

My Beloved -

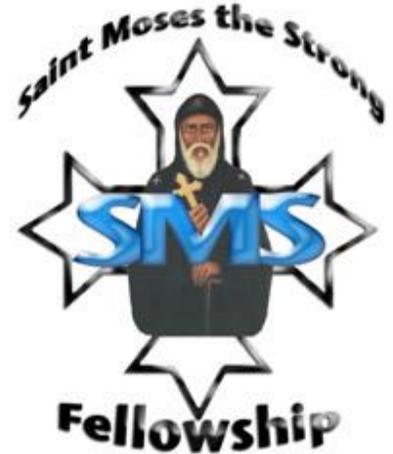
I would like to announce to you that, beginning in March, the "Logos" magazine, which is presented to you by Saint Moses the Strong (SMS) fellowship at St Antonius Coptic Orthodox Church in Hayward, will bear a new and innovative format. This new format is intended to replace the existing Church-produced monthly newsletter.

The new focus is an effort to provide the Church's perspective on the ever-changing characteristics of today's age and culture. The "Logos" will include a variety of articles that address relevant issues that face our youth in today's society. We still plan to maintain the news and announcements section that pertains to our Church in Hayward.

This idea was conceived as a result of Fr. Matthias request to merge our two Church publications into one comprehensive format. It is noteworthy to mention the relentless efforts that Fr. Matthias has put forth in orchestrating the monthly newsletter for the past years. May the Lord reward his hard labor and those who labored with him in His Heavenly Kingdom.

We ask the Lord to use this magazine as a source of blessing and grace to all. Through the prayers of our Holy Father and shepherd, HH Pope Shenouda III, to whom we present this humble work, may the Lord keep his life for many years as a pillar of faith and instruction in the Orthodox Church.

Asking for your prayers,
Fr. Bishoy Ray



The 5 Rules of Successful Parenting

(By George Bassilios)



Have you ever wondered how you get your child to:

- ...quit whining?"
- ...do their homework?"
- ...clean their room?"
- ...do the dishes?"

Let us discuss 5 rules that have proven to be successful in getting your child to be more responsive and attentive to you.

- **Be Positive**

People -- including children -- do things for one of two reasons: to avoid pain or to pursue pleasure. As a parent, you constantly work between these two options. If you use lots of negatives -- like punishments -- to drive behavior, your child will do just enough to avoid the pain. Rewarding good behaviors rather than punishing bad ones, improves the chance that you'll get cooperation instead of conflict from your child.

Noticing unacceptable behaviors and stopping them with a punishment is easy. It takes effort to recognize good behaviors and praise them. You'll need to do both; but the more you recognize the good, the less likely you are to see the bad.

- **Be Specific**

Make sure you speak to your child about specific behaviors. Whether you administer discipline or offer praise, the more specific you make your words the better.

Here are some examples:

Good girl (or boy), bad girl (or boy), rude, inconsiderate, disrespectful, unfocused, smart aleck, and pushy are all general interpretations for behavior. Interrupting, speaking loudly, shrugging shoulders, looking away, walking away and slamming the door are all specific behaviors. You ought to be specific when addressing any issues that need to be corrected with your child's behavior. The more specific you are the better you are able to measure his success, or lack thereof, in complying with the rules.

- **Be firm**

People act based on what they expect to happen to them in the future. Whether it's avoiding pain or pursuing pleasure, it's still about expectations. Your child needs to know -- without a doubt -- what to expect from you based on their actions.

Use pre-defined family rules and behavioral expectations as a tool to improve certainty and firmness. Children need to know the rules. They need to know what to expect when they follow the rules -- and when they don't.

- **Be Consistent**

Consistency works in close partnership with firmness. It is firmness' twin in the daily struggle to raise happy, healthy, respectful, well-behaved kids. Your children will never develop a sense of firmness if you don't consistently apply your household rules.

For example, if whining and complaining are inappropriate today, they had better be inappropriate tomorrow. Unacceptable behaviors should never give your child their desired result. If it is unacceptable, it is always unacceptable. Even the glimmer of hope that it might work for them is enough for them to give it a

try. They have to know what to expect from you each and every day.

- **Be Immediate**

Act now. When your children do something worthy of praise -- do it now. When your children do something that needs correction -- do it now. Delayed consequences have very little impact on behavior.

Let's look at our adult behaviors to illustrate the point. I like chocolate. Eating chocolate offers me both immediate and future consequences. The future consequence is negative -- I could develop a weight or blood pressure problem. The immediate

consequence is positive -- it tastes good and gives me pleasure. When I have the opportunity to get chocolate, I find it difficult to resist.

Acting immediately has an added benefit when the behavior is inappropriate. If it continues without correction, you are likely to get angrier every time you see it. As you get angrier, you will probably have more difficulty keeping your response proportional to the behavior. Act now and you'll probably maintain control.

Some or all of these ideas may be completely new to you -- but maybe not. It's more likely that you've heard some of this information before. Maybe not in exactly the same way, but you've heard it. If this is new to you, I hope it helps you as a parent. If it's old-hat, I hope it serves as a reminder to help you stay on track as well.

Q & A from the Youth to the Youth:

(By H.G. Bishop Moussa)

1. **Is there anything wrong with dating?**

Dating is acceptable during the engagement process, but outside of this process, dating may lead to sexual practices. Do not deceive yourselves by the culture around you, for it is a culture that has resulted in broken families, broken marriages, and many distraught children who have lost their parents through the malpractice of family life.

2. **Youth asking: Why are the icons in the church anointed with the Myron oil?**

The Myron gives the icon a spirit; it is a declaration that this saint is living and is among us. The icon of Jesus Christ is also anointed with the holy Myron oil. It keeps the mystery of the presence of the saint inside the church with us. We even consecrate the curtains and the walls and the vessels of the church in order to spiritualize them, because SPIRIT means life. When we ask this saint to intercede on our behalf, they can surely hear us, and they can pray on our behalf.

"If you want to measure the greatness of man, raise your eyes towards the throne of God and you will see the Word Incarnate, the bearer of our humanity, seated at the right hand of the glory."

• St. John Chrysostom •



Biblical Answers

(By H.G. Bishop Rafeal)

There is no doubt that our salvation and how to reach heaven are the most prominent topics of our religion that concern us. All of our struggles in life and desires to belong to the church come from wanting to reach Heaven... But what is the path to salvation? Let us search the bible and let our discussion today focus on what the bible says...

1. **How can we be saved?**

- "He who believes and is baptized will be saved" (Mk. 16:16)
- "For God so loved the world that He gave His Only Begotten Son, that whoever believes in Him should not perish but have everlasting life" (Jn. 3:16)
- "He who believes in Him is not condemned" (Jn. 3:18)

2. **Does this mean that believing in Christ alone is not sufficient for salvation?**

- "Faith without works is dead" (Jam. 2:20)
- "Examine yourselves as to whether you are in the faith. Test yourselves" (2Cor. 13:5)
- "Even the demons believe and tremble" (Jam. 2:19)

3. **Thus, what are the characteristics of faith that can save?**

- "Faith working through love" (Gal. 5:6)

4. **Is faith working with love enough to reach Heaven?**

- "Most assuredly, I say to you, unless one is born of Water and the Spirit, he cannot enter the kingdom of God" (Jn. 3:5)
- "He who believes and is baptized will be saved" (Mk. 16:16)
- "According to His mercy, He saved us, through the washing regeneration and renewing of the Holy Spirit" (Tit. 3:4,5)

5. **Does this mean both baptism and faith are enough?**

- Of course we need repentance as well, "Repent and let everyone of you be baptized in the name of Jesus Christ for the remission of sins and you shall receive the gift of the Holy Spirit" (Acts 2:38)
- "If we say that we have no sin, we deceive ourselves, and the truth is not in us" (1Jn. 1:8)
- "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (1Jn. 1:9)
- "God has also granted the Gentiles repentance to life" (Acts 11:18)
- "I tell you not but unless you repent you will all likewise perish" (Lk. 13:3)

Stress

By Dr. Magdy Girgis (Part 2)



In the incident of Jimmy's family we notice that some stresses are physical (Jimmy's fractured leg) and some are emotional (Linda and Sam's). So, what happens in our bodies in response to stress? That of course varies from one stressful situation to another. Generally

though our systems trigger a chain of adjustments the scientists of Physiology name it "The wisdom of the body". We who believe in the Creator of the body call it: The wisdom of God.

The immediate response that happens to us when we face sudden emergencies is two hormones, Epinephrine and Nor-epinephrine, (also called: Adrenaline and Nor-adrenalin) begin to pour out of two tiny glands on top of the kidneys called: the Adrenal glands.

This generates a chain of reactions and the end result is;

- 1- Increase in heart rate which speeds the circulation up.
- 2- Increase in breathing rate.
- 3- Upsurge in the blood clotting mechanism.
- 4- Blood cells are released from storage areas such as the Spleen.

- 5- Significant strengthening of the muscle function.
- 6- All the senses become much keener.
- 7- Some unneeded organs, such as the digestive system, will go into temporary inaction.

These emergency reactions were displayed in both Linda and Jimmy. As he bled from his broken leg his color became pale, and his skin became cold, reflecting the shift of circulation insuring that important organs as the heart and the brain are getting enough blood. The increase in the clotting mechanism reduced his blood loss. The speedy heart rate and breathing brought in much needed Oxygen. The keenness of the senses helped Linda do all the correct decisions and the strengthened muscle power enabled her to lift the light pole, something she could never do under ordinary circumstances.

These were some of the immediate and short term effects of acute stress. There are other more complicated, but fascinating, longer term chemical reactions that take place in the brain and different parts of the body that result in mobilization of our body's defenses to reduce any damage and strengthen us for the next encounter.

SMS Fellowship is blessed every month with speakers from everywhere in the nation, who come and discuss with us different topics and issues. The schedule for the month of February is as Follows:

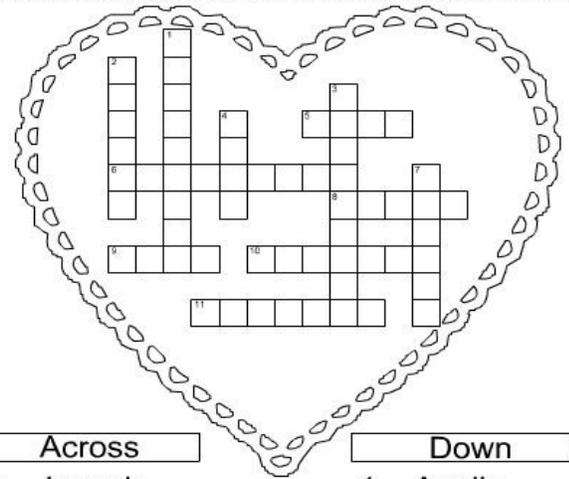
2/01/2008	Commemoration the Departure of St. Anthony
2/08/2008	Fr. Dawood St. Anthony from St. Anthony Monastery
2/15/2008	Dr. Magdy Girgis, topic "what Is the meaning of Love?"
2/22/2008	H.G Bishop Serabion, Bishop of the southern dioceses

6:30 – 7:30 pm	Agape
7:30 – 8:00 pm	Praises & Songs
8:00 – 9:00 pm	Lecture – Q&A

Feasts of the Month:

2/4	The Martyrdom of the Forty-Nine Saints, the Elders of Sheheat (Scetis).
2/10	The Departure of the Great Saint Anba Paul, the First Hermit.
2/16	The Feast of Presenting the Lord Christ in the Temple
2/18	The Fast of Nineveh Begins
2/20	The Commemoration of the Archangel Michael.
2/21	The Feast of Nineveh

Solve the puzzle by writing the "Valentine's" name for each person given in the clues.



Across

5. Joseph
6. Zechariah
8. Abraham
9. Eve
10. Isaac
11. Samson

Down

1. Aquila
2. Ahasuerus
3. David
4. Ruth
7. Jacob

Solution from last issue

Arrange-and-Add Number Puzzle

8	3	4
1	5	9
6	7	2

Adding Up To 1000

$$8 + 8 + 8 + 88 + 888 = 1000$$

Who am I?

182

جنت لأتعشى معك!! (قداسة البابا شنودة الثالث)

كانت الدنيا تغرق في ظلام دامس، و أنا أرقد على سريري، عندما سمعت الباب يطرق.. حاولت أن أتجاهل الصوت، لكنه استمر يطرق بإلحاح. فقامت متثاقلاً أتسوس طريقي إلى الباب.. اصطدمت بعدة أشياء، وقع بعض منها على الأرض مُحدثاً ضجة.. وصلت إلى الباب أخيراً.. المقبض فأدرته وفتحته، أغمضت عيني للحظات لشدة الضوء خارج الحجرة.. بعد ثوانٍ، نظرت إلى الشخص الواقف أمامي فبادرني: "لقد جئت لأتعشى معك."



لم أتذكر أنني دعوت أحداً، ولكني قلت: "تفضل ادخل".. وضع المصباح الذي كان بيده على المنضدة، كان نوره قوياً جداً، فرأيت حجرتي بوضوح.. كانت أبشع وأقذر كثيراً مما تخيلت.. كنت أعلم أنها غير نظيفة، ولكن ليس إلى هذا الحد المُرري، نظرت إليه في خجل.. لم أعرف ماذا أقول، فبادرني هو قائلاً: "يجب أن أنظف هذه الحجرة قبل العشاء، فهل تسمح لي؟".. أوامات برأسي بالإيجاب وأنا في شدة الخجل، وبدأ هو العمل فوراً.. بدأ بالأرض، رمى أشياء كثيرة كانت تبدو مهمة فيما مضى، ولكنها صارت بلا أهمية منذ تلك اللحظة... ألقى بنفايات وددت لو تخلصت منها منذ زمن طويل، ولكني لم أفعل... قام بتنظيف تراكمات سنين عديدة.

بعد فترة قال لي: "ماذا عن الصندوق الملقى في ركن الحجرة؟ ماذا عنه؟.. ماذا تضع فيه؟" قلت له: هو صندوق زبالة، ولكني أحتفظ في داخله بأشياء أحبها وأعتز بها كثيراً، وأريد الاحتفاظ بها.. لكن إن كنت تريد حجرة نظيفة فعلاً، فلا بد من رميه خارجاً، إنه يشوه منظر الحجرة.. أرجوك لا ترميه، أنا أريد الاحتفاظ به.. نظر إلى متوسلاً، يلتمس موافقتي..

فاستسلمت لنظرات عينيه وأجبت: "حسناً أفعل ما تريد.. فابتسم وفي ثوانٍ اختفى الصندوق!.. استمر يعمل حتى لمعت الحجرة من النظافة، وعندما انتهى قال: "هل تحب أن أفعل لك شيئاً آخر؟ فهناك أمور عديدة يجب أن تصلحها.."

حسناً.. أفعل ما تشاء، ولكني أرجو أن تنتهي من العمل بسرعة، فأنا أحب أن أحافظ على خصوصياتي.. أجاب: "ولكني كنت أفكر في المعيشة معك لأساعدك دائماً.. ولكن وجودك هنا سيفيد من حريتي التي أستمتع بها جداً.. إن لم أمكث معك هنا، فسوف تتسخ الحجرة مرة أخرى، وإن أنا خرجت، فسوف تعيش أنت في ظلام لأن المصباح معي.. ثم إني أريد أن أجمل هذه الحجرة وأزيناها لنسكن فيها سوياً، عندئذ لن يعوزك شيء.. نظرت إليه، وقد استسلمت لنظرات عينيه، وقلت: "أهلاً بك في حجرتي.. انتبهت من غفلتي فإذا بالإيجيل مفتوح أمامي وأنا أقرأ في سفر الرؤيا الأصحاح الثالث الآية العشرون: "ها أنا واقف على الباب وأقرع، إن فتح لي أحد، أدخل وأتعشى معه وهو معي"

إنه على الباب يقرع، فلنفتح له، و نتمتع بوجوده.. يكشف لنا ذاته، ويكشف لنا محبته، ويفتح لنا قلبه، ويشعرنا برعايته واهتمامه.. عجيب هذا الإله المحب، الذي يعطي أهمية لخليقته بهذا المقدار!.

LOGOS

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