

February 25, 2024 / T one 6 / 2nd Sunday of the Great Fast
Glory to Jesus Christ! / Glory to Him Forever!
!Gloria a Cristo! / !Gloria a È | para siempre!

SUNDAY of ST. GREGORY PALAMAS

Previously, Churches using the Byzantine rite celebrated St. Polycarp of Smyrna, who was ordained bishop by St. John the Evangelist, on the second Sunday of Lent. That commemoration has been replaced by that of St. Gregory Palamas, the famous defender of hesychasm in the 14th century. Replacing such an ancient commemoration as that of Polycarp gives us an idea of just how important the hesychast controversy was.

The monks of Mount Athos had been condemned by the monk Barlaam, an Italo-Greek monk from Calabria in Italy, who favored education over contemplation, and who emphasized that God is unknowable in this life. The monks taught hesychasm, using the Jesus Prayer and certain body postures or breathing, so as to draw very close to God, in this time. In this, they were following the practices of the Desert Fathers of old. The Jesus Prayer is one of the most ancient in the Church: Lord Jesus Christ, Son of God, have mercy on me, a sinner.

The monks recommended certain breathing techniques, or positions of the body, while reciting the Prayer. This rigid use of the body postures was repeatedly – and rightly – condemned by many saints and writers as people could end making the physical position and breathing more important than the Prayer. Gregory himself emphasized that such physical practices had to be done only with the guidance of a true spiritual elder. The Jesus Prayer, so central in our spirituality, when used well, has a profound effect so that: he who is in prayer experiences the fullness of the divine presence, of Life itself, of Life abundant and unfathomable, then his own life strikes him as a tiny drop in comparison to the boundless ocean. That is what the righteous and long-suffering Job felt as he attained the height of spiritual perfection. He felt himself to be dust and ashes; he felt that he was melting and vanishing as does snow when struck by the sun's burning rays (Job 42:6) (Orthodox Life, vol. 28, no. 5, 1978).

Further, St. Gregory taught that the mystic, even without education, could have greater knowledge of God than others, but he made the crucial distinction between energies of God, and the essence of God. Essentially, God cannot be known in His essence by any human, but His energies (what God sends forth in His creation), can be known. In this, he quoted the ancient Cappadocian Fathers. These energies are mediated to mankind. That is, how God acts in forgiving and spiritual healing. Grace is the working of God himself, not a created substance of any kind. As for the body postures and breathing, since the person is body and soul, uses of the body can affect the soul. In the end, he wrote that hesychasm teaches that one can see the Light of God, but only with repentance, interior conversion, constant prayer, and spiritual direction. This invitation to union with God is open to every Christian.



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!

Hebrews 1:10-2:3 / Mark 2:1-12

- 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** 5:30 pm Ask A Priest
- Feb 26 Mon**  ***Porphyry of Gaza Bishop / Gen 6:9-22; Prov 8:1-21***
- Feb 27 Tue**  ***Procopius Decapolite Venerable Confessor / Gen 7:1-5; Prov 8:32-9:11***
- Feb 28 Wed**  ***Basil Venerable-Confessor / Gen 7:6-0; Prov 9:12-18***
6:00 pm Liturgy of the Presanctified Gifts / +Natalia Veresh
- Feb 29 Thu**  ***John Cassian Venerable / Gen 7:11-8:4; Prov 10:1-22***
- Mar 1 Fri**  ***Eudoxia Venerable-Martyr / Gen 8:4-21; Prov 10:31-11:12***
9:00 am Prayer and Witness in front of abortion clinic on Lomas
Start of the Lenten Retreat (see schedule in the back of the bulletin)
5:30pm Confessions
Lenten Retreat Day 1 6:00 pm Divine Liturgy of the Presanctified Gifts +Natalia Veresh followed by meatless potluck in the Parish Hall
- Mar 2 Sat** ***3rd All Souls Saturday / Heb 10:32-38; Mk 2:14-17***
9:00 am All Souls Liturgy followed by Pahichida
Lenten Retreat Day 2 10:30 am—4:00pm Lenten Retreat (see schedule in the back of the bulletin)
- Mar 3 Sun** ***3rd Sunday of the Great Fast / Veneration of the Cross***
4:00 pm Great Vespers / Confessions during Vespers / YouTube LIVE
Hebrew Scriptures for Sunday: Genesis 37:12-28; Job 21:17-26; Isaiah 29:13-19
5:00 pm Divine Liturgy / +Beverly Schwerdel by Mary Alice Cooper / Veneration of the Holy Cross
Lenten Retreat Day 3
- YouTube LIVE** 8:30 am Rosary
9:00 am Festal Matins & Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors & Friends / Veneration of the Holy Cross
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 / 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.

Merciful God who forgives our sins and heals our bodies, we ask that you pour the life of your uncreated energies into our lives. Give us hearts to carry our friends and loved ones through the roofs of life to bring others into your presence. We ask for a growth in priestly, religious and monastic vocations so that your love and presence may heal what is lacking in this world, we pray you, hear and have mercy.

"Arise, take up your mat and go to your house." Our Lord healed the paralysis of the suffering man brought through the roof. His words of healing centered on spiritual healing by forgiving his sins. In response to God's love and forgiveness, are you being called to a life of prayer and intercession as a religious, monastic, or a priestly life? Contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org



Vocation Icon

Today: Griffith Family
Next Sunday: Fogg Family

March 3, 2024

Cantor: Andrea Riley
 Reader: Michael Wells
 Altar Server: Michael Grega
 Trojica: Emilia Wells
 Counters: Michael Wells &
 Laura Serna

Propers for /3/2024
3rd Sunday of Great Fast
Veneration of the Cross
Resurrection Tone 7

Typical Psalms & Beatitudes 16,17 & 23

Troparion (Tone 7) - 156

Troparion (GF) - 223

v. Glory...

Kontakion (Cross) - 224

v. Now & Ever...

Theotokion - 406

Instead of 'Holy God' - 33

Prokeimenon & Alleluia - 224-5

Instead of 'It is Truly Proper' - 225

Our Father- 72

Communion - 225

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 War-
rriors, would like additional information,
and/or would like for us to pray for your
intentions, please contact Patricia
at pcb@unm.edu

Alicia's Hall Report

We had another SOUPER social last
 weekend :) Thanks to Valerie Wofford and
 Lo Hebert for the tortilla soups, to Reem
 Mukhar for the red lentil soup, and to Rita
 for the rice, setting up and serving!

Thanks also to all others who brought
 bread and treats, helped set up and clean
 up! It was all so yummy! Next weekend
 we'll have Fr. Michael O'Loughlin in town
 for retreat on Evangelization, so we'll have
 NM food to fill his belly with before he re-
 turns to CA. Please sign up here to con-
 tribute: [https://www.signupgenius.com/
 go/10C054AAAAA2AA4F94-olph](https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph). Have a
 blessed 3rd 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	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

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 ByzanTEEN Rally: 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 Zugger 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/>

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

Parish LENTEN Retreat with Fr Michael O'Loughlin

Retreat Theme: "**EVANGELIZATION** - to live the faith of our baptism more openly and to share it more freely. We can only share what we have received; we can hold on to our faith only if it continues to grow. "But if salt loses its taste," Jesus asked, "with what can it be seasoned?"

Father Michael O'Loughlin grew up in Albuquerque, NM, the oldest of four sons and one daughter of Bob and Marie O'Loughlin. His family discovered the Byzantine Catholic Church when he was a teenager. He graduated from Franciscan University of Steubenville and is the first priestly vocation from our parish. He was ordained to the holy priesthood on May 25, 2005. He served as pastor of Holy Protection of the Mother of God Byzantine Catholic Church in Denver from 2005-2019 and was transferred to St. Mary of the Holy Protection in Sherman Oaks, California on September 1, 2019.

He is also the founding pastor of the Byzantine Catholic Outreach in Santa Paula, CA. Father Michael is very active in evangelization outreach, ministry to young adults, ministry to the homeless. Currently he serves on the Eparchial Committees for Vocations, Evangelization, and Clergy Personnel. He has a strong devotion to Our Lady of Mariapocs.

He currently co-hosts the What God is Not Podcast on Youtube, which you can find at <https://whatgodisnot.com>.

Retreat Schedule

Friday, March 1: Day 1

5.30 pm - Confessions

6.00 pm - Divine Liturgy of the Presanctified Gifts and **First Spiritual Conference**: “Mandate for the Moment: He loves them more than you do.”

Followed by meatless potluck in the Parish Hall.

Saturday, March 2: Day 2

9.00 am - All Souls Divine Liturgy/Panachida

10:30 am - Confessions

11:00 am - **Second Spiritual Conference**: “Equipped for Evangelization: You’re already doing better than you think.”

Noon – Lunch in the Parish Hall

1:00 pm – Confessions

1:30 pm – **Third Spiritual Conference**: “The Fields are Ripe For Harvest: They are also being sent to you. / Her Hospitality: vulnerability, mutual help and friendship.”

3:00 pm - Healing Service anointing with Holy Oil (**this is not the Sacrament of the Sick, and is open to non-Catholics**).

4.00 pm - Great Vespers/Confessions during Vespers

Sunday, March 3: Veneration of the Holy and Life-giving Cross

Day 3 (final day of the Retreat)

8.30 am - Prayer of the Holy Rosary

9.00 am - Festal Matins

9.00 am - Confessions

10.00 am - Divine Liturgy / Veneration of the Holy Cross / **Fourth Spiritual Conference**- Vocations: Evangelizing when you don’t have the time, energy, or arguments.

Followed by the lunch-social in the Parish Hall.

Our Lady of Perpetual Help Byzantine Catholic Church

1974-2024
50th Jubilee



SAVE THE DATES

March 1-3 ~ Fr. Michael O'Loughlin ~ Evangelization

April 9 & 30 ~ Fr. Chris ~ *Looking to Tomorrow* ~ History of the
Byzantine Church (6pm)

May 4 ~ OLPH Annual Bazaar (10am-3pm)

May 14 ~ Fr. Chris ~ History of OLPH Parish (6pm)

July 7 ~ Patronal Feast Day Picnic & Pool Party

Oct 15 ~ Hierarchical Liturgy (3:30pm) Adult Dinner Dance (6pm)