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MAHDERE-SEBEHAT LEDETA LEMARIAM  
ETHIOPIAN ORTHODOX  
TEWAHEDO CHURCH



**Lessons are prepared by Ledeta LeMariam  
Sunday School  
Alexandria, Virginia**

In the name of the  
Father, and the Son, and  
the Holy Spirit, one God.  
Amen.



Begin with the Lord's prayer

Our Lord and Savior, our King and God, we thank you for gathering us here to stand before you to call on your Holy Name.

Heavenly Father, teach us to trust You in everything we do.

Our God open our eyes, ears, hearts and minds that we may hear Your Word and transform (Change) our lives.

Bless all the children and keep them safe. Hear us when we humbly and thankfully pray to you.

Our Father, who art in heaven

Hallowed be thy name,

Thy kingdom come,

Thy will be done

On earth as it is in heaven

Give us this day our daily bread

And forgive us our trespasses

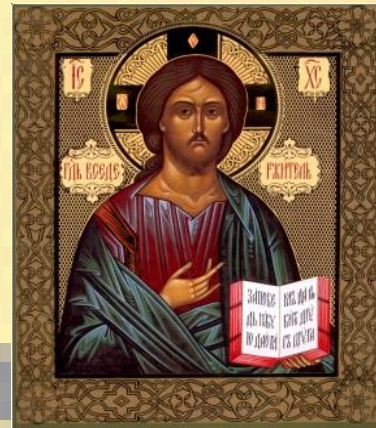
As we forgive those who trespass against us

And lead us not into temptation

But deliver us from the evil one

For thine is the kingdom, the power, and the

Glory. Forever, Amen.



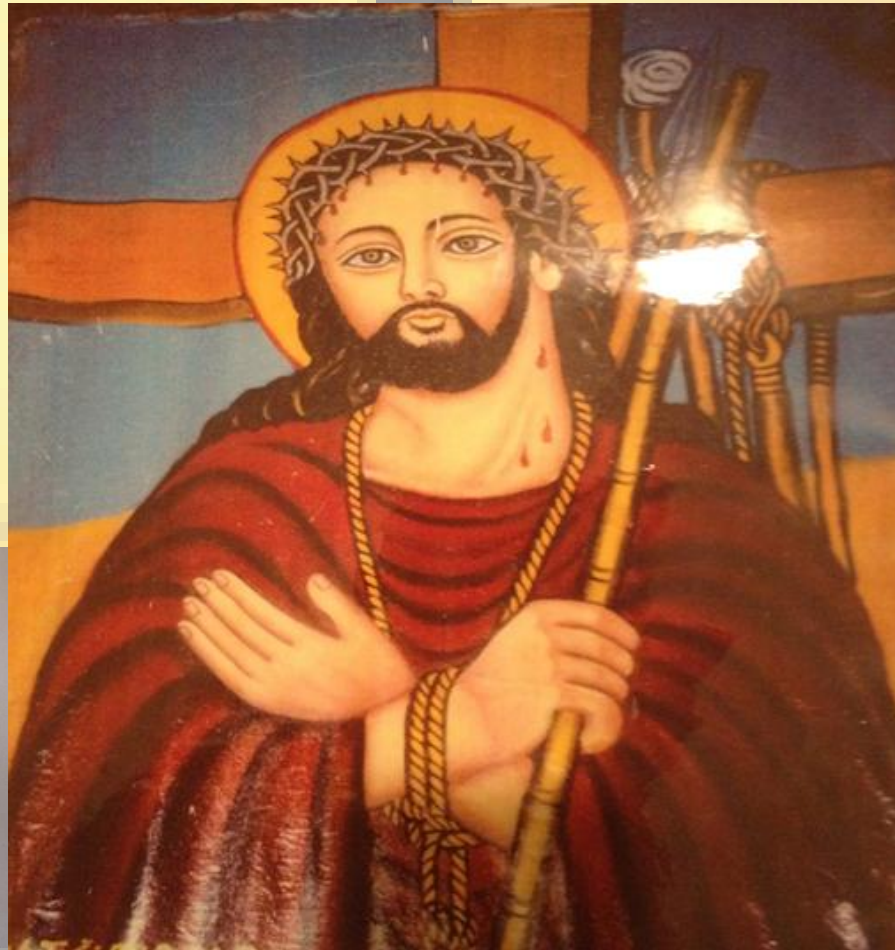
O our Lady, as St. Gabriel greeted you, “Hail Mary, full of grace, the Lord is with you.” True Virgin in conscience as well as body, blessed are you among women and blessed is the fruit of your womb.

Holy Mary, the God-bearer, pray that your beloved Son, Jesus Christ, may forgive us our sins. Amen.



**Say The Jesus Prayer 3 times**

**Lord Jesus Christ, Son of God,  
have mercy on me, a sinner.**





# Review

1. What foolish thing did King Saul do?
  - a) He refused to fight the Philistines.
  - b) He turned his back on God.
  
2. What helped Saul whenever the evil spirit tormented him?
  - a) David playing beautiful music on his harp.
  - b) Taking medicine and lying down for a while.
  
3. David believed that if God was with him no man could stand against him.
  - a) True.
  - b) False.



# Review

4. David defeated the giant Goliath
  - a) with good armour and a sharp sword.
  - b) with a slingshot, a stone, and his faith in God.
  
5. King Saul became jealous of David because
  - a) David became very rich.
  - b) the people of Israel loved him and praised him.
  
6. On one occasion King Saul tried to kill David by throwing his spear at him.
  - a) True.
  - b) False.





# Review

7. Where did David go to escape from King Saul?
  - a) The wilderness.
  - b) The city of Damascus.
8. David gathered an army of 3000 men to stand against the army of King Saul.
  - a) True.
  - b) False.
9. Instead of killing Saul when he came into their cave, David just cut off a part of Saul's robe.
  - a) True.
  - b) False.
10. Even though David had another chance to kill Saul he didn't do it because
  - a) Saul was too strong for him.
  - b) David only wanted to do what he felt the Lord would have him do.

# MEMORY VERSE

**Can anyone tell me  
last week's  
memory verse???**




**Recite Last week's memory verse**

**“Obey your leaders and submit to their authority”**

**(Hebrews 13:17)**



# Class Covenant

I will keep my  on my teacher,  
my  in control,  
my s on God's Word;  
knowing God is my goal.

FINDING THE  
TRUE CROSS

ETHIOPIA

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# The Discovery of the Cross (Meskel) by Empress (Saint) Helena (Eleni)



**September 29, 2013**

# Memorize today's Verse

**“Take up the cross and follow Me”  
(Mark 10:21)**

**Practice this verse  
again during the  
week.**



# Introduction

- **On the 17th of Meskerem (27th of September) of every year, we celebrate the feast of the discovery of the Cross (The finding of the true Cross).**
- **This is when we remember the appearance of the glorious Cross of Jesus Christ, our Lord (The Cross upon which Christ was crucified).**



# Story of the Cross...

- **After Jesus was crucified, many miracles were done near Jesus' tomb.**
- **When the Jews were aware of these miracles, they became very angry.**
- **They asked everyone in the entire nation to dump all of their garbage on the site, in an effort to bury it.**
- **For 200 years, this was the case. For 200 years, everyone placed their garbage at Jesus' tomb, until a big pile of dirt had accumulated there. The place is called Golgotha (Calvary).**

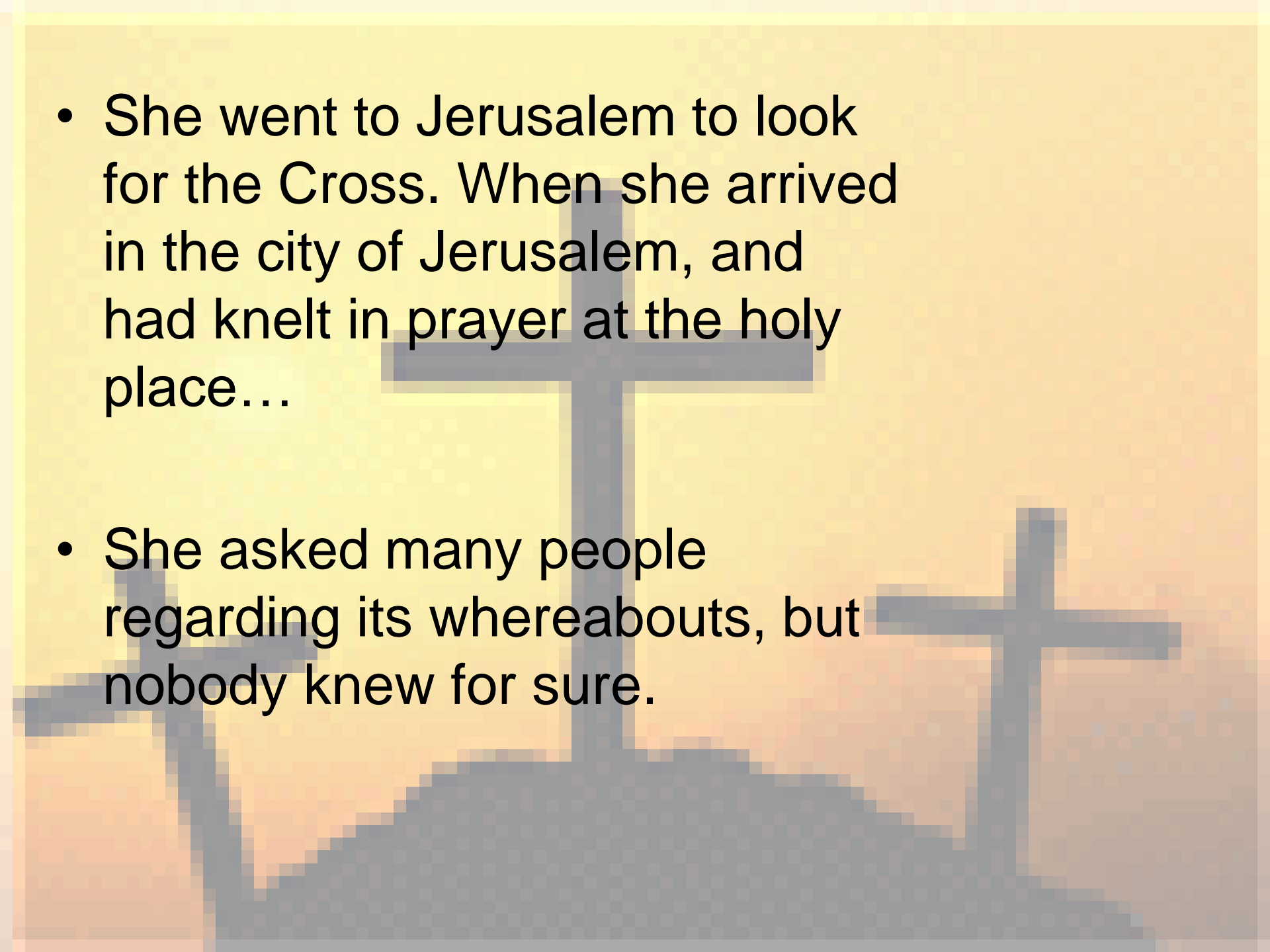
# Story of the Cross...

- **However, Saint Helena (Eleni), who was the mother of King Constantine the Great, loved the cross. She loved the cross, because it appeared to her son before he went into a war over which he was victorious.**

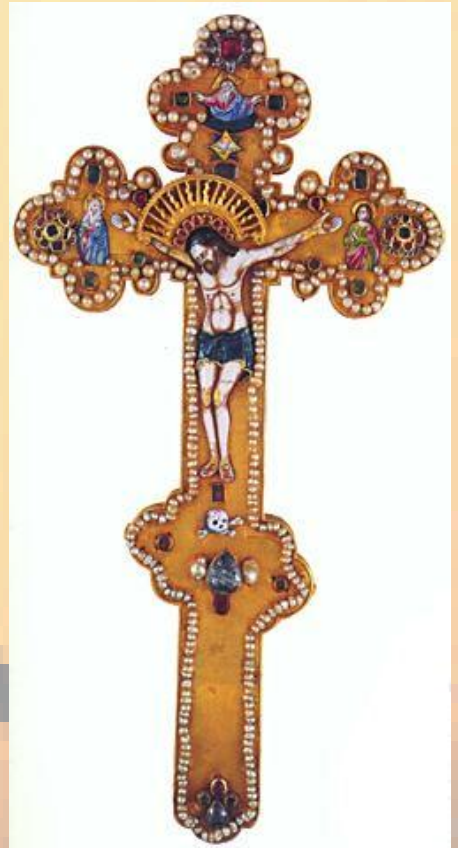


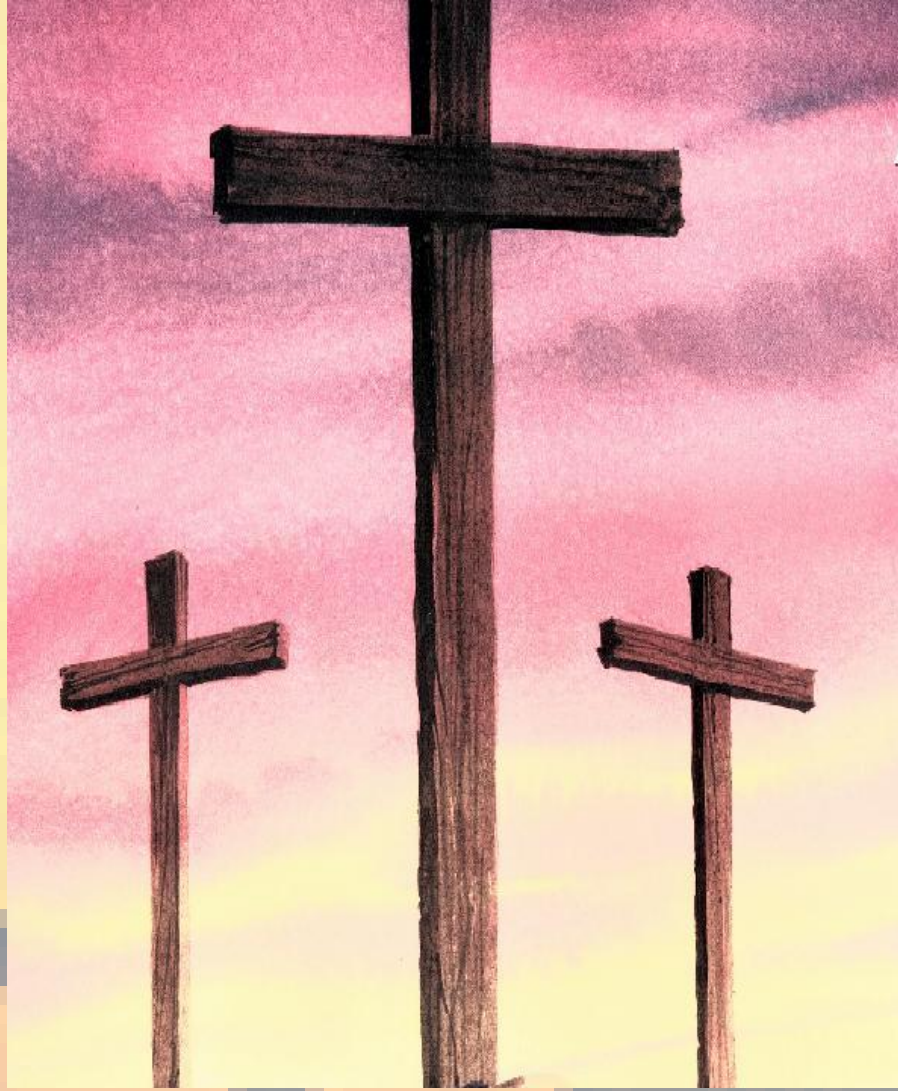
- The king gave his mother a great amount of money and sent her to the Holy Land to build churches and monasteries.



- 
- She went to Jerusalem to look for the Cross. When she arrived in the city of Jerusalem, and had knelt in prayer at the holy place...
  - She asked many people regarding its whereabouts, but nobody knew for sure.

- **Finally, she met an old man who informed her that the Cross was buried underneath the large pile of dirt.**
- **She immediately ordered her soldiers to clean the site. This made it easy to find the Holy Cross of Jesus Christ.**





- **During digging, they found the tomb of Jesus the Savior (Medhane Alem) and three crosses and some nails near it.**
- **At first, they did not know which of the 3 crosses belonged to Jesus.**

# The Test....

- They brought a sick woman who suffered from a dangerous disease for a long time and put the first cross on her but she was not healed.
- They put the other cross on her but she did not recover but when they put the third cross on her she was healed at once.
- When they put the same cross on a dead body of a man, he was brought back to life.

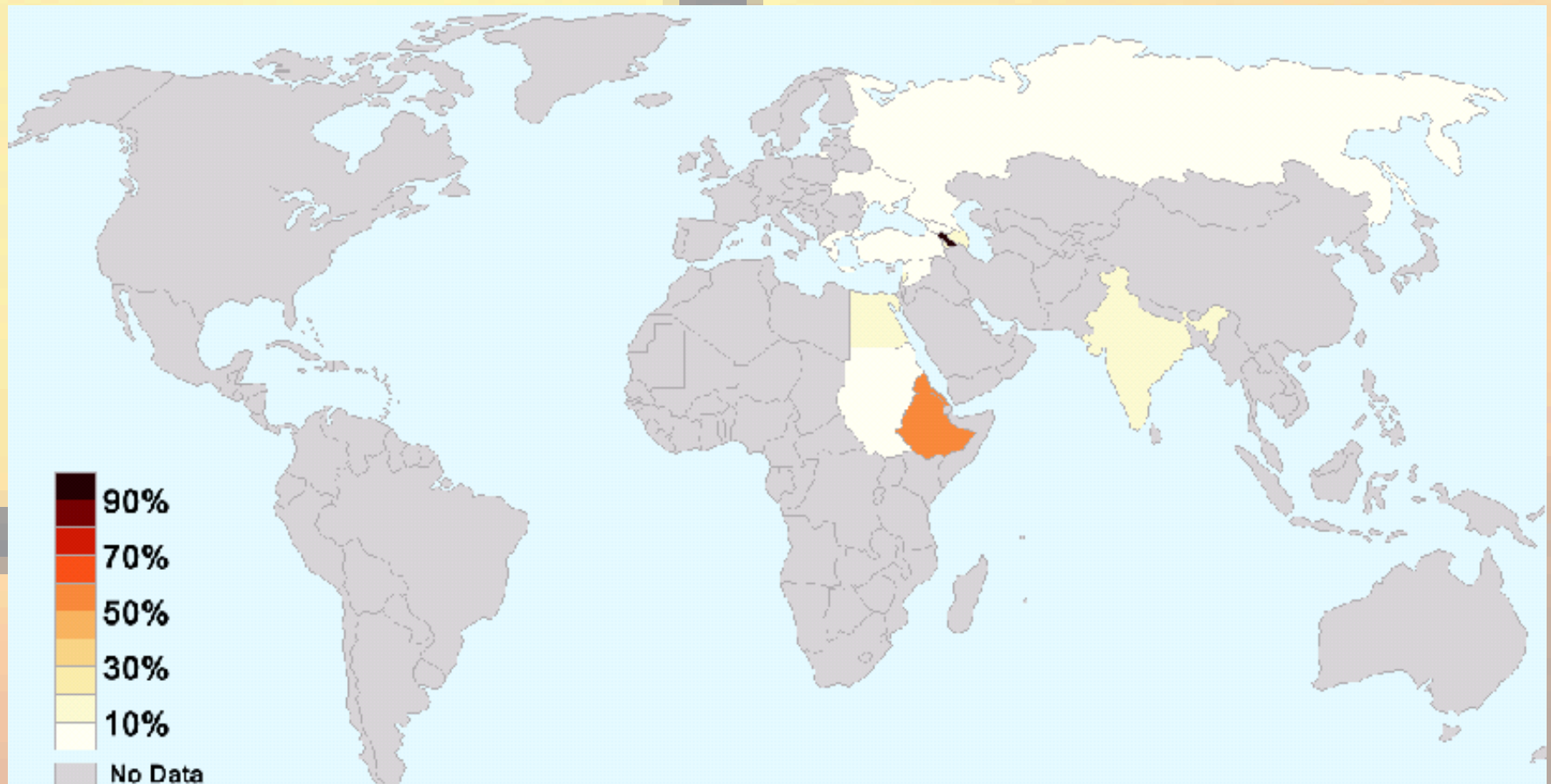


- **In this way Queen Helena could recognize the Lord Jesus Christ's cross and she was so pleased to discover it.**
- **She built a church there in the name of the cross and that day on which she discovered the cross became a feast in the church.**





Empress Helena then gave a piece of the True Cross to all churches. One piece was then brought to Ethiopia from Egypt.



# Ethiopia is located in the Eastern or Horn of Africa.



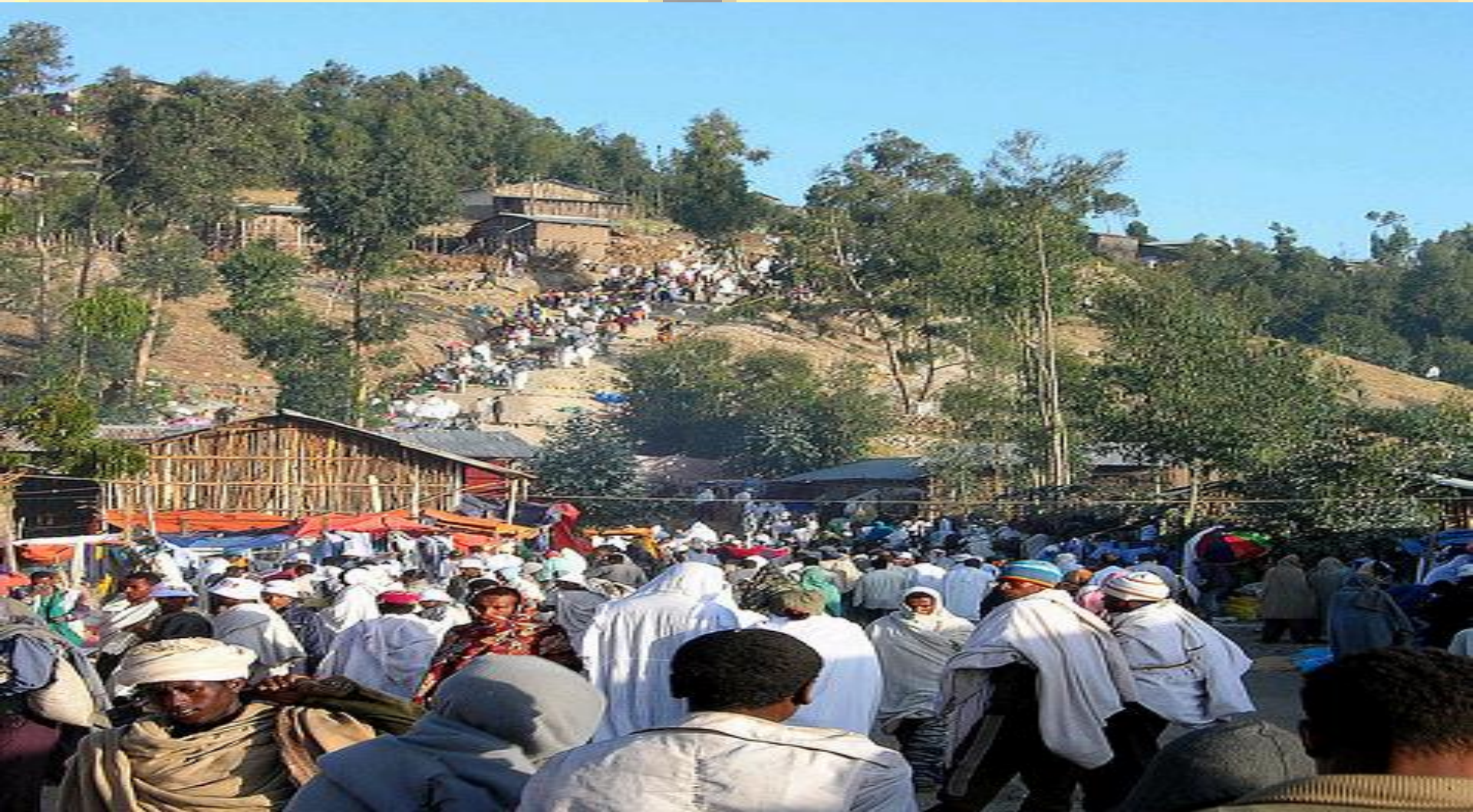
**According to the Ethiopian legend, when people get close to the piece of the True Cross it made them naked by its powerful light.**



**Because of this, a decision was made to bury it at the mountain of Gishen Mariam monastery in Wollo region.**



The monastery of Gishen Mariam holds a volume of a book which records the story of the True Cross of Christ and how it was brought.



**A lot of people from all over Ethiopia and outside Ethiopia make pilgrimages to Gishen Mariam to visit and pay respect to the cross as the monastery is considered Holy.**



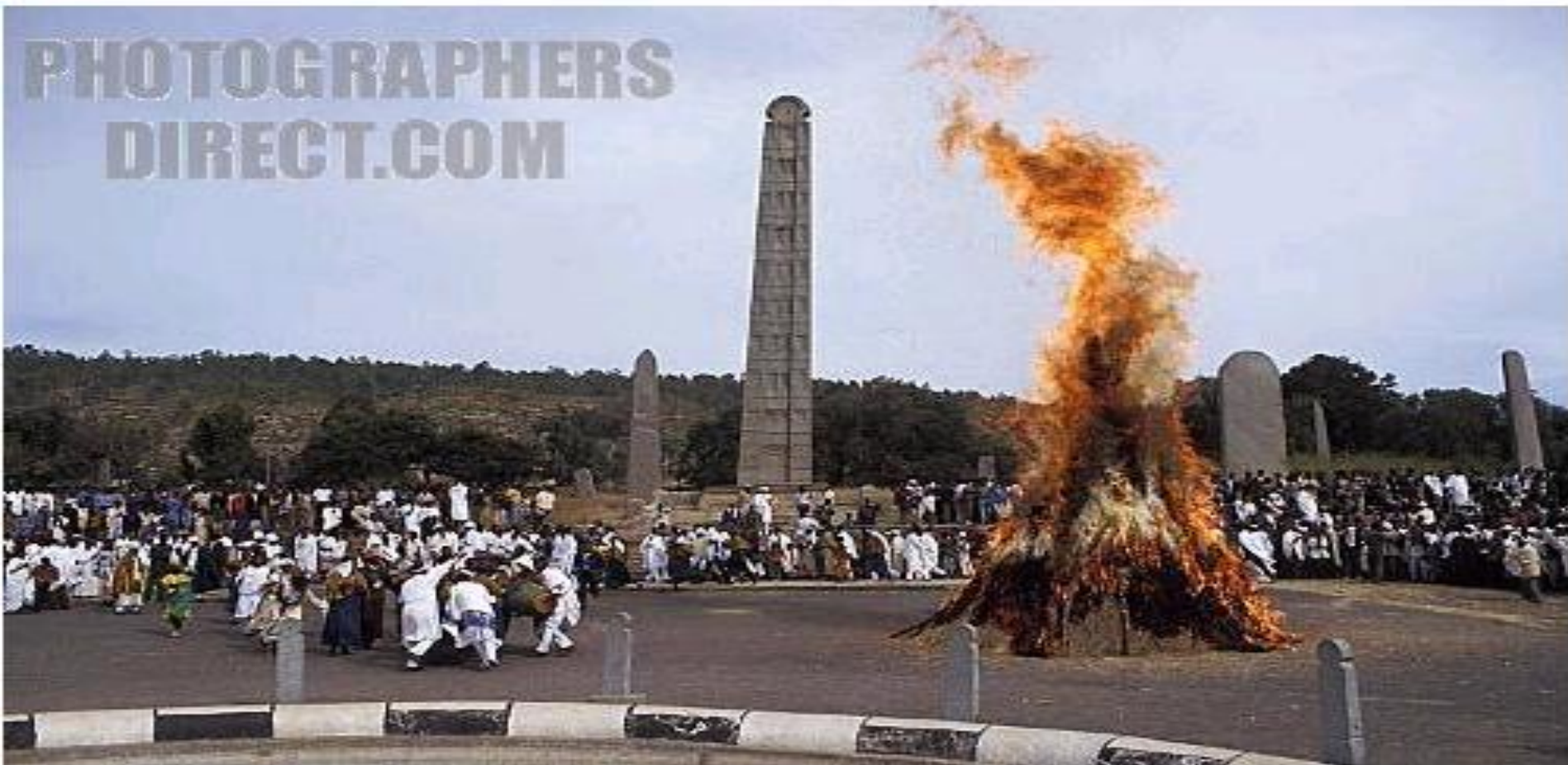
**In Ethiopia, Meskel is celebrated by dancing, feasting and lighting a massive bonfire known in Ethiopian tradition as "Damera".**



**A large bonfire (Damera) is lit in Meskel Square and this is repeated all over the country in churches and small neighborhood groups. Bonfires are built topped by a cross to which flowers most commonly the Meskel daisy are tied.**

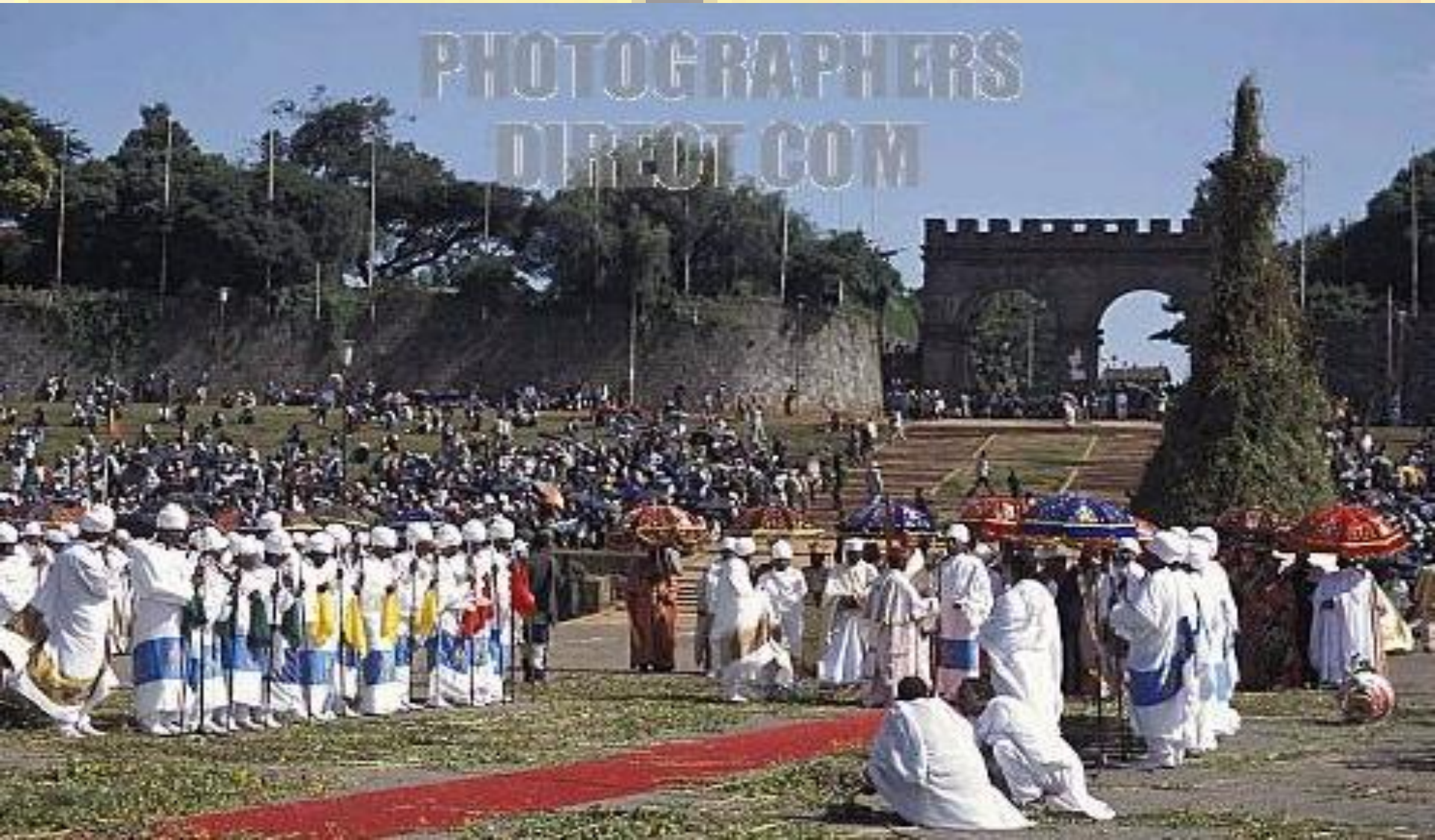
PD

meskel ceremony in front of the stelae field , axum , ethiopia





**After the bonfires are blessed, they are lit and the dancing and singing begins around them.**



**The feasting and the celebrations continue the night and well into the next day.**



**PD**

Meskel festival ( finding of the true cross ) , a drum is played for religious music



**The feasting and the celebrations continue the night and well into the next day.**



**We all love the cross and make the sign of the cross whenever we need help from God.**



**The sign of the cross is a source of power and protection to all of us. That is why the fathers in the Church carry it in their hands all the time.**

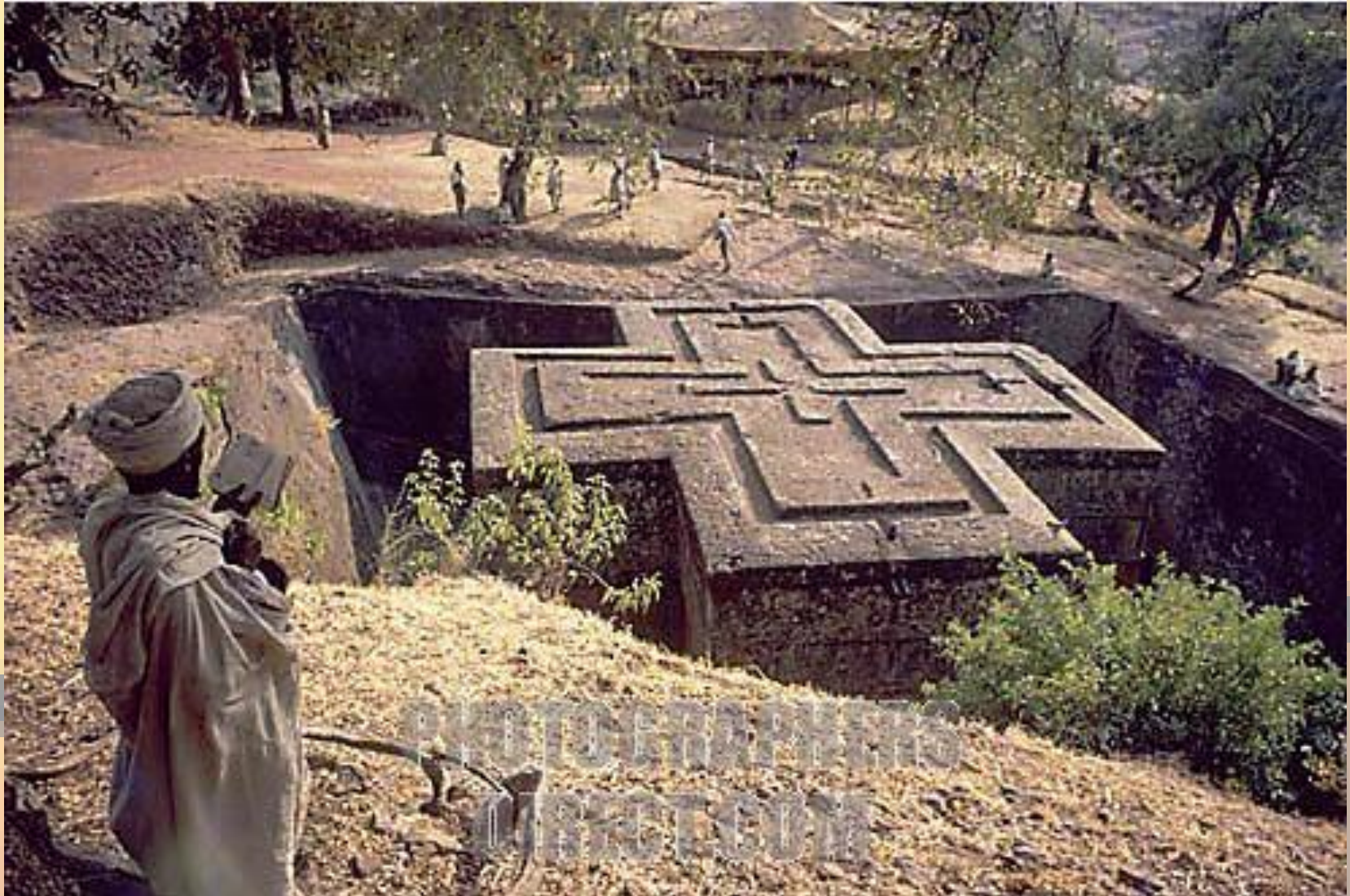


**The cross makes us strong and not afraid of anyone. That is why we put one in our Churches as well.**



**The hill containing the rock-cut church of Bet Giorgi,; Lalibela, Ethiopia**

# Church of Saint George (Bete Giorgis)

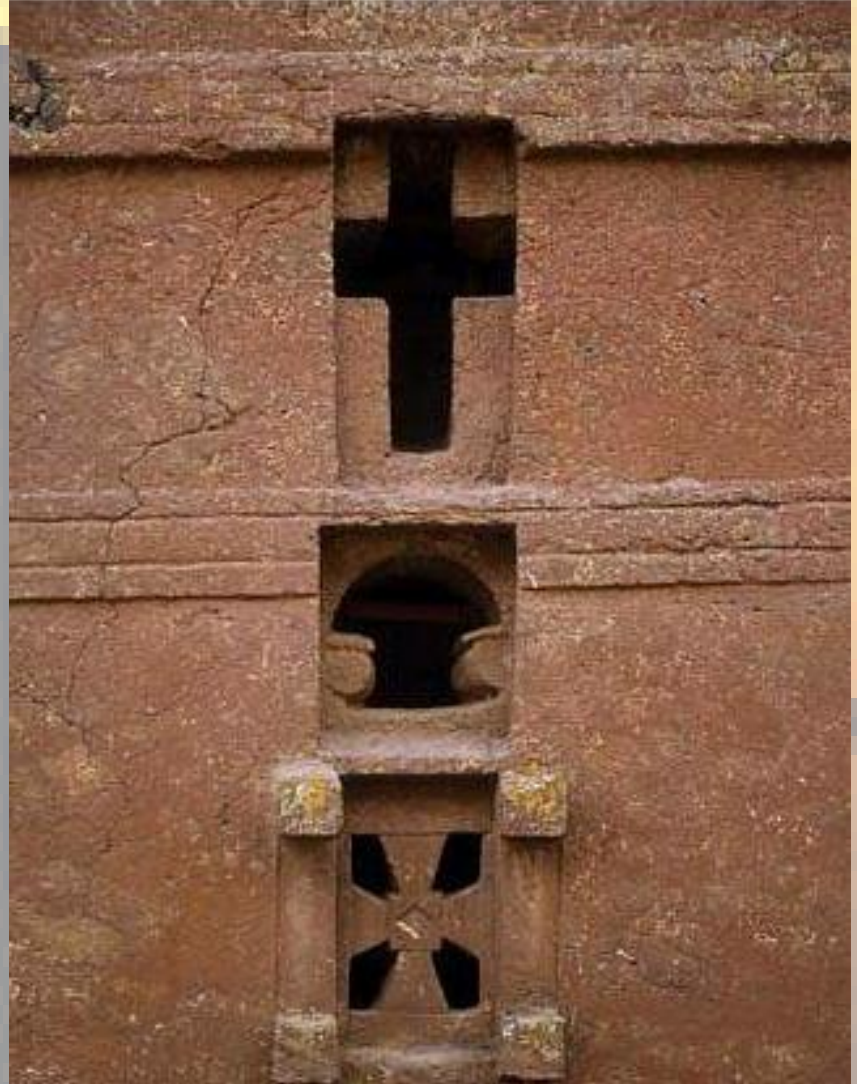


# Church of Saint George (Bete Giorgis) Celebration

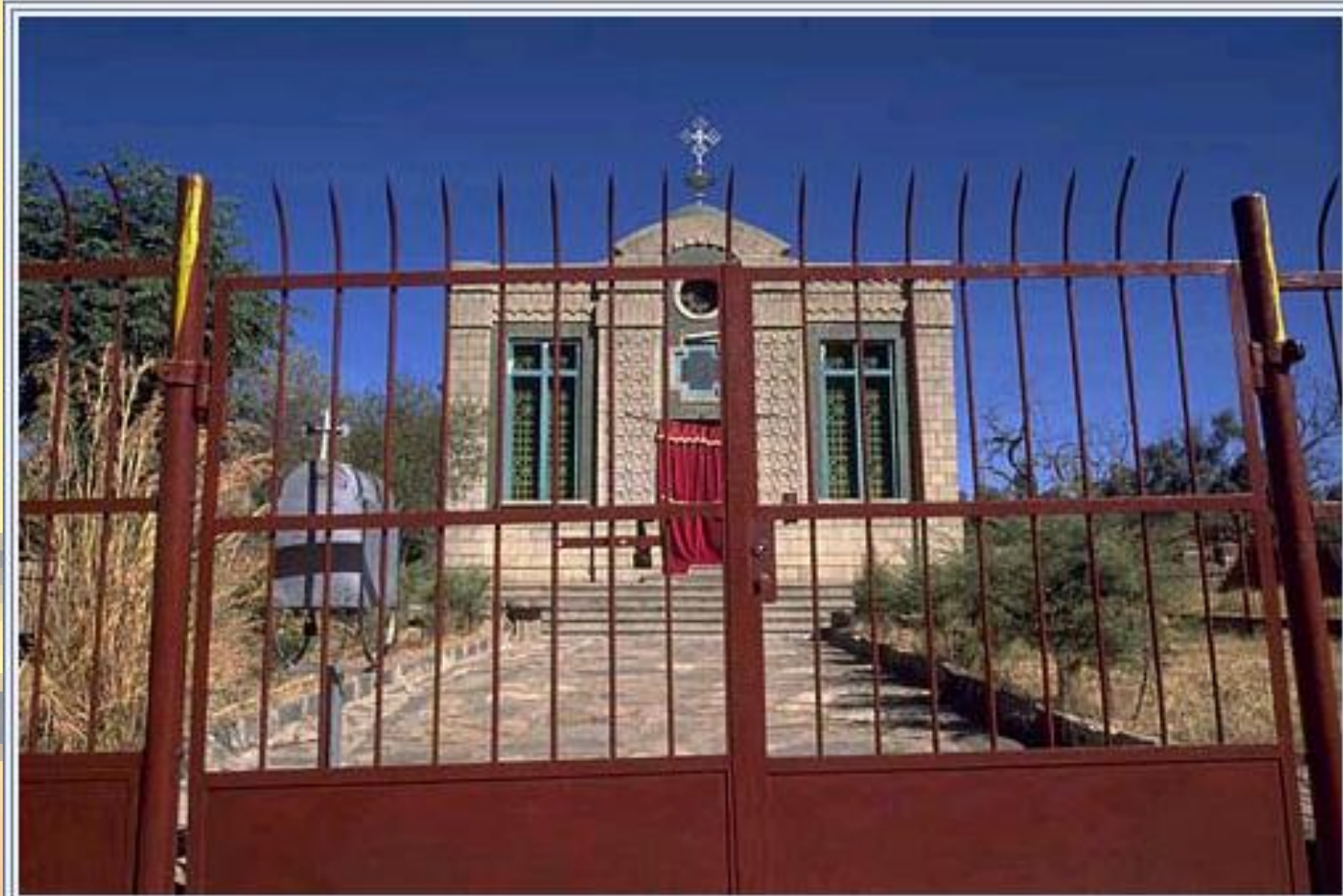




# Meskel (Cross)



# Church of Saint Mary Axum



The Treasury of the Arc of the Covenant Axum, Ethiopia

It is also the source for healing and comfort.



# Conclusion



- Be in the habit of making the sign of the cross.
- Keep a cross in your house.
- Always remember that the cross is the sign of the love of Christ.
- We all must carry our cross to love our neighbor and God with all our heart.

# Pop Quiz

- What is Meskel?
- What is the name of the Queen who searched for the Cross? The names of the king?
- When do we celebrate the finding of the true cross?
- Why did Queen Helena search for the cross?
- Where was the cross found?
- How did they know that it was Christ's cross while it was found with two other crosses?
- Which church do we keep one of the pieces of Meskel?
- What is the name of the region?
- Which part of Africa is Ethiopia located ?
- Recite the memory verse?

# Movie Clip

Show a short movie clip about the story, if available.



The End

# Next Week David the King.



## 3 things we all can do to strengthen our relationship with God

1. Read the Holy Bible daily preferably when we get up in the morning. 5 minutes to start.
2. Partake Holy Communion regularly.
3. Remember God throughout the day. We can repeat short prayer such as “Lord Jesus Christ have mercy on me.”



# JESUS CHRIST

- “For there is no other name under heaven given among men by which we must be saved” (Acts 4:12)





*“And you shall know  
the truth, and the  
truth shall make you  
free.” John 8:32*

Any question?

Close with prayer.

