

September 19, 2021, Tone 8

Sunday After the Exaltation of the Cross

We bow to Your Cross O Christ and we glorify Your Holy Resurrection!

Christ

the Physician of our Souls and Bodies



CATECHETICAL SUNDAY 2021

EASTERN CATHOLIC CHURCHES OF AMERICA

Today, we joyfully celebrate an important event in our parish: the beginning of the catechetical school year. The children, and the adults who teach them, gather together to receive a blessing for the start of the new catechetical school year. The theme this year is, "Christ, the Physician of Our Souls and Bodies." May their good work help us all to realize the love and mercy of God's healing presence and how Christ continues to heal through each one of us in His Mystical Body, the Church. Together today, we ask God to grant His servants, our students, their parents, and their teachers, many years in health and happiness!

**Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix
Most Reverend Thomas J Olmsted Apostolic Administrator**

**Our Lady of Perpetual Help Byzantine Catholic Church
1837 Alvarado Dr. NE, Albuquerque, NM 87110 Parish office: (505) 256-1539**

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**Father Tyler Strand
(516) 661-0883
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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

**Confession (Mystery of
Reconciliation):**

9:15—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 ad-
vance.
(Pre-Jordan requirement)

Mystery of Crowning:

Must be arranged six months in ad-
vance
(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 con-
fined 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 some-
one is ill!

May the Lord Bless your kindness and
generosity to His House!



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!

Galatians 2:16-20; Mark 8:34-9:1

- YouTube Live** 8:30 am Rosary; 9:00 am Matins, Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
Catechetical Sunday
Eternal Lamp: Healing for Lara Davis
- Sep 20 Mon** *Post Festive of Exaltation / Eustace and Others Martyrs / Eph 4:24-32; Lk 3:19-22*
9:00 am Divine Liturgy / +Kaine Jack by Sr. Anastasia
- Sep 21 Tue** *Leave-taking of Exaltation / Codratus Apostle / Eph 5:20-26; Lk 3:23-4:1*
9:00 am Divine Liturgy / God's Blessing on Patricia Covarrubias by Prayer Warriors
6:30 pm CAFE meeting in the Hall
- Sep 22 Wed** *Phocas Bishop Martyr / Eph 5:25-33; Lk 4:1-15*
4:30—5:45 pm Philokalia Prayer and Discussion Group
5:30 pm OLPH Devotions
6:00 pm Divine Liturgy / +Barbara Klautd by Svenssons
Fr. Chris: +Linda Garci by Pam Baia
- Sep 23 Thu** *Conception of John the Baptist / Gal 4:23-31; Lk 1:5-25*
6:45 pm THEOSIS Bible Study / Revelation (zoom)
- Sep 24 Fri** *Thecla Proto Martyr / Eph 6:18-24; Lk 4:22-30*
 9:00m am Prayer & witness in front of abortion clinic on San Mateo
6:00 pm Divine Liturgy / +Hannah Colton by Svenssons
- Sep 25 Sat** *Euphrosyna Venerable / 1 Cor 15:39-45; Lk 4:31-36*
- Sep 26 Sun** *18th Sunday After Pentecost / 2 Cor 9:6-11; Lk 5:1-11*
4:00 pm Great Vespers (YouTube Live)
Hebrew Scriptures for Sunday: John 3:21-4:6; 1 John 4:11-16; 1 John 4:20-5:5
5:00 pm Divine Liturgy / +Fr. Paul Gillespie by Svenssons
- Live streaming through YouTube** 8:30 am Rosary; 9:00 am Matins, Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
Eternal Lamp: Open

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	Paola Terlaza
Jenny Ford	Harry & Barbara	Ruth Sousa
Priscilla Hughes	De Lap	Linda Granci
Marilyn Fore	Irene Bradley	Vicki Frank
Sven & Barbara	Sorihah Chavez	Christopher
Svensson		Barlow
Laurie Bienz	Abraham Haddad	Tracy McTernan
Brent Dodson-	Marianne Gerace	Scott Fafrak
Sands	Lori Medina	Jordan Smith
John & Maria	Michael Baron	Rebecca Baia
Alden	Gabriel Preisler	Janet Worthington
Lara Davis	Todd Bailey	Patti Klinkovsky
Philip Leahy	Fr Tyler Strand	Matt Williamson
Marcie Dark	Fr Chris Zugger	



Vocation Icon

Today: Fogg Family
Next Sunday: Carol Donlin

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 for September An Environmentally Sustainable Lifestyle

We pray that we all will make courageous choices for a simple and environmentally sustainable lifestyle, rejoicing in our young people who are resolutely committed to this.

"Whoever will lose his life for my sake and for the sake of the Good News will save it."

Our Lord teaches us that following him and his Gospel is both a loss and a gain at the same time. Devoting one's life to the Church as a monastic, religious, or member of the clergy is a cross and is also an immense blessing. Are you being called to be this blessing to the Church? Contact the

Vocations Office at
206-329-9219 or email:
vocations@ephx.org

September 26, 2021

Cantor: Andrea Riley

Reader: Michael Wells

Altar Server: Michael Grega

Trojca: Esther & Tony Gloetzner

Counters: Rafael Plut, Ann Rajala

Propers for 9/26/2021

**18th Sunday after Pentecost &
Falling Asleep of St. John the
Apostle**

Tone 1

Troparion (Tone 1)- 125

**Troparion (Apostle) - Cantors
v. Glory...**

**Kontakion (Tone 1) - 126
v. Now & Ever...**

**Kontakion (Apostle)- Cantors
Prokeimenon & Alleluia - 127 &
369**

Our Father - 66

Communion Hymn - 78 & 370 [B]

OLPH Prayer Warriors

Sunday (Zoom). Send your prayer requests to Patricia at pcob@unm.edu THE PRAYER WARRIORS IS OPEN TO EVERYONE--WOMEN, MEN, & CHILDREN (children who have their parents' permission)! Please join us!!

9/26 Samson & Delilah

10/3 Praise/Worship

10/10 Midnight

10/17 Forgiveness Part I

10/24 Forgiveness Part II

Barbara's Hall Report

Well, no one brought any food! Thanks to Michael Wells for plugging in the coffee pot, so at least there was coffee!

Coming Events—Mark Your Calendars Now

Fri Oct 1	Protection of the Theotokos Solemn Holy Day 6:00 pm Divine Liturgy
Sat Oct 2	9:00 am Animal Blessing in front of the outdoor shrine on the patio
Tue Oct 12 Wed Oct 13	Father Chris 40th Anniversary 6:00 pm Divine Liturgy 6:00 pm Dinner at the Sheraton Uptown
Sat Oct 16	8:30 am—3:00 pm Women's Day of Reflection
Oct 18-22	Clergy Retreat in Phoenix, AZ
Mon Nov. 8	Archangel Michael & All Angels Solemn Holy Day 6:00 pm Divine Liturgy
Mon Nov. 15	Start of Phillip's Fast
Thu Nov 25	Thanksgiving Day 9:00 am Divine Liturgy

What: OLPH Women's Day of Reflection

When: Saturday, October 16

Where: Our Lady of Perpetual Help Byzantine Catholic Church Reminder: Ladies, if you are planning on attending our October 16 Day of Reflection on peace of heart, don't forget to give your completed registration and payment to Mary Blain or Cindy Loescher before the end of September.

ETERNAL MEMORY: With the hope of the Resurrection of Our Lord Jesus Christ we inform you and ask you to please keep in your prayers the soul of **+Fr. John Kovach**, a priest of the Eparchy of Parma. Father John was the very first Pastor here at OLPH back in 1974. Fr. John passed away on Wednesday morning, September 15 at 4:29AM Pacific Time in El Monte, California, at the age of 81. He surrendered his soul to the Lord in the 56th year of his priesthood. *In blessed repose, grant, O Lord, eternal rest to your departed servant Father John and remember him forever. Blessed repose, eternal memory!*

Confessions are heard on Sunday morning, beginning at 9 am during the Matins. Please line up on the north wall, near the hall door. Father Chris will usually stop hearing confessions when the Liturgy reaches the "Holy God." However, if you are still in line waiting, he will instruct you to go into the hall after the Liturgy, and he will meet you at the door of the old sacristy, next to the statue of Saint Joseph. He will then hear the confessions of all those who could not make theirs earlier.

HELP NEEDED: Father Chris needs someone to put protective stain or varnish on a wooden gate and a wooden bench at the Blanchette House. If you can do that please call him at 256-1787 or 259-6741

CAFE will resume this week, meeting in our hall on Tuesday, Sept. 21, at 6:30 pm. We will begin with supper and "Ask A Priest Anything Night." We'll do a survey of the college-age young adults who attend and see what topics are of interest for future study. CAFE is the student club at UNM, Catholic Apologetics Fellowship Evangelization, but due to COVID restrictions (such as small meeting rooms!), the club will hopefully meet here on Tuesday nights, every other week. If you have any questions ask Fathers Artur or Chris. Thank you.

Dear Parish Family, 40 DAYS FOR LIFE begins on Wednesday September 22nd. Over 19,000 lives have been saved since 2007 from all of the 40 Days for Life locations. PDL has hosted 40 Days for Life in Albuquerque every Spring and Fall since it began and lives have been saved each time right here in Albuquerque. Many more can be saved when we pray, fast, and witness for Life!!! As usual every parish has a designated day to come pray and witness the Sanctity of Life in front of the abortion clinic on San Mateo or Lomas. Our Parish is scheduled on Friday October 1st and Friday October 29. See flyers on greeting table or bulletin board in the hall for more info.

GOD WITH US ONLINE is pleased to announce 2021-22 Fall / Winter Curriculum They have some very exciting educational opportunities planned with some wonderful teachers (some brand new and some returning favorites!) The first webinar of the curriculum year will be **Rethinking Sunday School: The Problem and Practical Solutions**, taking place **MONDAY, SEPTEMBER 20th**, just following Catechetical Sunday. Please join to explore the importance of holding on to a discipleship model in teaching the faith, and practical ways to accomplish this in our current situations with Fr. François Beyrouiti.

This will be a talk for **EVERYONE**, regardless of whether you share the faith formally or informally! For more info or to register go to: [GODWITHUSONLINE.ORG/EVENTS](https://www.godwithusonline.org/events)

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: <https://www.olphnm.org/giving> Thank you

CATECHETICAL SUNDAY reflection (taken from GODWITHUS ONLINE)

The Church, in Her prayers, calls Jesus, “Christ, the Physician of Our Souls and Bodies.” This title for our Lord is our theme for the Catechetical Year in 2021. Let us reflect this year on how Christ has healed our souls and bodies and how we can lead others to the Lord’s loving and healing hand.

In the Gospels, Jesus performs many healing miracles. He restores sight to the blind, speech to the mute and hearing to the deaf; He cleanses lepers; He raises up the crippled and even the dead; He drives out demons from the possessed; He reconciles the relationship of sinners to God and the wider community; and He performs many other healing miracles. Each miracle restores Jesus’ beloved creature to wholeness. If we look closely at the healings, the miracles do not touch only one dimension of the person. Jesus heals the whole person. Jesus heals not only the body, but He renews the mind, the soul, and the person’s relationship with God and with other people. Jesus even restores a person’s ability to worship God with the community. The miracles often end with the crowds in awe, worshipping and glorifying the Lord. Jesus heals people from the inner depths of their souls all the way out to their bodies and their relationship with the world around them.

Healing the Whole Person

So, what does it mean that Jesus heals the whole person? We are not only physical bodies made up of chemicals and molecules and neurons. We are persons with an inner world of thoughts and emotions, values and knowledge, principles and desires. We have a conscience that helps to guide us through decision making. We have a deep inner world where God touches our lives and speaks in our hearts. We have an outer world as well. We are always in relationship with others from birth to death. We have friends and families, teachers and mentors. We belong to parishes, schools, and other kinds of communities.

When Jesus healed, He healed whole persons. It was not only their bodies that suffered, but the whole person who suffered. In the ancient world, many of the sick were not able to worship God with the rest of the community; they may not have been able to earn a living or provide for a family; they may have struggled with guilt, frustration and sadness. In one healing miracle, a blind beggar on the side of the road cries out, “Jesus, Son of David have mercy on me!” (Mk 10:46-52). The word used for “cried out” implies the frantic cry of a suffering animal. This man was desperate for the Lord to touch his whole life. Yes, he wanted to be healed of his physical blindness, but he wanted his whole life restored and renewed.

The Power to Heal: Then and Now

How does Jesus heal the sick? How does He heal the whole person? Being God, He heals by His Divine Will because He is all-powerful, good and the Lover of Mankind. Being human, Jesus heals by His physical touch (Mk 9:27), by making clay with his spit (Jn 9:6), by speaking words of healing and forgiveness (Lk 7:47-48). Jesus, who is both fully God and fully man in One Divine Person, heals the sick and restores them to full health through visible means with invisible power.

The Church, too, you and me, the clergy and the faithful, are called the “Mystical Body of Christ” (cf. Eph 4:12). In some sense, we continue the healing ministry of Jesus Christ in our own world today. In the classroom, catechesis may lead a person to a deeper relationship with Christ and greater knowledge about who we are and who God is. This kind of “healing” may carry someone through a lifetime. When we provide words of comfort to a friend who is struggling through the trials of life, or when we are patient with our children, students or fellow believers, we are in some way healing (or keeping healthy) various dimensions of the lives of the people around us. We may participate in continuing Christ’s healing ministry in our professions as doctors, nurses, counselors, teachers, social workers, and chaplains as we care for the whole person. We may continue Christ’s healing ministry in our family life, through community volunteer work or Jesus’ healing presence might permeate every interaction we have with people we meet. So, then, Christ, the physician of our souls and bodies, continues to touch the lives of the “sick” through us, if we let Him.

Healing Through Forgiveness: The Mystery of Reconciliation

For one last reflection on Jesus' healing of the whole person, let us look at the paralytic lowered through the roof by his friends (Mk 2:1-10), and the Mystery of Reconciliation, also known as the Sacrament of Penance. In the version of this story from the Gospel of Mark, the man is brought to Jesus by four friends. The paralytic needs help from his friends to bring him to the place where Jesus will heal him. For us too, we bring our children to Church, our friends to the Divine Liturgy, and our parents to the Sacraments. We bring our "friends" who suffer from the wounds of sin to the healing presence of Christ in the life of the Church. When the paralytic is brought before Christ, by his and his friends' faith, Jesus does not heal the physical illness, immediately. First, Jesus forgives the man of his sins. Then, Jesus performs the miracle of raising the paralytic up from his bed. In this story, we see Christ healing the whole person, from the spiritual depths of the man's heart to the outer expression of his physical illness. Likewise, Jesus desires to heal us from the inside out. He is truly the physician of both our souls and bodies.

One way Jesus heals us from the inside out is through the Mystery of Reconciliation. In Confession, the priest represents the presence of the Church; in the presence of Christ, the wounded person confesses his or her sins and struggles; and through the voice of the priest, Christ announces love and forgiveness to those who repent. Our ears hear that we are forgiven, our soul is washed clean from the sins of the past and the burden of sin is lifted from our hearts. We are reconciled to God, to the Church and to our fellow creatures. We are restored to spiritual health. The Mystery of Reconciliation may begin for us an inner healing that reaches its grace and power to the many dimensions of our lives: our thoughts and emotions, our values and desires, our bodies and our relationships. Once our relationship with God is restored, and our spiritual life is set in order, the rest of our life can be restored and set in order as well. The whole person can be healed.

In the Mystery of Reconciliation, the Lord Jesus Christ, the physician of our souls and bodies, continues to heal those who bear the illness and affliction of guilt and sin. And, like the friends of the paralytic, who were true friends indeed, we also may bring our "friends" to the healing ministry of our Lord. May God bless you and your efforts in passing on the faith of our Church to our children!

Sept 23 - Conception of St John the Baptist

Only Christ, Our Lady, and Saint John the Baptist have commemorations of their conceptions. For John, it is the promise of God made to his sterile parents that is fulfilled in their old age. As the angel announced to his father, John will become the prophet who will turn the hearts of Israel to conversion. He will prepare the way for the Messiah, Christ our Lord. His birth is listed as June 24, to indicate that unlike Jesus, he will have an imperfect pregnancy. The icon of the feast usually shows Zechariah and Elizabeth embracing, sometimes with the adult John off to the side. Others include the apparition of the Archangel Gabriel to Zechariah in the Temple, where the priest doubts God's messenger and God's power.

The prophet Malachi had foretold that before the Messiah came, a Forerunner would appear. This of course is Saint John. His parents were among the devout Jews who lived in the mountains of Judea. Judeans were the most religious region among the Jews, and is the origin of the word "Jew." Elizabeth's surprising pregnancy in old age fulfills the prophecy of Isaiah in chapter 54, verse 1: ***Sing, O barren one who did not bear; burst into song and shout, you who have not been in labor! For the children of the desolate woman will be more than the children of her that is married, says the LORD*** which Saint Paul quotes in his letter to the Galatians. After the birth and the miraculous cure of Zechariah, the Gospel says that the people of the "hill country" wonder about the future of this infant boy (Luke 1: 65-66). Again, these are the most devout Jews of that era, and what they are wondering is what will be his prophetic role on behalf of Israel?