



February 7, 2016
Sunday of Cheesefare
Epistle: Romans 13:11-14:4
Gospel: Matthew 6:14-21

Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix
Our Lady of Perpetual Help Byzantine Catholic Church
Bishop: His Grace Gerald N. Dino

Father Artur Bubnevych, Pastor
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 Albuquerque, New Mexico 87110
 Parish Office: (505) 256-1539 Fax: (505) 256-1278 www.olphnm.org

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 6th Hour
 Monday, Presanctified Liturgy 6:00 pm
 Wednesday, Presanctified Liturgy 6:00 pm
 OLPH Devotions, 5:30 pm
 Friday, Presanctified 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

Parish Advisory Board Members:

Dorothy Curl, Dave Dark, Lubomyra Kmetyk,
 Brian Fitzpatrick, Harry DeLap

Parish Finance Council Members:

Matthew Blain & Eva Schuler

Confession Schedule (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!

Eastern Christian Formation Program:

All grades meet every Sunday after Liturgy for 45 min

**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.**

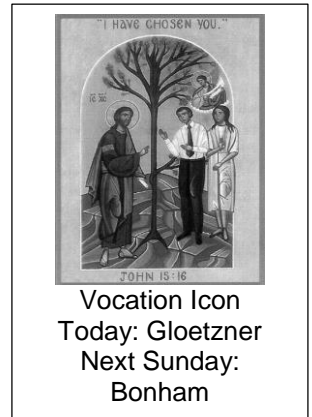
Today	8:30 am	Rosary
	9:00 am	Festal Matins
<i>Canned Goods</i>	9:15 am	Confessions
<i>Collection for Friars</i>	10:00 am	Divine Liturgy for Parish Family & Friends Fr. Chris: +Molly Jaques by M/M Sven Svensson Forgiveness Service ECF classes after Liturgy Great Vespers
Monday	4:00 pm	Great Vespers
February 8	First Day of the Great Fast/Theodore – Great Martyr	
Strict Fast & Abstinence	Readings: Genesis 1:1-13; Proverbs 1:1-20	
	12 noon	6 th Hour
	6:00 pm	Presanctified Liturgy with Anointing
Tuesday	Nicephor Martyr	
February 9	Readings: Genesis 1:14-23; Proverbs 1:20-33	
	12 noon	6 th Hour
	5:00 pm	Advisory Board Meeting
	6:15 pm	CAFÉ Meeting at UNM
Wednesday	Charalampus Martyr	
February 10	Readings: Genesis 1:24-2:3; Proverbs 2:1-21	
Abstinence	5:30 pm	OLPH Devotions
	6:00 pm	Presanctified Liturgy
Thursday	Blaise Bishop-Martyr	
February 11	Readings: Genesis 2:4-10; Proverbs 3:1-18	
	6:00 pm	Pot-luck Dinner
	7:00 pm	THEOSIS Bible Study; Gospel of Matthew
Friday	Meletius Archbishop	
February 12	Readings: Genesis 2:20-3:30; Proverbs 3:19-34	
Abstinence	9:00 am	40 Days for Life at abortion clinic on San Mateo
	6:00 pm	Presanctified Liturgy/ followed by meatless potluck
Saturday	Commemoration of	
February 13	the Miracle of the Great-Martyr Theodore	
	Epistle: Hebrews 1:1-12; Gospel: Mark 2:23-3:5	
	9:00 am	Divine Liturgy; Blessing on Michele Koetter Blessing of Kolyva
Sunday	First Sunday of the Great Fast	
February 14	Epistle: Hebrews 11:24-26.32-12:2; Gospel: John 1:43-51	
	4:00 pm	Great Vespers
	5:00 pm	Divine Liturgy; +Keenan Alan Wofford by Jilek Family
	8:30 am	Rosary
	9:00 am	Festal Matins
	9:30 am	Confessions
	10:00 am	Divine Liturgy for Parish Family & Friends ECF Classes after Liturgy Great Vespers
	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!***

Fr. Julian Gnall	Paola Terlaza	William Frank
Fr. Anthony Romero	Henry Zugger	Joseph Koetter
Michele Koetter	John & Margie Disque	Mary Nell Preisler
Lillian Murphy	Phillip Fall	Jackie De Paolis
Marilyn Fore	Walter Jakymiw	Donny Terry
Roy Smith	Olga Bodnar	Mary Murphy
Sven & Barbara Svensson	Frances Brannan	Jack & Lorraine Hubbell
Abraham Haddad	John Deflice	Quintin Santamaria & Family
Jenny Ford	Kristoff Rajala	Heather Mattax
Robert Hasaka	Jordan Smith	Larry Bennett
Threima Leech	Maggie Batsel	Mary Ellis
Pricilla Hughes	Tony Lucero	Mike Harahuc
Sharif Rabadi	Chris Overlin	Robert Zadel
Stephen Horner	Laura Dominguez	Nathan Barkocy
Demetrius Yackanich		

Prayers in honor of and to the Blessed Virgin are a powerful weapon against sin, and for healing.
Sorrowful Mysteries are recited from the beginning of Great Lent until Easter Sunday.

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 January

Universal: That those from diverse religious traditions and all people of good will may work together for peace.

Evangelization: That in this year dedicated to consecrated life, religious men and women may rediscover the joy of following Christ and strive to serve the poor with zeal.

Our weekly Gift to the Lord—May the Lord Bless your kindness and generosity to His House!

Tithing Report/January 31, 2016

Adults	\$3,229.43
Holyday/Presentation	45.00
Candles	115.51
TOTAL:	\$3,389.94

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!

Fasting and Liturgical Directives for the Great Fast—2016

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 of the faithful of the Eparchy who receive Holy Communion are obligated 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 8
Good Friday, March 25th

3. DISPENSATIONS: Pastors and Administrators may, for a just cause, grant to individual faithful and to individual families dispensations or commutations of abstinence and strict abstinence into other pious practices.

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.

40 Days for Life is beginning soon. Our parish's first day is Friday, February 12. Please plan to be there at 9 am to pray with Father Artur and to help hold the icon. Please pick up a flyer on the credenza near the front door.

DATE	READER	TROJCA	GREETER	HOST	COUNTER
Feb.14	Sven Svensson	Sorlah Chavez	Samia Rabadi	Perpetual Helpers	OPEN

Barbara's Hall Report:

Mary Blain brought her famous Frito Pie—it was so good on a cold day!
Mary did all the dishes and Helen and Pauline did the rest of the clean up.

Coming Events—Mark Your Calendars Now!

Monday, February 8	First Day of the Great Fast (strict abstinence) 6:00 pm Presanctified Liturgy with Anointing
Thursday, February 11	7:00 pm THEOSIS Bible Study; Gospel of Matthew
Friday, February 12	40 Days for Life 9:00 am at abortion clinic on San Mateo
Thursday, February 18	OASIS Class 10:30 am; Icons Doorways to Heaven
Saturday, February 20	2 nd All Souls Saturday 9:00 am Divine Liturgy & Panachida
Thursday, February 25	7:00 pm THEOSIS Bible Study; Gospel of Matthew
Saturday, February 27	34 ^d All Souls Saturday 9:00 am Divine Liturgy & Panachida
February Tuesdays	6:15 pm CAFÉ meeting at UNM

Lenten Passports--The church is offering Lenten Passports for the children this year. They are a fun way for the children to record their Lenten "journey". These passports are small books that come with stamps (stickers) that are placed in the book each time a service is attended or special activity is completed.

Beginning the first Sunday of Lent, there will also be postcards at the entrance for the children to complete during liturgy. These postcards can then be placed in the blue mailbox on the bookshelf in the parish hall. The postcards will be "mailed" to Father Artur so he can see what the children have been learning. The postcards are a great way to encourage the children to listen during the gospel reading.

If you have any questions or need your passports, please come see Jana or Evie.

Knights of Columbus:

The next Council 11218 General Business meeting will be held on Monday, March 7th at 7:00 pm in the OLPH Parish Hall.

Our Council will be having our next 1st Saturday of the month "Field Day" for OLPH Parish on Saturday, February 6th. All Knights are encouraged to show up to help clean the inside of the church and to help maintain the grounds outside the church. All Knights and any other volunteers (family members, other parishioners, passersby, etc.) are welcomed to participate. Your efforts to help maintain and beautify our Parish church are greatly appreciated.

The OLPH Women's group has adopted the small flowerbed to the left of the main entrance to the church. In an effort to magnify the beauty of what lies within, we will maintain the bed with colorful and fragrant flowers and herbs. If you enjoy gardening or have recommendations for what to plant and when, please contact Pam Pettit. If you like playing in the dirt, stay tuned to your bulletin for the date and time of our first plantings.

What Do You Know? When we refer to our faith as a treasury of blessings, we're talking endless treasure, bottomless, ever-giving. The OLPH Women's group will explore the wisdom of the Eastern Rite by offering mini workshops twice-a-year focusing on the sometimes overlooked or unrecognized jewels of our faith.

If you have a burning "why?" or "how come?" about our traditions or services, please send your suggestions for topics to Pam Pettit either at padamsko@hotmail.com or 299-1609. If you can help Pam organize these presentation workshops, your help will be richly rewarded!

Marquee Sign

Coming project for 2016 is the renovation of the lower part of the Marquee sign, which would be the announcement board, Divine Liturgy schedule and welcome board. Right now we are thinking of the possible best design of the lower part.

Ideas and sketches would be really appreciated. Please, talk to Fr. Artur.

MONTHLY BULLETIN SERIES 2015-2016
From the Episcopal Office of Evangelization and Religious Education
#5 Lesson in Evangelization – Share Your Encounter with God

Go, therefore, and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age - Matthew 28:19-20.

In the previous four lessons of this evangelization series, we discussed the importance of prayer, reading sacred scripture, receiving the Eucharist and becoming a servant of God. This lesson focuses on how to live out an authentic Byzantine Catholic faith by

Sharing your encounter with God

You notice Jesus does not say, “Go therefore, and think about making disciples but... if you don't want to, or your friends disapprove, or you are embarrassed... then, it's okay, do whatever feels comfortable.”

Jesus' last command makes explicit your first priority as a Catholic Christian – to make disciples of all nations. Sadly, many feel uncomfortable about this sacred duty of sharing the faith with others. Most think (hope), “It's not my job. That's what bishop, priests, deacons and religious sisters are supposed to do.” Yet, Jesus does not let you off the hook. If you do not share in living the Great Commission, you are living the Great Omission. You cease to be His follower. And then you must question who you ARE following.

This fear of evangelizing is understandable. After all, you often don't know what to say, and, then when you finally manage to confess your beliefs, the response is unpredictable. On the other hand, if you were to meet a celebrity, you would want to tell everyone – because you know they'd be excited and impressed.

The road to heaven is narrow and demanding. The ways of God are not the ways of the world. Pray for the courage to follow your Redeemer, through the narrow gate of scorn and persecution. His kingdom is not of this world; and that is why he was condemned to die. Can we call ourselves Christian without being prepared to follow where He leads?

Yet there is no more glorious encounter than to meet Jesus Christ personally. When this encounter enters your heart through prayer, scripture reading and receiving the Eucharist, you will have a light that you must put on a

stand to illuminate others (Matthew 5:14-16). If you don't let it shine for them, they will be left in the dark. If another is lost in the darkness of unbelieving because you have not shared your faith, he will be lost and you will be answerable. Remember what Jesus says, “*My brethren, if any one among you wanders from the truth and some one brings him back, let him know that whoever brings back a sinner from the error of his way will save his soul from death and will cover a multitude of sins*” (James 5:19-20).

As an Eastern Catholic, you have the divine privilege of meeting, knowing, and communing with Jesus in the Liturgy, with the Word of God and the Holy Eucharist. You have encountered the living God, the Creator of the universe! Do you realize this? God wants and desires to commune with you. God wants you to spend eternity with Him.

To be invited at the end of your life to enjoy this eternal privilege, He demands something of you - to go and share what you have received. To bring others to Him by inviting them to church, welcoming them when they arrive as strangers, and confessing your beliefs in hostile conversation. Be willing to bear the thorns of possible hostility to give Life to your neighbor.

Let every person you encounter receive the living water of the Spirit of God. In no other way, except through your personal witness of what you believe, can the solace and salvation of Jesus enter your family, your community and your nation.

Cheesefare Sunday

The Great Fast is our penitential preparation for the great feast of Pascha (Easter). As such, it is one of the most ancient parts of the liturgical year. Its **forty days** symbolize the **forty years the Israelites** wandered in the desert of Sinai, while the Divine Liturgy of the Presanctified Gifts is the fulfillment of the promise of the manna, as St. John wrote, "So Jesus said to them, Amen, Amen I say to you, it was not Moses who gave bread from heaven; my Father gives you the true bread from heaven (John 6:32)." In the Great Fast, we imitate **Our Lord, Who fasted for forty days** in the wilderness following His baptism. The Feast of Pascha was the time for baptisms, and so the Great Fast was also a time of preparation for baptism. Our observance of the Great Fast, therefore, is a renewal of our baptismal fervor.

This week is known as Pure Week. It is a week in which we should strive to be vigilant about our interior life. Remember that while we undertake fasting, penance, Scripture reading, and prayer, Satan looks to stir things up. Pray for patience so as to avoid hasty comments or judgments on any unpleasant situation that pops up during Lent or Holy Week. Remember that we must always be armed against the devil. This week we read of the creation of the world and the Fall of Adam and Eve.

The first Saturday of Great Lent is given over to the **Miracle of St. Theodore of Tyre**. In 361, Emperor Julian the Apostate was doing his utmost to restore pagan customs. Knowing that the Christians were accustomed to sanctify the first week of Lent by fasting and prayer, the wily tyrant told the Prefect of Constantinople to have all of the food set out for sale in the markets sprinkled with the blood of animals sacrificed to the gods, so that no one in the city would escape the contagion of idolatry. However, the Lord did not abandon His chosen people, but 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.

How the faith community relates to its older members—recognizing their presence, encouraging their contributions, responding to their needs, and providing appropriate opportunities for spiritual growth—is a sign of the community's spiritual health and maturity. *United States Conference of Catholic Bishops*. The Pastoral Outreach Office, Archdiocese of Santa Fe will hold their annual conference "**Blessings of Age**" for Seniors, Caregivers, Pastors & Parishioners.

Over 300 people attend the 1/2 day event which will be held **Thursday, March 3, 2016 at the Shrine of St. Bernadette located at 11401 Indian School Drive NE**. The day begins with Mass and will include a presentation on "The Joy of Aging" by Fr. Thomas Noesen, OP with lunch following. Deadline to register is Friday, February 26th. You can pick up a registration form on the table located inside the church just outside the door to the office.



Theophany House Blessing
at Doberman's



Thomas Donlin of Boy Scout Troop 395 has achieved a rare honor in Scouting. He has earned all the Merit Badges in Boy Scouting. 142 Merit badges have been earned by Donlin, including digital technology and animation. Since 1910, only 270 boys have earned all merit badges.

Donlin is an Eagle Scout with the troop, Chartered with The Shrine of St. Bernadette, Sandia District, Great Southwest Council. He has been an active scout for 12 years. He currently is serving as Troop 395's Leave No Trace Trainer. Donlin is a Brotherhood member of Lodge Yah-Tah-Hey-Si-Kess, The Order of the Arrow, scouting's National Honor Society. He has received the Medal of Merit for Life Saving; 12 Eagle Palms, The World Conservation Award; The National Medal for Outdoor Achievement; all Catholic Religious emblems and numerous awards and recognitions.

Donlin was recognized for this rare honor at Troop 395's Court of Honor on January 27.