

September 8, 2024 / T one 7

## Sunday Before the Exaltation of the Cross / Birth of the Theotokos



### Birth of the Theotokos by Fr. Chris

We celebrate the birth of the Virgin Mary on September 8 as the first big festival of the Byzantine liturgical year, which began on September 1. All icons of this feast show the elderly but happy parents, SS. Joachim and Anne, and the birth is usually presented in a cozy family setting of women attendants bustling around Saint Anne. Saint Joachim is either peeking into the women's quarter, or next to his wife. The infant Virgin was born in a normal manner, as is shown by St Anne reclining on the birthing-bed, and the baby being washed by the midwife in the lower front of the icon. Bright colors are used because of the joy that all Creation feels in its coming deliverance from Christ Who will find life in her.

In the legends about this event, the parents are presented as elderly and childless, and an angel tells them separately that they will finally have a child, a girl who will be the mother of the Messiah. This follows along with

other biblical stories about conceptions of children after long years of prayer, including the prophets Isaac, Samuel, and St John the Baptist. Saint Anne, however, is different from the other mothers, because her child will become the virginal dwelling place of God Incarnate!

The child is given the name Mary, or Miriam, which is translated as hope. Indeed, she is the hope of all the nations of the world who labored under the power of sin and its darkness. In Exodus, Miriam saved the life of her baby brother, Moses, who would lead his people out of Egypt and darkness and into the Promised Land of milk and honey. This Miriam will do far more – her Son will lead all people out of their spiritual darkness and into the true light.

**Marian Customs:** Start researching and planning a Mary Garden that will bloom next year in honor of the Mother of God. You can also choose to plant just a few bulbs, or a small plot for seeding in the spring to honor her. And remember that mums, pansies, and some other flowers bloom here in autumn and winter! Dayton University lists 100 flowers associated with the Virgin Mary that you can think about using: [https://udayton.edu/imri/mary/\\_resources/docs-pdfs/p/plants-for-a-larger-mary-garden.pdf](https://udayton.edu/imri/mary/_resources/docs-pdfs/p/plants-for-a-larger-mary-garden.pdf).

A shorter list is this one from Catholic Mom [www.catholicmom.com](http://www.catholicmom.com) : Pansy--Our Lady's Delight; Chrysanthemum--All Saints' Flower; Columbine--Our Lady's Shoes; Forget-Me-Not--Eyes of Mary; Strawberry--Fruitful Virgin; Violet--Our Lady's Modesty; Alyssum--Mary's Flower; Cosmos--St. Michael's Flower; Marigold--Mary's Gold; Petunia--Our Lady's Praises; Snapdragon--Infant Jesus' Shoes; Geranium--Gentle Virgin; Daffodil--Mary's Star; Peony--Pentecost Rose; Tulip--Mary's Prayer; Rose--Emblem of Mary

**Things to Do for September 8:** Recite the Akathist or the Paraklesis, which can be found in the Publican's Prayerbook or online. If you have a devotion to the Holy Rosary, pray all of the Mysteries so as to be drawn into the lives of Jesus and Mary.

Sponsored by God With Us Eastern Catholic Formation

**GATECATECHETICAL SUNDAY**

*We Are Stewards of God's Creation*

*Sunday, September 15, 2024*



Remember: all the feasts of the Blessed Virgin always point to the mysteries of Christ and our salvation history. Nearly all Marian icons include Jesus, and the few that don't, such as the Humility, lead us to ponder her profound relationship with God.

**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!**

***Gal 6:11-18 & Phil 2:5-11; Jn 3:13-17 & Lk 10:38-42 & 11:27-28***

**YouTube Live** 8:30 am Rosary;  
9:00 am Matins & Confessions  
10:00 am Divine Liturgy / Mysteries of Christian Initiation for Domstead twins:  
Catherine & Isaac / Intention for the Parishioners of OLPH  
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine

**Sep 9 Mon** ***Synaxis of Joachim and Anna / Eph 1:22-2:3***

9:00 am Divine Liturgy / Healing and Salvation of Juanita Montoya

**Sep 10 Tue** ***Menodora and Others Martyrs / Eph 2:19-3:7; Mk 11:11-23***

9:00 am Divine Liturgy / +Casmier Nwosu by Sr Anastasia  
6:00 pm Advisory Board Meeting

**Sep 11 Wed** ***Theodora Venerable / Eph 3:8-21; Mk 11:23-26***

5:30 pm OLPH Devotions  
6:00 pm Divine Liturgy / Pro-Life Liturgy by Svenssons

**Sep 12 Thu** ***Autonomous Bishop-Martyr / Eph 4:14-19; Mk 11:27-33***

**Sep 13 Fri** ***Dedication of the Church of the Resurrection / Heb 3:1-4; Mt 16:13-18***



9:00 am Prayer & Witness in front of abortion clinic on Lomas  
11:00 am Funeral Service for +Charles Nimsk followed by  
Burial at Fairview Cemetery  
6:00 pm Vigil for the Exaltation / +Wade Jackson by Eva Riley

**Sep 14 Sat** ***Exaltation of the Holy Cross / Solemn Holy Day***  
***1 Cor 1:18-24; Jn 19:6-11.13-20.25-28.30-35***



9:00 am Divine Liturgy for the Feast of Exaltation / Myrovanije/ Special intention  
10:00 am—4:00 pm Explorers Youth Group

**Sep 15 Sun** ***Sunday After the Exaltation of the Cross / Catechetical Sunday***  
***Gal2:16-20; Mk 8:34-9:1***

4:00 pm Great Vespers  
Hebrew Scriptures for Sunday:  
Joshua 10:12-18; 1 Kings 1:1-9; Sirach 46:13-47:4.8-10  
5:00 pm Divine Liturgy / +Helen Anderson

**YouTube LIVE**

8:30 am Rosary;  
9:00 am Matins & Confessions  
10:00 am Divine Liturgy /Mysteries of Christian Initiation for Roxolana Stasyshyn/  
Intention for the Parishioners of OLPH / Blessing of ECF teachers and students  
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	Gabriel Preisler	Madalyn Davis
Lara Davis	Jessica Pieniadz	Rebecca Russo
Carol Donlin	Rhonda	Jacob McTernan
Marcie Dark	Glasscock	Paola Terlaza
Jesse Hebert	Amber Roybal	Vicki Frank
Fr Chris Zuggger	Philip Leahy	Jennifer Herring
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.

### Prayer For Vocations

"Certainly, God did not send his Son into the world to judge world, but so that the world should be saved through him." Christ is truly the salvation of the world. As Christians, we are little Christs. Each of us can bring salvation to the world by living the life of Christ. Is God calling you to show his salvation to the world by a life of prayer and repentance as a priest, deacon, monk or nun? To learn more, contact the Vocations Office at 206-329-9219 or email: [vocations@ephx.org](mailto:vocations@ephx.org)



Vocation Icon

Today:  
Talamante Family  
Next Sunday:  
Wyatt Family

**September 15, 2024**

Cantor: Andrea Riley

Reader: Michael Wells

Altar Server: Michael Grega

Trojica: Liliana Sena

Counters: Jana Brewer &

Laura Serna

**Propers for 9/15/24**

**Sunday after the Exaltation of the Holy Cross / Tone 8**

Antiphons & Entrance Hymn - 258-9

Troparion (Tone 8) - 162

Troparion (Cross) - 259

*v. Glory...*

Kontakion (Cross)- 259

*v. Now & Ever...*

Theotokion - 406

We Bow to Your Cross - 33

Prokeimenon & Alleluia - 260

Instead of 'It is Truly Proper' - 256

Communion - 78 & 255 [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 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 at

[crowhopdavis@yahoo.com](mailto:crowhopdavis@yahoo.com)

### **Alicia's Hall Report**

What a beautiful Sunday with a double baptism and a great celebration after with our OLPH Family! It sure is good to be home! Thanks to everyone who brought food for the feast, helped set up, serve, and clean up, especially to the young ladies of the parish, who prepped and layed out the spread for pulled pork tacos/sandwiches with salad, coleslaw, rice, beans, fruit, cake, and more! Please sign up to host or co-host a social here: <https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph>. If you have any good fall potluck ideas, let me know. Have a blessed week!

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

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

## **SEPTEMBER 15 CATECHETICAL SUNDAY 2024**

**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.

**“Let the little children come to me.” Matthew 19:14**

**As a part of the ECF 2024/2025 year our parish is bringing the Catechesis of the Good Shepherd (CGS) to our children ages 3-6** starting September 22nd, 2024! Registration for catechumens is due September 15th and there is limited capacity. For more information pamphlets are available or contact our Program Coordinator, Ashley Garcia (songofsol2.14@gmail.com).

### **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](mailto: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>.

### **“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. Blessed Wiktorija Ulma is related to Father Michael Niemczak of the Archdiocese of Santa Fe.

### **Absolution: The Prayer of Forgiveness** by Fr David Petras SEOD

Today, the confession of sins is usually done in church, though people often do seek the sacramental mystery of penance outside of church for various personal reasons. When it is done in church, it usually takes place in a secluded place, privately and away from the hearing of others. The most proper place in the Byzantine tradition, however, is to confess standing before the icon of our Lord. The penitent confesses to Christ, and the priest, standing in the place of the community of the Church, witnesses and so verifies the confession. The fuller text of the rite of confession underlines this point, for the priest may invite the penitent to confess with the words, “Behold, my spiritual son/ daughter, our Lord, Jesus Christ, invisibly stands here and receives our confession. Therefore, do not be ashamed or afraid, and do not conceal anything, but without hesitation, tell all that you have done, and you will receive pardon from our Lord Jesus Christ. Behold, his icon is before us, we are but witnesses, bearing testimony before him of the things you say to us.”

When a person has made their confession, the priest makes the practical judgement that this has been a good and sincere confession. He usually gives words of comfort or advice. The role of the priest is to reflect the merciful Father in the parable of the Prodigal Son. He is to welcome the penitent with joy, and not be judgmental. When we say that the confessor is a judge, what he “judges” is whether the person has truly repented. He, as an individual, does not sit in judgement on another individual. The role of confessor is as a healer of souls and bodies. He is to help the penitents to really turn from their sins and re-commit themselves to Christ. This is not to be done in a harsh way. The judgement of penitence is a judgement of grace, of mercy and of benevolence, while the civil judicial power is a judgement of justice and reparation without conciliation. The earliest penitentials underlined the importance of welcoming people into reconciliation with joy, “keeping always a joyful face,” embracing them and encouraging them that God is indeed merciful. I can attest to this personally, I once went to confession to the Servant of God Father Walter Ciszek. After confessing, he spoke words to me such that I felt completely loved by Christ, and leaving the confession, I broke down into tears.

After the confession, the priest gives a “penance” (Greek *epitimia*) to be performed. This is the continuation of the Church discipline from the age of public penance, and has an even deeper meaning in the sense that the mystery of penance was for the complete healing of the sinner. The ascetical work performed was the concrete manifestation of the person’s *metanoia* (transformation of life). It may be compared to the rebirth of baptism, for penance is the “second baptism.” In the ancient penitential books of both the East and the West, certain penances were assigned for certain sins. Most commonly they included prayer, fasting, works of charity, and exclusion from the Eucharist for a certain period of time. Only when the penance was completed did the penitent return to Communion. Today, the penance is much milder. It usually consists of prayers to be said, and the person is able to receive Communion immediately after confession, even before they have carried out the “penance.”

After confession, the priest then says a Prayer of Absolution, which signifies that God forgives our sins in the sacramental mystery of reconciliation. As he says the prayer, the priest imposes his hand on the head of the person, manifesting the healing touch of the Lord, Jesus Christ our God, who healed by the touch of his hand. The moral theology of the Church has generally held that sin is forgiven when the sinner turns away from his or her evil act and contritely repents for the sin. The turn away from sin, however, also includes the desire for reconciliation with the Church as the people of God who have been harmed, even indirectly, by the individual’s failure. We do not, therefore, seek “exact moments” of forgiveness, but look at the whole process in which the prayer of absolution is the solemn declaration of forgiveness that completes the process of repentance.

The earliest Prayer of Absolution was simply a declaration that one’s sins were forgiven: “God became man for us and took away the sins of all the world. In his great goodness, brother (sister), he will receive all that which you spoke out before him to my unworthiness, forgiving all for you both in this world and in the future world. He wishes and desires the salvation of all, and is blessed forever. Amen.” (The Penances of Basil, *Cod. Reg. Mon.* 498). The present prayer is “May our Lord and God, Jesus Christ, through the grace and mercies of his love for mankind, forgive you all your transgressions. And I, an unworthy priest, by his power given me, forgive and absolve you from all your sins, in the name of the Father, and of the Son and of the Holy Spirit, Amen.” It is very unusual for the Byzantine Church to have a sacramental formula in the first person. In fact, it is found only in the Slavonic and Romanian Churches, both Catholic and Orthodox (“I forgive”). It was first used in the East in a Trebnik printed in Vilno in 1618, and was introduced into the Orthodox Church by the Archbishop of Kiev, Saint Peter Mohyla in 1646. From here it found its way into the Moscow Trebnik (1671) and in all later Slavonic editions. It is taken directly from the Roman Rite: The Ritual of Paul V. Some Roman Catholic theologians even thought that “I forgive” was essential. However, the Catechism of the Catholic Church praises the original Eastern practice: “The Byzantine Liturgy recognizes several formulas of absolution in the form of invocation, which admirably express the mystery of forgiveness.” (§ 1481). The Liturgical Instruction of January 6, 1996, has suggested that Eastern Churches using the Roman formula, “to attentively examine their liturgical books, even those of the past, to find the formulas which best express the richness of their own tradition in this specific field.” (§ 89) (taken from ECL, August 2023 issue)





God's Blessings and Congratulations to our newest Church Family members Mary Sophia Fogg and Ephrem Nicodemus Davidson-Talley! Last Sunday we formally welcomed Mary and Ephrem 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 Fogg and Davidson-Talley Families and newly enlightened warriors of Christ Mary and Ephrem, peace health and happiness for many and blessed years!