

September 11, 2022 / T one 5

Sunday Before the Exaltation of the Cross

We bow to Your Cross O Christ  
and we glorify Your Holy Resurrection!



**Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix  
Most Reverend Thomas J Olmsted 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)**

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

**Father Christopher Zuger  
pastor emeritus  
(505) 256-1787  
[Frchris.zugger@gmail.com](mailto:Frchris.zugger@gmail.com)  
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**Father Tyler Strand  
(516) 661-0883  
[tylerastrand@yahoo.co.uk](mailto: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 Zuger, Dan Riley, Rafael Plut,  
Jeff Brewer, Michael Grega, Alicia Wells

**Finance Council**

Matthew Blain, Maria Alden

**Confession (Mystery of  
Reconciliation):**

9:15—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 conven-  
ient, 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 dona-  
tions!! 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 do-  
nate 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!**

***Galatians 6:11-18; John 3:13-17***

- YouTube Live** 8:30 am Rosary; 9:00 am Festal Matins, Confessions  
10:00 am / Divine Liturgy for Parish Family, Benefactors & Friends  
Eternal Lamp: In Memory of 9/11 by Svenssons
- Sept 12 Mon** ***Leave-taking of the Feast of the Theotokos/Autonomous Bishop Martyr Gal 2:11-16; Mk 5:24-54***  
9:00 am +Michael Talamante by Talamantes
- Sept 13 Tue** ***Pre-festive of Exaltation of the Holy Cross/ Dedication of the Church of the Resurrection / Heb 3:1-4; Mt 16:13-18***  
9:00 am God's Blessing on Linda Neuville by Talamantes
- Sept 14 Wed** ***Exaltation of the Holy Cross / Solemn Holy Day 1 Cor 1:18-24; Jn 19:6-11.13-21.25-27.30-35***  
  
5:30 pm OLPH Devotions  
**YouTube LIVE** 6:00 pm Divine iturgy / Rite of the Exaltation of the Cross / Pro-Life intention by Svenssons
- Sept 15 Thu** ***Nicetas Great-Martyr / Gal 3:23-4:5; Mk 6:30-45***
- Sept 16 Fri** ***Euphemia Great-Martyr / Gal 3:23-4:5; Mk 6:30-45***  
  
9:00 am Prayer & witness in front of abortion clinic on San Mateo/Lomas  
No Divine Liturgy
- Sep 17 Sat** ***Saturday After the Exaltation of the Cross / 1 Cor 1:26-29; Jn 8:21-30***  
**No morning** Divine Liturgy
- Sep 18 Sun** ***Sunday After the Exaltation of the Cross / Gal 2:16-30; Mk 8:34-9:1***  
4:00 pm Great Vespers YouTube LIVE  
5:00 pm Health and Salvation of Natalie Williamson by Wells Family  
Hebrew Scriptures for Sunday: Joshua 10:12-18; 1 Kings 1:1-9;  
Sirach 46:13-47:4:8-10
- YouTube LIVE** 8:30 am Rosary; 9:00 am Matins, Confessions  
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends  
Eternal Lamp: Holy Protection of the Mother of God over 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 may glorify your might divine

Sharif Rabadi	Buster Miscusi	Paola Terlaza
Jenny Ford	Barbara De Lap	Ruth Sousa
Priscilla Hughes	Irene Bradley	Linda Granci
Marilyn Fore	Sorilah Chavez	Vicki Frank
Sven & Barbara	Abraham Haddad	Christopher
Svensson	Marianne Gerace	Barlow
Laurie Bienz	Lori Medina	Jordan Smith
Brent Dodson-	Michael Baron	Janet Worthington
Sands	Gabriel Preisler	Patti Klinkovsky
Lara Davis	Todd Bailey	Matt Williamson
Carol Donlin	Jessica Pieniadz	James Epstein
Fr Chris Zegger	Rhonda Glasscock	Katy Ford
Marcie Dark	Amber Roybal	Jacob McTernan
Fr Chris Andrews	Eli Griegos	Juanita Montoya



Vocation Icon

Today: Sullivan Family  
Next Sunday:  
Talamante Family

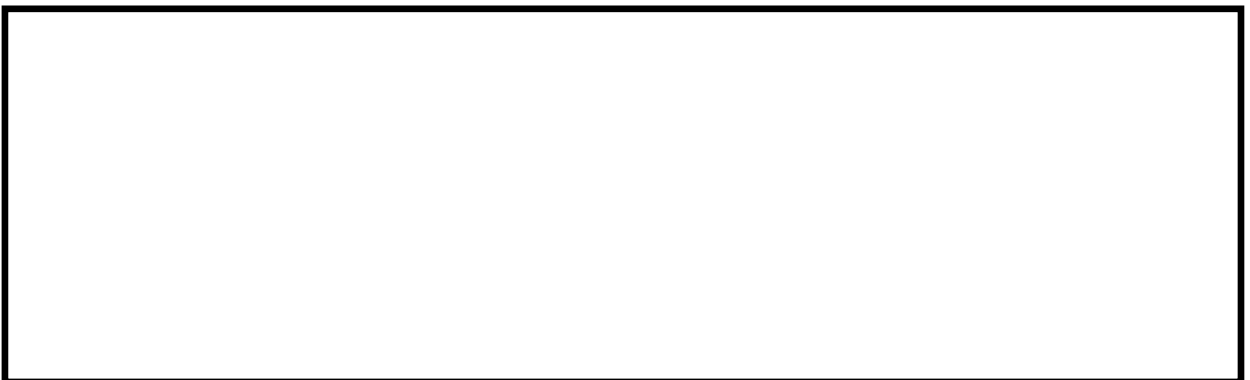
“Certainly, God did not send his Son into the world to judge world, but so that the world should be saved through him.” Christ is truly the salvation of the world. As Christians, we are little Christs. Each of us can bring salvation to the world by living the life of Christ. Is God calling you to show 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)

### 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. Abolition of the Death Penalty

We pray that the death penalty, which attacks the dignity of the human person, may be legally abolished in every country.



**September 18, 2022**

Cantor: Andrea Riley

Reader: Michael Wells

Altar Server: Michael Grega

Trojca: Elizabeth & Jacob Montano

Counters: Jana Brewer &

Ann Rajala

**Propers for 9/18/2022**

**Sunday After the Exaltation of the  
Cross / Tone 6**

Antiphons & Entrance Hymn-  
253-4, 259

Troparion (Tone 6) - 152

Troparion (Cross)- 254

*v. Glory... Now & Ever...*

Kontakion (Cross)- 255

Instead of Holy God - 33

Prokeimenon & Alleluia - 260

Instead of 'It Is Truly Proper' - 256

Our Father- 71

Communion - 78 & 258 [A]

**OLPH Prayer Warriors**

Sunday (Zoom). Send your  
prayer requests to

Patricia at [pcob@unm.edu](mailto:pcob@unm.edu)

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

Please join us!!

**Barbara's Hall Report**

A pasta potluck was in order for  
Carol Donlin--or the Labor Day  
weekend! Sauce from the pantry,  
beef from Julia, homemade bread  
from the Sernas, plus a green bean  
salad. Also a birthday cake for our  
ECF queen, Carol Donlin!

**Coming Events—Mark Your Calendars Now**

Tue Sept 20	6:00 pm CAFÉ meeting at UNM
Fri Sept 30	<b>Protection of the Theotokos</b> 6:00 pm Vigil Divine Liturgy
October 3-7	<b>Clergy Retreat in Carefree AZ</b>
Thurs Oct 6	<b>10-11:30 am OASIS Class</b> "Religious History of Ukraine"
Mon Oct 10	6:00 pm Advisory Board meeting
Mon Oct 31	<b>Bl Theodore Romzha</b> 6:00 pm Divine Liturgy
Sun Nov 6	<b>Daylight Savings Ends</b>
Mon Nov 7th	<b>Archangel Michael &amp; All Angels Solemn Holy Day</b> 6:00 pm Vigil Liturgy
Mon Nov 14	<b>Beginning of Philip's Fast</b>
Mon Nov 21	<b>Entrance of the Theotokos Solemn Holy Day</b> 6:00 pm Divine Liturgy
Mon Dec 5 Tue Dec 6	<b>St. Nicholas of Myra/Solemn Holy Day</b> 6:00 pm Vigil Liturgy 9:00 am Divine Liturgy
Wed Dec 7	<b>Maternity of the Holy Anna Solemn Holy Day</b> 6:00 pm Vigil Liturgy
Fri Dec 23	10:00 am— <b>Royal Hours Day of Strict Abstinence</b>
Sat Dec 24	<b>Vigil of Christmas</b> 4:30 pm Holy Supper 7:00 pm Vigil Divine Liturgy
Mon Dec 26	<b>Synaxis of the Theotokos</b> 6:00 pm Divine Liturgy
Tue Dec 27	<b>Stephen Protomartyr</b> 6:00 pm Divine Liturgy
Thurs Jan 5	<b>Vigil of Theophany</b> Noon— carpool to Rio Grande (parking lot of the National Hispanic Cultural Center on Avenida Chavez) Procession to the River 1:00pm Great Vespers with the Great Blessing of the Rio Grande
Fri Jan 6	<b>Feast of Theophany</b> 6:00 pm Liturgy followed by Great Blessing of Water

We will be creating a **photo directory** this year as a way to help all of our parishioners get to know each other. We will be taking portraits after Sunday Liturgies between August 28 and September 18. We will also be taking portraits after the Saturday liturgies on August 27 and September 10. Portraits will be taken in the conference room on the south side of the church nave. In order to have things run more smoothly, we have created a digital sign up at <https://tinyurl.com/3h4rbkfc>, or you can call Andrea Riley at 505-220-9137. If you have questions, please contact Dan Riley or Marc Montano.

### **EPARCHIAL APPEAL 2022**

Collected to date: \$14,991.00. Participation: registered OLPH Families 60; paid pledges by 34 families (65.7%). Our parish goal this year is \$22,054.74 which breaks down to \$350 per family. The Bishop's appeal this year ends on September 30. Every pledge counts. We can reach the goal only if all registered families participate.

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 or by online payments at: **[ephx.org/giving](https://ephx.org/giving)**. Be sure to note that you are a parishioner of OLPH.

### **MANDATORY SAFE ENVIRONMENT ONLINE TRAINING FOR ALL THE VOLUNTEERS**

**Reminder:** PLEASE, CHECK your Safe Environment Compliance Certificate Expiration date.

Please note that Online Virtus training for many will be expiring within the next 4 to 5 weeks. The Eparchy's revised Safe Environment Policy no longer allows for lapses in compliance - either in Virtus training or in background screenings - for ALL OLPH VOLUNTEERS AND EXPLORER YOUTH GROUP LEADERS. Anyone falling out of compliance at any point must immediately cease from their designated area of service at OLPH until such time as they are in compliance once again. No one - not members of the clergy, volunteers, educators, employees etc. - may serve for even one day when out of SEP compliance.

**CAFE** will hold its first meeting on Tuesday, September 6, at the Student Union Building at the University of New Mexico, for supper and an "Ask A Priest" gathering at 6 - 8 pm. If you know a Catholic student at UNM, or a student interested in learning about the Catholic Faith, please give them the contact information for our priests or the officers: Joseph Lutz, [josephlutz86@gmail.com](mailto:josephlutz86@gmail.com), or Colin Herring, [colin.herring924@gmail.com](mailto:colin.herring924@gmail.com). CAFE provides presentations, question and answer nights, and fellowship. We have had conversions, returns to the Faith, priestly vocations, and Catholic marriages come out of CAFE in the last twelve years. And do please say a prayer for a successful semester; we meet on the first and third Tuesdays.

**Ask A Priest high school youth group** meets on the fourth Sunday of the month, for supper, Catholic apologetics studies and game nights here at our church, 5:30 - 8 pm. All high school students are welcome to attend. Contact Father Chris, Jana Brewer, [jana\\_brewer@yahoo.com](mailto:jana_brewer@yahoo.com), or Abenicio Gallegos, [abeniciogallegos@gmail.com](mailto:abeniciogallegos@gmail.com), with any questions.

**I publish the bans of marriage** between Rey Mejia and Michelle Satos of the Parish of Our Lady of Perpetual Help Byzantine Catholic for the Crowning of Marriage on Saturday September 24<sup>th</sup>, 2022. If any of you know cause or just impediment why these persons should not be joined together in Holy Matrimony, you are to declare it. This is for the third time of asking.

**Next Sunday**, an important event will take place in our parish. The ceremony will emphasize the importance of religious instruction; a responsibility not only of catechists, but parents as well.

During the Divine Liturgy we will pray for our catechists and students as they begin the new catechetical school year. The priest will bless them in their good work. Let us ask the Lord our God to grant them wisdom, knowledge, understanding and holiness! We ask that all catechists and students be present.

Dear Parish Family, **40 Days for Life starts on Wednesday September 28th.** Your help is needed; a lot of people are coming to New Mexico from Texas and other states to get an abortion. But lives can be saved when people come out to peacefully pray, fast, and witness for Life! 22,013 babies are saved since 2007 from all of the 40 Days for Life locations. As usual every parish has a designated day to come pray and witness the Sanctity of Life in front of the abortion clinic on San Mateo or Lomas. **Our Parish is scheduled on Friday September 30th and Friday October 28.** See flyers on greeting table or bulletin board in the hall for more info or visit the PDL website - [www.defendinglife.org/40daysforlife](http://www.defendinglife.org/40daysforlife).

### **St Ephraim the Syrian on the Holy Cross**

"The Cross abolished idolatrous adulation, enlightened the whole universe, gathered all the nations into one Church and united them with love. The Cross is the resurrection of the dead. The Cross is the hope of Christians. The Cross is the staff for the lame. The Cross is comfort for the poor. The Cross is the deposing of the proud. The Cross is the hope of those who despair. The Cross is food for the sailors. The Cross is haven for the bestormed. The Cross is the father for orphans. The Cross is comfort for those who mourn. The Cross is the protector of children. The Cross is the glory of men. The Cross is the crown of elders. The Cross is light for those sitting in darkness. The Cross is freedom for slaves, wisdom for the ignorant. The Cross is the preaching of prophets, the fellow-traveler of apostles. The Cross is the chastity of maidens, the joy of priests. The Cross is the foundation of the Church, the establishment of the universe. The Cross is the destruction of idolatrous temples, temptation for Jews. The Cross is the cleansing of the lepers, the rehabilitation of the enfeebled. The Cross is bread for the hungry, a fountain for the thirsty. The Cross is the good hope of monks, clothing for the naked.

By this holy armor of the Cross Christ the Lord has terminated the omniconsuming bowels of Hades and blocked the many snares in the mouth of the devil. Having seen the Cross, death trembled and released everyone whom she possessed with the first creature. Armed with the Cross, the God-bearing apostles subdued all the power of the enemy and caught all peoples in their dragnets, and gathered them for the worship of the One Crucified. Clothed in the Cross as in armor, the martyrs of Christ trampled all the plans of torturers and preached with plainness the Divine Cross-bearer. Having taken up the Cross for the sake of Christ, those who renounced everything in the world settled in deserts and on mountains, in caves and became the fasters of the earth.

But what language is worthy to praise the Cross, this invincible wall of the Orthodox, this victorious armor of the Heavenly King?! By the cross the Almighty One bestowed unspeakable blessings on humanity!

Therefore on the forehead, and on the eyes, and on the mouth, and on the breasts let us place the life-giving Cross. Let us arm them with the invincible armor of Christians, with this hope of the faithful, with this gentle light. Let us open paradise with this armor, with this support of the Orthodox faith, with this saving praise of the Church. Neither in one hour, nor in one instant, let us not forget the Cross, nor let us begin to do anything without it. But let us sleep, let us arise, let us work, let us eat, let us drink, let us go on our way, let us sail on the seas, let us go across the river, let us adorn all our members with the life-giving Cross. And let us not be frightened 'by the terror of the night, nor by the arrow that flies by day, nor by anything roaming in darkness, nor by any calamity, nor any noonday demon' (Ps. 90:5, 6). If, O Christian, you will always take up the Cross of Christ on yourself as a help, then 'evil shall not come towards you, nor any scourge come near your habitation': for the opposition power seeing it trembles and leaves."



We rejoice with Dylan and Valery on birth of their third daughter, Isabella Guadalupe shortly after midnight on Friday September 2<sup>nd</sup>. Weight 9lb and 15oz. Grant O Lord to the new born Bella Lupita peace, health and happiness for many and blessed years!!!!



### **Ask a priest anything question: What is the rapture?**

From Catholic Answers: An area of Catholic theology that is often misunderstood by non-Catholics and Catholics alike is that of the end times and the rapture. The concepts of the end of the world and death are very dramatized and in many ways mysterious in our current society. Because of this, much fiction has been mixed in with truth, blurring the lines between what has been revealed in scripture, and what are simply fanatical ideas.

When many people, Protestant and Catholic alike, think of the end times, they automatically think of the rapture, a type of "Left Behind" event. In this event, those who are right with God are mysteriously taken up into heaven, and those who are living in sin, remain on Earth during a time of tribulation and chaos. The Catholic teaching on the end times however, does not support this type of event.

The word "rapture" comes from the Latin word meaning "to be caught up" or "taken up". This refers to the passage in St. Paul's letter to the Thessalonians 4:17 which states, "then we who are alive, who are left, shall be caught up together with them in the clouds to meet the Lord in the air; and so we shall always be with the Lord." The Catholic understanding of this passage is that those believers who are alive during Christ's second coming will not experience death, but rather, will be gloriously transformed and join the saints already with Christ. Nowhere in 1 Thessalonians does St. Paul teach a secret coming of Christ. Furthermore, St. Paul states that Christ's coming will be announced by the cry of an archangel and by a trumpet blast. St. Paul is describing the resurrection of the dead that will take place at Christ's second coming. It appears, when reading 1 Thessalonians that Christians at the time were worried that those who died before Christ's second coming would not share in His triumphant return. Paul assures them that when the time comes, they will join the resurrected to meet the Lord and will share in Christ's triumphant descent from heaven to earth.