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WELCOME TO
ST. GREGORY
THE ENLIGHTENER
ARMENIAN CHURCH

FR. MESROB HOVSEPYAN, PASTOR

MORNING SERVICE: 9:45 A.M.

DIVINE LITURGY: 10:15 A.M.

FEBRUARY 15, 2026
GREAT BAREKENDAN
Բուն Բարեկենդան

TODAY'S SCRIPTURE READINGS:

Romans 13:11-14:25

Matthew 6:1-21

PC MEMBERS ON DUTY:

Chris Bonfiglio

Tom Daw

Arek Ohanissian



REQUIEM SERVICE WILL NOT BE HELD TODAY

Our address: 1131 North Street, White Plains, NY 10605, www.stgregorywp.com

Office hours: Tuesday-Friday 9a.m.-3p.m., Mondays closed.

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Fr. Mesrob: (804) 405-9399, fr.mesrob@yahoo.com

EVE OF GREAT LENT OR BAREKENDAN

The Armenian Church has defined the period of Great Lent as a time of abstinence and repentance for the faithful. Each Sunday during this period is named after an event in the Holy Bible that contains the message of the day. According to the calendar, the days prior to weekly fasts, as well as Great Lent, are called Barekendan. The word Barekendan means “good living” or “good life”, as we are called to live cheerfully, joyfully, and to be happy on these days preceding fasting periods.

On these days of Barekendan, the angel’s words addressed to the prophet Elijah are fulfilled: “Arise and eat, otherwise the journey will be too great for you” (1 Kings 19:7). The Armenian Church thus allows her faithful to organize games, festivals, carnivals and large, plentiful meals to observe the feast, as it is followed by a period of fasting and abstinence. The Eve of Great Lent, as Great Barekendan is also called, commemorates the human bliss, which Adam and Eve enjoyed in the Garden of Eden. It also symbolizes the heavenly right, according to which, mankind could eat all types of fruit, except the fruit of the Tree of Knowledge of Good and Evil. Barekendan is the manifestation of the virtues of the soul, through which people can transform mourning to joy, and torment to peace. It is with this comprehension, with bowing of our souls, penitence, fasting and hope for mercy, that each Christian individual should take his first step on the long, 40 day journey of Great Lent, culminating with the Glorious Resurrection of our Lord Jesus Christ.

The period starting from the day following the Great Barekendan and lasting till the Feast of the Glorious Resurrection of Our Lord Jesus Christ, is called Great Lent. In the period of the Great Lent, people, refraining from bodily pleasures and sins, get prepared for the Feast of the Glorious Resurrection of Our Lord Jesus Christ by means of abstinence and repentance. Both spiritual and moral and bodily abstinence are considered to be important. Our church fathers have called the period of the Great Lent as “Karasnordats”, as the period of fasting lasts 40 days. This period of the Great Lent is also called “Salt and bread”, as in the past during the period of the Great Lent people have eaten only salt and bread.

ԲՈՒՆ ԲԱՐԵԿԵՆԵՆԴԱՆ

Մեծ պահքի բարեկենդանը կոչվում է Բուն Բարեկենդան, քանի որ նախորդում է ամենաերկար պահքին: Այն տևում է 48 օր՝ Բուն Բարեկենդանից մինչև Ս. Հարության՝ Զատիկի տոնը: Պահքի շրջանում օգտագործում են բացառապես բուսական ծագում ունեցող սննդամթերք: Պահքի ընթացքում հրաժարվում են ոչ միայն որոշակի կերակուրներից, այլև մոլի սովորություններից, շատախոսությունից, ստախոսությունից, հայհոյանքից և այլ մեղքերից: Կերակրից հրաժարվելն առանց մեղքից հետ կանգնելու անօգուտ է: «Լեռան քարոզում» Քրիստոս պահքի մասին ասում է. «Երբ ծոմ պահեք, տրտմերես մի լինեք կեղծավորների նման, որոնք իրենց երեսներն այլանդակում են, որպեսզի մարդկանց այնպես երևան, թե ծոմ են պահում, ճշմարիտ են ասում ձեզ, այդ իսկ է նրանց վարձը, այսինքն՝ մարդկանց երևալը և նրանցից գովվելը: Այլ երբ դու ծոմ պահես, օծի քո գլուխը և լվա քո երեսը, որպեսզի չերևաս մարդկանց ծոմ պահող, այլ քո Հորը՝ գաղտնաբար, և քո հայրը, որ տեսնում է, ինչ որ ծածուկ է, կհատուցի քեզ»:

TODAY'S SCRIPTURE READINGS

The reading is from the Epistle of Paul to Romans 13:11-14:25

Welcome those who are weak in faith but not for the purpose of quarreling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat, for God has welcomed them. Who are you to pass judgment on slaves of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand. Some judge one day to be better than another, while others judge all days to be alike. Let all be fully convinced in their own minds. Those who observe the day, observe it for the Lord. Also those who eat, eat for the Lord, since they give thanks to God, while those who abstain, abstain for the Lord and give thanks to God. For we do not live to ourselves, and we do not die to ourselves. If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's. For to this end Christ died and lived again, so that he might be Lord of both the dead and the living. Why do you pass judgment on your brother or sister? Or you, why do you despise your brother or sister? For we will all stand before the judgment seat of God. For it is written, "As I live, says the Lord, every knee shall bow to me, and every tongue shall give praise to God."

So then, each one of us will be held accountable. Let us therefore no longer pass judgment on one another, but resolve instead never to put a stumbling block or hindrance in the way of a brother or sister. I know and am persuaded in the Lord Jesus that nothing is unclean in itself, but it is unclean for anyone who considers it unclean. If your brother or sister is distressed by what you eat, you are no longer walking in love. Do not let what you eat cause the ruin of one for whom Christ died. So do not let your good be slandered. For the kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit.

The second reading is from the Holy Gospel of Jesus Christ according to Matthew 6:1-21

Beware of practicing your righteousness before others in order to be seen by them, for then you have no reward from your Father in heaven. “So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret, and your Father who sees in secret will reward you “And whenever you pray, do not be like the hypocrites, for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret, and your Father who sees in secret will reward you. “When you are praying, do not heap up empty phrases as the gentiles do, for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

“Pray, then, in this way: Our Father in heaven, may your name be revered as holy. May your kingdom come. May your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one.

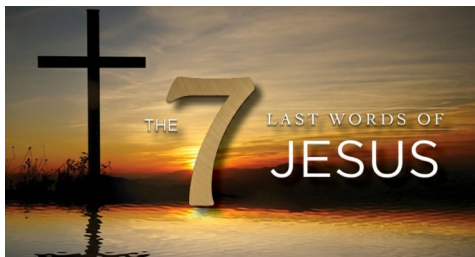
“For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others, neither will your Father forgive your trespasses.

Pastoral Care, Home and Hospital Visits

Der Mesrob is always available and would like to visit homebound and hospitalized parishioners. If you or someone you know is ill, Hospitalized or homebound and would like to be visited, please call Der Mesrob directly at (804)-405-9399 to schedule the visit.

Please note: when asked about your religion at a hospital, patients should list themselves as “Armenian Orthodox” or “Armenian” not “other”.

LENTEN SUNDAY SERMON SERIES



The Seven Words of Christ from the Cross

This Great Lent, we invite you to join us for a Sunday sermon series reflecting on the Seven Words of Christ from the Cross. Spoken in the final hours of our Lord's earthly life, these brief yet

powerful statements reveal the heart of Christ and the meaning of His saving work. Each Sunday of Great Lent will focus on one word spoken by Jesus from the Cross, helping us slow down, listen attentively, and prepare our hearts for the mystery and joy of Easter.

Series Schedule:

- Sunday 1: "Father, forgive them."
- Sunday 2: "Today you will be with Me in Paradise."
- Sunday 3: "Woman, behold your son... Behold your mother."
- Sunday 4: "My God, My God, why have You forsaken Me?"
- Sunday 5: "I thirst."
- Sunday 6: "It is finished."

All are encouraged to attend and journey together through Great Lent as we prepare our hearts for the celebration of Easter.

Lenten Series Presents on February 22nd:



"Creating in Diaspora: The Poetry of Tenny Arlen (1991–2015)" presented by Dr. Jesse Arlen

This talk will introduce readers to the life and poetry of Tenny Arlen, whose 2021 book of verse **Կիրքով ըսելու ինչն է հոս նս** (To Say with Passion: Why Am I Here?) (Yerevan: ARI Literature Foundation) marked a watershed moment in the Armenian literary tradition, being the first full

-length volume of creative literature published in Armenian by an American-born writer. In 2025, a bilingual (English and Armenian) language edition was published, along with afterwords by Hagop Gulludjian and Arthur Ipek. This talk will reflect on the significance of this volume and some of its important themes, such as solitude, iconic seeing, and the transcendence and immanence of the ineffable realm of the spirit.

RECITING THE NICENE CREED IN ENGLISH

The **Nicene Creed** is one of the most important parts of our Divine Liturgy.

To deepen our understanding and strengthen our communal prayer, we will begin **reciting the Nicene Creed in English every other Sunday** during the Divine Liturgy. This will allow all parishioners to fully participate, reflect more deeply on the meaning of the words, and grow together in the faith we profess.

February 15 - English

22 - Armenian

March 1 - English

8 - Armenian

15 - English

22 - Armenian

29 - English



Invitation to the Annual Parish Assembly Հրավեր Տարեկան Ծխական Անդամական Ժողովի

Sunday, March 1, 2026

Your Pastor and Parish Council cordially invite you to attend the 53rd Annual Parish Assembly to be held after *Badarak* at 12:30pm.

All our parishioners are invited to join us;
only due-paid members can take part in voting.

* *The binder of all reports and bios of nominees will be emailed to the members prior to the meeting.*

CALENDAR OF UPCOMING EVENTS

Today

Morning Service & Divine Liturgy.
Fr. Mesrob Hovsepian celebrates the Divine Liturgy.
The curtain will be drawn immediately after the Holy Communion for the Great Lent.
Great Lent begins on Monday, February 16.

Join us for the fellowship coffee hour following the Liturgy.

FEBRUARY 22,
SUNDAY

Lenten Series presents:
Creating in Diaspora: The Poetry of Tenny Arlen (1991–2015) presented by Dr. Jesse Arlen
Lenten fellowship is sponsored by Women's Guild.

MARCH 1,
SUNDAY

Annual Parish Assembly to be held after Badarak

MARCH 7,
SATURDAY

Aida's Book Club at 11 am in the Atrium
"The Alice Network" by Kate Quinn

ACYOA Juniors' Lenten Retreat, 10:30–7:15pm

MARCH 8,
SUNDAY

Lenten Series presents:
"The Spear of Christ" documentary screening (47 min.) by History Channel.

MARCH 14,
SATURDAY

Women's Guild Lenten Retreat at St. Nersess Seminary

MARCH 15,
SUNDAY

Lenten Series presents:
"Women Creating Space for Faith" presented by Dr. Roberta Ervine

MARCH 27,
FRIDAY

Lenten Series presents:
Friday, Lenten Service - 6:30 pm / Lenten Dinner - 7:00 pm / Program - 7:30 pm
Presentation by Rev. Fr. Belson Paulose Kuria-kose

MARCH 28,
SATURDAY

Saintly Women's Day
The flyer can be found in the narthex.

CALENDAR OF UPCOMING EVENTS

MARCH 29,
SUNDAY

Palm Sunday, ACYOA Day
Details to follow.

APRIL 5,
SUNDAY

Easter Sunday

APRIL 19,
SUNDAY

LIONEL GALSTAUN MEMORIAL CONCERT
Details to follow.

JUNE 6,
SUNDAY

Huyser Ensemble Concert
Details to follow.



GREAT LENTEN SERIES:



Dr. Jesse Arlen

February 22, 2026

Sunday, following the Liturgy
Presentation by Dr. Jesse Arlen



March 8, 2026

Sunday, following the Liturgy
"The Spear of Christ" documentary screening
(47 min.)



Dr. Roberta Ervine

March 15, 2026

Sunday, following the Liturgy
"Women Creating Space for Faith"
presented by Dr. Roberta Ervine



Rev. Fr. Belson
Paulose Kuriakose

March 27, 2026

*Friday, Lenten Service - 6:30 pm / Lenten
Dinner - 7:00 pm / Program - 7:30 pm*

Presentation by Rev. Fr. Belson Paulose
Kuriakose

📞 914-428-2595

🌐 www.stgregorywp.com