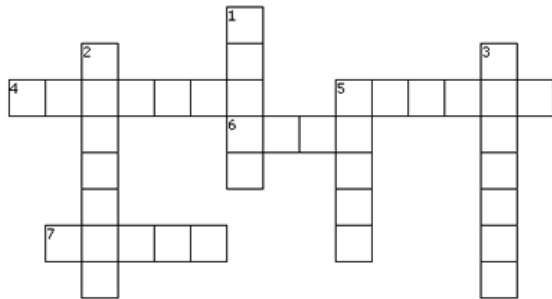


## SAINTS SARKIS AND MARDIROS

**St. Sarkis** lived during the fourth century and was from Caesarea of Cappadocia in Asia Minor (Modern Turkey). He rose through the military ranks as a consequence of his valiant campaigns and even became a trustworthy and faithful general to Emperor Constantine the Great, the first Christian Roman and Byzantine Emperor. At the accession to power of Emperor Julian the Apostate in AD. 361, Sarkis took refuge with his son **Mardiros** in Armenia. Later when the Pagan Emperor Julian fought against the Persians, Sarkis and his son went to Persia to join the Persian army in the service of Persian King Shapur II. Sarkis along with Mardiros fought with great bravery against Julian's defeated army. Sarkis was also able to convert many Persian soldiers to Christianity. King Shapur II eventually discovered that Sarkis was a Christian and asked him to abandon his faith and embrace Zoroastrianism (a religion that believed in two gods). The king gave him this option because he did not want to lose the faithful and courageous service of his top general. Both Sarkis and his son steadfastly refused to abandon their faith. King Shapur's promises of higher positions and of wealth did not cause Sarkis and Mardiros to alter their firm stand. They would rather die than deny Christ. Finally, the king executed both Sarkis and Mardiros. After the death of St. Sarkis, fourteen of his soldiers who had become Christians came to bury the Saint. These soldiers also were martyred at the hands of the Persian king for simply burying their teacher in Christ.

### CROSSWORD PUZZLE



#### ACROSS

4. For everlasting time; eternally
5. To make an effort to hear something; to pay attention
6. To continue to be alive
7. The Son of God

#### DOWN

1. The earth with its inhabitants
2. A person who speaks for God; Isaiah, for example
3. To accept as true or real
5. To gain knowledge through experience or study

Jesus	listen	believe	forever
prophet	learn	live	world

Source: Sermons 4 Kids, Inc.



## YOU ARE WHAT YOU EAT

Third Sunday of Theophany | Gospel Reading: John 6:22-38

There is a saying that your parents have probably said to you before, “You are what you eat”. It is very true because if you eat healthy food, you will become healthy. Likewise, if you eat junk food all the time, you will feel like junk. For this reason, we must always be careful about what we put into our bodies.

Christ says that He is the bread of life. What does that mean? What kind of bread is that? We've all heard of sourdough bread, rye bread, white bread, gluten-free bread, and many other types of bread, but what is the bread of life?

Christ is foreshadowing Holy Communion. In Holy Communion, we believe that the bread and wine become the body and blood of Jesus Christ. The Holy Spirit dwells within it and it changes, perhaps not physically, but spiritually.

Jesus says that He is that bread and if we eat that bread (if we eat Him), then we will receive eternal life, being joined to Him and part of the Kingdom of Heaven. This also means that if we eat the bread of life, we become more like Christ. Jesus also says, “Whoever eats my flesh and drinks my blood, he will live in me and I in him” (John 6:54).

As we mentioned earlier, you are what you eat. If we want to be like Jesus Christ, we must eat the food that He provides and He has offered to us. This means that we should participate in the life of the Church, receive Holy Communion often, and keep bad things from entering our bodies, like bad words, bad songs, and bad thoughts.

When was the last time you ate the Bread of Life?

## ARMENIAN WORDS TO KNOW FROM HOLY BADARAK

փութապէս => poot-a-bes => speedy

Եւ ախտացելոց ի պէսպէս ցաւս **փութապէս** զարողոջութիւն:

yev akhdatselots ee besbes tsavus **pootabes** zaroghchootyoon.

And a **speedy** recovery to those who are afflicted with diverse diseases.

(An example is on page 35 in the Liturgy Book Lord)

## BREAD OF LIFE WORDSEARCH

Source: Sermons 4 Kids, Inc.

E I H Q F G R W J D L O C H A  
 V V T O H D I E T I I P U M J  
 E V J J C E T O F E Q G A U N  
 R Y Y I K H A B N D L O T O O  
 L Z B O D U I V Z T O Q E O J  
 A B E L I E V E E F R I T E Y  
 S D V Z D Y C A F N Z U A S D  
 T M F J T E G A O L K D T E S  
 I M L E P O S X R L A A L H E  
 N S I H E J F E F E N T Z K U  
 G A V F S J V C R N N P R I R  
 A D I Z T E Q B A T W J K S X  
 R L N D R S Q M W O R L D U E  
 P T G O M U H U W F A X P A V  
 C O F L E S H W J P Z X T H N

FOREVER	ATE	WORLD	DIED	BREAD
LIFE	FLESH	DESERT	LIVING	JESUS
EVERLASTING	HEAVEN	TRUTH	BELIEVE	MANNA

## SPIRITUAL THOUGHT

Do not look at the waves of sin around you as the Apostle Peter looked and began to sink, but look at the Savior who is triumphantly walking upon those waves and look at His hand which is extended towards you. When you focus your attention upon the stormy waves, you are unable to see even a little to the side where the boat of salvation is, along with its CAPTAIN.



And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger".

John 6:35

Ասէ ցնսա Յիսուս. «Ես եմ հացն կենաց. որ գայ առ իս՝  
 ոչ քաղցիցէ»:

Յովհաննէս Զ.35