

February 4, 2024 / T one 3 / Sunday of Meatfare

Glory to Jesus Christ! / Glory to Him Forever!

¡Gloria a Cristo! / ¡Gloria a Él para siempre!



Sunday of Meatfare – of the fearsome and Last Judgment: we commemorate the second coming of Christ, so that no one take the love of God for mankind for granted and live in laziness saying, "God loves mankind, and when I am separated from Him by sin, all is prepared for my restoration." The Day of Judgment has been designated for commemoration at this point in time, that those who live in laziness may be encouraged to the virtues, not trusting only in the love of God, but also realizing that He is the righteous Judge who will judge all men according to their deeds. With one word the Lord will separate the righteous from the sinners. Those who have done good will receive eternal life, and those who have done evil will suffer the consequences of their hard hearted wickedness.

We should pause and meditate on today's Gospel reading: Christ will not ask who fasted, or who undertook ascetic struggles, or who performed miracles, for although these things are good, mercy and compassion are far better. He will question both the righteous and the sinners on six commandment-like virtues, of which everyone is capable: "For I was hungry, and you gave me to eat. I was thirsty, and you gave me drink. I was a stranger, and you took me in; naked, and you clothed me. I was sick, and you visited me. I was in prison, and you came to me. Inasmuch as you have done it to one of the least of these my brethren, you have done it to me."

(from the Synaxarion)

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!

1 Cor 8:8-9:2 / Mt 25:31-46

- 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
- ECF Classes**
- Feb 5 Mon** ***Agatha Martyr / 3 John 1-15; Lk 19:29-24 & 22:7-19***
9:00 am +Priest Francis Vivona
- Feb 6 Tue** ***Bucolus Bishop / Jude 1-10; Lk 22:39-42 & 45-23:1***
9:00 am NO LITURGY
6:00 pm CAFÉ Meeting at UNM
- Feb 7 Wed** ***Parthenius Bishop / Joel 2:12-26; Joel 4:12-21***
NO LITURGY
- Feb 8 Thu** ***Theodore Great Martyr / Jude 1-25/ Lk 23:1-34 & 44-56***
10-11:30 am OASIS Class at 3301 Menaul Blvd NE
6:45 pm THEOSIS Bible Study (zoom)
- Feb 9 Fri** ***Nicephor Martyr / Zech 8:7-17; Zech 8:19-23***
 9:00 am Prayer and Witness in front of abortion clinic on Lomas
6:00 pm +Ruth Sousa by Lara Davis (40 day commemoration)
- Feb 10 Sat** ***All Holy Ascetical Fathers & Mothers / Rom 14:19-23 & 16:25-27; Mt 6:1-13***
9:00 am +Joe Donlin, +John Schuler, +Demetrius Yackanich, +George Saade by Svenssons (masks required)
10:30 am—4:00 pm Explorers Youth Group
- Feb 11 Sun** ***Sunday of Cheesefare / Rom 13:11-14:4; Mt 6:14-21***
4:00 pm Great Vespers / YouTube LIVE
Hebrew Scriptures for Sunday: Genesis 1:1-5; Job 20:1-23; Proverbs 20:1-20
5:00 pm +Beverly Schwerdel by Mary Alice Cooper
8:30 am Rosary
9:00 am Matins & Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors & Friends
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- YouTube LIVE**
- ECF Classes**

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 / February.

For the terminally ill

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

Lord our God, judge of the universe, make us worthy to stand at your right hand as we come to you in repentance. Give us the wisdom to find and follow our vocations with faith and love. Grant your Church an increase of priests, deacons, monks and nuns, we pray you, hear and have mercy.

"Whatever you did for the least of my brethren, you did it for me." Our vocation is about being Christ to others and seeing Christ in others with as much faith, hope and love as possible. God may be calling you to this life through an increase in prayer as a monk, nun, or member of the clergy. To find out more, contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org



Vocation Icon

Today: Carol Donlin

Next Sunday:

Wofford Family

February 11, 2024

Cantor: Evie Jilek

Reader: Brook Jilek

Altar Server: Michael Grega

Trojica: Yvonne Serna

Counters: Mary Blain &

Cindy Loescher

**Propers for 2/11/2024
Cheesefare Sunday
Resurrection Tone 4**

Troparion (Tone 4) - 141

v. Glory...

Kontakion (Cheesefare) - 218

v. Now & Ever...

Theotokion - 406

Prokeimenon & Alleluia - 219

Our Father - 69

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 the Senas for hosting for Felicity's 2nd birthday! We had yummy croissant sandwiches galore! Thanks to everyone else who brought sides, bread, toppings, and desserts. We even had a birthday cake for Sandy, Saphira's service dog's birthday! And Brook, your gf banana bread was delicious! Next Sunday is Cheesefare- so bring something cheesy to share! <https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph>

Coming Events—Mark Your Calendars Now

Mon Feb 12 Strict abstinence	First Day of the Great Fast 6:00pm Liturgy of the Presanctified Gifts with anointing on the forehead
Sat Feb 24	First & Second Findings of the Head of John the Baptist 9:00 am Divine Liturgy / All Souls Panachida
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 Panachida
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>
Tue May 14	6:00 pm Father Chris' talk on the History of OLPH 1974—2024
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)

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: 2/17 12-3pm, 2/19 12-3pm, 2/22 6-9pm, 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.

FIFTY YEARS AGO THIS MONTH

The first Divine Liturgy for what would become our parish was concelebrated at Assumption Church on February 12, with Archbishop Peter Davis of Santa Fe, Bishop Emil Mihalik, and Fathers Louis Barcelo and Reverend William Homola.

Pascha in Greece-- A Pilgrimage on May 1-11, 2024

Join us on a unique pilgrimage to Greece, where you can celebrate Pascha and witness the beautiful liturgical services at the Holy Trinity Greek Catholic Cathedral in Athens, presided by Bishop Manuel Nin, OSB. Our trip also includes sightseeing and visiting different places in Greece where you can immerse yourself in the country's rich traditions and culture. Athens – Corinth – Boat cruise to islands of Poros, Hydra and Aegina – Delphi – Meteora monasteries and caves

Sponsored by Greek Catholic Exarchate of Greece and Holy Resurrection Parish in Euclid, OH

Contact: Tel (216) 6606-5313 Email: HolyResurrection@parma.org

\$2,500 per person Price without airfare. Includes all itinerary activities and travel insurance

Chesterton Academy Albuquerque

A classical high school in the Catholic tradition is hosting an Open House / Information Night for prospective families of 9-12th graders. Thursday, February 8th, 2024, 6 pm to 7:30 pm (Meet in the Queen of Heaven Church Parish Hall) Please Join Us!

Contact: headmaster@chestertonabq.com (505) 544-4544

2024 ByzanTEEN Rally - Registration is Live!

This year's National ByzanTEEN rally will be at the University of San Diego, June 27-30. It will be time for fun, fellowship and faith for the future of our Church. Featuring keynote speakers Fr. Chris Zuger from the Eparchy of Phoenix, Mother Iliana of Christ the Bridegroom Monastery, and Trent Horn of Catholic Answers. To register as a teen participant or chaperone, go here: <https://archpitt.org/byzan-teen-youth-rally-2024/>

40 days for Life starts on Wednesday February 16th: Pray, Fast, and Help Save Lives!

The 40 Days for Life locations in Albuquerque are ...

- The new Planned Parenthood at 4630 Eubank Blvd, just north of Montgomery Blvd. Park along the residential side streets of Gutierrez Road and Dona Marguerita Ave. Be careful crossing Eubank Blvd. Pray on the sidewalk along Eubank. Please do not step on Planned Parenthood's property.
- Alamo abortion mill at 10151 Montgomery Blvd NE, just East of Eubank Blvd. Park in the residential area of Del Chaparral Court or by Ernie Taylor Park. Pray on the sidewalk along Montgomery Blvd by the Bear Canyon sign.
- Curtis Boyd's Southwestern Women's Options abortion mill at 522 Lomas Blvd. Park along Woodward Place. The sidewalk counselors, Philip, Christina, and John are there in the mornings.

Your presence on the sidewalk is often the last chance for the child in the womb to be saved. See the attached 40 Days for Life flyer for more information. Our Parish is scheduled on Friday February 16 and Friday March 15.

If at any time you don't feel safe on the sidewalk, then please don't stay, try another location or contact me - Curt@defendinglife.org for other Pro-Life options.

Archbishop Wester says ... "we must do all that we can to support the mother and to help her sustain the right to life of her child". Please continue to support your local pregnancy resource centers, sidewalk counselors, and Pro-Life organizations.

The Fast of Cheesefare Week is a preparation for the Great Fast. This week, the structure of the church services changes, music becomes more solemn, and abstinence from meat is introduced on Wednesday as well as Friday. For those who will follow the strict fasting regulations, this is also the week in which to eliminate dairy products from the kitchen.

For daily prayers, the **Prayer of Saint Ephrem** is added on Monday, Wednesday, and Friday. The prayer is said in three sections, each verse followed by either a deep bow, or kneeling on the floor and lowering one's head in prostration.

Lord and Master of my life, Spare me from the spirit of indifference, despair, lust of power, and idle chatter. Instead, bestow on me, Your servant, the spirit of integrity, humility, patience, and love.

Yes, O Lord and King, let me see my own sins and not judge my brothers and sisters: for You are blessed forever and ever. Amen.

This **Saturday is the Day of All Holy Ascetics**. All of the men and women of the era of the Desert Fathers are remembered. The Divine Office speaks of their abstinence from meat, their fasting from foods from sunrise to sunset in the Lenten periods, their penances. But the main thing is their heroism in prayer and charity, without which all of the penances are worthless. They must be done for the glory of God, for repentance of our own sins, for the sins of the world which rejects God, and as an act of charity.

The Rite of Forgiveness

The Great Fast begins with the service of Forgiveness Vespers. The Sunday before the Great Fast is called Forgiveness Sunday, for on this day we ask each other's forgiveness, remembering that there can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another. So that more people can attend, Forgiveness Rite will be celebrated following the Divine Liturgy next Sunday. It is a very important and beautiful part of the Lenten Journey.

Please don't miss it!

General Principles of Fasting For The Great and Holy Lent

Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion. The Eastern Christian idea of fasting is first of all that of an ascetical effort. It is the effort to subdue the physical, the fleshly man to the spiritual one, the "natural" to the "supernatural." Limitations in food are instrumental; they are not ends in themselves. Fasting thus is but a means of reaching a spiritual goal and, therefore, an integral part of a wide spiritual effort. Fasting, in the Eastern Christian understanding, includes more than abstinence from certain types of food. It implies prayer, silence, an internal disposition of mind, an attempt to be charitable, kind, and—in one word 'spiritual. "Brethren, while fasting bodily, let us also fast spiritually... " And because of this the Eastern Christian doctrine of fasting excludes the evaluation of fasting in terms of a "maximum" or "minimum." Everyone must find his or her maximum, weigh his or her conscience and find in it his or her "pattern of fasting." But this pattern must necessarily include the spiritual as well as the "bodily elements. The Typikon and the canons of the Church give the description of an ideal fast: no meat, no dairy products, total abstinence on certain days. "He that is able to receive it, let him receive it" (Matthew 19:12). But whatever is our measure—our fasting must be a total effort of our total being. Keeping this in mind we should fast in order to achieve the goal of prayer, repentance, and forgiveness. **To fast means abstaining not only from certain foods, but most importantly from passions, bad habits, overindulgence, rudeness and selfishness.** It means also that we should abstain from everything that might take the focus of our life away from the spiritual effort. Among these things are every kind of entertainment, such as going to the movies, watching TV or going on spring vacations. For married couples it will also imply abstaining from intimacy. The fundamental meaning of the fasting effort is to discover the true values of our life, to discover that we live not for our own sake but in the context of our relationship with each other and with the living God. So we fast not in terms of our individual piety but by linking our life with that of the Church. In essence, fasting is an exercise in being faithful: to each other in observing the same rules and sharing in the same hardship, and to our Lord Himself Who has given us fasting as a school of love. (Taken from Holy Angels bulletin / Adapted from: Protospesbyter Alexander Schmemmann)



Fr Artur Bubnevych
Our Lady of Perpetual Help
Byzantine Catholic Church
1837 Alvarado Drive
Albuquerque, NM 87110

January 18, 2024

Dear Fr Artur,

Glory to Jesus Christ!

On behalf of our entire seminary community, I wish to thank you and the parish family of Our Lady of Perpetual Help Byzantine Catholic Church for your very generous Christmas donations of 22 gift cards totaling \$2,285.00 to be used for various purposes by our seminarians. As you may well remember, living as a seminarian can often mean having to sacrifice much, so having received such gifts can really make a difference in their lives.

Such generous gifts point to very generous and caring hearts in your parish, and I am certain that these hearts have been inspired by your dedicated leadership and example. Our seminary community is especially grateful for all of the caring that is reflected in these gifts, including all of the Christmas cards that have promised prayers and well-wishes.

May the Lord bless you and the parish family with peace, health, and happiness for many years, especially as we have entered into this New year of 2024! Please be assured of our prayers for you all.

Sincerely in Christ,

(Very Rev.) Ronald C. Barusefski, JCD
Rector