



Junior high and High school

Guidelines / Rules

Must use what you already have at home. No purchasing of supplies will be accepted!

Sign up

- + Must include name, grade, phone number/email, home address, and the categories you want to sign up for
- + Can sign up for 3 categories max. and can submit up to 3 items in each category
- + Everything must be submitted via email as a video showing what was made and how you made it
- + Hymns, music and singing must include the title of the hymn, song or music piece (instrumental works must also include the composer)
- + Writing must not exceed the number of pages and must include citations for your sources
- + Due date will be Friday April 24th, 2020 at 8pm
- + Results will be announced soon

1-Craft, Beads and Needle Arts

- + Use any material you have at home to create a craft related to spring/resurrection theme (construction paper, magazine paper, toilet paper rolls, coins, bottles, cotton balls,...)
- + you may use any beads, buttons, seashells, rainbow loom bands to create a simple piece of jewelry, key chain or fancy masterpiece.
- + Needlework you may use a pattern or free hand anything from:
 crochet (hat, scarf or Amumigrammi) , loom, knitting, hand embroidery , punch needle
 hand free or machine sewing (use any fabric you have at home or recycle old small garments).





*submit your work to
st.demiana.crafts@gmail.com

2-Spiritual songs (traneem), Coptic hymns, and music



*You can sign up for 1 or 2 things in this category.

Eg: hymns and spiritual songs, or playing an instrumental piece of music and singing

*The video recording should be 3 minutes or less. **Any videos longer than 3 minutes and 15 seconds will NOT be entered.**

*coptic hymns example "Evlogemenos , mournful tai Shori, Ekherstos Anisty Coptic the short one , any psalm of the hours of Baskha , the whole hymn of Golgotha , All heavenly hosts in English (at least 3 verses) .

*You can play cymbals or triangle if you have them at home

*Spiritual songs should be for Resurrection
 (Arabic or English)

*Play any instrument you like if you have it at home

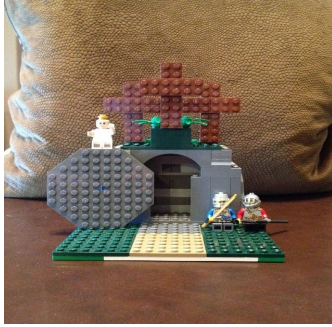
*submit your work to
st.demiana.music@gmail.com

3-Legos and Maquette

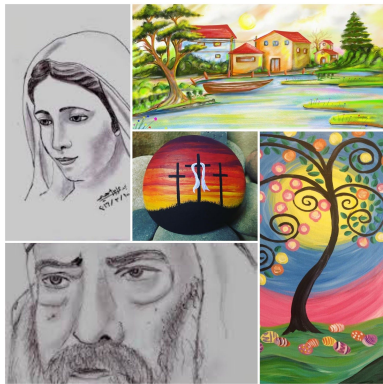
Lego: Construct a scene of the crucifixion or/ and resurrection of our Lord Jesus . the scene should include an element of mechanism. Like movement of the stone of the tomb... Use up to 1000 lego pieces. Base not exceeding 15x15 inch.

Model: Build a maquette that represents 2-3 major events of the holy week (Palm Sunday, covenant Thursday, Jesus at Gethsemane ,...) built on the same base. Base should not exceed 20x24 inch. use a shoebox, cupboards, cutouts from magazines. Rocks, twigs, leaves from your backyard. In addition to any @home available craft material. You can build elements with paper mâché or origami.

- Submit your work to st.demiana.legos@gmail.com



4 Drawing and Painting

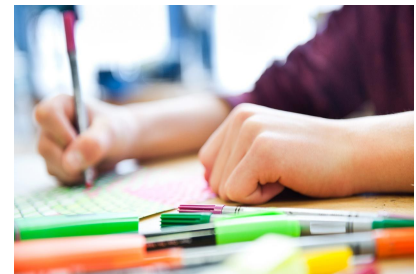


*use your
create and utilize
what you have at
home.

No need to buy
anything!
You may use paint
crayons, markers,
colored pencils, or
any other types of
color as long as you have it at home.



imagination to



the resurrection feast, holy week & spring theme

*Any type of paper or canvas will be accepted.

*inspiring video:

<https://www.youtube.com/watch?v=yzlb0H37TYM>

*submit your work to

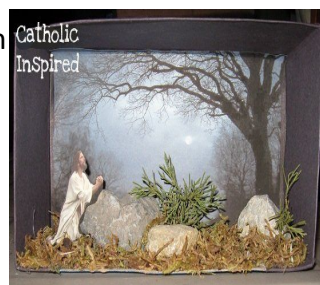
st.demiana.art@gmail.com

*All coloring pages will be accepted as long as it goes with

5-Reading and writing:



with
The



Here is a great opportunity to share your talent
us! You will write about something you read that
really touched your heart or made you think.
goal is to share what you learned so it will
encourage others to read and benefit from it.

So what are the guidelines?

1. It will be a **summary** of a book or an article you read.
2. The book can be religious, scientific, or a non-fiction story. Please, submit the name of the book or article prior to writing. If you don't have anything in mind, Taunte Inas can help you find a book.
3. The emphasis is on **sharing with others** what you learned and how it has helped you.
4. **You are creative**, so please use your own words; no copy and paste (plagiarism will result in immediate disqualification).
5. Identify the book or article you read and the writer, as well as where you found the book or article.
6. Please, submit your typed report using "Times New Roman" font, size 12, double spaced. For those who cannot type, please write clearly and in neat handwriting using blue or black ink, no cursive.
7. It can be between 1-5 typed pages, double spaced.

Winners will have their report posted on the church's website.

We look forward to receiving your articles or reports!!

*Submit your work to

st.demiana.writing@gmail.com

6-photography, photoshop and graphic design

*Photography :

1. submit photographs that visually represent spring, the nature world, animals, plants, and/or landscapes
2. Portraits of family and/or friends
3. submit your photos as a slideshow or as a YouTube video link (no more than 10 photos)

*Graphic Designs:

1. Create your design using Adobe, Photoshop, or Paint or any other program that can help you with creating your design.
2. The design should illustrate The Resurrection and Salvation of our Lord Jesus Christ.
3. Please send your design as a picture (accepted formats: JPG, JPEG) or as YouTube video link. Also send us a brief description of your design (just a short paragraph).



*Submit your portfolio to st.demiana.pics@gmail.com