

HOLY COMMUNION

Holy Communion nourishes and sustains our spiritual lives. Just as our bodies need food to live and grow, our souls need spiritual food, which we receive through the sacrament of the Holy Eucharist. Jesus said, "I am the living bread that came down from heaven. Whoever eats this bread will live forever. The bread that I will give you is my flesh, which I give so that the world may live." As loving parents, we would not deny our children food for their bodies to grow; similarly we must not deny them spiritual food for their souls!

The holy bread that is prepared and given in our Armenian Church as Communion is called "Nushkhar." Nushkhars may have different designs on them. When giving Communion, the priest places the Nushkhar in wine, breaks it into small pieces, and then places it into our mouths.

Arrange to have a Nushkhar to share with the students during Assembly. If possible, try to get a few Nushkhar with different designs on them.

SECRET

There are no other documents in this file which have been
marked for release. The only other documents in this file are
the original documents, including the original copy of the
letter to the President, which were destroyed in the
fire at the White House. The original copy of the letter to
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