

March 17, 2024

5th Sunday of the Great Fast / St. Mary of Egypt / Tone 1

Glory to Jesus Christ! / Glory to Him Forever!
¡Gloria a Cristo! / ¡Gloria a Él para siempre!



"If you go across the Jordan you will find peace" was the message of the Most Holy Theotokos. The following day after her confession and Communion she made her way across the Jordan to the desert... (after 47 years in the desert) ...She asked Abba Zosima to bring the Holy Eucharist to her on Holy Thursday. Joy and peace overcame her upon the reception of the Eucharist and she prayed the Prayer of St. Simeon: "Now you may dismiss your servant in peace, O Lord. For my eyes have seen your salvation."

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

Rectory (505) 268-2877

abbaolph@gmail.com

Father Deacon Thomas Donlin

donlin.thomas@gmail.com

Father Christopher Zuger

pastor emeritus

(505) 256-1787

Frchris.zuger@gmail.com

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Father Tyler Strand

(516) 661-0883

tylerastrand@yahoo.co.uk

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)

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).

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!

Hebrews 9:11-14; Mark 10:32-45

- YouTube Live** 8:30 am Rosary 9:00 am Festal Matins & Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors & Friends
- ECF Classes** 5:30 pm Ask A Priest
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine
- Mar 18 Mon** ***Cyril of Jerusalem Archbishop / Gen 17:1-41; Prov 19:16-25***
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- Mar 19 Tue** ***Chrysanthus & Daria Martyrs / Gen 31:3-16; Prov 21:3-21***
- 6:00 pm CAFE Meeting at UNM
- Mar 20 Wed** ***Venerable Fathers of the St. Sabbas Monastery***
Gen 43:25-30.45:1-16; Prov 21:23-22:4
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- 6:00 pm Liturgy of the Presanctified Gifts / Pro-Life intention by Svenssons
- Mar 21 Thu** ***James of Catyania Bishop Confessor / Gen 46:1-7; Prov 23:15-24:5***
- Mar 22 Fri** ***Basil of Ancyra Priest-Martyr / Gen 49:33-50:26; Prov 31:8-31***
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- 9:00 am Prayer and Witness in front of abortion clinic on Lomas
6:00 pm Liturgy of the Presanctified Gifts / +Petro Starosta
followed by meatless potluck in the hall (YouTube Live)
- Mar 23 Sat** ***Saturday of Lazarus / Heb 12:28-13:8; Jn 11:1-45***
- 9:00 am Divine Liturgy / God's Blessing on Stepan Kartsub and his family by Maria Kartsub
- Mar 24 Sun** ***Palm Sunday / Phil 4:4-9; Jn 12:1-18***
- 4:00 pm Great Vespers / YouTube LIVE
Hebrew Scriptures for Sunday:
Genesis 49:1-2.8-12; Zephaniah 3:14-19; Zechariah 9:9-15
5:00 pm Blessing of Palms / Liturgy / Healing and Salvation of Sven and Barbara Svensson
- YouTube LIVE**
ECF Classes 8:30 am Rosary
9:00 am Matins & Confessions
10:00 am Blessing of Palms / Procession around the church / Divine Liturgy for Parish Family, Benefactors & Friends
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

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

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 / March

The New Martyrs

We pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm.

Christ our God, your love is manifested when you offered your life as a ransom for the life of the world. We pray and beseech you to call your servants to do the same in their lives as monks, nuns, and clergy who would follow your example and give their lives to the Church, we pray you, hear and have mercy. "For the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many." Our Savior walked with his disciples and shared that his ministry's height would come through a descent, becoming the servant of all in the baptism of his Cross. Are you open to giving your life as a servant of all as a priest, deacon, monk or nun? Contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org



Vocation Icon

Today:
Davidson-Talley Family
Next Sunday:
Talamante Family

March 24, 2024

Cantor: Evie Jilek
Reader: Brook Jilek
Altar Server: Michael Grega
Trojica: Alaina Riley
Counters: Rita Montano &
Miles Gloetzner

Propers for 3/24/2024

**Palm Sunday
Festal Tone**

Antiphons & Entrance Hymn - 235-7
Troparion (Lazarus) -237
v. *Glory...*
Troparion (Palm Sunday) - 237
v. *Now & Ever...*
Kontakion (Palm Sunday) - 238
Prokeimenon & Alleluia - 239
Instead of 'It is Truly Proper' - 239
Our Father- 74
Communion - 241

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 Patricia at pocb@unm.edu

Alicia's Hall Report

We had a great stir fry potluck last Sunday! Thanks to Kendrick Sena for bringing stir fried rice, Julia for bringing a big pot of rice- perfect for adding my stir fried veggies to, Reem for the amazing sweet potato noodle stir fry, and Ashley for the delicious salad and to all others who contributed and helped! Next week we'll have our last meatless potluck- can you believe it? We'll do lentil soup and other meatless dairy free soups. Please sign up to host for any weekend here: <https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph> and have a blessed last week of the Great Fast!

Coming Events—Mark Your Calendars Now

Tue April 9	6:00 pm Father Chris' talk on his NEW book, <i>Looking to Tomorrow, Part 1</i>
Wed April 24	Mid-Pentecost
Tue April 30	6:00 pm Father Chris' talk on his NEW book, <i>Looking to Tomorrow, Part II</i>
Sat May 4	10am—3pm Annual Byzantine Bazaar
Wed May 8 Thu May 9	Ascension of Our Lord Holy Day of Obligation 6:00 pm Vigil Divine Liturgy 9:00 am Divine Liturgy
Tue May 14	6:00 pm Father Chris' talk on the History of OLPH 1974—2024
Sat May 18	5th All Souls Saturday 9:00 am Divine Liturgy / Panahida
Jun 3 - Jun 6	Annual Clergy Conference in Albuquerque
Sun July 7	50th Jubilee OLPH Patronal Feast
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)

Holy Week / Pascha / March 25—March 31

Annunciation	6:00 pm	Vesper Liturgy of St. John Chrysostom
Holy Tuesday	6:00 pm	Bridegroom Matins / Confessions
Holy Wednesday	7:00 pm	Presanctified Liturgy Holy Anointing / Confessions
Holy Thursday	7:00 pm	Vespers / Divine Liturgy of St Basil / Confessions
Good Friday	10:00 am	Passion Matins
	7:00 pm	Vespers/Procession with the Shroud /Confessions
	11:30 pm	Jerusalem Matins / All night Vigil
Holy Saturday	11:00 am	Akathist to the Tomb of Christ
	6:00 pm	Easter Vigil / Blessing of Baskets
Easter Sunday	9:00 am	Resurrection Matins / Liturgy Blessing of Baskets
Bright Monday	6:00 pm	Liturgy Procession around the church with reading of the Paschal Gospels

HOLY WEEK

Willows and palms blessed on Palm Sunday should be put in the icon corner, or behind icons, crucifixes, or holy pictures. Old ones can be burned, or buried in the garden, but never put in the trash.

Abstinence and Fasting during Holy Week: Full fast and abstinence is required on Good Friday: no meat or dairy, one main meal. Traditionally this is kept on Holy Saturday as well. On Holy Monday and Wednesday, abstinence from meat. We are all encouraged to add penances as we are able to, and certainly to intensify our prayer lives.

Attendance is encouraged at all services of course, but most especially on Holy Wednesday, Thursday and Friday! You cannot appreciate the joy of Pascha by skipping church all of Holy Week.

Vigil at the Tomb, Good Friday night to Holy Saturday "Mary Magdalene and the other Mary remained sitting there, facing the tomb." Matthew 27:61. This is the source of the Byzantine Catholic custom of coming to church on Good Friday night for one hour (Jesus asked the Apostles to stay awake one hour with Him), facing the tomb. It is always a powerful experience. Please sign up on the page provided at the front door; we need at least two adults for every hour the church is open.

Basket Covers - Traditionally, the family brings food to be blessed either on Holy Saturday night or Pascha morning in large baskets. The baskets are covered with embroidered linens - if you do not have one, a few imported ones are in the store. Handouts on how to make a traditional basket are available near the front door - basically, all the food must be cooked in advance and is eaten cold on Easter Sunday at the church or at home. Children's chocolate bunnies and other candies are most welcome to be placed in these baskets.

EPARCHIAL APPEAL 2024

The Annual Eparchial Appeal this year runs from **February 1st to August 31st**. The pledge form and information for the appeal was mailed directly from the Bishop's office to your home. Our parish goal for this year is **\$17,860.00** which bring it down to **\$300.00 per family**. We are requested to send our pledges directly to the Bishop's office in Phoenix, AZ, and our checks made to the Eparchy of Phoenix. Thank you for your support!

NEW this year the MISSION SOCIETY is offering mixed packages of Easter cards with different icons of the Resurrection. 100% of your card purchases & donations goes to UKRAINE RELIEF. We are helping our mother church provide rent, food, fuel, and clothing for people displaced from the Russian-occupied zones or those bombed out of their homes by Russian missiles. The Caritas (Catholic Charities) office in the eparchy (diocese) of Mukachevo provides psychological and spiritual support to the families who have been displaced, and to the families of soldiers killed by the Russian forces, especially to children. The cards cost \$10 for a packet of five. 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 no later than Wednesday of Holy Week, March 27th. Bishop Nil will place all these names on the altar at Holy Cross Cathedral in Ukraine & pray for your intentions at the Divine Liturgy on Easter Sunday! God bless you, and may the Immaculate Heart of Mary triumph soon in Russia! To donate or learn more visit our website at www.missionboronyavo.org

Father Chris' NEW book, *Looking to Tomorrow: The History and Mission of the Byzantine Catholic Church* is in our bookstore. This is an 800 page, two volume set, with professionally made maps, covering the entire history of our Church from the mission of Saints Cyril and Methodius in the 9th century to today, in Central Europe and North America. It is a limited edition, and there is no other book like it, and nothing on the internet that matches the details, sources from multiple languages, and comprehensive overview of our Church's life. Cost is 80\$ per set

Safe Environment:

The Eparchy, within all its parishes, institutions, and programs, is committed to assuring a Safe Environment in ministry for its children and vulnerable adults that conforms to the USCCB Charter for the Protection of Children and Young People. For additional information regarding the eparchial Safe Environment Program or to report any concerns, please contact: **Subdeacon Paul Kilroy, Safe Environment Coordinator**

Cell: (480) 745-0316 -- **Office:** (602) 861-9778 ext. 204 -- **Email:** sbdcnkilroy@ephx.org

Sunday of St. Mary of Egypt

(reflection by Sr. Jean Marie of the Blessed Memory, a nun of the Order of St. Basil the Great)

"I shall lead her to the desert, and there I will speak to her heart." St. Mary of Egypt has always been an inspiration to me. Perhaps one of the reasons I can identify with her so readily is because she was a great sinner, who became a great saint.

Years ago when I was struggling, seeking almost intensely, searching for God's will in my life, feeling unworthy in His presence because of my own sinfulness, I could not come to an inner peace. I was fighting internally with God and myself. How and why would God love such a sinner as me? And slowly, very slowly, after much inward pain, a question was posed to me, "Is your sinfulness greater than God's love?" And then I knew of a loving God Who loves each of us so intensely. A loving God, Who loves us unconditionally. The heavy burden on my heart was lifted and I "fell in love with my Lord and Savior".

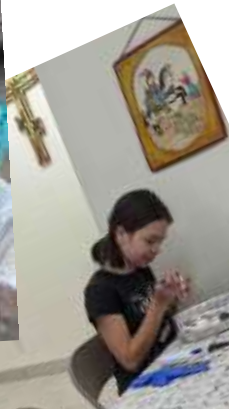
In one of the Vesper hymns for this Fifth Sunday of the Great Fast, we pray to St. Mary of Egypt, "Dwelling in the desert, you put the images of the passions far from your soul, and with the light of virtues, you inscribed the image of God. You were resplendent with such a brightness that you walked upon the surface of the waters, and on earth you were caught up in prayer to God. Because you have great sway with Christ, pray to Him for the salvation of our souls, O Mother Mary."

As a nun with the Sisters of St. Basil the Great, I have been missioned to live in the desert of Phoenix, Arizona. As Mary of Egypt, I am espoused to Christ; unlike Mary of Egypt I do not walk on water. But in this desert, I am gradually coming to enter into a deeper relationship through the grace of God.

As we continue our journeys through this time of the Great Fast, and as we ponder upon the great love of our Lord and Savior, a more profound awareness and appreciation for all that God has done for us, and continues to do within us unfolds. May your journey through this Great Fast be an experience of a deeper "loving in love with our God", and may your celebration of Pascha truly be filled with "new life".

Fear Not by Laurie Bienz

"Jesus, I often hear You tell your disciples to fear not or be not afraid. It seems to me that you were asking more from them than just calming them down. " I told Him one day. His reply, "Have you thought about the deeper meaning?" "Are there other ways to respond to fear besides freeze, flight or fight?" I asked. "Why not look at how you use fear," was His invitation to me. So I began to look at what fear was doing in me." Jesus, the truth about my fear is so painful," I cried out. "There is so much fear!" He reminded me, "I am with you. My grace and mercy are greater than your fear. I so desire to heal the wounds which caused your fear. Go on." With Him beside me, gently guiding me, I saw how fear appeared as trust with qualifiers attached. Statements like: I trust You until..., You haven't hurt me yet..." Oh, Jesus," I cry out, "this extends to You! What I thought was trust is not trust but fear!" "Why is it fear?" was His gentle question. I answered in a small voice, "Trust doesn't have qualifiers. The qualifiers yet and until are unvoiced expectations." Jesus inquires, "Can you identify those expectations?" "Please! No!" I cried. "Child. Little one. I am beside you. My strength will get you through this" He once again assures me. With His arm across my shoulders, I began. "Fear builds a thick, high wall around my heart to keep people away from me. Fear hardened my heart, so I felt no feelings except anger. Fear fueled the anger into rage. Fear blinded me so I could not see the atrocities done to me and others. Fear deafens me so I could not hear the pleas for help or the cries of pain, especially my own." Then Jesus asked, "What are you afraid of?" I look at Him through tear filled eyes and answer, "I fear rejection, abandonment, betrayal and pain." "How does this affect you now?" was His next question. "Everything I see, hear and experience goes through the lens of fear and gets twisted into what I expect: rejection, betrayal, abandonment, and pain. Often my reactions are based on these expectations learned in the past," was my reply. "So, what is the deeper meaning?" Jesus gently asks. I reply, "You are asking them to let go of their expectations learned in their past. He asks another question, "What reason do I have to ask you and my disciples to let go of their expectations?" I had to think about that for a while. I finally venture, "Letting go of old expectations creates room to learn a new way of living. One without so much fear." "Yes," Jesus answers. "What will you replace fear with?" "Love casts out fear. I would have to let Your love and light into the wounds that fuel the expectations," I whispered. Jesus gently asks, "Will you give me your fear of abandonment, rejection, betrayal and pain?" He held me as I cried. Drawing back, I finally say, "Lord, that will hurt!" "Remember, I will be with you each step of the way," Jesus assures me. I draw closer to Jesus and as He holds me close, I give Him my heartfelt "Yes."



Pysanky Workshops

