

Mer Doon

Her Sunn



V. Rev. Fr. Oshagan Gulgolian, Pastor

ST. SAHAG & ST. MESROB ARMENIAN APOSTOLIC CHURCH

PARISH COMMUNITY LEADERSHIP DIRECTORY

OFFICE

630 Clothier Road Phone ☎ 610.642.4212
Wynnewood, PA 19096 Fax ☎ 610.649.4892

Pastor

Very Rev Fr. Oshagan Gulgolian, *M. Div.*

Office Secretary

Looking for Volunteers

Website

<http://www.sahagmesrob.church>

E-Mail

Pastor ✉ hayrsourp@sahagmesrobchurch.org
Office Secretary ✉ stsahagmesrob@gmail.com

Church Office Hours

8:00 a.m. – 4:00 p.m.

Pastor's Hours

10:00 a.m. – 2:00 p.m.

Sunday Divine Liturgy Services

Divine Liturgy – 10:00 a.m.
Choirmaster – Yn. Angel Metjian

Organists:

Laraine Ballard

PARISH COUNCIL

| | |
|--------------------|-------------------------|
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| Alex Topakbashian | Vice Chair |
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| Krikor Soghomonian | Asst. Treasurer |
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| Janet Soghomonian | Advisor |
| Lisa Kazanjian | Advisor |
| Avedis Boornazian | Advisor |

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Lisa Manookian
Alex Topakbashian

Mer Doon Advisory Committee

| | |
|----------|------------------|
| Editor | Pamela Mamourian |
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Margaret Boyajian
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Laraine Ballard
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Edward Sarkisian

Sunday School Superintendents

Pamela Brinker Martha Boornazian

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| | |
|--------------------------|-------------------------------------|
| ACYOA Jrs. | Lena Bardakjian |
| Choir | Laraine Ballard |
| Men's Club Senior | Haig Geovjian |
| Men's Club | Krikor Soghomonian & Alex Mamourian |
| Permanent Endowment Fund | Alex Topakbashian |
| Women's Guild | Robin Williams |
| Youth Committee | Sarkis Berberian |

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| | |
|----------------|-------------------|
| Communications | Pamela Mamourian |
| Web Designer | Alex Topakbashian |
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Armenian Heritage Center

Carol Keosayian, *Coordinator*

Facilities Management

Krikor Soghomonian & Avedis Boornazian,
Grounds & Maintenance Liaisons
Aris Topakbashian, *Coordinator*

Front cover: Designed after traditional Armenian Church architecture, our marble Altar is the magnificent focal point of our Church. Approval from a few professionals with exquisite vision, along with our Trustees at the time, determined the design. It was sculpted in and imported from Italy, and on April 22, 1970, the new marble Altar was consecrated by the Diocesan Primate Archbishop Torkom Manookian.

Arch inscription: *I am the way, the truth, and the life.*
- John 14:6

Corrections: Mer Doon Summer-Fall Issue, 2018

The article Athletes for Armenia on page 21 should read "the 20th century's first genocide" not "the 21st century's first genocide".

The section Gifts to the Church on page 29 should read Vahan and Danielle Gureghian's donations as: "In Memory of Harry and Ann Gureghian."



THE PASTOR'S CORNER

United. As I consider the new year stretching out before us, I have a prayer for how it could take shape for us here at St. Sahag & St. Mesrob Armenian Apostolic Church. And that prayer keeps circling back to one word: *united*. My prayer for our spiritual family in 2019 is for us to grow stronger through our commitment to be *united* in our efforts for our beloved Church. To reflect the faith and love we have for our spiritual home by being *united* with one another.

Let it be our collective New Year's resolution as a family to make a commitment for the enrichment of our blessed St. Sahag & St. Mesrob Armenian Apostolic Church. And the silver lining of working *united* for the betterment of our Church, is the communion that we build in our relationships with one other. Hand-in-hand, side-by-side, we can celebrate our successes, walk through our challenges, and build together. For a church is not just the visible four walls that surround us, it is the invisible faith, hope and love we share with each other in God's name.

For my part in 2019, I recommit my unconditional devotion to work on behalf of my beloved St. Sahag & St. Mesrob Armenian Apostolic Church. And my prayer for the New Year is that our family stands and works *united*, so together we can accomplish much for the benefit and growth of our spiritual home, St. Sahag & St. Mesrob Armenian Apostolic Church, and our Church Family.

I pray you and your families have a happy, healthy New Year filled with God's blessings.

You are in my daily prayers always,

✠ Fr. Oshagan





A MESSAGE FROM OUR PARISH COUNCIL CHAIRPERSON

Dear Parishioners and Friends,

Our Food Festival was a wonderful way to start our Christmas Holiday, with compliments from so many who attended. Snowmen, snowflakes and penguins were highlights of our “Winter Wonderland” theme. Our special guest, Frosty the Snowman was very popular with both the children and adults. The new seating arrangement gave people the opportunity to more readily navigate the space and the narrower tables allowed for easier conversation while enjoying the delicious dinner. Families delighted in seeing their children with Mrs. Claus making balloon figures, and the children waited patiently for the artist to paint their happy faces. Kudos to Steven Keytanjian, Festival Chairman, for a successful event and a job well done! Please read the Food Festival Event article for more details on our successful event.



Armenian Christmas Eve on Saturday, January 5th brought our Parishioners together for the “Good News” of the birth of Jesus. And on Sunday, January 6th, we celebrated the Nativity and Theophany of our Lord Jesus Christ, with the Blessing of the Water Service where Dr. Alexander Mamourian was honored as Godfather of the Cross.

Our nominating committee has begun their task of searching for people willing to serve in various capacities, such as Auditing, Nominating, and Parish Council of our Church leadership. If you receive a request to serve, please consider very seriously your role at St. Sahag & St. Mesrob Armenian Apostolic Church. It takes many hands and minds to keep our beautiful Church in operation and a call for service is one to be taken with deep consideration. It is when we join together we make the biggest impact, we grow, we thrive. Our Parish Assembly is scheduled to be held on March 3, 2019.

We look forward to our Lenten Series this year which will focus on different aspects of our health. I am sure this will be a very interesting and informative series.

As always, our Church is supported by those who volunteer their time, talent and treasures. We thank all of you who serve in any capacity, big or small, to uplift our blessed St. Sahag & St. Mesrob Armenian Apostolic Church as our beautiful, spiritual home.

Respectfully,

✍ Jovia Keytanjian, PC Chair

*Remember Saint Sahag and Saint Mesrob Armenian Church
In Your Will*



PARISH NEWS

Women's Guild Update

Merry Christmas and Happy, Healthy New Year to all ladies of St. Sahag and St. Mesrob Armenian Apostolic Church! We have a fun and productive year planned for our Women's Guild and we hope you will be a part of it. Looking back on the last few months of 2018, we must thank many who gave of their time and talents. In



October, we brought back our Lobster Night. Thanks to Rosine Gouveia for coordinating the food and to Rita Khachadourian for making Hayatian Hall look so festive. To Elizabeth Barsamian, Chair of the Election Day Bake Sale, and the many women who brought baked goods and volunteered to staff the table that day, thank you so very much for making this one of our most successful bake sales. Because of your efforts, we will again sponsor two orphaned children in Armenia through CASP (Children of Armenia Fund). The impact this donation makes on the life of these children is invaluable and, on their behalf, we give a heartfelt thanks to each of you who helped. Lastly, a big thank you goes to Julyet Degirmenci and all those who came out on Mondays to prepare the delicious food for the Food Festival, as well as to those who served in various capacities that weekend. Thank you to Margrit Stepanian and Rosine Gouveia for supervising the sweet table and to all who brought the yummy desserts ... we are grateful for each and every one of you.

✍ Robin Williams

Choir

Dear Parishioners,

The St. Sahag & St. Mesrob Armenian Apostolic Church Choir wishes you all a Merry Christmas and a happy & healthy 2019! This is the time we make our New Year's resolutions to do something good for ourselves and for others, and to try something new. How about



accomplishing all three and at the same time serve God, make new friends and have fun? The Choir warmly welcomes new members and invites you to learn the beautiful Armenian hymns that are sung during the Divine Liturgy. It is an uplifting and joyous experience to sing during Badarak! All ages are welcome and no experience is necessary.

Please contact the church office (610) 642-4212, Laraine Ballard ballardfrench@msn.com or (484) 431-2465, or speak with Hayr Sourp, a Deacon, or choir member following Badarak if you wish to join or have any questions.

✍ Laraine Ballard



Sunday School Update



Our Sunday School program strives to balance classroom learning with Church attendance in an effort to provide a well-rounded education to our children. The Sunday School regularly attends Badarak and Hayr Sourp addresses the children.

Our Sunday School program would not be possible without the dedication of our incredible teachers - Sossi Avrigian, Elda Chamberlain, Nancy DerSimonian, Valerie Hagopian, Diane Hoplamazian, Lucille Mikaelian, Ed Sarkissian and Peter Yilanjian. Even with their busy lives, these volunteer teachers choose to commit considerable time and effort to educate and encourage the future of our Church. Their devotion is greatly appreciated.

The Sunday School continues to actively participate in the life of our Church with many children serving as readers and candle holders. Talene Metjian is doing a tremendous job of enlisting and organizing families to participate. All children are welcome. The Sunday School looks forward to partnering with the deacons in 2019 to begin a formal training program.

Shake' Derderian shared her incredible knowledge of the Badarak and church traditions with our children during Badarak tracking in the balcony on December 2nd. In addition to learning about the Badarak as it was taking place, the children also had the opportunity to hold and swing a poorvar. The children were not the only ones who enjoyed and learned that day. Many parents commented on how much they enjoyed and learned as well.



The Sunday School was happy to present to our Church Family its annual Sunday School Christmas Pageant on December 23rd. Tradition was honored as several children played the exact same role and wore the exact same costume as one of their parents had many years ago. And several first year students brought smiles and expressions of joy to parents who had also been a part of the pageant in their youth. The tradition continues. Many thanks to Ida Ramoundos and Maral Seroon for steaming the costumes; to Lily Barsamian, Taylor Hardin and Grace Yacobe for being so helpful with the younger children; to Socie Amirian, Ave Boornazian, Valerie Hagopian, Talene Metjian, Lucille Mikaelian, Jodi Petrosian and Ida Ramoundos for assisting with whatever needed to be done; to Samer Kasto for being the official photographer; and to all our wonderful parents for their patience and cooperation. A very special



thank you to Yeretzgin Angel who guided the children and directed the choir and congregation throughout the entire pageant.

The Sunday School of St. Sahag & St. Mesrob Armenian Apostolic Church welcomes all families and all children. Please join us. It is a beautiful opportunity for children to develop a love of our Church and develop lifelong friendships.

✍ Pam Brinker and Martha Boornazian





Church Archives

The St. Sahag & St. Mesrob Church Archives Committee is in its third year of organizing the important documents of our Parish's history. We have had wonderful input from our parishioners who have given us many unique items. The Committee requests donations of photographs or mementos such as old Mer Doons, flyers and programs from events, etc.

Please bag donated items or put them in an envelope, not loose, and take them to the church office, marked "Archives Committee" and your name and phone number as a contact. If they are photographs, let us know what event and the date or the approximate years, i.e., circa early 1970's, etc. If you can identify people in the photo, please list them on a separate piece of paper, specifying, for instance, "Front Row, third girl from the left:, Second Row, etc." Attach the identification sheet to the photo. For the photo on this page, you can email your answers to the Archives Committee at: lsbdh@yahoo.com or drop them at the office.

The Archives Committee appreciates the support we have received from Hayr Sourp and Parish Council, with a special thank you to parishioners Steven Barsamian, Raffi Berberian, and Carol Keosayian who have headed our Oral History Project. We're excited to see what donations will come to us in 2019.

ACYOA Regional Meeting, April 1987 -
The St. Sahag & St. Mesrob Church Archives Committee is interested in identifying the people in the photo. If you know anyone in this picture with Der Paree, please let us know who he or she is.



DID YOU KNOW - *The large lawn sign in front of St. Sahag & St. Mesrob Armenian Apostolic Church was donated to the Church by the ACYOA following the successful hosting of the National Sports Weekend on September 15, 1974.*

✍ The Archives Committee





Men's Club



The St. Sahag & St. Mesrob Armenian Apostolic Church Men's Club met at the Church for the past two meetings. In the month of November, some regular members of Men's Club joined in with many other members of the Parish at Memorial Hall kitchen to prepare the meat that would be grilled later at the Christmas Food Festival. It was a reminder of the enormous effort required to host these large Church events. The December meeting was our first in Hayatian Hall and it was well attended. We mixed some singing, backgammon and storytelling at the meeting that evening and we plan to hold our January event there as well. We are just getting ourselves organized, and we are considering different possibilities of how we can impact our community with charitable work. If you are interested in joining us –and all are welcome –please email alexmamourian@me.com or gregsogh@gmail.com

Hokejash Committee

For many years the Women's Guild has provided a service to our Parishioners during their time of grief due to the loss of a loved one. At a time when the family finds themselves most in need of support, it has long been an Armenian tradition to make available a memorial luncheon, or Hokejash, after funeral services. Many people are not aware that this practice still exists and the Hokejash Committee is available to assist any family who suffers such a loss. We wish to help ease the painful loss of a loved one by providing a convenient way of hosting a memorial luncheon.



Funeral Meals

The convenience of having Hokejash at St. Sahag & St. Mesrob Armenian Apostolic Church is particularly favorable for older Parishioners who may not be able to attend the burial service. They can remain at Church in a warm, comfortable environment. And of course, the benefit of Hokejash is twofold: the family is supported and taken care of by their caring Church Family in their time of need, and in turn the family is supporting their beloved St. Sahag & St. Mesrob Armenian Apostolic Church.

Please contact the Church office if you are need of our help or would like more information.

✍ Elizabeth Barsamian



FOCUS ON THE ACYOA AND OUR YOUTH

The ACYOA has been very active this fall and winter. We

participated in the October Sports Weekend in Watervliet, New York and placed 2nd overall. Go team! Sports Weekend was a time of great fellowship and fun for the ACYOA. Imagine a room of over 200 youth from throughout the Eastern Diocese all uniting in their faith and heritage. The camaraderie and love was truly incredible. There were a variety of sports competitions such as volleyball, basketball and wiffleball during the day and they were followed by social events and dances at night. It was really an amazing experience. Additionally, back on our home turf, our ACYOA social events have been great fun. We went to DefCon, which is like paint balling, and trampolining at "Get Air." We have also participated in community service events such as hosting our own can drive where we collected nonperishable foods for The Patrician Society. Right around the corner this month, the ACYOA is scheduled to volunteer at Cradles to Crayons, a warehouse where shoes, clothing, toys and other goods are refined and organized for children in need. We are also eager to begin basketball and volleyball practices for Watertown's Hye M'rtsoom (Sports Weekend) in May! We extend open arms for our youth to join with us in our fun, our fellowship and our service.



✍ Lena Bardakjian

Processional Banner Dedication

On October 21st, St. Sahag & St. Mesrob Armenian Apostolic Church celebrated the dedication of a beautiful processional banner donated by Alice Dertadian, and her daughters Michele Baltaian and Noreen Dufresne, in loving memory of their devoted husband and father, Harry Dertadian. Handmade in Armenia, the banner was blessed by The Very Reverend Father Oshagan Gulgulian and will be used on the altar for the Divine Liturgy as well as for special occasion processionals. This banner is the fourth added to St. Sahag & St. Mesrob's ensemble of banners, with the aim of assembling a collection of five representing the five major feast days.





Founder's Day

Parish Council Honors Three Distinguished Stewards

The Parish Council was once again delighted to honor three distinguished members of our Parish as Stewards of the Year at the Annual Founders' Day Celebration on October 21st, 2018. Alma Alabilikian, Grace Odabashian and Richard Melikian were recognized for their tireless service to our Church and the Parish community.



As a Parish we have been blessed for many years to have experienced the love that Alma, Grace and Richard have given to our Church. Many would agree that St. Sahag & St. Mesrob Armenian Apostolic Church in Wynnewood would not be what it is today were it not for each of their unique contributions. From Alma's care for design and her

passion for the preservation of our history; to the grace in which we have all felt from Grace's loving, open heart; to the can-do spirit in which Richard has responded to every call to preserve our Church structure. Each steward has been guided by who they are as Armenian Christians and the gifts they have to contribute.

The outpouring of love from the friends and family in attendance, which went well beyond the planned program, demonstrated once again that the impact each of them continues to make in our lives is strong and enduring. They continue to show us the value of building upon the legacy our parents. They have done so by not only in serving when called, but also in shouldering the responsibility of ensuring that our Armenian Church in Philadelphia is here for years to come.

We congratulate them and are forever grateful for their exemplary stewardship.

✍ Alex Topakbashian





Annual Food Festival

Our Christmas Food Festival was a huge success this year. The great turnout of family, friends and new faces showed once again how our community comes together to celebrate the spirit of the holiday season. There was fantastic entertainment for our children, including visits from Frosty the Snowman, Mrs. Claus and Santa himself on Saturday night, along with face painting and custom balloon art.

Extraordinary thanks to all those who participated in the preparation and cooking of our gourmet food. Special appreciation goes to Julyet Degirmenci for leading her busy team in preparing the many delicacies in the weeks preceding the Festival and her hard work during the Festival with her signature cheerful drive; Chuck Ajamian for his help procuring ingredients; Pauline Babikian and Rosine Gouveia for inventory & supplies, Joanne Minassian for her assistance with the planning committee, John Baboujian and Bruce Baltaian for heading up the meat cutting and cooking crew; Lynn Baboujian, who managed our Advanced Orders with Lisa Baboujian and Mari Degirmenci; Carol Keosayian, for organizing our servers and serving as captain of the buffet lines; the many volunteers who comprised our kitchen staff for their tireless dedication each night; our expert pilaf specialist Maritza Berberian, Sarkis and Raffi Berberian, Rob Cannuscio, Frank Cecco for supporting our buffet lines as runners whenever food was needed. Special appreciation goes to our cashiers and to Treasurers Ed Sarkisian and Audrey Klijian for their commitment. Our decorating team Martha Boornazian, Jovia Keytanjian and Pam Mamourian transformed the venue into a winter wonderland. The ladies of our Parish once again outdid themselves with a beautiful array of sweet treats and regional desserts for everyone to enjoy served warmly by Margrit and Zarik Stepanian. The beverages were poured with a smile by Krikor Soghomonian and Avedis Boornazian. Raffles led by Alene Schreiner and Arpie DiLibero, who coordinated a diverse gift basket table.

All 2018 parking spot families renewed for 2019 prior to the event. The silent auction item Naming the Driveway was awarded to Dr. & Mrs. Alexander Mamourian. Many thanks to our silent auction and gift basket donors for their in-kind donations and continued support of our Parish:

A La Maison, Blake Florists, Michael Aram, Wegmans, Toufayan Bakery, Altoonian Photography, Apricot Stone, Teca Restaurant, Autograph Restaurant, Sun-Ni Cheese, Olympic Jewelers, Opy Eskandarian, The Euro Market, Masterpieces Custom Framing, Aras Rug, Graphic Impressions, Vraim Funeral Home, Cycle Sport, Ara Arzoumanian, The Brinker Family, The Baboujian Family, Haig and Sheena Dadourian, Julyet and Samuel Degirmenci, Zovig Devletian, The Keytanjian Families, Sonia and Jeffrey Placido and Family

We also could not have achieved our goal without the support of our Pastor and Parish Council, Food Festival Benefactors Dr. & Mrs. Shahab Minassian, Dr. & Mrs. Levon Nazarian, Patrons Mr. & Mrs. Robert Cannuscio, V. Rev. Fr. Oshagan Gulgolian, as well as all of the Dinner Sponsors, Donors, Gift Basket, and Placemat contributors. With the dedication and talents of so many people we were



able to realize a net profit exceeding \$30,000. Thank you to our Parishioners and friends who supported our dinner donations. And finally, our heartfelt appreciation goes to all of the volunteers who worked tirelessly and diligently to make this Festival possible.

✍ Steven Keytanjian







This Little Angel Heard the Message Loud and Clear

On Christmas Eve morning after a doctor's appointment, I was at Wawa with my children grabbing a quick snack. As we were leaving, a gentleman held the door open for my children to let the four of them out. My kids always say "thank you," but I noticed Christina said something else to the kind man. He looked straight at me as I walked by and said "You're raising them right!" As we walked away, I asked Christina what she had said to the man. Christina proclaimed, "I said Merry Christmas! Hayr Sourp told us to tell everyone Merry Christmas!" In the car Christina went on to tell me, "Hayr Sourp said the shepherds weren't afraid of the angels, so we shouldn't be afraid to say Merry Christmas." I couldn't help but smile over how Christina had recalled Hayr Sourp's sermon during the Sunday School





Christmas Pageant when he urged all Parishioners to proclaim the good Word and wish all a Merry Christmas.

I share this story to remind you that our children ARE listening when the adults speak... they are paying attention and soaking up every word. God bless all our children!

✍ *Sonia Placido*

Nativity and Theophany of our Lord Jesus Christ

Our traditional Armenian Christmas remains on January 6th, the date all Christian churches celebrated Christ's birth until the 4th century. St. Sahag & St. Mesrob Armenian Apostolic Church began their celebration with a beautiful candlelight Christmas Eve Service on January 5th that was accentuated by several Sunday School children reading passages from the Bible. The children added a delightful spirit to an already spectacular candlelight-only Service. Under the direction of Yeretzgin Angel Metjian, the choir led the Parish in singing the traditional and beautiful holy hymns. At the conclusion of the Service, candles were distributed to the Parishioners and lit by a flame that came down from the altar. A candlelight procession followed Hayr Sourp to Hayatian Hall where he performed a stirring "Home Blessing" of the Church.





As is the Armenian tradition, Christmas Day serves as the celebration of the birth of Christ and His baptism in the Jordan River by John the Baptist. Dr. Alexander Mamourian was honored after the Divine Liturgy as Godfather of the “Churorhnek” – the Blessing of the Water Service. Hayr Sourp chanted prayers while pouring Holy Muron into the water from a dove shaped pitcher that symbolizes the Holy Spirit. After this powerful water blessing, the Holy Water was distributed to the faithful in attendance. Parishioners then made their way to Memorial Hall for a festive luncheon prepared by Julyet Degirmenci and her team of kitchen helpers.





Thank you



We are blessed with many Parishioners who give in various ways to our Church, as we like to say, in time, talent or treasure. Sallee Satenik Rush, a longtime member of St. Sahag & St. Mesrob Armenian Apostolic Church, recently donated the funds to purchase a new chalice to be used during our Divine Liturgy. The gold chalice, handmade by a craftsman in Armenia, has been in fabrication for a few months. It was recently completed and travelled from Armenia to Wynnewood under the careful watch of Lena Ohannesian-Streeter, who hand delivered the piece. The chalice is inscribed, *"In loving memory of Candace Lise Rush, donated by Kenneth and Satenik (Sallee) Rush, Wynnewood, PA. 2018"* There will be a dedication service after Badarak in the approaching weeks.



Mrs. Rush also donated an antique Persian rug that has been in her family for almost a century. It currently sits in front of the side altar on the right-hand side of the sanctuary. We are sincerely grateful for her gifts, which further advance the beautification of our beloved St. Sahag & St. Mesrob Armenian Apostolic Church.

St. Sahag & St. Mesrob Wish List

We are reaching out to our Parish Family to let you know we have a new project that needs our attention.

We are in need of a new Altar Curtain, including the support rod and operating mechanism. The Altar Curtain can be fabricated and embroidered in Armenia by expert craftspeople. It will be custom-made and make a beautiful addition to our Altar.

It is our goal to keep our beloved St. Sahag & St. Mesrob Armenian Apostolic Church in good condition, and as such, we are in search of angel patrons to sponsor our Church's needs.

Contributions of any size are welcome. Please speak with Hayr Sourp for more details if you feel called as a benefactor to support our need.

As always, thank you for your consideration and continued backing. We are exceedingly blessed to have such a supportive Church Family.

*Please notify the Pastor whenever you know of anyone who is sick,
Whether at home or in the hospital*



SACRAMENTS & GIFTS TO THE CHURCH

Baptism & Chrismation

Meara Eleanor Sarrafian

Daughter of Roy and Katharine Sarrafian

Baptized October 20, 2018



Roupen Yeremian Jr.

Son of Roupen and Rita Yeremian

Baptized November 18, 2018

Violet Francis Tynan

Daughter of Chris and Jacqueline Tynan

Baptized December 22, 2018



Weddings

Toros Asadourian and Amy Lee Fleck

Tom Chen and Dawn Dipaolo-Little

November 10, 2018

Funerals

Noubar Karagulian

Maro Yilancioglu

Steven Tekirian

Souren Baboujian





Gifts to the Church

General and Memorial Donations

- ❖ Mr. & Mrs. Vahan and Danielle Gureghian in Memory of Harry and Ann Gureghian
- ❖ Dr. & Mrs. Levon and Claudia Nazarian
- ❖ Mrs. Sallee Satenik Rush
- ❖ From the Estate of Philip A. Vishabazoon
- ❖ Sona Hoplamazian for her gift of holiday poinsettias adorning the Church during our Christmas and New Year season.
- ❖ Anonymous

Christmas Youghakin Donations

Mr. & Mrs. Charles Alyanakian
Mrs. Alice Aznavourian
Mr. & Mrs. Bruce Ballard
Mrs. Elizabeth Barsamian
Mrs. Sona Bejian
Mr. & Mrs. Edward T Burg
Mr. & Mrs. Robert Cannuscio
Mr. & Mrs. Joseph Chamoun
Mrs. Alice Dertadian
Mrs. Simone Djevharian
Mrs. Mary Dulgerian
Mrs. Shirley Hajinian
Mr. Harry Havnoonian
Mr. & Mrs. Aram Jerrehian Jr. & Family
Mr. & Mrs. Michael B Kazanjian

Mrs. Berjouhi Kitabjian
Dr. & Mrs. Alexander Mamourian
Yn. Angel Metjian
Mr. & Mrs. Minas Mihranyan
Dr. & Mrs. Shahab Minassian
Ms. Lorie R. Odabashian
Mr. & Mrs. Mesrob Odabashian
Mr. & Mrs. Zohrab Odabashian
Mr. Albert Seraydarian
Mr. & Mrs. Arslan Seraydarian
Mrs. Anna Simonian
Mrs. Nauver Zerounian

Total: \$2,060.00



ARTICLES FOR MER DOON FROM YOU

The *Mer Doon* is accepting articles written by our parishioners. Have you celebrated a milestone – a wedding, anniversary, christening or birthday in your family? Have you been somewhere fascinating or participated in a special project? The *Mer Doon* wants to hear about it. Church organizations are strongly encouraged to contribute articles. Submit your articles and photos to hayrsourp@sahagmesrobchurch.org. Photos should include the following information: event name, date, and the identity of each individual in the photo.



In Memoriam In Lieu Of Flowers

Sincere sympathy is extended by the Pastor and Parish Council to the families of those parishioners who have departed from this life. May God receive the souls of all the departed into His everlasting kingdom and send the heavenly consolation of His Holy Spirit to those who mourn.

In Lieu of Flowers Donations In Memory of Noubar Karagulian

Ms. Alma Alabilikian
M/M Loutfig Arabatlian
M/M Armen Arutunian
Clement Ashegian & Caryn Lapointe
M/M Stephen Ashegian
M/M Melcom Avrigian
M/M Megirdich Azadian
Mrs. Alice Aznavourian
Babikian Family
Ms. Elizabeth Barsamian
Mrs. Millie Barsamian
Mr. Steven Barsamian
Mrs. Lucy Boornazian & Family
M/M Edward Boyajian
M/M Joseph Brinker
M/M Robert Cannuscio & Family
M/M Craig Carroll
Mrs. Ayshe Chakmaklian
M/M Jeffrey Davis
Mrs. Jeanette Der Hagopian
M/M Nishen Der Simonian
Ms. Simone Djevharian
Mrs. Alice Dertadian
M/M Antranig Derderian
Mrs. Zovig Devletian
Mrs. Mary Dulgerian
M/M Ara Eloian
M/M John Eskandarian
Dr. & Mrs. Andre Garabedian
Ardis Eloian Goodson
M/M Mark Gulasarian
M/M Robert Hagopian
Mrs. Rose G. Hagopian
Mrs. Shirley Hajinjian
M/M Karnig Harootunian
Havnoonian Family
M/M Edward Hoplamazian

M/M Jack Hoplamazian
M/M Vaughn Hoplamazian
Mrs. Rose Jehanian
Mrs. Siran Karagulian
Mrs. Florence Kazanjian
M/M Haroutune Kazandjian
Mr. Michael Kazanjian
M/M Charles Keytanjian
M/M Diran Keytanjian
M/M Joseph F. LoCasale
M/M Patrick McNelis
M/M G. Manoogian
M/M Hrair Megerian
M/M Noubar Megerian
M/M Narrek Megherian
Ms. Zarmi Megherian
Yn. Yefkin Megherian
M/M Gerald Mikaelian
Ms. Lorie Odabashian
Ms. Mary Odabashian
M/M Mesrob Odabashian
Ms. Arsine Oshagan
M/M John Parseghian
M/M Tico Petrosian
M/M Kevork Proodian
Mr. Rafal Petrosian
M/M Ray Prusienski
Yn. Angel Metjian
St. Sahag & Mesrob Church Choir
M/M Robert Riser
Tina Kashishian & John Sickler
Ms. Jacquelyn H. Suniaga
M/M Daniel Takoushian
M/M Aris Topakbashian
Mrs. Veronica Torcomian
M/M Karnig Torossian
Dr. & Mrs. Gerald Williams, Jr.
M/M Chris Zakian
Mrs. Laura Zakian
Mr. Noel Zeibari



Mrs. Nauver & Ms. Arpie Zerounian

Total: \$3,935.00

**In Lieu of Flowers Donations
In Memory of Maro Yilancioglu**

M/M Robert Antenucci
M/M Migirdich Azadian
Ms. Elizabeth Barsamian
Mr. Adam Coulter
M/M James Coulter
M/Mr. Jacques Derderian
M/M Nishen Der Simonian
Mrs. Alice Dertadian
M/M Berc Gokberk
M/M Gabriel Kaprelian
M/M Charles Keytanjian
Patricia A. Lutrzykowski
M/M Cedric Luhmann
M/M Gerald Mikaelian
M/M Steve Mitilian
M/M Mesrob Odabashian
Masis Pazarjian
Mr/M Ashod Spendjian
M. K. Tashjian
M/M Ohanes Thomasian
M/M Hrant Torunyan
M/M Krikor Toufayan
M/M John Yilanjian

Total: \$2,100.00

**In Lieu of Flowers Donations
In Memory of Steven Tekirian**

Amanda Abrams
Alma Alabilikian & Peter Paone
Lesley Brown
M/M Leon DerOhannessian
Mr. & Mrs. Viken Evereklian
M/M Dave Glarner
Ara Kahwadjian
M/M Albert Keshgegian
Dr. & Mrs. Jacques Khoury

M/M James Landgraf
M/M Mark Mansfield
Gohar Merdjanian
Anahis Odabashian
Mary Ann Phillips
M/M Michael Santerian
M/M Raffi Setrakian
M/M Richard Shelengian
Paul V. Sookiasian
Elizabeth L. Sookiasian
Mrs. Maral Tekirian & Family
Dr. & Mrs. Warren Taylor
Rev. Ron Tovmassian & Sam Meg
M/M David Yoel & Family
M/M Andre Zeibari

Total: \$2,725.00

**In Lieu of Flowers Donations
In Memory of Souren Baboujian**

Mrs. Alice Dertadian
Gay Hagopian
M/M Mesrob Odabashian
M/M/ Aris Topakbashian & Andre
Mrs. Veronica Torcomian

Total: \$195.00

Additional In Lieu of Flowers Donations

In Memory of George Devletian

Nancy Jingoian
Georgette Kazanjian
M/M Hrair Megerian
M/M Gerald Mikaelian
St. Sahag Church Choir
M/M George Semerjian

In Memory of Sarah Kapikian

Linda Preske

In Memory of Krikor Mardikian:

Joyce Shenian

Total: \$380.00



Աղոթքի գորությունը

Հավատացյալներից եւ ոչ մեկը չի կասկածում, որ աղոթքը բուժիչ ազդեցություն ունի, սակայն այժմ առաջատար գիտնականները աշխարհի լավագույն կլինիկաներից ապացուցում են, որ հավատքն առ Աստված իսկապես մարդուն կարող է ավելի երջանիկ ու երկարակյաց դարձնել:

«Հետազոտությունները ցույց են տալիս, որ աղոթքը կարող է օգնել մարդկանց ավելի առողջ լինել, իսկ եթե նրանք հիվանդանում են, աղոթքը նպաստում շուտափույթ ապաքինմանը»,- նշում է Դյուկի համալսարանի գիտնական Հարոլդ Քենիգը: **«1500 բժշկական հետազոտություն ցույց տվեց, որ այն մարդիկ, ովքեր հավատացյալ են եւ հաճախ են աղոթում, սովորաբար ավելի դիմացկուն ֆիզիկական եւ հոգեբանական առողջություն ունեն»** Բացի այդ՝ գիտնականի խոսքով, հետազոտությունները նաեւ ցույց են տվել, որ այն մարդիկ, ովքեր հաճախ են եկեղեցի այցելում, աթեիստներից երկար են ապրում մի ամբողջ 7 տարի: Իսկ վերջերս իրականացված հետազոտությունը, որը լույս է տեսել Southern Medical Journal ամսագրում, ցույց է տալիս, որ աղոթքը նկատելիորեն բարելավում է լսողական ու տեսողական խնդիրներ ունեցող մարդկանց առողջությունը:

Բժիշկ Քենինգի խոսքով՝ հավատացյալ մարդիկ ավելի հեշտ են դիմակայում սթրեսային վիճակներին, ավելի օպտիմիստ են, ավելի հազվադեպ են դեպրեսիա եւ տագնապայնություն ապրում եւ դիմում ինքնասպանության: Բացի այդ՝ նրանք տարբերվում են կայուն իմունիտետով, ավելի ցածր զարկերակային ճնշմամբ եւ ավելի ամուր սիրտ-անոթային համակարգով:

American Journal of Public Health-ի իրականացրած հետազոտությունը, որը 2000 տարեց մարդկանց է ներառել, ցույց է տալիս, որ աթեիստների շրջանում մահացության ցուցանիշը բարձր էր 36 տոկոսով՝ հավատացյալ մարդկանց համեմատ: Ընդ որում՝ եկեղեցի հաճախող հավատացյալ մարդիկ ավելի երկար են ապրում: Պարզվում է՝ աղոթքից հետո մարդու ուղեղը գտնվում է բոլորովին թարմ, երեխայական առույգությանը բնորոշ վիճակում. այս մասին բարձրաձայնել են Մոսկվայի գիտնականները:

Հետազոտության հեղինակ պրոֆեսոր Վալերի Սլեզինի հավաստմամբ՝ **«Աղոթքի ընթացքում նեյտրոնների միջեւ գոյություն ունեցող պաթոլոգիկ կապն ընդհատվում է, մարդը լիցքաթափվում է, դադարում մտածել հիվանդության մասին եւ, որ ամենակարեւորն է՝ ազատվում է հիվանդության հանդեպ ունեցած վախից»**. հաղորդում է Life4GogPress-ը:

«Իսկ այն, որ աղոթքից հետո առաջացած առույգությունն անհրաժեշտ է յուրաքանչյուր անհատի, դա փաստ է»,- նշել է պրոֆեսորը՝ հավելելով՝ **«Իզուր չէ Աստվածաշունչն ասում՝ «Նմանվեք մանուկներին եւ կժառանգեք երկնքի արքայությունը»:**

Աղբյուր՝ «Մյունխյաց Կանթեղ ամսագիր» #29 (63)



ԽՕՍՔ ԻՄ ՈՐԴՈՒՆ

ՍԻԼՎԱ ԿԱՊՈՒՏԻԿԵԱՆ

(1919 – 2006)

Այս գարնան հետ, այս ծաղկունքի,
Այս թռչնակի, այս առուակի,
Հետն այս երգի ու զարթոնքի
Բացուեց լեզո՞ւն իմ մանկիկի:
Ու թոթովեց բառ մի անգին
Հայկեան լեզուից մեր սրբազան,
Ասես մասունք հաղորդութեան
Դիպաւ մանկանըս շրթունքին... –
Լսի՛ր, որդիս, պատգամ որպէս
Սիրող քո մօր խօ՛սքը սրտանց,
Այսօրուանից յանձնում եմ քեզ
Հայոց լեզո՞ւն հազարազանձ:
Կտրել է նա, հանց աստղալոյս,
Երկինքները ժամանակի,
Շառաչել է խռովայոյզ
Սլացքի հետ հայկեան նետի,
Եւ Մեսրոպի սուրբ հանճարով
Դարձել է գիր ու մագաղաթ,
Դարձել է յո՛յս, դարձել դրօ՛շ,
Պահել երթը մեր անաղարտ...
Նրանո՛վ է մրմնջացել
Հայ պանդուխտը վերքն իր սրտի,
Նրանո՛վ է որոտացել
Կռուի երգն իմ ժողովրդի,
Նրանո՛վ է մայրս ջահել
Ինձ օրօրոց դրել մի օր,
Հիմա եկել, քե՛զ է հասել
Նրա կարկաչը դարաւոր...
Բա՛ց շուրթերդ,
Խօսի՛ր, անգի՛ն,
Ժիր դայլայլի՛ր, ի՛մ սիրասուն,
Թող մանկանա՛յ քո շուրթերին
Մեր ալեհե՛ր հայոց լեզուն...
Պահի՛ր նրան բարձր ու վճիտ,
Արարատի սուրբ ձիւնի պէս,
Պահի՛ր նրան սրտիդ մօտիկ,
Քո պապերի աճիւնի պէս,
Ու նսխի զարկիցը սեւ
Դու պաշտպանի՛ր կրծքով նրան,
Ինչպէս մօ՛րդդ կը պաշտպանես,
Թէ տո՛ւր քաշեն մօրդդ վրան.
Ու տե՛ս, որդիս, ո՛ր էլ լինես,
Այս լուսնի տակ ո՛ր էլ գնաս,
Թէ մօ՛րդ անգամ մտքից հանես,
Քո մա՛յր լեզուն չմոռանա՛ւ:

Message to My Son

Silva Gaboudikian

(1919 – 2006)

With this spring season and blossoming of flowers,
And the flight of the birds and the flow of the brook,
With these songs and awakening,
My child's speech awoke.
He uttered a precious word
From our sacred Armenian language
As if it was a part of the Holy Sacrament
That touched the lips of my baby....
Listen, my son, to my message to you,
From the heart of your loving mother.
From this day I entrust to you
The most precious Armenian language
It cut through the starlight
From the skies of centuries,
And cracked with turbulence
With the flight of an Armenian arrow.
And with the intelligence of Saint Mesrob,
It became a letter and a scroll
It became a hope, it became a flag
It kept our journey intact...
With it, they mumbled
The Armenian migrants, with the wounds in their heart,
With it rumbled
The battle song of my people
With it my aged mother put me in cradle one day
And deliver it to you with her centuries old murmur
Open your lips and speak my precious one,
Quick, chirp my dear one
Let it be young again on your lips
Our gray-haired Armenian language...
Keep it high and pure
Like the holy snow of Ararat
Keep it close to your heart
Like the ashes of your forefathers
And against the enemy's black stroke
Protect it with your chest
Like you would protect your mother
When they threaten her life with a sword
And look, my son, no matter where you are
Wherever you may go and live under the moon
Even if you forget your mother
Don't ever forget your maternal language.

Armenian poet Silva Gaboudikian (1919 - 2006) was arguably one of the most notable and well-regarded Armenian literary figures of the 20th century. Her poetry earned her the commonly referred to title among Armenians as the "Poetess of All Armenians." This year marks the 100th anniversary of her birth.



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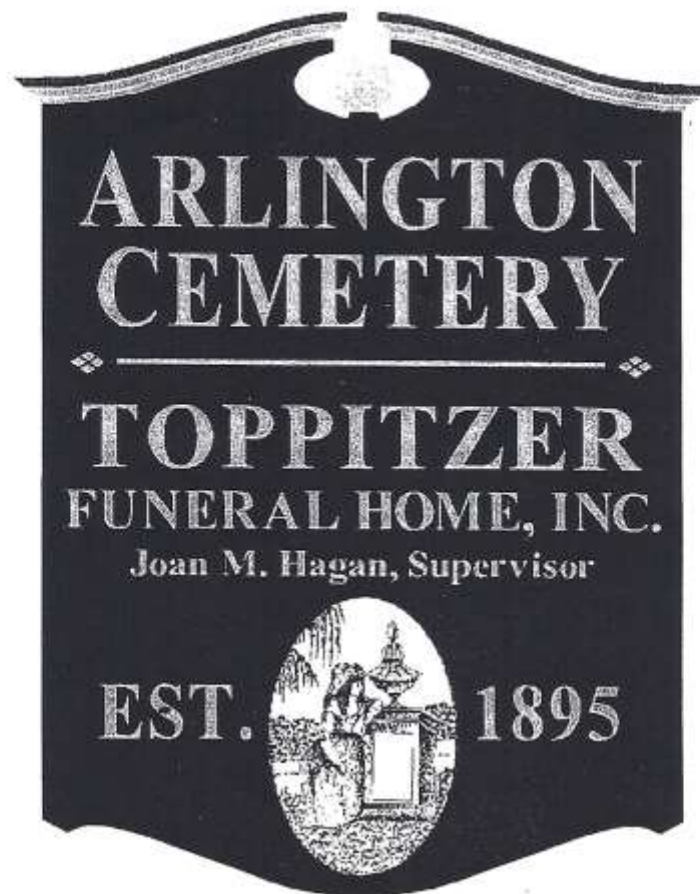
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CALENDAR OF EVENTS

- ❖ February 14, 2019 *Presentation of the Lord to the Temple*
- ❖ February 16, 2019 *St. Sarkis the Warrior*
- ❖ February 28, 2019 *Feast of Saints. Vartanantz*
- ❖ March 3, 2019 *Feast of Great Barekendan (Poon Paregentan)*
- ❖ March 3, 2019 *Annual Parish Assembly*
- ❖ April 14, 2019 *Palm Sunday*
- ❖ April 21, 2019 *Holy Easter*