

How to use

Notes on Holy Communion in the Armenian Apostolic Church (“Notes”)

The *Notes* present the essentials for a basic understanding of the language and structure of Holy Communion and the Armenian Church Calendar. They are designed for self-study, family study, or study in small groups. Like any other topic, Holy Communion can be studied in various ways at various levels of depth and intensity.

The following *lesson plans* will help you structure your study efficiently and effectively, depending upon the amount of time you wish to devote to this. Each session is designed for about 1-1½ hours of study. It is possible to start with the *1-Session Quick Overview* then continue with *4-Session Study Plan*.

Upon completing the *1-Session Quick Overview*, the learner should

- ❖ know the basic meaning and structure of Holy Communion
- ❖ be able to recall the 8 Stages of Holy Communion
- ❖ engage in the Peace Blessing
- ❖ say the 7 active phrases
- ❖ know the 5 major holy days of the Armenian Church Calendar.

Upon completing the *4-Session Study Plan*, the learner should

- ❖ be able to do everything covered in the 1-Session Quick Overview, PLUS
- ❖ say the Lord’s Prayer, understanding each word and recall a related English word
- ❖ be able to recall the 5 major seasons and 5 additional holidays of the Armenian Church Calendar
- ❖ know the 7 passive phrases

Coming Soon: Get to the Root of It! Audio-Visual Tutorials and Instructional Modules
The tutorials and modules will be freely downloadable from the www.armenianchurch.net and www.arak29.am (under Church/tutorials) web-sites and available on disk from the Department of Youth and Education.

The tutorials will run under Windows, Mac OS or Linux. You may need to download free plug-ins for your browser. More details on the website.

1 Session Quick Overview (1-1 ½ hours)

Materials: *Notes on Holy Communion in the Armenian Apostolic Church*

Check off each as you complete it.

- 1. Read the Introduction on the inside cover, look up and read the Bible Passages cited there.
- 2. Read the back cover and make sure that you know how to make the sign of the cross and say the responses to the Peace Blessing
- 3. Do exercises 1-3 on p. 15
- 4. Review the Lord's Prayer word by word (pp. 20-21)
- 5. Find the 7 active phrases in the text, and repeat them until you can say them fluently in Church Armenian (p. 18)
- 6. Find the 7 passive phrases in the booklet (p. 18)
- 7. Read through the Armenian Church Calendar, find the season you are currently celebrating and review the holidays in that season (p. 24)

Quick Overview Review: (1 week – 20 minutes per day)

- 1. Say the Lord's Prayer from memory morning, noon and night – try to remember the meaning and origin of each word Mon. Tue. Wed. Thu. Fri. Sat. Sun.
- 2. Practice the Peace Blessing and Crossing yourself
 Mon. Tue. Wed. Thu. Fri. Sat. Sun.
- 3. Review the 7 active phrases each day, find them in the booklet, and practice them until you can say them fluently Mon. Tue. Wed. Thu. Fri. Sat. Sun.
- 4. Review the 7 passive phrases each day, find them in the booklet and practice them until you can recognize them readily Mon. Tue. Wed. Thu. Fri. Sat. Sun
- 5. Recall the 8 Stages of Holy Communion from memory Mon. Tue. Wed. Thu. Fri. Sat. Sun
- 6. Recall the 5 seasons/key holidays of the Armenian Church Calendar Mon. Tue. Wed. Thu. Fri. Sat. Sun
- 7. Read over just the English text on pages 2 through 14 each day (it's about 200 words long) Mon. Tue. Wed. Thu. Fri. Sat. Sun

Four-Session Study Plan (ideally done over a 4-week period)

Materials: *Notes on Holy Communion in the Armenian Apostolic Church*

Check off each as you complete it.

Session 1

- 1. Do the 1 hour Quick Overview using just the *Notes*
- 2. Do the Quick Overview Review Mon. Tue. Wed. Thu. Fri. Sat. Sun

Session 2

- 1. Go over the list of *Top 60 words and 28 Phrases* on pp. 16-19. Make a list of those you don't readily recognize. Review: Make up flash cards and review them each day. Mon. Tue. Wed. Thu. Fri. Sat. Sun
- 2. Do the Quick Overview Review, read through the information in the boxes on pp. 4-14.

Session 3

- 1. Quiz yourself on the *Top 60 Words* on pp. 16-17. Fold a piece of paper in half – write the English in one column and the Armenian in the other. Now read the Armenian and try to recall the related English word. Review: Tue. Thu. Sat.
- 2. Review – *Do the Quick Overview*. Review Mon Wed Fri.
- 3. Say the Lord's Prayer *Hayr Mer* before each meal, alone or with family and friends, or sing them when you wake up and when you go to sleep Mon. Tue. Wed. Thu. Fri. Sat. Sun
- 4. Practice the greetings for Clergy on p. 25 Mon. Tue. Wed. Thu. Fri. Sat. Sun

Session 4

- 1. Review the *Common prefixes and suffixes* and *More common words* on page 23
- 2. Make a list of the 5 seasons of the year and try to recall at least 2 holidays from the Christmastide, Eastertide and Exaltationtide. Try to recall the Armenian name of each key holiday. Check your answers and fill in the rest from the chart. Mon. Tue. Wed. Thu. Fri. Sat. Sun.
- 3. Review - *Do the Quick Overview Review* Mon Wed Fri.
- 4. Say the Lord's Prayer *Hayr Mer*, read over *Hamenayni* and *Orhnyal e Asdvadz* each day before each meal alone or with family and friends, or if someone can teach you to sing it, sing the *Hayr Mer* each day when you wake up and when you go to sleep. Mon. Tue. Wed. Thu. Fri. Sat. Sun
- 5. Practice the greetings for Easter and Christmas on p. 25. Mon. Tue. Wed. Thu. Fri. Sat. Sun