

March 16, 2025 / 2nd Sunday of the Great Fast / T one 2

Glory to Jesus Christ! / Glory to Him Forever!
¡Gloria a Cristo! / ¡Gloria a Él para siempre!



The **MISSION SOCIETY** is pleased to present our beautiful *NEW 2025* Easter card with the icon of **Jesus the Good Shepherd**. The card has *many* OLPH connections! The icon was made by iconographer Britta Prinzivalli brittworks.com at the request of our own *Catechesis of the Good Shepherd* group, a national program which we use for our preschoolers and kindergarten children. The group provided input on the colors used and the original icon is now displayed in their classroom! The pysanky eggs inside the card were made by the children of our parish. As has been the case since 2022, 100% of your card purchases & donations go to **"UKRAINE RELIEF"**. The eparchy (diocese) of Mukachevo will use it to help over 400,000 refugees from eastern Ukraine with housing; clothing; school supplies for children; psychological support for refugee children & adults; food parcels & expenses for heating.

A packet of 5 cards sells for \$15 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 Palm Sunday, April 13th. This gives us time to scan and e-mail them to Ukraine. Bishop Teodor 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. www.missionboronyavo.org

**Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix
Most Reverend Artur Bubnevych**

**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

Advisory Board

Fr. Chris Zegger, Dan Riley, Rafael Plut,
Jeff Brewer, Michael Grega, Alicia Wells

Finance Council

Matthew Blain, Maria Alden

Bishop John Pазak, in residence

(505) 268-2877

**Father Christopher Zegger
Administrator**

(505) 256-1787

**Frchris.zegger@gmail.com
www.frchriszegger.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 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
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!

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 per-
centage of the donation, but its worth it for the ease
of the system. You can donate using your comput-
er / 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
Fr Chris or the office staff for more information. God bless you!**

Hebrews 3:12-16; Mark 1:35-44

YouTube Live 8:30 am Rosary
9:00 am Matins & Confessions
10:00 am Divine Liturgy / Intention for the Parishioners of OLPH
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine

ECF Classes

Mar 17 Mon ***Alexis, Man of God Venerable / Gen 6:9-22; Prov 8:1-21***



12 noon -3:00 pm Pysanky Workshop

Mar 18 Tue ***Cyril of Jerusalem Archbishop / Gen 7:1-15; Prov 8:32-9:11***

6:00—7:30 pm Lord Teach Me to Pray Women's group meeting

Mar 19 Wed ***Chrysanthus & Daria Martyrs / Gen 7:6-9; Prov 9:12-18***



4:00-6:00 pm Catechesis of the Good Shepherd

5:45 pm Confessions

6:00 pm Presanctified Liturgy / +Amylee Vdell by Kiehne Family

Mar 20 Thu ***Venerable Fathers of the St. Sabbas Monastery / Gen 7:11-8:4; Prov 10:1-22***

Mar 21 Fri ***James of Catania Bishop-Confessor / Gen 8:4-21; Prov 10:31-11:12***



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

5:45 pm Confessions

6:00 pm Presanctified Liturgy / +Camille Dvorack by Michael Dvorack

Potluck dinner after Liturgy

Mar 22 Sat ***3rd All Souls Saturday / Heb 10:32-38; Mk 2:14-17***

9 am Divine Liturgy / Panachida

4:00 pm Great Vespers

Hebrew Scriptures for Sunday:

Gen 37:12-28; 1 Sam 17:2-9.32.37.40.42.49-51; Isaiah 29:13-19

5:00 pm Vigil Divine Liturgy / +Sven Svensson by Karen Cooper

Mar 23 Sun ***3rd Sunday of the Great Fast / Veneration of the Cross
Heb 10:32-38; Mk 2:14-17***

8:30 am Rosary

9:00 am Matins & Confessions

YouTube LIVE 10:00 am Divine Liturgy / Intention for the Parishioners of OLPH
Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine

ECF Classes

YOUTUBE LIVE-STREAMING: OLPH Sunday / Holy Day Liturgies are available on YouTube. The link is <https://youtube.com/c/olpimedia>. 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	Harry & Barbara	Jordan Smith
Jenny Ford	De Lap	Janet Worthington
Marilyn Fore	Irene Bradley	Matt Williamson
Barbara Svensson	Soriah Chavez	James Epstein
Laurie Bienz	Abraham Haddad	Katy Ford
Brent Dodson-	Marianne Gerace	Madalyn Davis
Sands	Michael Baron	Rebecca Russo
Lara Davis	Jessica Pieniadz	Jacob McTernan
Carol Donlin	Rhonda Glasscock	Paola Terlaza
Marcie Dark	Amber Roybal	Vicki Frank
Fr Chris Zuger	Philip Leahy	Emily
Fr Robert Rankin	Juanita Montoya	Wojciechowski
Fr. Steve Washko	Linda Granci	Fr Joel Barstad
Buster Miscusi	Christopher	Fr. Joseph Wargaki
Richard Jacobs	Barlow	Fr James Bankston
Lourdes Lasin	Joel Ford	Killian Parker
Midge	Andrew Martinez	Celeste Rojas
McCarragher		

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 / March For families in crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

“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 602-861-9778 or email: vocations@ephx.org



Grant O Lord to your faithful servants Many Happy & Blessed Years



Vocation Icon
Today: Riley Family
Next Sunday:
Montano Family

March 23, 2025

Cantor: Andrea Riley
Reader: Dylan Davidson-Talley
Altar Server: Sbdcn Michael Grega
Counters: Rita Montano &
Miles Gloetzner

Propers for 3/23/25
3rd Sunday of Great Fast
Tone 3

Typical Psalms & Beatitudes -
16, 17 & 23

Troparion (Tone 3) - 135

Troparion (Cross) - 223
v. Glory...

Kontakion (Cross) - 224
v. Now & Ever...

Theotokion - 406

We Bow To Your Cross - 33

Prokeimenon & Alleluia - 224-5

Instead of 'It is Truly Proper' - 221

Our Father- 68

Communion - 225 [A]

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 the
meetings. **If you would like to join
the Prayer Warriors**, would like ad-
ditional information, and/or would
like for us to pray for your inten-
tions, please contact

Lara Davis at
crowhopdavis@yahoo.com

Coming Events—Mark Your Calendars Now

Sat Mar 22	3rd All Souls Saturday 9:00 am Divine Liturgy / Panachida Pysanky Workshop 12 noon—3:00 pm
Tue Mar 25	Annunciation of the Theotokos Solemn Holy Day 6:00 pm Vesper Divine Liturgy
Wed Mar 26	MID LENT
Sat Mar 29	4th All Souls Saturday 9:00 am Divine Liturgy / Panachida
Thu Apr 3	7:00 pm St. Andrew Canon
Mon Apr 14	9:00 am Bridegroom Matins 6:00 pm Advisory Board Meeting
Tue Apr 15	6:00 pm Bridegroom Matins
Wed Apr 16	Holy Wednesday 7:00 pm Presanctified with Holy Mystery of Anointing
Thu Apr 17	Holy Thursday 7:00 pm Divine Liturgy
Friday Apr 18	Good Friday 10:00 am Passion Gospels 7:00 pm Vespers All-Night Vigil
Sat Apr 19	Holy Saturday 10:00 am Jerusalem Matins Clean & Decorate Church 5:00 pm Vigil Divine Liturgy / Blessing of Baskets
Sun April 20	Pascha / Resurrection 9:00 am Procession and Matins 10:00 am Divine Liturgy Blessing of Baskets, Paschal Meal

Alicia's Hall Report

A Big Thank You for Last Sunday's Potluck! Thank you to all the families who brought delicious
meatless meals to share at our potluck last Sunday. A special shout-out to the young ladies of our
parish, who continue to bless us with their willingness to help both before and after the event.

Each Sunday, we gather at the church to participate in the liturgy. Keeping this in mind, our priority is
to fully engage in the liturgy. **Once liturgy begins**, we will pause meal prep and ask all those who
would like to help serve to wait until after the final blessing. We appreciate your understanding and
support!

And, of course, a big thank you to Bishop John for blessing the food and to all who joined us in
fellowship!

***Good Shepherd St. Patrick's Day Dinner Celebration: at Nativity of the Virgin,
9502 Fourth St NW on March 17, 4—8 pm, benefiting Good Shepherd Center.***

2025 Pysanky Workshops

OLPH will again host workshops for anyone interested in creating pysanky (Ukrainian Easter eggs). The workshops are open to all skill levels (children do need a supervising adult) and will be held January-March at the following dates from **12-3pm** in the parish hall: **March 17 & 22. All OLPH Parishioners receive a 50% discount of workshop participation fee.** Workshop space is limited, so please sign up at <http://tinyurl.com/olph-pysanky> or by contacting Andrea Riley at 505-220-9137 or andrea.riley@gmail.com

Recipes for Lent

[great fast meals | ByziMom](#) Recipes online. There is also an E-book for \$18 that you can download, "The ByziMom's Guide to Great Fast Meals". A print version is available at the website for \$25.75.

[Great Lent Meal Plan](#) (Free Printable Plan With Shopping Lists!) Carrie Chuff is the mother of six, and has compiled different recipes (and shopping lists) for the Great Fast.

[Lenten Meal Plan](#)— Orthodox Mom Sylvia has multiple recipes to try out, and links to downloadable sources as well.

For those who are new to Formed.org: This site offers an amazing opportunity to enrich our FAITH. You will find thousands of books, audio talks, movies, documentaries, studies and much more. The content of the website is updated on a daily basis with new helpful resources.

Everyone can use the OLPH parish account to log in. This is what you need to do: 1. Go to Formed.org, click sign in and then click "I belong to parish" 2. Enter zip code 87110 3. Find among the parishes OLPH Byzantine 4. Put your name and email (you will get a link in your email to directly log in) Enjoy the content! Also, you are most welcome and encouraged to share parish subscriptions with your friends, neighbors, coworkers or just anyone who would benefit.

MANDATORY SAFE ENVIRONMENT ONLINE TRAINING FOR ALL THE VOLUNTEERS

Reminder: PLEASE, CHECK your Safe Environment Compliance Certificate Expiration date. Please note that Online Virtus training for many will be expiring within August-Sept-October.

The Eparchy's revised Safe Environment Policy no longer allows for lapses in compliance - either in Virtus training or in background screenings - for ALL OLPH VOLUNTEERS AND EXPLORER YOUTH GROUP LEADERS. Anyone falling out of compliance at any point must immediately cease from their designated area of service at OLPH until such time as they are in compliance once again. No one - not members of the clergy, volunteers, educators, employees etc. - may serve for even one day when out of SEP compliance. Thank you for your vigilance in this matter.

Saint of the Week:

March 17 is the feast of Saint Patrick. In the Byzantine Typikon, he is honored as the "Enlightener of Ireland."

Patrick lived from about 387 to about 417, and he is the most famous of the Romano-British missionary saints. After being enslaved at 16 years of age by Irish raiders, he escaped after six years and was reunited with his family. But he went on to study for the priesthood in order to fulfill the dreams God sent him of saving Irish souls. **Consecrated as Bishop of Ireland by Pope Celestine I around 431 AD, he returned to serve the small Christian population and to preach to the pagans. He spent 30 years preaching, ordaining priests, establishing dioceses with bishops, and teaching missionaries. Icons depict him in green vestments, the traditional color of Ireland, holding the three-leaf shamrock. Irish legend has it that Patrick and his missionaries used the shamrock to teach the people about the Three Persons of the Trinity in the One God.**

While the shamrock story may be a legend, it is a fact that he established the beautiful Celtic crosses. The story of Patrick driving out the snakes is a metaphor for driving out pagan worship and rooting the Church deep into Irish culture.

Saint Patrick's Mountain, Croagh Patrick, is a striking cone-shaped mountain in County Mayo. This was a holy place under the druids of the old Celtic pagan religions. Patrick came here often to pray, and once he was inspired by his guardian angel to imitate Moses and spend forty days and nights, in intense intercessory prayer for the Irish people. He had only a slight recess in the rocks as his shelter at night, and otherwise spent the time praying exposed to wind and rain, interceding for the Irish of his day and the generations to come. As the Catholic Encyclopedia relates:

The whole purpose of his prayer was to obtain special blessings and mercy for the Irish race, which he evangelized. The demons that made Ireland their battlefield mustered all their strength to tempt the saint and disturb him in his solitude, and turn him away, if possible, from his pious purpose. They gathered around the hill in the form of vast flocks of hideous birds of prey. So dense were their ranks that they seemed to cover the whole mountain, like a cloud, and they so filled the air that Patrick could see neither sky nor earth nor ocean. St. Patrick besought God to scatter the demons, but for a time it would seem as if his prayers and tears were in vain. At length he rang his sweet-sounding bell, symbol of his preaching of the Divine truths. Its sound was heard all over the valleys and hills of Erin, everywhere bringing peace and joy. The flocks of demons began to scatter. So complete was the saint's victory over them that, as the ancient narrative adds, "for seven years no evil thing was to be found in Ireland."

Pilgrims still climb the mount, especially on the last Sunday of July, when thousands of pilgrims will gather to climb to the summit and see where Patrick prayed. It is traditional to go barefoot over the sharp and rough scree rocks, and many men would go shirtless exposed to the harsh winds; these practices were to atone both for their own sins and the sins of others. Now the Irish police try to convince people to be more moderate in their penances, and thus safer, but some still follow the old ways.

Ordination of Michael Grega to Subdiaconate

