

4th Sunday of the Great Fast / St. John Climacus / T one 8

Glory to Jesus Christ! / Glory to Him Forever!
| Gloria a Cristo! | Gloria a E | para sempre!

The Great Canon of St. Andrew of Crete

Structure and composition: The Great Canon consists of four parts, each divided into nine odes like a regular canon. However, there are slight differences between the odes of the two compositions. In the Great Canon, there is a greater number of troparia. At the refrain "Have mercy on me, O God, have mercy on me," a full prostration is performed. Also, some of the odes have additional refrains and troparia to the author of the canon, St. Andrew of Crete, or St. Mary of Egypt, one of the greatest models of repentance in Christian history.

Usage: The Great Canon is served during the first week of the Great Lent. In the Slavonic tradition, which this parish follows, the Canon is sung on Thursday of this week, and then the Life of St. Mary of Egypt is read at the conclusion. This practice was implemented during the life of St. Andrew, who was also the author of St. Mary's hagiography.

Contents: A basic distinguishing feature of the Great Canon is its extremely broad use of images and subjects taken both from the Old and New Testaments. As the Canon progresses, the congregation encounters many biblical examples of sin and repentance. The Bible (and therefore, the Canon) speaks of some individuals in a positive light, and about others in a negative one—the penitents are expected to emulate the positive examples of sanctity and repentance, and to learn from and avoid the negative examples of sin, fallen nature and pride. The Canon is written in such form that the faithful identify themselves with many people and events found in the Bible.

The Canon is a dialogue between Andrew and his own soul, and is a call to change one's life. Andrew used the biblical images to inspire himself to greater repentance and sorrow for his failings. It is a mix of sorrow, humility, hope in God, praise to the Holy Trinity, and devotion to Our Lady, the Mother of God. If you are unable to attend, or if you want your own copy for your own personal devotion later, it's available in our Gift Shop.



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

Rectory (505) 268-2877

abbaolph@gmail.com

Father Deacon Thomas Donlin

donlin.thomas@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

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)

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).

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!

Hebrews 6:12-20; 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
2:00 pm Albuquerque Catholic Women's Choir
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine

Mar 11 Mon ***Sophronius Patriarch of Jerusalem / Gen 13:12-18; Prov 14:27-15:4***



6:00 pm Advisory Board Meeting

Mar 12 Tue ***Theophane Venerable-Confessor / Gen 15:1-15; Prov 15:7-19***

Mar 13 Wed ***Translation of the Relics of Nicephorus Patriarch / Gen 17:1-9; Prov 15:20-16:9***



6:00 pm Liturgy of the Presanctified Gifts / +Alexander Siksay by Maria Kartsub

Mar 14 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
Reading life story of St. Mary of Egypt

Mar 15 Fri ***Agapius and Others Martyrs / Gen 22:1-18; Prov 17:17-18:5***



9:00 am Prayer and Witness in front of abortion clinic on Lomas
6:00 pm Liturgy of the Presanctified Gifts / +Maureen Padilla and for the consolation of her husband Joseph by Juanita Montoya followed by meatless potluck in the hall

Mar 16 Sat ***Akathistos Saturday / Heb 9:24-28; Mk 8:27-31***

9:00 am God's Blessing of Adan and Oksana Martinez (masks required)
12—3:00 pm Pysanky Workshop

Mar 17 Sun ***5th Sunday of the Great Fast / St. Mary of Egypt***

4:00 pm Great Vespers / YouTube LIVE
Hebrew Scriptures for Sunday: Genesis 48:8-22; Daniel 3:13-28;
Jeremiah (Lamentations) 1:1-11
5:00 pm +Priest Francis Vivona

YouTube LIVE
ECF Classes 8:30 am Rosary
9:00 am Matins & Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors & Friends
5:30 pm Ask A Priest

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	

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.

God our Savior, you come to us and heal us even when we have doubts. We humbly implore you, grant your Church priests, deacons, monks and nuns who are dedicated to a life of prayer and fasting, so that all the oppressive powers may be cast out and flee from this world. Help us to journey together on the ladder of divine ascent, so that we may reach the summit of love in the life with you, we pray you, hear and have mercy.

"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: Carol Donlin

Next Sunday:

Davidson-Talley Family

March 17, 2024

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

**Propers for 3/17/2024
5th Sunday of Great Fast
Resurrection Tone 1**

Typical Psalms & Beatitudes - 16,17 & 23

Troparion (Tone 1) - 125

Troparion (GF) - 230
v. Glory...

Kontakion (GF) - 230
v. Now & Ever...

Theotokion - 406

Prokeimenon & Alleluia - 127 & 231

Instead of 'It is Truly Proper' - 231

Our Father- 66

Communion - 78 & 232 [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 Patricia at pocb@unm.edu

Alicia's Hall Report

Wow- what a great weekend! Thanks to everyone who brought food for Fr. Michael's retreat Friday night, Saturday and Sunday lunch. The New Mexican feast was outstanding! Thanks so much to everyone who helped set up, serve, and clean up over the weekend! Next week, we'll have a meatless Italian potluck. Please sign up here to contribute in any way

<https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph>

Have a blessed 5th week of the Great Fast!

Coming Events—Mark Your Calendars Now

Tue April 9	6:00 pm Father Chris' talk on his NEW book, <i>Looking to Tomorrow, Part 1</i>
Wed April 24	Mid-Pentecost
Tue April 30	6:00 pm Father Chris' talk on his NEW book, <i>Looking to Tomorrow, Part II</i>
Sat May 4	10am—3pm Annual Byzantine Bazaar
Wed May 8 Thu May 9	Ascension of Our Lord Holy Day of Obligation 6:00 pm Vigil Divine Liturgy 9:00 am Divine Liturgy
Tue May 14	6:00 pm Father Chris' talk on the History of OLPH 1974—2024
Sat May 18	5th All Souls Saturday 9:00 am Divine Liturgy / Panahida
Jun 3 - Jun 6	Annual Clergy Conference in Albuquerque
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

*Dear Parish Family, we are privileged to host **the Albuquerque Catholic Women's Choir.** The Lenten Prayer Concert will begin TODAY at 2:00 pm in the church nave. The concert is free of charge but the donations are welcomed. For more info please see flyer on the greeting table / bulletin board. Join us in Prayer and Song!*

ASK A PRIEST will have a special meeting on St. Patrick's Day, March 17th, with pizza at 5:30 pm and presentation and questions from 6 - 8 pm. This is due to Holy Week and Pascha taking up the following weekends. We will go back to our 4th Sunday schedule in April. Teenagers or their parents are asked to check in with Jana Brewer so that we can plan accordingly for the food.

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. 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!

NEW this year the MISSION SOCIETY is offering mixed packages of Easter cards with different icons of the Resurrection. 100% of your card purchases & donations goes to **UKRAINE RELIEF**. We are helping our mother church provide rent, food, fuel, and clothing for people displaced from the Russian-occupied zones or those bombed out of their homes by Russian missiles. The Caritas (Catholic Charities) office in the eparchy (diocese) of Mukachevo provides psychological and spiritual support to the families who have been displaced, and to the families of soldiers killed by the Russian forces, especially to children.

The cards cost \$10 for a packet of five. 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 Wednesday of Holy Week, March 27th. 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! God bless you, and may the Immaculate Heart of Mary triumph soon in Russia!

To donate or learn more visit our website at www.missionboronyavo.org

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:

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.

Father Chris' NEW book, *Looking to Tomorrow: The History and Mission of the Byzantine Catholic Church* is in our bookstore. This is an 800 page, two volume set, with professionally made maps, covering the entire history of our Church from the mission of Saints Cyril and Methodius in the 9th century to today, in Central Europe and North America. It is a limited edition, and there is no other book like it, and nothing on the internet that matches the details, sources from multiple languages, and comprehensive overview of our Church's life. Cost is 80\$ per set

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@eph.org

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. He lived there for about 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 hospice 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 the Abbot of Raithu, a monastery that was once 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*. ***Ladder of Divine Ascent*** is read aloud in Orthodox and Byzantine Catholic monasteries during the Lenten season when the monks or nuns are gathered for their meals.

Quotes from The Ladder : “Those who are quick to strictly judge the sins of their neighbor sink into this problem because they have not yet achieved a regular and careful remembrance of their own shortcomings. For if one could perceive his own sins precisely, without the curtain of pride, he would concern himself with nothing else while he lived, seeing that even if he were to live a hundred years, he would not have time enough to grieve over his sins even if he were to see the entire river Jordan pouring forth as tears from his eyes. I have seen that type of grieving, and I did not discover in it even the slightest bit of condemnation.”

“Do not be surprised if you fall every day and do not surrender. Stand your ground bravely. And you may be sure that your guardian angel will respect your endurance. A fresh, warm wound is easier to heal than those that are old, neglected, and festering, and that need extensive treatment, surgery, bandaging, and cauterization.”

“I should not neglect to speak of the remarkable accomplishment of the community baker. He had reached the point of being ever-mindful of God and weeping during his labor. I inquired from him how he obtained such gifts. When I urged him on the matter, he said, “I never thought I was serving men, but God himself. And having decided I was unworthy of stillness,”

“Tell us fool, what is the name of the man that fathered you and the mother who for the cause of wickedness brought you into the world, and the names of your vile sons and daughters. And not this alone, but tell us the plots and plans of those who battle against you and destroy you.” Anger will answer us, “I have many sources, and many fathers. My mothers are vanity, greed, and often lust. My father's name is pride. My daughters are: remembering ill-treatment, wrath, hatred, and declaration of rights. But my enemies, who keep me bound, are the virtues of liberty from anger and humility. She who plots against me is known as meekness. But in regard to the one who begat meekness, ask her in the proper time.”

“Liberty from anger is an inexhaustible appetite for disgrace, just as for the egotistic there is a never-ending appetite for praise. Liberty from anger is a triumph over nature and an indifference to slander, obtained by toil and perspiration”

“Humility is an unchanging character of the soul which continues untouched either by a bad or good report, in disgrace or in honor.”

“The start of liberty from anger is stillness of the mouth when the heart is troubled. The middle is a stillness of the mind when there is a small agitation of the soul. The end is an unchanging calm beneath the breath of polluted winds.”

“Let it not be a surprise to you that stumble each day. Never give up, but hold your ground with courage. Most assuredly your guardian angel will give honor to your long-suffering. While an injury is still new and warm it is not hard to heal, but aged, ignored and festering ones are difficult to cure, and their treatment requires much care through cutting, bandaging and cauterization. And if ignored for too long they become incurable. However, with God all things are possible.”



Lenten Retreat



**Churching of
Lola Wiegel**

