

March 23, 2025

3rd Sunday of the Great Fast / Veneration of the Cross / T one 3
Glory to Jesus Christ! / Glory to Him Forever!



**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 Zuger, Dan Riley, Rafael Plut,
Jeff Brewer, Michael Grega, Alicia Wells

Finance Council

Matthew Blain, Maria Alden

**Bishop John Pazak, in residence
(505) 268-2877**

**Father Christopher Zuger
Administrator
(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 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 4:14-5:65; Mark 8:34-9:1

YouTube Live 8:30 am Rosary
9:00 am Matins & Confessions
10:00 am Divine Liturgy / Intention for the Parishioners of OLPH
Distribution of Crosses

ECF Classes Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine

Mar 24 Mon ***Zachary Venerable / Gen 8:21-9:7; Prov 11:19-12:6***



Mar 25 Tue ***Annunciation of the Theotokos / Solemn Holy Day / Heb 2:11-18; Lk 1:24-38***

6:00 pm Vesper Divine Liturgy

Mar 26 Wed ***MID-LENT / Synaxis of the Archangel Gabriel
Gen 9:18-10:1; Prov 12:23-13:9***



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

5:45 pm Confessions

6:00 pm Presanctified Liturgy / Eva Riley by Family

Mar 27 Thu ***Matrona Venerable / Gen 10:32-11:9; Prov 13:19-14:6***

Mar 28 Fri ***Hilary and Stephen Venerable / Gen 12:1-7; Prov 14:15-26***



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

5:45 pm Confessions

6:00 pm Presanctified Liturgy / Ronald Gloetzner by Riley Family

Potluck dinner after Liturgy

Mar 29 Sat ***4th All Souls Saturday***

9 am Divine Liturgy / Panachida

4:00 pm Great Vespers

Hebrew Scriptures for Sunday:

Gen 41:14-31; Judges 16:4-21; Hosea 14:1-9

5:00 pm Vigil Divine Liturgy / +Franklyn Preisler by Family; 40 Days

Mar 30 Sun ***4th Sunday of The Great Fast / John Climacus Venerable
Heb 6:13-20; Mk 9:17-31***

8:30 am Rosary

9:00 am Matins & Confessions

YouTube LIVE 10:00 am Divine Liturgy / Intention for the Parishioners of OLPH

ECF Classes Eternal Lamp: Holy Protection of the Mother of God over People of Ukraine
5:30 pm Ask A Priest

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

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|------------------|--------------------|--------------------|
| Sharif Rabadi | Irene Bradley | Katy Ford |
| Jenny Ford | Sorilah Chavez | Madalyn Davis |
| Marilyn Fore | Abraham Haddad | Rebecca Russo |
| Barbara Svensson | Marianne Gerace | Jacob McTernan |
| Laurie Bienz | Michael Baron | Paola Terlaza |
| Brent Dodson- | Jessica Pieniadz | Vicki Frank |
| Sands | Rhonda Glasscock | Emily |
| Lara Davis | Amber Roybal | Wojciechowski |
| Carol Donlin | Philip Leahy | Fr Joel Barstad |
| Marcie Dark | Juanita Montoya | Fr. Joseph Wargaki |
| Fr Chris Zuger | Linda Granci | Fr James Bankston |
| Fr Robert Rankin | Christopher Barlow | Killian Parker |
| Fr. Steve Washko | Joel Ford | Midge |
| Buster Miscusi | Andrew Martinez | McCarragher |
| Richard Jacobs | Jordan Smith | |
| Lourdes Lasin | Janet Worthington | |
| Harry & Barbara | Matt Williamson | |
| De Lap | James Epstein | |

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.

“Whoever will lose his life for my sake and for the sake of the **Good News will save it.**” A vocation is a cross, a way to lose our lives for the Lord and His Gospel by giving life to the world in a life of prayer and devotion to the holy mysteries of the Church. The Lord may be showing you that holy orders or the religious life is something to consider. 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: Montano Family
Next Sunday:
Gloetzner Family

March 30, 2025

Cantor: Andrea Riley
Reader: Kendrick Sena
Altar Server: Sbdcn Michael
Grega
Counters: Maria Alden &
Ann Rajala

**Propers for 3/30/25
4th Sunday of Great Fast
Tone 4**

Typical Psalms & Beatitudes -
16, 17 & 23
Troparion (Tone 4) – 141
Troparion (GF) – 226
v. Glory...
Kontakion (GF) – 226
v. Now & Ever...
Theotokion – 406
Prokeimenon & Alleluia - 142 &
226
Instead of 'It is Truly Proper' –
221
Our Father- 69
Communion - 78 & 227 [A]

Coming Events—Mark Your Calendars Now

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|---------------|--|
| Thu Apr 3 | 7:00 pm St. Andrew Canon |
| Sat Apr 5 | 9:00 am—12 noon church cleaning |
| Mon Apr 14 | 9:00 am Bridegroom Matins 6:00 pm Advisory Board Meeting |
| Tue Apr 15 | 9:00 am Bridegroom Matins |
| Wed Apr 16 | Holy Wednesday 7:00 pm Presanctified Liturgy 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 of Our Lord 9:00 am Procession and Matins 10:00 am Divine Liturgy Blessing of Baskets / Paschal Meal |
| Mon Apr 21 | 6:00 pm Liturgy with Procession of four Gospels |

Alicia's Hall Report

Thank you, Laura for the yummy curry, tofu, shrimp, and sauteed veggies and Rita for the Asian slaw! With those and the stir fry, we had quite the lovely Asian potluck! Thanks to everyone who helped set up, serve, and clean up!

Please remind your family members to dump **food in the compost bowl**, rinse their dishes and **place them in the dishwasher**. It's a big help to keep the sink clear so whoever so kindly volunteers to wash the dishes doesn't have a huge mess to clean up.

You can sign up to host or co-host with a meatless and dairy free meal during the Great Fast here: <https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph#/>. Have a blessed 4th week of the Fast!

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 additional information, and/or would like for us to pray for your intentions, please contact Lara Davis at crowhopdavis@yahoo.com

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

Two camps—one for boys & dads, one for girls and moms: Please mark your calendars.

This summer, our eparchy is hosting two camps. One for our eparchy's girls aged 9-17 and mothers are invited to Santa Fe, New Mexico from July 25-27. The other is for boys aged 7-17 and their dads which will be held July 10-13 in Palomar, California. Please mark your calendars and stay tuned for more info.

EPARCHIAL APPEAL 2025

The Annual Eparchial Appeal this year runs from **March 15 to September 15, 2025**. The pledge form and information for the appeal was mailed directly from the Bishop's office to your home. Our parish goal for this year is **\$18,000.00** which brings it 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 the Eparchy of Phoenix. Thank you for your support!

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.

The Sign of the Cross by Romano Guardini

When we cross ourselves, let it be with a real sign of the cross. Instead of a small cramped gesture that gives no notion of its meaning, let us make a large unhurried sign, from forehead to breast, from shoulder to shoulder, consciously feeling how it includes the whole of us, our thoughts, our attitudes, our body and soul, every part of us at once, how it consecrates and sanctifies us.

It does so because it is the Sign of the universe and the sign of our redemption. On the cross Christ redeemed mankind. By the cross he sanctifies man to the last shred and fiber of His being. We make the sign of the cross before we pray to collect and compose ourselves and to fix our minds and hearts and wills upon God. We make it when we finish praying in order that we may hold fast the gift we have received from God. In temptations we sign ourselves to be strengthened; in dangers, to be protected. The cross is signed upon us in blessings in order that the fulness of God's life may flow into the soul and fructify and sanctify us wholly.

Think of these things when you make the sign of the cross. It is the holiest of all signs. Make a large cross, taking time, thinking what you do. Let it take in your whole being—body, soul, mind, will, thoughts, feelings, your doing and not-doing—and by signing it with the cross strengthen and consecrate the whole in the strength of Christ, in the name of the triune God.

What Will be Your Choice by Laurie Bienz

In 2023, during lent, Jesus brought me into His passion so I could see it from a different view point. I will never see the Lord's passion the same way ever again.

I'm standing before the judge. "You are guilty! You are sentenced to death." Someone stands beside me and places His arm across my shoulders. I hear Him tell the judge, "I accept the judgement and sentence in her place." I look up and meet the compassionate gaze of Jesus.

I'm taken to the courtyard and chained to a post. The guard orders, "Thirty-nine lashes." As I wait for the lash to fall, a shadow falls across me, and a voice whispers in my ear, "I will take the lashing for you." I look up and see Jesus standing over me.

"Why?" I ask. "I can bear the lashes, you cannot," was His gentle reply. There He stood, holding onto the post, sheltering me in His shadow.

"Why?" I ask again. In a gentle voice He replies, "I choose to do this." The guard takes me out to the street, throws me down beside a very large cross and orders me, "pick up that cross!" I try to lift the cross, but I am unable to. Again, the guard yells at me, "pick up that cross!" Again, I attempt to lift the cross. Again, I fail. Then Jesus tells me, "This cross is too heavy. I will carry it for you." Lifting me to my feet, and picking up my cross, together we begin the walk up to calvary.

I whisper, "Why are you doing this?" His reply, "I choose to." We reach the top of Golgotha; He sets the cross down. The captain reads the list of my offenses and my sentence. Jesus lays His arm across my shoulders and tells the guard, "I am taking her place." He lays down on the cross and lets Himself be nailed to it. His cross is raised. I whisper, "No! I belong there not you!" I hear Him take His last breath. I am lost. I search for something. I go to His tomb, it is empty. I look up and down the roads. I still cannot find it. Then I see a bright light on the mountain. As I get closer, I see Jesus in all His glory, His wounds shining bright. I run to Him. He takes me in His arms. *(continued on next page)*

(continued from previous page) Again, I ask, "Why? Tell me why! I don't understand!" With a look filled with love, He answers, "I give you a choice out of my deep, abiding love for you."

Setting me down, He hooks to the left. I follow His gaze and see pain and darkness and eternal separation from Him. He looks to the right. I follow His gaze and see light, joy and eternal life with Him.

I watch as He is taken up into the clouds, and in the depths of my soul I hear Him asking me, "What will be your choice?"



Lent is a journey to the cross. Jesus wants you to pick up your cross and follow Him. He wants you to learn virtues through carrying your cross. So one must stop and think about their crosses and what they mean! These small crosses are being given out today to help us deepen our trust and confidence that Jesus is walking with us on our journeys.