

September 14, 2025 / Tone 5

Exaltation of the Cross

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



**Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix  
Most Reverend Artur Bubnevych**

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

**OFFICE HOURS:**

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

**Advisory Board**

Fr. Chris Zugger, Dan Riley, Jeff Brewer,  
Michael Grega, Alicia Wells

**Finance Council**

Matthew Blain, Maria Alden

**Father Joshua Johnson  
Administrator**

**[frjohnson@ephx.org](mailto:frjohnson@ephx.org)**

**Father Christopher Zugger  
Pastor Emeritus  
(505) 256-1787**

**[Frchris.zugger@gmail.com](mailto:Frchris.zugger@gmail.com)  
[www.frchriszugger.com](http://www.frchriszugger.com)**

**May the Lord Bless your kindness and  
generosity to His House!**

**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 [ps://www.olphnm.org/giving](http://ps://www.olphnm.org/giving).

**Confession (Mystery of  
Reconciliation):**

9:00—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!

**Welcome to our Church! If you are looking for a spiritual home, contact Fr. Joshua or the office staff for more information. God bless you!**

***1 Corinthians 1:18-24; John 19:6-11-21.25-27.30-35***

**YouTube Live**  
  
8:30 am Rosary  
9:00 am Matins & Confessions  
10:00 am Divine Liturgy /Intention for the Parishioners of OLPH  
12:30 pm Inquiry Class  
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine

**Sep 15 Mon**     ***Nicetas Great-Martyr / Gal 2:11-16; Mk 5:24-34***

9:00 am Divine Liturgy / Father Chris  
6:00 pm Advisory Board Meeting

**Sep 16 Tue**     ***Euphemia Great-Martyr / Gal 2:21-3:7; Mk 6:1-7***

9:00 am Divine Liturgy / Lontok Family by Regina Johnson  
6:00 pm CAFÉ Meeting at UNM

**Sep 17 Wed**     ***Sophia and Others Martyrs / Gal 3:15-22; Mk 6:7-13***

6:00 pm Divine Liturgy / Those in formation at Byzantine Catholic Seminary & Christ the Bridegroom

**Sep 18 Thu**     ***Eumenius Bishop / Gal 3:23-4:5; Mk 6:30-45***

**Sep 19 Fri**     ***Trophimus and Others Martyrs / Gal 4:8-21; Mk 6:45-53***



9:00 am Prayer & Witness in front of abortion clinic on Lomas  
6:00 pm Divine Liturgy / +Jess Ponce by Juanita Montoya

**Sep 20 Sat**     ***Saturday After the Exaltation of the Cross / Eustace and Others Martyrs***  
***1 Cor 1:26-29; Jn 8:21-30***

4:00 pm Great Vespers  
Hebrew Scriptures for Sunday: Joshua 10:12-18; 1 Kings 1:1-9; Sirach 46:13-47  
5:00 pm Vigil Divine Liturgy / Jeremiah Joseph Jilek by Brook & Evie Jilek

**Sep 21 Sun**     ***Sunday After the Exaltation of the Cross / Gal 2:16-20; Mk 8:34-9:1***

**YouTube LIVE**  
8:30 am Rosary  
9:00 am Matins & Confessions  
10:00 am Divine Liturgy  
Intention for the Parishioners of OLPH  
12:30 pm Inquiry Class  
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine

**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](mailto: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    | Irene Bradley     | Matt Williamson    |
| Jenny Ford       | Abraham Haddad    | James Epstein      |
| Marilyn Fore     | Marianne Gerace   | Katy Ford          |
| Barbara Svensson | Michael Baron     | Madalyn Davis      |
| Laurie Bienz     | Jessica Pieniadz  | Rebecca Russo      |
| Brent Dodson-    | Rhonda Glasscock  | Jacob McTernan     |
| Sands            | Amber Roybal      | Paola Terlaza      |
| Lara Davis       | Philip Leahy      | Vicki Frank        |
| Carol Donlin     | Juanita Montoya   | Emily              |
| Marcie Dark      | Linda Granci      | Wojciechowski      |
| Fr Chris Zugger  | Christopher       | Fr Joel Barstad    |
| Fr Robert Rankin | Barlow            | Fr. Joseph Wargaki |
| Fr. Steve Washko | Joel Ford         | Fr James Bankston  |
| Buster Miscusi   | Andrew Martinez   | Eric Forrest       |
| Richard Jacobs   | Jordan Smith      | Natalie Forrest    |
| Lourdes Lasin    | Janet Worthington | Tracy McTernan     |
| Harry & Barbara  | Sarah Chavez      | Melissa Allen      |
| De Lap           |                   |                    |

### **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 / September 2025 For Mutual Coexistence**

#### **For our relationship with all of creation**

Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.



### **Vocation Icon**

Today: Carol Donlin  
Next Sunday:  
Montano Family

**“And He bowed his head and gave up His spirit.”** As we bow to the Cross of Christ and Glorify his Holy Resurrection, the immensity of Christ’s perfect gift of self is shown to us so clearly. Have you thought of making your life of a gift of self by becoming a deacon, priest, monk or nun? If so, contact the Vocations Office at 602-861-9778 or email: [vocations@ephx.org](mailto:vocations@ephx.org)

**September 21, 2025**

Cantors: Andrea Riley &

Evie Jilek

Reader: Michael Grega

Altar Servers:

Sdcn Michael Grega; Team B

**Propers for 9/21/2025**

**Sunday after**

**Exaltation of the Holy Cross**

**Tone 6**

Antiphons & Entrance Hymn-258-9

Troparion (Tone 6) -152

Troparion (Cross) – 259

*v. Glory... Now & Ever...*

Kontakion (Cross) - 259

We Bow To Your Cross – 32

Prokeimenon & Alleluia - 260

Magnification – 256

Our Father- 71

Communion Hymn - 78 & 258 [A]

**The OLPH Prayer Warriors** make intercessory prayer a daily commitment. We pray voluntarily and without bias; that is, we take to the Blessed Trinity the requests that come our way. The Prayer Warriors meet on Zoom every Sunday at 9:30 a.m. for the meetings.

**If you would like to join the Prayer Warriors**, would like additional information, and/or would like for us to pray for your intentions, please contact Lara Davis at [crowhopdavis@yahoo.com](mailto:crowhopdavis@yahoo.com)

## **Coming Events—Mark Your Calendars Now**

|               |                                                                                                             |
|---------------|-------------------------------------------------------------------------------------------------------------|
| Fri Sep 26    | Bring baked goods for bake sale<br>Load Holubki roasters<br>Slice kielbasa<br>Set-up for Bazaar inside hall |
| Sat Sep 27    | <b>10 am—3 pm Bazaar</b>                                                                                    |
| Sep 29– Oct 3 | Clergy Retreat in Carefree AZ                                                                               |
| Thu Oct 2     | 5:45 pm FNE Gathering at OLPH<br>6:45—8:15 pm FNE Leadership meeting                                        |
| Sat Oct 4     | FNE Youth Meeting at Alvarado Park and OLPH                                                                 |
| Sat Oct 8     | Archangel Michael & All Angels<br>Solemn Holy Day                                                           |
| Sat Nov 15    | Beginning of Phillip's Fast                                                                                 |
| Fri Nov 21    | Entrance of the Theotokos<br>Solemn Holy Day                                                                |

## **Liturgy intentions**

Through prayer, we join in the Church's constant intercession and petition that attunes our hearts to God's mercy. One way to join in this prayer is offering a Divine Liturgy intention for the health and salvation of family members and friends among the living, or for the repose of the souls of those who have departed. To submit an intention, you may use the envelopes on the counter by the entrance labeled "Divine Liturgy Request," or contact the office. The Eparchy has set the suggested offering for Liturgy intentions at \$20 effective earlier this year, while leaving the freedom to give according to your means.

## **Alicia's Hall Report**

Thanks to everyone who helped with the social, especially Rita Montañó & Fiona Griffith! It was a blessed fellowship time after DL, as always! Please remember to rinse your plate and utensils well before putting them in the dishwasher. Many hands make light work! Please sign up to host a social this fall here: <https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph#/>.

Have a blessed week! God bless Fr. Chris!

### **Helping Hands for Fr. Chris**

We give thanks to God that Fr. Chris will return home later this week. As he continues his healing, we have an opportunity to provide practical support. In the coming months, Fr. Chris will appreciate help with meals, rides to physical therapy and other medical appointments, and assistance with household tasks. Many hands make light work, and even small contributions of time can make a real difference.

If you are able to help, either once on a recurring basis, please reach out to Fr. Joshua or Ann at the parish office. Let's show Fr. Chris with the same generosity of spirit he has shared with us.

**OLPH ANNUAL BAZAAR** Saturday, September 27th 10am-3pm

There are many ways you can contribute to making this another blessed & fun-filled bazaar. Spread the word! We need HELP before, during & after!

Valentina (505) 515-454 Alicia (720) 280-0710

Sign-Up Genius link

<https://www.signupgenius.com/go/10C054AAAAA2AA4F94-57258684-ourlady>

### **Special Collection for Gaza**

In response to the ongoing crisis in Gaza, our Eparchy is joining churches across the country in taking up a **special collection this weekend**. Funds will support humanitarian relief through the **Catholic Near East Welfare Association (CNEWA)** and **Catholic Relief Services (CRS)**, both of which are providing food, shelter, medical care, and pastoral support in the region.

You may donate directly to CNEWA or CRS, or contribute through our parish. **If giving through the parish, please mark your gift "Gaza Relief"** and we will forward all funds to the eparchy for distribution. To donate online, use the following links:  
[support.crs.org/donate/holy-land-conflict](https://support.crs.org/donate/holy-land-conflict) <https://cnewa.org/donate/>

**EPARCHIAL APPEAL 2025** Bishop Artur extends his sincere gratitude to everyone who has already generously answered the Christian call to support the Church. Thank you for participating in the Bishop's Appeal! We have received a total of \$18,858

Thank you to: Terese McNeil, Rob Griffith & Barbara Svensson.

***The Appeal is the major source of income for our eparchy. It empowers the work of our Church for education and expansion of our mission in 13 states.***

### **MANDATORY SAFE ENVIRONMENT ONLINE TRAINING FOR ALL THE VOLUNTEERS**

**Reminder:** PLEASE, CHECK your Safe Environment Compliance Certificate Expiration date. Please note that Online Virtus training for many will be expiring within August-Sept-October. The Eparchy's revised Safe Environment Policy no longer allows for lapses in compliance—either in Virtus training or in background screenings - for ALL OLPH VOLUNTEERS AND EXPLORER YOUTH GROUP LEADERS. Anyone falling out of compliance at any point must immediately cease from their designated area of service at OLPH until such time as they are in compliance once again. No one - not members of the clergy, volunteers, educators, employees etc. - may serve for even one day when out of SEP compliance. Thank you for your vigilance in this matter.

## CATECHETICAL SUNDAY

*Jesus Christ Our Hope!*

*Sunday, September 21 2025*



**Next Sunday, an important event will take place in our parish.** The importance of religious instruction will be emphasized. Special prayers for the beginning of the school year will be included during the Divine Liturgy. We will give authority to our catechists and implore God's Wisdom upon them and their students, for whom we will also pray and bless. All instructors and students are asked to be present.

### St Ephraim the Syrian on the Holy Cross

"The Cross abolished idolatrous adulation, enlightened the whole universe, gathered all the nations into one Church and united them with love. The Cross is the resurrection of the dead. The Cross is the hope of Christians. The Cross is the staff for the lame. The Cross is comfort for the poor. The Cross is the deposing of the proud. The Cross is the hope of those who despair. The Cross is food for the sailors. The Cross is haven for the bestormed. The Cross is the father for orphans. The Cross is comfort for those who mourn. The Cross is the protector of children. The Cross is the glory of men. The Cross is the crown of elders. The Cross is light for those sitting in darkness. The Cross is freedom for slaves, wisdom for the ignorant. The Cross is the preaching of prophets, the fellow-traveler of apostles. The Cross is the chastity of maidens, the joy of priests. The Cross is the foundation of the Church, the establishment of the universe. The Cross is the destruction of idolatrous temples, temptation for Jews. The Cross is the cleansing of the lepers, the rehabilitation of the enfeebled. The Cross is bread for the hungry, a fountain for the thirsty. The Cross is the good hope of monks, clothing for the naked.

By this holy armor of the Cross Christ the Lord has terminated the omniconsuming bowels of Hades and blocked the many snares in the mouth of the devil. Having seen the Cross, death trembled and released everyone whom she possessed with the first creature. Armed with the Cross, the God-bearing apostles subdued all the power of the enemy and caught all peoples in their dragnets, and gathered them for the worship of the One Crucified. Clothed in the Cross as in armor, the martyrs of Christ trampled all the plans of torturers and preached with plainness the Divine Cross-bearer. Having taken up the Cross for the sake of Christ, those who renounced everything in the world settled in deserts and on mountains, in caves and became the fasters of the earth.

But what language is worthy to praise the Cross, this invincible wall of the Orthodox, this victorious armor of the Heavenly King?! By the cross the Almighty One bestowed unspeakable blessings on humanity!

Therefore on the forehead, and on the eyes, and on the mouth, and on the breasts let us place the life-giving Cross. Let us arm them with the invincible armor of Christians, with this hope of the faithful, with this gentle light. Let us open paradise with this armor, with this support of the Orthodox faith, with this saving praise of the Church. Neither in one hour, nor in one instant, let us not forget the Cross, nor let us begin to do anything without it. But let us sleep, let us arise, let us work, let us eat, let us drink, let us go on our way, let us sail on the seas, let us go across the river, let us adorn all our members with the life-giving Cross. And let us not be frightened 'by the terror of the night, nor by the arrow that flies by day, nor by anything roaming in darkness, nor by any calamity, nor any noonday demon' (Ps. 90:5, 6). If, O Christian, you will always take up the Cross of Christ on yourself as a help, then 'evil shall not come towards you, nor any scourge come near your habitation': for the opposition power seeing it trembles and leaves."

# Our Lady of Perpetual Help Annual Byzantine † Bazaar †

**Saturday, September 27th  
10am - 3pm**

**Church tours will be offered**

**Gift Shop will be open**

**50% of proceeds to benefit Ukrainian refugees**

## † MENU †

### **Slavic Dinner Plate - \$15**

2 Holubki (stuffed cabbage), 3 Pirohi, 3 Knugli & Halyahku served with sauerkraut, pickle & a slice of rye bread

### **Carpathian Bograch Soup - \$10**

Authentic goulash recipe filled with hearty meat, vegetables & sweet paprika cooked on an open fire and served with rye bread

### **Sauerkraut and Kielbasa - \$8**

Kielbasa on rye bread smothered with our homemade sauerkraut.

Served with chips & a pickle

### **Pirohi - \$5**

Cheddar cheese & potato in pasta pockets sauteed with onions

### **Knugli and Halyahku - \$5**

Ukrainian melt-in-your-mouth dumplings tossed with savory bacon

### **Hot Dog - \$4      Beverages - \$1**

Served with chips & a pickle

Bottled water, small soda, or  
lemonade tea

**1837 Alvarado Dr. NE**

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

**505-258-1539**

Featuring traditional Slavic foods such as stuffed  
cabbage, pirohi, kielbasa & kolachi.

**NEW** Carpathian Bograch soup + plenty of  
home-made goodies!