



March 26, 2017 , T one 4
Mark 8:34-9:1 / Hebrews 4:14-5:6
4th Sunday of the Great Fast
Synaxis of the Archangel Gabriel

Glory to Jesus Christ!

Glory to God Forever!



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

Our Lady of Perpetual Help Byzantine Catholic Church
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Finance Council
Matthew Blain, Tom Ellefson, Maria Alden

SCHEDULE

SUNDAY: Rosary 8:30 am
Festal Matins 9:00 am
Divine Liturgy 10:00 am
Great Vespers 4:00 pm

Monday, Tuesday 12 noon Lenten Hours
Wednesday 5:30 pm OLPH Devotions
6:15 pm Presanctified Liturgy
Friday 6:00 pm Presanctified Liturgy

Saturday: Great Vespers 5:00 pm
Divine Liturgy 6:00 pm

OFFICE HOURS:

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

THEOSIS: 1st & 3rd Thursday
pot luck dinner 6:00 pm
Bible Study 7:00 pm

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

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!

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

Today	8:30 am	Rosary
ECF Classes	9:00 am	Matins/Confessions
	10:00 am	Divine Liturgy for Parishioners, Benefactors & Friends Fr. Chris: Health of Chelsea Griego & unborn child by Harry & Barbara DeLap
	Eternal Lamp:	Health of Stephen, Robert & John Horner
	4:00 pm	Great Vespers
March 27 Monday		<i>Matrona Venerable</i> <i>Readings: Genesis 813:12-18; Proverbs 14:27-15</i>
	10:00 am	Lenten Hours
	10:30 am	Shut-ins Visits
	5:45 pm	Explorers meeting in the hall
	6:00pm	Bazaar meeting in conference room
March 28 Tuesday		<i>Hilary and Stephen Venerable</i> <i>Readings: Genesis 15:1-15; Proverbs 15:7-19</i>
	12 noon	Lenten Hours
	6:30 pm	CAFÉ meeting at UNM
March 29 Wednesday		<i>Mark, Cyril and Others Martyrs</i> <i>Readings: Genesis 17:1-9; Proverbs 15:20-16:9</i>
	5:30 pm	OLPH Devotions
	6:15 pm	Presanctified Liturgy
March 30 Thursday		<i>Great Canon of St. Andrew of Crete</i> <i>Readings: Genesis 18:20-33; Proverbs 16:17-33</i>
	7:00 pm	Matins with Great Canon of St. Andrew of Crete with prostrations
March 31 Friday		<i>Hypatius Bishop</i> <i>Readings: Genesis 22:1-18; Proverbs 17:17-18:5</i>
	9-10:30 am	Prayer & Witness For Life in front of Planned Parenthood on San Mateo
	6:00 pm	Presanctified Liturgy /meatless potluck
April 1 Saturday		<i>Akathistos Saturday</i> <i>Epistle: Hebrews 9:24-28; Gospel: Mark 8:27-31</i>
	9:00 am	Akathist Hymn to the Most Holy Theotokos
	11:00 am	clean hall with Knights of Columbus
April 2 Sunday		<i>Fifth Sunday of the Great Fast / Mary of Egypt</i> <i>Epistle: Hebrews 9:11-14; Gospel: Mark 10:32-45</i>
Canned goods collection for Friars	5:00 pm	Great Vespers
	6:00 pm	+Joseph Donlin by Carol Donlin
ECF Classes	8:30 am	Rosary
	9:00 am	Matins/Confessions
	10:00 am	Divine Liturgy for Parishioners, Benefactors & Friends Fr. Chris: +Dmytro Dzek by Helga Dzek
	4:00 pm	Great Vespers

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
Stephen Horner
Katrina Anderson
Abraham Haddad
Tim & Jenny Ford
Threima Leech
Priscilla Hughes
Steve Jakymiw
Lillian Murphy
Marilyn Fore
Demetrius
Yackanich
Sven & Barbara
Svensson
Keith Romero

Fr. Julian Gnall
Henry Zuggler
John & Margie
Disque
Phillip Fall
Laura Dominquez
Olga Bodnar
Frances Brannan
John Deflice
Mary Ann Kosty
Jordan Smith
Maggie Batsel
Jean Pesce
Henry Burnette
Tracy McTernan
Terry Rains

William Frank
Mary Nell Preisler
Mike Harahuc
Robert Zadel
Jack & Lorraine
Hubbell
Heather Mattax
Larry Bennett
Paola Terlaza
Ruth Sousa
Frank Gerace
Linda Granci
Barbara Irving
Mary Danyluk
Richard Hornung



Vocation Icon

Today: Brewer

Next Sunday: Gloetzner

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 March

Support for Persecuted Christians.

That persecuted Christians may be supported by the prayers and material help of the whole Church



March 19, 2017 / Attendance: 124

ETERNAL MEMORY! We extend our sincere and most prayerful condolences to Tianna Sevachko and her family on the occasion of the falling asleep in the Lord of her beloved Grandmother Ruth Walker. She reposed in the Lord early morning on Tuesday March 21 at age 86. The Funeral Services were held on Saturday March 25 in Las Cruces. May God grant His Handmaid Ruth blessed repose and remember her forever!

Spiritual Friendship Group meeting

The Perpetual Helpers Spiritual Friendship Group will be meeting on Saturday April 1st from 11:00am until about 2:00pm at Mimi's Cafe at Jefferson & I-25. The group is open to ALL WOMEN in the OLPH Parish. We meet & have a good meal & share with each other about our relationship with God. We love & support each other through the rough walk of the Narrow Way. Join us!

Contact Lara or Rafael for more information.

Thank You!

Friars Food Pantry Needs:

The Friars build food boxes for the poor families in our neighborhood, and they currently need smaller cans/packages of the following:

Peanut butter, jelly/jam/preserves, olive oil

Save the Date!

Back by popular demand, the Women's Spiritual Enrichment Weekend has been scheduled for this fall once again at the Norbertine Abbey. The dates will be Friday night, **September 22nd** and Saturday **September 23rd**. All women are welcome. Please consider joining us. If you have any ideas or input or would like to help with the planning, please see Mary Blain or Cindy Loescher. Planning meetings will be forthcoming.

In the fifth week of the Great Fast, we chant the Great Canon of St Andrew of Crete, to re-affirm our commitment to follow Christ. On Friday we read of Abraham's faith in his willingness to sacrifice his son Isaac. What the Father forbade to Abraham, He allowed for Christ, who was sacrificed for the life of the world.

DATE	READER	TROJCA	GREETER	COUNTER	HOST
April 2	Brook Jilek	Olga Youssef	Dorothy Curl	Rafael Plut Dorothy Curl	Ellefson

Barbara's Hall Report

Thanks to our Knights of Columbus council for putting a vegetarian frito pie benefit. Even without meat, it was tasty. Also Matthew Montoya brought a birthday cake for his wife Eva.. Happy Birthday, Eva! I heard there was another cake, but, alas, I don't know who brought it or who it was for. Although, I did hear it was quite delicious!

Coming Events—Mark Your Calendars Now

Tuesdays	6:30 pm CAFÉ meeting at UNM
April 3 Monday	6:00 pm Advisory Board Meeting
April 7	9:00 am—10.30 am OLPH Day to pray and witness for life at abortion clinic
April 8 Saturday	9:00 am Divine Liturgy Saturday of Lazarus
April 10 Monday	10:30 am Shut-ins Visits 6:00pm Bridegroom Matins
April 11 Tuesday	6:00 pm Bridegroom Matins
April 12 Wed.	7:00 pm Presanctified Liturgy / Holy Anointing
April 13 Thursday	Holy Thursday 7:00 pm Divine Liturgy of St. Basil the Great
April 14 Friday	Good Friday 10:00 am Passion Matins 7:00 pm Vespers & Procession with the Burial Shroud 9 pm — 11:30 am Saturday—All Night Vigil 11:30 pm Jerusalem Matins
April 15 Saturday	Holy Saturday 11:00 am Akathist to the Life-bearing Tomb of Christ 6:00 pm Vigil Divine Liturgy / Blessing of Easter Baskets
April 16 Sunday	Resurrection of Our Lord—THE FEAST OF FEASTS 9:00 am Resurrection Matins and Divine Liturgy Blessing of Easter Baskets
April 17 Monday	Bright Monday 6:00 pm Divine Liturgy / Procession around the Church with the Reading of Gospels
April 24 Monday	10:30 am Shut-ins Visits 5:45 pm Explorers Meeting
May 20 Saturday	10:00 am—4:00 pm Annual Byzantine Bazaar
June 25 Sunday	Church Patronal Feast of the Miraculous Icon of OLPH 10:00 am Hierarchical Divine Liturgy Main Celebrant His Grace Bishop John Pazzak, C.Ss.R. Blessing of Church inner church renovations

Sunday of St. John Climacus

Today is the day to buy or order **30 Steps to Holiness (\$18.95)** a day -by-day guide through one of the most important Eastern Christian books, St John Climacus' *Ladder of Divine Ascent*. With this book, you can really enter into St. John's beautiful meditations and walk with him during Lent, and any time of the year, to a better relationship with God.

A Guide to the Passion of Christ: 100 Questions (\$6).

This is a guide to Mel Gibson's famous film. It goes scene by scene of the movie, telling us why certain things are shown, what was happening in the historical Passion of Jesus and why, and addressing some of the controversies. It provides an excellent guide, which you should read ahead of time and keep on hand when watching the movie.

The Zacchaeus Tree: A Family Guide Through the Season of the Great Fast (\$27). Scriptures, prayers, theology and activities to make this week come alive for yourself and those around you. Great ideas for crafts and things to do for others, including: helping the suffering, sharing Jesus' love, Holy Saturday hymn.

Mothers Group Meeting

Wednesday 3/29 @ 9am

To review past events, bazaar activities, baby shower, next adoration date & discuss how to meet needs of mothers in parish. New ideas welcomed!

At Alicia Wells house: 2951 Hyder Ave. SE 87106. Please RSVP to Alicia 720-280-0710 aliciawell-spt@gmail.com.

Clean hall with Knights of Columbus

Saturday April 1 after the Akathist to the Most Holy Theotokos (around 11am)- come one, come all- children & adults & bring some elbow grease to help make the children's area & hall squeaky clean!

Alive in Christ: The Holy Protection Eparchy of Phoenix Vocations Office announces "Alive in Christ 2017." This "ascetical boot camp" retreat is to take place Thursday to Sunday, 6 to 9 July 2017 at Prescott Pines Christian Camp, Prescott, AZ. Parish boys from 7 to 17 years of age and their fathers are invited to attend. Boys under 11 years old must have a father or legal male guardian in attendance. The camp aims at helping young men mature in their Catholic faith and a life of authentic Christian discipleship by means of an intensive spiritual program coupled with recreation and friendship building. Application forms and further information are now available on the greeting table by the holy water font. Applications and tuition are due by **May 12th (deadline)**. For further details, please feel free to contact Father Michael O'Loughlin, Eparchial Vocations Director, at 720-254-9219 or michaelpauloloughli@gmail.com.

The ECED (Eastern Catholic Eparchial Directors of Religious Education) is presenting a Bible Conference at St. Stephen's Cathedral in Phoenix AZ. May 19th - 20th, 2017, Friday 6:30 - 9pm and Saturday 10am - 4:30pm.

The theme is ***The Book of Beginnings: Genesis in the Eastern Christian Traditions***. There will be five presenters at this two day event. For more information please, see flyer on the greeting table at the

Spring 2017 Online Adult Education Classes

Tuesday Night Ongoing Classes:

5/9—5/30 Iconography, Deacon Benjamin Crow

Thursday Night Stand Alones:

4/6 Flowry Sunday, Deacon Adam Lowe

4/27 Preparing for Ascension, Sundeacon Joel Barstad

5/11 Reflections on Marriage from Byzantine Sources, Seminarian J. Andrew Deane

5/25 Ascension and Pentecost, Deacon John Montalvo III

How it Works:

All adult education classes are taught by the Clergy of the Eparchy of Phoenix for free through the Fuze online platform. Fuze is an online webinar system which allows for video and audio sharing on Windows, Mac or ISO devices, or calling in through a toll-free phone.

Classes are from 8:00-9:00 pm . For more information or to register visit http://eparchyofphoenix.org/faith_formation.html

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. In this isolation he lived for some 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 acquitted himself of his functions as abbot with the greatest wisdom, 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 hospital of Sinai, in which pilgrims from all over the Christian world would lodge.

Of John's literary output we know only the *Ladder of Divine Ascent*, composed at the request of John, Abbot of Raithu, a monastery situated on the shores of the Red Sea, and a shorter work *To the Pastor* (Latin: *Liber ad Pastorem*), most likely a sort of appendix to the *Ladder*.

The *Ladder* describes how to raise one's soul and body to God through the acquisition of ascetic virtues. Climacus uses the analogy of Jacob's Ladder as the framework for his spiritual teaching. Each chapter is referred to as a "step", and deals with a separate spiritual subject. There are thirty Steps of the ladder, which correspond to the age of Jesus at his baptism and the beginning of his earthly ministry. Within the general framework of a 'ladder', Climacus' book falls into three sections. The first seven Steps concern **general virtues** necessary for the ascetic life, while the **next nineteen** (Steps 8-26) give instruction on overcoming vices and building their corresponding virtues. **The final four Steps** concern the higher virtues toward which the ascetic life aims. **The final rung of the ladder**—beyond prayer (προσευχή), stillness (ήσυχία), and even dispassion (άπαθεία)--**is love** (άγάπη).

Originally written simply for the monks of a neighboring monastery, the *Ladder* swiftly became one of the most widely read and much-beloved books of Byzantine spirituality. This book is one of the most widely-read among Eastern Christians, especially during the season of Great Lent. It is often read in the trapeza (refectory) in monasteries during meals, and in some places it is read in church as part of the Daily Office on Lenten weekdays, being prescribed in the Triodion.

“Give Up” By Rev. Craig Gates

GIVE UP grumbling! Instead, "In everything give thanks." Constructive criticism is OK, but "moaning, groaning, and complaining" are not Christian disciplines.

GIVE UP 10 to 15 minutes in bed! Instead, use that time in prayer, Bible study and personal devotion.

GIVE UP looking at other people's worst points. Instead concentrate on their best points. We all have faults. It is a lot easier to have people overlook our shortcomings when we overlook theirs first.

GIVE UP speaking unkindly. Instead, let your speech be generous and understanding. It costs so little to say something kind and uplifting. Why not check that sharp tongue at the door?

GIVE UP your hatred of anyone or anything! Instead, learn the discipline of love. "Love covers a multitude of sins."

GIVE UP your worries and anxieties! Instead, trust God with them. Anxiety is spending emotional energy on something we can do nothing about: like tomorrow! Live today and let God's grace be sufficient.

GIVE UP TV one evening a week! Instead, visit some lonely or sick person. There are those who are isolated by illness or age. Why isolate yourself in front of the "tube?" Give someone a precious gift: your time!

GIVE UP buying anything but essentials for yourself! Instead, give the money to God. The money you would spend on the luxuries could help someone meet basic needs. We are called to be stewards of God's riches, not consumers.

GIVE UP judging by appearances and by the standard of the world! Instead, learn to give up yourself to God. There is only one who has the right to judge, Jesus Christ.

Explorers Campfire



Three-legged walking together



Praying the Rosary



Walking by Faith / eating over a fire



Sled walking / Stations of the Cross at Tome Hill

