

LOOYS

ARMENIAN CHURCH OF THE HOLY RESURRECTION



Spring/Summer 2023



Feeding to be Fed

Fr. Haroutiun Sabounjian

As Armenians, we are blessed to be the beneficiaries of a rich culinary culture; so much so that when we hear someone is hosting a gathering, our first question is what food they will be serving. There is something critical, even mystical, about gathering together around a meal with those we love, that as Christians finds its pinnacle in the supper of the Lord for which we gather every Sunday.

However, there can be a dark side to overly obsessing over food. On the one hand, we might be so consumed with always trying new and exciting dishes, that we overeat or eat junk foods that put our health at risk. On the other hand, we might become overly neurotic about counting calories and carbs in caring for our health, that all of the joy of sitting down for a meal with those we love evades us.

I think that these two extremes within our dietary habits are symptoms of an overarching obsession in our culture with consumption. Our entire economy is built on constantly purchasing new products to put in, on or around our bodies.

The goal of modern American life seems simply to be amassing as many items as possible. At times, we do not even understand why we are seeking to consume more and more day by day. We have simply become hardwired to take as much as possible from the world around us so that the treasures we collect can sit on shelves in our basements for thirty years.

The reasonable restriction of consumption, of choosing when and if to incorporate a new food, or product, or behavior into our lives, is the Christian virtue of temperance. Temperance is the ability to discern what and how much of something will contribute to our flourishing and the good of those around us before crossing the line into self or “other”-destruction.

This virtue of temperance is at the heart, not only of Christianity, but also of the Jewish law; a set of 613 commandments that restricted behavior in areas of worship, diet, cleanliness and interpersonal relationships. These laws were all geared toward allowing the Jewish people to live temperate lives that would put the blessings in the world around them in their proper place and would orient them ultimately toward a prioritization of God as the center of their existence.

For this reason, Orthodox Jews even to this day live lives that are unusually restrained, being forbidden from eating entire food groups, or engaging in many seemingly arbitrary behaviors, or even using modern technology on the Sabbath; all in the pursuit of tempering their behavior in order to orient their lives more fully to God.

This spirit of temperance is at the heart of an interaction the Pharisees and the scribes have with Jesus in Mark 7. They come across Jesus eating with his disciples who had not gone through the formal protocol of hand washing before eating a meal. This washing of hands was not for hygiene, but was purely a ritual act. Understanding the heart of the Jewish law, which was intended to promote the virtue of temperance within its adherents, we might think that Christ would applaud their enforcement of this prescribed custom.

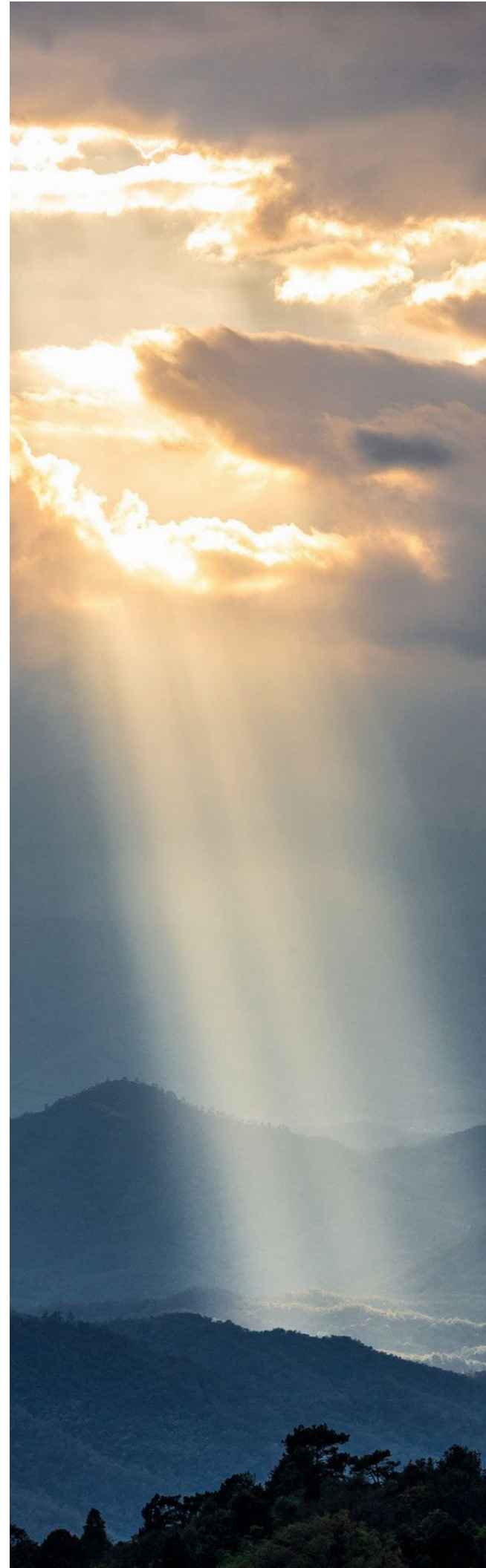
And yet, Christ responds in a radically unexpected way. Instead of reinforcing their correction, he chastises them giving examples of how they “leave the commandment of God, [but] hold fast the tradition of men.” (Mk 7:8) Christ seems to be saying that while my disciples have thrown out the bath water, you have chosen to throw out the baby; that while you do keep the formal rituals of hand washing which my disciples do not, you do not keep the more fundamental aspects of the law.

After this interaction with the Pharisees and the scribes, Christ elaborates this point to his disciples when he says, “What comes out of a man is what defiles a man. For from within, out of the heart of man, come evil thoughts, fornication, theft, murder, adultery, coveting, wickedness, deceit, licentiousness, envy, slander, pride, foolishness. All these evil things come from within, and they defile a man.” (Mk 7:20-23)

As is par for the course, our Lord takes the popular perception of the religious authorities of the day and flips it on its head. He explains how simply keeping the ritual of the law while forgetting the deeper purpose of the law, as demonstrated by their abhorrent behavior toward others, completely defeats the purpose for which these laws were created in the first place.

The Jewish leaders of the day were mistakenly following the law as a way of justifying their otherwise despicable behavior toward others before God. Their assumption was that if they followed all 613 commandments of God throughout their lives, then they would earn his favor. Following God in this way deceptively caught the Pharisees and the scribes in the same consumeristic trap of the modern day: a never-ending spiral of trying to amass more and more goods for yourself with no consideration for others.

In the same way that we in modern times fall into the trap of constantly obsessing over attaining more and more material goods, the Pharisees and the scribes were attempting to “commoditize” God. They were trying to take the free gift of a relationship with him, and warp it into something that could be





bought or sold based on a certain set of arbitrary customs.

These Jewish leaders had forgotten that the law was never about amassing spiritual wealth for oneself, but rather was geared to help temper all of the behaviors that prevent full and complete devotion to the love of God and service of others in this world.

This is why Christ flips the dietary protocols on their head when he says that it is not what comes into a man that defiles him, but what comes out. Christ is showing the Pharisees and the scribes that if their input is godly, but their output is ungodly, their prescribed protocols and religious rituals will become valueless.

The difference between the various religions of the world and Christianity is that, while other religions are focused on how to bring God into your life, Christianity is focused on how we can become agents of making God present in the world around us.

While the religions of the world focus on the quality and caliber of the spiritual food coming in, Christianity is much more concerned with how dining at the eucharistic meal can make Christ present among us all, emboldening us to spread his gospel throughout the entire world.

Yes, we should ask the question of whether or not we are being fed when we walk into the sanctuary, but when we do, Christ will ask us a question in response: “if I feed you, how will you return the favor to others?”

If we come into the sanctuary simply seeking to be comforted in times of sorrow, or to find community in times of loneliness, or to experience Armenian culture in times of assimilation, why should we be surprised when we leave utterly unfed?

At moments when you feel like the *Badarak*, or our parish, or the Armenian Church, or Christianity itself is not feeding you, I encourage you to ask the question: have you come to Christ simply to be fed, or have you come to be fed in order to help feed the spiritually hungry in the world around you? Indeed, the more we spread godliness, the more godly we become. The more we spread holiness, the more holy we become.

The more we spread the love of God, the more fully we experience that self-giving love of Christ our Savior in the depths of our heart. May Christ bless us with the grace of being transformed from consumers to producers and co-workers in the vineyard of the Lord. Glory to the God who feeds us through the gift of feeding others!

Sunday Soup Cookoff

April 23

On Sunday, April 23rd, our Women's Guild held a "fantastic" Soup Cook Off and luncheon chaired by Paula Pare following Badarak. We had nine (9) different people who prepared and presented 9 different types of soup.

Not one person served their own soup as to keep people guessing who made which soup. Cooking for this competition was: Sona Garabettian, Yn. Patricia Buttero, Darlene Hovhanessian, Dian Erikian, Pam Rustigian, Jim Nicholas and Carol Haboian.

Parishioners were able to taste each and every soup, and vote for their favorite using bingo chips.

The soup with the most number of bingo chips would receive the "Silver Ladle Award. All entrants received a small gift of a pot holder and dish towel.

At the end of the event, the soup makers and the winner were revealed. All soups were delicious and we thank everyone cook for sharing their talents with us. But there could only be one winner.

The winner of the most number of votes was Pamela Rustigian who made "Clam Chowder. We congratulate Pam for a job well done!

We also would like to thank all that joined us on that day and those who donated toward this event and cleaned up. We look forward to holding another event in the future.

(Photos are on following page)

CHAIR YOGA with Jeanne Abrahamian

This event was held on Memorial Day Weekend (May 27). Not knowing if we would have enough to hold the session in Abrahamian Auditorium, thirteen (13) individuals of all ages attended.

Jeanne taught us to YOGA breathe, stretch, and positions used in YOGA. We learned so much in the hour session. Adrienne Damian thanked Jeanne on behalf of the Women's Guild and presented her with a small token of appreciation.

A delicious and healthy lunch followed the session in which all attendees socialized and shared their experiences and desire to hold more of the same.

Armenian Festival

August 20

Preparations are underway for the August 20th Festival, which will be chaired by Art Simonian and David Abrahamian. Pam Rustigian will be leading the efforts for the Women's Guild with the assistance of Yn. Patricia Buttero and Adrienne Damian, past Co-Chair.

Laurie George and Alyssa McGiveron and Mary Connors will co-chair the Bake Sale table for the festival.

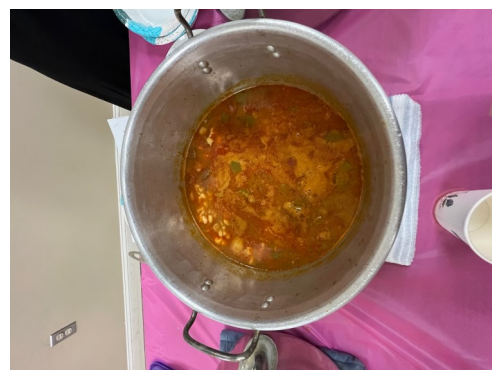
We will be looking for assistance from all our parishioners on Friday, prep day as well as Sunday to make this church event a success.

Please reach out if you are available to help.



Scenes from the Women's Guild Soup Cookoff

Articles on previous page and photos submitted by Adrienne Damian



Left to Right: Sona Garebettian, Yn. Patricia Buttero, Darlene Hovhanessian, Debbi Buttero, Dian Erikian, Diane Roy and Pamela Rustigian.
Missing from the picture is: James Nicholas and Carolyn Haboian.

Winner: Pamela Rustigian

Sunday School News

Written by Debbie Maljanian-Kerr

It seems like just a few weeks ago we were enrolling our students in the fall and already we have finished out the year. So many exciting activities and events have kept us actively engaged in our ACHR celebrations and continue to strengthen our church family.

During the Lenten season students learned of the origin of soft pretzels, folded like the arms of monks in prayer and baked them to share with friends and family. They were amused by the old school VCR we used to watch the movie depicting the events of Holy Week and gained a better understanding of the significance of palms and the tradition of the Washing of the Feet. Many of our students and parents participated in Holy Week events as well, reminiscent of the days when fathers and sons represented the disciples on Holy Thursday.

On April 2, Palm Sunday, following Badarak, parishioners, clergy, choir members and students all went in procession out to the church lawn for the Blessing of the Fields. Beautiful candles were decorated and donated by the Kevorkian family for students to carry during the service. On Mother's Day, May 12, we concluded our Sunday school calendar year by learning about the mothers of the Bible and planting flowers for students to bring to mothers and grandmothers.

Der Hayr gave another special children's sermon as well, sending them off for the summer break with positive encouragement, and thoughts for the coming year. One of

our young students, Julianna Rosa, had perfect attendance! We will be sure to recognize her in the fall, and kudos to Christina for getting her here every week.

As our Sunday school is growing, we look forward to welcoming back our students mid-September. We are hoping to add another teacher as our class sizes are growing. What a wonderful testament to the commitment our families have made to continue to be involved consistently.

A special thank you to our teachers Christina Davootian, and Assistant Lindsay Magarian for all of their creative ideas and energy working with our youngest class.

We look forward as always, to seeing students at church over the summer, and in the fall. We wish you all a safe and healthy summer.



Latest News from the Parish Council

Written by Gary Hovhanessian

Even though we had a mild winter, we all seem to look forward to spring time. We celebrate the Easter Holiday and Holy Week and the wheels of our Parish Council and other organizations of our church keep turning.

We have had some upgrades to our kitchen past and present (serving tables and now an oven) and have been working with an anonymous donor for even future enhancements. Harry DerAsadourian has been coordinating these efforts and we thank him dearly for his persistent work and dedication to our parish.

The spring calendar is always marked with the annual assembly of our Diocese. This year, six from our parish flew to Dallas, Texas to participate. Father Haroutiun was joined by Vice Chairman Paul Marotollo, Diocesan Delegate Dian Erikian. Yeretzgin Patricia Buttero and Adrienne Damian attended representing our Women's Guild. Yeretzgin Lucine reported to the entire assembly representing the ACYOA Central Council.

Also in the spring is our annual ACYOA General Assembly and Sports Weekend. This year's event was hosted by St. Leon's parish in Fairlawn, New Jersey on Memorial Day Weekend.

We had six of our ACYOAers attend which allowed us our own volleyball team (for the first time in many years). Elizabeth Kalfayan was elected to the Nominating Committee and as an alternate to the ACYOA Central Council.

We had great participation in this year's Armenian Open Golf Tournament. This year's very successful event was hosted by our parish and St. George Armenian Church in Hartford and St. Mark's Armenian Church in Springfield.

On the committee from our parish were Fr. Haroutiun, Gary Hovhanessian and Ryan Terdjanian. Also, Mary Connors, Adrienne Damian, Yeretzgin Patricia Buttero, Rose Mosey, and Pamela Rustigian made flavorful pilaf and salad for our post tournament meal. A huge THANK YOU goes out to our hard working parishioners.

Yeretzgin Pat and Gary combined for one of the more impressive raffle prizes, a UCONN women's autographed championship picture from 2016 and commemorative UCONN wine bottle for the 2023 men's championship.



Save The Dates!

Every Wednesday

Seniors Social Gathering

Sunday, July 9

Guest Celebrant - Rev. Fr. Mardiros Chevian

Saturday, July 15 | 5 PM

Brothers & Sisters - Crystal Ridge Winery, South Glastonbury

Tuesday, July 18

Yard Goats Outing —proceeds to support ACYOA.

Sunday, July 30

Guest Celebrant - Rev. Fr. Arshen Aivazian

Wednesday, August 2

New Britain Bees Outing

Saturday, August 12 | 7:30 PM

Brothers and Sisters - "Into the Woods" w/ Dian Erikian

Sunday, August 20

Annual Festival

Saturday, August 26 | 9 AM - 2 PM

Red Cross Blood Drive – Holy Resurrection will again hold a blood drive. Dian Erikian will chair the event with the assistance of several other church members.

Sunday, September 10

Fall BINGO

September 1 - October 31

Hat, Scarf and Glove Drive for the Homeless

Sunday, October 22

82nd Anniversary Banquet at Shuttle Meadow Country Club

Saturday, November 18

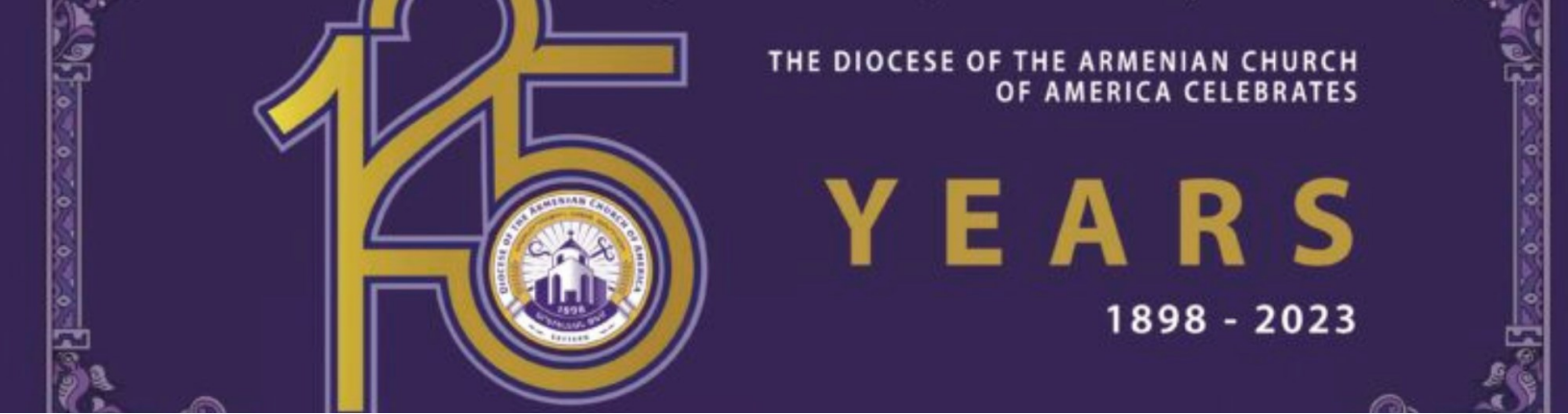
Lyman Pie Sale (Sept-October) for Pickup

Saturday, November 18

Holiday Fair

Saturday, November 25

Five Church Dance



News from the Eastern Diocese and around the world

Information courtesy of the Eastern Diocese eNewsletter

Celebrating a Legacy of 125 Years

"It is the will of a mysterious Providence that our nation should live in exile, as settlers in foreign lands. Yet that same God has not forgotten the Armenians, or Armenia. He has protected our people wherever they live, granted them success, and has day by day multiplied their number..."

"My fatherly advice to you is this: Know who you are."

Those words were penned on July 2, 1898, by the great Catholicos Mkrtych Khrimian, known to the ages as "Khrimian Hayrig." His heartfelt advice was embedded in a pontifical encyclical, by which Khrimian Hayrig formally established the Armenian Church's new Diocese of America.

This year marks 125 years since that momentous development, and the Eastern Diocese will be celebrating the 125th anniversary throughout the coming months, at St. Vartan Cathedral in New York and among our local parish communities.

Diocesan Primate Fr. Mesrop Parsamyan made the announcement this week, in a directive to Diocesan leaders describing the schedule of events, and presenting a host of digital resources to promote the milestone.

These include a poster, banner, bookmark, and prayer book—all available for immediate download at armenianchurch.us/125.

As planned, the **125th Anniversary Celebration** will include liturgical and ecumenical services, concerts and

cultural events, and charitable outreach activities, at the Diocesan Center and among all local parishes. It will culminate in a grand banquet at the New York Botanical Garden in April of 2024.

But it will all launch on Sunday, July 2, 2023—*exactly 125 years since Khrimian Hayrig's encyclical*—with a special Divine Liturgy at St. Vartan Cathedral in New York. Fr. Mesrop Parsamyan will celebrate the *badarak* to officially inaugurate the 125th anniversary year.

On the same day, Diocesan parishes will conclude their Sunday liturgies with a prayer service honoring the occasion, and with the reading of a congratulatory message from His Holiness Karekin II, the Supreme Patriarch and Catholicos of All Armenians.

In his announcement this week, the Primate expressed his hope that "this anniversary milestone will invigorate spiritual and cultural life across our Diocese. As the immortal Psalm expresses it: *'The Lord has done great things for us, and we are filled with joy'* [Ps 126:3]."

Look for frequent updates regarding the 125th Anniversary on the Eastern Diocese's online platforms, and in your local parish. And see the item below under Events for details about the inaugural *badarak* on Sunday, July 2, at New York's St. Vartan Cathedral.

Click the following links to:

- **READ** the Primate's message introducing the milestone year.
- **DOWNLOAD** the complete schedule of 125th Anniversary events.
- **ACCESS** the 125th Anniversary Digital Files page on the Diocesan website

Etchmiadzin's Monastic Brotherhood Holds its Convocation

With the blessings of His Holiness Karekin II, Catholicos of All Armenians, the Brotherhood of the Mother See of Holy Etchmiadzin met from June 5 through 11. This year's meeting convened on the 1,720th anniversary of the founding of Holy Etchmiadzin, under the theme "Etchmiadzin as Mission."

Traditionally this convocation, attended by some 70 vartabeds and monks, meets every two years at the Mother See. However, due to the pandemic and the 2020 Artsakh war, the Brotherhood had not met since its last meeting in 2019. Representatives of the Catholicate of Cilia and the Patriarchates of Jerusalem and Constantinople were also in attendance.

With a meeting of the Supreme Spiritual Council taking place concurrently, members of the Brotherhood had the opportunity to spend time with visiting dignitaries

such as His Beatitude Patriarch Sahak II Mashalian of Constantinople (pictured above, upper right), and Pontifical Legate of Western Europe Archbishop Khajag Barsamian.

In his message to the Brotherhood, His Holiness stated: "You, too, are Holy Etchmiadzin; its mission is your service, in the fatherland and in different locales of the world." He exhorted the clergy to remain steadfast in their calling, because their success in ministry keeps the Armenian Church strong. He mentioned various areas of concern, including challenges to the church's spiritual and national role in society; the threatened removal of the Armenian Church History curriculum from schools in Armenia; as well as a host of challenges in the wake of the Artsakh war. His Holiness also encouraged the clergy to seek out new methods to communicate the message of the gospel and the faith of the Armenian Church.

As members of the monastic brotherhood, Fr. Simeon Odabashian, Fr. Aren Jebejian, and Fr. Mamigon Kiledjian of the Eastern Diocese (above, lower right) were in attendance throughout the proceedings, with Fr. Jebejian serving on the organizing committee for the 2023 Brotherhood Convocation.

[Click here to read more](#)



Join the Eastern Diocese on a Pilgrimage to Armenia!

This September, the Eastern Diocese will lead a pilgrimage to Armenia, to witness the historic events scheduled to take place at the Mother See of Holy Etchmiadzin.

These include the Blessing of the Holy Muron, and the re-opening of the Mother Cathedral after an extensive restoration process.

Pilgrims will also bear witness as our Primate, Fr. Mesrop Parsamyan, is consecrated as a bishop of the church, by the hand of His Holiness Karekin II, the Catholicos of All Armenians.

The trip—which runs September 27 to October 10—also visits spiritual and cultural sites of our homeland, including Khor Virab, the Genocide Memorial, Noravank, Lake Sevan, Dilijan, Garni, Geghard, and Haghpat.

Click here to view a flyer with further details. The deadline to register is June 25.

For information, contact Sima Tours at simatours@gmail.com, or (610) 359-7521.

Diocesan Camps Gear Up to Begin Summer Season

Diocesan Summer Camp season is here! At this writing, registration is still open on the **camp website** for both **St. Vartan Camp** and **Hye Camp**, and will remain open as long as space is still available.

St. Vartan Camp is searching for a lifeguard for Session A (June 25-July 8) and welcomes additional CITs and Counselors to apply. Hye Camp CITs and Counselors have until June 15 to apply, and camper registration will remain open until July 1.

St. Vartan Camp's only remaining session still open is from July 23 - August 5. **Hye Camp** will run from July 29 – August 5.

Please feel free to reach out via e-mail to Jennifer Morris, at jenniferm@armeniandiocese.org, for any questions concerning Hye Camp.

Questions on St. Vartan Camp may be directed to Yn. Arpi Kouzouian, at stvartancamp@armeniandiocese.org.



A HISTORIC PILGRIMAGE TO
ARMENIA
SEPTEMBER 27 – OCTOBER 10, 2023
BLESSING OF THE HOLY MURON
RECONSECRATION OF HOLY ETCHMIADZIN
ORDINATION OF BISHOPS



Armenian Church of the Holy Resurrection

Articles for the *Loos* must be electronically submitted according to the submission schedule available from the Parish Council. You may email your article to our editor, Dn. Matthew Cannata, at matthewcannata@gmail.com. Consistent with established guidelines, editors only publish material submitted by ACHR Organizations or those that receive approval from the Parish Council.

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