

Pascha – Feast of Feasts / March 31st, 2024

Christ is risen! / Indeed He is risen! Al-Maseeh qam! / Háqqan qam!

Christós anéstí! / Al Ithós anéstí! Christós voskrése! / Voístinu voskrése! Kristus vstal
zmrtych! / Skutočne vstal zmrtych! Cristo ha Resucitado! / En Verdad ha Resucitado! Kristus dr
upstenden./Ja, Han dr sanner! Igen uppstenden. Christ daaztsáádéé' náádlidzáá! /T'áá aaní, daaz-
tsáádéé' náádlidzáá! Cristo è risorto! /E' veramente risorto! Kriost Eirgim! /Eirgim! Meshiha qam! /
Bashrira qam! Christus ist Auferstanden! /Wahrhaf auferstanden! Ha-Mashiah qom! /Be-emet qom!
Christu Uyir thezhunnettu! /Theerchayayum Uyir thezhunnettu! Pchristos Aftoon! /Al ethos Af-
toon! Tá Críósd ar éirigh! /Go deimhin, tá e ar éirigh! Kristus augšāmcēl ies! /Patiesi augšāmcēl ies!



"It is the day of Resurrection, O people, let us be enlightened by it. The Passover is the Lord's Passover, since Christ, our God, has brought us from death to life and from earth to heaven. Therefore, we sing the hymn of victory." (Paschal Canon from the Resurrection Matins.)

DEAREST PARISH FAMILY – CHRIST IS RISEN!

On this glorious and bright day, heading out to meet the Risen Christ, we do not walk silently, we "sing the Paschal hymn of victory"! This is the faith that overcomes the world. The faith that God is at work, healing and renewing the whole creation. The faith that overcomes the world is the faith of the Resurrection, it is the Faith in what God has done and is doing for us. Remembering the Most Holy Theotokos we commit ourselves to God's work in the world, seeking to be God's agents of peace and forgiveness.

"Peace be with you," the Risen Jesus says to his frightened and confused followers. "Do not be afraid. 'In the world you face persecution. But take courage; I have conquered the world!'" (John 16:33).

May this Paschal hymn of victory resound today in each of our homes, in each family! Wishing you all a delicious Pascha and bright Eater Joy! Fr Artur, Fr Chris, Fr Tyler.

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

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Parish Membership

From time to time it is good for us to reflect on what constitutes membership at Our Lady of Perpetual Help...a time to reflect on our relationship to God and His Church which is expressed by our commitment to this parish.

Our parish community is open to any Catholic and to anyone

1. who is interested in seeking the Lord Jesus through His Word, the teachings of the Apostles, and the Sacred Mysteries;
2. who accepts the teachings of the Catholic Church;
3. who will help form a community based on the Lord's love;
4. who is willing to grow as a Christian within the legitimate spiritual traditions of the Byzantine Catholic Church within our American context;
5. who acknowledges the legitimate authority of the Pope, Bishop, and Pastor;
6. who will attend liturgical services on Sundays and great holydays;
7. and who is willing to support the growth of the Church (Eparchy and Parish) by sharing his/her time, talent and treasure (financial support);

Actual Parish membership is based on the above and is determined by the following criteria:

1. Being registered
2. Attending liturgical services regularly on Sundays and Holydays
3. Contributing to the support of the Church—both Eparchy (Bishop's Appeal) and Parish through use of the Sunday Tithing envelopes!

Membership in the parish gives the parishioners the right to have their children receive the Holy Mysteries of Christian Initiation, be married in church and be buried from the church.

Summary from the Eparchial Pastoral Handbook on “Membership in a Parish”

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!

Acts 1:1-8; John 1:1-17

YouTube Live 9:00 am Resurrection Matins / Liturgy for Parish Family, Benefactors & Friends/
Blessing of Baskets
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine

Apr 1 Mon ***Bright Monday / Solemn Holy Day/ Acts 1:12-17 & 21-26; Jn 1:18-28***

FAST FREE WEEK 6:00 pm Liturgy / Procession around the Church with reading of Four Gospels
Healing and salvation of Fr Roch Mary Greiner by Amara Heising

Apr 2 Tue ***Bright Tuesday / Simple Holy Day / Acts 2:14-21; Lk 24:12-35***

9:00 am Divine Liturgy / Healing and Salvation of Paul Siksay by Maria Kartsub
6:00 pm CAFÉ Meeting at UNM

Apr 3 Wed ***Bright Wednesday / Acts 2:22-36; Jn 1:35-51***

6:00 pm Divine Liturgy / +Alexander Kartsub by Maria Kartsub

Apr 4 Thu ***Bright Thursday / Acts 2:38-43; Jn 3:1-15***

Apr 5 Fri ***Bright Friday / Acts 3:1-8; Jn 2:12-22***

9:00 am Prayer & Witness in front of abortion clinic on Lomas
6:00 pm Divine Liturgy / +Nina by Valentina Kartsub

Apr 6 Sat ***Bright Saturday / Death of Methodius Apostle to the Slavs
Acs 3:11-16; Jn 3:22-33***

9:00 am Divine Liturgy (masks required) God's blessing on Prayer Warriors by Svenssons

Apr 7 Sun ***Thomas Sunday / Acts 5:1`2-20; Jn 20:19-31***

4:00 pm Great Vespers (YouTube Live)
Hebrew Scriptures for Sunday: Exodus 19:3-9; Amos 9:11-15; Isaiah 26:1-8
5:00 pm Divine Liturgy / +Agnes Adamsko by Family

YouTube LIVE 8:30 am Rosary;
9:00 am Matins & Confessions

ECF Classes 10:00 am Divine Liturgy / Final Blessing and Distribution of Artos

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.

Word of God, Risen Lord, we thank you for trampling death by your death. On this holy day we bow before you and ask that we too would reflect your resurrection by accepting your love and life for us. Give us eyes to see and hearts to live our calling to follow you. We especially ask for an abundant harvest of vocations to the priesthood, diaconate in Christ, and monastic orders, we pray you, hear and have mercy.

Christ is Risen! "The Word became flesh and dwelt among us." Being ordained or consecrated as a monastic is a special way to bring the presence of the Risen Christ to this world. This may be something that God is calling you to do! Contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org



Vocation Icon

Today: Wofford Family
Next Sunday: Carol Donlin

April 7, 2024

Cantor: Evie Jilek

Reader: Brook Jilek

Altar Server: Michael Grega

Trojica: Eva Riley

Counters: Laura Serna &
Michael Wells

Propers for 4/7/2024

Thomas Sunday

Troparion - 175

v. Glory...

Kontakion - 176

v. Now & Ever

Theotokion - 406

Prokeimenon & Alleluia - 176

Instead of 'It Is Truly Proper' - 167

Our Father- 167

Communion Hymn - 177

Dismissal - 170

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

Christ is Risen! Palm Sunday we had a Souper soup potluck. Thanks to everyone who helped and contributed soup, mashed potatoes, bread, fruit, and anything else I forgot to mention. It was wonderful food and fellowship, as always! Next Sunday we'll send the Loeschers off with some of their favorite foods from the Parish! Mary Blain and Sven and Barbara, you may be getting calls for your recipes...and even better if you can be there to join in the celebration!

Please sign up here: [https://](https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph)

[www.signupgenius.com/
go/10C054AAAAA2AA4F94-olph](https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph). Indeed

He is risen!!!

Dearest Parish Family:

Christ is Risen – He is Truly Risen!

THANK YOU for your gifts and sacrifices during this Holy Ascetical “marathon” to Christ’s Pascha. Your efforts in serving, beautifying, singing, cleaning, caring for youth, waging endless prayer battles for those in need, your authentic LOVE and generosity - all of that and more is brought to the Altar of the Lord as a sacrifice of thanksgiving and a humble offering towards His greater Glory and salvation of the many immortal souls.

A SPECIAL Paschal BLESSING to our tireless volunteers who keep OLPH an exemplary parish: to all the little OLPHERs, to the youth leaders, to the cantors, readers and choir, to the servers, the Prayer Warriors, to Theosis students and leaders, the bakers, the cooks, the ushers, the greeters, the counters, the bookkeepers, the ECF teachers, the sacristans, the decorators, the financial contributors! Many Many Thanks to everyone who supported Mission Society Easter Card fundraiser to help our Church in Ukraine, thank you for your prayerful shield! May the Risen Lord BLESS your love and generosity to His Church!!!

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. Collected to date: **\$3,625.00**. 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!

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

What is Bright Week?

Bright Week, or New Week, is the first week of the paschal season. The doors of the iconostas remain open, symbolizing that the gates of heaven have been reopened by the Passion and Death of Christ. The open Royal Doors also symbolize the open tomb of Jesus, and the opening of the Holy of Holies of the Jewish Temple when the veil was torn in two from top to bottom by the hand of God. There is no fasting or abstinence during Bright Week.

What is the origin of the word Easter? Is Easter a pagan feast?

In almost all Slav and Romance European languages, the feast of the Resurrection is called just that – the resurrection, or Pascha (which comes from the Hebrew word for Passover). Likewise, the word for Sunday is usually tied to the resurrection. In Germanic languages though, the word Easter or Ostern is used. The Venerable Bede claimed in the 8th century that the month of the Anglo-Saxon fertility goddess Eostre was in April in the pagan calendar and that the English adapted that word for the resurrection feast. Oster was also an ancient word for dawn, since the sun rises in the east, and people who turned to the east were said to “easter.” Obviously, the dawn is a new beginning, which the resurrection of Jesus most definitely is. Some ancient pagan observances of fertility and spring have been incorporated into our modern paschal celebration such as rabbits which are known as very fertile animals; eggs (which have the potential of new life inside them like the tomb of Jesus); and the use of flowers in decoration. But the feast itself is obviously Christian!

How is the date of Easter determined?

The Council of Nicaea decreed that Pascha must take place on the first Sunday after the full moon that follows the spring equinox. The spring equinox marks when the day is about twelve hours long, and warmer temperatures begin. The Gregorian calendar determines that Easter Sunday comes close to March 21. Old Calendar Easter for many Orthodox and some Eastern Catholics comes when those Churches determine March 21 to be using the Julian Calendar reckoning. As a result, those Churches will not celebrate Pascha until May 5 this year.

Paschal Customs / Easter Customs / Bright Week

The Hours for Bright Week are much shorter, and filled with Resurrection proclamations, especially "Having Beheld the Resurrection" and the Irmos from Pascha. There are **no penances this week, no prostrations, no fasting or abstinence**. It is a week of celebration of the glory of the Resurrection of Our Lord. We are raised with Him into new life, so there is no kneeling either. The Divine Liturgy is that of Pascha, and this triumphal and joyous celebration continues until the eve of Ascension Thursday for forty days. **All of this is designed to carry us to the nine days of preparation for the Descent of the Holy Spirit on Pentecost Sunday.**

Bright Monday: This is still a holiday in most of Europe. There is an **old custom of taking an Emmaus Walk this day, reflecting on God's mercy in one's life and the power of the Resurrection, then going to church for a service**. The ancient practice was that there was no work from Pascha through Bright Wednesday. Thus the people were able to attend all of the joyful services. We do not have that luxury in America, but **you are encouraged to come tomorrow night for the Liturgy and the Procession of the Four Gospels in which the Resurrection is proclaimed to the world!**

Why a bunny at Easter? There are lots of stories, but one of the favorites is that the rabbit was in the garden when Jesus arose from the dead. The rabbit was so awestruck that he trembled, and to this day rabbits tremble in memory of that event.

Sprinkling of boys and girls: On Bright Monday, the guys sprinkle water on the girls; on Bright Tuesday it is reversed. The origin is that when the women came to tell the apostles that Christ was risen, they thought they were hysterical and threw water on them to calm them down. The holy women got their revenge after the apostles saw the empty tomb. The one tossing water is supposed to cry out "Christ is risen!" Obviously this custom can get abused - in Eastern Europe it is pointless to wear good clothes on these days!

Notes About the Paschal Season:

- ◆ We greet each other with the Paschal salutation, "Christ is risen! Indeed He is risen!" for 40 days, until Ascension Day.
- ◆ We do not kneel or make prostrations either at church services or in our homes until the "Kneeling Prayers" at Pentecost.
- ◆ The Paschal Troparion, "Christ is risen from the dead" is sung or said at the beginning or end of all prayers until the Leave-taking of Pascha on the Eve of Ascension.
- ◆ During Bright Week, morning and evening prayers are replaced by the Paschal Hours.
- ◆ The prayer, "O Heavenly King" is omitted until Pentecost, being replaced with the Troparion of Pascha and then Ascension.

The Blessing of the Artos

The Artos is a round loaf of bread with an icon depicting the Resurrection of Christ placed upon it, or it is often wrapped in an embroidered rushnik (towel). It symbolizes the Risen Christ, who has become for us the "Bread of Life" and the "New Passover" by His glorious victory over death.

The Artos is blessed on Easter Sunday after the Ambon Prayer which is said at the end of the Liturgy. During Bright Week the blessed bread is either set up by the Grave or set out on the tetrapod. It is blessed throughout the week, and on Thomas Sunday is distributed to the faithful.

The Artos serves as a reminder to us of the appearances of Christ to the apostles and disciples, especially in Emmaus when He interpreted the Scriptures in regard to things referring to Himself, and they recognized "in the breaking of the bread" (Luke 24:27-35).

Question:

Why does the Easter bread get cut up and distributed the Sunday after Easter?

Answer:

On Thomas Sunday (i.e., the Sunday after Easter), the Artos (i.e. the bread blessed on Easter Sunday morning) is distributed after the Liturgy. The bread symbolizes our unity in the Resurrected Christ as we share in the same loaf of bread.

