

+Easter Monday- Shum El Nesim+

The Arabic word for Easter Monday is *Shum El Nesim*. *Shum El Nesim* is a Coptic word. Shum means Garden, and Nesim means the plants of spring. Easter Monday was an ancient feast that the Pharaoh's celebrated at the start of spring. Surprisingly it always fell on the 29th of Baramhat every year. Therefore it always fell on the Coptic date on which we commemorate our Lord's annunciation feast, and also the Coptic date for our Lord's feast of Resurrection every year.

However, the Egyptians after the death of Christ realised that they can no longer celebrate the feast of spring on the same day, as it would fall during the great lent. This meant that they could no longer celebrate and eat different foods as they will be fasting. Therefore, they changed it to the day after the Feast of Holy Resurrection, so it became Easter Monday.

So now we know that Easter Monday came about from the Feast of Spring celebrated by the Ancient Egyptians. Now we celebrate it to commemorate the strength of our Christianity- the Lord's annunciation and Resurrection.

The egg and the chook

Christians around the world traditionally eat eggs on Easter day, not Easter Monday as some may think. Easter Monday is an Egyptian tradition only, and has nothing to do with eggs! Eating eggs however, is an international tradition that dates back to the time of the Apostles.

The Christians likened the chook coming out of a closed egg alive, to Jesus, who came alive out of a closed tomb. A story is told about St Mary Magdalene when she travelled to the Caesar of Rome to preach about Christ. Caesar mocked St Mary when she spoke to him about Christ's Resurrection. So St Mary brought an egg to him and said: "why do you believe that a chook can come out alive out of an egg, and yet you can't believe that the creator of this world could not defeat death and come out alive from a tomb?"

Resurrection:

The truth is that Christ's resurrection is very powerful; it is not just another philosophy that we have to convince people of. That is why when St Paul preached of our Lord's resurrection to Festus the governor, the governor said to St Paul: "Paul, you are beside yourself! Much learning is driving you mad!" (Acts 26:24). When St Paul preached in Athens, people said: "What does this babbler want to say?" (Acts 17:18).

- "Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life." (Romans 6:4)
- Now, we experience Resurrection through Faith: "And whoever lives and believes in Me shall never die. Do you believe this? (John 11:26)

- Resurrection is a power that we experience daily through repentance: “I will arise and go to my father, and will say to him, Father, I have sinned against heaven and before you.” (Luke 15:18)
- Resurrection is life, that we experience when we keep God’s commandments: “Most assuredly, I say to you, if anyone keeps My word he shall never see death.” (John 8:51)
- ▪ Resurrection is life, that we receive when we receive God’s body and blood on the altar, after repentance and confession, which is defeating sin: “Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day.” (John 6:54)
- Resurrection is a hymn that the Coptic church proclaims throughout the Holy 50 days.

Resurrection is a conquering power that we experience here on earth, because it is a gift from Jesus Christ through faith, His teachings, baptism, repentance and partaking of His sacred Body and Blood. So now we now are parts of the Body of Christ, living the power of His resurrection, defeating every sin and worldly evil.

So we can always remember these points every time we eat our chocolate Easter eggs! Happy feast of resurrection!

Father Bishoy Kamel- Alexandria, May 1975.

+ Easter Monday- Shum El Nesim +



The Arabic word for Easter Monday is *Shum El Nesim*. *Shum El Nesim* is a Coptic word. *Shum* means Garden, and *Nesim* means the plants of spring. Easter Monday was an ancient feast that the Pharaoh’s celebrated at the start of spring. Surprisingly it always fell on the 29th of Baramhat every year. Therefore it always fell on the Coptic date on which we commemorate our Lord’s annunciation feast, and also the Coptic date for our Lord’s feast of Resurrection every year.

However, the Egyptians after the death of Christ realised that they can no longer celebrate the feast of spring on the same day, as it would fall during the great lent. This meant that they could no longer celebrate and eat different foods as they will be fasting. Therefore, they changed it to the day after the Feast of Holy Resurrection, so it became Easter Monday.

So now we know that Easter Monday came about from the Feast of Spring celebrated by the Ancient Egyptians. Now we celebrate it to commemorate the strength of our Christianity- the Lord’s annunciation and Resurrection.

The egg and the chook



Christians around the world traditionally eat eggs on Easter day, not Easter Monday as some may think. Easter Monday is an Egyptian tradition only, and has nothing to do with eggs! Eating eggs however, is an international tradition that dates back to the time of the Apostles.

The Christians likened the chook coming out of a closed egg alive, to Jesus, who came alive out of a closed tomb. A story is told about St Mary Magdalene when she travelled to the Caesar of Rome to preach about Christ. Caesar mocked St Mary when she spoke to him about Christ's Resurrection. So St Mary brought an egg to him and said: "why do you believe that a chook can come out alive out of an egg, and yet you can't believe that the creator of this world could not defeat death and come out alive from a tomb?"

By: Father Bishoy Kamel; Alexandria, May 1975



Help the Easter Bunny find his way through the maze to find a new basket for delivering the Easter eggs