

March 19, 2023, T one 8, 4th Sunday of the Great Fast / St. John Climacus
Glory to Jesus Christ! / Glory to Him Forever!
¡Gloria a Cristo! / ¡Gloria a Él para siempre!



The MISSION SOCIETY is pleased to present an especially beautiful icon of Our Lord, the Good Shepherd, for your use at Easter this year. Given all the turmoil in the world today, and the ongoing war in Ukraine, we thought that this image of Jesus lovingly embracing His sheep - us – and the lamb responding to that embrace with complete trust would be especially appropriate.

For our Easter campaign this year, we have simply designated “UKRAINE RELIEF.” The eparchy (diocese) of Mukachevo continues to serve thousands of displaced people who have sought shelter in the Transcarpathian Oblast of Ukraine. Your Easter card purchases & donations will go to help pay for temporary housing, rent, food, clothing, and fuel. A special need will be generators to keep refrigerators working, as there will be a crucial need to keep food fresh, since electrical supplies work intermittently at best due to the ongoing Russian bombardments. Sometimes the electricity is off for up to twelve hours or even a few days in different districts. To donate or learn more visit our website at <http://missionboronyavo.org>

A packet of 5 cards sells for \$10 including envelopes. 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 Easter Sunday, April 9th. 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. In Ukraine, Easter is celebrated on the Old Calendar, which is April 16th this year. Check out our website at “News and Events” to see pictures of Bishop Nil praying for you & your loved ones during the Christmas Liturgy!

**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**

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

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

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

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

Finance Council

Matthew Blain, Maria Alden

**Confession (Mystery of
Reconciliation):**

9:00—10:00 am on Sundays, before or
after weekday Liturgies, or by appoint-
ment 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 re-
sponsibility 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 re-
ceive the Anointing of the Sick before
any major surgery. Please don't let the
priest be last to know that someone is ill!

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 percent-
age 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.

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 6:13-20; Mark 9:17-31

- YouTube Live** 8:30 am Rosary; 9:00 am Festal Matins, Confessions
10:00 am / Divine Liturgy for Parish Family, Benefactors & Friends
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine
ECF Classes
- Mar 20 Mon** ***Venerable Fathers of the St. Sabbas Monastery / Gen 13:12-18; Prov 14:27-15:4***
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- Mar 21 Tue** ***James of Catania Bishop-Confessor / Gen 15:1-15; Prov 15:7-19***
- 6:00 pm CAFÉ Meeting at UNM
- Mar 22 Wed** ***Basil of Ancyra Priest-Martyr / Gen 17:1-9; Prov 13:20-16:9***
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- 5:30 pm OLPH Devotions
6:00 pm Presanctified Liturgy / +Robert Stanion CFR by Debbie Sanchez
- Mar 23 Thu** ***Great Canon of St. Andrew of Crete / Gen 18:20-33; Prov 16:17-17:17***
- 7:00 pm Matins with Great Canon of St Andrew of Crete** / YouTube Live
Reading Life story of St Mary of Egypt
- Mar 24 Fri** ***Zachary Venerable / Gen 22:1-18; Prov 17:17-18:5***
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- 9:00 am Prayer & Witness in front of abortion clinic on San Mateo/Lomas
6:00 pm Presanctified Liturgy / +Robert Stanion CFR by Debbie Sanchez
followed by meatless potluck in the Parish Hall
- Mar 25 Sat** ***Annunciation of the Theotokos / Solemn Holy Day / No fasting
Heb 2:11-18; Lk 1:24-38***
- 9:00 am Festive Liturgy of St John Chrysostom / Myrovanije
God's Blessing on John Cooper by Mary Alice Cooper
- Mar 26 Sun** ***5th Sunday of the Great Fast / Synaxis of the Archangel Gabriel
Heb 9:11-14; Mk 10:32-45***
- 4:00 pm Great Vespers YouTube LIVE
Hebrew Scriptures for Sunday: Genesis 48:8-22; Daniel 3:13-28; Jeremiah 1:1-11
5:00 pm Divine Liturgy / +Ludmyla Siksay by Maria Kartsub
- YouTube Live** 8:30 am Rosary; 9:00 am Matins, Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
ECF Classes
5:30 pm Ask A Priest / Meditation on the Passion of Christ
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	Paola Terlaza
Jenny Ford	Barbara De Lap	Ruth Sousa
Marilyn Fore	Irene Bradley	Linda Granci
Sven & Barbara	Sorilah Chavez	Vicki Frank
Svensson	Abraham Haddad	Christopher
Laurie Bienz	Marianne Gerace	Barlow
Brent Dodson-	Lori Medina	Jordan Smith
Sands	Michael Baron	Janet Worthing-
Lara Davis	Gabriel Preisler	ton
Carol Donlin	Jessica Pieniadz	Patti Klinkovsky
Marcie Dark	Rhonda	Matt Williamson
Jesse Hebert	Glasscock	James Epstein
Fr. Chris Zegger	Amber Roybal	Katy Ford
Fr Chris Andrews	Philip Leahy	Jacob McTernan
	Juanita Montoya	

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

“I believe! Help my unbelief!” Our gracious Lord comes to us, and His divine grace always heals what is infirm and supplies what is lacking. Nevertheless, He uses people to be His hands and feet. Our prayer and fasting can save the world! Are you open to dedicating your life as a consecrated monastic or religious, or a life in holy orders? Contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org

Vocation Icon

Today: Talamante Family
Next Sunday: Talamante Family



Holy Father's Intentions for March

For victims of abuse
We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.



March 26, 2023

Cantor: Evie Jilek

Reader: Brook Jilek

Trojca: Eva Riley &

Quintin Fedorowich

Altar Server: Michael Grega

Counters: Rita Montano &

Miles Gloetzner

Propers for 3/26/2023

5th Sunday of Great Fast; Leave-taking of Annunciation

Resurrection Tone 1

Typical Psalms & Beatitudes 16,17&23

Troparion (Tone 1) - 125

Troparion (Feast) - 329

Troparion (Gabriel) - 361

v. Glory...

Kontakion (Feast) - 329

v. Now & Ever...

Theotokion - 406

Prokeimenon & Alleluia - 127 & 330

Instead of 'It is Truly Proper' - 231

Our Father- 66

Communion - 79 & 331 [D]

OLPH Prayer Warriors

Sunday (Zoom). Send your prayer requests to Patricia at pocb@unm.edu

THE PRAYER WARRIORS IS OPEN TO EVERYONE--WOMEN, MEN, & CHILDREN (children who have their parents' permission)! Please join us!!

MARK YOUR CALENDAR: Our Annual OLPH Bazaar is May 6th. In preparation, we will be making our traditional Slovak Stuffed Cabbage Rolls (Holubky) on Saturday, April 1st. These are the real thing with the recipe handed down over the years by our church founders. **We will be starting around 10:30 after Lazarus Saturday Liturgy and end around 2pm with lunch provided. Kids from 10 and up are welcome!**

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 Program Coordinator

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

**Victim Assistance Coordinator
Michael Hanafin**

Cell: (480) 307-5182 -- **Email:** vac@ephx.org

Holy Week / Pascha / April 9

(All Services available — YouTube live)

Monday	6:00 pm	Bridegroom Matins / Confessions
Tuesday	6:00 pm	Bridegroom Matins / Confessions
Wednesday	7:00 pm	Presanctified Liturgy Holy Anointing / Confessions
Thursday	7:00 pm	Vespers/ Divine Liturgy of St. Basil / Confessions
Friday	10:00 am	Passion Matins
	7:00 pm	Vespers & Procession With the Burial Shroud/ Confessions
	11:30 pm	Jerusalem Matins/All night Vigil
Saturday	11:00 am	Akathist to the Life Bearing Tomb of Christ
	6:00 pm	Easter Vigil Liturgy / Blessing of Baskets
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

Alicia's Hall Report: We had an eclectic potluck last Sunday! We ate the remainder of Carol's Halubki soup, pumpkin pancakes from the fall, some leftovers from Presanctified potluck: rice from Mary Rose, veggies, dip, and salad. I brought beans. Brittany Wyatt brought Pasties with a coconut curry pea and potato filling- yummy! Laura brought an assortment of nuts and berries, perfect for topping the salad or on their own, and Laura's Dad brought some cookies! Thanks to all who set up, contributed food, and cleaned up! Please sign up to host or co-host a social! If you have any ideas for themed potlucks, let me know!

ASK A PRIEST ANYTHING HIGHSCHOOL TEEN GROUP: Next Sunday evening Father Chris will present on the Passion of Christ as a Lenten retreat night for teenagers and their parents. Please confirm with Jana Brewer if you will be attending.

EPARCHIAL APPEAL 2023: Collected to date: **\$3,685.00**. Thank you to: Laurie Bienz, Harry & Barbara DeLap. Our parish goal this year is **\$18,320.60 which comes down to \$300.00 per Family**. Parishes meeting their goals will receive a 10% rebate on the goal amount. We are requested to send our pledges directly to the Bishop's office in Phoenix, AZ, and our checks made to Holy Protection of Mary Byzantine Eparchy.

Kindly give what you can to help our Eparchy and our Church. Thank you!

Father Chris is preaching a Lenten Mission at

Saint John XXIII Church / 4831 Tramway Ridge Dr NE / 6 pm each night

March 29 The Seven Last Words "Father, forgive; The Good Thief; Behold thy Mother"

March 30 The Seven Last Words "Why have You forsaken Me?; I thirst; It is finished; Into Thy Hands" and the piercing of Jesus' Heart

Fifth Thursday of the Great Fast if the day when we pray Matins with the Canon of Saint Andrew of Crete

The Great Canon of St Andrew, Bishop of Crete, is the longest canon in all of our services, and is associated with Great Lent, since the only times it is appointed to be read in church are the first four nights of Great Lent (Pure Monday through Pure Thursday, at Great Compline) and at Matins for Thursday of the fifth week of Great Lent, when it is read in its entirety (in this latter service, the entire life of St Mary of Egypt is also read, and this is done at night).

There is no other sacred hymn which compares with this monumental work, which St Andrew wrote for his personal meditations. Nothing else has its extensive typology and mystical explanations of the scripture, from both the Old and New Testaments. One can almost consider this hymn to be a "survey of the Old and New Testament". Its other distinguishing features are a spirit of mournful humility, hope in God, and complex and beautiful Trinitarian Doxologies and hymns to the Theotokos in each Ode.

The canon is a dialog between St. Andrew and his soul. The ongoing theme is an urgent exhortation to change one's life. St Andrew always mentions his own sinfulness placed in juxtaposition to God's mercy, and uses literally hundreds of references to good and bad examples from the Bible to "convince himself" to repent.

A canon is an ancient liturgical hymn, with a very strict format. It consists of a variable number of parts, each called an "ode". Most common canons have eight Odes, numbered from one to nine, with Ode 2 being omitted. The most penitential canons have all nine odes. Some canons have only three Odes, such as many of the canons in the "Triodion" (which means "Three Odes").

Fourth Sunday of Great Lent: The Sunday of Saint John Climacus

John came to Saint Catherine's Monastery, at the foot of Mount Sinai, and became a novice when he was about 16 years old. He was taught about the spiritual life by the elder monk Martyrius. After the death of Martyrius, John, wishing to practice greater asceticism, withdrew to a hermitage further up the mountain. In this isolation he lived for some twenty years, constantly studying the lives of the saints and thus becoming one of the most learned Church Fathers. When he was about seventy-five years of age, the monks of Sinai persuaded him to become their hegumen (superior or abbot). He acquitted himself of his functions as abbot with the greatest wisdom, and his reputation spread so far that, according to the *Life*, Pope St. Gregory the Great wrote to recommend himself to his prayers, and sent him a sum of money for the hospital of Sinai, in which pilgrims from all over the Christian world would lodge.

Of John's literary output we know only the *Ladder of Divine Ascent*, composed at the request of John, Abbot of Raithu, a monastery situated on the shores of the Red Sea, and a shorter work *To the Pastor* (Latin: *Liber ad Pastorem*), most likely a sort of appendix to the *Ladder*.

The *Ladder* describes how to raise one's soul and body to God through the acquisition of ascetic virtues. Climacus uses the analogy of Jacob's Ladder as the framework for his spiritual teaching. Each chapter is referred to as a "step", and deals with a separate spiritual subject. There are thirty Steps of the ladder, which correspond to the age of Jesus at his baptism and the beginning of his earthly ministry. Within the general framework of a 'ladder', Climacus' book falls into three sections. The first seven Steps concern general virtues necessary for the ascetic life, while the next nineteen (Steps 8-26) give instruction on overcoming vices and building their corresponding virtues. The final four Steps concern the higher virtues toward which the ascetic life aims. The final rung of the ladder—beyond prayer (προσευχή), stillness (ἡσυχία), and even dispassion (ἀπαθεία)—is love (ἀγάπη).

Originally written simply for the monks of a neighboring monastery, the *Ladder* swiftly became one of the most widely read and much-beloved books of Byzantine spirituality. This book is one of the most widely-read among Eastern Christians, especially during the season of Great Lent. It is often read in the trapeza (refectory) in monasteries during meals, and in some places it is read in church as part of the Daily Office on Lenten weekdays, being prescribed in the Triodion.

At this season of Lent as we focus on spiritual renewal with repentance, prayer, fasting, and works of mercy, the teachings of St John Climacus (c.579-649) are very appropriate. In Step Five of the Ladder entitled "On Penitence", St John Climacus begins his discussion as follows:

"Repentance is the renewal of baptism and is a contract with God for a fresh start in life. Repentance goes shopping for humility and is ever distrustful of bodily comfort. Repentance is critical awareness and a sure watch over oneself. Repentance is the daughter of hope and refusal to despair. Repentance is reconciliation with the Lord by the performance of good deeds which are the opposites of the sins. It is the purification of conscience and the voluntary endurance of affliction. The penitent deals out his own punishment, for repentance is the fierce persecution of the stomach and the flogging of the soul into intense awareness.

Come, gather round, listen here and I will speak to all of you who have angered the Lord. Crowd around me and see what he has revealed to my soul for your edification."

St John goes on to describe a monastery he had visited where the monks practised fearsome and extreme feats of penance. He commented: *"I saw their humble and contrite souls who were saddened by the weight of their burden. The stones themselves have been moved to pity by their voices and by their cries to God."*

After witnessing such great examples of repentance, he commented: *"It seems to me that those who have fallen and are penitent are more blessed than those who have never fallen and who do not have to mourn over themselves, because through having fallen, they have pulled themselves up by a sure resurrection."*

He offered reassurance when he wrote: *"Nothing equals the mercy of God or surpasses it. To despair is therefore to inflict death on oneself."*

As we renew our spiritual efforts and turn to God during the season of Lent the words of St John Climacus remind us of the power of repentance with reliance on God's mercy. It reassures us that when we have fallen away from God and return to him through repentance all is not lost but, on the contrary, God's mercy comes to us with even greater power. Practicing repentance through our Lenten journey offers us the prospect of a joyful Pascha.



Friday Pro-Life witness and prayer on Lomas



CAFÉ group at OLPH

The Explorer Corner:
The Five Goals of Exploring
1. Health & Physical Development
2. Sense of Concrete Reality
3. Character Development
4. Spirit of Service
5. Sense of God
Join our Family and let's make Saints!

