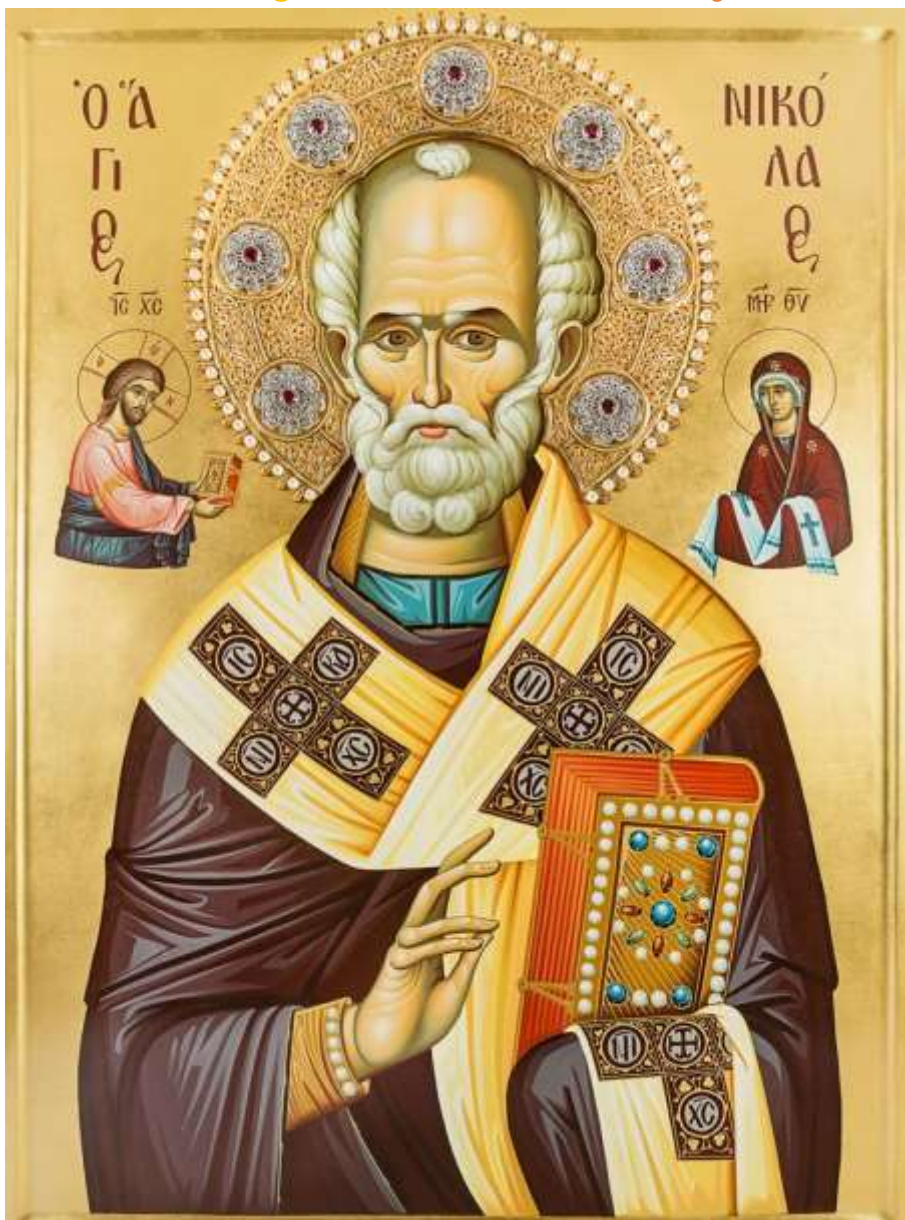


December 10, 2023 / T one 3

28th Sunday After Pentecost

Christ is Among Us! He is and Always Shall Be!



St. Nicholas is here to pick the gifts for the Angel Tree!!

We have been collecting to help the Orphanage in Ukraine and our seminarians in Pittsburgh We have been also collecting Christmas cards and notes of encouragement for the seminarians. Thanks for your help in making someone's Christmas special.

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.zuger@gmail.com
www.frchriszuger.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)

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!**

Colossians 1:12-18; Luke 17:12-19

YouTube Live 8:30 am Rosary 9:00 am Festal Matins & Confessions
St. Nicholas Award 10:00 am Divine Liturgy for Parish Family, Benefactors & Friends
After dismissal St Nicholas Play / Visit of St. Nic
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine
5:30 pm Ask A Priest

Dec 11 Mon ***Daniel the Stylite Venerable / Heb 3:5-11 & 17-19; Mk 8:11-21***



9:00 am God's Blessing on Guy Karcher Family by Charity Karcher

Dec 12 Tue ***Our Lady of Guadalupe / Heb 9:1-7; Lk 1:39-56***

9:00 am God's Blessing on Matt and Mary Blain

6:00 pm Advisory Board Meeting

Dec 13 Wed ***Eustratius and Others Martyrs / Eph 6:10-17; Lk 21:12-19***



6:00 pm +Marilyn Sue Pitman

Dec 14 Thu ***Thrysus and Others Martyrs / Heb 7:1-6; Mk 9:10-16***

6:45 pm THEOSIS Bible Study (zoom)

Dec 15 Fri ***Eleutherius Bishop—Martyr / Heb 7:18-25; Mk 9:33-41***



9:00 am Prayer & Witness in front of abortion clinic on San Mateo/Lomas

6:00 pm God's Blessing on Patty Baker by Cindy Loescher

Dec 16 Sat ***Haggai Prophet / Eph 2:11-13; Lk 14:1-11***

9:00 am (masks required) Healing and Salvation of Rebecca Russo by Shari

Dec 17 Sun ***Sunday of the Forefathers / Col 3:4-11; Lk 14:16-24***

4:00 pm Great Vespers / YouTube LIVE

Hebrew Scriptures for Sunday:

Genesis 9:18-29; 2 Samuel 22:26-52:1; Isaiah 56:1-7

5:00 pm +Al & +Agnes Adamsko by daughter

YouTube LIVE 8:30 am Rosary
9:00 am 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

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	Fr Robert Rankin	Juanita Montoya
Jenny Ford	Fr. Steve Washko	Jacob McTernan
Marilyn Fore	Buster Miscusi	Paola Terlaza
Sven & Barbara Svensson	Barbara De Lap	Ruth Sousa
Laurie Bienz	Irene Bradley	Linda Granci
Brent Dodson-Sands	Sorlah Chavez	Vicki Frank
Lara Davis	Abraham Haddad	Christopher Barlow
Carol Donlin	Marianne Gerace	Jordan Smith
Marcie Dark	Michael Baron	Janet Worthington
Jesse Hebert	Gabriel Preisler	Patti Klinkovsky
Fr Chris Zugger	Jessica Pieniadz	Matt Williamson
Fr Chris Andrews-Madaly Davis	Rhonda	James Epstein
Rebecca Russo	Glasscock	Katy Ford
	Amber Roybal	Alton & Barbara
	Philip Leahy	Bertschinger

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 / December For Persons with Disabilities

We pray that people living with disabilities may be at the centre of attention in society, and that institutions may offer inclusive programs which value their active participation.

"Get up and go your way. Your faith has healed you!" The faith of the healed Samaritan leper who returned to thank Jesus is a model of thanksgiving and love for God. Our Lord works through the faith of those who love him and serve His body, the Church. Is a life of service and faithfulness to God and His Church as a priest, deacon, monk or nun something that may be for you or someone you know? Contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org



Vocation Icon

Today: Davidson-Talley Family
Next Sunday: Carol Donlin

December 17, 2023

Cantor: Evie Jilek
 Reader: Brook Jilek
 Altar Server: Michael Grega
 Trojica: Zoe Serna
 Counters: Jana Brewer & Ann Rajala

**Propers for 12/17/23
 Sunday of Forefathers
 Tone 4**

Troparion (Tone 4)- 141
 Troparion (Forefathers) - 281
v. Glory...
 Kontakion (Forefathers) - 281
v. Now & Ever...
 Theotokion - 406
 Prokeimenon & Alleluia - 282
 Our Father - 69
 Communion - 79 & 283 [D]

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

Thanks to all who brought soup and bread last Sunday! And a big thanks to all who helped set up and clean up, especially Rita, Dan, Ashley, and the young ladies who are so helpful in whatever way they are needed! Everyone did a good job putting their silverware and mugs in the dishwasher. Please sign up to bring food and help in the kitchen for the coming weeks and for our Christmas Eve Holy Supper social, which falls on Sunday this year. <https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph>

Coming Events—Mark Your Calendars Now

Fri & Sat Dec 15 & 16	Women's Day of Reflection
Fri Dec 22 Strict Fast	9:00 am Royal Hours 7:00 pm Great Compline
Mon Dec 25	Christmas-Birth of Our Lord Holy Day of Obligation 9:00 am Matins 10:00 am Divine Liturgy
Tue Dec 26,	Synaxis of the Theotokos Solemn Holy Day 6:00 pm Divine Liturgy
Wed Dec 27	Stephen Protomartyr Simple Holy Day 6:00 pm Divine Liturgy
Mon Jan 1 2024	Circumcision / Solemn Holy Day 10:00 am Divine Liturgy of St Basil / Blessing of Litija / Myrovanije
Fri Jan 5 Day of Strict Fast	Vigil of Theophany 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
Sat Jan 6	Theophany of Our Lord Holy Day of Obligation 9:00 am Divine Liturgy of St. Basil Great Blessing of Water / Myrovanije
Mon Jan 29 Tue Jan 30	Three Holy Hierarchs / Simple Holy Day 6:00 pm Vigil Liturgy 9:00 am Divine Liturgy
Fri Feb 2	Meeting of Our Lord with Simeon and Anna / Solemn Holy Day 6:00 pm Divine Liturgy Blessing of Candles / Myrovanije
Sat Feb 3	1st All Souls Saturday 9:00 am Divine Liturgy / Panachida
Mon Feb 12	First Day of the Great Fast
Sat Mar 2	3rd All Souls Saturday 9:00 am Divine Liturgy / Panachida
March 1—3	Lenten Retreat with Fr Michael O'Loughlin
Sat Mar 9	Feast of the 40 Martyrs of Sebaste 9 am Divine Liturgy / All Souls Panahida

Saint Nicholas Award 2023 - Every year in our parish since 1985, the advisory board recommends someone to receive this award. The requirements are simple: that the recipient(s) be practicing Catholics, that they engage in charitable work inside and outside of the parish quietly, not looking for applause, as an act of love for Christ. Also, the board looks for someone who other parishioners recognize as being good souls who exemplify this. An icon of the holy bishop is given to the recipient(s) on the Sunday closest to December 6th. We eagerly and prayerfully await the winner(s) of this honorable prize this year!!! O, who loves Nicholas the Saintly!

Fr. Chris will be preaching an Advent Retreat on the Christ Child, the Real Presence of Jesus in the Eucharist, and preparing for Christmas at St. John XXIII church, December 13-15, at 6 pm, 4831 Tramway Ridge Drive N.E. Confessions will be heard during the talks.

Today is the collection for the Retirement Fund for Religious: Support a lifetime of service. Women and men religious have spent their lives serving others in prayer, ministry, education and care for those in need—usually for little or no pay. Today, their religious communities do not have enough retirement savings. As they age, they require essential care and medications. Your donation makes a difference for nearly 25,000 senior men and women religious.

The **MISSION SOCIETY** is pleased to present our beautiful *NEW 2023* Christmas card with the icon of the **Mother of God of Igor or Igorevskaya**. It takes its name from the Ukrainian prince Igor Olegovich. He was surprised by guards that kidnapped & jailed him. Before facing death, he prayed before the icon. The icon is once again the work of Iconographer Britta Prinzivalli. brittworks.com 100% of your card purchases & donations go to “**UKRAINE RELIEF**”. The eparchy (diocese) of Mukachevo continues to serve thousands of refugees displaced by the fighting in the south and east who have sought food & shelter in the Transcarpathian Oblast of Ukraine. Your Christmas card purchases & donations helps refugees with basic needs.

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 Wednesday, December 20th. This gives us time to scan and e-mail them to Ukraine. 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 Christmas Day. *In July 2023, Ukraine passed legislation moving its official Christmas holiday to December 25, further distancing itself from the traditions of the Putin-aligned Russian Orthodox Church, which celebrates the holiday on January 7.* Check out our website to see pictures of Bishop Nil praying for you & your loved ones during last Christmas & Easter liturgies! To donate or learn more visit our **website** at missionboronyavo.org

Guidelines for Volunteering at Our Lady of Perpetual Help

A volunteer is a valued part of the church. The volunteer should be at least 18 years of age. If under 18, the volunteer should be accompanied by a parent or have been given permission by the parent to perform volunteer activities while supervised by another adult.

All volunteers must be approved by the Pastor. At the Pastor's discretion, he can request letters of reference or additional information prior to approval.

All volunteers older than age 18 must complete a background check with the Eparchy of Phoenix and must complete the annual requirement for Safe Environment training.

For parishioners who are new to the parish, we ask for regular participation in the parish, the Holy Sacraments and Divine Liturgy for a period of one year before volunteering with Eastern Christian Formation, the Choir, or as an Altar Server.

December 12: Our Lady of Guadalupe

In 1523, just two years after the Aztec capital of Tenochtitlan fell to Hernán Cortés and his Conquistadors, the first Roman Catholic missionaries arrived to begin the religious conquest of Mexico. Among their first converts was Cuauhtlatoatzin (The Talking Eagle) baptized with the Christian name Juan Diego. On the chilly morning of December 9, 1531, Juan Diego crossed the barren hill called Tepeyac to attend Mass. He was brought to a sudden halt by a blinding light and the sound of beautiful music. Before him appeared an astounding vision--a beautiful dark-skinned woman who, calling the Indian "my son", declared herself to be the Virgin Mary, the mother of Jesus Christ. She told Juan Diego it was her desire to have a church built on Tepeyac hill, and asked him to relay that message to Bishop Juan de Zumarraga. The purpose of Juan Diego's original name was now revealed, as he had to speak on behalf of Our Lady to the Spanish bishop.

It was no easy task for the humble Indian to be granted an audience with the top prelate, but the persistent Juan Diego was finally admitted. The incredulous Bishop demanded that he be provided with some proof of the unlikely encounter. On December 12, while rushing to find a priest to attend his dying uncle, he took a short cut across the hill. The Virgin once again appeared and Juan Diego told her of the Bishop's request. The Virgin instructed him to pick roses from the usually barren and desolate hill and deliver them to Zumarraga as the sign.

Juan Diego gathered up the miraculous blossoms in his mantle and hurried off to complete his mission.

Once again before the Bishop, he let the roses spill out before him. Not only were the roses from the Spaniards' native Castile, but to their astonishment a perfect image of the Blessed Mother was revealed emblazoned on Juan Diego's cloak. Juan Diego's mantle, carefully preserved in the new Basilica, has been subjected to extensive analysis over the years. Experts have authenticated the fabric as dating to the 16th century, but have been unable to determine the type of pigment from which the image was rendered.

To this day, no one has been able to replicate the image, and the humble cactus cloth has survived pollution, acid, a bomb attack, and has not deteriorated at all, even though such cloaks usually collapse within two decades!

Skeptics are quick to denounce the Virgin's appearance on Tepeyac, the very site of an Aztec temple dedicated to Tonatzin (earth goddess, mother of the gods and protectress of humanity) which had been devastated by order of Bishop Zumarraga. But Our Lady comes to Tepeyac to conquer the old religion, while sanctifying a traditional place of prayer. Aztec religion believed in a cosmos that was frightening, which needed human blood from the sacrifice of tens of thousands of people every year in order to keep the universe in its proper balance. When the Spaniards toppled the Aztec altars, the Mexican nations awaited their destruction: but it did not come. Yet they could not relate to the new Spanish religion either, and the people were living in despair, confusion and anxiety. Now, this new Mother of God came to them.

She wore their clothing, her skin was their color, she spoke in their Nahuatl language, she was pregnant with a new life, and she called the people her children and little ones. She encouraged them to worship her Son, the true God, and within a few years eight million people converted to Catholicism.

The Holy Virgin Martyr Lucy

December 13th is the feast day of St. Lucy. St. Lucy was a virgin martyr during the worst persecution of the hands of the Roman Empire. She was killed at Syracuse in Sicily in 304, having been betrayed by a man who was angered when she rejected him in favor of remaining consecrated to Christ. Lucia means "light," a fitting name for a young woman who was known to visibly glow and radiate in her love for her spouse, Jesus Christ. Falling during the long, dark winter, there are many beautiful traditions associating this saint with the meaning of her name and her glorious position in heaven.

Her feast day is celebrated with candles, torches, and even bonfires. It is also a practice to plant wheat on her day in a small dish, so that by Christmas the blades of wheat can be put in the manger of the Christ Child in the Nativity scene.

Before the calendar reform in 1582, her feast day was the shortest day of the year, so her role as a light-carrier was emphasized. Legends say that St. Lucy would wear a wreath of candles on her head so she could see better, her arms full of supplies, as she served the poor Christians hiding from persecution in the dark underground catacombs. This is the source of the custom in Scandinavia where to this day young girls wear the lit wreath and bring baked goods to the family.



THE HOLY SUPPER DECEMBER 24

CHRISTMAS EVE: We traditionally have strict fast on Christmas Eve. (This year strict fast is moved to Friday because Christmas Eve falls on Sunday. See the announcement below.) No meat or dairy products are used, and the main meal is the Holy Supper. Animals are fed before the people, since the animals kept the Child Jesus warm in the manger. The spider is not harmed because she wove a web to hide the Holy Family from Herod's anger.

At the first appearance of a star in the evening sky, the Holy Supper is served. The table can be set with straw above and below as reminder of Jesus' poverty. An empty place may be set for Elijah, for he is the prophet who is to come to announce the Messiah. The empty place can also represent the souls of those who have died. The white tablecloth represents the swaddling clothes of the Christ Child. Candles stand for the Star. Three stacked loaves of bread represent the Trinity. Traditionally, dinner was split into twelve separate courses (including the desserts) in honor of the Twelve Tribes and Twelve Apostles. The traditional ritual of Holy Supper Recipes for these dishes can be found in the cookbook in our Gift Shop.

A prayer is offered for thanksgiving for all the blessings of the past year and for good things in the coming year. This is done by the head of the family, or by each member. Each person is anointed by the head of the family with a bit of garlic dripped in honey, making the sign of the cross, as a sign of the bitterness of life and sweetness of Jesus Christ. The first person to enter the house should be male, to announce the Birth of Christ. The following foods can be served: BREAD, HONEY, GARLIC MUSHROOM SOUP (no milk), PIROHI, FISH (baked or poached, not fried), BEANS, STEWED PRUNES, DRIED FRUIT, WINE, KOLACHI ROLLS, NUTS OR RAISINS, BOBALKI, POGACH (cabbage pizza)

Since Christmas Eve is on Sunday, December 24th, we will have an all-church potluck

after the 10am Divine Liturgy. In keeping with the traditions of Holy Supper, we are asking you to bring meat-free and dairy-free foods. A few ideas might include foods like: baked salmon,

soups (lentil, mushroom, minestrone), pierogies, (potato, onion and some with green chile), salads, fruit, bread. Bring foods you like. Please

sign up on the Signup Genius:

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

Do not worry if you haven't decided what to bring.

Just sign up under the appropriate category whether it be MAIN DISH, SIDE DISH, SALAD, FRUIT or BREAD. We will have plenty of food and Christmas caroling!

