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24 Mar 2019 15 Baramhat 1735 Issue No. 708

COPTIC ORTHODOX
DIOCESE OF MELBOURNE

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DIOCESE OF MELBOURNE

MEDIA RELEASE

Statement from the Coptic Orthodox Church in New Zealand concerning the terrorist attack in Christchurch

We express our deepest sorrow at the shocking terrorist attack that took place in Christchurch on the 15th of March, that resulted in the loss of lives of many innocent people. We extend
our sincere condolences to the families of the victims. Our prayers and our thoughts are with them, and we pray for the healing of all those wounded.

In our Coptic Orthodox Church in Auckland, the solemn tolling of the church bells at 12 noon on Sunday 17 March 2019 sounded to pay our respects and as a sign of our remorse and our solidarity with our Muslim brethren. We ask God to grant the world peace. May God bless New Zealand and make it a land of religious tolerance and love.

END.

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"And the son said to him, 'Father, I have sinned against heaven and in your sight, and am no longer worthy to be called your son.' "But the father said to his servants, 'Bring out the best robe and put it on him and put a ring on his hand and sandals on his feet. And bring the fatted calf here and kill it and let us eat and be merry; for this my son was dead and is alive again; he was lost and is found.' And they began to be merry."

(Luke 15:21-24)

CONTEMPLATIONS ON THE SERMON ON THE MOUNT

The Thrice Blessed His Holiness Pope Shenouda

Continued from the last issue ...

We shall obtain this purity of heart in eternity. Then we will be like the angels in heaven (Matt 22:30). With this purity we can see God. Therefore, in our prayers, we say, "O' Lord, if we do not have this purity with which we shall be able to see You, and if we cannot attain such purity, please give it to us as a gift, or give us a taste of this purity and please complete it when we come to Your kingdom in order that we may see You."

The pure heart does not love the world or anything in the world. (1 John 2:15). Because "If anyone loves the world, the love of the Father is not in him." (1 John 2:15). And "friendship with the world is enmity towards God." (James 4:4). The person who does not love the world and whose heart has died regarding friendship with the world, will be filled with God's love only. There will be no competitor for God in his heart. Like the apostles, he says to the Lord "We have left everything to follow you " (Matt 19:27). The pure hearted man certainly cannot adore two masters. His heart acts for God with equivalent sincerity. If he loves anyone more than Him he will not be worthy of Him (Matt 10:37). So, the heart is purified of any lust and any innocent love becomes enclosed within God's love, not competing with it.

Utterances and words of the pure heart are pure. "For out of the abundance of the heart, the mouth speaks" (Luke 6:45). David, the prophet, said "My heart is stirred by a noble theme." (Ps 45:1). It is not permissible that man becomes very angry and speaks wrongly, then for another to apologise on his behalf, saying, "But his heart is white and clean." The white, clean heart utters clean words and the good man brings good things out of the good stored up in his good heart.

The pure heart is large and can hold everything. It cannot be annoyed by a word or a problem or by any one. How wonderful the words of St. Paul the Apostle were when he gently blamed the Corinthians and said to them " O Corinthians! We have spoken openly to you; our heart is wide open. You are not restricted by us, but you are restricted by your own affection. Now in return for the same, I speak as to children. you also be open." (2 Cor 6:11-13).

Look at God and see how great His heart is and how it holds everything! How He causes His sun to rise on the evil and the good. (Matt 5:45). How great His heart is, to let the faithless and idolaters live on earth and to leave the devil without annihilation!? God's heart is so open to forgiveness that David the prophet says, "He has not dealt with us according to our sins. Nor punished us according to our iniquities. As far as the east is from the west, so far has He removed our transgressions from us." (Ps 103:10,12).

Let us see some examples of pure human beings and how great their hearts are. The Holy Bible says about Moses the Prophet. "Now the man Moses was a very humble, humbler than all men who on the face of the earth." (Num 12:3). And says about Solomon, the Wise "God gave Solomon wisdom, and exceedingly great understanding, and largeness of heart as like the sand on the seashore." (1 kin 4:29).

The pure heart undoubtedly has the fruits of the spirit. Regarding this matter, the apostle said, "The fruit of spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control" (Gal 5:22,23). In order that you may see the Lord, you must acquire all these qualities. You may like to read more on the subject of "Purity of heart" in my book "The Life of Repentance and Purity". If you train your heart to be pure, you will be worthy of the reward "Blessed are the pure in heart, for they will see God."

To be continued in the next issue ...

FASTING IS THE CHANGE ...

St. John Chrysostom

Fasting is the change of every part of our life, because the sacrifice of the fast is not the abstinence but the distancing from sins. Therefore, whoever limits the fast to the deprivation of food, he is the one who, in reality, abhors and ridicules the fast.

Are you fasting? Show me your fast with your works. Which works? If you see someone who is poor, show him mercy. If you see an enemy, reconcile with him. If you see a friend who is becoming successful, do not be jealous of him! If you see a beautiful woman on the street, pass her by.

In other words, not only should the mouth fast, but the eyes and the legs and the arms and all the other parts of the body should fast as well. Let the hands fast, remaining clean from stealing and greediness. Let the legs fast, avoiding roads which lead to sinful sights. Let the eyes fast by not fixing themselves on beautiful faces and by not observing the beauty of others. You are not eating meat, are you? You should not eat debauchery with your eyes as well. Let your hearing also fast.

The fast of hearing is not to accept bad talk against others and sly defamations.

Let the mouth fast from disgraceful and abusive words, because, what gain is there when, on the one hand we avoid eating chicken and fish and, on the other, we chew-up and consume our brothers? He who condemns and blasphemes is as if he has eaten brotherly meat, as if he has bitten into the flesh of his fellow man. It is because of this that Paul frightened us, saying: “If you chew up and consume one another be careful that you do not annihilate yourselves.”

You did not thrust your teeth into the flesh (of your neighbour) but you thrusted bad talk in his soul; you wounded it by spreading defame, causing inestimable damage both to yourself, to him, and to many others.

If you cannot go without eating all day because of an ailment of the body, beloved one, no logical man will be able to criticize you for that. Besides, we have a Lord who is meek and loving (philanthropic) and who does not ask for anything beyond our power. Because he neither requires the abstinence from foods, neither that the fast take place for the simple sake of fasting, neither is its aim that we remain with empty stomachs, but that we fast to offer our entire selves to the dedication of spiritual things, having distanced ourselves from secular things.

If we regulated our life with a sober mind and directed all our interest toward spiritual things, and if we ate as much as we needed to satisfy our necessary needs and offered our entire lives to good works, we would not have any need of the help rendered by the fast.

But because human nature is indifferent and gives itself over mostly to comforts and gratifications, for this reason the philanthropic Lord, like a loving and caring father, devised the therapy of the fast for us, so that our gratifications would be completely stopped and that our worldly cares be transferred to spiritual works.

So, if there are some who have gathered here and who are hindered by somatic ailments and cannot remain without food, I advise them to nullify the somatic ailment and not to deprive themselves from this spiritual teaching, but to care for it even more.

To be continued in the next issue ...

Coptic Hope Charity Easter Appeal

Dearest Brothers and Sisters,
The blessed time of the year of the Holy Lent has begun.
Thank you all for your love, support and generosity during our Christmas Appeal. Our loving community gifted hampers to 1000 families.
For our Easter Appeal we would like to exceed this number and reach 1200 of our less fortunate families in all regions of Egypt.
Once again, each food hamper will cost $50, which provides enough food for up to a family of 4. Larger families will receive multiple hampers.
Whether you can help one family or multiple families, any support is appreciated.
Please join us by donating to the below bank account (a tax deductable receipt will be provided to all donors).
Account Name: Coptic Hope Charity Limited ATF
BSB: 063-159 Account Number: 10 686 722
Please use the reference **'Food Hamper'**
At Coptic Hope Charity we sponsor 514 families on a regular basis. We need to increase this support to many more families.
If you would like to become a regular donor and sponsor a family for as little as $60 per month, please fill in our sponsorship form on our Facebook page (a tax-deductible receipt will be provided to all donors).
For any further information please contact Nagy Banoub on 0423 411 715 / nsbanoub@yahoo.com
May our Lord reward you all, wishing you all a blessed fast of the Holy Lent.

7TH AND 14TH APRIL 2019
ONE FLESH FELLOWSHIP
PARENTING MASTERCLASS

Raising our children is probably the most important thing we do in our lives, yet the most challenging. The one Flesh Fellowship Parenting Masterclass will go a long way to ensuring you are equipped with the necessary tools to succeed on this endeavour. Together we will learn to understand our kids and parent them in a nurturing and God-fearing manner. Together we will raise the future of our Coptic Church. Come along to this two-day course and work with the experts to refine your parenting skills.
Topics and issues to be discussed in the course:
Sunday 7 April: Developmental phases in Children – Understanding Child behaviour – Positive parenting Strategies (workshop 1 and 2) – Raising God-fearing children.
Sunday 14 April: Guilt free parenting – Building confidence and resilience – Positive kids' sex education workshop – Gender education workshop – Parenting in a digital world. Cost - $105 per couple for both days
Venue – St. George's Church (Hall) - 77 Henry St, St Albans VIC 3921
Please register now using the link below:
https://off_parentingmasterclass.eventbrite.com.au
For more information please email to: onefleshfellowship@gmail.com

DIOCESE NEWS

أخبار الإيبارشية

Condolences

Departed to the Lord in Egypt Mrs Ansaf Hanna, mother of Very Reverend Fr Tadros Sharobeam and mother in law of Tasoni Mariam; grandmother of John and Angelos Sharobeam; untie of Nagy Gayed and Hanna wife of Samir Mina; relative of Dr Amal wife of Dr Ashraf Yacoub.

Our sincere condolences to Fr Tadros, Tasoni Mariam and the family. May the Lord repose her soul in the paradise of joy and grant comfort to all the family members.

Condolences

Departed to the Lord Mr Lewis Gergis; father in law of Reverend Fr Marteros Morcos and father of Tasoni Mariam.

Our sincere condolences to Fr Marteros, Tasoni Mariam and the family. May the Lord repose his soul in the paradise of joy and grant comfort to all the family members.

Condolences

Departed to the Lord Mrs Massara Tawadros, wife of Mr Adly Tawadros, mother of Mark Tawadros; sister of Malak and Younan Gerges; relative of Erian and Samir Tawadros, Nagat wife of William Gad, and Nadia wife of Milad Tawadros. May the Lord repose her Soul in the paradise of joy and grant comfort to all the family members.

Donations to the Diocese

Dear blessed brethren, the diocese greatly appreciates your generous donations. Please deposit donations in the Bank Account:

عــزاء

إنتقلت إلى الرب بمصر السيدة إنصاف حنا والدة الأب القمص تادرس شاروبيم وحماة تاسونى مريم؛ وجدة كل من جون وآنجيلوس شاروبيم؛ وخالة كل من ناجى جيد، وهناء زوجة سمير مينا؛ وقريبة الدكتورة أمل زوجة الدكتور أشرف يعقوب. تعزيتنا المخلصة لأبونا تادرس وتسونى مريم وكل العائلة. نسأل الرب أن ينيح نفسها في فردوس النعيم ويمنح العزاء لكل أفراد العائلة.

عــزاء

إنتقل إلى الرب السيد لويس جرجس؛ حما الأب القس مارتيروس مرقس، ووالد تسونى مريم. تعزيتنا المخلصة لأبونا مارتيروس وتسونى مريم وكل العائلة. نسأل الرب أن ينيح نفسه في فردوس النعيم ويمنح العزاء لكل أفراد العائلة.

عــزاء

إنتقلت إلى الرب السيدة مسره تاوضروس، زوجة السيد عدلي تاوضروس؛ والدة مارك تاوضروس، وشقيقة كل من ملاك ويونان جرجس، وقريبة كل من عريان وسمير تاوضروس، ونجاة زوجة وليم جاد، ونادية زوجة ميلاد تاوضروس. نسأل الرب أن يُنيح نفسها في فردوس النعيم ويمنح العزاء لجميع أفراد العائلة.

تبرعات للإيبارشية

الإخوة المباركين، الإيبارشية تقدر كثيراً تبرعاتكم السخية. الرجاء إيداع التبرعات في الحساب البنكي:

Commonwealth Bank BSB: 063159 Account Number: 10240683
Account Name: Coptic Orthodox Church, Diocese of Melbourne
Type of Account: Statement

St Philopater Mercurius Church

The founding Committee of St Philopater Mercurius Church at Melton would like to request your prayers and your support through your donations for this blessed project. Bank Account:

كنيسة القديس فيلوباتير مرقوريوس

تود لجنة تأسيس كنيسة القديس فيلوباتير مرقوريوس بملتون بأن تذكروهم أولاً في صلواتكم وثانياً في تعضيدكم من خلال تبرعكم لهذا المشروع المبارك. الحساب البنكي:

Coptic Orthodox Church, Diocese of Melbourne
St. Philopater Mercurius Operating Account
BSB: 063 159 Account Number: 1067 3702 Commonwealth Bank

مسابقة الصوم الكبير ٢٠١٩
GREAT FAST COMPETITION 2019
THE THIRD WEEK الأسبوع الثالث

في مسابقة الصوم الكبير هذا العام ٢٠١٩، سندرس معاً كتاب "من هو الإنسان" لقداسة مثلث الرحمات البابا شنوده الثالث. هذا الكتاب يحدثك عنك أنت. عن الإنسان، وطاقاته وغرائزه وطريقة توجيهها. لكي يعرف كل منا من هو وكيف يستخدم كل طاقاته في طريق الخير لمجد الله. الكتاب موجود على الإنترنت باللغتين العربية والإنجليزية. جوائز قيمة لكل المشتركين. ترسل الإجابات مجمعة في الأحد الثاني من الخماسين المقدسة لعنوان الإيبارشية - 100 Park Road, Donvale, VIC 3111

الأسبوع الثالث

إقرأ الفصل الثالث (ما الذي يقود الإنسان في حياته)، والفصل الرابع (العقل) ثم أجب على الأسئلة التالية:

١- أوضح الكتاب أن الإنسان السوي تتعاون فيه كل الطاقات معاً، بلا تعارض ولا تناقض. وضح كيف يتفق هذا مع ما قيل في غلاطية "الجسد يشتهي ضد الروح والروح ضد الجسد، وهذان يقاوم أحدهما الآخر، حتى تفعلون ما لا تريدون" (غلا ٥:١٦، ١٧).

٢- يقول الكتاب (هناك أشخاص عقلهم هو الذي يتعبهم، كما أن عقل البعض يريحهم). وضح ذلك في ٧ أسطر.

٣- إن كان العقل ليس هو المُوجِه الوحيد للإنسان. أذكر بعض العوامل الأخرى (أسماء فقط) كما ذكرها الكتاب.

٤- قد يتأثر العقل أو ينحرف عن طريق مؤثرات كثيرة. أذكر أسماء فقط. ١٥ مؤثر أو قوة يمكنها قيادة العقل.

٥- إذا أخطأ العقل أو الذهن وفقد الرؤية السليمة؛ فإن الحل هو (تجديد الذهن أو (تجديد العقل).

أكتب مقال لا يزيد عن ٢٠ سطراً موضحاً النقط التالية مع ذكر الآيات الكتابية كلما أمكن: أهمية تجديد الذهن - واستمرارية هذا التجديد - القوة المصاحبة التي يمنحها الله لهذا التجديد - معنى تجديد الذهن مع بعض الأمثلة التطبيقية.

In the competition of the Great Fast this year 2019, we will study together the book "WHAT IS MAN" written by The Thrice blessed HH Pope Shenouda III. This book talks about you, about man and his energies, his instincts and the way they are directed. So that every one of us know who he is and how he uses all his energies in the way of goodness for the glory of God. The book is available online in both Arabic and English languages. Valuable prizes for all subscribers. Answers to be sent collectively on the second Sunday of the Holy Pentecost to the diocese address - 100 Park Road, Donvale, VIC 3111.

The third week

Read Chapter three (What leads man in his life) and chapter four (the mind), then answer the following questions:

1- The book explained that in the right person all the energies are cooperating together without conflict or contradiction. Explain how is this consistent with what was said in (Galatians 5:16,17) "For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish."

2- The book says, (minds of some people might cause them trouble, while minds of others give them comfort). Explain this in 7 lines.

3- If the mind is not the only guide of man. Mention some of the other factors, (names only), that are mentioned in the book.

4- The mind may be influenced or deflected by many influences. Just mention names. 15 influences or powers can lead the mind.

5- If the mind or mind misses the right vision, the solution is (renewal of mind or renewal of mind). Write an article that does not exceed 20 lines, explaining the following points and mentioning the Biblical verses as much as possible: The importance of renewing the mind – and the continuity of this renewal – the accompanying power that God gives to this renewal – the meaning of renewing the mind with some applied examples.

تأملات في العظة على الجبل

مثلث الطوبى قداسة البابا شنوده الثالث

تابع ما قبله في العدد الماضي ...

ونقاوة القلب هذه سنحصل عليها في الأبدية، فنكون كملائكة الله في السماء (متى ٢٢:٣٠). وبهذه النقاوة يمكن أن نعاين الله. لذلك نحن نصلي ونقول: إن لم تكن لنا يا رب هذه النقاوة التي نعاينك بها، وإن لم نستطع أن نصل إلى هذه النقاوة، فمنحنا إياها عطية من عندك. أو امنحنا عربون هذه النقاوة ومذاقها، وأكملها لنا في ملكوتك، حتى نستطيع أن نراك.

القلب النقي لا يحب العالم، ولا الأشياء التي في العالم (١ يوحنا ٢:٥).

لأنه "إن أحب أحد العالم، فليست فيه محبة الآب" (١ يوحنا ٢:١٥). ولأن "محبة العالم هي عداوة لله" (يعقوب ٤:٤). وهذا الذي لا يحب العالم، والذي يكون قلبه قد مات عن محبة العالم، يصبح قلبه مملوءاً من محبة الله وحده، ولا يكون هناك منافس لله في قلبه. إنه يقول للرب مع الرسول: "قد تركنا كل شيء وتبعناك" (متى ١٩:٢٧).

حقاً إن القلب لا يعبد سيدين، فقلبه خالص لله. إن أحب أحداً أكثر منه، فلا يستحقه (متى ١٠:٣٧). وهكذا يتنقى القلب الطاهر من الشهوات. وكل محبة بريئة تكون داخل محبة الله، ولا تكون منافسة لمحبة الله.

والقلب النقي تكون ألفاظه وكلماته نقية

وذلك لأنه من فضلة القلب يتكلم اللسان (لوقا ٦:٤٥). وداوُد النبي قد قال: "فاض قلبي بكلام صالح" (مزمور ٤٥:١). فلا يجوز إذن أن يغضب الإنسان ويتكلم بكلام خاطيء. ثم يعتذر له أحدهم ويقول: (ولكن قلبه أبيض). فالقلب الأبيض ، ألفاظه بيضاء، والإنسان الصالح من كنز قلبه الصالح يخرج الصلاح.

والقلب النقي هو أيضاً قلب متسع، للكل

إنه لا يضيق بكلمة، ولا يضيق بمشكلة، ولا يضيق بأحد.

وما أجمل قول بولس الرسول في معاتبته للكورنثيين إذ قال لهم: "فمنا مفتوح إليكم أيها الكورنثيون. قلبنا متسع. لستم متضيقين فينا بل متضيقين في أحشائكم. لذلك أقول كما لأولادي: "كونوا أنتم أيضاً متسعين" (٢كورنثوس ٦:١١-١٣).

أنظروا إلى الله وكيف يتسع قلبه للكل.

كيف يشرق بشمسه على الأشرار والصالحين، وكيف يمطر على الأبرار والظالمين (متى ٥:٤٥). وكيف يتسع صدره لإبقاء الملحدين وعباد الأصنام على الأرض، بل ويُبقي الشيطان حتى الآن دون أن يبيده زز! وكيف يتسع صدر الله للمغفرة، حتى يقول داوُد النبي في ذلك: "لميصنع معنا حسب خطايانا، ولم يجازنا حسب آثامنا ... كبعد المشرق عن المغرب، أبعد عنا معاصينا" (مزمور١٠٣:١٠ ، ١٢).

بل للنظر أمثلة عن سعة القلب عند البشر الأنقياء.

يقول الكتاب عن موسى النبي: "وكان الرجل موسى حكيماً أكثر من جميع الناس الذين على وجه الأرض" (عدد ١٢:٣). يقول عن سليمان الحكيم: "وأعطى الرب سليمان حكمة وفهماً كثيراً جداً، ورحبة قلب كالرمل الذي على شاطيء البحر" (١ ملوك٤:٢٩) ... أترى لك رحبة القلب هذه؟

والقلب النقي لا شك له ثمرة الروح.

ذلك الذي قال عنه الرسول: "وأما ثمر الروح فهو محبة فرح سلام، طول أناة لطف صلاح إيمان، وداعة تعفف" (غلاطية ٥:٢٢، ٢٣). فينبغي أن يكون لك كل هذا، حتى يمكنك أن تعاين الله.

لا أريد أن أسهب الآن في الحديث عن نقاوة القلب، فيمكنك أن تقرأ عنها بالتفصيل في كتابنا (حياة التوبة والنقاوة). فإذا تدربت على نقاوة القلب هذه، تستحق تلك المكافأة "طوبى لأنقياء القلب، لأنهم يعاينون الله".

يتبع في العدد القادم ...

إبساچي
الكلمة

COPTIC ORTHODOX
DIOCESE OF MELBOURNE

٢٤ مارس 2019 | ١٥ برمهات ١٧٣٥ | عدد رقم ٧٠٨

”قَالَ لَهُ الابْنُ: يَا أَبِي، أَخْطَأْتُ إِلَى السَّمَاءِ وَقُدَّامَكَ، وَلَسْتُ مُسْتَحِقًّا بَعْدُ أَنْ أُدْعَى لَكَ ابْنًا. فَقَالَ الأَبُ لِعَبِيدِهِ: أَخْرِجُوا الْحُلَّةَ الأُولَى وَأَلْبِسُوهُ، وَاجْعَلُوا خَاتَمًا فِي يَدِهِ، وَحِذَاءً فِي رِجْلَيْهِ، وَقَدِّمُوا الْعِجْلَ الْمُسَمَّنَ وَاذْبَحُوهُ فَنَأْكُلَ وَنَفْرَحَ، أَنَّ ابْنِي هذَا كَانَ مَيِّتًا فَعَاشَ، وَكَانَ ضَالاًّ فَوُجِدَ. فَابْتَدَأُوا يَفْرَحُونَ.“

(لوقا ١٥: ٢١-٢٤)

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