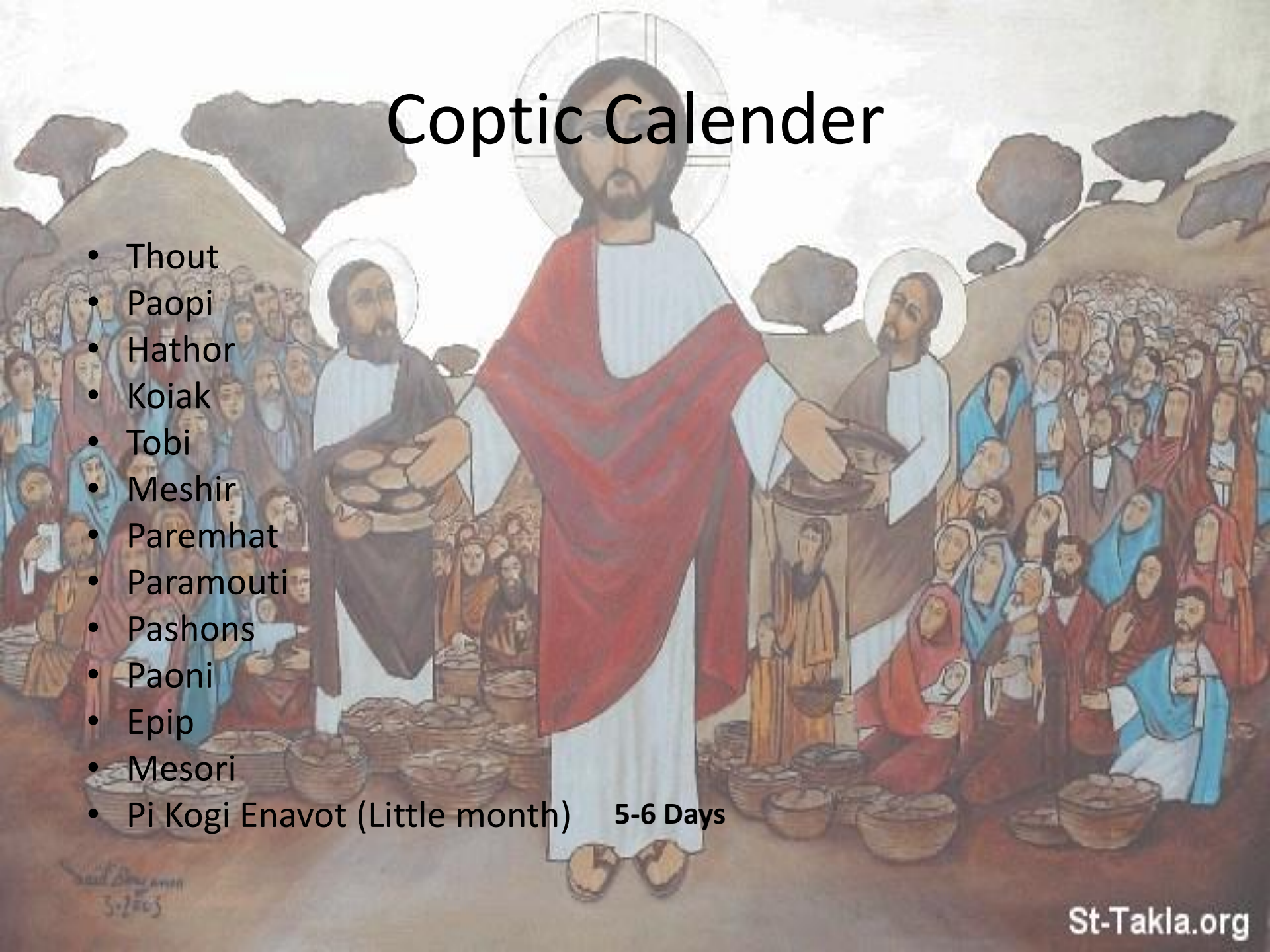


# Different types of Feasts

- Weekly Feasts – Divine Liturgy, tasbeha, etc..
- Monthly Feasts
  - 29<sup>th</sup> day of each month (***The birth , annunciation , resurrection of our Lord***)
  - St Mary's monthly Feast on 21<sup>st</sup> day of each month
  - Archangel Michael Monthly Feast on the 12<sup>th</sup> day of each month
- Feasts of the saints – e.g. Feast of St Mark, etc..
- **Seven Minor Feasts**
- **Seven Major Feasts**

# Coptic Calender

- Thout
- Paopi
- Hathor
- Koiak
- Tobi
- Meshir
- Paremhat
- Paramouti
- Pashons
- Paoni
- Epip
- Messori
- Pi Kogi Enavot (Little month) 5-6 Days



# Seven Major Feats

1. The Annunciation Feast - 29<sup>th</sup> of Baramhat (7<sup>th</sup> of April)
2. The Feast of Nativity - 29<sup>th</sup> of Kiahk (28<sup>th</sup> in a Leap years) (7<sup>th</sup> January)
3. The Epiphany Feast - 11<sup>th</sup> of Tooba (19<sup>th</sup> January or 18<sup>th</sup> in Leap year)
4. Palm Sunday - 7<sup>th</sup> Sunday of the Lent.
5. Resurrection Feast – (Sunday between 9<sup>th</sup> April and 9<sup>th</sup> May)
6. The Feast of Ascension - Forty days after Resurrection.
7. The Feast Of Pentecost - 50<sup>th</sup>. day after the Resurrection

# Seven Minor Feasts



1. The Circumcision of our Lord (Tuba 6, c. 14 January)
2. The Entrance of our Lord into the Temple (Amshir 8, c. February 15)
3. The Escape of the Holy family to Egypt (Pachons 24, c. June 1)
4. The First Miracle of our Lord Jesus at Cana Galilee (Tuba 13, c. January 12)
5. The Transfiguration of Christ (Misra 13; c. August 19)
6. Covenant Thursday
7. Thomas' Sunday

Η ΑΝΑΣΤΑΣΙΣ

# How do we celebrate these feasts?

- Through:
- Deep and touching hymns which allow the us to experience the joy of praising God and give us an opportunity to contemplate on our sins and weaknesses.
- Rites and traditions. The coptic church is built on the basis of orthodox traditions which have been passed down from the apostles. These rites gives an opportunity to participate in heavenly practices which will prepare us for our eternal life with our Lord.

