

February 11, 2024 / T one 4 / Sunday of Cheesefare

Glory to Jesus Christ! / Glory to Him Forever!

¡Gloria a Cristo! / ¡Gloria a Él para siempre!



### Forgiveness Sunday – start line of the Great and Holy 40-day Fast

THE Great Fast is our penitential preparation for the great feast of Pascha (Passover). As such, it is one of the most ancient parts of the liturgical year. Its forty days symbolize the forty years the Israelites wandered in the desert of Sinai, while the Liturgy of the Presanctified Gifts is the fulfillment of the promise of the manna, as St. John wrote, "So Jesus said to them, Amen, Amen I say to you, it was not Moses

who gave bread from heaven; my Father gives you the true bread from heaven (John 6:32)." In the Great Fast, we imitate Our Lord, Who fasted for forty days in the wilderness following His baptism. The Feast of Pascha was the time for baptisms, and so the Great Fast was also a time of preparation for baptism. Our observance of the Great Fast, therefore, is a renewal of our baptismal fervor. During the First Week, at Vespers we read the story of Creation and the Fall of Adam and Eve.

Traditionally in the Great Fast, abstinence from meat, fish, dairy products, alcohol and foods cooked in oil was prescribed for all days, except days of mitigation. All Saturdays and Sundays, February 24, March 9, Wednesday to Friday of the Fifth Week, the Pre-Festive Day and Leave-taking of Annunciation were mitigations for wine and oil. The Feast of Annunciation (March 25) and Palm Sunday (March 24) were general mitigations.

The Ruthenian Metropolia prescribes strict abstinence (from meat and dairy products) on the First Monday of the Great Fast (February 12) and on Good Friday (March 29), and abstinence from meat on all Wednesdays and Fridays.

The Divine Liturgy of St John Chrysostom is not celebrated on weekdays of Great Lent, as it is considered a joyful service. Instead, Holy Communion is consecrated on Sunday and is reserved in the tabernacle for both Communion to the sick and for distribution at the Liturgy of the Presanctified Gifts. This evening service is characterized by "bright sadness": on the one hand, the music is especially solemn and the service itself marked with prostrations and penitential prayers, but on the other hand it is filled with beautiful prayers anticipating Holy Week and Easter. Please make an effort to attend the Lenten Services: the Liturgy of the Presanctified Gifts on Wednesday and Friday at 6 pm. On Friday night after the 6pm Service we will meet for meatless pot-luck in the parish hall.

**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](http://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](mailto:abbaolph@gmail.com)**

**Father Deacon Thomas Donlin**

**[donlin.thomas@gmail.com](mailto:donlin.thomas@gmail.com)**

**Father Christopher Zuger**

**pastor emeritus**

**(505) 256-1787**

**[Frchris.zugger@gmail.com](mailto:Frchris.zugger@gmail.com)**

**[www.frchriszugger.com](http://www.frchriszugger.com)**

**Father Tyler Strand**

**(516) 661-0883**

**[tylerastrand@yahoo.co.uk](mailto: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)

**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!

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).

**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!**

***Romans 13:11-14:4***

- YouTube Live** 8:30 am Rosary 9:00 am Festal Matins & Confessions  
10:00 am Divine Liturgy for Parish Family, Benefactors & Friends  
Rite of Mutual Forgiveness
- ECF Classes** Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine
- Feb 12 Mon** ***First Day of the Great Fast / Strict Abstinence / Gen 1:1-13; Prov 1:1-20***
-  6:00 pm Liturgy of the Presanctified Gifts with anointing on the forehead  
+Ruth Sousa by Lara Davis
- Feb 13 Tue** ***Martinian Venerable / Gen 1:14-23; Prov 1:2-33***
- 6:00 pm Advisory Board Meeting
- Feb 14 Wed** ***Auxentius Venerable / Gen 1:24-2:3; Prov 2:1-21***
-  6:00 pm Liturgy of the Presanctified Gifts / +Ruth Sousa by Lara Davis
- Feb 15 Thu** ***Onesimus Apostle / Gen 2:4-19; Prov 3:1-18***
- Feb 16 Fri** ***Pamphilus & Others Martyrs / Gen 2:20-3:20; Prov 3:19-34***
-  9:00 am Prayer and Witness in front of abortion clinic on Lomas  
6:00 pm Liturgy of the Presanctified Gifts / followed by Meatless potluck in the hall  
+Ruth Sousa by Lara Davis
- Feb 17 Sat** ***Commemoration of the Miracle of the Great Martyr Theodore  
Heb 1:1-12; Mk 2:23-3:5***
- 9:00 am Liturgy (masks required) +Beverly Schwerde by Mary Alice Cooper  
12—3 pm Pysanky Workshop
- Feb 18 Sun** ***1st Sunday of the Great Fast / Heb 11:24-26.32-12:2; Jn 1:43-51***
- 4:00 pm Great Vespers / YouTube LIVE  
Hebrew Scriptures for Sunday: Numbers 12:1-16; Job 19:1-27; Habakkuk 2:6-20  
5:00 pm +Joey Aramento by Svenssons
- YouTube LIVE** 8:30 am Rosary  
9:00 am Matins & Confessions  
10:00 am Divine Liturgy for Parish Family, Benefactors & Friends
- ECF Classes** Procession with Icons / Blessing of Icons  
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](mailto: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

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	

### 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 / February.

#### For the terminally ill

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

**Fountain of forgiveness**, Lord our God, help us to store up treasures in heaven by heeding your call for what is best for our lives. Grant your Church an abundant treasure of vocations to the monastic life and holy orders so that we may live a life of repentance, love and forgiveness, we pray you, hear and have mercy.

“Where your treasure is, your heart will be also”. It is easy to mistake what our true treasure is, and we need wisdom and insight to see clearly. In today’s kontakion we sing that God is the “guide to wisdom and giver of insight”. Is he guiding you to a vocation to the religious or ordained life? As you pray and seek wisdom, consider contacting the Vocations Office at 206-329-9219 or email: [vocations@ephx.org](mailto:vocations@ephx.org)



Vocation Icon

Today: Wofford Family  
Next Sunday:  
Sullivan Family

**February 18, 2024**

Cantor: Andrea Riley  
 Reader: Michael Wells  
 Altar Server: Michael Grega  
 Trojca: Zoe Serna  
 Counters: Jana Brewer &  
 Ann Rajala

**1st Sunday of Great Fast  
 Sunday of Orthodoxy  
 Resurrection Tone 5**

Typical Psalms & Beatitudes  
 16, 17 & 23  
 Troparion (Tone 5) - 146  
 Troparion (GF) - 220  
*v. Glory...*  
 Kontakion (GF) - 220  
*v. Now & Ever...*  
 Theotokion - 406  
 Prokeimenon & Alleluia - 221  
 Instead of 'It is Truly Proper' - 221  
 Our Father- 70  
 Communion - 78 & 213 [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 meet-  
 ings. **If you would like to join the Pray-  
 er Warriors**, would like additional infor-  
 mation, and/or would like for us to pray  
 for your intentions, please contact  
 Patricia at [pcob@unm.edu](mailto:pcob@unm.edu)

**Alicia's Hall Report**

I heard last Sunday's social was won-  
 derful! Thank you to Brittany Wyatt for  
 the delectable soup, to Ilona for the  
 Ukranian dish, Fiona, Ashley, and  
 Joanna for the bread, and Valerie  
 Wofford for bringing butter- yum! A big  
 thanks to the Serna Family for setting  
 up and cleaning up and Julia for all her  
 help! Please sign up to host/ co-host a  
 Great Fast Social (meatless, dairy  
 free) or to share your time and energy  
 and help set up, serve, or clean  
 up! [https://www.signupgenius.com/  
 go/10C054AAAAA2AA4F94-olph](https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph) Have  
 a blessed first week of the Great Fast!

**Coming Events—Mark Your Calendars Now**

Sat Feb 24	<b>First &amp; Second Findings of the Head of John the Baptist</b> 9:00 am Divine Liturgy / All Souls Panachida
Sat Mar 2	<b>3rd All Souls Saturday</b> 9:00 am Divine Liturgy / Panachida
March 1—3	<b>Lenten Retreat</b> with Fr. Michael O'Loughlin
Sat Mar 9	<b>Feast of the 40 Martyrs of Sebaste</b> 9 am Divine Liturgy / All Souls Panahida
Thu Mar 14	<b>7:00 pm Matins with Great canon of St. Andrew of Crete / Reading Life story of St. Mary of Egypt</b>
Tue April 9	6:00 pm Father Chris' talk on his NEW book, <i>Looking to Tomorrow, Part 1</i>
Tue April 30	6:00 pm Father Chris' talk on his NEW book, <i>Looking to Tomorrow, Part II</i>
Tue May 14	6:00 pm Father Chris' talk on the History of OLPH 1974—2024
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

## **Pascha in Greece-- A Pilgrimage on May 1-11, 2024**

Join us on a unique pilgrimage to Greece, where you can celebrate Pascha and witness the beautiful liturgical services at the Holy Trinity Greek Catholic Cathedral in Athens, presided by Bishop Manuel Nin, OSB. Our trip also includes sightseeing and visiting different places in Greece where you can immerse yourself in the country's rich traditions and culture.

Athens – Corinth – Boat cruise to islands of Poros, Hydra and Aegina – Delphi – Meteora monasteries and caves

Sponsored by Greek Catholic Exarchate of Greece and Holy Resurrection Parish in Euclid, OH

Contact: Tel (216) 6606-5313 Email: [HolyResurrection@parma.org](mailto:HolyResurrection@parma.org)

\$2,500 per person Price without airfare. Includes all itinerary activities and travel insurance

### **2024 Pysanky Workshops:**

OLPH will again host workshops for anyone interested in pysanky (Ukrainian Easter eggs). The workshops are open to all skill levels (children do need a supervising adult) and will be held in

February-March at the following dates and times: 2/17 12-3pm, 2/19 12-3pm, 2/22 6-9pm, 3/4 6-9pm, 3/7 12-3pm and 3/16 12-3pm. Workshop space is limited, so please sign up at <http://tinyurl.com/olph-pysanky> or contact Andrea Riley at 505-220-9137 or [andrea.riley@gmail.com](mailto:andrea.riley@gmail.com).

### **Please, sign up TODAY for the Traveling Pilgrim Vocation Icon in 2024.**

Dear Parish Family, the Love of Christ presses us to respond generously to God's call in our lives. We are all called to pray for vocations to Sainly Christian Marriage, to the Priesthood, the Diaconate and the Religious Life. Prayer is an invisible but essential ministry in the Church. This is an important way to be involved in vocation ministry. Sign up to have the Pilgrim Vocation Icon in your home. You will be greatly blessed.

### **Lenten Book Resources in OLPH Gift Shop**

Presanctified Liturgy \$8: This indispensable book contains both the Presanctified Liturgy and all of the Propers and music for the central service of Great Lent, with prayers. Prayer booklets for your pocket, purse, or backpack: Great Lent with Bl. Theodore Romzha (\$3) psalms and prayers for each day of the week and a meditation on Bl. Theodore ; Journey Through Great Lent and Holy Week (\$3) daily psalms and prayers for the week; O Lord Hear My Prayer (50 cents) contains The Anaphora of St. Basil, the Penitential Psalms, and excerpts from Lenten Hours. Hours of the Great Fast - This has the psalms and meditations for the four Hours, which you can read together or at 6 am, 9 am, Noon and 3 pm. Includes the special additions for Great Lent. Great Canon of St. Andrew (\$3) - Recited during the first days of Lent and again on Thursday of the fifth week, this can be used daily to meditate on one's sinfulness and God's great mercy to us. The Zacchaeus Tree: A Family Guide Through the Season of the Great Fast (\$27). It goes through every day of Pure Week, with a meditation for adults and one for children, and craft activities.

**Next Sunday is The Triumph of Orthodoxy**, or True Belief, commemorating the restoration of icons to the churches of the Byzantine Empire after the defeat of the heresy of iconoclasm. There will be a procession with icons brought from home. There will be a table set up by the tetrapod for the icons that need to be blessed. Please plan now which icon your children will bring to church!

### **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](mailto:sbdcnkilroy@ephx.org)

**The first Saturday of Great Lent: The Miracle of St. Theodore of Tyre.** In 361, Emperor Julian the Apostate was doing his utmost to restore paganism. Knowing that the Christians were accustomed to sanctify the first week of Lent by fasting and prayer, the wily pagan told the Prefect to sprinkle all of the food for sale in the markets with the blood of animals sacrificed to the gods, so that no Christian in the city would escape the contagion of idolatry. However, the Lord sent His servant Theodore to outwit the tyrant. Appearing in a vision to Patriarch Eudoxius (360-364), the holy Martyr informed him of what was happening and told him to instruct the Christians not to buy food from the markets but instead to eat kolyva made from grains of boiled wheat. Thus, thanks to the intervention of the holy Martyr Theodore, the Christian people were preserved from the stain of idolatry. The Church has commemorated this miracle ever since on the first Saturday of Great Lent, in order to remind the faithful that fasting and temperance have the power to cleanse all the stains of sin

### **Why do Byzantine and Orthodox Churches begin the Great Fast (Lent) two days earlier than Roman?**

The answer is that the period of paschal preparation is structured very differently in the two traditions. Byzantine Churches have two major fasting periods in preparation for Pascha (Easter). The first 40-day period, called the Great Fast, begins seven Mondays before Pascha Sunday and ends the Friday before Lazarus Saturday (the day before Palm Sunday). This period includes Sundays, which explains why there is only a mitigation for wine and oil on Sundays and special feast days in the traditional fast. Byzantine Churches then celebrate a second intense fasting period, from Holy Monday to the Divine Liturgy of Pascha (Easter) Sunday. Traditionally, during the weekend between the two fasting periods, namely Lazarus Saturday and Palm Sunday, meat and dairy are allowed. By contrast, the Latin (Roman) Catholic Church has a single 40-day fasting period from Ash Wednesday to Holy Saturday, the day before Easter. There are actually 46 days in this period, but Sundays are counted as "an island in the fast" and therefore not included in the 40 days.

**What are Aliturgical Days?** In the Eastern Church as well as in the Roman Church there are prescribed Aliturgical Days. Days on which the Divine Liturgy or Mass is not celebrated. In the Roman Tradition Good Friday is an Aliturgical Day. The Byzantine Churches have a number of days on which the Divine Liturgy is not celebrated which are more connected with fasting days in the Church.

### **What is the Liturgy of the Presanctified Gifts?**

The Divine Liturgy, by its very nature, is a joyful occasion. During Great Lent we are emphasizing the need for repentance and sorrow for the sins of humanity. Thus, the services are more solemn, and daily celebration of the Eucharist is not appropriate. At the same time, people wish to receive Holy Communion during Great Lent. The Church in her wisdom provides for us these services of Vespers with Holy Communion. On Sunday the priest consecrates extra Lambs and particles to be distributed during the week, hence the name "Presanctified." The Lambs are intincted with the Precious Blood before being placed in the tabernacle. The music is unique to this Liturgy, and is often called "bright sadness." The Prayer of Saint Ephrem is said with great prostrations; special verses unique to each day are chanted.

At the Great Entrance, the priest processes through the church, preceded by servers and deacon with candles, carrying the Most Holy Eucharist lifted up above the people. It is done in complete silence, the only sound that of the censer being swung in honor of our Eucharistic Lord, while everyone in church kneels or prostrates. At Holy Communion the intincted Lamb and particles are given to the people, using plain wine. The Liturgy concludes with prostrations and the singing of the mournful chant, "Having Suffered", referring to Christ's Passion and our sins. The Roman Rite does have the Mass of the Presanctified Gifts, dating at least to the 600s. However today it is part of the Good Friday Passion service.



The **MISSION SOCIETY** would like to share a BIG Thank You to OLPH Angel Tree Donors from Sister Josaphata & children at the Korolevo Orphanage! "Thank you very much for such support. We will use this money to meet the needs of the children, to pay for utilities and warm the house in the winter, as well as to pay for the dental treatment of the children we adopted in December 2023". Meet some of the children **YOU** have helped!

