

March 12, 2017 , T one 2

E pistle: Hebrews 1:10-2:3

Gospel: Mark 2:1-12

Glory to Jesus Christ! Glory to God Forever!

Second Sunday of the Great Fast



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

**Our Lady of Perpetual Help Byzantine Catholic Church**  
**1837 Alvarado Dr. NE, Albuquerque, New Mexico 87110**

**Parish office: (505) 256-1539 Fax: (505) 256-1278 www.olphnm.org**

**Father Artur Bubnevych, Pastor**  
**Rectory (505) 268-2877**  
**abbaolph@gmail.com**

**Advisory Board**  
Rafael Plut, Dave Dark, Harry DeLap, Brian  
Fitzpatrick, Luba Kmetyk, Dan Riley

**Father Christopher Zuger (pastor emeritus)**  
**(505) 256-1787**  
**Frchris.zuger@gmail.com**  
**www.frchriszuger.com**

**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 4:00 pm  
Divine Liturgy 5:00 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 week-  
day 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 sick-  
ness or old age. Father will bring the confined per-  
son the Holy Mysteries on a regular basis. It is rec-  
ommended 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
	9:00 am	Matins/Confessions
	10:00 am	Divine Liturgy for Parishioners, Benefactors & Friends Fr. Chris: Health & Blessings, Col. Gary Henry, USAF
ECF Classes	4:00 pm	Great Vespers

March 13 Monday		<i>Translation of the Relics of Nicephorus Patriarch</i> <i>Readings: Genesis 6:9-22; Proverbs 8:1-21</i>
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10:00 am	Lenten Hours
10:30 am	Shut-ins visits
5:45 pm	Explorers Meeting
6:00 pm	Advisory Board Meeting

March 14 Tuesday		<i>Benedict Venerable</i> <i>Readings: Genesis 7:1-5; Proverbs 8:32-9:11</i>
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12 noon	Lenten Hours
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March 15 Wed.		<i>Agapius and Others Martyrs</i> <i>Readings: Genesis 7:6-9; Proverbs 9:12-18</i>
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5:30 pm	OLPH Devotions
6:15 pm	Presanctified Liturgy + Al Adamsko by Pam Pettit

March 16 Thursday		<i>Sabinus &amp; Papas Martyrs</i> <i>Readings: Genesis 7:11-8:4; Proverbs 10:1-22</i>
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Lenten Retreat	6:00 pm	Lenten Paraklesis / First Spiritual Conference
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March 17 Friday		<i>Alexis, Man of God Venerable</i> <i>Readings: Genesis 8:4-21; Proverbs 10:31-11:12</i>
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Lenten Retreat	9-10:30 am	Prayer & Witness For Life in front of Planned Parenthood on San Mateo
	5:30 pm	Confessions
	6:00 pm	Presanctified Liturgy / Second Spiritual Conference / meatless potluck

March 18 Saturday		<i>3rd All Souls Saturday</i> <i>Epistle: Hebrews 10:32-38; Gospel: Mark 2:14-17</i>
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Lenten Retreat	8:00 am	Confessions
	9:00 am	All Souls Liturgy / Panachida / 3rd Spiritual Conference
	11:00 am	Healing Service

March 19 Sunday		<i>Third Sunday of the Great Fast / Veneration of the Cross</i> <i>Epistle: Hebrews 4:14-5:6; Gospel: Mark 8:34-9:1</i>
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Lenten Retreat	5:00 pm	Great Vespers
	6:00 pm	+Gerald & JoAnn Cooper by Mary Alice Cooper / Fourth Spiritual Conference

8:30 am	Rosary
9:00 am	Matins/Confessions
10:00 am	Divine Liturgy for Parishioners, Benefactors & Friends / Fifth Spiritual Conf. Fr. Chris: Health & Blessings, Henry Zugger
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 Vigil

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

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



Vocation Icon

Today: Riley

Next Sunday: Talamante

### **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 5 2017; Attendance: 110

## !!!ATTENTION !!!

### ALL GIRLS AND WOMEN AGES 7 AND UP!!!

Save the Date

Myrrh Bearer's Retreat in Scottsdale AZ

Dates: June 23-25, 2017

The theme for Myrrh-Bearers Retreat, 2017 is Feasting and Fasting.

Our Byzantine Catholic Church has spread over the course of the year a cycle of feasts and fasts.

They unfold God's saving plan of salvation for us, highlighted by the life, death and resurrection of Christ and the presence of the Holy Spirit.

Embracing the moments of Redemption will be the primary focus of reflections. Pasha and the Twelve Major Feasts take us step by step through the course of the liturgical year.

How do we celebrate these Feasts? One author suggests that the Feasts are sublime moments when "Heaven meets Earth". To experience as fully as possible such celebrations, participation in the liturgical life of the Church is primary, preceded by preparation of the domestic (home) church. In addition, the greater the Feast; the greater the Fast.

Please join us for the Myrrh-Bearers Retreat this year at the Franciscan Renewal Center in Scottsdale, AZ.

Registrations forms will be available soon.

**For more information and if you have any questions please see Carli Bonham. Thank you!!!**

**The Explorers** need some good men to serve as role models for the children. Safe Environment Training is required, and takes only about two hours. Please see Miles Gloetzner. Thank you!!!

## Parish Lenten Retreat IS HERE :

Father John Sianchuk, CSsR of the Yorkton Redemptorists in Canada will be our Retreat Master starting this coming Thursday March 16 at 6pm with Lenten Paraklesis and First Spiritual Conference up until Holy Cross Sunday March 19, 10 am Divine Liturgy.

This is a unique gift and a great blessing from the Lord to have Father John at OLPH for the spiritual exercises. Please use this exceptional opportunity to improve your spiritual life. Retreat flyers are available on the Greeting Table by the Holy Water font. Please plan now to attend this special event as often as you are able to and invite your relatives, co-workers, and friends to join us. God bless you!

DATE	READER	TROJCA	GREETER	COUNTER	HOST
March 19	Jose Salazar	Delilah Chavez	Eva Schuler Miles Gloetzner	Michael Wells Miles Gloetzner	K of C benefit lunch

## Barbara's Hall Report

Jana Brewer arranged for an organized pot luck. In keeping with the theme of Lent, we had spaghetti with meatless sauce (still very tasty) and a very large salad, and bread. Thanks to all who participated in the planning, set-up, serving, and clean-up!

## Coming Events—Mark Your Calendars Now

March 27 Monday	10:30 am Shut-ins Visits 5:45 pm Explorers Meeting
March 28 Tuesday	6:30 pm CAFÉ meeting at UNM
March 23 Thursday	6:00 pm pot luck dinner 7:00 pm THEOSIS: Mystery of the Byzantine Liturgy
March 25 Saturday	<b>Annunciation of the Theotokos / Solemn Holy Day</b> 9:00 am Divine Liturgy
March 27 Monday	6:00 pm Bazaar meeting in the conference room
March 30 Thursday	7:00 pm Matins with Great Canon of St. Andrew of Crete with prostrations
April 1 Saturday	9:00 am Akathist to the Most Holy Theotokos
April 8 Saturday	9:00 am Divine Liturgy Saturday of Lazarus
April 10 Monday	6:00 pm Bridegroom Matins
April 11 Tuesday	6:00 pm Bridegroom Matins
April 12 Wed.	7:00 pm Presanctified Liturgy / Holy Anointing
April 13 Thursday	<b>Holy Thursday</b> 7:00 pm Divine Liturgy of St. Basil the Great
April 14 Friday	<b>Good Friday</b> 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	<b>Holy Saturday</b> 11:00 am Akathist to the Life-bearing Tomb of Christ 6:00 pm Vigil Divine Liturgy / Blessing of Easter Baskets
April 16 Sunday	<b>Resurrection of Our Lord—THE FEAST OF FEASTS</b> 9:00 am Resurrection Matins and Divine Liturgy

### Sunday of St Gregory

#### **30 Steps to Holiness (\$18.95)**

is 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, and activities to make this week come alive for yourself and those around you. Great ideas for children's crafts and things to do for others, including: great explanation of hesychasm and the Jesus Prayer, icon corner, helping around the house.

**Our ANNUAL BAZAAR this year is on Saturday, May 20, 10AM-4PM!!!** Kick off meeting is scheduled on **Monday March 27 at 6 pm in the conference room.**

All "Bazaar Helpers" are invited. We need a good team which will include following assignments: Book Store, Greeters, Money collection for food, Baking, Raffle, Food sales/food preparation, drinks, set up decorations, outside signs, tables, umbrellas, chairs e.c.t. Our Annual Bazaar is always an opportunity to make our wonderful church known to other people, to reach out, to evangelize, to advertise our Gift Shop, an excellent fundraiser.

Above all it is a blessing and fun when we work together!!! Thank you and see you there.

**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 [michaelpauloloughlin@gmail.com](mailto:michaelpauloloughlin@gmail.com). Or, Father Michael Mandelas, Assistant Vocations Director, at 206329-9219 or [mjmandelas@gmail.com](mailto:mjmandelas@gmail.com)

**The Knights of Columbus** will host a vegetarian frito pie dinner after Liturgy next Sunday, March 19. This is a free-will offering to support the work of our Council, dedicated to Bl. Paul Gojdich, in feeding and clothing the homeless and providing for other activities. We appreciate your support, but above all, come to the hall and enjoy the meal and socialize with one another!

## Hesychasm / Jesus Prayer /St Gregory Palamas

Previously, Churches using the Byzantine rite celebrated St. Polycarp of Smyrna, who was ordained bishop by St. John the Evangelist, on the second Sunday of Lent. That commemoration has been replaced by that of St. Gregory Palamas, the famous defender of hesychasm in the 14<sup>th</sup> century. Replacing an ancient commemoration as that of Polycarp gives us an idea of just how important the hesychast controversy was.

The monks of Mount Athos had been condemned by the monk Barlaam, an Italo-Greek monk from Calabria in Italy, who favored education over contemplation, and who emphasized that God is unknowable in this life. The monks taught hesychasm, using the Jesus Prayer and certain body postures or breathing, so as to draw very close to God, and for some, to see the Divine Light in this lifetime. **In this, they were following the practices of the Desert Fathers of old. The Jesus Prayer is one of the most ancient in the Church: *Lord Jesus Christ, Son of God, have mercy on me, a sinner.***

The monks recommended certain breathing techniques, or positions of the body, while reciting the Prayer. This rigid use of the body postures was repeatedly – and rightly - condemned by many saints and writers as people could end making the physical position and breathing more important than the Prayer, and because unnecessary side effects could happen to the body. Gregory himself emphasized that such physical practices had to be done only with the guidance of a true spiritual elder. The Jesus Prayer, so central in our spirituality, when used well, has a profound effect so that:

*he who is in prayer experiences the fullness of the divine presence, of Life Itself, of Life abundant and unfathomable, then his own life strikes him as a tiny drop in comparison to the boundless ocean. That is what the righteous and long-suffering Job felt as he attained the height of spiritual perfection. He felt himself to be dust and ashes; he felt that he was melting and vanishing as does snow when struck by the sun's burning rays (Job 42:6) (Orthodox Life, vol. 28, no. 5, 1978).*

Further, St. Gregory taught that the mystic, even without education, could have greater knowledge of God than others, but he made the crucial distinction between energies of God, and the essence of God. Essentially, **God can not be known in His essence by any human, but His energies (what God sends forth in His creation), can be known.** In this, he quoted the ancient Cappadocian Fathers. As for the body postures and breathing, since the person is body and soul, uses of the body can affect the soul. In the end, he wrote that **hesychasm teaches that one can see the Light of God, but only with repentance, interior conversion, constant prayer, and spiritual direction.** This invitation to union with God is open to every Christian.

## St. Patrick Enlightener of Ireland

March 17 is the feast of Saint Patrick. In the Byzantine Typikon, he is honored as the “**Enlightener of Ireland.**” Patrick lived from about 387 to about 417, and is the most famous of the Romano-British missionary saints. He is the patron saint of Ireland, serving there as a bishop in the north and west and firmly planting the Catholic Faith among the Irish. Son of a deacon, he had been kidnapped as a youth from Britain by Irish slavers, but after years of suffering escaped. Restored to his family and much more fervent in his faith, he realized that the pagan Irish needed redemption and that God was calling him to make a great sacrifice: to abandon his home willingly, and return. He did so, building on the small Christian community on the island planted by other missionaries, and evangelizing all of the kingdoms and establishing monasteries for men and women.

According to legend, he used the three-leaf shamrock to explain the mystery of the Trinity: three Persons in One God. This remains his symbol, and that of Ireland today.

Procession with Icons



Presanctified Liturgy



Trojca Holder Miriam Jilek



Stations of the Cross at Tome Hill

