

July 30, 2023 / T one 8
9th Sunday After Pentecost
Christ is Among Us! He is and Always Shall Be!



August 1 is a day of multiple events in the Byzantine rite calendar. It marks the start of the Dormition Fast; the Procession of the Holy Cross; the Seven Macabee Martyrs (Old Testament saints) with their mother and teacher; and the Little Blessing of Water.

Procession of the Holy Cross – In medieval cities, summer was the season of plague and other ailments. This is why the Dormition Blessing of Flowers includes herbs used in medicine. It became the custom to carry the True Cross through the streets of Constantinople on August 1, at the height of the plague season, to ask for protection from illness. A Cross can be set up in your home icon corner or altar, with flowers around it.

Small or Little Blessing of Water – It was the practice in the Byzantine rite to bless holy water on the first day of the month, February – December. Only the August blessing has survived, probably because of the summer heat, the demand for new holy water when epidemics broke out, and the carrying of the True Cross on this day in Constantinople (a cross is inserted three times into the water being blessed). Holy water can be sanctified at other times, using the simpler ritual of this day, but not that of Theophany.

**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**

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**Father Tyler Strand
(516) 661-0883
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):**

9:00—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)

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 per-
son 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 infor-
mation. You can do a one-time donation or set-
up 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 sys-
tem. 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 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!

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!

9th Sunday After Pentecost / 1 Corinthians 3:9-17; Matthew 14:22-34

YouTube Live 8:30 am Rosary 9:00 am Festal 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

July 31 Mon ***Eudocimus Venerable / 1 Cor 15:12-19; Mt 21:18-22***

9:00 am +Chris Talamante by Talamante Family

Aug 1 Tue ***Beginning of Dormition Fast / Procession of the Cross***
1 Cor 1:18-24; Jn 19:6-11.13-21.25-27.30-35

9:00 am God's Blessing on Talamante Family by Talamantes
Lesser Blessing of Water / Blessing of Honey / Start of the Dormition Fast

Aug 2 Wed ***Translation of the Relics of Stephen / 1 Cor 16:4-12; Mt 21:28-32***



5:30 pm OLPH Devotions
6:00 pm Pro-Life Liturgy by Svenssons

Aug 3 Thu ***Isaac and Others Venerables / 2 Cor 1:1-6; Mt 21:43-46***

Aug 4 Fri ***Seven Youths of Ephesus Martyrs / 2 Cor 1:12-20; Mt 22:23-33***



9:00 am Prayer & Witness in front of abortion clinic on San Mateo/Lomas
6:00 pm +Alice & +Augustine Paez by Dion and Darlene

Aug 5 Sat ***Prefestive of Transfiguration / Eusignius Martyr / Rom 15:30-33; Mt 17:24-18:4***

9:00 am (masks required) Liturgy + All Souls by Svenssons

Aug 6 Sun ***Transfiguration of Our Lord / 2 Pet 1:10-19; Mt 17:1-9***

4:00 pm Great Vespers with Litija / YouTube LIVE
5:00 pm Liturgy / God's Blessing on Ed and Cindy Loescher / Blessing of Fruits
Hebrew Scriptures for Sunday:
Exodus 24:12-18; Exodus 33:11-23; Kings 19:3-9.11-13.15-16

YouTube LIVE 8:30 am Rosary
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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	Paola Terlaza
Jenny Ford	Barbara De Lap	Ruth Sousa
Marilyn Fore	Irene Bradley	Linda Granci
Sven & Barbara	Soriah Chavez	Vicki Frank
Svensson	Abraham Haddad	Christopher
Laurie Bienz	Marianne Gerace	Barlow
Brent Dodson-	Lori Medina	Jordan Smith
Sands	Michael Baron	Janet Worthing-
Lara Davis	Gabriel Preisler	ton
Carol Donlin	Jessica Pieniadz	Patti Klinkovsky
Marcie Dark	Rhonda	Matt Williamson
Jesse Hebert	Glasscock	James Epstein
Fr Chris Zuger	Amber Roybal	Katy Ford
Fr Chris Andrews	Philip Leahy	Alton & Barbara
Fr Robert Rankin	Juanita Montoya	Bertschinger
Fr Steve Washko	Jacob McTernan	Andrea Riley

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 July For a Eucharistic Life

We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.

“Take heart! It is I! Do not be afraid.” Our Lord came to his disciples walking on water, and he called Peter to do the same. In fear and faith, he answered Jesus’ call. Is he calling you or someone you know to follow him as a priest, deacon, monk, or nun? Answering with your own fear and faith may be a blessing to you and to our Church. Contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org



Vocation Icon

Today: Wells Family
Next Sunday: Fogg Family

August 6, 2023

Cantor: Andrea Riley
 Reader: Michael Wells
 Altar Server: Michael Grega
 Trojca: Zoe Serna
 Counters: Rita Montano &
 Michael Wells

**Propers for 8/6/2023
 Transfiguration of Our Lord
 Festal Tone**

Antiphons & Entrance Hymn- 346-7
 Troparion - 347
v. Glory...
 Kontakion- 348*v. Now & Ever...*
 Theotokion - 406
 Prokeimenon & Alleluia - 348
 Magnification & Irmos- 349
 Our Father - 74
 Communion - 350

OLPH Prayer Warriors

Sunday (Zoom). Send your prayer requests to Patricia at pocb@unm.edu
 THE PRAYER WARRIORS IS OPEN TO EVERYONE--WOMEN, MEN, & CHILDREN (children who have their parents' permission)! Please join us!!

Alicia's Hall Report

Last Sunday we had a feast! Thanks to the Wyatts for providing a full pulled pork meal with coleslaw, cornbread salad, baked beans, pickles and cookies, and to the Woffords for sharing their delicious Greek food with us. Congratulations to the Davidson-Talley family, who came into the Byzantine Rite and thank you for the delicious Chantilly Lace cake! Thanks to all who brought side dishes and to Brook for the scrumptious blueberry ice cream...I'm getting hungry again! Please sign up to host or co-host a social or to set up, serve, or clean up! Every bit helps! <https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph> Have a blessed week!

Coming Events—Mark Your Calendars Now

Aug 7- Aug 11	Clergy Conference in Las Vegas, Nevada
Mon Aug 14 Tue Aug 15	Dormition of the Theotokos Holy Day of Obligation 6:00 pm Deposition of the Shroud / Liturgy/ Blessing of Flowers 10:00 am Hierarchical Liturgy with Bishop Kurt Burnette / Ordination of Thomas Donlin to Holy Diakonate
Aug 18-20	Annual Pilgrimage to Our Lady of Perpetual Help Shrine in Olympia WA https://stgeorgeolympia.org/shrine/
Mon Aug 28	Beheading of John the Baptist Simple Holy Day 6:00 pm Vigil Liturgy
Fri Sep 1	Beginning of the Church Year
Fri Sep 8	Birth of the Theotokos/Solemn Holy Day 6:00 pm Divine Liturgy
Thu Sep 14 Wed Sep 13	Exaltation of the Holy Cross/ Solemn Holy Day 6:00 pm Rite of the Exaltation of the Cross Vigil Liturgy
Sun Oct 1	Feast of the Holy Protection of the Theotokos
Oct 16-20	Clergy Retreat in Carefree AZ
Tue Oct 31	Blessed Theodore Romzha 9:00am Divine Liturgy
Nov 2-5	Assembly of the Byzantine Church 2023 in Hillsborough, NJ https://form.jotform.com/230514012134134
Wed Nov 8	Archangel Michael and All Angels Solemn Holy Day 6:00 pm Divine Liturgy
Tue, Nov 14	Beginning of Phillip's Fast
Mon Nov 20	Entrance of the Theotokos / Solemn Holy Day 6:00 pm Vigil Liturgy
Wed Dec 6	St Nicholas of Myra / Solemn Holy Day 6:00 pm Divine Liturgy / Myrovanije
Fri & Sat Dec 15 & 16	Women's Day of Reflection

EPARCHIAL APPEAL 2023: Collected to date: \$11,675.00. Thank you to Plut Family. Our parish goal this year is **\$18,320.60 which comes 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 Holy Protection of Mary Byzantine Eparchy. The Deadline for the Appeal is August 31st.. **Kindly give what you can to help our Eparchy and our Church. Thank you!**

God's Blessings and Congratulations to our newest Church Family member Francis Padilla! Last Sunday, we formally welcomed little Francis Jude into God's Family and our Byzantine Catholic Church as he received the Holy Mysteries of Christian Initiation (Baptism-Chrismation-Holy Eucharist) at the 10am Divine Liturgy. May the Lord grant to the God loving Padilla Family: Luke, Sarah and the newly enlightened warrior of Christ Francis, peace health and happiness for many and blessed years!

**COME JOIN US FOR THE 2023 ANNUAL MARIAN PILGRIMAGE IN OLYMPIA, WA!
THEME: JESUS CHRIST, THE BREAD OF LIFE**

Come join us in the 2023 Annual Marian Catholic Pilgrimage as we honor both the Virgin Mary at her Shrine, as well as Our Lord in the Holy Eucharist through liturgical worship, dynamic talks, music, activities, great fellowship and food!

2023 Pilgrimage Speaker: Fr Michael O'Loughlin

Pilgrimage Ticket Prices - Covers the Event, Materials, along with 2 Meals Provided on Saturday (Lunch and Dinner)

Adults (18+): \$25 per person

Youth (5-17): \$15 per person

Children 5 and Under: Free

Clergy, Clergy Families, and Religious/Monastics: Free

Please note: You can also register here and either mail in or present a check at the event. Meatless snacks will be provided on Friday evening. There will be children and youth activities on Saturday. Parents must be present on property at all times.

Go to our Website: olphsolymia.org

Parish of Saint George Website: saintgeorgeolympia.org

August 1; Maccabee Martyrs – The history of the Maccabean revolt against forced imposition of pagan practice is found in the Bible in 1 and 2 Maccabees. This story is found in 2 Maccabees 6:18–7:42. This chapter strongly influenced Christian writing about the sufferings of martyrs. In particular, the discourse of the mother to her last, and youngest, son is deeply moving.

The Maccabee books recount the struggle that took place when Antiochus IV began his rabid persecution of the Jews, trying to force them into the Hellenic world and paganism. The first uses of the words "Judaism" and "Hellenism" appear in the Bible in these books. The last high priests were incredibly corrupt and gave Antiochus the impression that the office was simply a job that could be traded around for bribes. The last one actually stole sacred vessels from the Temple, resulting in riots. **Antiochus brutally suppressed the riots, installed altars of Greek gods and a statue of Zeus on the altar in the Temple itself, banned Jewish worship and rituals, and ordered pagan worship. Jewish sacrifice was forbidden, sabbaths and feasts were banned, eating pork mandated, and those who persisted in the faith fiercely persecuted.**

Then in 166 BC Antiochus came up against an especially stubborn family. The mother, whose name is usually rendered Salome, was brought forward with her seven children, because they refused to eat pork. The boys' names are generally given as Habim, Antonin, Guriyah, Eleazar, Eusebon, Hadim (Halim) and Marcellus - which is a Greek name! The family interacted with the larger society, but held firm to its Jewish beliefs.

The account says of her: “[she] was the most remarkable of all, and deserves to be remembered with special honor. She watched her seven sons die in the space of a single day, yet she bore it bravely because she put her trust in the Lord.” In addition, the scribe Eleazar, over 90 years old, was killed for the crime of teaching the Jewish faith, in particular to this stubborn family, and refusing to sacrifice to the idols. The mother died last, either executed or throwing herself off of a high building to save herself from the Greeks. The Church preserves this feast because of what it teaches about constancy in faith, no matter what the cost, and the Maccabean Martyrs have been invoked over the centuries as inspiring figures.

Ways to Use Holy Water

St. Teresa of Avila extolled the importance of holy water:

From long experience I have learned that there is nothing like holy water to put devils to flight and prevent them from coming back again. They also flee from the Cross, but return; so holy water must have great virtue. For my own part, whenever I take it, my soul feels a particular and most notable consolation.

We Catholics often forget the power of this sacramental, and take holy water for granted most of the time. If we use it regularly, this is an easy trap to fall into. But we shouldn't let ourselves remain numb to holy water's efficacy.

1. Bless Yourself

This suggestion is obvious, but if we are only blessing ourselves with holy water on Sunday, then aren't we missing out on the rest of the week? You can never have too much grace or blessing in your life.

Use holy water daily. Keeping a holy water font in the home is a great idea so that you, your family, and guests can be blessed in the comings and goings from your home. Keep the font right by the front door to ensure you never leave home without it.

2. Bless Your Family

Use holy water to pray and make the Sign of the Cross over your spouse and children before they go to sleep at night. Bonding the family to each other and to God in this way is a great family tradition to adopt. Keep a holy water bottle by the bedside for this purpose.

3. Bless Your Work Space

If you work outside of the home, sprinkling your work space with holy water is a great idea, not only for spiritual protection on the work front, but also as to sanctify your daily work for the glory of God.

5. Bless Your Garden

It was a common practice in the Middle Ages for people to sprinkle their vegetable gardens with holy water. In times when people were very dependent on crops for their livelihood, lack of rain or early frosts could be devastating. Using holy water to bless and sanctify the plants that would be used for the family's sustenance showed their reliance on God's grace.

6. Bless the Sick

If you know of any sick friends or family, then blessing them with holy water probably counts as a corporeal *and* a spiritual work of mercy.

If you visit the sick in a hospital or nursing home, bless their living space with holy water and leave a holy water bottle with them as a comfort in their time of need.

Dormition Fast

Here is a sign that summer is almost over! Besides “Back to School Sale” signs, on Aug. 1 we begin a two-week fast in honor of the Holy Theotokos, in preparation for the celebration of her holy Dormition (falling asleep in the Lord). Our fast ends on August 14th, the Vigil of the Dormition of the Most Holy Theotokos. Traditionally this was a strict fast, but observance in America is voluntary.

According to tradition, our heavenly Mother in preparation for her death prayed and fasted. In imitation of her and for proper spiritual preparation for the glorious feast of the Assumption, the Church prescribes for her faithful a fasting period of two weeks. It begins on the 1st of August, that is, on the feast of the martyred Maccabees. However, the fast is not kept on the feast of the Transfiguration.

Why do we have fasting seasons? The Scriptural foundation for the practice of Fasting is found in the Synoptic Gospels, when the Pharisees criticized the Apostles for not fasting, Jesus said to them, *“Can the wedding guests mourn as long as the bridegroom is with them? The days will come, when the bridegroom is taken away from them, and then they will fast.”* Our Lord, in this passage, was referring to his being taken to be crucified; but in the larger sense these words of the Lord are understood in terms of his Ascension into heaven, and his command to preach the Gospel, which can only be accomplished with prayer and fasting. The New Testament mentions the practice of fasting many times.

According to Eastern Christian teaching, by fasting we observe this time-honored Apostolic practice. We can also unite our lives more closely to the Mother of God through the Dormition Fast. By fasting, we can join in and show our appreciation for the sacrifices of the Theotokos. **Our Lady sacrificed much to give birth to Holy God the Son within the Holy Trinity - Our Lord, God and Savior, Jesus Christ, to raise Him, and to be with Him during His ministry, His crucifixion, and His resurrection.**

Tips for a successful Dormition Fast –

Simple meals – this is a season where fresh fruits and vegetables abound, so make good use of them! If it is a meatless day, beans and nuts provide good protein.

Give money saved by fasting to a charity that helps the poor, or donate food to an agency like Roadrunner Food Bank.

Pray a devotional prayer to the Mother of God: the Akathist, the Rosary, or one specific Marian prayer.

Plan ahead to come to church on the feast day – it is a holy day of obligation for all Catholics!

Transfiguration – Fruit Blessings

Next Sunday is the Transfiguration. Plan ahead to bring fruit to be blessed at the Divine Liturgy! In the month of August in the northern hemisphere, fruits are ready for harvest and so these are brought to church on August 6 to be blessed for the Transfiguration. In particular, grapes are brought to church, symbolizing the wine for the Precious Blood of Christ in the Holy Eucharist, and apples signify our redemption from the curse of original sin, introduced when Adam and Eve ate from the Tree of Life. All fruits are welcome however. Please bring the fruit in a basket or container to be put on the blessing table.

August is the premier pilgrimage season in the Eastern Christian world. It is marked by three major feasts: the Transfiguration of Christ, the Dormition of the Virgin Mary, and the beheading of St. John the Baptist.