



The LIGHT House Sunday School News

Walking and talking with the Saints at Sts. Sahag and Mesrob Armenian Church

March 3, 2019

Church Calendar
Poon Paregentan
Readings
Is 58:1-14, Rom 13:11-14:25, Mt 6:1-21.

Sundays: Look Ahead Calendar of Events

Mar 10	Sunday of Expulsion
Mar 17	Sunday of the Prodigal Son
Mar 24	Sunday of the Steward

CEAB On-Duty: Joyce Avedisian (401-935-1815)

Absent Teacher On-Call: Anna Robinson (401-580-6788)

Today's Schedule

Poon Paregentan Family Celebration

Join us for a kid & adult friendly luncheon. Students are free, adults are \$10. Balloon-Man & Face-Painting for the students! Proceeds to FAR's Program to combat child malnutrition in Armenia!

Grades PreK-10

- Regularly scheduled classes, 10:00am
- Badarak attendance
- Poon Paregentan Luncheon & Program following Badarak
 - Lunch – free for students, adults \$10
 - Proceeds to FAR's initiative to Combat Child Malnutrition in Armenia

Save these Dates:

- **Annual Lenten Drive Events:**
 - **Sunday, March 24th – Mid Lenten Luncheon (vegan)**
 - **Sunday, April 7th – 2nd plate collection in Sanctuary**
- **Assemblies:**
 - **Sunday, March 10th – Learn Armenian Hymns with Liza Z**
 - **Sunday, March 17th – Lenten Lesson 8th-10th grade presentation**

Visit these Websites: <https://vemkar.us>, <http://www.stvoski.org/embed.html>
<https://armenianchurch.us/>

On-Going Charitable Projects: *charitable giving includes canned goods collections, hygienic products collection, weekly plate collection, winter warmth items and the Lenten Drive*

- Contribute and participate in the quarterly Mary House Service Program
- **Hygiene Products – Toothbrushes, toothpaste, soap, shampoo, Kleenex, toilet paper, hand sanitizers, wipes, mouthwash, deodorants** – container is in Sunday School Hall
- **Keep Warm This Winter** – hats, gloves, mittens, sox, scarfs – to be donated to Mary’s House - drive from November to March --- container is in Sunday School Hall
- **This year’s Lenten Drive will raise money for Combating Child Malnutrition in Armenia** – to be administered by FAR.

From DCE:

From Today’s Readings

Matthew 6:1-21 How powerful is Jesus’ teaching on the importance of true piety above external gesture (perhaps an indirect critique of the Pharisees’ idea of religion)! The basic spiritual disciplines of almsgiving, prayer, and fasting are put in a bold new light: engage in these from the heart and quietly so that only God need know. Even those things we treasure on earth (vv 19-21) should be scrutinized by heaven’s standards. *Discuss/reflect: In what areas of your Christian life might it be more a matter of public display than authentic gesture? Identify your life’s “valuables.” Do they meet God’s criteria?*

Romans 13:11-14:25 St. Paul exhorts the faithful to engage in their spiritual disciplines – whether fasting, celebrating feast days, etc. – with heart-felt humility and no judgment of others. These disciplines are pointless unless they are grounded in the righteousness, peace, and joy of the Holy Spirit (14:17). *Discuss/reflect: What does it mean to “clothe yourself in Jesus Christ?” (13:14) How would you go about acquiring this “clothing?”*

Is 58:1-14 Isaiah shares God’s message (and one that echoes today’s other readings): that outward pieties such as diligent fasting are no indication of godly living. Rather, our hearts should reach out to those in need, to the oppressed, the hungry, the poor, and the homeless. Keeping the Sabbath is a way of honoring God but needs to be done from the heart, “then you will find your joy in the Lord.” (v.14) *Discuss/reflect: Starting with verse 6, describe the kind of “fasting” God values far more than (v.5) “bowing one’s head like a reed and lying on sackcloth and ashes.”*

Today is Poon Paregentan!

Tomorrow, March 4, is the first day of Great Lent



Poon Paregentan does not actually fall in Great Lent. However, it is traditionally counted as the first step on the Lenten journey. *Poon* means ‘real’ or ‘true.’ Since every fasting period begins with a festival day or *paregentan*, this one is marked as the ‘true’ one, the most important. This ‘day of good living’ is often marked with festivities, dancing, and a carnival atmosphere to remind us all of the joy and vitality of Paradise and life itself. In some parts of the world, Armenians would indeed wear masks and march in *paregentan* parades. It also was the day to feast on and finish up all non-Lenten foods such as meat, dairy products, and fish. The *sharagan* (hymn) of the day sings of our earthly nature made glorious in the ‘garden of delight’ but also reminds us that even Adam and Eve had to exercise control and, sadly, failed to do so. Great Lent begins in the Armenian Church on Monday, the day after *Poon Paregentan*.

Department of Christian Education/Diocese of the Armenian Church/ (Eastern)

St Nersess 2019 Conferences:

- Adult Conference *NEW*: June 6-9
- Deacons' Training Program: June 28-July 7
- High School Conference: July 26-August 4
- College Winter Conference: January 2-6, 2020

Camp Registration

Registrations and applications for Hye Camp and St. Vartan Camp are now available:
diocesansummercamps.org

Contact for St Vartan Camp: Kathryn Ashbahian (kathryna@armeniandiocese.org)

Contact for Hye Camp: Jennifer Morris (jenniferm@armeniandiocese.org)

St. Vartan Camp

BONDING > LEARNING > PLAYING
SUMMER CAMP!

Where Faith, Fun, and Fellowship Meet!

staff training: June 26-29 Session B: July 14-27
Session A: June 30-July 13 Session C: July 28-August 10

Campers Ages 8-15 / CITs Ages 16 and 17 / Staff and Volunteers Ages 18+

215.452.8322 kathryna@armeniandiocese.org

REGISTER ONLINE: DiocesanSummerCamps.org

Hye Camp

BONDING > LEARNING > PLAYING
SUMMER CAMP!

Where Faith, Fun, and Fellowship Meet!

staff training: July 24-27 Camp week: July 27-August 3

Campers Ages 8-15 / CITs Ages 16 and 17 / Staff and Volunteers Ages 18+

248.648.0702 jenniferm@armeniandiocese.org

REGISTER ONLINE: DiocesanSummerCamps.org

Sunday School Scholarships for St Nersess and Camp:

- Sunday School offers special scholarships for students who have at least one parent who is a dues paying church member.
 - Students with 90%-100% attendance can receive from 90%-100% scholarships for either St Nersess or camp fees. Non-attendance based scholarships are up to \$150.