

How to use

1. *Notes on Holy Communion in the Armenian Apostolic Church* (“Notes”)
2. *Get to the Root of It! Audio-Visual Tutorials & Computer Exercise Modules*
3. *Alphabet and Essential Western Armenian I & II Computer-assisted learning Modules*

The *Notes* present the essentials for a basic understanding of the language, structure of Holy Communion, Church Armenian 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 plan* 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. The lesson plan below is design for the full 8-Session Study Plan. If that seems like too much at once, you can take a more gradual approach. Try the *1-Session Quick Overview* then continue with *4-Session Study Plan* (separate file).

Upon completing the full *8-Session Study Plan*, the learner should

- ❖ have a fluent command of all the active parts (colored in red in the Notes)
- ❖ solid familiarity with all the passive parts,
- ❖ know the Armenian Church Calendar,
- ❖ be able to readily recognize and understand the 60 Common Words and 24 Common Phrases used in Church Armenian during Holy Communion.

If the *Optional Alphabet Tutorial and Essentials of Modern Armenian I & II (Western or Eastern)* are added to the 8 Session Study plan, an additional 30-60 minutes per session should be allotted.

Upon completing these *optional modules*, the learner should

- ❖ be able to recognize and read the entire alphabet,
- ❖ read the Lord’s Prayer as well as other key phrases in the Notes in Armenian script,
- ❖ write his or her name in Armenian script, and
- ❖ be able to carry on a simple conversation, including greetings and appropriate remarks for family or church events.

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.

8 Session Study Plan – 4-8 week plan (2 sessions per week)

Materials:

- (a) *Notes on Holy Communion in the Armenian Apostolic Church*
- (b) *Get to the Root of It!* Audio-visual tutorials
- (c) *Get to the Root of It!* Audio-visual on-line or downloadable Exercise Module.
- (d) Optional: *Alphabet Tutorial, Essentials of Western Armenian I and II*

Session 1 – Do the 1 Session Quick Review

Materials: *Notes on Holy Communion in the Armenian Apostolic Church* (page references throughout are to the *Notes*)

Check off each as you complete it.

- 1. *Read* the Introduction on the inside cover, look up and read the Bible Passages cited there. Listen to *Get to the Root of It! Tutorial 1* for reinforcement, if you have time.
- 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), Listen to *Get to the Root of It! Tutorial 3* for reinforcement if you have time.
- 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.

Session 2

- 1. *Review* the list of *Top 60 words and 28 Phrases* on pp. 16-19. Make a list of those you don't readily recognize. Review: Print out (under *Study Materials* on the site) or 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.
- 3. *Listen to Get to the Root of It! Tutorial 1* – Review the Peace Blessing each day Mon. Tue. Wed. Thu. Fri. Sat. Sun.
- 4. *Listen to Get to the Root of It! Tutorial 2* – Learn the Hymn *Hamenayni (In all things are you bless, O Lord)*.
- 5. *Do the Exercises for Beginners*, under *Words and Phrases from Holy Communion*

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. For reinforcement: *make up or download* Flashcards and Vocabulary worksheets (under *Study Materials* on the web-site)
- 3. *Review* – *Do the Quick Overview*. Review Mon Wed Fri.
- 4. *Listen to Get to the Root of It! Tutorials 2 and 3*.
- 5. *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.
- 6. *Practice* the greetings for Clergy on p. 25 Mon. Tue. Wed. Thu. Fri. Sat. Sun.
- 7. *Do the Exercises for Beginners*, under *Words and Phrases from Holy Communion* (on the site), and print out and practice the *Holy Communion Worksheets*.

Session 4

- 1. *Review* the *Common prefixes and suffixes* and *More common words* on *Notes*, p. 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.

- 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
- 6. Listen to Tutorial 2 Mon., Tutorial 4 Tue., Tutorial 5 Wed., Tutorial 6 Thu.
- 7. Optional – start the Alphabet Tutorial (do exercises 1-4)

Session 5

- 1. Listen to Tutorial 10. 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.
- 2. Say the Lord's Prayer *Hayr Mer*, read or sing over *Hamenayni* and *Orhnyal e Asdvadz* each day before each meal alone or with family and friends, and if someone can teach you to sing it (or you can learn it from *Get to the Root of It!* Tutorial 3), sing the *Hayr Mer* each day when you wake up and when you go to sleep. Mon. Tue. Wed. Thu. Fri. Sat. Sun
- 3. Listen to Tutorial 7 and practice singing the Communion Hymn *Orhnyal e Asdvadz* each day. Mon. Tue. Wed. Thu. Fri. Sat. Sun
- 4. Review Tutorial 3 Mon., Tutorial 4 Tue., Tutorial 5 Wed., Tutorial 6 Thu.
- 5. Optional – continue the Alphabet Tutorial (do exercises 5-8)

Session 6

- 1. Listen to Tutorial 7. Learn the words and music to the *Communion Hymn Orhnyal e Asdvadz*.
- 2. Say the Lord's Prayer *Hayr Mer*, read or sing over *Hamenayni* and *Orhnyal e Asdvadz* each day before each meal alone or with family and friends; say or sing it (or learn it from *Get to the Root of It!* Tutorial 3), sing the *Hayr Mer* each day when you wake up and when you go to sleep. Mon. Tue. Wed. Thu. Fri. Sat. Sun
- 3. Review Tutorial 3 Mon., Tutorial 4 Tue., Tutorial 5 Wed., Tutorial 6 Thu.
- 4. Optional – continue the Alphabet Tutorial (do exercises 9-12)
- 5. Practice singing the *Der Voghormya* 'Lord Have Mercy' *Kyrie* each day. Mon. Tue. Wed. Thu. Fri. Sat. Sun

Session 7

- 1. *Listen* to Tutorial 8. Learn *Der Voghormya* ‘Lord Have Mercy’ *Kyrie* Mon.
 Tue. Wed. Thu. Fri. Sat. Sun.
- 2. *Say* the Lord’s Prayer *Hayr Mer*, read or sing over *Hamenayni* and *Orhnyal e Asdvadz* each day before each meal alone or with family and friends; say or sing the *Hayr Mer* each day when you wake up and when you go to sleep. Mon.
 Tue. Wed. Thu. Fri. Sat. Sun
- 3. *Review Tutorial 7* Mon. , *Tutorial 8* Tue. , *Tutorial 9* Wed. ,
Tutorial 10 Thu.
- 4. Optional – continue the Alphabet Tutorial (do exercises 13-16)
- 5. *Practice* singing the *Der Voghormya* ‘Lord Have Mercy’ *Kyrie* each day.
 Mon. Tue. Wed. Thu. Fri. Sat. Sun

Session 8

- 1. *Listen* to Tutorial 9 *Surp, Surp* ‘Holy, Holy’ *Sanctus* Mon. Tue. Wed.
 Thu. Fri. Sat. Sun.
- 2. *Say* the Lord’s Prayer *Hayr Mer*, read or sing over *Hamenayni* and *Orhnyal e Asdvadz* each day before each meal alone or with family and friends; say or sing the *Hayr Mer* each day when you wake up and when you go to sleep. Mon.
 Tue. Wed. Thu. Fri. Sat. Sun
- 3. *Review Tutorial 7* Mon. , *Tutorial 8* Tue. , *Tutorial 9* Wed. ,
Tutorial 10 Thu.
- 4. Optional – continue the Alphabet Tutorial (do exercises 17-20)
- 5. *Practice* singing the *Surp, Surp* ‘Holy, Holy’ *Sanctus* each day.
 Mon. Tue. Wed. Thu. Fri. Sat. Sun

Optional Session 9

1. Download and print out Essential Western Armenian I Handouts (or Eastern Armenian I)
2. Listen to all the phrases and word-by-word pronunciations, repeat them after the speaker using the audio-visual phrasebook, under the Essential Modern Armenian Words and Phrases
3. Review the Cognate Key, the words that have no cognates
4. Do the Exercises for Essential Armenian I (Western or Eastern), either on-line or on the down-loadable Worksheets
5. Practice the words and phrases using the on-line exercises or flashcards (which you can make on your own or download).
6. Optional – continue the Alphabet Tutorial (do exercises 17-20)

Ask a knowledgeable Armenian Speaker how to write your First and Last Name in Armenian and learn how to write it. If you can’t find someone nearby, send an e-mail to info@arak29.am, and we will provide you with a worksheet that shows you how to write your name in Armenian.

Optional Session 10

1. Download and print out Essential Western Armenian II Handouts (Or Eastern Armenian II)
2. Listen to all the phrases and word-by-word pronunciations, repeat them after the speaker using the audio-visual phrasebook, under Essential Modern Armenian Words and Phrases
3. Review the Cognate Key, the words that have no cognates
4. Do the Exercises for Essential Armenian II (Western or Eastern), either on-line or on the down-loadable Worksheets
5. Practice the words and phrases using the on-line exercises or flashcards (which you can make on your own or download).
6. Optional – continue the Alphabet Tutorial (do exercises 21-24)
7. Optional – practice Alphabet with on-line exercises, downloadable exercises and flashcards, Review daily for one week, and periodically thereafter.