











# መንፈሳዊ መግቢ

## ከም ንህቢ ኣብ

## ዕምባባይ፣ ኣብ ጎድፍ

## ከም ሃመማ!

ብቀሲስ ሓለፎም ዓንደማርያም

በዚ ተጠቂሱ ዘሎ ኣርእስቲ ክጽሕፍ ዝገደደኒ ቀንዲ ምኽንያት፡ ነቲ ቅድሚኡ ነዊሕ ዓመታት ኣብ ጋዜጣ ፍኖተ ብርሃን ዘገበብኩም ኣገዳሲ መልእኽቲ ብምዝካር ኣብ ሕልናይ ስለ ዝተመላለሰ ኢዩ። ዝኾነ ሰብ ነዚ ኣርእስቲ ክንብብ ከሎ ኃይለ-ቃል ዘለዎ እኳ እንተ መሰለ፡ ትሕዝቶ መልእኽቱ ግና፡ ከም ክርስቶስ ኣብ ብርሃንዶ፡ ከም ሰይጣን ኣብ ጸልማት፡ ከም ኣባጊዕ ብመገዲ የማንዶ፡ ከም ኣጣል ብመገዲ ጸጋም፡ ከምተን ናተ ለባማት ደናግልዶ፡ ከምተን ናተ ዓይኹ ደናግል ብማለት ንኸልተ ነገራት እናእውዳደረ ብኸመይን ኣበይን ንነብር ከም ዘሎና ኣብራህ መንፈሳዊ መልእኽቲ ንምትሕልላፍ ዝተመርጸ ምዃኑ ከዘኸኸር ይፈቱ። ኩልና ከም ንፈልጦ ዝኾነ ሰብ ኣብ ዝመረጸ ቦታ ክህሉን ክነብርን እግዚአብሔር ነጻ ምርጫ ሂሰና ከም ዘሎ ዘጠራጥር ኣይኮነን። ይኹን እምበር እቲ ብነጻ ምርጫና እንወሰኖ ጉዳይ ኣብ መወዳእታ ክብረት ይኹን ውርደት፡ ሕይወት ይኹን ሞት ከምጽኣልና ከም ዝኸለል ክንፈልጥ ድማ ኣገዳሲ ይኸውን። ምኽንያቱ “ኣይትጠበሩ ኣምላኽ ኣይዕሾን እዩ፡ ሰብ ነቲ ዝዘርኦ ኢዩ ዝግድድ” ዝብል ሓዋርያዊ ሕድሪ ስለ ዘሎ፡ ንሕናውን ነዚ ምርኩስ ጌርና ኣብ ቅዱስ ምድራዊ ቦታን ቅኑስ ጎድፍን ጸኒዕና ንኸንመላለስ ገለ ሓጋዚ ሓሳባት ንምቕራብ ተባሂሎ ዝተጠቐሰ ኢዩ። ገላ 6:7።

ኣቦና ዳዊት ብዛዕባ ኣገዳስነት ንነብረሉ ቦታ ክገልጸልና ከሎ “ካብ ሺሕ መዓልቲ ኣብ ካልእ፡ ሓንቲ መዓልቲ ኣብ ቤት መቐደስካ ምውዓል ይሓይሽ፡ ስለዚ ኣብ ኣባይቲ ኃጥኣን ካብ ምንባርሲ ኣብ ቤት ኣምላኽይ ሓላው ደገ ምዃን ይሕሸኒ” እናበለ ብንጹር ቃላት ገሊጹልና ንረኽቡ። መዝ 84:10። ስለዚ ኩሉ ወዲ ሰብ ብኸቡር መልክዕን ምስልን እግዚአብሔር ዝተፈጥረ ብምዃኑ፡ እቲ ዘሎናዮ ቦታን ዘሎና መንፈሳዊ ሕይወትን ንኣምላኽ ልዕሊ ኩሉ ዘድልዮን ዘገድሶን ምዃኑ ክንዝግዕ ኣይግባእን። ከመይሲ እቲ ንነብረሉ ስፍራ ስም እግዚአብሔር ንምኽባር ይኹን ወይ ድማ ዕዮ እግዚአብሔር ንምብኳር ዓቢይ ኣገዳስነት ስለ ዘለዎ፡ ካብዚ ኣርእስትና ክነስተውዕሎ ዝግባእ ነገር ድማ፡ ንህቢ እቲ ዝደቐቐን ዝደኸመን ፍጥረት እኳ እንተ ኾነ ብስሙር ፍቕሩን ጥዑም መዓሩን ወትሩ ብኣብነት ዝጥቀስ ክቡር ፍጥረት ምዃኑ ንኩልና ብሩህ ኢዩ። ኣብ ምስላ ሃገርናውን ዝተፋቐሩ ኣናህብ መዓር ይበልዑ እናተባህለ ይዝረብ ኢዩ። እምኸ ደል ናይ ነፍሲ ወከፍ ምድራዊ መነባብሮ ሕይወትና ከም ንህቢ ኣብ ዕምባባይ ወይስ ኣብ ጎድፍ ከም ሃመማ ኮንና ንነብር ኣሎና?

ብተወሳኺውን ኩሉ ወዲ ኣዳም ከም ንህቢ ኣብቲ ንምርኣዩ ዘብህግ ጥዑም ሽታን ግሩም መኣዛን ዘለዎ ዕምባባታት ክህሉ ካብ መጠን ንላዕሊ ባህ ዘብል ሠናይ ነገር ኢዩ። ብኣንጻሩ ድማ ከም ሃመማ ኣብ ሕሱር ቦታን ጎድፍ ዝኾነ ስፍራን ምቕመጥ ብጣዕሚ ዘፈንፍን ምዃኑ ኩልና ንስማምዑሉ ሓቂ ኢዩ። ኣብ መጀመርታ ፍጥረትውን ልዑል እግዚአብሔር “ኣ ኣዳም ኣበይ ኣሎኻ?” ኢሉ ጸዊዑ ዝሓትቶ ኣዳም ኣበይ ከም ዝነበረ ጠፊእዎ ኣይኮነን። እንታይ ደኣ ኣቦና ኣዳም፡ ካብ ክቡር ስፍራ ገነት ናብ ሕሱር ስፍራ ኃጢአት ስለ ዝወደቐ፡ ነቲ ዝገበሮ በደል ንምዝኸኸር ኢሉ ኢዩ ጸዊዕዎ። ኣብዚ እቲ ዘገርም ነገር ኣቦና ኣዳም ምስ እግዚአብሔር እናተዘራረበ፡ ብኸብርን ምሉእ ሰላምን ኣብ ገነት ካብ ምንባር፡ ብጌጋ ምርጫኡ ኣብ ዘይተመደበሉ ምድሪ ጭንቀትን ሞትን ኣብ ባርነት ዲያብሎስ ምንባር ከም ዝጀመረ መጽሓፍ ቅዱስ የዘንትወልና። ስለዚ ንሕናውን ሎሚ ኣብ ሕይወት ኣሎና እናበልና ምርጫና ሞት ከይከውን፡ ናብ ቅዱስ ስፍራ እንዳተመገና ድማ ኣብ ሕሱር ቦታ ንመላለስ ከይንህሉ ዝላኦ ርእሰናን መገድናን ክንምርምር ይግባእ።

## ካብ ገጽ 3 ዝቐጸለ

ካህን ኣትናቴዎስ ምስ ድምጺ ኣመሪካ ....

ብተወሳኺ ብዛዕባ ውልቃዊ ውሳኔኦም ኪገልጹ ከሎዉ ኸኣ “ከም ናይ ታሪኽ ተመራማሪ መጠን እምነት ኣቦታቶም ብዕምቐት ክጽንዕዎ ከምዝተደረገኹን፡ ቅድሚ ክህነት ምቕባሎም፡ ካብ ናይ ግብጺ ገዳም ቅዱስ ኣትናቴዎስ (ኮርፐስ ክርስቲ ተክሳስ) ብቲኦሎጂ ቀዳማይ ድግሪ ከምዝተቐበሉ ድሕሪ ምግላጽ ዓገብሉን እንዳተሓገስኩ ዝበጽሕኩ ውሳኔዮ ኪብሉ ገሊጾም።” ብዛዕባ ኃይማኖታዊ ነጻነት ኣብ ኤርትራ ብዝምልከት ኣብ ዝቐረበሎም ሕቶ ካህን ኣትናቴዎስ “ናይ ኃይማኖት መሰል፡ ከም ምስትንፋስ ነጹህ ኣየር፡ መባእታውን መሰረታውን መሰል ወዲሰብ ምዃኑን፡ ክፍቅደልካ ወይ ኪኸልካ ብመሰረቱ ስራሕ ኣይ መንግስቲ ዘይምዃኑ፡ ድሕሪ ምግላጽ እቲ ኣብ ትግባረ ዘይበቐዕ ቅዋም ሃገረ ኤርትራውን ነዚ መሰልዚ ብግልጺ ኣስፊርዎ ይርከብ ኢሎም።” ካብ መፋርቕ 2005 ዓመት ፈረንጂ ጀሚራ ናይ ኤርትራ ኦርቶዶክስ ተዋሕዶ ምምሕዳራውን መንፈሳውን ነጻነታ ተጋሂሱ ብሓዶ ጭዋ ሰብ (ኣቶ ይፍታህ ዲሞፕሮስ) ትምሓደር ከምዘላን፡ ከም ሳዕቤኑ ኸኣ ካብ ኣሓት ኦርቶዶክስ ኦርቶዶክስ ተዋሕዶ ኣብያተ ክርስትያናት፡ ዓለም ለኻዊ ማሕበር ኣብያተ ክርስትያናት (World Church Council) ተነጻሊ ኣብ ኣዝዬ ኣሻቓሊ ኩነታት ከም እትርከብ ገሊጾም።

## A Mother's Prayer

King Solomon instruct parents,  
Giving them a concise warrant:  
Train a child in the way he should go  
When he grows he shall not depart  
from it. (Proverbs 22:6)

But I raised my son with much pamper,  
And poured on him lavish care;  
I waste the years, meant for training,  
So now I relay, in God's helping.  
The years the locust have ate  
The Lord restores. (Joel 2:25)

Oh Lord...  
You who heard the cry, of St. Monica  
And accepted the plea, of Queen Helena  
Monica prayed with tears, for St. Augustine  
Helena prayed fervently, for St. Constantine.

The angel told Monica, the Lord does not relinquish,  
"The child of this tears shall not perish!"  
By the sign of the cross, Constantine became king  
Even more, he accepted into his heart Christ his King.

Oh Savior...  
Who raised the widow's son,  
Raise the ailing soul, of my son.  
Let him not be carried to his grave,  
Let not his soul deprave.

Oh Christ...  
Whom under your cross, your Mother cried  
In your bosom, I long to find  
My son, who's lost, until the time  
You save his soul, in a short while.

**Source: Internet**  
By Disciples of Antonious'

## Always Remember

Remember your weakness, then you will be more cautious and you will not submit to the thoughts of pride and false glory which may attack you.  
Remember the loving kindness of the Lord bestowed on you, and you will always lead a life of thanksgiving. Faith will grow in your heart as well as the trust in God's love and work. Your past experiences with God would encourage you in the life of faith.  
Remember people's love and their good past with you. Should you doubt their sincerity or find out they have done something wrong to you, their old love will make intercession for them and your anger will fade away.  
Remember death, so all worldly temptations will disappear and you feel that, "all is vanity and grasping for the wind." (Eccl. 1:14).  
Remember that you are standing before God and He is looking at you, then you cannot sin because you see Him.  
Remember God's promises, and you will be comforted in all your troubles. But, if you forget them, say with David the Prophet, "Remember your word to your servant, upon which you have caused me to hope. This is my comfort in my affliction. For Your word has given me life." (Ps. 119:49-50).  
Remember the Blood of Jesus which was shed for your sake and you will definitely know the value of your life; it becomes dear in your eyes, so you will not waste it with prodigal living, "for you were bought at a price." (1 Cor. 6:20).  
Remember the vows you made to God at the Baptistery, which your parents undertook, on your behalf: to renounce the devil, all his evil deeds, all his thoughts and wiles, all his forces and power.  
Remember always that you are a stranger on the earth and that you will return to your heavenly home: then you will not put all your hopes in this world and its comforts.  
Remember that the narrow gate leads to the kingdom of heaven. If you see the wide gate open before you, escape and keep away from it, as all those who went in by it, they all perished.  
Remember your eternity and work for it at all times.  
Remember that you are a child of God, and ought to have His image. You walk as fits the Children of God, for they are apparent.  
Remember that you are the temple of the Holy Spirit, and do not grieve the Holy Spirit of God in you. Be always a holy temple.  
Remember all that I said to you on this page and if you have already forgotten, please read it over again.  
SOURCE: H.H.Pope Shenouda III.

The Son of God has become Son of Man in order to make us ... sons of God, raising our race by grace to what He is Himself by nature, granting us birth from above through the grace of the Holy Spirit and leading us straightway to the kingdom of heaven, or rather, granting us this kingdom within us (Luke 17:21), in order that we should not merely be fed by the hope of entering it, but entering into full possession thereof should cry: our 'life is hid with Christ in God.' (Col. 3:3).  
St. Simon the Theologian



# Editorial

## A Christian Never Abandons Hope

In this world of suffering, you will often meet what may seem interminable aches and pain. Your path may seem so dark and you are not able to move ahead an inch. Those in whom you have placed trust may betray you. Those you have loved may turn against you. What you may have worked so hard for and with great anticipation may just yield no fruit. Even your own flesh and blood may disappoint you. You may feel persecuted and misunderstood and the best of your intentions questioned by others. You may feel so isolated and bitter. Every which way you turn you may be assailed by trouble and buffeted by life's vicissitudes. Nothing that is coming your way may seem fair. But never abandon hope, for those who trust in God are nothing if they are not hopeful.

All the things that push you to desperation today are only for a time. Just as surely as the sun sets in the west this evening and rises again tomorrow in the east all your sufferings and troubles of today are but for a day. This is one of the central teachings of the Holy Scriptures. The prophet Habakuk has declared: "Though the fig tree does not bud and there are no grapes in the vines; though the olive crop fails and the field produces no food; though there are no sheep in the pen and no cattle in the stables, yet I will rejoice in the Lord. I will be joyful in God my Savior" Habakuk 3:17-18.

Think of the sufferings of our father Job. Can you think of anything that has befallen you as anywhere comparable to his suffering? He lost all his children in one day in a tragic death. Though he had been rich in every conceivable way, he lost all his wealth instantaneously. He was reduced to a pauper. The Bible describes his loss of health, the diseased condition of his body – the sores, the wounds and the pain – vividly. His own wife found his condition so grotesque as to challenge him to deny God and die. The few remaining friends he had surrounded him not to comfort him but to add more salt to his suffering body and spirit. And yet, Job's response to all this is HOPE. His most memorable and most amplified answer to his suffering was the statement: "Though He slays me, yet will I hope in Him" (Job 13:15).

King David also knew this secret of the believer. As he surveyed the history of Israel, he could only conclude that Israel's triumph was not to be attributed to her own strength. He said, "In you our fathers put their trust; they trusted and you delivered them."

St. Paul encapsulates the idea of suffering and the hope of the believer in so many of his writings. As he does so, he thinks of all that he had gone through as a follower of Christ. Addressing the church in Rome, he gives us his insight into how the believer should hold on to hope in God. How does he do that? By simply stating that "we know all things work for the good of those who love Him, who have been called according to His purpose." He then asks a pointed question of the believers collectively and provides the answer: "What, then, shall we say in response to this?" The answer he gives us is nothing less that profound: "If God is with us who can be against us?" The answer is not mere wonderment, but the most essential truth which Christians hold.

In his familiar prose the Apostle to the Gentiles reaffirms the truth he had discovered and which all Christians have experienced with his bold proclamation: "Who shall separate us from the love of Christ? Shall trouble or hardship or persecution of famine or nakedness or danger or sword... No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord" (Romans 8:28-39).

These are truly days of great trials and suffering for our people. As all the servants of God have discovered through all past generations that their salvation comes only from God, we also must look to Him. Humans, even at their best, will sooner or later, disappoint us. But we must look to God and proclaim with the psalmist that "Our hope comes from Him and Him alone."

### Interesting Holy Bible Facts "First" Questions and Answers. "First" Questions:

1. What is the first promise God made to man?
2. When did God first give man permission to eat meat? On what condition?
3. Who is the first person mentioned in the Holy Bible to have been taken captive?
4. Who is the first person mentioned by the Holy Bible as being successful? What was the cause of the success?
5. Who was to have the first vision of angels?
6. Who is the first angel mentioned in the Holy Bible?
7. Who was the first person to have dreams come to pass?
8. To whom was given the first revelation of God?
9. Who is the first person in the Holy Bible that did well to those who offended him?
10. When was laughter first mentioned in the Holy Bible?

### "First" Answers:

1. The first promise God made to man was that the offspring of the woman would bruise the head of the serpent (Genesis 3:15).
2. The first time God gave man permission to eat meat was after Noah's ark rested. The condition was that man would not eat meat with its blood (Genesis 9:3-4).
3. The first person in the Holy Bible to have been taken captive was Lot when Sodom was taken (Genesis 14:12-14).
4. The first person the Holy Bible says was successful is Joseph the Righteous and the reason is that God was with him (Genesis 39:2).
5. The first angelic revelation was when the angel of the Lord appeared to Hagar (Genesis 16:7).
6. The first angel mentioned in the Holy Bible was one of the cherubim and his job was to guard the tree of life (Genesis 3:24).
7. The first person to have dreams that came true was Joseph the Righteous (Genesis 37).
8. The first revelation of God was when God appeared to Adam (Genesis 3) and the second was when He appeared to Abram (Genesis 15).
9. The first person to do good to those who offended him was Joseph the Righteous who did well to his brothers (Genesis 45).
10. The first time laughter was mentioned in the Holy Bible was when Sarah laughed in her heart when she heard that she would get a son in her old age (Genesis 18:12).

(Excerpts from "Quizzes on the Holy Bible" written by His Holiness Pope Shenouda III)

The price of each News Letter is \$1.00 plus shipping cost. To receive each edition contact us at the address given below. Write your checks to the "Eritrean Orthodox Tewahdo Diocese of North America".

Fenote-Berhan asks for your prayer, material and financial support!

ፍኖተ ብርሃን ብጸሎት፡ ብጽሑፋትን ብገንዘብን ኪትድግፍዎ ትጽውዕ!

አድራሻና

[www.tewahdo.org](http://www.tewahdo.org)

E-mail: [fbnewspaper@tewahdo.org](mailto:fbnewspaper@tewahdo.org)

Phone: (678) 894-4665

Fax: (770) 828-0646

Fenote-Berhan

P. O. Box 80814

St. Clair Shores, MI 48080

USA