

25th Sunday After Pentecost / November 14, 2021, Tone 8 Christ is Among Us! He is and Always Shall Be!



Happy start
of the
Phil ipovka



Happy start of
the 40 days of
Advent Fast



Annual OLPH Angel Tree is Here!!

The parishioners of OLPH are being asked by St. Nicholas to open up their hearts again this Christmas season and participate in our annual Angel Tree. We have through St. Nicholas' Day—Sunday, December 5th—to bring our checks and cards.

The Angel Tree display has two boxes—one for the orphanage and one for the seminarians. This year we are excited to collect monetary donations for the Korolevo orphanage in Ukraine. 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 Byzantine Catholic Seminary of SS Cyril and Methodius, where our beloved Thomas is studying. 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). These gift cards can be found at Smith's grocery stores (either in store or on-line), Wal-Mart, Albertsons and anywhere other gift cards are sold. 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.

Please prayerfully consider helping St. Nicholas spread joy this Christmas season.

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

**Our Lady of Perpetual Help Byzantine Catholic Church
1837 Alvarado Dr. NE, Albuquerque, NM 87110 Parish office: (505) 256-1539
www.olphnm.org**

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

Father Christopher Zegger
pastor emeritus
(505) 256-1787

Frchris.zegger@gmail.com
www.frchriszegger.com

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 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!
Ephesians 4:1-6; Luke 10:25-37

YouTube Live 8:30 am Rosary; 9:00 am Matins, Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
Eternal Lamp: God's Blessing on Fred McEnroe by Talamante Family

ECF Classes

Nov 15 Mon **Start of St. Phillip's Fast / Gurias, Samonas & Habib Martyrs**
1 Tim 1:1-7; Lk 14:1 & 12-15



9:00 am Divine Liturgy / +Gabriela Petto by Svenssons

Nov 16 Tue **Matthew Apostle—Evangelist / 1 Cor 4:9-16; Mt 9:9-13**

9:00 am Divine Liturgy / For all victims of murder and their families by Svenssons
6:00 pm Advisory Board Meeting
6:30 pm CAFÉ Meeting

Nov 17 Wed **Gregory Wonderworker Bishop / 1 Tim 1:18-20 & 2:8-15**



4:30-5:34 pm Philokalia Prayer & Discussion Group
5:30 pm OLPH Devotions
6:00 pm Divine Liturgy / +Marta Larson by Svenssons

Nov 18 Thu **Plato & Roman Martyrs / 1 Tim 3:1-13; Lk 16:1-9**

6:45 pm THEOSIS: Revelation (zoom)

Nov 19 Fri **Obadiah Prophet / 1 Tim 4:4-9 & 16; Lk 16:15-18 & 17:1-4**



9:00m am Prayer & witness in front of abortion clinic on San Mateo
6:00 pm Divine Liturgy / +Michael Harahuc by Svenssons

Nov 20 Sat **Gregory the Decapolite Venerable / Gal 3:8-12; Lk 9:57-62**

10:00 am—4:00 pm ECF Super Saturday

Nov 21 Sun **26th Sunday / Entrance of the Theotokos**
Eph 5:9-19 & Heb 9:1-7; Lk 12:16-21 & Lk 10:38-42 & 1:27-28

4:00 pm Great Vespers (YouTube Live)
Hebrew Scriptures for Sunday: Exodus 40:1-5.9.10.16.34-35;
1 Kings 7:51-8:1.3-7.9-11; Ezekiel 43:27-44:4

YouTube LIVE 5:00 pm Divine Liturgy / +Michael Harahuc by Carol Donlin

ECF Classes 8:30 am Rosary; 9:00 am Matins, Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
Eternal Lamp: Open

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	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 Zugger	Janet Worthington
Lara Davis	Marcie Dark	Patti Klinkovsky
Jessica Pieniadz	Michael Grega	Matt Williamson
Rhonda Glasscock		



Vocation Icon

Today: Sullivan Family

Next Sunday:

Fedorowich 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

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.

“Go and do likewise.” Our Lord teaches the rich young man that showing mercy to all is the way to best fulfill the two greatest commandments, of loving God and loving our neighbor. For each of us, to “go and do likewise” will look different based on our unique gifts from God. Some of us are called to show mercy by serving the Church as priests, deacons, monks and nuns. If that may be your calling, contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org



November 21, 2021

Cantor: Andrea Riley

Reader: Michael Wells

Altar Server: Michael Grega

Trojca: Elizabeth & Jacob Montano

Counters: Rafael Plut, Ann Rajala

**Propers for 11/21/2021
26th Sunday after Pentecost &
Entrance of Theotokos
Tone 1**

Troparion (Tone 1)- 125

Troparion (Feast) - 268

v. Glory...

Kontakion (Feast) - 268

v. Now & Ever...

Theotokion - 406

Prokeimenon & Alleluia - 127 &
269

Instead of 'It is Truly Proper' - 269

Our Father - 66

Communion Hymn - 81 & 355 [F]

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!!

11/21 Soul II

Barbara's Hall Report

Thank you to the Foggs for bringing red beans and rice and spicy Cajun sausage. And we also had bagels and watermelon.

THE BYZANTINE CATHOLIC EPARCHY OF PHOENIX

subscribes to the

Charter for the Protection of Children and Young People

adopted by the United States Catholic Conference of Bishops. The Eparchy, within all its parishes, institutions and programs, is committed to assuring a safe environment in ministry for its children and young people that conforms to the Charter requirements. For information regarding the Eparchial Safe Environment Program, please contact:

Dcn. Michael Hanafin

Safe Environment Program Coordinator

Cell: (480) 387-5182

Email: dcnhanafin@ephx.org

Sbdcn. Paul F. Kilroy

Asst. Safe Environment Program Coordinator

Office: (602) 861-9778 / Cell: (702) 498-5972

Email: sbdcnkilroy@ephx.org

Dr. Caroline Bonham

Victim Assist Coordinator - Cell: (505) 314-3943

Email: victimassistanceofphoenix@gmail.com

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

<https://www.olphnm.org/giving>.

Father Chris hears confessions in the ECF

room in the parish hall from 9 am until the "Holy God" is being sung during the Liturgy. You can line up along the north wall, next to the hall door. If there is still a line at that time, he will tell you that he will hear the rest of the confessions after the Liturgy. **You must wear a mask and sit a few feet away from him, no exceptions.** Forgot your mask? Pick one up from the box next to the sanitizer bottles when you enter the church. Thank you.

Byzantine Wall Calendars for 2022 are now available !!!!!

ATTENTION! We are updating Parish Directory for 2021. If there have been any changes to your address, phone or email please, report to the Parish office: 505-256-1539 or talk to Ann.

Please, sign up TODAY for the Traveling Pilgrim Vocation Icon in 2022 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 Saintly 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.

Seasonal Shift for the Philokalia Group: As our liturgical year progresses toward Advent and the holy seasons to follow, we thought it would be most supportive to interested parishioners if we postponed our progressive study of the Philokalia in order to focus our time on some contemporary writings that more accurately reflect the seasons with which we will be Liturgically engaged. Consequently, our first selection will be Fr. Thomas Hopko's *The Winter Pascha: Readings for the Christmas-Epiphany Season*, which is available in the parish book and gift store. If you have any questions or comments please contact Fred McEnroe at fmcenroe@unm.edu. Decisions on future readings will be made by those involved in the reading group. Thank you.

FILIPOVKA – fast before CHRISTMAS

The Christmas Fast/ Saint Philip's Fast/ Filipovka begins on Nov. 15. This is the forty days of preparation for the Nativity of Our Lord on December 25. It continues through Christmas Eve, which is a day of strict fast and abstinence. It is **named after Saint Philip**, because it begins on his feast day. "**Forty**" has great significance in our religious history, from the forty years of Israel's wandering in the desert to be purified so as to enter into the Holy Land, to the forty days of Great Lent before Easter.

Unlike the restoration of Lenten fasting and services, this season has come up against the American tendency to celebrate Christmas for a long time before the actual feast of the Nativity, with office parties, school pageants, Christmas cakes and cookies, and the very odd habit of practically ignoring the Christmas season after December 26 except for taking down the tree and hitting the stores for holiday sales. Advent in the Latin Church is no longer marked by fasting or penance, with the purple vestments being almost the only remnant of Advent as a penitential season of preparation for Christ's nativity.

While American culture now emphasizes Christmas as a one-day event, **this season is also filled with feast days of Old Testament prophets who spoke of the coming of the messiah** to help us prepare well. After Christmas, we follow up with a series of holy days for the Mother of God, Saint Stephen, Circumcision/ New Year's, and then the Baptism of the Lord. Christmas **should impel us to see how it all leads to the Theophany and Jesus' public ministry**. With Theophany, the mystery of God is fully revealed to us. Centuries of waiting for the Messiah became true in Jesus Christ, the Son of God and son of Mary.

In America, the regulations of this Fast are not strict, as it falls during the winter. Abstinence remains in force for Friday, and is strongly recommended for Wednesday and if possible, also Monday. **Christmas Eve remains a day of strict fast: no meat, no dairy, one main meal, which is the Holy Supper in the evening.**

There are no liturgical observances during the Filipovka as we have during Great Lent. But we do have the occasion of **many Old Testament prophets whose feasts fall during this season as their writings announce the Messiah, of Saint Andrew, of St. Nicholas, who is called Christ-like, on December 6, and of the Conception of Saint Anne/ Immaculate Conception on December 8/9.** So, there are many occasions to ponder the true meaning of the Incarnation, Birth, and then the Baptism of the Lord. ***Let us set ourselves to focusing more on Jesus, and much less on the sparkle and glitter of the pre-holiday feasting.***

Training for Body, Mind and Spirit

For Saint Paul, Christian discipleship is like an athletic contest in an arena, which requires both training and effort. This is the root of the Christian understanding of asceticism and praxis. The season of advent is a time for a deeper interior conversion to Christ by embracing the four forms of Christian praxis. Below are some suggestions for ways to put into practice the four forms of Christian praxis or asceticism during the Nativity fast.

Prayer

Spend at least 15 minutes in the morning and evening in prayer each day. Pray the Jesus Prayer, "Lord Jesus Christ, Son of God, have mercy on me a sinner." 100 times a day. 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.

Use the prayer guide with family or friends.

Fasting

Abstain from meat products on Monday, Wednesdays and Fridays. Fast from certain foods, such as soda, alcoholic beverages or candy. With each meal, eat only an amount that is sufficient for nutritional needs, without feeling full. Fast from select forms of entertainment (television, movies, radio, internet, novels, etc.).

Almsgiving

Give your time, talent and/or treasure to a parish outreach or a special charity. Clean out your house of any excessive items or possessions and share them with the poor and needy. Purchase gifts for homeless or needy children or families.

Love

Meditate on the Ten Commandments or the Beatitudes and identify one or two of these to put into practice each week. Examine your conscience each night, asking for forgiveness from God or others as needed. Find opportunities to share your faith with others.

Like Great Lent, the fast of the Nativity is a journey. 'Come, O ye faithful, and let us behold where Christ is born. The fast of the Nativity is our journey into something new and marvelous, which comes from God but to which we must approach of our own volition. The gift of a new land and great blessings was freely given by God to Abraham, but in order to obtain it, 'Abram went, as the Lord had told him' (Gen 12.4).

BYZANTINE CHRISTMAS CARDS

Your support raised \$8,646 last Christmas and \$6,588 last Easter.
Every penny counts! *Thank you!*



Beautiful newly designed Mission Society of the Mother of God of Boronyavo **Christmas Cards** to support our mother church in Mukachevo, Ukraine (where Father Artur came to us from) **are now on sale**. This year Bishop Nil, the apostolic administrator for the Mukachevo eparchy, 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*. If purchased at church a packet of 5 cards sells for \$10 including envelopes. We can also mail them to you at \$12 per packet. All orders by mail must be in by Wednesday, December 15th to insure that you receive them in time for Christmas giving. If you would like to order by mail you can e-mail us at admin@missionboronyavo.org

Each packet of cards includes a prayer list. Fill out the slip with the names of the recipients and return by mail or drop them by the parish office by January 1st. All names will be sent to Bishop Nil Lushchak in the Ukraine. On January 7th (Old Calendar Christmas), the Bishop will place all of these names on the altar and pray for your intentions. Thank you for your generosity, and please encourage family, friends & other parishioners to purchase our cards!