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# SAINT JOHN

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*Verse  
of the Month*



What shall I render to the LORD for all His ben-  
efits toward me? I will take up the cup of salva-  
tion, and call upon the name of the LORD and  
pay my vows" (Psa. 116:12).

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**SCHEDULE of MEETINGS and EVENTS  
for the MONTH of NOVEMBER & DECEMBER 2014**

SUNDAY	WEDNESDAY	FRIDAY	SATURDAY
+ English Liturgy 8:00 - 11:00 a.m. ***	+ Liturgy 8:00 a.m. - 10:00 a.m.	+ Liturgy 8:00 - 10:00 a.m.	+ Liturgy from 8-10 am + Vespers; Bible Study 6:30 - 7:30 p.m.
+ Arabic Liturgy 8:00 - 11:15 a.m.	+ Thursday Morning + Senior Citizen Club 11:00 - 4:00 a.m.		+ Beginners' Deacons- Meeting 5:00-6:00 p.m. + Elementary Meeting 7:00 - 8:30 p.m.
Servants' Meeting 12:00 - 1:00 p.m. 2 <sup>nd</sup> & 4 <sup>th</sup> Sunday.	+ THURSDAY Family Meeting. 7:30 - 9:30 p.m.	+ Arabic Youth Meeting 8:00 - 10:00 p.m.	College Youth Meeting 7:00 - 8:00 p.m.
TUESDAY English- Bible Study 7:30 pm			High School & J. High Meetings 7:00 - 8:00 p.m.

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## NEWS of November & December 2014

### 1. The Nativity Fast (November 25):

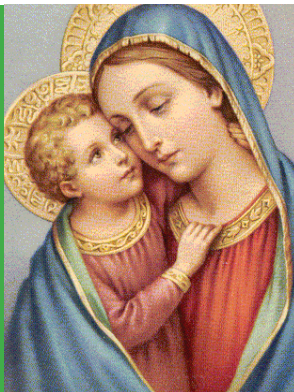
The Nativity fast starts on Tuesday, Nov. 25, and ends on Christmas Eve, Tuesday, January 6, 2015. May the Lord grant us a blessed fast according to Isaiah 58 and Matthew 6. We need to pray much during this fast, for the salvation of America, Egypt, Iraq and Syria.

### 2. Thanksgiving Day (November 27):

On Thursday, Nov. 27, America celebrates Thanksgiving Day. St. John Church celebrates this day with a Liturgy from 8:00 a.m., followed by breakfast, talk and senior's meeting

### 3. Kiahk's Vigil

The four week-vigil of the Coptic month "Kiahk", starts on Saturday, December 13, 2014. In this month we celebrate the Virgin Birth of Christ and praise St. Mary. The prayers, praises and vigil start every Saturday right after the vespers.



### 4. Celebrating New Year's Eve (2014/ 2015)

St. John Church celebrates New Year's Eve on Wednesday, December 31, 2014, from 8:00 p.m. The program contains spiritual talks, praises and hymns (choir), candle-light-prayers, Santa's gifts for children and contests. It ends on the first of January 2015 with the New Year's two Liturgies.

### 5. Christmas Liturgy:

St. John Church celebrates the Feast of Nativity with the Liturgy Tuesday, January 6, 2015 from 7:30 p.m. to 12:15 a.m., followed by the Feast's Agape meal in the hall.

### 6. H.H. Pope Tawadros II:

+ On November 18, 2014 the Coptic Church celebrates the second Anniversary of Pope Tawadros' Enthronement. May the Lord Jesus Christ grant His Holiness health, strength, long life and divine support.

+ On August 2014, His Holiness started a long pastoral trip to Holland, Switzerland and Canada. Eight hundred youth attended Mahragan El-Keraza, from England, France, Italy, Austria, Germany, Holland, Ireland, Sweden, Belgium and Denmark.

+ In Canada, the holy Pontiff celebrated the Golden Jubilee of St. Mark Church in Toronto and her priest Fr. Morcos, and the opening of the Coptic Museum. Great festivals were held in his honor at Toronto, Mississauga, Ottawa, Vancouver and other churches.



### 7. H.G. Bishop Serapion:

+ Bishop Serapion traveled to Canada to be in the reception of H.H. Pope Tawadros.

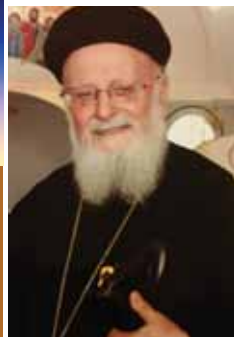
+ Then he traveled to London, England to visit Metropolitan Bakhomios in the hospital.

+ On Thursday, September 18, His Grace attended the funeral of Fr. Bishop Gobreial, the Archbishop of St. Mark Church in Los Angeles.

+ On Saturday, Sept. 27, His Grace blessed St. John Church 26th Festival and celebrated the Liturgy of the Feast of the Cross.



8. Silver Jubilee of Fr. Augustinos' priesthood:  
By God's grace, on November 14, 2014 Fr. Augustinos Hanna completes 25 years in priesthood, serving St. John Church in Covina, and St. John Magazine. Your prayers for him are greatly needed.



9. The 6th Anniversary of Fr. Daniel ordination:  
St. John Church, the priests, Board of Deacons and congregation, congratulate Fr. Daniel Habib on his sixth Anniversary of his ordination in priesthood and serving St. John church. May the Lord Jesus Christ grant him health, fruitful ministry and long life.



# Five Christian Patriarchs Meet With Obama at the White House

by Hirutho September 12, 2014



*Sept. 11, 2014 US Newswire*

For the first time in history, five Christian Patriarchs representing Christian communities in the Middle East visited the White House to discuss the protection of Christians in the Middle East with President Obama and National Security Advisor Susan Rice.

In Defense of Christians President Toufic Baaklini said, “We want to thank President Obama at this critical moment in history for meeting with the representatives of these Christian communities from the Middle East who face suffering and hardship for professing their religious beliefs.”

Attending the meeting with the President are:

His Eminence, Patriarch Mar Bechara Boutros Cardinal Raï

Maronite Patriarch of Antioch and All the East

His Beatitude, Gregorius III Laham

Melkite Greek Catholic Patriarch of Antioch and All the East, Alexandria and Jerusalem

His Beatitude, Mor Ignatius Aphrem II

Syriac Orthodox Patriarch of Antioch

His Beatitude, Ignatius Youssef III Yonan

Syriac Catholic Patriarch of Antioch and All the East.

His Beatitude, Aram I Keshishian

Catholicos of the Holy See of Cilicia of the Armenian Apostolic Church.

His Eminence Metropolitan Joseph Al-Zehlaoui. Archbishop of New York and All North America of the Antiochian Orthodox Church.

His Grace Bishop Angaelos, General Bishop of the Coptic Orthodox Church of Alexandria

(Official representative of His Holiness Pope Tawadros II, the 118th Pope of Alexandria & Patriarch of All Africa on the Holy Apostolic See of St. Mark the Evangelist of the Coptic Orthodox Church of Alexandria)

His Excellency Ibrahim, Ibrahim

Bishop Emeritus of Chaldean Eparchy of Saint Thomas the Apostle.



# The Importance of the End

(Excerpts from a sermon  
by H.H. Pope Shenouda  
on Wednesday, August 12, 2009)



## Golden Sayings

by Pope Shenouda

The end is more important than the beginning, and it is the result of everything. When you read a story, it is not important how it began rather how it ended. If you wrote a book, its ending is what matters than its beginning. Also, when you travel, you don't care about how it started rather how it ended. Therefore, Solomon the wise said, "The end of a thing is better than its beginning" (Eccl. 7:8).

Professor Dr. Taha Hussein, the famous author, lost his sight, so how his life ended? He became the dean of Alexandria University and the minister of education in Egypt. His life started miserable but ended as a great man. Also, St. Dedimus the blind became the dean of the Alexandria School of Theology and he invented the way of reading for the blind, fifteen centuries before Brail. The end of his life was greater than its beginning.

Joseph was put in prison due to a false accusation of his master's wife. It is true that he suffered, but after few years, he reached a great end and became the greatest man in the land of Egypt after Pharaoh and he deserved the title "Zaphnath- Paanneah", which meant the Savior of the world from the famine and the secret revealer! After that he forgot his tough times and no one remembered what happened to him when he was a youth, but now all the world respect him as a model of honesty, chastity and wisdom, a victorious man whom the Lord blessed richly. Sometimes a young man loves an ungodly girl or vice versa, without thinking about the end of their relation-ship, then they regret the miserable life they reap. They did not think right about the end of their wrong choice.

Also, some youth join a bad company and chooses evil friends who teach him all evil sins like drugs, smoking, drinking, gambling, shisha, and pornography and soon he becomes addicted and sick and loses his future.

Therefore, everyone MUST before taking any decision, to think twice about the end and the outcome, where this will lead him or her, whether to success and happiness or to prison and destruction? Likewise, be careful when you choose a partner in work, is he honest or not, will your money be safe or at risk? Remember always that the end is much important than the beginning.

1. Remember God's benefits always in order to live the life of thanksgiving.
2. Remember your weak points, then you will be more cautious and do not fall in pride and vain glory.
3. Remember that God sees you, and then you will not sin.
4. Remember the love of others to you and their good past with you, whenever you doubt their faithfulness, and then you will stop getting mad at them.
5. Remember God's beautiful promises to get comforted in your adversity as David used to say, "This is my comfort in my affliction, for your word has given me life" (Psalm 119:50).
6. Remember the blood of Jesus that was shed for you, in order to know the value of your soul and don't waste your life in prodigal living.
7. Remember your vows in baptism, marriage, before your father of confession and at New Year's Eve and fulfill them.
8. Remember always that you are stranger on earth, and you will return to your heavenly home, that you should not focus your attention in this world.
9. Remember death that cast away all the attractions of the world and that you may feel that all is vanity and grasping of the wind.
10. Remember the narrow gate that leads to the kingdom of God, and flee from the wide gate that leads to destruction.
11. Remember that you are a son of God and you must have His image and walk according to His gospel.
12. Remember that you are a temple of the Holy Spirit, and do not grieve His Spirit but be holy.

# What Shall I Render to the LORD for all His Benefits toward me

By Fr. Augustinos Hanna



From the dawn of history, man felt his debt to God to thank Him for His mercies and benefits. He expressed his thanksgiving and gratitude in many forms, by words in prayers, praises, vows and actions like offering sacrifices. The first thanksgiving prayer we find in the book of Genesis was of Jacob who said in his prayer: ***“O God of my father Abraham and God of my father Isaac,....I am not worthy of the least of all the mercies and of all the truth which You have shown Your servant”*** (Gen. 32:10).

Jeremiah said in his Lamentations, ***“Through the Lord’s mercies we are not consumed, because His compassions fail not. They are new every morning”*** (Lam.3:22).

In Psalm 103, David thanks God saying ***“Bless the Lord, O my soul, and forget not all His benefits”***. Then he mentioned some of the great benefits God has given him:

- (1) *Who forgives your sins.*
- (2) *Who heals your diseases?*
- (3) *Who redeems your life from destruction,*
- (4) *Who crowns you with loving-kindness and tender mercies,*
- (5) *Who satisfies your mouth with good things, so that*
- (6) *your youth is renewed like the eagle’s.”*

In Psalm 116:12, David expressed his gratitude to God in the form of question and answer. He asked himself: ***“What shall I render to the Lord for all His benefits toward me?”*** Then he answered with three points:

- (1) ***“I will take up the cup of salvation.***
- (2) ***“And call upon the name of the Lord.”***
- (3) ***“I will pay my vows to the Lord”.***

In this Psalm, David moved from the state of counting God’s benefits, to think of his own response how

to render or return God’s gifts of love? What form of service would be most appropriate?

***First: “I will take up the cup of salvation.”***

***“I will take!”*** This is a strange answer to the question, ***“What shall I render?!”*** Because how can we give back by more taking? But it is the wisest reply that could be given. To take up the cup of salvation was an act of worship and adoration. He probably meant the cup of the Passover. Also, it is a prophecy of the cup of Eucharist. He will drink the cup which the Lord has filled with His saving grace.

Salvation in David’s time was from human enemies like Goliath or the Philistines (Lk.1:71). But this was a prophecy about the great cup of the New Testament of which the Lord Jesus referred to when he took the cup and gave thanks and said, “Drink from it all of you. For this is My blood of the new covenant, which is shed for many for the remission of sins” (Matt. 26:27, 28). Also, St. Paul referred to it in 1 Cor.10:16; 21; 11: 25). Salvation in the N.T. concept is from sin, Satan, death and hell, and the greatest thing we may render to the Lord for all His benefits to us is to enjoy His great salvation and sacrifice on the cross and to abide in Him and be faithful to Him unto death (Jn.6:56 ; Rev.2:10).

***Second: “I will call upon the name of the LORD”.***

He means that he will express blessings, thanksgivings, praises and prayers. He will witness about God’s great love and mercy to everyone.

***Third: “I will pay my vows to the LORD.”***

We honor the LORD with keeping our vows of baptism, repentance, marriage, confessions, tithes, first-fruits and New Year’s vows.



# Old Testament Books in 3 or 4 Words



By Fr. Augustinos Hanna

## I. The Books of the Law (5), Pentateuch:

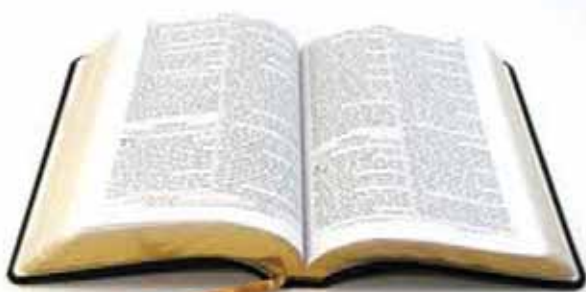
1. Genesis: Creation- Fall- Generations-Patriarchs
2. Exodus: Salvation and Redemption
3. Leviticus: Levites- Priests- Sacrifices- Feasts
4. Numbers: Numbering the Hebrews
5. Deuteronomy: Duplicate of Law

## II. The Historical Books (12)

6. Joshua: Conquest of Canaan
7. Judges: Sin- Cycles-Discipline- Apostasy
8. Ruth: Romance & Redemption
9. 1 Samuel: Samuel, Saul, David
10. 2 Samuel: Summary of David
11. 1 Kings: Solomon, Divided Kingdom
12. 2 Kings: Kingdoms Taken Captive
13. 1 Chronicles: Genealogy, Commentary on Samuel
14. 2 Chronicles: Commentary on Kings
15. Ezra: Erection of Temple
16. Nehemiah: New City Walls
17. Esther: Providence, Deliverance of Jews

## III. Wisdom or Poetic Books (5)

18. Job: Righteous Suffering & Patience
19. Psalms: Praises, Prayers & Thanksgiving



20. Proverbs: Prudence, wisdom in Life
21. Ecclesiastes: Philosophy, Emptiness in Life
22. Song of Solomon: Love, Christ & Church

## IV. Prophetic Books:

(17 Divided into 5 Major prophets & 12 Minor Prophets)

### (1) Major Prophets: (5)

23. Isaiah: Israel's Suffering & Glory
24. Jeremiah: Judah's Exile, Return
25. Lamentations: Lament over Jerusalem
26. Ezekiel: Expectations for Temple
27. Daniel: Times of Gentiles

### (2) Minor Prophets: (12)

28. Hosea: Heart of Holiness
29. Joel: Judah's judgment Day
30. Amos: Attitudes toward Law
31. Obadiah: Obliteration of Edom
32. Jonah: Mercy saves Nineveh
33. Micah: Morality in Society
34. Nahum: Nineveh's Soon Judgment
35. Habakkuk: Humanity and Sovereignty
36. Zephaniah: Zion's Remnant Saved
37. Haggai: God's New House
38. Zechariah: Messiah – King & Redeemer
39. Malachi: Messenger before Messiah



# THREE MIDNIGHT" CRIES IN THE DARK

*Midnight is not an ideal time to welcome visitors! It is hardly the opportune moment to entertain friends. Apart from the people who either prepare for the next day or whose job concerns the protection of others, midnight is the time when the world slumbers. A day with its opportunities has gone; the next with its possibilities has not yet arrived, and in between, for better or for worse, men sleep. Maybe this explains why, in bible times, many things happened at midnight.*

## **The midnight cry of grief (Exod. 12:29-30)**

*Pharaoh has been told relatedly of approaching disaster, but persistently he ignored the warnings of Moses. He refused to liberate the slave and in defiance of God's commands deliberately increased their burdens. Men emulating this example can only blame themselves when disaster arrives. It was at that time God instituted the Passover, and two things stand out in bold relief. The first was a change in the calendar! We have no way of knowing at what time of the year or what week of the month all the events took place; we only know that God abruptly changed the calendar and commanded his people to start a new year. The second concerned the matter in which the Hebrew celebrated the feast. "And thus shall ye eat it; with your loins girded, you shoes on your feet, and your staff in your hand; and ye shall eat it in haste; it's the Lord's Passover" (Exod. 12:11). Obviously the participants were to be ready to leave immediately. The midnight hour was about to strike, and the Hebrew were expected to walk by faith to a new life. It was the begging of a new year! Soon cries of anguish would re-echo through Egypt, for the judgment of God was about to slay the firstborn of every family. The Egyptians had wasted their final opportunity to gain favor with God; their belated repentance would be too late to prevent a catastrophe. When pharaoh and his legions died in the surging of the red sea, evidence was supplied that God meant what he said.*

## **The midnight cry of gratitude (acts 16:25)**

*The prison at Philippi was very dark and silent. Most of the inmates were either asleep or trying to sleep. The guards were at ease, but for two men slumber was elusive. The day had been eventful, for a crowd had tried to murder them. The aching backs of the prisoners bore eloquent testimony to the pain inflicted by lashing whips. Paul and Silas had delivered a demon-possessed girl and by so doing had enraged the despicable men who used her to increase their riches. Infuriated because their dupe had escaped, the citizens dragged the preachers to the town square, where a riot had been incited. The shouting and the accusations were still ringing in the minds of the*

*preachers, and every movement of their bodies reminded them of the merciless thrashing that had lacerated their backs. Most men would've questioned the wisdom and kindness of God. Why had he permitted this to happen to his faithful servants? Perhaps it was then that Paul whispered to Silas, "Let's sing." **"And at midnight Paul and Silas prayed, and sang praises unto God: and prisoners heard them."** When God heard the songs of his servants, he summoned the forces of nature to provide an accompaniment for their praise. "And suddenly there was a great earthquake, so the foundation of the prison was shaken: and immediately all the doors were opened, and everyone's bands were loosed" (v. 26). Did the other inmates of the prison curse, shout, complain or marvel? Probably they had never heard singing at midnight, unless one of their companions somehow had obtained enough liquor to get drunk! There had to be a reason why men in pain could sing in the dark! There was; they were not alone; the risen Christ was with them and his grace was sufficient!*

## **The midnight cry of gladness (Matt. 25:6)**

*"And at midnight there was a cry made, Behold, the bridegroom cometh; go ye out to meet him." This parable of Jesus was easily understood by listeners, for such scenes were commonplace in Israel. It was customary for friends of the bridegroom to meet and accompany him to the place where the ceremony would take place. If the bridegroom came from a distance, often it was necessary to meet him at night, and then the welcoming party carried lanterns. Sometimes, when the exact hour of arrival was unknown, the friends would sleep, but they were always waiting to hear the cry, "Behold, the bridegroom cometh."*

*Jesus deliberately took a commonplace incident and clothed it with eternal truth. Someday he would be married! He would woo and win his bride and then come from his father's home to claim his beloved – the church. Constantly he emphasized that no one knew the precise moment when this would take place but stressed the fact that his followers should remain ready. Conditions would deteriorate in the world, and darkness would prevail among nations. His disciples should never despair. Nation would rise against nation, and unfortunately, many saints would suffer and die for their faith. Great would be their reward. The others who remained were to be faithful and watching, for in such hour as they thought not the son of man would come. Then suffering would be overshadowed by the marriage of the lamb; the hardships encountered along the road of life would be forgotten when the bride met the divine bridegroom to remain with him eternally.*





An article by

**DR. TAWFIK HAMID**

## RESPECTED EGYPTIAN SCHOLAR

I was born a Muslim and lived all my life as a follower of Islam. After the barbaric terrorist attacks done by the hands of my fellow Muslims everywhere on this globe, and after the too many violent acts by Islamists in many parts of the world, I feel responsible as a Muslim and as a human being to speak out and tell the truth to protect the World and Muslims as well from a coming catastrophe and war of civilizations.

**I have to admit that our Islamic teaching creates violence and hatred toward non-Muslims. We Muslims are the ones who need to change. Until now we have accepted polygamy, the beating of women by men, and killing those who convert from Islam to other religions.**

We have never had a clear and strong stand against the concept of slavery or wars, to spread our religion and to subjugate others to Islam and force them to pay a humiliating tax called Jizia.

We ask others to respect our religion while all the time we curse non-Muslims loudly (in Arabic) in our Friday prayers in the mosques! **What message do we convey to our children when we call the Jews “descendants of the pigs and monkeys”?** [Yet, both Arabs and Jews are Descendants of Ibrahim (Abraham)!] Is this a message of love and peace, or a message of hate?

I have been into [Christian] churches and [Jewish] synagogues, (Hindu) temples where they were praying for Muslims. While all the time, we curse them, and teach our generations to call them “infidels” and to hate them.

We immediately jump in a ‘knee jerk reflex’ to defend Prophet Mohammad when someone accuses him of being a pedophile while, at the same time, We are proud with the story in our Islamic books that he married a young girl seven years old [Aisha] when he was above 50 years old!

**I am sad to say that many, if not most of us, rejoiced in happiness after September 11th and after many other terror attacks. Muslims denounce these**

**attacks to look good in front of the media, but we condone the Islamic terrorists and sympathize with their cause. Until now our ‘reputable top religious authorities have never issued a fatwa or religious statement to proclaim Bin Laden as an apostate, while an author, like Rushdie, was declared an apostate who should be killed according to Islamic Shari’a law just for writing a book criticizing Islam.**

Muslims demonstrated to get more religious rights as we did in France to stop the ban on the hijab (head scarf), while we did not demonstrate with such passion and in such numbers against the terrorist murders. It is our absolute silence against the terrorists that gives the energy to these terrorists to continue doing their evil acts.

We Muslims need to stop blaming our problems on others or on the Israeli/Palestinian conflict. As a matter of honesty, Israel is the only light of democracy, civilization, and human rights in the whole Middle East.

We kicked out the Jews with no compensation or mercy from most of the Arab countries to make them “Jews-free countries” while Israel accepted more than a million Arabs to live there, have their own nationality, and enjoy their rights as human beings. In Israel, women cannot be

beaten legally by men, and any person can change his/her belief system with no fear of being killed by the Islamic law of ‘apostasy, ‘ while in our Islamic world people do not enjoy any of these rights.

I agree that the ‘Palestinians suffer, but they suffer because of their corrupt leaders. Our religious leaders have to show a clear and very strong stand against polygamy, pedophilia, slavery, killing those who convert from Islam to other religions, beating of women and declaring wars on non-Muslims to spread Islam.

The time has come to stop our hypocrisy and say it openly: ‘We Muslims have to change!’



# How to build a lasting and successful marriage (7)



by Fr. Gawargious Kolta



## 18- SUCCESSFUL COMMUNICATION:

The heart of marriage is its communication system, as all marriages begin with highly developed communication. In successful marriages, husbands and wives usually learn to communicate with openness and understanding. When the Lord said: ***“For this reason a man shall leave his father and mother and be joined to his wife”*** (Mat. 19:5). To cleave means to weld together and the two becomes one flesh. It suggests a unique oneness and permanent commitment to intimacy in all life together, yet it retains personal identity.

**Norman wright** mentioned in his book ***“Communication Key to Your Marriage”*** that marriage is a gift, an opportunity to learn how to love, ***built upon a commitment to communicate***, learning to speak our partner’s language, a call to servanthood and usually influenced by unresolved issues from our past. He added that marriage is a call to friendship, a call to suffering, not an event but a way of life, a refining process (by God), and it involves intimacy in all areas; mainly spiritual, intellectual, social, emotional and physical. He also said that ***when a couple learns to share on the emotional level*** and can understand and experience each other’s feelings, they are well on their way to achieve true intimacy.

In successful marriages, spouses believe that their marriage will last, even when one of them ***argues much***, or if there are few differences or conflicts. They enjoy the other’s presence, in their silence and their talks, giving freedom to express their needs and their desires. They face reality in marriage with patience and understanding. The best way of communication is that ***the couples learn to speak their spouses’ language***, by accepting the differences and discovering the partner’s communication vocabulary, using them on sharing discussion.

**Maxine Rock** said in his book ***“The Marriage Rock”*** (P 78) that reality does not mean to accept troubles, but it means accepting discussing the plans of the future in love and respect. Each spouse ***does not feel angry, disappointed or frustrated with the other when there is any disagreement***.

Because of loving and respecting each other, any conflicts

will fade by time. It is written: ***“Be kind to one another, forgiving one another, even as God in Christ forgave you”*** (Eph. 4:32).

This verse helps us to behave in a positive and encouraging way in discussing any conflict.

**Norman** gives an advice for successful communication in marriage, saying that it is important to ***practice controlling our tongues and guarding our lips***. It needs to be a continuing aim for every husband and wife, because everything is said either helps or hinders, heals or scars, builds up or tears down. It is very bad to say any word or express any feeling without considering the consequences. It is written: ***“Do you see a man hasty in his words? There is more hope for a fool than for him”*** (Prov. 29:20). He added that how good it feels when we have a building kind of conversation with our spouses? We must ***concentrate on choosing the words that are appropriate, watching the time and purpose of conversation***. It is also written: ***“A word fitly spoken is like apples of gold ion setting of silver”*** (Prov. 25:11). It means that we must use the right word at the right time. We must put our brain in gear before engaging our mouth. The result is that we encourage each other and create a rewarding situation for ourselves.

It is well known that couples always have conflicts. Two unique and different individuals cannot come together without adjustment and conflict. The individual taste, values, preferences, habits, likes and dislikes, personality differences, and standards will confront each other. But, in successful marriages, ***conflicts do not mean quarreling or disgracing***.

Verbal conflicts are not harmful, but it leads to real and good communication, and resolving the problem peacefully.

In successful marriages, ***spouses do not lie***, altering the truth or holding back part of the truth during confrontation. Truth is accomplished by love, trust, wisdom and deep concern for the other partner. We must not give modification for the truth.

**Example:** If your wife asked ***“How do you like my dress? How does it look on me?”*** Answering the question like this requires honesty and tact. You can answer: ***“I think that I have seen you in other dresses I like better”***. The unwise husband, who does not like the dress, will say: ***“I sure it shows you fat”***.



In successful marriages, spouses try to **minimize criticizing each other**. They know that criticism opens the door of other destructive responses and it attacks person's personality and character, especially when it includes blame. They will listen to the request of the other, who will give appreciation when the request is accomplished. They know that criticism is usually destructive and not constructive, and it will make the other feel guilty and destroys the positive feelings. They obey St. Paul's advice: **"Let us not judge one another anymore, but rather resolve this, not to put a stumbling block or a cause to fall in our brother's way"** (Eph. 14:13).

For successful communication, we must not rush of our anger or frustration. We must take time to think before we respond. Norman Wright gives some advices during discussing any problem or investigating any matter. One may say:

1- **"Can I take a minute to think about this?"**

2- **"Are you sure you are seeing this situation accurately?"**

3- **"That is an interesting perspective. I need time to think about it"**. Then we have to respond positively and confidently, and not defensive. When we do not agree, we must tell kindly our spouses the reasons of this disagreement.

He added that we must not talk too much or repeat what we have said. It is important to consider the words of God: **"He who guards his mouth preserves his life"** (Prov. 13:3).

**"He who has knowledge spares his words and a man of understanding is of a calm spirit"** (Prov. 17:27).

**"A fool has no delight in understanding, but in expressing his own heart"** (Prov. 18:2).

**"Whoever guards his mouth and tongue keeps his soul from trouble"** (Prov. 21:23).

However, **silence is not always golden**. Some spouses use silence as a means of avoiding controversy, or a weapon to control, frustrate or manipulate. Sometimes a spouse takes the pathway of silence because it seems to be the least painful. When married couples are not communicating because one of them is silent, both experience frustration and deep anger. The other may feel wounded and try shouting or acting violently in attempt to get the silent mate to talk.

In successful marriages, the spouses learn well the language of the other partner. Both husband and wife know how to practice proper communication with other gender, without changing the personality, the life style and the values. They create flexibility that they can understand how he/she thinks and communicate.

**Norman** said that women tend to speak the language of expressers, but men speak the language of resolvers. Women tend to give much more detail and include feelings, whereas

men tend to give bottom-line and factual information. Also, women have been raised to use communication as a mechanism for creating relationship bonds, while men have been encouraged to communicate primarily to exchange information. He added that timing is essential when husband and wife makes request. If any one of them is doing a task or a project, the other partner must wait and do not ask for another task or leave a note for the other task.

**John Grey** said in his book **"What Your Mother Couldn't Tell You And Your Father Didn't Know"** that it is better to say to your spouse "would you" instead of "could you". The direct request "would you" shows a decision and commitment. He gave some examples; a wife can say to her husband:

+ "The kids need to be picked up and I can't do it". But it is better to say "Would you pick up the Kids?"

+ "The groceries are in the car". But it is better to say "Would you bring in the groceries?"

+ "The backyard is really a mess". But it is better to say "would you clean up the backyard?"

+ "We haven't gone out in weeks". But it is better to say "would take me out this week?" In successful marriages, husband and wife feel happy to do their best to work for adaptation and change. They work to complement each other. They are flexible in conversation and discussion. Sometimes, during discussion, one of them will change his/her thoughts in the middle of the speech, following the words of St. Paul: **"Avoid foolish and ignorant disputes, knowing that they generate strife"** (2 Tim. 2:23).

They avoid miscommunication as they practice the following:

+ Any conversation or **information is clear and with definite words**, in order not to lead assumptions or misunderstanding.

For example: one can say "I will come late tonight", but he will mention the approximate time. One can say "I'll do it later", but he/she will the proper time (few minutes, few hours, or few days. There are other unclear words such as "Could we stop at this store for a minute" or "I want to talk to you for a minute".

+ **Commitments are specific**, because non-specific answers lead to discomfort and frustration, and are not accepted by the other partner, such as "I'll try" or "I'll think about it".

+ During communication, they **don't raise their voice** or yell, but they speak with low voice.

+ They **avoid offensive responses** and premature conclusions when they discuss any matter. It is a badge of honor to accept valid criticism; it indicates meekness.

+ They **avoid interruption in conversation**, putting their mind on hold and listening properly, in order to reach the right decision.





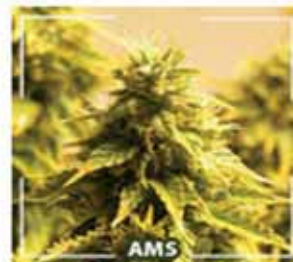
AMS  
Super Skunk



AMS  
Aussie blues



AMS  
Light of Jah



AMS  
Easy Rider

# MARIJUANA

## SUBSTANCE - RELATED DISORDERS

By

BEHNAM, MD, DS  
Board Eligible Psychiatrist



### Substances Include:

- Downers or Depressants & Pain killers (Marijuana Alcohol, Heroin, & Vicodin).
- Uppers or Stimulants (Nicotine, Cocaine).
- Sedatives, Hypnotics & Anxiolytics (Ativan).
- Psychedelic (PCP).
- All can cause delirium, dementia, psychosis, mood, anxiety & sleep disorders during intoxication or withdrawal.

### History:

- Cannabis has been around for centuries.
- The plant has been used to make rope, thread, and clothes.
- Smoked for its psychoactive properties.
- The drug has been widely used in America for more than 40 years.

### Epidemiology:

- *According to the United Nations,* Cannabis is the most widely used illicit substance in the world." The last 2 decades, surveys reveal that:
- Use of marijuana among the younger population of school and college students has widely increased.
- Recent data indicates: the average age when marijuana is used is 18 years.
- *Most smokers start in childhood.*
- *In 2012, 6.7% of middle school and 23.3% of high school* students currently used tobacco products, including cigarettes, cigars & hookahs.
- *Adolescents who smoke are 8 times more likely to use drugs (Alcohol, Speed & Marijuana).*

### Pharmacology:

- Marijuana is obtained from the dried leaves and flowers

of the hemp plant.

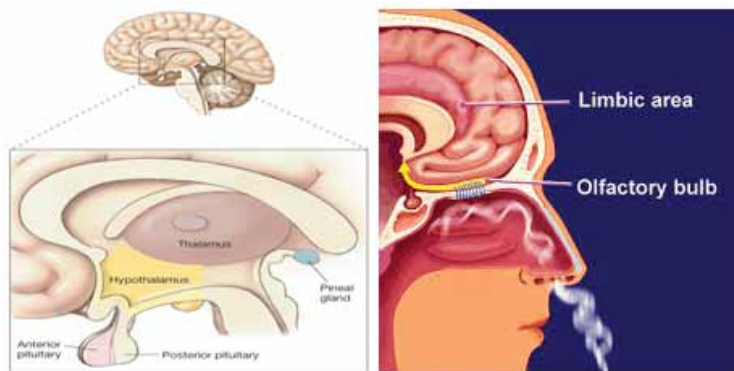
- The potency of marijuana depends on the method of preparation.
- Ganja and hashish are both three-five times more potent than marijuana.
- Although marijuana is usually smoked, it can also be eaten or mixed in beverages like tea, coffee and in very rare cases, it is also injected.
- Analysis of marijuana has revealed that the content of delta-9-tetrahydrocannabinol (THC) is currently much higher than in the past 2 decades.
- THC is the primary psychoactive component of marijuana.
- The intoxicating effects of marijuana usually last 2-3 hours.
- Cannabinoid receptors are linked to the inhibitory G protein affecting GABA neurons.
- *When smoked, euphoric effects appear within minutes as it goes directly to the Cortex of the brain through the olfactory nerve.*



- If you eat it or by injection it will take 1-2 hours is it will go through the blood, then to the Thalamus, then the cortex. Peak in 30 minutes & last 2-4 hours.



• *Nobody can talk to the cortex directly except the olfactory nerve, the nerve of smell. As such, anything you smell will go directly to the Brain Cortex which is the thinking*



*part of the brain, responsible for attention, concentration, behavior, eye contact, speech & decision making.*

• All other sensations (touch, pain, vision etc) have to go 1st to the Thalamus, and then the Thalamus will report to the cortex. The Thalamus knows everything about you, it knows if you are awake, sleeping, paying attention or not, etc) & can decide if she should report to the cortex or she can make decisions. Like, if you are sleeping at night & a fly touch your big toe, she knows that there is no harm & will not wake you up, but if your spouse kick you she will wake you up to protect yourself.

- Motor & Cognitive effect last 5-12 hours.
- Tolerance, withdrawal & psychological dependence have been found.

## Sources of marijuana:

- The majority of marijuana available in the US is smuggled in from Mexico and is a low potency, commercial grade product.
- The high potent marijuana is usually home grown or smuggled in from Canada.
- **States which cultivate marijuana are:** California, Kentucky, Tennessee, Hawaii, and Washington.
- **Law enforcement data indicate that:** Arrests for marijuana possession are up across the nation.

## Why People Abuse Marijuana?

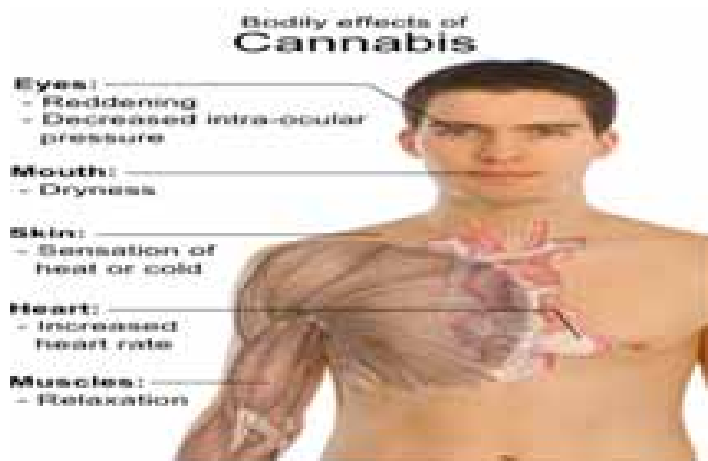
- Bad Roll model.
- Family Problems.
- Curiosity & for fun.
- Peer pressure & for fun.
- The majority of users claim that: the drug causes euphoria, a sense of relaxation, sexual arousal and easier socialization with other colleagues.
- The easy access, cheap price and minimum legal penalties have led to an increased usage of this drug in the past 2 decades.

## Clinical Features & Diagnosis of Abuse Include:

- Red eyes.
- Orthostatic hypotension.
- Increased appetite.
- Obesity.
- Urine Drug Screen: Can detect cannabis for up to 4 weeks.

## Adverse Effects:

- Marijuana Abuse has been associated with physical and behavioral adverse effects.
- There have been numerous reports of motor vehicle accident and work related accidents associated with marijuana use related to mental clouding and sluggishness.



- Children of mothers who used marijuana during pregnancy have a higher rate of blood cancer.
- Increase the risk for respiratory tract infections, emphysema and COPD.
- Marijuana smoke has significantly higher tar content than cigarettes and is associated with a higher incidence of lung cancers.
- The most common side effects of marijuana are cognitive deficits.
- Short term use has been associated with memory defects, mental clouding and confusion.
- **Dry mouth, Nausea & Headache**
  - ☐ Increased heart rate, arrhythmia & heart failure.
  - ☐ Bronchitis, COPD & Cancer lung.
  - ☐ Reduced muscle strength
  - ☐ Decreased cerebral blood flow, tremor, decreased coordination & Brain atrophy.
  - ☐ Increased food consumption & obesity.
  - ☐ Sexual Dysfunction.

# Christ's Revelation

## -Letter to the Church of Ephesus



The letters sent to the seven churches of Asia have always been interesting because of the possibility of two-fold interpretation of their content.

Some theological teachers insist the messages were only of local importance; that is, John was writing to individual churches and had no intention his words should be used out of context.

Others, equally emphatic, believed the churches were “chosen” to be representative of seven phases of the churches history, events from Pentecost until the removal of the church of heaven.

It doesn't matter, for the purposes of this study, which of the two viewpoints is acceptable. The message concerning overcoming relates to Christians in every age.

### **A FERVENT COMMENCEMENT**

It should always be remembered that, when St. Paul went to Ephesus, the city was entirely idolatrous. The goddess Diana touched every section of the city life and prevailed throughout Asia. Luke describes how Paul, at the risk of his life, boldly challenged the power of heathenism and established what was probably the most famous of the New Testament churches. The letter which the apostle sent to the Ephesians eloquently testifies to the quality of the members and the depth of their theological understanding. Within the scope of six chapters, the writer explained the deeper teachings of the Christian life and encompassed eternity. (See Eph. 1:4; 5:27). The Ephesian assembly was probably the greatest Bible-loving church in existence at that time, and John admitted that feature had remained unchanged. Liberal interpretations

of divine truth were not tolerated among the members, and the people who did not believe the fundamentals of the faith never occupied their pulpit.

### **A FAMOUS CHURCH**

The Christians in Ephesus set a standard of truth for all believers, and the words found in Revelation 2:1-3, indicate the careful methods used in ascertaining the worth of every preacher. “You have tried them which say they are apostles, and are not, and have found them liars.” It is significant that when Paul made his last journey to Jerusalem, the elders of the church met him at Miletus and wept with their friend. At that point in time, the church had not declined, although Paul warned them of approaching perils (Acts 20:29). After some years the situation had changed dramatically. The church was still fundamentally strong, but when the initial enthusiasm was beginning to fade. Their “first love” for Christ had somewhat diminished. This was certainly a description of the church at the end of the first century.

### **A FRIGHTENING CONCERN**

“Nevertheless I have somewhat against you, because you have left your first love. Remember therefore from whence you have fallen, and repent, and do the first works; or else I will come unto you quickly, and will remove your candlestick [lampstand] out of its place, except you repent” (Rev.2:4-5). Unfortunately, what happened in Ephesus was characteristic of all the churches. They remained sound in doctrine, but their early enthusiasm for the cause of Christ waned. The result was devastat-



ing. The passionate zeal for the extension of the kingdom of Christ began to disappear. As a result, if it had not been for the arrival of the apostle Paul, the world outreach of evangelism would have been seriously hindered.

### **A FABULOUS CHALLENGE**

Their dying enthusiasm became the greatest concern of the Lord, and the message sent through John remained the assembly they were in danger of losing most of what they had gained. When the Lord spoke of overcoming, He obviously referred to their complacency. They needed to stir themselves and face the future with a determination to succeed. The Savior promised that they who did as He requested would be permitted “to eat of the Tree of Life, which is in the midst of the paradise of God” (v. 7). It is worth of the consideration that this tree may be found at the begging and end of the Bible. (Gen. 2:9; 3:22 and Rev.22:2). The tree in both instances was the means by which God could impart eternal life to obedient people. Adam might have become a partaker of the divine nature, but alas, he sinned and died. Through the grace of God the same privilege was affordable to believers in Christ (2 Peter 1:4) reminds us that we may be “partakers of the divine nature.” Finally, at the end of time, the Jews and other earth dwellers will also have that identical opportunity when “the last enemy that shall be destroyed is death” (1 Cor. 15:24-26). The chance to partake of the fullness of the life of God is an inestimable privilege, the greatness of which will never be fully known until we stand in his presence. Overcoming has never been easy in anything, but the reward offered in these verses is so great that Christians cannot afford to be apathetic.

## ***Saints' Feasts*** **of Nov. & Dec.**

**1. Nov.1: Martyrdom of St. Luke the Evangelist.**



**2. Nov. 18: 2nd Anniversary of H.H. Pope Tawadros' Enthronement.**

**3. Nov. 24: Martyrdom of St. Mina the miraculous.**



**4. Nov. 26: Departure of St. John Chrysostom (yr. 407)**

**5. Nov. 27: Martyrdom of St. Philip the Apostle.**

**6. Nov. 29: Departure of Inyanus, the second Patriarch.**

**7. Nov. 30: Departure of St. Gregory, (wonder-worker)**

**8. Dec. 1: Martyrdom of Sts. Kozman, Damien, their brothers and mother.**

**9. Dec. 2: Departure of St. Cornelius, the centurion.**

**10. Dec. 4: Martyrdom of St. Philopatyr Mercorius.**



**11. Dec. 8: Martyrdom of St. Peter, the Seal of Martyrs.**

**12. Dec. 12: Entry of St. Mary into the Temple at age 3.**

**13. Dec. 13: Martyrdom of St. Andrew the Apostle.**

**14. Dec. 14: Depaarture of Nahum the Prophet & Martyrdom of St. Boktor.**

**15. Dec. 15: Departure of Patriarch Abram Ben-Zaraa, 10th century who moved Mokattum Mount.**

**16. Dec. 19: Departure of St. Nicolas, Bishop of Mura, well known as Santa Clause.**

**17. Dec. 23: Martyrdom of St. Behnam & his sister Sarah.**

**18. Dec. Departure of St. Gregory the Armenian.**

**19. Dec. 29: Departure of the Prophet Haggai.**

**20. Dec. 30: Martyrdom of St. Barnabas the Apostle.**



# Short Stories

*Collected by Fr. Augustinos*

## 1. Jewels

Many years ago a British Queen sold some of her jewels to build a hospital for poor mothers. Her son, the crown prince, objected. One day, in touring the new hospital with her son, the Queen was attracted to a little woman who cried out with joy when she recognized who the visitor was. She held the queen's hand, sobbed and kissed it many times. The Queen did not wipe the tears from her hand. Instead, she went to her son, held out her hand and said, "You see, my son, God has given me back my jewels."

## 2. The Cost of Sunshine

Have you ever stopped to consider what it would cost to light the world with sunshine if we had to pay for it? The cost for one twelve-hour day of sunshine for the whole earth would be more than a hundred million times a million dollars. If our government were to have to pay for sunshine for the continental U.S. alone, it would call for an annual budget of \$686 trillion. Yet He gives us not just physical light but also the light of the world in Jesus His Son. What is Christian stewardship but our response to His superabundant giving.

## 3. Lose to Win!

The prime minister of a small country (like Yemen) suggested at a cabinet meeting, "Let's start a war against the United States. Then when we lose, America will give us money and food and build us new roads and buildings, as it did in Germany and Japan! We will be rich!" But one of the ministers asked, "Yeah, but what if we win?!" Well, if they win they lose. And if they lose they win! This sounds like what the Lord Jesus said, "For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it" (Mk 8:35). Jesus specializes in turning failures into victories. He also taught, "Unless a grain of wheat falls into the earth and dies, it remains alone, but if it dies, it bears much fruit"

## 4. Money as a sacrament!

Money becomes a sacrament when it is offered to God. It is a visible expression of our commitment, faith and love. Once given to God, it is consecrated by the Holy Spirit Who translates it into works of mercy that bring glory to the Trinity.

## 5. Two Books

Two books that tell most about us are the date book and the checkbook. One tells what we do with our time; the other tells what we do with our money- two of the most valuable assets we have. Check to see what they say about you.

## 6. Partners

"Without God we cannot;

Without us God cannot"

"Pray as if everything depends on God;

Work as if everything depends on you"

(St. Augustine)

## 7. A Christian in Politics

A Christian politician who was running for office was offered 100,000 votes by a certain group if he promised he would do something for them that was unethical and immoral. He wouldn't do it and he told them so. After the election he said, "I lost the election but I won my self-respect." He won even though he lost!

### **Jesus turns losers into winners**

Nobody specializes in reversing failures like Jesus. He took Peter who had denied Him three times and made him a chief apostle. To the thief on the cross-a real loser- He said, "Today You will be with Me in Paradise." He told the story of the prodigal son-another loser- who "came to himself" and through repentance made it back to his father's mansion. He took a person who was perhaps the world's greatest sinner-Augustine- and made him a great bishop and saint. He does so to this day. He can do it for you,



# GREAT COPTS LIVED AMONG US



# DR. WASFY SOLIMAN SALEH

1932 – 2014  
By Dr. Nabih Abdelmalek

*Dr. Wasfi Soliman Saleh (Ottawa, Canada)*

Obituary by Dr. Magdy Keryakos (Aug 28, 2014):

Dear Mahassen, David, Titi, Sandy, Theo and the grand children of Dr. Wasfi,

As Solomon the wise prophet said, “A good name is better than precious ointment... And the day of death is better than the day of birth” (Eccl. 7:1).

Indeed, this applies to Dr. Wasfi whose name has been better than precious ointment that if rubbed on the skin, it cures and soothes. Dr. Wasfi has treated many patients and because of his profound medical proficiency, he could give advice in almost every medical discipline. His life was very distinguished per Dr. Wasfi’s published obituary in the Citizens Ottawa newspaper Aug 26. However, I will just mention few sides of his life:

## **1. During building St. Mary church:**

+ Not many people saw him that in very early morning... almost every day, he climbs the foundation to water the concrete. During the weekends Dr. Mahassen brings lemonade and juices to the workers all the time.

+ He opened his home to the building committee several times to discuss the project

## **2. Christian life:**

+ He loved the Bible and if you see his personal one, you will be surprised of the many underlining, comments, and Hebrew/Greek words in between the lines. His favorite verses that he used to start his prayer with, are, (Eph. 1:3,4) He loved Christian education and encouraged me in SS service; one time we needed a small bus to transport the children to trips, he contributed with more than 75% of the bus cost.

+ He never forgot his countryside upbringing or the people of his village. He used to say that ‘my father used to drive a donkey but God has gifted me to drive a car and even 4 cars (meaning 1 for each member of his family)’. He sent to them on a yearly basis huge amount of donation money.

## **3. His family life:**

Very loving especially to his grandchildren... as soon as one mentions any of the names, his face glows and his nice smile is drawn across his face. He used to say about them “they are gift from God”. Every time, one mention Mahassen’s name, his face glows and used to say, in tears, “she is the patriarch of the family”.

I can’t talk about his knowledge in the Bible, languages, Patrology, Science, Geography, and History, in humility. In fact, all the Beatitudes are applicable on him.

*Dr. Wasfy Saleh, a Physician, a Surgeon, a Scholar and a dear lover of the Coptic Church and of the poor of Egypt.*

In the early eighties, the Copts in Ottawa were not yet organized, were low in cash and had no church building, only a proposal to build a church by the name of St. Mary.

In January 1980, a group of us including Dr. Wasfy decided to purchase burying lots in a cemetery near the present church of St. Mary in Ottawa. After signing the deeds for our lots, Dr. Wasfy decided to purchase five lots, double burial in each lot, as a donation to the church. In 1987, we decided to build the church of St. Mary. Yet, before digging the foundation we had to build a wooden fence around the property. That was the job of the church youth; Dr. Wasfy had also joined the tedious job of building the fence using really primitive tools.

As the concrete foundation of the church was poured, the outer wall of the foundation was to be painted with tar. It was winter below zero degree Celsius. Dr. Wasfy with a friend, was melting the tar in a pot on the fire and painting the outer walls of the foundation.

After Wasfy’s family moved to a bigger house, he gave the priest in charge the first house to live in. Mid-week Masses were celebrated in the basement of that house.

St. Mary’s church was consecrated by H.H. Pope Shenouda III on 1 September 1989. For unique memories, Dr. Wasfy with his camera took a picture of everyone having communion by the hands of the Pope.

His love for the Coptic Church prompted Dr. Wasfy to excel in the Greek and Coptic languages as well as in the subject of Coptology. As a result, in Bible Study, he was our authority. His love extended to the poor of Egypt. He used to get emotional and say that we in North America live a comfortable life and our brethren in Egypt are truly suffering. I know well that he contributed very generously to the poor of Egypt.

Dr. Wasfy Saleh had the heart of a child in its simplicity and purity. May his prayers be with us all. Amen.



# Sadhu Sunder Singh

Dr Jasjit Singh (IAS)

Sadhu Sunder Singh was born in September 1889, in village Rampur near Ludhiana (Punjab). It was a rich household of Jat Sikh family. As a Sikh, Sunder read scriptures of Hinduism. He often visited Hindu temples in company of his parents. By the age of seven, he had memorized Bhagavad-Gita. At sixteen, he had mastered Vedas and other Hindu scriptures.

He also read **Koran**, the book of Islam. He got acquainted with some Sadhus who taught him **Yoga**. Sunder did not marry but devoted his life in the service of Heavenly Father. He traveled all over world, wearing a yellow robe, lived on food offered by people and had no permanent residence.

*It was his mother who initially encouraged him to become a Sadhu. She told him, "Do not be selfish and materialistic but search for eternal peace and truth, be a Sadhu. He practiced meditation and yoga but never achieved inner peace."*

*He had his education in Christian Missionary School at Ludhiana. There he had his exposure Holy Bible. He wasn't interested in Christianity but turned to be anti-Christ.*

*He believed that Jesus had taught completely wrong faith. He used to tear Holy Bible apart and burn it. During his school days he often enjoyed stoning Christian Missionaries and encouraged others to join him in his nasty activities.*

*His mother died when he was 14 years old. It changed his life altogether. His search for truth started. He explored every possible field in search of inner peace but could not find. All his study of scripture of various religions proved futile.*

*He was thirsty for His love and needed water of life. No religious scripture that he had read could lead him to the real path. Ultimately out of frustration, he decided to end*



*his life, as in absence of inner peace, he felt there was no purpose of life. One day when joyfully he burned Holy Bible in presence of his father, his thirst for truth overpowered his devilish mental sickness. Three days after the incidence, he woke up at 3 A.M. and prayed, "Oh God, if you do exist, show me the right way or I will kill myself". He decided to die under the running train that passed at 4 A. M every day, behind his house.*

He thought that he would find inner peace in his future birth. He once again prayed with a determination to move to the railway track. *All of a sudden he saw a bright light in his room. He saw Jesus' in the radiance and heard His voice, "I Am the way and the truth and the life. No one comes to the Father except through Me".*

It was an experience similar to St Paul. St Paul had heard His voice "Saul, Saul, why do you persecute me? It is hard for you to kick against goads". Jesus commanded Saul, "I am sending you to them to open their eyes and turn them from darkness to light, and from Satan to God". It changed his life altogether and Saul (St Paul) turned from persecutor to discipleship.

*Similarly, Jesus changed his life. Sunder turned to be disciple and saved so many lives, preached the Word of God throughout the world. He realized that Jesus was the living God forever. Sunder fell on his knees before Him and experienced an astonishing peace that he had never felt before. The vision disappeared, but peace and joy remained within him throughout. This happening transformed his life. On his birthday in year 1905, he took baptism in an English Church in Simla.*

*It was against the wishes of his family but Sunder became disciple of Christ. His father renounced him and his family ostracized him. The day he left his house, his food was heavily poisoned to kill but God saved him. On October 16 1905, in a yellow robe, bare-footed and without provisions, he resumed his nomadic life.*

*He preached the Holy Gospel from village to village. He dedicated his life to the Lord, abandoned all possession, maintained celibacy and lived on charity. He was convinced that only in that dress he could reach and preach the Gospel in India.*

*In 1906, he went to Tibet for the first time.* That country attracted him, primarily because of the great challenges against evangelism. He had expected very strong opposition and persecution in that region.

On high snow clad Himalayan peaks, he preached Gospel and faced persecution in His name. "On his way to Tibet, he met Mr. Stoker, an American missionary who also wore a yellow robe. Very often, they spent the nights together under trees or in the mountain caves at an altitude of 5000 meters above sea level. Most of the time, they slept without food and enough cloths. Happily they endured all the hardships for the sake of preaching the Gospel. Once Sunder fell sick, Mr. Stoker managed their stay in a house of one European. Inspired by Sunder's faith in God and his sincere love for people, the host confessed and repented for his sins, surrendered himself to the Lord. For theological knowledge, Sadhu Sunder Singh joined 'St. John School of Theology' in Lahore. He studied there for two years and later resumed his journey to preach Gospel.

*Once while he was in Tibet, four robbers trapped him in the middle of jungle. One of them brandished a sword. He meekly bowed his head thinking that it was end of his life. This attitude was a big surprise for them. Since he was penniless, they took his blanket and let him go. Surprisingly one of the robbers called him back and curiously asked his name. Sunder introduced himself, opened his Bible and started telling him the story of the rich man and Lazarus the poor. One of the robber said that the end of the rich man's life was unpleasant so what would happen in their case. Sunder preached to him the Gospel and God's forgiveness. The robber took Sunder to his home and repented.*

*In 1914, Sunder preached in Tibet, a country with very strong root of Buddhism. In the town of Rasa, a local Lama, sentenced him to death for spreading a foreign religion in Tibet.*

*He was thrown into a drenched well covered with a lid on the top and locked inside. The punishment was beyond his tolerance as there were corpses of executed murderers, snakes, rats and other rattling animals beside him in the well.*

*He was without food, drink and clothes for 2 days. Third day he saw a rope thrown from the top and he was asked to catch the rope. He caught the rope and someone pulled him out. He wanted to thank the helper, but to his surprise no one was there to receive his gratitude!*

*Again he was recaptured and taken to the Lama. It was an utter surprise to Lama as the*

*only key of the lock on the well he had in his personal custody.*

*Lama asked him, how he came out? Sunder said, "You had put me to die but my Lord is the Lord of life". They realized that Sunder was under the protection of a very powerful God so fearfully asked him to leave Tibet. Lama managed to ban his entry into Tibet in future.*

*In 1918, Sunder visited Madras where thousands of people gathered to listen to his preaching. He focused his preaching on Jesus Christ as the only redeemer. He testified, "His presence always brings astonishing peace to me".*

*He said that in every situation, Jesus was with him. While in prison, He was there with me. He transformed the jail into a heaven and the punishment became blessings. While preaching, Sunder often used parables like Jesus.*

*He preached in London (Great Britain) and in California (United States of America). In 1918-1919, he visited Malaysia, Japan and China. In 1920-1922 he went to Western Europe, Australia and Israel. He preached in Jerusalem, Lima, Berlin and Amsterdam. Sunder remained modest despite his fame. His attitude made his father repent at the later stage.*

*Sunder visited Tibet again in year 1929. He never returned back, perhaps his assignment on earth was over. "For whoever wants to save his own life will lose it; but whoever loses his life for me and for the Gospel will save it." (Mark 8:35)*



# Weddings, Baptisms & Graduation Congratulations



## Holly & Michael

On their marriage, praying that the Lord bless their life together, in joy, peace, harmony in Christ's love and to build a Christian home on the Rock of Ages.



## Congratulations to Deacon Tamer and Marian Abu-El-saad on the baptism of their baby girl

### Mariam

May the Lord Jesus bless her life and grant her health, strength and happy long life.



## Dr. Paul Youssef Awad & Myrna

On their blessed marriage; may the Lord God bless them and grant them happy, successful, healthy and long life in Christ.



## St. John Church congratulates

### Osama & Rose Henein

for the baptism of their baby girl

### Miriam

May the Lord Jesus bless her life and grant her health, strength and happy long life.



The Church congratulates

## Justina R. Dawoud

on her graduation from High School. May the Lord Jesus continue to bless her in college and grant her successful, happy future.



كنيسة ماريوحنا تهنيء يوستينا ومينا بمولودهما الأول

## رامي

كما تهنيء القمص بولس جورج وتاسوني عايدة بيلاد  
حفيدهما الأول.

الرب ينميه في الصحة والنعمة والقامة.