

February 23, 2020 Tone 4
Sunday of Cheesefare / Romans 13:11-14:4; Matthew 6:14-21



Good Fathers and Brothers and Sisters, grant me your blessing and pardon me all the wrongs I have done in word or deed or thought, with all of my spiritual and bodily faculties (The Rite of Mutual Forgiveness)



**Holy Protection of Mary Byzantine
Catholic Eparchy of Phoenix
Bishop: His Grace John Pазak C.Ss.R**

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



**Father Artur Bubnevych, Pastor
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abbaolph@gmail.com**

**Father Christopher Zuger
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(505) 256-1787
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**Father Tyler Strand
in residence
(516) 661-0883
tylerstrand@yahoo.co.uk**

OFFICE HOURS:

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

THEOSIS: 2nd & 4th Thursday
Pot Luck Dinner 6:00 pm
Bible Study 6:45 pm

Eastern Christian Formation Program: All grades meet every Sunday after Liturgy for 45 minutes (September through May)

Advisory Board

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

Finance Council

Matthew Blain, Maria Alden

Confession (Mystery of Reconciliation):
9:15—10:00 am on Sundays, before or after weekday Liturgies, or by appointment 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 receive the Anointing of the Sick before any major surgery. Please don't let the priest be last to know that someone is ill!

OLPH Prayer Warriors

Sunday 9:30 am in the conference room. Send your prayer requests to Patricia at pocb@unm.edu

March 1, Apple(s)

March 8, Climbing Mountains

March 15, Lamb

March 22, Righteousness

March 29 Pomegranate(s)

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

Today 8:30 am Rosary
9:00 am Matins & Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
ECF Classes Fr. Chris: Bucalo Family
Eternal Lamp: Intention of Bryan & Cielo Doherty

February 24 *First Day of the Great Fast / Genesis 1:1-13; Proverbs 1:1-20*
Monday

Day of Strict 6:00 pm Presanctified Liturgy with Anointing
Abstinence Health and salvation of Fr. Stephen Kasmus

February 25 *Tarasius Patriarch / Genesis 1:14-23; Proverbs 1:20-33*
Tuesday

10:00 am Jesus Prayer with Spiritual Reading
6:30 pm CAFE at UNM / Church and Communism by Fr Chris

February 26 *Porphyry of Gaza Bishop / Genesis 1:24-2:3; Proverbs 2:1-21*
Wednesday



5:30 pm OLPH Devotions
6:00 pm Liturgy of Presanctified Gifts / +Mary Marlene Santo

February 27 *Procopius Venerable-Confessor / Genesis 2:4-19; Proverbs 3:1-18*
Thursday

6:00 pm pot-luck dinner
6:45 pm THEOSIS Bible Study

February 28 *Basil Venerable-Confessor / Genesis 2:20-3:20; Proverbs 3:19-34*
Friday



9:00 am 40 Days for Life our parish is scheduled to prayer and witness in front of
Abortion Clinic on San Mateo
6:00 pm Liturgy of Presanctified Gifts / +Fr. Francis Vivona

February 29 *Commemoration of the Miracle of the Great-Martyr Theodore*
Saturday *Hebrews 1:1-12; Mark 2:23-3:5*

9:00 am Pysanky Workshop

March 1 *1st Sunday of the Great Fast / Sunday of Orthodoxy*
Sunday *Hebrews 11:24-26.32-12:2; John 1:43-51*

4:00 pm Great Vespers
5:00 pm Divine Liturgy / Mysteries of Christian initiation for Antonia Macik /
God's Blessing on Teresa & Greg Zanetti by Mary Alice Cooper

ECF Classes
Collection for
Friars

4:00 pm 8:30 am Rosary
Vespers 9:00 am Matins & Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
Procession with Icons / Blessing of Icons
Fr. Chris: +AlanStrand

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	Fr. Julian Gnall	Paola Terlaza
Jenny Ford	Abraham	Ruth Sousa
Priscilla Hughes	Haddad	Linda Granci
Steve Jakymiw	Phillip Fall	Kris Nelson
Marilyn Fore	Olga Bodnar	Vicki Frank
Sven & Barbara	Marianne Gerace	Christopher
Svensson	Paula Amrein	Barlow
Laurie Bienz	Lori Medina	Tracy McTernan
Brent Dodson-	Michael Baron	Scott Fafrak
Sands	Fr. Stephen	Jordan Smith
Dorothy Curl	Casmus	Rebekah Lyons
	Fr Frank Knusel	



Vocation Icon

Today: Martinez Family

Next Sunday: Dodson-Sands
Family

Prayers in honor of and to the Blessed Virgin are a powerful weapon against sin, and for healing. If you recite the Rosary at home, please offer these intentions, and join us on Sunday at 8:30 am. Those who recite the Akathist to the Mother of God or the Rosary receive a partial indulgence when they do so in private, plenary indulgence when they do so as a group.

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 for February Listen to the Migrants' Cries

We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered.

BISHOP'S APPEAL 2020 you will be getting in the mail from Bishop's Office your 2020 Eparchial Appeal brochure, Pledge / Payment form and a Postal-Paid Return Envelope. **Our parish GOAL \$23,769.46. Kindly give what you can to help our Eparchy and our Church. Thank you!**

Parish account with Formed.org. This site offers amazing opportunity to enrich our FAITH! You will find thousands of books, audio talks, movies, documentaries, studies and much more. The content of website is updated on daily basis with new helpful resources! Everyone now can use OLPH parish account to log in. This is what you need to do:

1. Go to Formed.org, click sign in and then click "I belong to parish"
 2. Enter zip code 87110
 3. Find among the parishes OLPH Byzantine
 4. Put your name and email (you will get a link in your email to directly log in)
- Enjoy the content!

For those who already have an account with Formed.org

When you log into your account click "**Parish Care Support**" at the left bottom corner

On the opened link you will see this number:
1-844-367-6331

Call and transfer your account to the Parish Say: " I am a member of Our Lady of Perpetual Help Byzantine Catholic Parish in Albuquerque 1837 Alvarado Drive NE, NM 87110 and I want to transfer my account."

In this way you do not need to pay for your personal subscription. Parish got you covered. Also, you are most welcome and encouraged to share parish subscription with your friends, neighbors, coworkers or just anyone who would benefit. This site is a mighty tool of Evangelization and FORMED.org encourage us to share the good news! Thank you

Barbara's Hall Report

Thanks to Ashley Garcia for bringing in a big roaster full of rice and veggies. Yum! Plus lots of delicious salad and bread. Thanks Ashley. The Riley's brought a yummy chocolate cake to celebrate Nicky's 5th birthday Happy Birthday, Little Guy!

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

March 1, 2020

Cantor	Evie Jilek
Reader	Miles Gloetzner
Trojca	Lucy Brewer
Greeter	Dorothy Curl
Usher	Dan Riley Jeff Brewer
Counter	Rafael Plut Dorothy Curl
Host	Open
Church Cleaners	Tom Plut Michael Paul Mary Blain
Altar Servers:	Michael Grega Daniel Fogg Colin Herring Jeremiah Jilek Elijah Jilek Caden Dodson-Sands Lucas Riley

Coming Events—Mark Your Calendars Now

Saturday March 7	9:00 am 2nd All Souls Saturday
Thursday March 12	9:00 am Nutroll baking
Saturday March 21	10:00 am Holubki making
Wednesday March 25	Annunciation of the Theotokos/Solemn 6:00 pm Vigil Liturgy of St John Chrysostom
Thursday March 26	7:00 pm Matins with Great Canon of St. Andrew and Prostrations / Reading Life of St Mary of Egypt
Sat May 2	10:00am—3 pm Annual Byzantine Bazaar

Cantor Corner Propers for 3/1/20 First Sunday of Great Fast Sunday of Orthodoxy Tone 5

Troparion (Tone 5) - DL 146
Troparion (Holy Icons) - DL 220
v. Glory...
Kontakion(Holy Icons) - DL 220
v. Now & Ever ...
Theotokoion- DL 406
Prokeimenon & Alleluia - DL 221
Anaphora of St. Basil - DL 96 -100
Our Father- DL 70
Communion Hymn - DL 78 & 213 [A]

Next Sunday is The Triumph of Orthodoxy, or True Belief, commemorating the restoration of icons to the churches of the Byzantine Empire after the defeat of the heresy of iconoclasm. There will be a procession with children from the ECF class holding icons brought from home. Please plan now which icon your children will bring to church!

Father Chris coming talks: On Monday March 2, Father Chris will participate in the Catholic Expo at UNM in the Student Union Building. At 12:30 pm, he will speak about the Eucharistic Miracles, "Science, Christ's Heart, and the Miracles." The Expo will include relics of saints, church treasures, and a large display on the Eucharistic Miracles approved by the Church.

On Wednesday, March 4, Father Chris will present "Hitler's Pope? The Black Legend of Pope Pius XII" in which he will tackle the accusations that the pope did not help the Jews during the Holocaust. This will be at Annunciation parish hall, at 6:30 pm. This is a recurring attack on the Catholic Church and Pius XII, so come and find out the truth.

Movie nights on Fridays of Great Fast! Every Friday during the Great Fast we will be having a meatless potluck AND projector movie night in the hall after Presanctified Liturgy. Below is our tentative movie list for the 6 Fridays of Lent, all of which are family friendly except for 2 nights when 2 movies will be playing. Contact Miles if you have questions.

- 1) Clare and Francis (3 hours 18 minutes—first half)
- 2) Clare and Francis (next half)
- 3) What is Man for a Woman and Woman for a Man (13ish+) & The Messengers: The Birth of the Early Church (The Witness Trilogy for children)
- 4) Mother Teresa Life
- 5) Mother Teresa Legacy
- 6) The Island (13ish+) & War of the Vendee (children)

Cheesefare Sunday – start line of the Great and Holy 40-day Fast

The Divine Liturgy is not celebrated on weekdays of Great Lent, as it is considered a joyful service. Instead, Holy Communion is consecrated on Sunday and is reserved in the tabernacle for both Communion to the sick and for distribution at the Liturgy of the Presanctified Gifts. This evening service is characterized by "bright sadness": on the one hand, the music is especially solemn and the service itself marked with prostrations and penitential prayers, but on the other hand it is filled with beautiful prayers anticipating Holy Week and Easter. Please make an effort to attend the Lenten Services: the Liturgy of the Presanctified Gifts on Wednesday and Friday at 6 pm. On Friday night, we will meet for meatless pot-luck + movie-night in the parish hall.

Rules of Abstinence and Fasting in the Eparchy of the Holy Protection of Mary of Phoenix:

Abstinence

The law of abstinence forbids the use of meat, but permits the use of eggs and dairy products. Abstinence is to be observed on all Wednesdays and Fridays of the Great Fast. All the faithful of the Eparchy who receive Holy Communion are obliged to abstain.

Strict abstinence

The law of strict abstinence (fast) forbids the use of meat, eggs and dairy products. Strict abstinence is to be observed on the First Day of the Great Fast, **Monday February 24** and **Good Friday April 10**. All Adult faithful - 18 years and older who receive Holy Communion are obliged to observe strict abstinence.

Dispensations

Pastors may, for just cause, grant to individual families dispensations or commutations of abstinence and strict abstinence into other pious practices.

Fasting, the abstinence from all food and drink, is observed prior to receiving the Eucharist and on every weekday (Monday through Friday) during the Great Fast, usually until noon.

Abstinence is the avoidance of specific foods. During the Great Fast abstinence from "meat" (i.e. all animal products, including poultry, fish, eggs, dairy) as well as wine and, in some traditions, oil is practiced daily for the forty days in most Eastern Churches. This is also the root of the Western practice of "giving up something for Lent."

The Fast is a time for simplifying our physical life, but should it be seen as a time of "giving-up"? The Prodigal did not feel that he was giving something up when he set out for his father because he saw the reality of the life he was living. If we see fasting as "giving-up," we may have forgotten the first lesson we learned in Sunday school: that the real aim of our life is communion with God.

As long as there has been a Great Fast there have been voices warning against misusing the experience. When we simply equate food fasting as the purpose of the season, St John Chrysostom tells us, we belittle the very season we seek to observe: "Let the mouth fast from disgraceful and abusive words, because, what gain is there when, on the one hand we avoid eating chicken and fish and, on the other, we chew-up and consume our brothers?"

He who condemns and blasphemes is as if he has eaten brotherly meat, as if he has bitten into the flesh of his fellow man. It is because of this that Paul frightened us, saying: 'If you chew up and consume one another be careful that you do not annihilate yourselves ... "You did not thrust your teeth into the flesh (of your neighbor) but you thrust bad talk in his soul; you wounded it by spreading dishonor, causing inestimable damage both to yourself, to him, and to many others."

The Prayer of St Ephrem the Syrian leads us to see the purpose of the season as the acquisition of virtue, particularly in relation to others. We pray to avoid sloth, ambition, inquisitiveness, and vain talking as well the habit of judging others. We ask that we attain patience, love, and humility – virtues that define our relations with others as being in Christ.

FORGIVENESS is the best form of love... it takes strong person to say sorry
and ever stronger person to forgive...

Today is also called Forgiveness Sunday, another Lenten experience which seeks to put relationships at the center of our focus during the Fast is the rite of forgiveness held at the end of vespers or the Liturgy on this day. We are enjoined to ask forgiveness and prayers from every other person in the community. It is also the custom to sing the Canon of Paschal Matins during this rite, pointing toward the kiss we will exchange with everyone in the joy of Christ's resurrection.

St Paul's admonition – and the spirit of the Great Fast – does not exalt deprivation, or giving something up for its own sake. Both see abstinence as a way of making room for something greater: living a life of Christian love. Again, Paul is echoed by Chrysostom who writes, "Whoever limits the fast to the deprivation of food, he is the one who, in reality, abhors and ridicules the fast. Are you fasting? Show me your fast with your works. Which works? If you see someone who is poor, show him mercy. If you see an enemy, reconcile with him. If you see a friend who is becoming successful, do not be jealous of him! If you see a beautiful woman on the street, pass her by." Thus almsgiving is as integral a part of this season as is fasting from food and drink.

St John Chrysostom offers us other helps in understanding the true purpose of this season when he writes: "If you cannot go without eating all day because of an ailment of the body, beloved one, no logical man will be able to criticize you for that. Besides, we have a Lord who is meek and loving (philanthropic) and who does not ask for anything beyond our power. Because he neither requires the abstinence from foods, neither that the Fast take place for the simple sake of fasting, neither is its aim that we remain with empty stomachs, but that we fast to offer our entire selves to the dedication of spiritual things, having distanced ourselves from secular things.

"If we regulated our life with a sober mind and directed all of our interest toward spiritual things, and if we ate as much as we needed to satisfy our necessary needs and offered our entire lives to good works, we would not have any need of the help rendered by the fast. But because human nature is indifferent and gives itself over mostly to comforts and gratifications, for this reason the philanthropic Lord, like a loving and caring father, devised the therapy of the fast for us, so that our gratifications would be completely stopped and that our worldly cares be transferred to spiritual works."