

March 3, 2024 / T one 7 / 3rd Sunday of the Great Fast / Veneration of the Cross

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



The symbolism of the "complete" Cross is quite complex. Through the Cross came our Salvation. We are constantly reminded that Christ died for us when we see the Image of the Cross (depicting the crucified Lord), and we are reminded that He rose from the dead when we behold the Image of

Christ "Not made by hands" (Slavonic:

Нерукотворенный образъ) on the towel (depicting the Lord risen from the dead). Worshipping the crucified Lord are two flying angels. In some depictions of the Cross the Angels are bearing an image of the Holy Trinity, but traditions vary in allowing this; usually the Angels are simply holding towels, indicating their position as messengers who serve the Lord and who wait on Him. The top bar of the Cross is the title-board which

Plate ordered to be hung in mockery over Christ's head. On this board was inscribed: "Jesus of Nazareth, King of the Jews" in Hebrew, Greek and Latin (abbreviated to the Greek initials 'INBI', or the Latin initials 'INRI' in the Western tradition). This has been replaced with the Christian inscription: "King of Glory" (Slavonic: Царь славы), placed below the knees of the angels. In addition, just above Christ's arms we see the inscription: "IC XC", being the first and last letters of Christ's name in Greek (Greek: Ihsous Khristos; Old Rite Slavonic: Ісѹсъ Христосъ; New Rite Slavonic: Іисусъ Христосъ). On the bottom we see the

Mother of Jesus with St John the Beloved Disciple. Note that in the proper Orthodox tradition the Savior does not wear a crown of thorns (as in the Western tradition), nor is He portrayed alive on the Cross, nor in any aspect of suffering, but in a state of humble and peaceful repose, with inclined head. Also note that His feet are nailed with two nails.

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

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Father Christopher Zuger

pastor emeritus

(505) 256-1787

Frchris.zuger@gmail.com

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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 4:14-5:6; Mark 8:34-9:1

YouTube Live 8:30 am Rosary 9:00 am Festal Matins & Confessions
Lenten retreat 10:00 am Divine Liturgy for Parish Family, Benefactors & Friends
Day 3 Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine

Mar 4 Mon ***Gerasimus Venerable / Gen 8:21-9:7; Prov 11:19-12.6***



9:00 am Akathist to the Cross
6:00—9:00 pm Pysanky Workshop

Mar 5 Tue ***Conon Martyr / Gen 9:8-17; Prov 12:8-22***

9:00 am Akathist to the Cross
6:00 pm CAFÉ Meeting at UNM

Mar 6 Wed ***MID-LENT / 42 Martyrs of Ammorium / Gen 9:18-10:1; Prov 12:23-13.9***



6:00 pm Liturgy of the Presanctified Gifts +Bryanna Marie Kernaghan
by Kenneth Montoya

Mar 7 Thu ***Basil and Others Bishop Martyrs of Cherson / Gen 10:32-11:9; Prov 13:19-14:6***

12—3:00 pm Pysanky Workshop

Mar 8 Fri ***Theophylact Bishop Confessor / Gen 12:1-7; Prov 14:15-26***



9:00 am Prayer and Witness in front of abortion clinic on Lomas
6:00 pm Liturgy of the Presanctified Gifts +Jess & Margaret Ponce
by Juanita Montoya/ followed by meatless potluck in the hall

Mar 9 Sat ***40 Martyrs of Sebaste***

9:00 am Divine Liturgy followed by All Souls Panachida
10:30 am—4:00 pm Explorers Youth Group

Mar 10 Sun ***4th Sunday of the Great Fast / St. John Climacus / Heb 6:12-20; Mk 9:17-31***

4:00 pm Great Vespers / YouTube LIVE
Hebrew Scriptures for Sunday: Genesis 41:14-31; Judges 16:4-21; Hosea 14:1-9
5:00 pm God's Blessing on Richard Hansen by Cindy Loescher

YouTube LIVE
ECF Classes

8:30 am Rosary
9:00 am 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

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: Fogg Family
Next Sunday: Carol Donlin

March 10, 2024

Cantor: Evie Jilek

Reader: Brook Jilek

Altar Server: Michael Grega

Trojica: Lucy Brewer

Counters: Mary Blain & Cindy Loescher

**Propers for 3/10/2024
4th Sunday of Great Fast
Resurrection Tone 8**

Typical Psalms & Beatitudes - 16,17
& 23

Troparion (Tone 8) - 161

Troparion (GF) - 226

v. Glory...

Kontakion (GF) - 226

v. Now & Ever...

Theotokion - 406

Prokeimenon & Alleluia - 162 & 226

Instead of 'It is Truly Proper' - 231

Our Father- 73

Communion - 78 & 227 [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

Great Potato Bar last Sunday! Thanks to Natalie for bringing chili beans and potatoes, Lo and Laura for bringing delicious toppings, Julia for bringing rice, and the Woffords for bringing cupcakes for Marie's 1st birthday!

Thanks to everyone else who brought food, set up, served, and cleaned up!

Next Sunday we'll have stir fry. Sign up here to contribute: [https://](https://www.signupgenius.com/)

www.signupgenius.com/go/10C054AAAAA2AA4F94-olph and have a blessed 5th week of the Great Fast!

Coming Events—Mark Your Calendars Now

Sat Mar 9	Feast of the 40 Martyrs of Sebaste 9 am Divine Liturgy / All Souls Panahida
Mon Mar 11	6:00 pm Advisory Board Meeting
Thu Mar 14	7:00 pm Matins with Great canon of St. Andrew of Crete / Reading Life story of St. Mary of Egypt
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>
Sat May 4	10am—3pm Annual Byzantine Bazaar
Tue May 14	6:00 pm Father Chris' talk on the History of OLPH 1974—2024
Jun 3 - Jun 6	Annual Clergy Conference in San Diego
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

FIFTY YEARS AGO THIS MONTH

Father Joseph Ridella, pastor in Saint Nicholas church in Fontana, California, began regular visits. He would fly in from San Diego after serving his own parish. He was assisted by Father John Bovankovich from Phoenix. Services were offered in English and Old Slavonic.

*Dear Parish Family, we are privileged to host **the Albuquerque Catholic Women's Choir on Sunday March 10th. The Lenten Prayer Concert will begin 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!

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: 3/4 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.

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@ephx.org

3rd Sunday of the Great Fast – VENERATION OF THE HOLY CROSS

Each of the Sundays of Great Lent has its own special theme. This Sunday's theme is that in the cross of Christ crucified lies both "the power of God and the wisdom of God" for those being saved (1 Cor 1:24). On this Sunday in the middle of the Lenten season, the cross stands in the middle of the church, not merely to remind the faithful of Christ's redemption and for them to keep the goal of their Lenten efforts, but also as a reminder: "He who does not take up his cross and follow me is not worthy of me" (Mt 10:38). The historical theme, as seen in the hymnology, is the victory and joy of the cross, not the suffering. The Church fathers equate the life-giving cross with the tree of life and plant it in the middle of the Lenten pilgrimage. It was the tree that was planted in Paradise; it is to remind the faithful of both Adam's bliss and how he was deprived from it.

For the catechumens of the early church, and the faithful preparing for Pascha today, the spiritual theme starts to change from personal faith, and personal effort, to Christ. The Church teaches that it is Christ's cross that saves. One cannot take up his own cross and follow Christ unless one has Christ's cross which he took up to save mankind. Partaking of this tree, one will no longer die, but will be kept alive.

This Sunday is here to refresh, reassure and to encourage those participating in Great Lent. We are now at the halfway point of the Great Fast, and we are encouraged to either keep up the good work, or get moving on our conversion! The Church equates the appearance of the cross at this time to the banners and symbols that precede the return of a victorious king. The Epistle reading is from Hebrews 4:14-5:6 and explains Christ's priesthood, and the Gospel lesson from Mark 8:34-9:1 ends with And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power.

The cross is the door to mysteries. Through this door the intellect makes entrance in to the knowledge of heavenly mysteries. The knowledge of the cross is concealed in the sufferings of the cross. And the more our participation in its sufferings, the greater the perception we gain through the cross. For, as the Apostle says, "As the sufferings of Christ abound in us, so our consolation also abounds in Christ." - St Isaac of Syria

O Savior of all men, especially of those who have faith, Because Thou were crucified of Thy own will, and was put to death voluntarily, the lawless say not of their will were the limbs of the robbers broken; But Thine, they did not break, in order that they might learn That Thou didst not come among the dead against Thy will, but willingly Thou didst give up Thy spirit, Thou Who art everywhere and fills all things. – St Romanos

Of course, it would be easier to get to paradise with a full stomach, all snuggled up in a soft feather-bed, but what is required is to carry one's cross along the way, for the kingdom of God is not attained by enduring one or two troubles, but many! – Elder Anthony of Optina

The knowledge of the Cross is concealed in the sufferings of the Cross. - Pope Gregory the Great

We have been born anew through baptism and restored by the tree of the cross. The passion of the Lord effects the resurrection of our race and its readiness by grace to paradise whence it had fallen by sin freely willed. When Christ provided for us the refuge of his cross, the Lord destroyed the sting of death which was reigning over us. – St Benedict of Nursia

The cross is taken up by us, when either our body is pained by abstinence, or our soul afflicted by fellow-feeling for our neighbor. – St Bede the Venerable

We bow to Your Cross, O Lord, and we praise Your holy resurrection!



Celebrating the 1st Sunday of Lent

