

27th Sunday After Pentecost / November 28, 2021, Tone 2
Christ is Among Us! He is and Always Shall Be!



One More Week For the Angel Tree:

The Angel Tree display has two boxes—one for the orphanage in Ukraine and one for the seminarians. If you wish to donate to the orphanage, please make checks payable to the Mission Society with a note at the bottom. We are collecting Amazon gift cards for the 9 seminarians at the Byz Cath Seminary of SS Cyril and Methodius, where our beloved Thomas has started his studies. We would like these Amazon gift cards to be in denominations of \$10 and \$25 (\$25 is about what it costs for our seminarians to buy a book).

We are also collecting Christmas cards and notes of encouragement for the seminarians. If you want to specifically address a card to Thomas, simply put his name on the front of the envelope and it will be given to him.



**Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix
Most Reverend Thomas J Olmsted Apostolic Administrator**

**Our Lady of Perpetual Help Byzantine Catholic Church
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OFFICE HOURS:

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

THEOSIS: 2nd & 4th Thursday
Bible Study 6:45 pm / Zoom

Advisory Board

Fr. Chris Zegger, 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!

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



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!

Eph 6:10-17; Lk 13:10-17

- YouTube Live** 8:30 am Rosary; 9:00 am Matins, Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
Eternal Lamp: Svensson's 32nd Wedding Anniversary
- Nov 29 Mon** ***Paramon and Philemon Martyrs / 2 Tim 2:20-36; Lk 19:37-44***
-  9:30 am Divine Liturgy / +Austin Hollar by Mary Alice Cooper / Church Tour for Chesterton Academy Students/Teachers
- Nov 30 Tue** ***Andrew Apostle / 1 Cor 4:9-16; Jn 1:35-51***
- 9:00 am Divine Liturgy / +Siksay Geiza & Judith by Maria Kartsub
- Dec 1 Wed** ***Nahum Prophet / 2 Tim 4:9-22; Lk 20:1-8***
-  4:30-5:34 pm Philokalia Prayer & Discussion Group
5:30 pm OLPH Devotions
6:00 pm Divine Liturgy / Deceased Knights of Columbus: Joe Donlin, John Schuler, Demetrius Yackanich and George Saade by Svenssons
- Dec 2 Thu** *Habakkuk Prophet / Tiitus 1:5-2:1; Lk 20: 9-18*
- 6:45pm / THEOSIS: 1st & 2nd Thessalonians (zoom)
- Dec 3 Fri** ***Zephaniah Prophet / Titus 1:15-2:10; Lk 20:19-26***
-  9:00 am Prayer & witness in front of abortion clinic on San Mateo / Lomas
6:00 am Divine Liturgy / God's Blessing on Barbara Svensson by Svenssons
- Dec 4 Sat** Barbara Great Martyr / John Damascene / Eph 1:16-23; Lk 12:32-40
- Dec 5 Sun** ***28th Sunday After Pentecost / Sabbas Venerable / Col 1:12-18; Lk 17:12-19***
- 4:00 pm Great Vespers (YouTube Live)
Hebrew Scriptures for Sunday: Wisdom 3:1-9; Wisdom 5:15-6:3; Wisdom 4:7-15
5:00 pm Divine Liturgy / +Antonina Gunner by Meilami, Trevor, Natalya and Kristina
- YouTube LIVE** 8:30 am Rosary; 9:00 am Matins, Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
Visit of St. Nicholas / St. Nicholas Award
Eternal Lamp: Open
5:30 pm Ask a Priest Anything Group Meeting

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	Buster Miscusi	Paola Terlaza
Jenny Ford	Barbara De Lap	Ruth Sousa
Priscilla Hughes	Irene Bradley	Linda Granci
Marilyn Fore	Sorlah Chavez	Vicki Frank
Sven & Barbara	Abraham Haddad	Christopher
Svensson	Marianne Gerace	Barlow
Laurie Bienz	Lori Medina	Tracy McTernan
Brent Dodson-	Michael Baron	Scott Fafrak
Sands	Gabriel Preisler	Jordan Smith
John & Maria	Todd Bailey	Rebecca Baja
Alden	Fr Chris Zuggler	Janet Worthington
Lara Davis	Marcie Dark	Patti Klinkovsky
Jessica Pieniadz	Michael Grega	Matt Williamson
Rhonda Glasscock		



Vocation Icon

Today: Carol Donlin

Next Sunday:

Dodson-Sands Family

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

The joyful mysteries are recited from now until January 4

Holy Father's Intentions for November People Who Suffer from Depression

We pray that people who suffer from depression or burn-out will find support and a light that opens them up to life.

“Woman, you are freed from your infirmity!” As the Physician of souls and bodies, our Lord shows mercy to the woman who had an infirmity for eighteen years. His healing can restore any brokenness, and the life in Christ allows us to bring his healing to the world. Are you being called to do so through the priestly, diaconal, monastic or religious life? Contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org

December 5, 2021

Cantor: Andrea Riley

Reader: Michael Wells

Altar Server: Michael Grega

Trojca: Eva Riley &

Quintin Fedorowich

Counters: Rafael Plut, Ann Rajala

Propers for 12/05/2021

**28th Sunday after Pentecost &
Memory of Venerable Sabbas**

Tone 3

Troparion (Tone 3)- 135

Troparion (Sabbas) - 376

v. Glory...

Kontakion (Tone 3) - 136

v. Now & Ever...

Theotokion - 406

**Prokeimenon & Alleluia - 137 &
377**

Our Father - 68

Communion Hymn - 80 & 377 [E]

OLPH Prayer Warriors

Sunday (Zoom). Send your
prayer requests to Patricia at
pocb@unm.edu

THE PRAYER WARRIORS IS
OPEN TO EVERYONE--WOMEN,
MEN, & CHILDREN (children who
have their parents' permission)!

Please join us!!

12/5 Faith

12/12 Contentment

12/19 Habitation

Barbara's Hall Report

Many thanks to whoever left the
eclairs on the counter. There was
enough to feed the starving
crowds of Byzantine
Parishioners after Liturgy! And I'm
sure it wasn't Mr. Nobody!

Coming Events—Mark Your Calendars Now

Mon Dec 6	Feast of St. Nicholas / Solemn Holy Day 6:00 pm Divine Liturgy
Tue Dec 7	6:30 pm Advisory Board Meeting
Wed Dec 8	Feast of the Maternity of St. Anna Solemn Holy Day 6:00 pm Divine Liturgy
Fri Dec 24	Vigil of Christmas / Strict Fast 10:00 am Royal Hours 4:30 pm Holy Supper 7:00 pm Vigil Liturgy of St. Basil
Sat Dec 25	Christmas Birth of Our Lord Holy Day of Obligation 9:00 am Matins 10:00 am Festive Liturgy
Mon Dec 27	Stephen Protomartyr / Simple Holy Day 6:00 pm Divine Liturgy
Fri Dec 31	Circumcision of Our Lord Solemn Holy Day
Wed Jan 5	Theophany Feast Holy Day of Obligation 9:00 am Royal Hours 6:00 pm Vigil Liturgy of St. Basil / Great Consecration of Water / Litija
Thu Jan 6	10:00 am Divine Liturgy / Myrovanije

OLPH Thesis Group will be studying new
book beginning in December 2021: The First
and Second Letter of St Paul the Apostle to the
Thessalonians. They will be using the Catholic
Commentary on Sacred Scripture Series by Na-
than Eubank. The group meets twice a month
on Thursdays at 6:45pm via ZOOM. For more
information please contact Ed Loescher:
edloescher@yahoo.com

ATTENTION PARISH FAMILY TITHING ENVE-
LOPE BOXES FOR 2022 WITH YOUR NAME ON IT
ARE AVAILABLE FOR YOU ON THE FRONT PEW
AT THE ENTRANCE. IF YOU CAN'T FIND YOUR
NAME PLEASE SEE ANN.

Saint Nicholas Award 2021 - Every year in our parish since 1985, the advisory board recommends someone to receive this award. The requirements are simple: that the recipient(s) be practicing Catholics, that they engage in charitable work inside and outside of the parish quietly, not looking for applause, as an act of love for Christ. Also, the board looks for someone who other parishioners recognize as being good souls who exemplify this. An icon of the holy bishop is given to the recipient(s) on the Sunday closest to December 6th. We eagerly and prayerfully await the winner of this honorable prize this year!!! O, who loves Nicholas the Saintly!

Holy Supper 2021 Potluck SIGN UP

Dear Parish Family! Christmas Eve is coming soon. OLPH will be hosting a Holy Supper potluck in the hall with singing of traditional Christmas Carols beginning at 4:30 PM with Vigil Liturgy of St Basil starting at 7:00 PM. The sitting this year is limited to 30 people (children age 13 and under do not count against the limit). If you would like to attend, please sign up using the form on the greeting table by the Holy Water or contact Alicia Wells (aliciawellspt@gmail.com 720-280-0710). When signing up, please note which **meatless and dairy-free dish** you will be bringing and the number of adults and children in your group. Drinks will be provided.

Beautiful newly designed Mission Society **Christmas Cards** are available to purchase at OLPH. This year Bishop Nil, the apostolic administrator for the Mukachevo eparchy (Ukraine), has asked for **help in building a social center to assist the homeless**. Russia's long war in eastern Ukraine has increased poverty and weakened health care and social services in a country that was already poor. This results in more people losing their homes or what little support they had. The Catholic Church has been working hard at helping all those in need, regardless of religious affiliation. *Every dollar will go so very far over there.* Thank you for your generosity, and please encourage family, friends & other parishioners to purchase our cards!

December 1st - Prophet Nahum

We celebrate today, the memory of your Prophet Nahum, and we implore You, O Lord, to save our souls through his intercession.-- Troparian, Second Tone

Thy pure heart, illumined by the Holy Spirit, was a sacred vessel of resplendent prophecy, for thou didst see things far off as close at hand. Hence we revere thee, blest Nahum most glorious.-- Kontakion, Fourth Tone

Nahum's prophecy of the destruction of Nineveh, the capital of the Assyrian Empire, was issued in 612 BC. He exults in the coming fall of an empire which had ruled by cruelty and terror for nearly 300 years.

But Nahum is not a prophet of unrestrained revenge. God's moral government of the world is asserted. God is the avenger but He is also merciful, a citadel in the day of distress, Who brings peace to the nations. Thus, his feast is fitting in the preparation for Christmas.

December 2nd - Prophet Habakkuk.

Divinely eloquent Habakkuk, you announced to the world the coming forth of God from the south, from the Virgin. Standing on the divine watch, you received a report from the radiant angel: "You proclaimed the Resurrection of Christ to the world!" Therefore in gladness we cry out to you: "Rejoice, splendid adornment of the prophets! -- Troparion, Tone 4

Habakkuk devotes his book to the issue of God's justice in a sinful world. He complains about the corruption and sinfulness of Jewish society in Judah, but when God tells him that the Chaldean armies will be His tool of vengeance on those unfaithful leaders, he complains about the Chaldeans' problems! However, the prophet writes eloquently, showing that God can always be relied on, and for man to reply with fidelity. He wrote when Judah faced disaster: in 587 BC Jerusalem itself fell to Babylon and was destroyed. In chapter 3, he promises a theophany in which God will judge the pagans and bring peace and restoration to His faithful people: again, a main theme of Christmas.

December 3rd - prophet Zephaniah

You were shown to be illumined by the Divine Spirit, O Prophet Zephaniah, proclaiming God's manifestation, and you did preach: Rejoice greatly, O daughters of Zion and of Jerusalem; behold, your King comes, bringing salvation.-- Kontakion, Fourth Tone

God uses Zephaniah to condemn the Jews' continued worship of false gods and use of pagan rituals that offend Him. Further, Judah's society has become corrupt and the people are suffering. This book warns of the oncoming destruction that will engulf even the animals, a time of darkness and chaos due to the sins of the people. King Josiah launched reforms as a result of the prophets and their warnings but did not heed God's warning and died in battle. With him, the House of David ends. Now begins the waiting for David's true successor, the Messiah, Who will be born in Bethlehem, the least of the towns of Judah, which is fulfilled on Christmas Day.

Week 3 of the Philip's Fast

We are half-way through the six weeks of preparation for the Nativity of Our Lord. At this point, we celebrate several feasts, including the **prophets Nahum (Dec. 1), Habakkuk (Dec. 2), Zephaniah (Dec. 3); the apostle Andrew (Nov. 30); the great-martyr Barbara and also the last Father of the Eastern Church, John of Damascus(Dec. 4); the holy wonderworking bishop, Nicholas of Myra (Dec. 6).** Finally at this time also comes the great feast of the Conception of Our Lady, known in the East as the Conception of Saint Anne, and in the West as the Immaculate Conception (Dec. 9, East; Dec. 8, West). Display an icon of the Nativity in the prayer corner of your house or room and spend 10 minutes each day meditating on the saving mysteries surrounding the story of Christ's Birth.

Receive the Mystery of Repentance (Confession) at least once during the fast.

Fast from certain other foods, such as soda, alcoholic beverages or candy (hard to do during this season of Christmas parties, but then that's the point!).

With each meal, eat only an amount that is sufficient for nutritional needs, without feeling full.

Fast from select forms of entertainment, or resolve not to waste time watching television, and using the internet, but to use the time well.

Acquiring Spiritual Friendships:

St. John tells us, "Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them" (1 John 2:15). So many of our friendships are with the world. St. Teresa of Avila offers the following guidelines for spiritual friendships, or friendships with God as the focus. Here are her suggestions on how to bring God's love into our friendships

- 1. Attraction is not based merely on physical beauty or mere natural qualities**
- 2. Friends find that they cannot be interested in anything unless it leads to God**
- 3. Friendship is selfless**
- 4. Friendship welcomes being admonished if we stray into the world or away from God**
- 5. Friendship is permanent because it is based on He who does not change**
- 6. Friendship must be experienced**

Suicide—Is it the only Choice? by Laurie Bienz

Suicide: self-murder, getting rid of self, a permanent solution to a temporary problem, the final option—a choice. A way out of overwhelming unending pain whether it is mental, emotions, physical or any combination. The root and core of suicide is the need to put an end to the unbearable pain. At least to feel in control of something, the ending of that pain. It is held tightly and close as a way of stopping the pain when nothing else works. This is a part of my journey—the most important part.

Out of the darkness a desperate plea is whispered, “I want the pain to stop! Can anyone hear me? Does anyone care? I want to die! Please someone, please hear me! Please help me!”
The whisper dies away into the stillness.

Jesus hears the desperate plea for help. He brings His light into the darkness to find the one in such pain. He finds me sitting in a dark corner hugging my knees to my chest. He sits beside me knee to knee, shoulder to shoulder. He whispers into my silence, “I am here. You are not alone.” In a gentle voice He encourages me, tell me of your pain. Tell me of your desperation. I am here, I will hear you, You are not alone.”

His gentleness opens the floodgates and my tears, so long held in check, poured out.

Jesus again tells me, “I am here—you are not alone. I know your pain. Let me help.”

I scream at Him, “You can’t possible know! You can’t help me! You don’t know what it means to be bullied, beaten and betrayed! To have no one to turn to, no one to hear you, no one to save you!! I just want the pain to stop! I want to die!” I collapse feeling trapped and overwhelmed by pain. There is no way out.

Jesus takes me in His arms and holds me till I quiet down enough to hear Him. Then in a gentle voice He tells me, “Here is how I know your pain. I was betrayed by a friend. I was abandoned by other friends. I was bullied and tormented by the soldiers. I was mocked, spit upon, slapped and a crown of thorns pressed onto my head. I was stripped, tied to a post and scourged till my flesh was ripped to ribbons. When I had no strength, I was forced to carry a heavy cross and walk up to Calvary. There I died to give you life.”

“Yes,” I acknowledge, “I don’t know what to do! How do I stop the pain? Tell me how to stop the pain!!”

As my Jesus holds me in His arms, He tells me how I can stop the pain. Very gently He begins, “Choose life. Come to me with your pain, your troubles, your tears. Know I will always hear and understand you. I will always be with you no matter how often you come to me with this. Hold on to me as tightly as you need to for as long as you need to. I will never turn away from you.

I listen in amazement as He continues, “I will heal your wounds as you place them in my hands. I catch and count each tear you shed. Hold my hand as I walk with you through the troubles and pain. My strength will get you through them. My mercy will heal your wounds. My love will keep you safe.” He finishes by telling me again,
I am here. I hear you. I understand you. I will help you. You are not alone!”

My Jesus holds me close to His heart as His words penetrate the fog in my mind, heart and soul and hope is born, hope for an end to the pain.

With a sigh, I fall asleep, safe and secure, in the arms of my Jesus.

“Thank you lord! Thank you my Jesus, for giving me another option, another choice,” my soul whispers to Him, “I choose You, my Jesus. I choose life. Thank you!!”