

ՍՈՒՐԲ ԳՐԻԳՈՐ ԼՈՒՍԱՎՈՐԻՉ

WELCOME TO
**ST. GREGORY
THE ENLIGHTENER**
ARMENIAN CHURCH

FR. MESROB HOVSEPYAN, PASTOR

MORNING SERVICE: 9:45 A.M.

DIVINE LITURGY: 10:15 A.M.

SEPTEMBER 13, 2026
FEAST OF THE EXALTATION OF THE HOLY CROSS
ՄԵՊՏԵՄԲԵՐ 13
ՏՕՆ Ս. ԽԱԶԻ ՎԵՐԱՑՈՒՄԻՆ (ԽԱԶՎԵՐԱՑ)

TODAY'S SCRIPTURE READINGS:

2 Corinthians 7:4-16

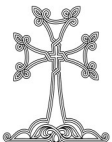
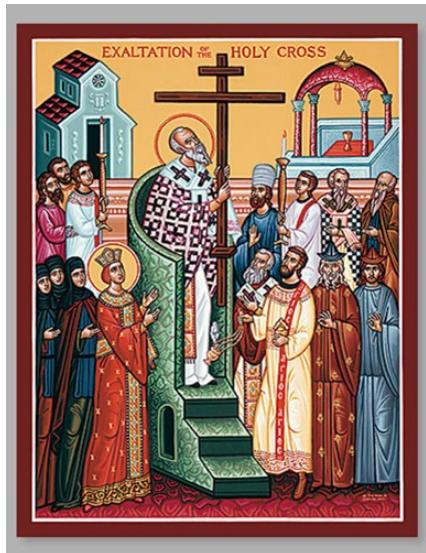
Mark 7:31-37

PC MEMBERS ON DUTY:

Chris Bonfiglio

Jennifer Gurahian

Greg Sahagian



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.

Contact us: Office: (914) 428-2595, saintgregorychurchwp@gmail.com

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

FEAST OF THE EXALTATION OF THE HOLY CROSS

Feast of the Exaltation of the Holy Cross is the last one of the five major feasts of the Armenian Apostolic Church. It is the most important feast among the feasts dedicated to the Holy Cross, as it is dedicated to the history of the return of the Holy Cross from imprisonment, its elevation and glorification. In the Armenian Apostolic Church the Feast of the Exaltation of the Holy Cross is celebrated on Sunday during the period between September 11-17. This year that date is September 14, and the Monday following the Feast is a Memorial Day. In 610 A. D., the Persian King Khosrov with a large army attacks the Byzantine Empire. Enthusiastic about the initial victory, in 614 A. D. the Persian army enters Jerusalem. Many people are killed and many are imprisoned. Pontiff Zakaria, the Patriarch of Jerusalem is imprisoned, too. However, the Persians are not satisfied and enter the Church of Holy Sepulcher and take the Holy Cross kept in the Church. The Holy Cross had been found and installed in the Church for the Christians to worship by Heghineh, the mother of the King Costandianos, in the beginning of the 4th century. In 628 A. D., the Byzantine army led by the King Herakles fight against the Persians to return the Holy Cross. The Armenian army regiment, led by Mzhezh Gnounie, supported the Persian army. With the Lord's help the Byzantine army wins the battle. The Holy Cross is solemnly brought to the Armenian town Karin, from where it is carried to Constantinople, and then - to Jerusalem. On the way the Holy Cross was raised for the people to see and worship. For Christians the Cross is God's power and strength and pride of all prides, on which Christ's innocent blood was shed. By means of the Cross Jesus proved His love towards mankind, and the Cross became for us the symbol of hope, love and saving.

ԽԱՉՎԵՐԱՅ

Խաչվերացը Հայ Եկեղեցու հինգ տաղավար տոներից վերջինն է: Այն Խաչին նվիրված տոներից ամենակարևորն է, որովհետև նվիրված է գերությունից խաչի վերադարձի և փառաբանության հիշատակին: Հայաստանյայց Եկեղեցում Խաչվերացը տոնում են սեպտեմբերի 11-17-ն ընկած ժամանակահատվածում հանդիպող կիրակի օրը: Սուրբ Խաչը տոնվում է ի հիշատակ Տիրոջ խաչափայտի՝ պարսկական գերությունից Երուսաղեմ վերադարձի և Գողգոթայում կանգնեցման (վերացման): Այստեղից էլ տոնը կոչվում է Խաչվերաց: Սուրբ խաչի գյուտից հետո Հեղինե թագուհին սուրբ Կոստանդիանոս կայսեր հրամանով Գողգոթայի վրա կառուցեց «Սուրբ Հարության» տաճարը և այնտեղ կանգնեցրեց Տիրոջ խաչափայտը: Ապա նաև Բերդեհեմում և այլ տնօրինական վայրերում տաճարներ և մատուռներ կառուցեց: Թագուհին հրամայեց մեծ հանդիսավորությամբ ութ օր տոնել սուրբ

տաճարների նավակատիքը: Այդ օրվանից կարգ սահմանվեց ամեն տարի՝ սեպտեմբերի 13-ին տոնել Խաչի նավակատիքը և Եկեղեցու տոնը, իսկ սեպտեմբերի 14-ին՝ Խաչի տոնը: Այդ օրը Հակոբոս Տյառնեղբոր օրինակով քահանայապետը բարձրացնում էր Տիրոջ խաչափայտը հավատացյալների պահպանության համար, այդ պատճառով էլ տոնը կոչվեց «Խաչվերաց»:

TODAY'S SCRIPTURE READINGS

The reading is from Galatians 6:14-18

May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. From now on, let no one cause me trouble; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

The second reading is from the Holy Gospel of Jesus Christ according to John 3:13-21

“No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.” “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but have eternal life.

Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light, because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.”

Holy Communion Distribution Guidelines

As parishioners approach to receive Holy Communion:



- Place your right hand in the left hand and extend it to the celebrant.
- The celebrant will place the Holy Communion in your palm.
- Consume it in front of the celebrant **WITHOUT TOUCHING THE COMMUNION** with other fingers.

PLEASE SANITIZE YOUR HAND(S) BEFORE RETURNING TO YOUR SEAT FROM THE RIGHT OR LEFT SIDE OF THE CHANCEL.

RECITING THE NICENE CREED IN ENGLISH

The **Nicene Creed** is one of the most important parts of our Divine Liturgy. In it, we proclaim the core of our Christian faith—our beliefs, our theology, and the truths handed down to us from the early Church. By reciting the Creed, we unite our voices with generations of faithful who have confessed these same teachings throughout the centuries.

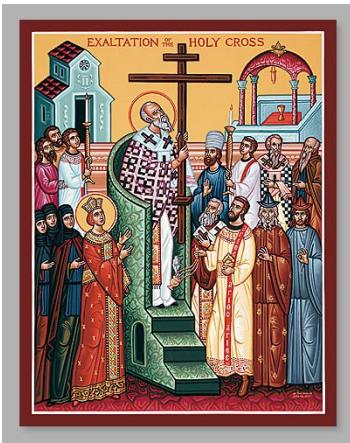
To deepen our understanding and strengthen our communal prayer, we will begin **reciting the Nicene Creed in English every other Sunday** during the Divine Liturgy. This will allow all parishioners to fully participate, reflect more deeply on the meaning of the words, and grow together in the faith we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

September	13 - Armenian
	20 - English
	27 - Armenian
October	4 - English

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”.



EXALTATION OF THE HOLY CROSS Processional and Adoration According to the

Rite of the Armenian Church

*The Priest taking the cross from the tray,
shall raise it and bless the people with it, saying:*

EAST: Let the eastern part of the land and the Patriarchate and the Republic of the Armenian people, and the land of the United States of America, and all the orthodox bishops and priests, together with deacons, clerks and our entire people—

men, women, the elderly and the young, and those in faith who are gathered in sanctuaries, as well as our towns and districts and all those who live in them according to the true faith—be blessed, protected and guarded by Providence by the sign of the holy Cross, and by the holy Gospel and by the grace of this day, in the name of the Father, the Son and the Holy Spirit, now and always and for ever and ever.

WEST: Let the western side of the land and the kingdom of the land and all the Christian people be blessed, protected and guarded by Providence by the sign of the holy Cross and the holy Gospel and by the grace of this day, in the name of the Father, the Son and the Holy Spirit, now and always and for ever and ever.

SOUTH: Let the south side of the land, the fields, vineyards and their fruit be blessed, protected and guarded by Providence, so that they may be spared from all harmful events, and may be highly productive by the sign of the holy Cross and the holy Gospel and by the grace of this day, in the name of the Father, the Son and the Holy Spirit, now and always and for ever and ever.

NORTH: Let the north side of the land, the monasteries, hermitages and all the Armenian churches, as well as the clergy and the people be blessed, protected and guarded by Providence so that they may be in a state of prosperity, good order and peace by the holy Cross and the holy Gospel and by the grace of this day, in the name of the Father, the Son and the Holy Spirit, now and always and for ever and ever.



SAVE THE DATE:
ST. GREGORY'S ANNUAL ARMENIAN
Picnic

Come join us for delicious traditional Armenian food and wine.



20 SUNDAY

SEPTEMBER
12PM - 5PM

Save
The Date



Primate's Visit
Deacons' and Acolytes' Ordination
November 1, 2026

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ST. GREGORY ARMENIAN SCHOOL
1131 NORTH STREET, WHITE PLAINS, NY 10605

IN PERSON LEARNING
AGES 3 AND OLDER

SCHOOL REOPENING - ՎԵՐԱՄԱՆԻՏ
REGISTRATION, MEET YOUR TEACHER
BACK TO SCHOOL PICNIC
SATURDAY, SEPTEMBER 19, 2026
10:00 AM – 12:30 PM



WE WELCOME
NEW STUDENTS

WE TEACH:

- ✦ READING
- ✦ WRITING
- ✦ CONVERSATION
- ✦ HISTORY
- ✦ MUSIC
- ✦ DANCE
- ✦ RELIGION
- ✦ CULTURE/ TRADITION



FOR MORE DETAILS YOU CAN CALL OR EMAIL:
MARGRIT HAMPARSIUMIAN (PRINCIPAL): 914-261-3738 – mhamparsiumian@yahoo.com
MARIA BEDONIAN (ASSISTANT PRINCIPAL): 914-329-5352 – maria.bedonian@gmail.com



St. Gregory the Enlightener Armenian Church
1131 North Street, White Plains, NY 10605

Sunday School
Registration



We welcome all children to join us for the
2026-2027 School Year!

Any questions?

Lauren
Keghian
917-887-4037
teaticket67@
netscape.net

Sunday
September 13
10:30-12:15
Ages 3-16

Contact
Co-Superintendents:

Bruce
Wisecek
914-944-0889
bew43@
icloud.com



LET'S PLAY
PICKLEBALL
AT HEK HALL

Join us for



FRIENDSHIP

Build lasting connections



FUN TIME

Enjoy the game and
have a great time!



ALL ARE WELCOME!

All skill levels encouraged.
Come play!



6:30 – 8:00 PM

Starting
SEPTEMBER 25!



EQUIPMENT
AVAILABLE



BRING YOUR
OWN



NO EXPERIENCE
NEEDED

★ FREE TO PARTICIPATE! ★

⇒ We can't wait to see you there! ⇒

For reservations and questions contact Fr. Mesrob Hovsepyan at frmesrob@gmail.com
1131 North Street, White Plains, NY 10605



**Homeland Security
and Emergency Services**
Citizen Preparedness Corps

SIGN UP FOR A FREE CLASS TO LEARN ABOUT PREPARING FOR EMERGENCIES

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters.

The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to normal conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies. Each family that attends will receive one preparedness kit.

WHERE:

St. Gregory Armenian Church
Tutak Hall
1131 North Street
White Plains, NY 10605

WHEN:

Sunday, September 27, 2026
1:00 PM

REGISTER:

**Registration is required
to attend the event.**

To register visit
www.prepare.ny.gov or
scan the QR code



**THIS EVENT IS BROUGHT TO YOU BY
GOVERNOR HOCHUL IN CONJUNCTION WITH:**



and St. Gregory Armenian Church

A TASTE OF ARMENIAN HERITAGE

SUNDAY OCT. 18 | TUTAK HALL

PLEASE JOIN US AFTER COFFEE HOUR ♦ 12:30pm

Cooking with Mari | Adults \$20 | Students \$10 | Kids 12&u Free
Learn to prepare traditional dishes and the history behind them



Hosted by St. Gregory Cultural Committee

Kindly rsvp by Oct. 11th to stgregoryculturalcommittee@gmail.com



MARI FIRKATIAN is a Professor of History and Chair of the Hillyer Humanities Department at the University of Hartford. Having lived and traveled extensively throughout Southeast Europe, the Levant, and the former Soviet Union, Prof. Firkatian brings a unique perspective that combines historical scholarship with a passion for preserving and sharing cultural traditions through food. **JOIN US!**

St. Gregory the Enlightener Armenian Church, 1131 North St. White Plains, NY 10605 | 914-428-2595

SENIORGEN MINISTRY

Bishop Mesrop Parsamyan has introduced a new ministry, **SeniorGen**, created to honor, support, and spiritually nurture older adults in the Armenian Church.

*The mission of SeniorGen is to help older adults live more **engaging, meaningful, and Spirit-filled lives** while creating a vibrant community that values the wisdom and experiences of seniors. The ministry also seeks to support their unique needs and strengthen **intergenerational connections within the church.***

You're Invited!

St. Gregory the Enlightener Armenian Church is excited to launch our **White Plains Chapter of the SeniorGen Ministry** on **Wednesday, October 7th.**

DETAILS

When: First Wednesday of every month

Beginning: Wednesday, October 7

Fee: \$10, including lunch

Time: 11 AM

Location: Atrium



Each gathering will include:

- 🕯️ A short prayer service
- 💬 discussion, or interactive program (musical program, guest speaker)
- 🍽️ Lunch and fellowship

RSVP

Please RSVP to **Lauren Kayaian**, Text or call **917-887-4037** or call the **St. Gregory Church Office** at **914-428-2595**

Come join us for prayer, fellowship, learning, and friendship!
We look forward to welcoming you to SeniorGen!

NEXTGEN OF ST. GREGORY
INVITES YOU TO

ARMENIAN COOKING 101: LET'S MAKE MANTI!

Join us for a hands-on cooking lesson and learn how to **make manti**, a beloved, delicious Armenian dish!

**SATURDAY, NOVEMBER 7TH
3PM**

**ST. GREGORY CHURCH KITCHEN
1131 NORTH STREET
WHITE PLAINS, NY**

Please make your reservations by
October 24th by emailing:
stgregorynextgen@gmail.com

\$20 per person

Designed for young adults ages 18–45

- Includes cooking materials, light bites & beverages
- **Advanced payment is encouraged**
 - **Venmo:** @stgregorywp, cash or check
 - **Checks:** Please make checks payable to: St. Gregory the Enlightener Armenian Church + mail to St. Gregory
 - Cash only at the door

SCAN FOR @STGREGORYWP VENMO



**Come Join Our Team of
Cooks and Bakers!
Help prepare for our Annual
Armenian Picnic!**



No Experience Necessary - All Are Welcome!
Meeting in the Kitchen at 10:00 am on the following days:

Monday 9/14

Tuesday 9/15 Yalangi

Wednesday 9/16 Khadayef & Brownies.

Thursday 9/17 Hummus and Prep Pilaf

Friday 9/18 Mezze platters and Eech prep

Saturday 9/19. Luleh & Eech

CALENDAR OF UPCOMING EVENTS

Today	Feast of the Exaltation of the Holy Cross. Morning Service & Divine Liturgy. Divine Liturgy will be celebrated by Rev. Fr. Mesrob Hovsepyan. Sunday School opening and registration 10:30-12:15 today. Join us for the fellowship coffee hour following the Liturgy.
SEPTEMBER 19, SATURDAY	Armenian School opening and registration, 10:00am.
SEPTEMBER 20, SUNDAY	Annual Armenian Picnic: 12:00-5:00pm
SEPTEMBER 26, SATURDAY	Aida's Book Club to meet in the Atrium at 11am. View the flyer in the bulletin for details.
SEPTEMBER 27, SUNDAY	Citizens Preparedness Corps Event following the Liturgy. Details inside.
OCTOBER 7, WEDNESDAY	First meeting of SeniorGen—11 am in the Atrium—light lunch \$10 per person Please rsvp: Lauren Kayaian 917-887-4037
OCTOBER 18, SUNDAY	A Taste of Armenian Heritage: An Interactive Cooking Event with Cookbook Author and Historian, Prof. Mari Firkatian. Presented by the Cultural Committee. Details inside.
OCTOBER 20, TUESDAY	Women's Guild trip to the Bruce Museum View the flyer in the bulletin for more details.
OCTOBER 31, SATURDAY	Women's Guild Retreat, "Sisters in Christ," from 12:00-4:00 PM at St. Nersess. Hosted by the Women's Guild Central Council. Details inside.
NOVEMBER 1, SUNDAY	Visit of His Grace Bishop Mesrop Parsamyan, Primate of the Eastern Diocese. Details to follow.
NOVEMBER 7, SATURDAY	SAVE THE DATE: NextGen of St. Gregory invites young professionals to Armenian Cooking 101 event. Details inside.