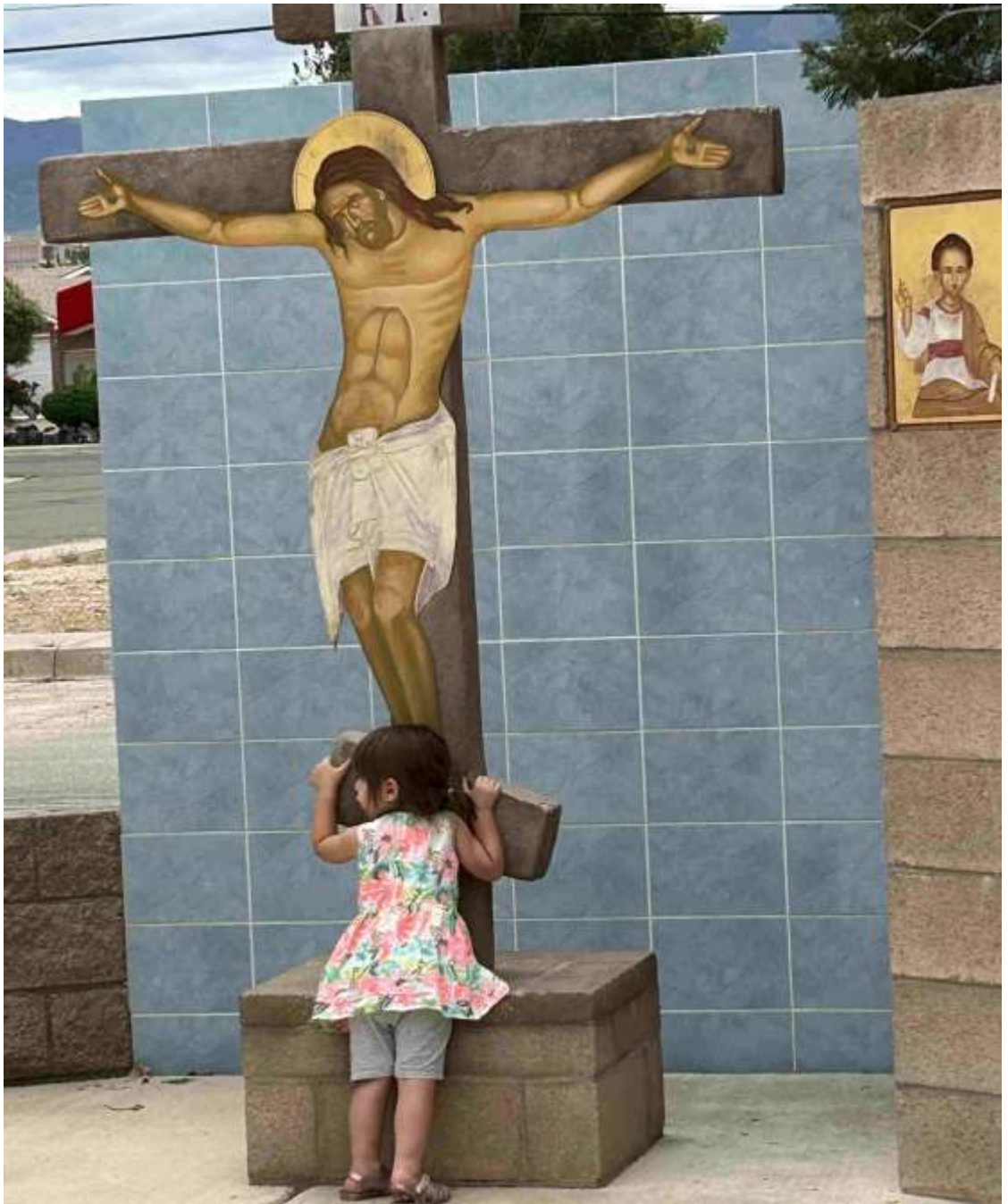


September 15, 2024 / T one 8

Sunday After the Exaltation of the Cross / Catechetical Sunday

We bow to Your Cross O Christ
and we glorify Your Holy Resurrection!



**Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix
Most Reverend Kurt Burnette 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**

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

Finance Council

Matthew Blain, Maria Alden

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

**Father Christopher Zuger
pastor emeritus
(505) 256-1787
Frchris.zugger@gmail.com
www.frchriszugger.com**

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

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](https://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 Father Artur/Fr Chris or the office staff for more information. God bless you!

Galatians 2:16-20; Mark 8:34-9:1

8:30 am Rosary;
9:00 am Matins & Confessions
10:00 am Divine Liturgy / Intention for the Parishioners of OLPH
Mysteries of Christian Initiation for Roxolana Stasyshyn
Blessing of ECF teachers and students
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine

YouTube Live

Sep 16 Mon

Post-festive of Exaltation / Euphemia Great Martyr / Eph 4:25-32; Lk 3:19-22

9:00 am Divine Liturgy / +Natalia Veresh

Sep 17 Tue

Post-festive of Exaltation/Sophia and Others Martyrs / Eph 5:20-26; Lk 3:23-4:1

9:00 am Divine Liturgy / God's Blessing on Maria Spilka and her family

6:00 pm CAFÉ meeting at UNM

Sep 18 Wed

Post-festive of Exaltation / Eumenius Bishop / Eph 5:25-33; Lk 4:1-15

5:30 pm OLPH Devotions

6:00 pm Divine Liturgy / God's Blessing on Mady Davis by Shari

Sep 19 Thu

Post-festive of Exaltation / Trophimus and Others Martyrs / Eph 5:33-6:9; Lk 4:16-22

Sep 20 Fri

Post-festive of Exaltation/Eustace and Others Martyrs / Eph 6:18-24;Lk 4:22-30



9:00 am Prayer & Witness in front of abortion clinic on Lomas

6:00 pm Divine Liturgy / +Priest Francis Vivona by David Vonderohe

Sep 21 Sat

Saturday After the Exaltation of the Cross / 1 Cor 1:26-29; Jn 8:21-30

9:00 am Divine Liturgy (masks required) God's Blessing on Shana Davis by Shari

Sep 22 Sun

18th Sunday After Pentecost / 2 Cor 9:6-11; Lk 5:1-11

4:00 pm Great Vespers

Hebrew Scriptures for Sunday: Joshua 14:6-13; 1 Kings 19:1-10; Sirach 47:12-48:9

5:00 pm Divine Liturgy / Health and Salvation of Sven and Barbara by Svenssons

YouTube LIVE

8:30 am Rosary;

9:00 am Matins & Confessions

ECF Classes

10:00 am Divine Liturgy /Intention for the Parishioners of OLPH

5:30 pm Ask A Priest

Eternal Lamp : Holy Protection of the Mother of God over People of Ukraine

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	Harry & Barbara	Jordan Smith
Jenny Ford	De Lap	Janet Worthington
Marilyn Fore	Irene Bradley	Patti Klinkovsky
Sven & Barbara	Soriah Chavez	Matt Williamson
Svensson	Abraham Haddad	James Epstein
Laurie Bienz	Marianne Gerace	Katy Ford
Brent Dodson-	Michael Baron	Alton Bertschinger
Sands	Jessica Pieniadz	Madalyn Davis
Lara Davis	Rhonda	Rebecca Russo
Carol Donlin	Glasscock	Jacob McTernan
Marcie Dark	Amber Roybal	Paola Terlaza
Fr Chris Zuggger	Philip Leahy	Vicki Frank
Fr Chris Andrews	Juanita Montoya	Emily
Fr Robert Rankin	Linda Granci	Wojciechowski
Fr. Steve Washko	Christopher	Fr Joel Barstad
Buster Miscusi	Barlow	Fr. Joseph Wargaki
Richard Jacobs	Joel Ford	Fr James Bankston

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 For the cry of the Earth

We pray that each one of us will hear and take to heart the cry of the Earth and of victims of natural disasters and climactic change, and that all will undertake to personally care for the world in which we live.

“Whoever will lose his life for my sake and for the sake of the Good News will save it.” Our Lord teaches us that following him is a loss and a gain at the same time. Devoting one’s life to the Church as a monastic, religious, or member of the clergy is a cross and is also an immense blessing. Are you being called to be this blessing to the Church? Reach out to the Vocations Office at 206-329-9219 or email: vocations@ephx.org



Vocation Icon

Today:

Wyatt Family

Next Sunday:

Gloetzner Family

September 22, 2024

Cantor: Andrea Riley

Reader: Brook Jilek

Altar Server: Michael Grega

Trojica: Monica Sena

Counters: Rita Montano &
Miles Gloetzner

Propers for 9/22/2024

18th Sunday after Pentecost

Tone 1

Troparion - 125

v. Glory...

Kontakion - 126

v. Now & Ever...

Theotokion- 406

Prokeimenon & Alleluia- 127

Our Father- 66

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 themed 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

Alicia's Hall Report

Sunday's social was glorious with a triple celebration- the Domstead twins' Initiation and Carol Donlin's Birthday!!!! God grant you and your families many blessed and happy years! Thanks to Carol for making the fabulous pasta sauce (for Fr. Thomas' ordination) and to everyone who brought garlic bread, salad, fruit, and cake....it was another delicious feast!

Please sign up to co/host a social: <https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph> and have a blessed week!

Coming Events—Mark Your Calendars Now

Mon Sep 30	Protection of the Theotokos Solemn Holy Day 6:00 pm Vigil Divine Liturgy
9/30-10/04	Annual Clergy Retreat in Tucson AZ
Tue Oct 15	Celebration of the OLPH 50th Jubilee 3:30 pm Hierarchical Divine Liturgy 6:00 pm Dinner at Sheraton 7:30 pm Dancing with a live band (Die Polka Schlingels)
Fri Nov 8	Archangel Michael and All Angels Solemn Holy Day 6:00 pm Divine Liturgy
Fri Nov 15	Beginning of Phillip's Fast
Thu Nov 21 Wed Nov 20	Entrance of the Theotokos Solemn Holy Day 6:00 pm Vigil Divine Liturgy of St Basil
Fri Dec 6	Nicholas of Myra Archbishop Solemn Holy Day 6:00 pm Divine Liturgy
Tue Dec 24	Vigil of Christmas / Strict Fast 10:00 am Royal Hours 4:30 pm Holy Supper 7:00 pm Vigil Liturgy of St. Basil
Wed Dec 25	Christmas Birth of Our Lord Holy Day of Obligation 9:00 am Matins 10:00 am Festive Liturgy
Thu Dec 26	Synaxis of the Theotokos Solemn Holy Day 6:00 pm Divine Liturgy
Fri Dec 27	Stephen Protomartyr / Simple Holy Day 6:00 pm Divine Liturgy
Wed Jan 1	Circumcision of Our Lord / St Basil the Great / Solemn Holy Day 6:00 pm Divine Liturgy of St Basil
Fri Jan 3	Vigil of Theophany (day of strict Fast) 6:00 pm Great Compline / Blessing of Litija
Mon Jan 6	Theophany / Holy Day of Obligation 6:00 pm Liturgy of St Basil / Great Blessing of Water / Myrovaniye

September 15: "Catechetical Sunday": Today we are pleased to celebrate an important event in our parish life as we begin our new catechetical year. The children and the adults who teach them are here to pray together and to be blessed at the start of a new School Year, helping all to realize how Christ lives in each one, and the Church as a whole. This sentiment is not merely a group of words, but an incentive for all the faithful to grow in faith. We join in this ceremony today to ask God to grant to his servants, our students, our teachers, and ourselves "many happy years!"

EPARCHIAL APPEAL 2024 / FINAL REPORT

The goal for our parish: \$17,860.

Collected: \$12,512.00. Thank you to Donlin, Forrest & Pettit Families. Thank you to ALL who supported the campaign. May God bless you for generous response.

Reader Training - Sunday, September 22 @ 12:15pm

This will be a 1-1.5 hour training for all parishioners who are interested in reading at our services. We will begin with a review of the fundamentals of church reading, including the role and preparations of a Reader and the reading melody. All interested Readers are encouraged to register for the free cantor classes at <http://mci.archpitt.org>, especially "Reading in Church". Additional training will be held as needed. Please contact Andrea Riley at andrea.riley@gmail.com or 505-220-9137 if you have any questions or are interested in becoming a Reader.

Cantors Wanted: We are seeking cantors to help lead the singing at our services. If you are interested in learning more about becoming a Cantor, please contact Andrea Riley. Please also register for the free cantor classes at <http://mci.archpitt.org>.

SEPTEMBER 28, 12 noon-1pm, free. Learn about Ukraine and its music from singer Maryna Krut plays the unique bandura instrument like a lute and harp.

South Broadway Library, 1025 Broadway SE, 764-1742.

Fr Chris is presenting a special class at the Oasis Adult Education Center: Encountering the Christian East Cost is \$12.00, Thursday, 09-19-2024, 10:00 AM → 11:30 AM, at 3301 Menaul Blvd NE, Unit 18 (this is just west of Carlisle). REGISTRATION OPENS ON 09-04-2024 AT 10:00 AM and you must do so through Oasis, not the church! Register here: <https://albuquerque.oasisnet.org/>.

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.

Please remind your kiddos that they need to have a parent (or two dedicated adults) with them to go out on the patio at all times. We need to keep our kids safe! And picture this- a set of rotating chaperones take a group of kids to the park so they can play to their hearts' content and the adults can visit in the hall! I'll be out during most of August, but if someone is willing to take the lead on this, and make sure to have 2 adults present (for Safe Environment), you can start sooner than later!

Exaltation of the Holy Cross

For the feast of the Exaltation of the Holy Cross, a cross or crucifix is put on the holy altar, usually surrounded with red and white flowers: red for the Precious Blood, white for Jesus' purity. This cross is then lifted up and carried out of the sanctuary to the tetrapod, where it is placed for both the ceremony of the exalting of the cross during services and for the faithful to venerate it.

HAIL O CROSS, OUR ONLY HOPE!

September 14 marks the second great feast of the liturgical year, the Exaltation of the Holy Cross.

Relics of the True Cross

The Cross was being broken into small pieces to provide relics for churches and the devout by the 340s. The remaining main part of the Cross was lost after the Muslim reconquest of Jerusalem in 1187. Contrary to Protestant claims, if all the existing parts of the Cross were pieced together, they do not constitute the size of the original large arm on which Jesus' hands were crucified. Our parish has a tiny relic, with a Roman certificate of authenticity. This relic is brought out on this day for our veneration.

Worship services of the Feast of the Exaltation

During the Vigil, a cross is placed on the Holy Table/ altar where it reposes during the Vigil. This cross is placed on a tray that has been decorated with fresh basil leaves and red and white flowers. The cross reposes on the "High Place" of the Holy Table, where the Gospel Book would normally be. Basil is used because this plant's name means "king" and Jesus is our true king, and because it is associated with Mount Calvary, where our Lord was crucified.

At Matins, the transfer of the Cross takes place. After the Great Doxology the priest brings the Cross out of the sanctuary, led by candle-bearers and the deacon with incense. He sets the cross on the tetrapod, which always stands in the center of Byzantine-Ruthenian churches, as the choir sings.

The special "Exaltation" is then celebrated, echoing the one done in Jerusalem. This consists of the priest taking the cross in his hands and lifting it above his head. At the prayer sung by him or the deacon, the people sing "Lord, Have Mercy". As they sing, the priest slowly blesses the congregation, and then bows down to the ground and up again, lifting the cross on high. This process is repeated four times to the four points of the compass.

Everyone bows during the singing of "We bow to Your Cross, O Lord" and stands up at the following verse "and we glorify Your holy resurrection" The cross will remain in the center of the temple throughout the octave and the faithful will venerate it whenever they enter or leave the church. Finally, on the leave-taking of the Feast, the priest and deacon will cense around the cross, there will be a final veneration of the cross, and then they will solemnly bring the cross back into the sanctuary through the Royal Doors.

Many churches are named in honor of this feast, the most important to our Church being the Cathedral of the Mukachevo Eparchy, the mother diocese of the Byzantine Catholic Metropolia of Pittsburgh (to which we belong), in the city of Uzhhorod. In this cathedral, a special reliquary with a sliver of the True Cross is exposed in a glass-enclosed box over the Royal Doors of the iconostas.

God's Blessings and Congratulations to our newest Church Family members newborn twins Catherine and Isaac Domstead! Last Sunday we formally welcomed Catherine and Isaac into God's Family and our Byzantine Catholic Church as they received the Holy Mysteries of Christian Initiation (Baptism-Chrismation-Holy Eucharist) at 10 am Divine Liturgy. May the Lord grant to the God-loving Domstead family and the newly enlightened warriors of Christ Catherine and Isaac, peace health and happiness for many and blessed years!



“Blessed Ulma family a model of Christian care for others” Pope Francis

On the weekend of September 21-22, OLPH will be hosting the first-class relic from the Ulma Family. This was the first family to be beatified by the Catholic Church, including an unborn baby. Jozef and Victoria Ulma were the parents of six children when they agreed to provide sanctuary to members of a Jewish family in their modest home in Markowa, Poland, in 1943. They were successful farmers, and Jozef was also a photographer and tanner. Using the parable of the Good Samaritan, the couple decided to provide refuge to the Szall family and two sons of the Goldmann family. A policeman who desired to acquire all of the Szalls' property betrayed the family to the Nazis, and on March 24, 1944, an early morning raid caught the families unawares. First the Jews were killed, then the parents were shot, and finally the children who were aged two to eight were murdered. At the moment of her execution Wiktorija gave birth to her eight-month-old son. Israel recognized the Ulma family as Righteous Gentiles in 2004. The Catholic Church declared the family Blessed in 2023, as martyrs of charity, and Poland has presented the family as representatives of those Polish citizens who assisted with the rescue of Jews during the Holocaust, even at the cost of their own lives.