



Preparation for *Badarak*

Adapted from "A Walk Through the Divine Liturgy of the Armenian Church: A Guide to the Badarak" by V. Rev. Fr. Daniel Findikyan

The first step toward having a more meaningful worship experience is our own preparation for the Divine Liturgy, both physically and prayerfully. The custom of the Armenian Church is to fast from all food and drink from the time we wake up on Sunday morning until we have received Holy Communion. Fasting helps us to focus our minds and hearts on the spiritual nourishment we will receive in Holy Communion.

(Exceptions are made for those who, for various reasons, must eat in the morning. They may have a light breakfast and still come forward for Holy Communion.)

To participate fully in the Divine Liturgy, one should also devote some prayerful quiet time with God either on Saturday night, Sunday morning, or even in the car with the family if that's the most conducive time. It can include meditation on relevant passages from the Bible, recitation of prayers, or examining one's conscience through prayerful reflection. This quiet time serves to help us focus on the great mystery of being with God.

As you will see, the Divine Liturgy is a celebration with a beginning, middle, and end. Therefore, it is very important to arrive *before* *Badarak* begins and to remain attentive until the end.

Instructed Divine Liturgy

The *Badarak*, the main worship service of the Armenian Church, provides one of the most intimate encounters we can have with God in this life. For this to take place, *Badarak* must be meaningful to those participating.

That is why on **Sunday, November 22, 2015** **St. James Armenian Church** will offer an *Instructed Divine Liturgy*, which is designed to teach us about *Badarak* at the most effective time – *as it is unfolding*. On that day, there will be a narrator that will guide us and cover basic terms and meanings during the *Badarak*. Please arrive early and be ready to participate and learn!