



Coptic Orthodox Diocese of
the Southern United States
Festal Message for the Feast of the Glorious
Resurrection 2025

إبَارَشِيَّةُ جَنُوبِي الْوَلَايَاتِ الْمُتَّحِدَةِ
الْأَمْرِيكِيَّةِ
رِسَالَةٌ عِيدِ الْقِيَامَةِ الْمَجِيدِ ٢٠٢٥

Look up!!

تَطَّلَعُ إِلَى فَوْقٍ

My Beloved Children,

أَوْلَادِي الْأَحِبَّاءِ،

Christ is Risen! Truly He is Risen!

الْمَسِيحُ قَامَ! بِالْحَقِيقَةِ قَامَ!

“And they said among themselves, ‘Who will roll away the stone from the door of the tomb for us?’” (Mark 16:3)

Such was the trouble that Mary Magdalene, Mary the mother of James, and Salome found themselves in early Sunday morning as they came to the tomb to anoint the Body of their Beloved Master, our Lord Jesus Christ.

As we rejoice and celebrate the Glorious Resurrection of our Good Savior, we, like these women, realize there still exist so many troubles, anxieties, fears, doubts, and insecurities all around us in the world, in the lives of those we know, our communities, and even in our own families and lives.

“But when they looked up, they saw that the stone had been rolled away—for it was very large.” (Mark 16:4)

Despite however large and overwhelming the troubles and temptations of life seem to be for us, we find that all the women needed to do was to look up to realize that the stone had

«وَكَاكَ يُقَالُ فِيمَا بَيْنَهُنَّ: مَنْ يُدْخِرُ لَنَا الْحَجَرَ عَنْ بَابِ الْقَبْرِ؟» (مَرْفُوسَ ١٦ : ٣)
هَكَذَا كَانَ هُم مَرْيَمَ الْمَجْدَلِيَّةِ، وَمَرْيَمَ أُمِّ يَحْفُوبَ، وَسَالُومَةَ فِي فَجْرِ يَوْمِ الْأَحَدِ، وَهُنَّ آتِيَاتٌ إِلَى الْقَبْرِ لِطَيِّبِينَ جَسَدَ مُعَلِّمِهِنَّ الْحَبِيبِ، رَبَّنَا يَسُوعَ الْمَسِيحِ.

وَفِيمَا نَحْنُ نَتَهَلَّلُ وَنَحْتَفِلُ بِقِيَامَةِ مُخْلِصِنَا الصَّالِحِ الْمَجِيدَةِ، نَذْرُكَ مِثْلَهُنَّ مَقْدَارَ الْهُمُومِ وَالْمَخَافِ وَالْفَلَقِ وَالشُّكُوكِ وَعَدَمِ الْأَمَانِ الَّتِي مَا زَالَتْ تُحِيطُ بِنَا فِي هَذَا الْعَالَمِ، وَفِي حَيَاةٍ مَنْ نَعْرِفُهُمْ، وَفِي مُجْتَمَعَاتِنَا، بَلْ وَفِي حَيَاتِنَا وَأَسْرِنَا.

«فَنَطَّلَعُنَّ وَرَأَيْنَا أَنَّ الْحَجَرَ قَدْ دُخِرَ! لِأَنَّهُ كَانَ عَظِيمًا جَدًّا.» (مَرْفُوسَ ١٦ : ٤)
وَمَهْمَا بَدَتْ لَنَا هُمُومُ الْحَيَاةِ وَتَجَارِبُهَا عَظِيمَةٌ وَضَاغِطَةٌ، نَجِدُ أَنَّ كُلَّ مَا كَانَ يَحْبِبُ عَلَى أَوْلِيكَ النِّسْوَةِ أَنْ يَفْعَلْنَهُ هُوَ أَنْ يَتَطَّلَعُنَّ لِفَوْقِ، كَيْ يُدْرِكْنَ أَنَّ الْحَجَرَ قَدْ دُخِرَ بِالْفِعْلِ.

been rolled away. St Pope Kyrillos the Sixth assures us, “Trust that God sees you. He hears you and feels for you. So your little matters are very big before His love and your big matters are very small before His might.” Indeed, the love of our God makes our little and imperfect offerings of worship, prayers, fasting, and almsgiving acceptable and even very precious before Him. The might of our God makes the very large stone of our sins and troubles, small and easy to remove when we approach Him in faith as these women did Sunday morning.

Let us learn from these women who came with diligence and hope to the tomb seeking their Beloved in faith, despite not knowing how their dilemma would be solved.

Like the man with the withered hand who was healed when he stretched out his hand in obedience to the command of the Lord (cf. Matthew 12:13), these women did not limit themselves to their own reasoning and understanding, but trusted in Him who says, “The things which are impossible with men are possible with God” (Luke 18:27).

“Trust in the Lord with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your paths.” (Proverbs 3:5-6)

We rejoice and look up today to see the very large stone has been removed—that very

وَيُطْمِئِنُّنَا الْقِدِّيسُ الْبَابَا كِيرِيلُسُ السَّادِسُ
قَائِلًا:

«ثِقْ أَنَّ اللَّهَ يَرَاكَ، يَسْمَعُكَ، وَيَشْعُرُ بِكَ؛
فَأُمُورُكَ الصَّغِيرَةُ كَبِيرَةٌ أَمَامَ مَحَبَّتِهِ،
وَهُمُورُكَ الْكَبِيرَةُ صَغِيرَةٌ أَمَامَ قُدْرَتِهِ!»
حَقًّا، إِنَّ مَحَبَّةَ إِلَهِنَا تَجْعَلُ تَقْدِمَاتِنَا الضَّعِيفَةَ
وَالْمَقْصُوصَةَ — مِنْ عِبَادَةٍ وَصَلَاةٍ وَصَوْمٍ
وَصَدَقَةٍ — مَقْبُولَةً بَلْ وَثَمِينَةً جَدًّا أَمَامَهُ.
وَقُدْرَةُ إِلَهِنَا تَجْعَلُ أَحْجَارَنَا الْهَائِلَةَ — مِنْ
خَطَايَا وَمَشَاكِلَ — صَغِيرَةً وَسَهْلَةً الَّرَّفَعِ،
حِينَمَا نَقْتَرِبُ إِلَيْهِ بِإِيمَانٍ، كَمَا فَعَلْتَ تِلْكَ
النِّسْوَةُ فِي فَجْرِ الْأَحَدِ.

فَلَنَتَعَلَّمْ مِنْ هَؤُلَاءِ النِّسْوَةِ اللَّاتِي أَنْتَبِهْنَ إِلَى
الْقَبْرِ بِإِخْلَاصٍ وَاجْتِهَادٍ، يَطْلُبْنَ حَبِيبَهُنَّ
بِإِيمَانٍ، دُونَ أَنْ يَعْرِفْنَ كَيْفَ سَيَتَخَطَّيْنِ
مُشْكِلَتَهُنَّ .

وَمِثْلَ الرَّجُلِ ذِي الْيَدِ الْيَاسَةِ الَّذِي شَفِيَ
حِينَ مَدَّ يَدَهُ طَاعَةً لِأَمْرِ الرَّبِّ (مَتَّى ١٢ :
١٣)، فَهِنَّ لَمْ يَقْيِدْنَ أَنْفُسَهُنَّ بِمَفْهُومِهِنَّ أَوْ
مَنْطِقِهِنَّ، بَلْ وَثِقْنَ بِمَنْ قَالَ:

«غَيْرُ الْمُسْتَطَاعِ عِنْدَ النَّاسِ، مُسْتَطَاعٌ عِنْدَ
اللَّهِ.» (لُوقَا ١٨ : ٢٧)

«
تَوَكَّلْ عَلَى الرَّبِّ مِنْ كُلِّ قَلْبِكَ، وَعَلَى فَهْمِكَ
لَا تَعْتَمِدْ. فِي كُلِّ طَرَفِكَ اعْرِفْهُ، وَهُوَ يَقْوِمُ
سُبُلَكَ.» (أَمْثَال ٣ : ٥-٦)

الْيَوْمَ، نَفْرَحُ وَنَنْظُرُ إِلَى فَوْقِ قُدْرَتِكَ أَنْ
الْحَجَرِ الْعَظِيمِ قَدْ أُرِيلَ — ذَلِكَ الْحَجَرُ

large stone of humanity's sins that had sealed us in the tomb of death for thousands of years, unable to have hope of eternal life. The very large stone of our disobedience and rebellion against God has been removed by the obedience and humility of our Good Savior who "being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross (Philippians 2:8).

Let us continue to rejoice and look up for the next 50 days in at least three ways:

Firstly, to look up with hope and see the Lord Jesus Christ victoriously seated at the right hand of His Good Father, who, "according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you" (1 Peter 1:3-4).

For us, the Lord has conquered death by His death and ascended into the heavens that He may prepare an eternal place for us in His Kingdom. Despite whatever troubles and obstacles we face, we live all the days of our life on earth looking up with great hope, because "We look for the resurrection of the dead and the life of the age to come!"

Secondly, after enjoying a Spirit-filled Great Fast and Pascha Week, let us continue to look up by seeking and setting our minds on things

الْعَظِيمُ مِنْ خَطِيئَةِ الْبَشَرِيَّةِ الَّذِي حَبَسَنَا فِي قَبْرِ الْمَوْتِ آلَافَ السِّنِينَ، دُونَ رَجَاءٍ فِي الْحَيَاةِ الْأَبَدِيَّةِ.

لَقَدْ أزيلَ الْحَجَرُ الْعَظِيمُ لِعِصْيَانِنَا وَتَمَرُّدِنَا ضِدَّ اللَّهِ، بِطَاعَةٍ وَاتِّسَاعٍ مُخْلِصِنَا الصَّالِحِ، «إِذْ وُجِدَ فِي الْهَيْئَةِ كَانُسَانٍ، وَضَعَ نَفْسَهُ وَأَطَاعَ حَتَّى الْمَوْتِ، مَوْتِ الصَّلِيبِ.» (فِيلِيبِّي ٢: ٨)

فَلْنَسْتَمِرَّ فِي الْفَرَحِ وَرَفَعِ أَنْظَارِنَا إِلَى فَوْقِ خِلَالِ الْخَمْسِينَ يَوْمًا الْمَقْدَسَةِ بِثَلَاثِ طُرُقٍ عَلَى الْأَقْل:

أَوَّلًا، أَنْ نَنْظُرَ إِلَى الْفَوْقِ بِرَجَاءٍ، فَنَرَى الرَّبَّ يَسُوعَ الْمَسِيحَ جَالِسًا مُنْتَصِرًا عَنْ يَمِينِ أَبِيهِ الصَّالِحِ، «الَّذِي حَسَبَ رَحْمَتِهِ الْكَثِيرَةَ، وَلَدَنَا ثَانِيَةً لِرَجَاءٍ حَيٍّ، بِقِيَامَةِ يَسُوعَ الْمَسِيحِ مِنَ الْأَمْوَاتِ،

لِمِيرَاثٍ لَا يَفْنَى وَلَا يَتَدَسَّسُ وَلَا يَضْمَحِلُّ، مَحْفُوظٍ فِي السَّمَاوَاتِ لَكُمْ.» (١ بُطْرُس ١: ٣-٤)

لِأَجْلِنَا قَدْ غَلَبَ الرَّبُّ الْمَوْتَ بِمَوْتِهِ، وَصَعِدَ إِلَى السَّمَاوَاتِ لِيُعِدَّ لَنَا مَكَانًا أَبَدِيًّا فِي مَلَكُوتِهِ.

وَمَهْمَا كَانَتِ الصُّعُوبَاتُ وَالْعَقَبَاتُ، نَعِيشُ أَيَّامَ حَيَاتِنَا عَلَى الْأَرْضِ رَافِعِينَ أَنْظَارَنَا بِرَجَاءٍ عَظِيمٍ، لِأَنَّنا: «نَنْتَظِرُ قِيَامَةَ الْأَمْوَاتِ، وَحَيَاةَ الدَّهْرِ الْآتِي.»

ثَانِيًا، بَعْدَ أَنْ تَمَتَّعْنَا بِصَوْمٍ كَبِيرٍ مَمْلُوءٍ بِالرُّوحِ، وَأَسْبُوعِ آلَامٍ مَقْدَسٍ، فَلْنَسْتَمِرَّ فِي رَفَعِ أَنْظَارِنَا إِلَى فَوْقٍ فِي هَذِهِ الْخَمْسِينَ

above during these joyful 50 days.

“If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth.” (Colossians 3:1-2)

Let us look up to our Heavenly Father with the Lord Jesus Christ and give thanks, bless, and sanctify our lives with the presence of God in every relationship, every endeavor, and every celebration during these Holy 50 days. As the Lord changes the bread and wine into His Body and Blood every liturgy, we pray He transforms our ordinary earthly life to be spiritual and heavenly: “Change us into a spiritual manner of life, that we may walk in the Spirit and not fulfill the lusts of the flesh.” (Absolution of the 3rd Hour of the Agpeya)

Thirdly, the Lord speaks of evangelism and exhorts us to look up and share the good news of salvation with others saying, “Behold, I say to you, lift up your eyes and look at the fields, for they are already white for harvest!” (John 4:35) “The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest.” (Matthew 9:37-38) Indeed, the joy of the resurrection is for all the world: our neighbors, our co-workers, our classmates, and so many who are hungry for a true relationship with our Heavenly Father. They are waiting to meet Christ in us that we may

الْمَقْدَسَةِ، مُتَطَلِّعِينَ وَمُفَكِّرِينَ فِي الْأُمُورِ
الَّتِي فَوْقَ .

«فَإِنْ كُنْتُمْ قَدْ قُمْتُمْ مَعَ الْمَسِيحِ، فَاطْلُبُوا مَا
فَوْقَ، حَيْثُ الْمَسِيحُ جَالِسٌ عَنْ يَمِينِ اللَّهِ.
اهْتَمُّوا بِمَا فَوْقَ، لَا بِمَا عَلَى الْأَرْضِ.»
(كُولُوسِيِّ ٣: ١-٢)

فَلَنَرْفَعْ أَنْظَارَنَا نَحْوَ الْأَبِ السَّمَاوِيِّ مَعَ
الرَّبِّ يَسُوعَ الْمَسِيحِ، شَاكِرِينَ وَمُبَارِكِينَ
وَمُقَدِّسِينَ حَيَاتِنَا بِحُضُورِ اللَّهِ فِي عِلَاقَاتِنَا،
وَأَعْمَالِنَا، وَاحْتِفَالَاتِنَا خِلَالَ هَذِهِ الْخَمْسِينَ
الْمَقْدَسَةِ .

وَكَمَا يُحَوِّلُ الرَّبُّ الْخُبْزَ وَالْخَمْرَ إِلَى جَسَدِهِ
وَدَمِهِ فِي كُلِّ قُدَّاسٍ، نُصَلِّي أَنْ يُغَيِّرَ حَيَاتِنَا
الْأَرْضِيَّةَ الْعَادِيَّةَ إِلَى حَيَاةٍ رُوحِيَّةٍ
وَسَمَاوِيَّةٍ :

«غَيِّرْنَا إِلَى شِبْهِ تِلْكَ الصُّورَةِ لِلسَّيْرَةِ
الرُّوحِيَّةِ، كَيْ نَسْلُكَ فِي الرُّوحِ وَلَا نُكَمِّلُ
شَهَوَاتِ الْجَسَدِ.» (تَحْلِيلُ السَّاعَةِ الثَّلَاثَةِ مِنْ
الْأَجَبِيَّةِ).

ثَالِثًا، يَتَكَلَّمُ الرَّبُّ عَنِ الْكِرَارَةِ وَيَدْعُونَا
لِنَرْفَعِ أَعْيُنَنَا وَنُبَشِّرَ الْآخَرِينَ بِخَبَرِ
الْخَلَاصِ أَسَرًّا، قَائِلًا:

«أَمَا تَقُولُونَ: إِنَّهُ بَعْدُ أَرْبَعَةُ أَشْهُرٍ يَأْتِي
الْحَصَادُ؟ هَا أَنَا أَقُولُ لَكُمْ: ارْفَعُوا أَعْيُنَكُمْ
وَأَنْظُرُوا الْحُقُولَ، إِنَّهَا قَدْ أَبْيَضَتْ
لِلْحَصَادِ.» (يُوحَنَّا ٤: ٣٥)

«الْحَصَادُ كَثِيرٌ، وَلَكِنْ الْقَعْلَةُ قَلِيلُونَ.
فَاطْلُبُوا مِنْ رَبِّ الْحَصَادِ أَنْ يُرْسِلَ قَعْلَةً إِلَى
حَصَادِهِ.» (مَتَّى ٩: ٣٧-٣٨)

حَقًّا، فَرَحُ الْقِيَامَةِ هُوَ لِكُلِّ الْعَالَمِ: جِيرَانُنَا،
زُمَلَاؤُنَا، رُفَقَاؤُنَا فِي الدَّرَاسَةِ، وَكَثِيرُونَ
آخَرُونَ جِيَاعٌ لِعِلَاقَةٍ حَقِيقِيَّةٍ مَعَ الْأَبِ

invite them into the Body of Christ—the Church.

To acquire this spirit of looking up and rejoicing in hope of resurrection, setting our minds on things above, and sharing the Gospel, let us begin with recommitting ourselves to look up to the Lord every morning during these Holy 50 days and pray with King David,

“My voice You shall hear in the morning, O Lord;

In the morning I will direct it to You,
And I will look up.” (Psalm 5:3)

May the Lord grant you to enjoy a peaceful and grace-filled Feast of the Glorious Resurrection and Holy 50 days.

Through the intercessions of the Mother of God, Saint Mary, Archangel Michael, and all the heavenly hosts, martyrs, and saints, we ask the Lord to preserve the life of our beloved father, His Holiness Pope Tawadros II, Pope of Alexandria and Patriarch of the See of St. Mark, for many years and peaceful times.

Christ is Risen! Truly He is Risen!

Metropolitan Youssef

Bishop Basil

Bishop Gregory

Coptic Orthodox Diocese of
the Southern United States

السَّمَاوِيَّ. إِنَّهُمْ يَنْتَظِرُونَ أَنْ يَرَوْا الْمَسِيحَ
فِينَا، فَجَذِبَهُمْ إِلَى جَسَدِ الْمَسِيحِ — الْكَنِيسَةِ.

وَلَكِي نَقْتَنِي هَذِهِ الرُّوحَ، رُوحَ النَّظَرِ إِلَى
الْفُوقِ، وَالْفَرَحِ بِرَجَاءِ الْقِيَامَةِ، وَالتَّفَكُّيرِ فِي
السَّمَاوِيَّاتِ، وَالْبِشَارَةِ، فَلْنَتَعَهَّدْ بِأَنْ نَبْذَأَ كُلَّ
صَبَاحٍ خِلَالَ هَذِهِ الْخَمْسِينَ الْمَقَدَّسَةِ بِالنَّظَرِ
إِلَى الْفُوقِ إِلَى الرَّبِّ وَالصَّلَاةِ مَعَ دَاوُدَ
النَّبِيِّ:

«يَا رَبُّ، بِالْعُدَاةِ تَسْمَعُ صَوْتِي، بِالْعُدَاةِ
أَتَوَجَّهُ إِلَيْكَ، وَأَنْطَلِعُ!» (مزمور ٥: ٣)

نَسْأَلُ الرَّبَّ أَنْ يُنْعِمَ عَلَيْكُمْ بِعِيدِ قِيَامَةِ مَجِيدٍ،
مُمْتَلِي سَلَامًا وَنِعْمَةً، وَخَمْسِينَ مُقَدَّسَةً
مُفْرَحَةً.

بِشَفَاعَةِ وَالِدَةِ الْإِلَهِ الْقُدِّيسَةِ الْعَذْرَاءِ مَرْيَمَ،
وَالْمَلَائِكَةِ مِيخَائِيلَ، وَسَائِرِ جُنُودِ السَّمَاوَاتِ،
وَالشُّهَدَاءِ وَالْقُدِّيسِينَ، نَطْلُبُ مِنَ الرَّبِّ أَنْ
يَحْفَظَ حَيَاةَ أَبِيْنَا الْحَبِيبِ، قَدَّاسَةِ الْبَابَا
نَوَاضِرُوسِ الثَّانِي، بَابَا الْإِسْكَنْدَرِيَّةِ
وَبَطْرِيَرِكِ الْكُرْسِيِّ الْمَرْفُوسِيِّ، لِسِنِينَ كَثِيرَةٍ
وَأَزْمِنَةٍ سَالِمَةٍ.

الْمَسِيحُ قَامَ! بِالْحَقِيقَةِ قَامَ!

الأنبا يوسف

الأنبا بيزيل

الأنبا جريجوري

إيبارشية جنوبي الولايات المتحدة
الأمريكية للأقباط الأرثوذكس

