

February 20, 2022, Tone 6
1st All Souls Saturday / Sunday of the Last Judgement / Meat Fare
1 Corinthians 8:8-9:2; Matthew 25:31-46
Glory to Jesus Christ! Glory to Him Forever!
¡Gloria a Cristo! / ¡Gloria a Él para siempre!



On Sunday of Meat Fare we commemorate the second coming of Christ, so that no one take the love of God for mankind for granted and live in laziness saying, "God loves mankind, and when I am separated from Him by sin, all is prepared for my restoration." The Day of Judgment has been designated for commemoration at this point in time, that those who live in laziness may be encouraged to the virtues, not trusting only in the love of God, but also realizing that He is the righteous Judge who will judge all men according to their deeds. With one word the Lord will separate the righteous from the sinners. Those who have done good will receive eternal life, and those who have done evil will suffer the consequences of their hard hearted wickedness.

We should pause and meditate on today's Gospel reading: Christ will not ask who fasted, or who undertook ascetic struggles, or who performed miracles, for although these things are good, **mercy and compassion** are far better. He will question both the righteous and the sinners on six commandment-like virtues, of which everyone is capable: "For I was hungry, and **you gave me to eat**. I was thirsty, and **you gave me drink**. I was a stranger, and **you took me in**; naked, and **you clothed me**. I was sick, and **you visited me**. I was in prison, and **you came to me**. Inasmuch as **you have done it to one of the least of these my brethren, you have done it to me.**" (from the Synaxarion)

**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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Father Tyler Strand

**(516) 661-0883
tylerastrand@yahoo.co.uk**

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 Zugger, 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 appoint-
ment 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 con-
fined 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 some-
one 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!

1 Corinthians 8:8-9:2; Matthew 25:31-46

YouTube Live 8:30 am Rosary; 9:00 am Matins, Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
Eternal Lamp: Intention of Cielo Doherty
5:30 pm High School Lenten Reflections with Father Chris

Feb 21 Mon ***Timothy Venerable / 3 Jn 1-15; Lk 19:29-40 & 22:7-39***

9:00 am Liturgy / Health and Salvation of Luda Kostyk by Luda Kostyk

Feb 22 Tue ***Finding of the Relics of the Martyrs of Eugenia /
Jude 1:10; Lk 22:39-42 & 45-23:***

9:00 am Liturgy / God's Blessing on Robbie by Gloetzners
6:30 pm CAFÉ Biblical Origin of the Sacraments

Feb 23 Wed Polycarp Bishop Martyr / Joel 2:12-26; Joel 4:12-21

5:30 pm OLPH Devotions
6:00 pm Divine Liturgy / +Matthew Ford by Svenssons

Feb 24 Thu ***First & Second Findings of the Head of John the Baptist
2 Cor 4:6-15; Mt 11:2-15***

6:45 pm THEOSIS Bible Study (zoom)

Feb 25 Fri ***Tarasius Patriarch / Zech 8:7-17; Zech 8:19-23***



9:00 am Prayer & witness in front of abortion clinic on San Mateo / Lomas
6:00 pm Liturgy / +Bill Frank by Svenssons

Feb 26 Sat ***All Holy Ascetical Fathers and Mothers / Rom 14:19-26; Mt 6:1-13***

9am—12 pm Pysanky Workshop

Feb 27 Sun ***Sunday of Cheesefare/ Romans13:11-14:4; Mt 6:14-21***

4:00 pm Vespers (YouTube Live)
5:00 pm Liturgy / +Blid Svensson by Svenssons
Hebrew Scriptures for Sunday:
Genesis 1;1-5, 2; Job 20:1-23; Proverbs 2:1-2

**FOGIVENESS
SUNDAY**

YouTube LIVE

8:30 am Rosary; 9:00 am Matins, Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
Rite of Mutual Forgiveness
Eternal Lamp: Intention of Cielo Doherty

YOUTUBE LIVE-STREAMING: OLPH Sunday / Holy Day Liturgies are available on
YouTube. The link is <https://youtube.com/c/olphmedia>. Please click the "Subscribe" button to
make it easier for you to find the channel in the future. Please, send your feedback about the
quality of the live stream / comments / suggestions to Dan Riley: riley.dan@gmail.com

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	Soriah 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
Lara Davis	Todd Bailey	Rebecca Baia
Fr Chris Zugger	Jessica Pieniadz	Janet Worthington
Marcie Dark	Rhonda Glasscock-	Patti Klinkovsky
Philip Leahy	Michael Ford	Matt Williamson

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 February Religious Sisters and Consecrated Women

We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.



Vocation Icon

Today: Riley Family
Next Sunday: Carol Donlin

“Whatever you did for the least of my brethren, you did it for me.” Our vocation is about being Christ to others and seeing Christ in others with as much faith, hope and love as possible. God may be calling you to this life through an increase in prayer as a monk, nun, or member of the clergy. To find out more, contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org

February 27, 2022

Cantor: Evie Jilek

Reader: Michael Wells

Altar Server: Michael Grega

Trojca: Saphira Dodson-Sands

Counters: Rafael Plut, Ann Rajala

Propers for 2/27/2022

Cheesefare Sunday

Tone 7

Troparion (Tone 7) - 156

v. Glory...

Kontakion (Cheesefare) - 218

v. Now & Ever...

Theotokion - 406

Prokeimenon & Alleluia - 219

Our Father - 72

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!!

BARBARA'S HALL REPORT

I got a report that the Jileks hosted the
social by making egg casseroles and
mini cinnamon rolls. Yum! Sorry I
missed it. I'm glad we are back to
having socials. I will do my happy
dance!

Coming Events—Mark Your Calendars Now

Mon Feb 28	First Day of the Great Fast 6:00pm—Presanctified Liturgy with anointing
March 6	Sunday of Orthodoxy 10:00 am Divine Liturgy / Procession with Icons / Blessing of Icons
Mon March 7	6:00 pm Advisory Board Meeting
Sat Mar 12	Second All Souls Saturday 9:00 am—All Souls Liturgy / Panichida
Sun Mar 13	DAYLIGHT SAVINGS BEGINS move your clock an hour ahead
Sat Mar 19	Third All Souls Saturday 9:00 am—All Souls Liturgy / Panichida
Fri Mar 25	Annunciation of the Theotokos Solemn Holy Day 6:00pm - Vesper Liturgy of St John Chrysostom / Blessing of Litija
Sat Mar 26	9:00 am—Divine Liturgy for the Leave taking of Annunciation followed by All Souls Panichida
Thurs Mar 31	7:00 pm Matins with Great Canon of St Andrew of Crete / Reading Life story of St Mary of Egypt
Sat April 2	Akathistos Saturday 9:00am—Akathist to the Most Holy Theotokos
Sat April 9	Saturday of Lazarus (End of 40 day Lent) 9:00am Divine Liturgy

ONLINE GIVING / ONLINE TITHING is available on our website:

For those parishioners who can't attend in person or traveling or anyone who find this more convenient, we just set up a new way to tithe online using your credit card or debit card information. You can do a one-time donation or setup weekly donations!! You will receive a receipt and statement immediately after donating. The software takes a very small percentage of the donation, but its worth it for the ease of the system. You can donate using your computer / smartphone at: [s://www.olphnm.org/giving](https://www.olphnm.org/giving).

THIS SUNDAY—Special Collection for Aid to the Church in Central & Eastern Europe. Through Bishops' Conferences in Central and Eastern Europe and the ex-Soviet Union, this aid assists in the training of seminarians and lay church leaders, Church-sponsored social service programs, youth ministry, pastoral and catechetical centers, school and church construction/renovation, and evangelization through the use of Catholic Media. 100% of the proceeds go to the Office of National Collections for the Church in Eastern Europe.

Dear Our Lady of Perpetual Help Parish,

Thank you so much for the Amazon gift cards. It was a nice surprise. I think it's wonderful that you have an Angel Tree every Christmas. I ask that you remember all of us at Byzantine Catholic Seminary in prayer. I will be praying for you.
Gratefully, Seminarian Tyler Wisniewski

This evening there is a high school Lenten Reflection Evening at 5:30 pm for all high schoolers. Father Chris will present on **Walking With Jesus for Six Weeks**, and the Presanctified Liturgy. Supper is at 5:30 pm followed by talks and questions. All students are welcome to attend.

PYSANKY WORKSHOPS

OLPH will host workshops for anyone interested in learning how to make pysanky (Ukrainian Easter eggs). The workshops are open to all (children do need a supervising adult) and will be held in February & March at the following dates and times: 2/26 9am-12pm, 3/17 6-9pm, 3/26 11am-2pm. Supplies are needed for all participants, so please RSVP with Andrea Riley at 505-220-9137 or andrea.riley@gmail.com.

MADE FOR MORE event by Theology of the Body Institute

Visions of the promised land with Christopher West and music by Mike Mangione
April 27th, 7:30-9pm at the Shrine of Saint Bernadette.

I totally endorse and highly recommend that you and your friends sign up for a Christopher West, Theology of the Body presentation coming to Albuquerque. I firmly believe that Theology of the Body is the Gospel that we and the world need. It answers life's questions. It is the healing and redemption after the sexual revolution. I can't say enough about it. Please sign up! If the night is sold out, the sponsoring parish plans to add an additional night so that more people can hear the Gospel of the body. For online tickets, they can be bought at: <https://www.eventbrite.com/e/made-for-more-albuquerque-nm-tickets-199459828717?aff=efbneb>

Or in person at St. Bernadette's minus the online service fee.

Here is the promo video for the event. It is about 4 mins long.

<https://vimeo.com/260114539>

40 DAYS FOR LIFE: From Wednesday, March 2nd—Sunday, April 10th, our pro-life community in Albuquerque will unite with cities across America and around the world for a massive, coordinated, pro-life mobilization. This is an effort to bring together people of all faiths to pray for an end to the loss of pre-born human life and for the healing of those affected by abortion.

Join us in peaceful prayer between 7 am and 7 pm daily at this location:
Planned Parenthood abortion mill at 701 San Mateo NE in Albuquerque
Sponsored by Project Defending Life, 729 San Mateo Blvd, Alb. NM 87108
For more information visit us at www.40daysforlife.com
You can also send an email to Rachel at vp@defendinglife.org
or call Project Defending Life at (505) 266-4100

Holy Ascetics Saturday (by Fr Chris Zugger)

Asceticism is the practice of self-denial (i.e., control of one's passions and base impulses) for the sake of the Kingdom. The practice of asceticism - called ascesis - is most often associated exclusively with monasticism, although all the faithful are exhorted to practice lesser forms of asceticism through the Church's regimen of prayer, fasting, and repentance.

The word "ascetic" comes from the Greek root ἀσκητικός, which is turned from the verb ἀσκέω, meaning "I train." The Apostle Paul likens the Christian life of prayer and repentance to training for various sporting events (1 Cor. 9:24-27; 2 Tim. 4:7). As such, the methods of asceticism should not be used as ends to themselves, but as means to the end of salvation, the "prize" which the Apostle mentions in First Corinthians.

This Saturday is the Day of All Holy Ascetics. All of the men and women of the era of the Desert Fathers are remembered. The Divine Office speaks of their abstinence from meat, their fasting from foods from sunrise to sunset in the Lenten periods, their penances. But the main thing is their heroism in prayer and charity, without which all of the penances are worthless. ***They must be done for the glory of God, for repentance of our own sins, for the sins of the world which rejects God, and as an act of love for God.*** Whatever you are planning to do for Lent, do it with that last sentence above in mind.

The Divine Office for the Holy Ascetics lists hundreds of names of men and women who lived as anchorites attached to churches, hermits in forests and mountains, monks and nuns, and stylites atop pillars. Some lived in great monasteries, others in little sketes. Some were living in cities, others in the wilderness. Many lived so close to God, that wild animals found in them the "scent of Paradise," meaning that the animals recognized their holiness as being equal to that of Adam and Eve before the Fall.

It is harmful to remember previous sins in detail. For if they bring you sorrow, they will estrange you from hope, but if they are remembered without sorrow, they will introduce the previous defilement. If you want to bring to God an uncondemned confession, then don't remember your sins in detail, but manfully endure the suffering that is coming because of them.

(St. Mark the Ascetic, Homilies, 2.151, 153) The Lord greatly loves the repenting sinner and mercifully presses him to His bosom: "Where were you, My child? I was waiting a long time for you." The Lord calls all to Himself with the voice of the Gospel, and his voice is heard in all the world: "Come to me, my sheep. I created you, and I love you. My love for you brought Me to earth, and I suffered all things for the sake of your salvation, and I want you all to know my love, and to say, like the apostles on Tabor: Lord, it is good for us to be with You."

(St. Silouan the Athonite, Writings, IX.27)

SUNDAY OF THE MEATFARE

Today was the last day to eat meat, thus the name "Meat-Fare". Then this week was the time to use up all the dairy products in the house. The Fast of Cheesefare Week is a preparation for the Great Fast. This week, the structure of the church services changes, music becomes more solemn, and abstinence from meat is introduced on Wednesday as well as Friday. For those who will follow the strict fasting regulations, this is also the week in which to eliminate dairy products from the kitchen, so that by next Sunday, there will be none left.

For daily prayers, the Prayer of Saint Ephrem is added on Monday, Wednesday, and Friday. The prayer is said in three verses, each verse followed by either a deep bow, or kneeling on the floor and lowering one's head.

**THE LENTEN PRAYER
OF SAINT 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)

O God, be merciful to me, a sinner.

O God, cleanse me of my sins and have
mercy on me.

O Lord, forgive me for I have sinned
without number.

*(Repeat these 3 petitions 4 x's, with as many
bows, and then again the whole prayer from the
beginning to end, and after that one great
prostration)*

*Note: If one cannot make prostrations, then
make bows, or the sign of the Cross.*



ASK A PRIEST ANYTHING

**Are there any relics of the true cross with Jesus's blood on them?
Are the nails used on Jesus still around?**

We don't know where the different pieces of the True Cross come from in terms of which part of the Cross, and therefore have no idea if the Precious Blood is on a particular piece. A sliver of the True Cross may come from the main part, or it could be from the very top or bottom. The key is that its origin is traced back to the Cross. There is a Protestant "joke" that if you put together all the relics, you'd have enough wood to build Noah's Ark. That is not true. In 1870, Charles Rohault de Fleury set about to measure all of the existing relics. He estimated that the complete cross would weigh about 220 pounds, and the size at 10,900 cubic inches. But when he measured all of those relics from Catholic owners and those known relics lost over time, he discovered that they came to only 2,400 cubic inches. In other words, there would not be enough wood to crucify a man, let alone build a ship.

The nails used for crucifixion were about 16 centimeters long, and made of iron. There are up to forty alleged "holy nails." Some of these may have been touched to the original nails, or incorporate a piece of an original nail. The Holy Nail kept in the Basilica of the Holy Cross In Jerusalem, in Rome is said to be the one collected by Saint Helena, and it is identical in size to ones discovered by modern archaeologists. It is probably genuine. A similar nail is enshrined in Siena, having been bought from the imperial treasury in Constantinople. Another one is kept at the cathedral in Milan, having been left there by Emperor Theodosius in 395. All three have had little pieces filed off which were then incorporated into other nails, and so we have up to 33 other "Holy Nails." Whether or not these are the real nails, the three are all first-century Roman nails, and so can show us how Our Lord's feet and hands were pierced so painfully, and help us to meditate on Jesus' Passion and His great love for us.