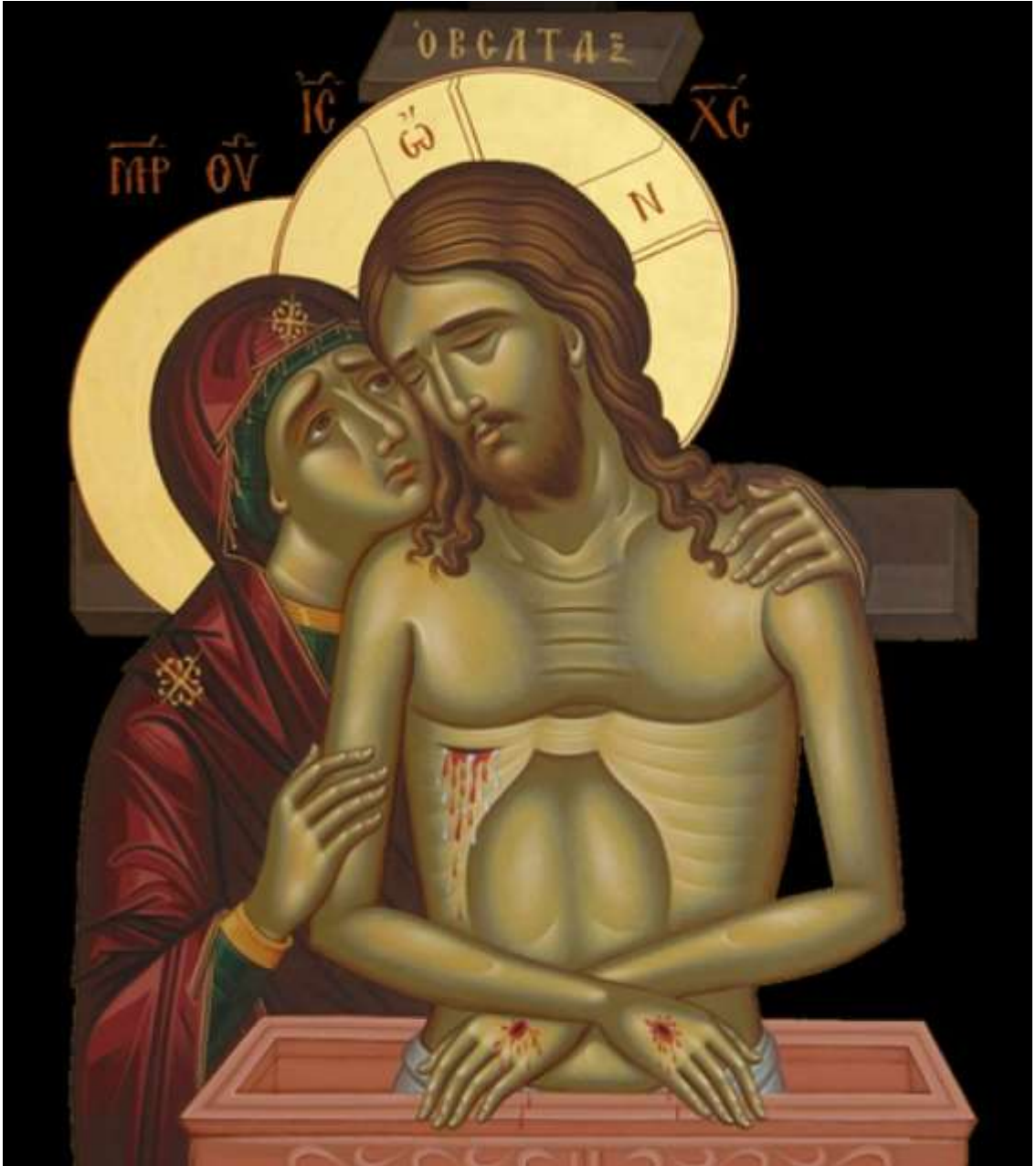


February 19, 2023/T one 4 / Forgiveness Sunday / Cheese-Fare  
Glory to Jesus Christ! / Glory to Him Forever!  
¡Gloria a Cristo! / ¡Gloria a Él para siempre!



***Good Fathers, Brothers and Sisters, grant me your blessing and pardon me all  
the wrongs I have done in word or deed or thought,  
with all of my spiritual and bodily faculties***

(Rite of Mutual Forgiveness)

**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](http://www.olphnm.org)**

**Father Artur Bubnevych, Pastor  
Rectory (505) 268-2877  
[abbaolph@gmail.com](mailto:abbaolph@gmail.com)**

**Father Christopher Zugger  
pastor emeritus  
(505) 256-1787**

**[Frchris.zugger@gmail.com](mailto:Frchris.zugger@gmail.com)  
[www.frchriszugger.com](http://www.frchriszugger.com)**

**Father Tyler Strand  
(516) 661-0883  
[tylerastrand@yahoo.co.uk](mailto: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 Zugger, 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)

**Sick and Shut-Ins:** It is the family's re-  
sponsibility 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!

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 percent-  
age 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!**

***Romans 13:11-14:4; Matthew 6:14-21***

- YouTube Live** 8:30 am Rosary; 9:00 am Festal Matins, Confessions  
10:00 am Divine Liturgy for Parish Family, Benefactors & Friends /  
Rite of mutual forgiveness  
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine  
ECF Classes
- Feb 20 Mon** ***First Day of the Great Fast / Strict Abstinence***
-  6:00 pm Liturgy of the Presanctified Gifts / God's Blessing on Joe Montoya /  
Anointing on the forehead
- Feb 21 Tue** ***Timothy Venerable / Gen 1:14-23; Prov 1:20-33***
- 6:00 pm CAFÉ Meeting at UNM
- Feb 22 Wed** ***Finding of the Relics of the Martyrs of Eugenia / Gen 1:24-2:3 / Prov 2:1-21***
-  5:30 pm OLPH Devotions  
6:00 pm Liturgy of the Pre-sanctified Gifts / +Kristine Osnes
- Feb 23 Thu** ***Polycarp Bishop-Martyr / Gen 2:4-19; Prov 3:1-18***
- 6:45 pm THEOSIS Bible Study (zoom)
- Feb 24 Fri** ***Erasmus Venerable / Gen 2:20-3:20; Prov 3:19-34***
-  9:00 am Prayer & Witness in front of abortion clinic on San Mateo/Lomas  
6:00 pm Liturgy of the Presanctified Gifts / +Joseph Richard Santo /  
**Followed by meatless poluck in the parish hall**
- Feb 25 Sat** ***Commemoration of the Miracle of the Great-Martyr Theodore***  
***Heb 1:1-12; Mk 2:23-3:5***
- 9:00 am (masks required) Repentance and Salvation of Isaac Covarrubias  
by Patricia Covarrubias
- Feb 26 Sun** ***1st Sunday of the Great Fast / Heb 11:24-26.32-12:2; Jn 1:43-51***
- 4:00 pm Great Vespers YouTube LIVE  
Hebrew Scriptures for Sunday: Numbers 12:1-16; Job 19:1-27; Habakkuk 2:6-20  
5:00 pm Divine Liturgy / +Chuck Cooper by Svenssons
- YouTube Live** 8:30 am Rosary; 9:00 am Matins, Confessions  
10:00 am Procession with Icons / Blessing of Icons /  
ECF Classes Divine Liturgy of St Basil the Great / for Parish Family, Benefactors and Friends  
5:30 pm "Ask A Priest" Highschooler group meeting  
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](mailto: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
Priscilla Hughes	Irene Bradley	Linda Granci
Marilyn Fore	Soriah Chavez	Vicki Frank
Sven & Barbara Svensson	Abraham Haddad	Christopher Barlow
Laurie Bienz	Marianne Gerace	Jordan Smith
Brent Dodson-Sands	Lori Medina	Janet Worthington
Lara Davis	Michael Baron	ton
Carol Donlin	Gabriel Preisler	Patti Klinkovsky
Marcie Dark	Jessica Pieniadz	Matt Williamson
Jesse Hebert	Rhonda Glasscock	James Epstein
Fr. Chris Zugger	Amber Roybal	Katy Ford
Fr Chris Andrews	Philip Leahy	Jacob McTernan
	Juanita Montoya	

### **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 Fathers Intentions February / For parishes**

We pray that parishes, placing communion at the center, may increasingly become communities of faith, fraternity and welcome towards those most in need.



Vocation Icon

Today: Riley Family  
Next Sunday: Sullivan Family

“Where your treasure is, your heart will be also”. It is easy to mistake what our true treasure is, and we need wisdom and insight to see clearly. In today’s kontakion we sing that God is the “guide to wisdom and giver of insight”. Is he guiding you to a vocation to the religious or ordained life? As you pray and seek wisdom, consider contacting the Vocations Office at 206-329-9219 or email: [vocations@ephx.org](mailto:vocations@ephx.org)

**February 26, 2023**

Cantor: Evie Jilek

Reader: Brook Jilek

Trojica: Saphira Dodson-Sands

Altar Server: Michael Grega

Counters: Rita Montano &

Miles Gloetzer

**Propers for 2/26/2023**

1st Sunday of Great Fast

Sunday of Orthodoxy

Resurrection Tone 5

Typical Psalm & Beatitud. - 16, 17 & 23

Troparion (Tone 5) - 146

Troparion (GF) - 220

*v. Glory...*

Kontakion (GF) - 220

*v. Now & Ever...*

Theotokion - 406

Prokeimenon & Alleluia - 221

Instead of 'It is Truly Proper' - 221

Our Father- 70

Communion - 78 & 213 [A]

**OLPH Prayer Warriors**

Sunday (Zoom). Send 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!!

**Coming Events—Mark Your Calendars Now**

Mon 2/27	6:00—9:00 pm <b>Pysanky Workshop</b>
Sat Mar 4	<b>2nd All Souls Saturday</b> 9:00 am Divine Liturgy / Panachida
Mon Mar 6	6:00pm Advisory Board Meeting
Sat Mar 11	<b>3rd All Souls Saturday</b> 9:00 am Divine Liturgy / Panachida
Wed Mar 15	<b>Mid-Lent</b> 6:00pm Liturgy of the Presanctified Gifts
Sat. Mar 18	<b>4th All Souls Saturday</b> 9:00 am Divine Liturgy / Panahida
Sat Mar 18	11:00 am—2:00 pm <b>Pysanky Workshop</b>
Thurs Mar 23	<b>7:00 pm Matins with Great Canon of St Andrew of Crete / Reading Life story of St Mary of Egypt</b>
Sat Mar 25	<b>Annunciation of the Theotokos Solemn Holy Day / No Fasting</b> 9:00 am - Festive Liturgy of St John Chrysostom / Myrovanije
Mon Mar 27	6:00—9:00 pm <b>Pysanky Workshop</b>
Sat Apr 1	<b>Saturday of Lazarus (End of 40 day Lent)</b> 9:00 am Divine Liturgy
Sat May 6	<b>Annual Byzantine Bazaar</b> 10:00 am—3:00 pm
Sun Jul 2	<b>OLPH Patronal Feast Day</b>

**Alicia's Hall Report:** This hall report is brought to you in part by Rita- thank you, Rita! Last Sunday Laura brought quiche and a cake for Zoe's Chrismation. Ashley brought meatballs. Rita brought veggie beef and rice stir fry. Lo brought a cake for Jesse's 4th birthday. There were some chocolate hearts left in a candy dish that were passed out, and someone brought chocolate muffins too. Thanks to Evie for cleaning up!

**Help needed:** Please sign up to clean up after a social! Free training provided:)

**Action item** for parents and children: many kids are not eating what they are taking; food is being wasted, and plates are left on the tables without being cleaned up. This has been going on for a few weeks. Adults, please serve the kids smaller portions, and kids, if you can't finish your food, offer it to a sibling, bring it to your parents or put it in the compost bowl before you throw your plate away. Just make sure not to throw away the metal utensils!

For socials starting next week, let us keep the spirit of the Great Fast and bring meatless and dairy free dishes to Sunday socials. We will also start again with the meatless, dairy free potluck after Friday Presanctified Divine Liturgies. Thank you to all who provide food, set up and clean up! God grant you all many blessed and happy years! <https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph>

## Triple Byzantine THANK YOU TO:

Mark Montano for designing and assembling new cabinets for the Sacristy Room;  
Jeff Brewer and Mike Sena for assembling the new desks/furniture for our Parish Office

### Dear parishioners of Our Lady of Perpetual Help,

Thank you so very much for thinking of us at the Seminary and for your generous gifts to us. We are grateful for your kindness. Albuquerque has a special place in my heart my dad was stationed at Kirtland, and we were there for my early life before (eventually) settling in Tucson.

We will remember you in our prayers as I'm sure the Seminarians are in yours.

Joshua Johnson, Theology II, Eparchy of Phoenix

**Ask A Priest** meets on Sunday, Feb. 26, at 5:30 PM for supper, followed by two special presentations on how to defend Catholic teachings on the Real Presence of Jesus in the Blessed Sacrament, and the Blessed Virgin Mary. The debates will be presented by teenagers from our group. This is open to all high school students; we meet from 5:30 - 8 pm.

**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 Program Coordinator **Cell:** (702) 498-5972

-- **Office:** (602) 861-9778 ext. 203 -- **Email:** [sbdcnkilroy@ephx.org](mailto:sbdcnkilroy@ephx.org)

Victim Assistance Coordinator, Dcn Michael Hanafin **Cell:** (480) 307-5182

### Cheesefare Sunday

FORGIVENESS is the best form of love... it takes strong person to say sorry and ever stronger person to forgive...

Today is also called Forgiveness Sunday. In our Byzantine-Ruthenian tradition, the superior of the house in monasteries always asks forgiveness every night at Compline from the monks or nuns. In return they grant forgiveness and ask it of their superior. This is done for the parishes on this day, with the mutual ceremony taking place between pastor and people.

We remember the tragedy of Original Sin, by meditating on the expulsion of Adam and Eve from Paradise. Humanity is burdened with the desire to sin as a result. The icons show Adam and Eve, having lost their innocence, being clothed in animal skins and the door to Paradise shut behind them by the angels. Only Christ's Incarnation and saving death and resurrection which we are preparing for will restore our links with God and open the door to salvation.

### Holy Week / Pascha April 9

Monday	6:00 pm	Bridegroom Matins
Tuesday	6:00 pm	Bridegroom Matins
Wednesday	7:00 pm	Presanctified Liturgy Holy Anointing
Thursday	7:00 pm	Vespers/ Divine Liturgy of St. Basil
Friday	10:00 am	Passion Matins
	7:00 pm	Vespers & Procession With the Burial Shroud
Saturday	11:00 am	Akathist to the Life Bearing Tomb of Christ
	6:00 pm	Easter Vigil Liturgy Blessing of Baskets
Sunday	9:00 am	Resurrection Matins Liturgy Blessing of Baskets

The Divine Liturgy is not celebrated on weekdays of Great Lent, as it is considered a joyful service. Instead, Holy Communion is consecrated on Sunday and is reserved in the tabernacle for both Communion to the sick and for distribution at the Liturgy of the Presanctified Gifts. This evening service is characterized by "bright sadness": on the one hand, the music is especially solemn and the service itself marked with prostrations and penitential prayers, but on the other hand it is filled with beautiful prayers anticipating Holy Week and Easter. Please make an effort to attend the Lenten Services: the Liturgy of the Presanctified Gifts on Wednesday and Friday at 6 pm. Father Chris will be available in the hall at the beginning of the Liturgy to hear Confessions except for those nights when he is preaching elsewhere. On Friday night, we will meet for meatless pot-luck in the hall.

The first Saturday of Great Lent *The Miracle of St. Theodore of Tyre*. In 361, Emperor Julian the Apostate was doing his utmost to restore paganism. Knowing that the Christians were accustomed to sanctify the first week of Lent by fasting and prayer, the wily pagan told the Prefect to sprinkle all of the food for sale in the markets with the blood of animals sacrificed to the gods, so that no Christian in the city would escape the contagion of idolatry. However, the Lord sent His servant Theodore to outwit the tyrant. Appearing in a vision to Patriarch Eudoxius (360-364), the holy Martyr informed him of what was happening and told him to instruct the Christians not to buy food from the markets but instead to eat kolyva made from grains of boiled wheat. Thus, thanks to the intervention of the holy Martyr Theodore, the Christian people were preserved from the stain of idolatry. The Church has commemorated this miracle ever since on the first Saturday of Great Lent, in order to remind the faithful that fasting and temperance have the power to cleanse all the stains of sin.

**Next Sunday is The Triumph of Orthodoxy, or True Belief, commemorating the restoration of icons to the churches of the Byzantine Empire after the defeat of the heresy of iconoclasm. There will be a procession with children from the ECF class holding icons brought from home. Please plan now which icon your children will bring to church!**

### **What is the Liturgy of the Presanctified Gifts?**

The Divine Liturgy, by its very nature, is a joyful occasion. During Great Lent we are emphasizing the need for repentance and sorrow for the sins of humanity. Thus, the services are more solemn, and daily celebration of the Eucharist is not appropriate. At the same time, people wish to receive Holy Communion during Great Lent. The Church in her wisdom provides for us these services of Vespers with Holy Communion. On Sunday the priest consecrates extra Lambs and particles to be distributed during the week, hence the name "Presanctified." The Lambs are intincted with the Precious Blood before being placed in the tabernacle. The music is unique to this Liturgy, and is often called "bright sadness." The Prayer of Saint Ephrem is said with great prostrations; special verses unique to each day are chanted.

At the Great Entrance, the priest processes through the church, preceded by servers and deacon with candles, carrying the Most Holy Eucharist lifted up above the people. It is done in complete silence, the only sound that of the censer being swung in honor of our Eucharistic Lord, while everyone in church kneels or prostrates. At Holy Communion the intincted Lamb and particles are given to the people, using plain wine. The Liturgy concludes with prostrations and the singing of the mournful chant, "Having Suffered", referring to Christ's Passion and our sins.

The Roman Rite does have the Mass of the Presanctified Gifts, dating at least to the 600s. However today it is part of the Good Friday Passion service.

God's blessing and congratulations to Zoe Serna on completing her Christian Initiation last Sunday. She received the Mystery of Chrismation. Grant O Lord to your servant Zoe peace, health and happiness for many and blessed years!!!



## Sangre De Cristo Explorer group corner:

"When we hosted my son's birthday party this past November, almost all of the boys were part of FNE. It was such a joy to be with all of them. I saw numerous instances of the boys independently resolving conflicts, apologizing, being courteous and considerate, helping, playing with, and dotting on my younger children, being polite and mannerly with the adults. Of course this is more a result of good parenting, and not only because of FNE. But my point is that FNE is an abundant gift of strong, Catholic community. We all receive that gift because of the FNE leaders." Leah, parent of a Timber Wolf boy in the Albuquerque Group.

Saturday Feb 4th, parishioners Brook Jilek, Marc and Rita Montaño, and Paul Hunt, along with former OLPH parishioner Joanna Mounce, competed in a trivia competition at Our Lady of the Annunciation to help raise money for their group of pilgrims to World Youth Day.

OLPH's team "The Varangians" won! They ranked first at every score tally and bested all the competition, taking home six icons as prizes and a suite of panera, chick fil-a, and Garson's catholic supply gift cards.