

Ս. Սահակ եւ Ս. Մեսրոպ Հայր. Եկեղեցի
Sts. Sahag & Mesrob Armenian Church
THE LIGHTHOUSE



Rev. Fr. Shnork Souin, Pastor
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Parish Council Members on duty today:
Nick Durgarian - Paul Surabian

Schedule of Sunday Services

Matins	9:00 a.m.
Sunrise Service	9:30 a.m.
Divine Liturgy (<i>Soorp Badarak</i>)	10:00 a.m.

Sunday, February 14, 2016
Presentation of the Lord to the Temple
Scripture Readings
Galatians 4:1-7 (Pg. 172) Luke 2:41-52 (Pg. 54)
Creed: English

The Legacy of our Martyrs 1915 - 2015
Don't just attend the Badarak. See it, feel it, sing it, pray it, hear it, smell it, touch it, and taste it and see how sweet is the Lord!
Ճաշակեցէք եւ տեսէք զի քաղցր է Տէր:
"Taste ye, and see, for the Lord is sweet." (Adapted from Psalm 34:8)
Der Shnork



Pastor's Points of Light

Fasting During Lent - What Can I Eat?

There has been some question about fasting and dietary requirements during lent and how fasting is related to piety. First, sin proceeds from man and not from what we consume. Gluttony is one of the 7 deadly sins. Gluttony, is a sin related to our uncontrollable desire of satisfying the flesh.

Fasting during Lent is reflective of the penitential posture that we assume corporately. We restrict and deny ourselves "earthly pleasures" for a time.

Foods that are forbidden by the Armenian Church are quite simply, any and all animal products. Meat, fish, lamb, milk, butter, eggs, cheese of any kind, dairy, Jello (made with animal cartilage), etc. (substitutes ie. margarine are really also not allowed)

While this is understandably very difficult, we should try as much as possible to follow this in our homes to some degree. However, at church, we must follow this strictly. There shall be NO meat or dairy items allowed during church fellowship, gatherings or meetings at

any group events during the period of Lent.

The ONLY exception (and this is an EXCEPTION) to this rule from now on will be milk for coffee, although for our church, this too is considered a great compromise and has never officially been sanctioned.

It is critically important to realize that mere physical fasting is only a means to an end and aids in the mortification of the flesh. True fasting includes the cessation of sin and the fasting from any carnal pleasures.

Some suggested foods: Peanut Butter (watch for allergies); halva; hummos, lentils, pasta (not egg noodles), fruit, Eetch, any/all Armenian Lenten dishes.

Today is the feast of the Presentation of the Lord and coincides with the Lenten period. The feast supersedes the Lenten fast and its restrictions. The curtains of the altar shall therefore remain open and communion will be served to the faithful. The feast day in Lent is a rare coincidence in our church calendar and we will return to a fasting mode at sundown. The curtain will be closed for the remainder of Lent until Palm Sunday and Holy Communion will be reserved except in extreme circumstances.

Prayerfully, *Fr. Shmork Souin*



The Holy Gospel of Jesus Christ according to Luke (2:41-52)

Now his parents went to Jerusalem every year at the feast of the Passover. And when he was twelve years old, they went up according to custom; and when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it, but supposing him to be in the company they went a day's journey, and they sought him among their kinsfolk and acquaintances; and when they did not find him, they returned to Jerusalem, seeking him.

After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions; [47] and all who heard him were amazed at his understanding and his answers. And when they saw him they were astonished; and his mother said to him, "Son, why have you treated us so? Behold, your father and I have been looking for you anxiously."

And he said to them, "How is it that you sought me? Did you not know that I must be in my Father's house?" And they did not understand the saying which he spoke to them. And he went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart. And Jesus increased in wisdom and in stature, and in favor with God and man.

Glory to You, O Lord our God!



Participating in the Divine Liturgy: Please follow the prayers and hymns of the Divine Liturgy in the books provided in the pews. The front section contains the Armenian Krapar text and modern Armenian translation, while the latter part gives the English transliteration and translation. Page numbers are illuminated at the upper left and right sides of the main altar. Please sing along with any of the hymns which the choir is singing.

Confession and Holy Communion: Those who are preparing to receive Holy Communion may kneel in the center aisle or remain standing at their pew for the group recitation of the confession (p. 48-49). After the absolution please proceed via the central aisle towards the altar in an orderly manner. Two Parish Council members will be present to assist. Please return to your pew via the side aisles.

CHRIST OUR GOD

You crown your saints with triumph and you do the will of all who fear you, looking after your creatures with love and kindness. Hear us from your holy and heavenly realm by the intercession of the Holy Mother of God and by the prayers of all your saints, especially the holy martyrs who gave their lives during the Armenian Genocide for faith and for the homeland, whom we commemorate today. Hear us Lord, and show us your mercy. Forgive, redeem and pardon our sins. Make us worthy thankfully to glorify you with the Father and with the Holy Spirit. Now and always and unto the ages of ages. Amen.



TODAY'S REQUIEMS (*Hokehankist*):

Requiem Prayer

Lord, have mercy. Lord, have mercy. Lord, have mercy. O Christ, Son of God, forbearing and compassionate, have compassion, in your love as our creator, upon the souls of your servants who are at rest, especially upon the souls of your servants and maidservants:

- **ELIZABETHSARKISIAN** (11 Year Memorial) - requested by Myron & Rosemary Kuzirian; Bill & Karen Brannon; Michael & Denise Navoian; Stephanie & Michael Cogliandro; LCDR Stephen C. Kuzirian; Matthew C. Brannon; Zachary, Jenna and Kadie Navoian; Sophia Cogliandro; Rosa Marashian and Family; Roxie Kuzirian.

- **ROBERT H. YEREMIAN** (25 Year Memorial) - requested by Joyce, Robert and Gregory Yeremian; Mark, Hasmig, Alysha and Tyler Phillips; Mark, Melissa and Ryder Norigian; Mrs. Miriam Norigian; Ardashes Der Ananian; Paul, Carolyn, Paul Jr. and Nicole Der Ananian.

...for whom we are offering these prayers. Be mindful of them in the great day of the coming of your kingdom. Make them worthy of mercy, of expiation and forgiveness of sins. Glorify them and reckon them with the company of your saints at your right hand. For you are Lord and creator of all, judge of the living and of the dead. And to you is befitting glory, dominion and honor, now and unto the ages of ages. Amen.



Welcome and Sunday Fellowship

Welcome Visitors! Please join us for our after services coffee fellowship in the Egavian Hall. Your presence is greatly valued. Please become a regular worshipper. **Note:** Please call the office if you would like to include the name of your family member or friend who is presently in the military in our prayers.

Please keep our Christian brothers and sisters in Syria, Egypt and Iraq in your prayers that God Almighty will watch over them and protect them in these uncertain and dangerous times

Please pray for Haig Yaghoobian, US Army Basic Training at Ft. Jackson. His mailing info.: Specialist Haig Yaghoobian, Alpha Company, 3rd Battalion, 60th Infantry Regiment, 4th Platoon "Ghost Riders," 5500 Marion Ave., Fort Jackson, SC 29207.

PRAYER FOR HEALING - Armenian Book Of Hours (Sixth Hour)

Remove the pains and heal the wounds of your people, O Lord our God, and grant perfect health to us all through your all-conquering cross, through which you eliminated the weakness of the human race and condemned the enemy of our life and salvation.

You are our life and redemption, beneficent and all-merciful God, and you alone can forgive our sins, remove diseases and sicknesses from us. You know our needs, O giver of gifts; grant your abundant mercy to all your creatures, each one according to his needs. And through your gifts may we always praise the all-holy Trinity, the Father, the Son and the Holy Spirit, now and forever and ever. Amen

Prayers of Healing have been requested for:

His Beatitude Abp. Mesrob Mutafyan, Patriarch of Constantinople
His Eminence Abp. Yeghishe Gizirian

Prayer Card Ministry

Information about the *Prayer Card Ministry* of Sts. Sahag & Mesrob Armenian Church is available through the church office. If you would like to request a Healing Prayer Card or a Memorial Prayer Card for a loved one, please call the office (272-7712). Details for this are available on line at <http://www.stsahmes.org/prayercard.shtml>



ANNOUNCEMENTS

TODAY

Today following the Divine Liturgy, at 12:30 p.m., there will be an *ACYOA Seniors* meeting in the conference room.

FEBRUARY 15

Senior Citizens - come join us every Monday (at 10 a.m. weather permitting, excluding holidays). Have fun with your friends and neighbors and enjoy with us "coffee and," cards, tavloo, pinochle, etc."

FEBRUARY 17

Lenten Services "My Lenten Journey" Wednesday evenings at 7 p.m. followed by Bible Study "The Prophet/King/Messiah's Journey to Jerusalem." Please bring a Bible, meeting in Hanoian Hall. (February 24 & March 2, **no Bible study**, service only led by Dn. Gevork Gevorkian).

FEBRUARY 19 & 20

Nazeli Dance Group and *Arts Educational Program*: Second Semester. For information, contact Chairperson, Janna Guegamian (401-861-3573.) See Calendar of Events for times.

FEBRUARY 21

Annual Parish Assembly following church services at 12:30 p.m. There will be a light lunch provided for all members. Please pick up your Parish Assembly book (available 2/15) in the office if you would like to have it in advance. Your attendance and participation in the Annual Assembly is valued and is a tangible sign of your love and stewardship of our Church.

ACYOA Pilgrimage to Jerusalem: The drawing for the *ACYOA* pilgrimage will take place next Sunday February 21 at the beginning of the Divine Liturgy (9:45am). It is for parishioners ages 21-26 and you and/or a parent must be a dues paying member. Please have your ballot ready and with you in order to be included in the balloting. Questions: Ask Der Hayr. Ballots are available on the church website.

FEBRUARY 28

There will be no Divine Liturgy, there will be Morning Service followed by Sunrise Service and Liturgy of the Word.

MARCH 6

The *Women's Guild* will hold a Soup Luncheon on Sunday, March 6 following services. Details will be available soon.

NOTICES

SCHOLARSHIP OPPORTUNITIES:

The *Scholarship Committee* of Sts. Sahag & Mesrob Armenian Church is pleased to announce that applications are now available for the *Charles Yaghoobian, Jr. Scholarship Grants* for 2016. Scholarship Grants will be awarded to qualified members of all three Armenian Churches in RI. Applicants must be dues paying members of their church. Scholarships are limited for up to 3 years only. We are currently seeking qualified candidates for consideration. For an application and a list of eligibility requirements you may contact: Nathalie Yaghoobian, 353-2488. The deadline to submit completed application and all documentation is April 1, 2016.

The *Vaughn Avedisian Memorial Fund* is offering scholarships this year by the RI Community Foundation to benefit students from RI to attend a non-profit post-secondary institution that offers either a two year associate or a four year college degree. Information and applications are available by contacting the Church Office, or John Takian (401-641-5851) johnt@blissproperties.net. The deadline must arrive by April 4, 2016 to be considered. Please contact Sylvia Long at (401) 884-4343 with any questions concerning the application process.

The *Aik Otyag #10 Daughters of Vartan* are pleased to announce that applications are now available for an academic scholarship grant for a high school senior, who is of Armenian descent and is a Rhode Island resident. Application and eligibility requirements are available through the church office or on line at the church website. The completed application must be postmarked no later than May 15, 2016, submitted to the scholarship committee c/o Dorothy Martiesian. Late or incomplete applications will not be accepted.

The *Paul O. and Mary Boghossian Memorial Trust* awards scholarships for study at institutions of higher education beyond the secondary level to RI students who demonstrate: financial need, academic capability, and potential to contribute to the US and its form of government. Scholarship awards from the Trust are limited to RI students from several groups which includes persons or descendants of persons who are Armenian by national origin or descent. Copies of the guidelines and application forms for eligible students are available in the church office (272-7712). Completed applications must be submitted by March 15 to the Paul O. and Mary Boghosian Memorial Trust (address included with the application information).



PARISH MEMBER DUES Following the decision of the 2/26/2014 Parish Assembly, membership dues are \$175 (\$125 for seniors). Based on a new Diocesan by-law, dues for members age 18-24 are only \$100. Those unable to give full dues may confidentially approach the Pastor to explain their situation. Parishioners are kindly asked to contribute beyond dues as part of the *"Stewardship Program."* **Existing members' dues must be received by Dec. 31, 2016;** (new members must be received by June 30 to vote at Parish Assembly in February 2017.) Don't forget to take advantage of the many payment options which can be made on line, by check, credit card, in full, or in part weekly, monthly or quarterly.

SUNDAY SCHOOL Announcement: Sunday School students are participating in an outreach project collecting hygiene products. The packages will be given to Mary House as well as to St. Sahag and St. Mesrob Church to distribute as needed. Thank you for your support in our children's outreach efforts.

PRAYER BOX - There is now a new *prayer box* which replaces the "Gold Box" in the chancel. The new box is located on the table at the entrance of the Sanctuary on the elevator side. The prayer box is donated by Michele Kazarian in loving memory of her father, Michael Halberian.

LOVE YOUR NEIGHBOR REMINDER- Remember your non-perishable food donations for Mary House food pantry. Items that move very quickly and are needed the most - **tuna, peanut butter, jelly, soups and rice.** Donations of these food items will be greatly appreciated. They also need personal care toiletries such as tooth paste, tooth brushes, shampoo & conditioner, deodorant etc. As always thanks so much for supporting Mary House. For info., contact Joyce Avedisian (724-3978) or Bertha Murgurichian (351-9276).

VETERANS LIST: We are continuing to update our Veteran's list and will do so on an ongoing basis. Please send an email to Gary Nahabedian at GaryNahabedian@hotmail.com. If email is unavailable please call him at 401-871-8331. Please make sure to leave the veteran's name, branch of service and living, deceased or killed in action. (Rank is optional).

Der Hayr's Prayer List: Please inform the office if you have friends or family who are suffering any physical or spiritual distress and are in need of prayer, and Der Hayr will add them to his prayer list where they will be remembered before the Holy and Immortal Lamb of God during the Eucharist. *You may also use the prayer request cards and place them in the Gold Box.*

POOR BOX - Did you know we have poor boxes for donations to the needy at entrances to the Sanctuary? Contributions appreciated.

ARMENIAN RADIO HOUR - Sundays 9-10 a.m. WARL 1320 AM
ARDZAGANG - Armenian Television Program-Statewide Cable Interconnect Channel 13 (A):broadcast Thursdays, 8:30-9:30 a.m

CHURCH LIBRARY - Anyone needing assistance to donate or take out books from the Church Library should call the church office at 272-7712.

CALENDAR OF EVENTS

FEBRUARY

- 14 Choir Rehearsal after service
- 15 Senior Citizens, 10 a.m.
- 17 Lenten Service & Bible Study, 7 p.m. - 8:30 p.m.
- 19 Jr. Choir 6 p.m.
Nazeli Dance Group 6:30 p.m.
- 20 Arts Education, 10 a.m.
- 21 Annual Parish Assembly after services
- 22 Senior Citizens, 10 a.m.
- 23 Choir Rehearsal, 7 p.m.
- 24 Lenten Service (service only) , 7 p.m.
- 26 Jr. Choir 6 p.m.
Nazeli Dance Group 6:30 p.m.
- 27 Arts Education
- 29 Senior Citizens, 10 a.m.

MARCH

- 2 Lenten Service (service only) 7 p.m.
- 4 Jr. Choir 6 p.m., Nazeli Dance Group 6:30 p.m.
- 5 Arts Education 10 a.m.
- 6 Women's Guild Soup Luncheon after church
- 7 Senior Citizens, 10 a.m.
- 9 Lenten Service & Bible Study 7-8:30 p.m.
- 11 Jr. Choir 6 p.m., Nazeli Dance Group 6:30 p.m.
- 12 Arts Education 10 a.m.
- 13 Choir Rehearsal after service
- 14 Senior Citizens, 10 a.m.
- 16 Lenten Service & Bible Study 7-8:30 p.m.
- 18 Jr. Choir 6 p.m., Nazeli Dance Group 6:30 p.m.
- 19 Arts Education 10 a.m.
- 20 Palm Sunday & ACYOA Palm Sunday Dinner
- 21 Senior Citizens, 10 a.m.
- 24 Holy & Great Thursday
- 25 Holy & Great Friday
- 26 Holy & Great Saturday
- 27 Easter Sunday - Resurrection of our Lord Jesus Christ