



Traditional Activities for St. Sarkis Name Day

Saint Sarkis is one of the most beloved Armenian Saints to modern Armenians as he is the Armenian Patron Saint of love and youth. On his feast day young people pray to Sarkis asking him to make their prayers audible to God.

Here are 3 fun traditions related to St. Sarkis for you to share with your students. Try doing one or more in your classroom, or create an activity of your own!

- SALTY COOKIE:** One of the most unique elements of this celebration is the specially-prepared salty cookie. The night before St. Sarkis Name Day, young people eat a SALTY COOKIE before going to bed, (they may not drink water afterwards), in order to see their future spouse in the dream. Most of the young people who follow this tradition are girls, who expect “a prince riding the white horse ” to give them water in their dream!
ACTIVITY: Distribute salty cookies (crackers) to students to take home and eat before bed that night.
- PORRIDGE:** On the night preceding the Feast of Sarkis, faithful people place a tray full of PORRIDGE before the door believing that while passing near their door at dawn, Sarkis will leave his footprint on it, symbolizing the fulfillment of their dreams.
ACTIVITY: Prepare some Porridge before class. Instruct students to trace their shoeprint onto construction paper. Allow students to fill in their shoe print by “finger painting” using the porridge. *Too messy?* Glue dry oatmeal to fill in the shoeprint.
- FLOUR:** On the Feast Day of Sarkis, Divine Liturgy is celebrated in all churches named after him, following a special liturgy ceremony where a blessing to youth is offered. On the night preceding his feast day, faithful people place a tray full of FLOUR before the door believing that while passing near their door at dawn, Sarkis will leave the footprint of his horse on the flour symbolizing the fulfillment of their dreams.
ACTIVITY: Have students draw a Horseshoe on a piece of sturdy paper either freehand or by tracing from the template (*to follow*). Carefully and sparingly, instruct students to fill in the horseshoe using liquid glue. Next, sprinkle flour to cover glue. Shake off excess flour into a trash can or recycle for another student to use.


Prayer Cards for St. Sarkis Name Day

1. **Prayer for the Holy Spirit**
 O Holy Spirit, fill my heart with your love and grace.
 Guide me in all my thoughts, words, and deeds.
 Amen.

2. **Prayer for St. Sarkis**
 O St. Sarkis, pray for me and all the faithful.
 Help me to live a life of holiness and devotion.
 Amen.

3. **Prayer for the Holy Family**
 O Holy Family, pray for me and all the faithful.
 Help me to live a life of love and unity.
 Amen.

4. **Prayer for the Holy Trinity**
 O Holy Trinity, pray for me and all the faithful.
 Help me to live a life of faith and hope.
 Amen.

5. **Prayer for the Holy Eucharist**
 O Holy Eucharist, pray for me and all the faithful.
 Help me to live a life of love and unity.
 Amen.