

February 11, 2018

Sunday of Cheese Fare / T one 3

Romans 13:11-14:4 / Matthew 6:14-21

Christ is Among Us! He is and Always Shall Be!



Prayer of St. Ephrem

Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power, and idle chatter (Prostration)

Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love. (Prostration)

Yes, O Lord and King, let me see my own sins and not judge my brothers and sisters; for you are blessed forever and ever. Amen. (Prostration)



**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**

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

**Advisory Board**

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

**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

Wednesday & Friday: Pre-sanctified Liturgy 6:00 pm

Saturday: Great Vespers 4:00 pm  
Divine Liturgy 5:00 pm

**OFFICE HOURS:**

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

**THEOSIS:** 2nd & 4th 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 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/Fr Chris or the office staff for more information. God bless you

Today	8:30 am	Rosary
	9:00 am	Matins & Confessions
<i>ECF Sports Day</i>	10:00 am	Divine Liturgy for Parishioners, Benefactors & Friends Rite of Forgiveness Fr. Chris: +Phyllis Snider
Feb 12 Monday Strict Abstinence		<i>First Day of the Great Fast / Meletius Archbishop / Genesis 1:1-13; Proverbs 1:1-20</i>
	10:30 am	Shut-ins visits
	6:00 pm	Liturgy of Pre-Sanctified Gifts with Anointing
Feb 13 Tuesday		<i>Martinian Venerable / Genesis 1:14-23; Proverbs 1:20-33</i>
	Noon	6th Hour
	6:30 pm	CAFE Meeting at UNM
Feb 14 Wednesday		<i>Auxentius Venerable / Genesis 1:24-2:3; Proverbs 2:1-21</i>
	5:30 pm	OLPH Devotions
	6:00 pm	Presanctified Liturgy
Feb 15 Thursday		<i>Onesimus Apostle / Genesis 2:4-19; Proverbs 3:1-18</i>
Feb 16 Friday		<i>Pamphilius &amp; Others Martyrs / Genesis 2:20-3:20; Proverbs 3:19-34</i>
	9:00 am	Prayer and witness in front of Abortion Clinic on San Mateo
	6:00 pm	Pre-Sanctified Liturgy / Meatless Potluck
Feb 17 Saturday		<i>Commemoration of the Miracle of the Great-Martyr Theodore</i> <i>Hebrews 1:1-12; Mark 2:23-3:5</i>
	11:30 am—2:00 pm	<b>Women's Lenten Video Retreat at Loescher's home</b>
Feb 18 Sunday		<i>Sunday of Orthodoxy / 1st Sunday of the Great Fast</i> <i>Hebrews 11:24-26.32-12:2; John 1:43-51</i>
	4:00 pm	Great Vespers
	5:00 pm	Divine Liturgy / Special Intention
<i>ECF Classes</i>	8:30 am	Rosary
	9:00 am	Matins & Confessions
	10:00 am	Divine Liturgy for Parish Family, Benefactors & Friends / Blessing of Icons Fr. Chris: Intention of David Vonderohe
	4:00 pm	Great Vespers

Sharif Rabadi  
 Katrina Anderson  
 Abraham Haddad  
 Tim & Jenny Ford  
 Threima Leech  
 Priscilla Hughes  
 Steve Jakymiw  
 Marilyn Fore  
 Demetrius Yackanich  
 Sven & Barbara Svensson  
 Laurie Bienz  
 Brent & Nicole Dodson-  
 Sands  
 Eva Schuler  
 Charlie & Maggie Batsel

Fr. Julian Gnall  
 Henry Zugger  
 John & Margie  
 Disque  
 Phillip Fall  
 Laura Dominquez  
 Olga Bodnar  
 Frances Brannan  
 John Deflice  
 Mary Ann Kosty  
 Jordan Smith  
 Jean Pesce  
 Tracy McTernan  
 Terry Rains  
 Eli Griego  
 Brother Vittorio

William Frank  
 Mary Nell Preisler  
 Mike Harahuc  
 Robert Zadel  
 Lorraine Hubbell  
 Heather Mattax  
 Larry Bennett  
 Paola Terlaza  
 Ruth Sousa  
 Linda Granci  
 Mary Danyluk  
 Richard Hornung  
 Kris Nelson  
 Scott Fafrak  
 Dana Papaj  
 Peter Dzek

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

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

#### Sorrowful Mysteries daily during Great Lent

- 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

### Holy Father's Intentions for February:

#### Universal: Say "No to Corruption"

That those who have material, political or spiritual power may resist any lure of corruption



### Vocation Icon

Today: Jilek Family

Next Sunday: Riley Family



February 4, 2018 / Attendance: 109

Now this I say, whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully, Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9:6-7)

### Feb. 18, 2018

Cantor	Evie Jilek Andrea Riley (Feb. 17)
Reader	Michael Wells
Trojca	Miriam Jilek
Greeter	Eva Schuler Miles Gloetzner
Usher	Dan Riley, Jeff Brewer
Counter	Michael Wells Miles Gloetzner
Host	Open
Church Cleaners	Tom Plut, Tom Ellefson
Altar Servers:	Thomas Donlin Michael Greta Daniel Fogg Joe Ellefson Patricio Chavez Jerry Jilek Elijah Jilek

## Bishop's Appeal 2018

Dear Parish Family! Bishop John is asking each Domestic church to pray over their special offering to the Appeal this year and make a decision what that gift will be. Please, complete the pledge form and return it in the Sunday collection with your first payment or the entire amount if possible (**Please, note** that starting with this year you can also send your pledges directly to the Bishop's office in Phoenix, your checks and credit cards made to Holy Protection of Mary Byzantine Eparchy NOT to OLPH in that case).

Our parish goal is **16,225.00** which breaks down to **\$275 per household**. If we reach our goal, our parish will receive a 20% rebate which is \$3,135.00! Many can contribute \$275, some less, others more. The important thing is that each household makes an effort to show Bishop John our support to help with varied ministries our Eparchy offers : Seminarian & Clergy education, Vocation and Youth Ministry, Missionary outreach, Evangelization and Pro-Life and many others. Working together we can easily make our goal! May God bless you for your generous and sacrificial response. Thank you!

## The Ancient Order of Hibernians

The AOH is organizing its first Division in New Mexico here at OLPH. Founded in 1836 to protect priests and assist Irish immigrants, it's mission today extends to supporting the priesthood through scholarships, promoting Irish Culture and vigorously defending the rights of the Unborn. If you are male 16 or older, please consider being a charter member of this fine organization! See Jim Larkin for details. Pamphlets are in the information area. Also see [www.aoh.com](http://www.aoh.com) or Like our Facebook Page 'Albuquerque Hibernians'. NOTE: Any Catholic Rite recognized by the Pope qualifies.

The Ancient Order of Hibernians server crashed the week after we first announced, and if anyone applied for membership their information was lost. We apologize for the inconvenience and request that you submit another application. Thank you.

## Barbara's Hall Report

Thanks to Mary Blain for bringing her world famous Frito Pie! It's always delicious! And thank you Albertsons for giving us some cakes shaped like footballs! Just great for Super Bowl! And the best part of Super Bowl Sunday—the Patriots lost!

## Coming Events—Mark Your Calendars

2nd & 4th Monday	10:30 am Shut-ins Visits 5:45 pm Explorers Meeting
March 3, 10	<b>All Souls Saturdays in Great Fast</b> 9:00 am Divine Liturgy followed by Panachida
Tuesdays February 20 March 6, 20	<b>6:00—7:00 pm St. John's Bible Study</b> for ages 10 through 13 / Flying Star @ 4501 Juan Tabo Blvd. NE (north of Montgomery)
February 24 Saturday	9:00 am Divine Liturgy followed by Panachida 11:00 am—2:00 pm Spiritual Friendship Group meeting at Patricia Covarrubias' home
May 12 Saturday	<b>Annual Byzantine Bazaar</b>
July 1 Sunday	Bishop John will visit our parish to celebrate with us our Patronal Feast of the Miraculous Icon of Our Lady of Perpetual Help.

### Please, sign up TODAY for the Traveling Pilgrim Vocation Icon in 2018!

Dear Parish Family, the Love of Christ presses us to respond generously to God's call in our lives. We are all called to pray for vocations to Sainly Christian Marriage, to the Priesthood, the Diaconate and the Religious Life. Prayer is an invisible but essential ministry in the Church. This is an important way to be involved in vocation ministry. Sign up to have the Pilgrim Vocation Icon in your home. You will be greatly blessed. THANK YOU :)

### Cantor's announcement

There will be some changes of hymns & other settings as we enter the Great Fast. Our usual Sunday Antiphons will be replaced by the Typical Psalms & Beatitudes and we will switch to the Anaphora responses for the Liturgy of St. Basil [A] (DL 96). Changes will also occur to the Thrice-Holy Hymn and Cherubic Hymn.

## Cantor Corner

**Liturgical Propers for 2/18/18  
(Sunday of Orthodoxy)**  
Resurrection Tone 4 / Divine Liturgy of St. Basil

**Typical Psalms & Beatitudes** - DL 16,17&23  
**Troparion (Tone 4)** - DL 141  
**Troparion (Holy Icons)**- DL 220  
**Gloria... Now & Ever (Tone 8)**  
**Kontakion (Holy Icons)** - DL 220  
**Prokeimenon & Alleluia** - DL 221  
**Instead of 'It is Truly Proper'** - DL 98  
**Our Father (Tone 4)** - DL 69  
**Communion Hymns:** DL 78 & 213 [A]

### OLPH Prayer Warriors

Believing in Jesus's promise that where two or more are gathered in His name, He is with us, please join our intercessory prayer group, the OLPH Prayer Warriors, Sunday mornings at 9:30 in the conference room to pray for our individual and collective needs. Although we will dedicate our prayers to particular themes each week, and if you cannot participate in our gatherings, do let us know of your particular petitions and we will include them in our prayers. Send your prayer requests to Patricia at pocb@unm.edu

### February 2018

Feb. 18: Looking back vs. looking forward

Feb. 25: God's will

## **Holy and Great Fast begins:**

**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 in the hall.**

**The first Saturday of Great Lent *The Miracle of St. Theodore of Tyre*.** In 361, Emperor Julian the Apostate was doing his utmost to restore paganism. Knowing that the Christians were accustomed to sanctify the first week of Lent by fasting and prayer, the wily pagan told the Prefect to sprinkle all of the food for sale in the markets with the blood of animals sacrificed to the gods, so that no Christian in the city would escape the contagion of idolatry. However, the Lord sent His servant Theodore to outwit the tyrant. Appearing in a vision to Patriarch Eudoxius (360-364), the holy Martyr informed him of what was happening and told him to instruct the Christians not to buy food from the markets but instead to eat kolyva made from grains of boiled wheat. Thus, thanks to the intervention of the holy Martyr Theodore, the Christian people were preserved from the stain of idolatry.

The Church has commemorated this miracle ever since on the first Saturday of Great Lent, in order to remind the faithful that fasting and temperance have the power to cleanse all the stains of sin.

**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!**

### **Any Sunday you want during Great Lent :**

Fasting and/or abstinence from meat are core to the observance of the Fast. Whether you are doing strict or less, here are some helpful Lenten recipes online at [http://catholicism.about.com/od/catholicliving/tp/Lenten\\_Recipes.htm](http://catholicism.about.com/od/catholicliving/tp/Lenten_Recipes.htm) which gives many meatless dishes. Many internet sites give recipes that are both meatless and dairy-free. But, **remember the warning of Saint John Chrysostom:**

***It is possible for one who fasts not to be rewarded for his fasting. How? When indeed we abstain from foods, but do not abstain from iniquities; when we do not eat meat, but gnaw to pieces the homes of the poor; when we do not become drunkards with wine, but we become drunkards with evil pleasures; when we abstain all the day, but all the night we spend in impure shows. Then what is the benefit of abstention from foods, when on the one hand you deprive your body of a selected food, but on the other offer your soul unlawful food?"***

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

### **1. 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.

### **2. 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 27, Good Friday April 14.

All Adult faithful - 18 years and older who receive Holy Communion are obliged to observe strict abstinence.

### **3. Dispensations**

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

## **40 DAYS OF PRAYER AND FASTING / 40 DAYS FOR LIFE**

Dear Parish Family, beginning Wednesday February 14 through Sunday March 25 we are invited to join other Christians for 40 Days for Life - 40 days of prayer and fasting for an end to abortion.

**Project Defending Life** will once again host 40 Days for Life in Albuquerque. Lives have been saved each time 40 Days for Life has been held and many more can be saved when you come out to pray.

This peaceful prayer vigil will be held at two locations in Albuquerque: Planned Parenthood's abortion mill at 701 San Mateo Blvd NE, between Lomas and Central (parking is available along Marquette on the west side of San Mateo), and at the late term abortion mill, Southwest Women's Options, at 522 Lomas Blvd (between I-25 and Edith on the South side of Lomas), where thousands are killed every year.

Join the sidewalk counselors as a prayer partner and help save lives. The counselors are at Planned Parenthood on Tuesday and Friday from 8-11 AM and at the late term abortion mill on Wednesday and Thursday from 7-11 AM.

For more info, especially for those who would like to volunteer to help, please contact: Project Defending Life at 505-266-4100 or go to: [www.defendinglife.org](http://www.defendinglife.org)      **OUR PARISH IS SCHEDULED TO PRAY AND WITNESS THE CULTURE OF LIFE IN FRONT OF PLANNED PARENTHOOD ON **FRI-DAY FEBRUARY 16TH AND FRIDAY MARCH 23RD**. THANK YOU AND GOD BLESS YOU**