

### The Holy Lent

starts Monday, February 28. It takes almost two months (55 Days) and ends at Easter on Sunday, April 24.

The Lent is a period of a deep spiritual revival, strict fast and prayer. May God grant us an acceptable fast, true repentance, spiritual growth and good deeds.

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### The Feast of the Glorious Cross

The Church celebrates the Feast of the Holy Cross on Saturday, March 19. The procession of the Cross will start from 7:30 AM., followed with the Liturgy.

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### The Commemoration of H. H. Pope Kyrillos VI, Fr. Mikhail Ebrahim and Fr. Bishoy Kamel

Every March, we remember these three concurrent and remarkable saints. May their blessings and prayers be with us all. Amen



### Dear Friends,

You are in my thoughts & prayers. I pray for you to be blessed beyond measure. Your Contributions are so encouraging. You keep our church going. Thank you!

### The Two Feasts of the Cross

- The first feast is on Tout 17, (c. September 27). It commemorates the dedication of the Church of the Holy Cross which was built by Queen Helen, the mother of Emperor Constantine.

- The second feast is on Baramhat 10 (c. March 19) and 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 Savior as the King who reigns within us.

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“Once a vine is harvested, it stands bare of fruit with only leaves remaining. But the spiritual vine of the divine Scriptures is different. If we take everything we can find, the greater part still remains behind.”

(St. John Chrysostom)



### Father Bishoy Kamel said:

- “The church without a Cross, is like a bride without a groom”
- “The power of our Christianity is closely and deeply tied to our faith and our relationship with the Holy Cross, and its apparition in our lives is a powerful force against the devil, materialism and worldly desires”
- “The Cross is a power that transforms envy to love, revenge to forgiveness and flaunting to simplicity”
- “The Cross must be clearly seen in the Church, so our Church also becomes bearing the Cross of our Lord; the Cross of service and missionary; the Cross of partaking of our Lord’s passions and glory; the Cross of loving”



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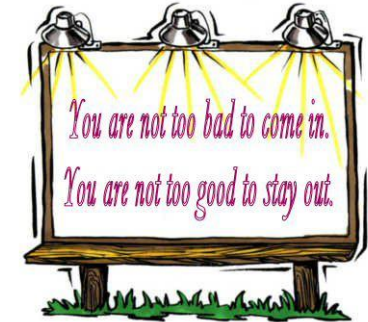
Websites: [fresnocopticchurch.org](http://fresnocopticchurch.org)

[fresnocopticchurch.net](http://fresnocopticchurch.net)

Schedule of Church Services:

Please visit our website

### Father Mena Fam



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Remember that **ASAP** means “**A**lways **S**ay **A** Prayer”

March 2011 Newsletter

## Church Fathers' Sayings

"Don't fast only by mouth, but also by the eye, the ear, the feet, and the hand- all members of your body. Let your hands fast by being pure from stealing. Let your feet fast by not running to watch things you shouldn't. Let your eyes fast, being taught not to look at things they shouldn't, and especially not to stare at beautiful women. Let the ear fast ... in refusing to listen to evil talk and rumors ... Let the mouth, too, fast from disgraceful talk." **St. John Chrysostom**

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### Do you know?!

- The Copts fast for over 210 days out of the 365 days of the year. Fasting is abstaining from food and drink for a certain period of time, after which only foods void of animal products may be eaten. All fasts are seen as periods for preparation, preceding a particular feast. For example Lent precedes the feast of the Resurrection (Easter).
- We do not eat sea foods during the Holy Lent & Wednesdays and Fridays.

### Three things

Don't look forward in fear, or back in anger, but around in awareness

- Three things in life that, once gone, never come back: **Time - Words - Opportunities.**
- Three things in life that can destroy a person: **Anger - Pride - Unforgiveness.**
- Three things in life that you should never lose: **Hope - Peace - Honesty.**
- Three things in life those are most valuable: **Love - Family & Friends - Kindness.**
- Three things in life those are never certain: **Fortune - Success - Dreams.**
- Three things that make a person: **Commitment - Sincerity - Hard work.**



### If You Never ...

- If you never felt pain, then how would you know that I am a Healer?
- If you never had to pray, how would you know that I am a Deliverer?
- If you never felt sadness, how would you know that I am a Comforter?
- If you never made a mistake, how would you know that I am a forgiver?
- If you knew all, how would you know that I will answer your questions?
- If you never were in trouble, how would you know that I will come to your rescue
- If you never were broken, then how would you know that I can make you whole?
- If you never were broken, then how would you know that I can make you whole?
- If you never had any suffering, then how would you know what I went through?
- If you never went through the fire, then how would you become pure?
- If I gave you all things, how would you appreciate them?
- If I never corrected you, how would you know that I love you?
- If you had all power, then how would you learn to depend on me?
- If your life was perfect, then what would you need me for?

**Love,  
Jesus**



**The Holy Lent Season:** is 55 days: 7 days of preparation, 40 days as the Lord Christ fasted (40 days and forty nights), and the 7 days of Paschal Worship.

**Thank you to all** who have been our supporting foundation during our ministry.

- Fasting and prayer are those which raised Elijah to heaven and saved Daniel from the lions' den.
- Fasting and prayer are those which Moses pursued until he received the Law and commandments, written with the finger of God.
- Fasting and prayer are those which the people of Nineveh pursued, so God had mercy upon them and forgave them their sins, and lifted His wrath away from them.
- Fasting and prayer are those which the prophets pursued and prophesied concerning the advent of Christ, many generations before His coming.
- Fasting and prayer are those which the apostles pursued and preached to all nations, and made them Christians, and baptized them in the name of the Father and the Son and the Holy Spirit.
- Fasting and prayer are those which the martyrs pursued until they shed their blood for the name of Christ, Who witnessed the good confession before Pontius Pilate.
- Fasting and prayer are those which the righteous, the just and the cross- bearers pursued, and dwelt in the mountains, deserts and caves of the earth, because of their great love for Christ the King.
- We too, let us fast from all evil, in purity and righteousness, and proceed forth to this holy sacrifice, and partake of it with thanksgiving.

**(From the fraction for the Holy Lent)**

