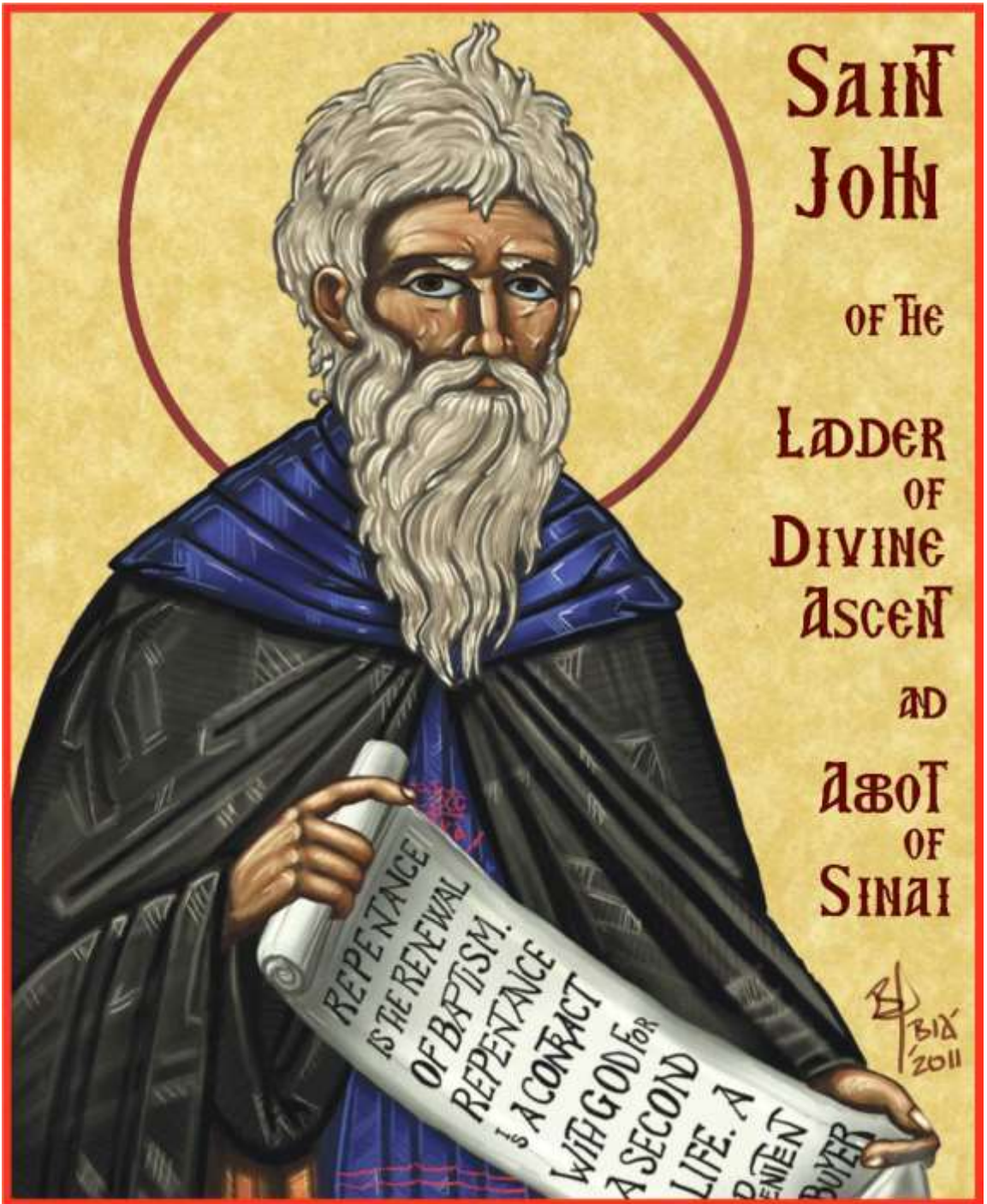


March 30, 2025

4th Sunday of the Great Fast / John Climacus Venerable / T one 4
Glory to Jesus Christ! / Glory to Him Forever!



**Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix
Most Reverend Artur Bubnevych**

**Our Lady of Perpetual Help Byzantine Catholic Church
1837 Alvarado Dr. NE, Albuquerque, NM 87110 Parish office: (505) 256-1539
www.olphnm.org**

OFFICE HOURS:

Monday—Friday 10:00 am—4:00 pm
Thursday OFF

Advisory Board

Fr. Chris Zuger, Dan Riley, Rafael Plut,
Jeff Brewer, Michael Grega, Alicia Wells

Finance Council

Matthew Blain, Maria Alden

**Bishop John Pazak, in residence
(505) 268-2877**

**Father Christopher Zuger
Administrator
(505) 256-1787**

**Frchris.zuger@gmail.com
www.frchriszuger.com**

**Father Tyler Strand
(516) 661-0883
tylerastrand@yahoo.co.uk**

**Confession (Mystery of
Reconciliation):**

9:00—10:00 am on Sundays, before or
after weekday Liturgies, or by appoint-
ment with Father

**Mysteries of Baptism/Chrismation/
Eucharist:**

Must be arranged three months in
advance.
(Pre-Jordan requirement)

Mystery of Crowning:

Must be arranged six months in
advance
(Pre-Cana requirement)

Sick and Shut-Ins: It is the family's
responsibility to notify the parish office
when a parishioner is in the hospital or
confined to home because of sickness or
old age. Father will bring the confined
person the Holy Mysteries on a regular
basis. It is recommended that one re-
ceive the Anointing of the Sick before any
major surgery. Please don't let the priest
be last to know that someone is ill!

May the Lord Bless your kindness and
generosity to His House!




ONLINE GIVING / ONLINE TITHING

is available on our website:

For those parishioners who can't attend in person or
traveling or anyone who find this more convenient,
we just set up a new way to tithe online using your
credit card or debit card information. You can do a
one-time donation or setup weekly donations!! You
will receive a receipt and statement immediately
after donating. The software takes a very small per-
centage of the donation, but its worth it for the ease
of the system. You can donate using your comput-
er / smartphone at [ps://www.olphnm.org/giving](https://www.olphnm.org/giving).

**Welcome to our Church! If you are looking for a spiritual home, contact
Fr Chris or the office staff for more information. God bless you!**

Hebrews 6:13-20; Mark 9:17-31

- 8:30 am Rosary
- YouTube Live** 9:00 am Matins & Confessions
- ECF Classes** 10:00 am Divine Liturgy / Intention for the Parishioners of OLPH
- 2:00 pm Inquiry Class for adults
- 5:30 pm Ask A Priest
- Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine
- Mar 31 Mon** ***Hypatius Bishop / Gen 12:12-18; Prov 14:27-15:4***
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- Apr 1 Tue** ***Mary of Egypt Venerable / Gen 15:1-15; Prov 15:7-19***
- 6:00 pm CAFÉ meeting at UNM
- Apr 2 Wed** ***Titus Venerable-Wonderworker / Gen 17:1-9; Prov 15:20-16:9***
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- 4:00-6:00 pm Catechesis of the Good Shepherd
- 5:45 pm Confessions
- 6:00 pm Presanctified Liturgy / Lucas Riley by Family
- Apr 3 Thu** ***Great Canon of St. Andrew of Crete / Gen 18:20-33; Prov 16:17-33***
- 7:00 pm Great Canon of St Andrew
- Apr 4 Fri** ***Joseph & George Venerables / Gen 22:1-8; Prov 17:17-18:5-16***
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- 9:00 am 40 Days For Life** at Mega Planned Parenthood 4630 Eubank NE
& SW Women's 522 Lomas NE
- 5:45 pm Confessions
- 6:00 pm Presanctified Liturgy / +Camille Dvorack by Michael Dvorack
- Potluck dinner after Liturgy
- Apr 5 Sat** ***Akathistos Saturday / Heb 9:24-28; Mk 8:27-31***
- 9:00 am—12 noon church cleaning
- 4:00 pm Great Vespers
- Hebrew Scriptures for Sunday: Genesis 48:8-22; Daniel 3:13-28; Jeremiah 1:1-11
- 5:00 pm Vigil Divine Liturgy / +Agnes Adamsko by Pam Pettit
- Apr 6 Sun** ***5th Sunday of the Great Fast / Mary of Egypt Venerable
Heb 9:11-14; Mk 10:32-45***
- 8:30 am Rosary
- 9:00 am Matins & Confessions
- YouTube LIVE** 10:00 am Divine Liturgy /Intention for the Parishioners of OLPH
- ECF Classes** Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine

Remember Those Who Request Our Prayers:

Physician and Help of Those in sickness, Redeemer and Savior of the infirm; O Master and Lord of all, grant healing to your servants. Be clement, show mercy to those who have sinned much, and deliver them, O Christ, from their Iniquities, that they may glorify your might divine

Sharif Rabadi	Lourdes Lasin	Janet Worthington
Jenny Ford	Irene Bradley	Matt Williamson
Marilyn Fore	Sorlah Chavez	James Epstein
Barbara	Abraham Haddad	Katy Ford
Svensson	Marianne Gerace	Madalyn Davis
Laurie Bienz	Michael Baron	Rebecca Russo
Brent Dodson-	Jessica Pieniadz	Jacob McTernan
Sands	Rhonda	Paola Terlaza
Lara Davis	Glasscock	Vicki Frank
Carol Donlin	Amber Roybal	Emily Wojciechowski
Marcie Dark	Philip Leahy	Fr Joel Barstad
Fr Chris Zegger	Juanita Montoya	Fr. Joseph Wargaki
Fr Robert Rankin	Linda Granci	Fr James Bankston
Fr. Steve Washko	Christopher	Killian Parker
Buster Miscusi	Barlow	Midge
Richard Jacobs	Joel Ford	McCarragher
Harry & Barbara	Andrew Martinez	
De Lap	Jordan Smith	

Intentions of the Rosary:

- 1st Decade: Help for persecuted Catholics, especially in communist and Islamic states
- 2nd Decade: Spiritual and physical growth of our parish and the Byzantine Catholic Church
- 3rd Decade: Increase in vocations to priesthood, diaconate, and consecrated life to serve the Byzantine Catholic Church
- 4th Decade: Repose of the souls who have no one praying for them
- 5th Decade: Healing of the sick in body, mind and soul

Holy Father's Intentions / March For families in crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

"I believe! Help my unbelief!" Our gracious Lord comes to us, and His divine grace always heals what is infirm and supplies what is lacking. Nevertheless, He uses people to be His hands and feet. Our prayer and fasting can save the world! Are you open to dedicating your life as a consecrated monastic or religious, or a life in holy orders? Contact the Vocations Office at 602-861-9778 or email: vocations@ephx.org



Vocation Icon

Today: Gloetzner Family
Next Sunday:
Sullivan Family

April 6, 2025

Cantor: Andrea Riley
Reader: Brook Jilek
Altar Server: Sbdcn Michael
Grega
Counters: Michael Wells &
Michael Fedorowich

Propers for 4/6/25

**5th Sunday of Great Fast
Tone 5**

Typical Psalms & Beatitudes -
16, 17 & 23

Troparion (Tone 5) - 146

Troparion (GF) - 230
v. Glory...

Kontakion (GF) - 230
v. Now & Ever...

Theotokion - 406

Prokeimenon & Alleluia - 148 &
231

Instead of 'It is Truly Proper' -
221

Our Father- 70

Communion - 78 & 232 [A]

The OLPH Prayer Warriors

make intercessory prayer a daily
commitment. We pray voluntarily
and without bias; that is, we
take to the Blessed Trinity the
requests that come our way.

The Prayer Warriors meet on
Zoom every Sunday at 9:30 a.m.
for the meetings. **If you would
like to join the Prayer Warriors,**
would like additional information,
and/or would like for us to pray
for your intentions, please
contact Lara Davis at
crowhopdavis@yahoo.com

Coming Events—Mark Your Calendars Now

Mon Apr 14	9:00 am Bridegroom Matins 6:00 pm Advisory Board Meeting
Tue Apr 15	6:00 pm Bridegroom Matins
Wed Apr 16	Holy Wednesday 7:00 pm Presanctified with Holy Mystery of Anointing
Thu Apr 17	Holy Thursday 7:00 pm Divine Liturgy
Friday Apr 18	Good Friday 10:00 am Passion Gospels 7:00 pm Vespers / All-Night Vigil
Sat Apr 19	Holy Saturday 10:00 am Jerusalem Matins Clean & Decorate Church 5:00 pm Vigil Divine Liturgy / Blessing of Baskets
Sun April 20	Pascha / Resurrection of Our Lord 9:00 am Procession and Matins 10:00 am Divine Liturgy Blessing of Baskets, Paschal Meal
Mon Apr 21	6:00 pm Liturgy with Procession of four Gospels

Alicia's Hall Report

Wow- what a great Great Fast meal and fellow-
ship we shared! Thanks to Reem and her Mom for
the delicious rice and lentils, and the fresh Greek
salad. Thanks to Emily for the potato and zucchini
casserole and thanks to Brittany for sharing your
yummy leftovers. Three cheers for Emily, Andrea,
and everyone who helped with the stellar clean up
job!

Please make sure to dump ALL your food scraps
into the compost and rinse plates/bowls/utensils
well so no food scraps are being put into the dish-
washer. We've already had several grape stems
clogging up the spinner of the dishwasher.

Thank you! Have a blessed fifth week of the Great
Fast!

PARENTS: The Advisory Board wants to remind you that **You MUST accompany your small children when they go to the bathroom, both for their own safety and to prevent any accidents to the facilities. We also ask that you PLEASE WATCH your children so that they are not going out into the parking lot unattended from the patio or zipping out the front doors!**

Two camps—one for boys & dads, one for girls and moms: Please mark your calendars. This summer, our eparchy is hosting two camps. One for our eparchy's girls aged 9-17 and mothers are invited to Santa Fe, New Mexico from July 25-27. The other is for boys aged 7-17 and their dads which will be held July 10-13 in Palomar, California. Please mark your calendars and stay tuned for more info.

EPARCHIAL APPEAL 2025

The Annual Eparchial Appeal this year runs from **March 15 to September 15, 2025**. The pledge form and information for the appeal was mailed directly from the Bishop's office to your home. Our parish goal for this year is **\$18,000.00** which brings it down to **\$300.00 per family**. We are requested to send our pledges directly to the Bishop's office in Phoenix, AZ, and our checks made to the Eparchy of Phoenix.

Thank you for your support!

Abel Gloetzner will be selling raffle tickets for \$100 each after Liturgy for a Chesterton Academy fundraiser; cash or checks accepted. Grand prize is \$10,000.

MISSION SOCIETY EASTER CARDS ARE ON SALE IN THE NARTHEX (ENTRYWAY). One packet of 5 cards is \$15. Those to whom you send the cards will be prayed for individually, by name, on Pascha at the Cathedral of the Holy Cross in Uzhhorod, Ukraine. ALL PROCEEDS GO TO THE EPARCHY OF MUKACHEVO to help with the charitable work of aiding refugees who have fled from the Russian invasion.

Thank you to Rafel Plut for all her work on the Mission Society Easter Card campaign; **Dan Riley** for fixing the toilet that was left plugged up last Saturday evening; all who help in the kitchen; **Mihailo Bilichak** for repairing damage to the roofs of the two houses from the big wind storm; all those who are assisting with various jobs around the parish.

Please sign up for the **Good Friday Vigil, to pray at the tomb for one hour or more: we need 2 adults in the church** at all times.

Inquiry Class for adults starting today at 2 pm in the office for those who wish to learn more about the Byzantine Catholic Faith; these are offered by Father Chris.

CAFÉ: all at 6 pm at the Student Union at UNM: on April 1: the **Sacrament of Matrimony in the Catholic Church** with Kendrick and Mary Rose Sena; April 15 Lenten Retreat: ***The Young Adult at the foot of the Cross***.

IN THE STORE: ***Lenten books, imported Ukrainian Basket Covers, Decorated Candles for Baskets, Lamb Butter kits, wooden pysanky***

Fourth Sunday of Great Lent: The Sunday of Saint John Climacus

John came to Saint Catherine's Monastery, at the foot of Mount Sinai, and became a novice when he was about 16 years old. He was taught about the spiritual life by the elder monk Martyrius. After the death of Martyrius, John, wishing to practice greater asceticism, withdrew to a hermitage further up the mountain. He lived there for about twenty years, **constantly studying the lives of the saints and thus becoming one of the most learned Church Fathers**. When he was about seventy-five years of age, the monks of Sinai persuaded him to become their hegumen (superior or abbot). He served as abbot and his reputation spread so far that, according to the *Life*, **Pope St. Gregory the Great wrote** to recommend himself to his prayers, and sent him a sum of money for the pilgrims' hospice at Sinai, since at that time Christians traveled from all over the Roman Empire, Nubia, Ethiopia, and Persia to pray there.

John's only surviving books are the famous *Ladder of Divine Ascent*, and a shorter work *To the Pastor*, most likely a sort of appendix to the *Ladder*. *Ladder of Divine Ascent* is read aloud in Orthodox and Byzantine Catholic monasteries during the Lenten season when the monks or nuns are gathered for their meals.

Quotes from The Ladder —St John Climacus

“The offspring of virtue is perseverance. The fruit and offspring of perseverance is habit and the child of habit is character.”

“Fight to escape from your own cleverness. If you do, then you will find salvation and uprightness through Jesus Christ our Lord.”

“When the soul betrays itself and loses the blessed and longed-for fervor, let it carefully investigate the reason for losing it. And let it arm itself with all its longing and zeal against whatever caused this. For the former fervor can return only through the same door through which it was lost.”

“Let us talk about the unholy vice of self-esteem, the beginning and completion of the passions; and let us talk briefly, for to undertake an exhaustive discussion would be to act like someone who inquires into the weight of the winds.”

“Silence, is the mother of prayer, a return from the captivity of sin, unconscious success in virtue, a continuous ascension to heaven.”

“Remembrance of wrongs is far removed from natural, healthy love, but sexual immorality with ease draws close to it, just as at times lice can be observed on a bird.”

“Fasting is a struggle against nature and the removal of all that stimulates the palate, the inhibition of lust, the excision of evil thoughts, liberation from dreams, purity in prayer, the radiance of the soul, the defense of the mind, liberation from blindness, the gateway of remorse, humble sorrow, joyful remorse, a break from speaking, an agent for stillness, a watch for obedience, alleviation of sleep, health of body, a means to dispassion, a clearing of sins, a door to Paradise and its joy.”

