

February 12, 2023 / T one 3 / Sunday of Meat-Fare  
Glory to Jesus Christ! / Glory to Him Forever!  
¡Gloria a Cristo! / ¡Gloria a Él para siempre!



*St. Jean Vianney on the Last Judgment:*

This examination will be terrible, my children, because nothing is hidden from God. His infinite wisdom knows our most inmost thoughts; it penetrates to the bottom of our hearts, and lays open their innermost folds. In vain sinners avoid the light of day that they may sin more freely; they spare themselves a little shame in the eyes of men, but it will be of no advantage to them at the day of judgment; God will make light the darkness under cover of which they thought to sin with impunity. **The Holy Spirit, my children, says that we shall be examined on our words, our thoughts, our actions; we shall be examined even on the good we ought to have done, and have not done, on the sins of others of which we have been the cause. Alas! so many thoughts to which we abandon ourselves – to which the mind gives itself up; how many in one day! in a week! in a month! in a year! How many in the whole course of our life!**

Not one of this infinite number will escape the knowledge of our Judge.

The proud man must give an account of all his thoughts of presumption, of vanity, of ambition; the impure one of all his evil thoughts, and of the criminal desires with which he has fed his imagination. Those young people who are incessantly occupied with their dress, who are seeking to please, to distinguish themselves, to attract attention and praise, and who dare not make themselves known in the tribunal of Penance, **will they be able still to hide themselves at the day of the judgment of God? No, no! They will appear there such as they have been during their life, before Him who makes known all that is most secret in the heart of man.**

**Holy Protection of Mary Byzantine Catholic Eparchy of Phoenix  
Most Reverend Kurt Burnette Apostolic Administrator**

**Our Lady of Perpetual Help Byzantine Catholic Church  
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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):**

9:00—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!**

**1 Corinthians 8:8-9:2; Matthew 25:31-46**

**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

**Feb 13 Mon** ***Martinian Venerable / 3 Jn 1-15; Lk 19:29-40 & 22:7-39***

9:00 am God's Blessing on Mark Cooper by Mary Alice Cooper  
6:00 pm Advisory Board Meeting

**Feb 14 Tue** ***Death of Cyril Apostle to the Slave / Heb 7:26-8:2; Jn 10:9-16***

9:00 am God's Blessing on John Cooper by Mary Alice Cooper  
Noon Cantors Meeting

**Feb 15 Wed** ***Onesimus Apostle / Joel 2:12-26; Joel 4:12-21***

5:30 pm OLPH Devotions  
6:00 pm God's Blessing on John Cooper by Mary Alice Cooper

**Feb 16 Thu** ***Pamphilius & Others Martyrs / Jude 11:25; Lk 23:1-34 & 44-56***

**Feb 17 Fri** ***Theodore the Recruit Great-Martyr / Zech 8:7-17; Zech 8:19-23***



9:00 am Prayer & Witness in front of abortion clinic on San Mateo/Lomas  
6:00 pm +JoAnn and +Gerald Cooper by Mary Alice Cooper

**Feb 18 Sat** ***All Holy Ascetical Fathers and Mothers / Rom 14:19-23 & 16:25-27; Mt 6:1-13***

9:00 am (masks required) +Robin Perini by Brook Jilek  
11:00 am—2:00 pm Pysanky Workshop

**Feb 19 Sun** ***Sunday of Cheese-Fare / Rom 13:11-14:4; Mt 6:14-21***

4:00 pm Great Vespers YouTube LIVE  
Hebrew Scriptures for Sunday: Genesis 1:1-5; Job 20:1-23; Proverbs 20:1-2  
5:00 pm +Adrian Aragon by Debbie Sanchez

**YouTube Live** 8:30 am Rosary; 9:00 am Matins, Confessions  
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends  
ECF Classes

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	Abraham Haddad	Christopher
Svensson	Marianne Gerace	Barlow
Laurie Bienz	Lori Medina	Jordan Smith
Brent Dodson-	Michael Baron	Janet Worthing-
Sands	Gabriel Preisler	ton
Lara Davis	Jessica Pieniadz	Patti Klinkovsky
Carol Donlin	Rhonda Glasscock	Matt Williamson
Marcie Dark	Amber Roybal	James Epstein
Jesse Hebert	Philip Leahy	Katy Ford
Fr. Chris Zigger	Juanita Montoya	Jacob McTernan
Fr Chris Andrews		

### **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: Fedorowich Family  
Next Sunday: Riley Family

“Whatever you did for the least of my brethren, you did it for me.” Our vocation is about being Christ to others and seeing Christ in others with as much faith, hope and love as possible. God may be calling you to this life through an increase in prayer as a monk, nun, or member of the clergy. To find out more, contact the Vocations Office at 206-329-9219 or email: [vocations@ephx.org](mailto:vocations@ephx.org)

**February 19, 2023**

Cantor: Andrea Riley

Reader: Michael Wells

Trojica: Lucy & Daniel Brewer

Altar Server: Michael Grega

Counters: Jana Brewer &

Ann Rajala

**Propers for 2/19/2023**

**Cheese-Fare Sunday**

**Resurrection Tone 4**

**Troparion (Tone 4) - 141**

*v. Glory...*

**Kontakion (Cheesefare) - 218**

*v. Now & Ever...*

**Theotokion - 406**

**Prokeimenon & Alleluia - 219**

**Our Father - 69**

**OLPH Prayer Warriors**

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

**Alicia's Hall Report**

Last Sunday was a New Mexican feast! Enchiladas were brought by Rita Montañó, Julia Wofford, Katy Ford, and the Wells Family. The Sernas, Foggs & Montañós brought beans. Savanna Gloetznér brought salad, sour cream, & doughnuts/pastries. And the Wells brought salad and calabacitas. Someone else brought chips & salsa to round it off. Thanks to all who contributed, set up, and cleaned up especially the Sernas and Montañós! Next Sunday is Cheesefare. Unless someone signs up soon to host next Sunday, the plan is to have a potluck with all things cheesy! Sign up here or bring your favorite cheesy dish or whatever you need to get rid of before the Great Fast. <https://www.signupgenius.com/go/10c054aaaa2aa4f94-olph#/>

Have a blessed week!

**2023 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 in February & March at the following dates and times: **2/18 11am-2pm, 2/27 6-9pm, 3/18 11am-2pm, 3/27 6-9pm**. Supplies are needed for all participants, so please RSVP with Andrea Riley at 505-220-9137 or [andrea.riley@gmail.com](mailto:andrea.riley@gmail.com). Due to the rising cost of supplies and eggs, a small fee or supply donation is requested.

**ATTENTION BOYS 7-17 and their fathers:** Our Eparchial Vocations Committee is pleased to announce the dates and location for the **2023 Alive in Christ camp**. This ascetical boot camp is Boys 7-17 and their fathers, and will be July 13-16 this summer at Black Diamond Camp in Auburn, Washington state. For more info or to register, please, contact: Deacon

Jonathan Deane at: [dcndeane@ephx.org](mailto:dcndeane@ephx.org)

**Pro-Life victory for late term abortions**

Curtis Boyd at the late term abortion clinic Southwest Women's Options has stopped performing late term abortions. They will no longer perform abortions to birth. The cut off for them is now 23 weeks, 6 days, confirmed by their website and phone calls by former abortion worker Kelly Lester of Abby Johnson's organization And Then There Were None.

This is the result of our prayers / fasting / sacrifices as also of many lawsuits and many years of hard work by Attorney Mike Seibel at Abortion on Trial, Elisa Martinez, Bud and Tara Shaver, and many others. Albuquerque is no longer "The Late Term Abortion Capital of the World." We still have abortion and we need to double our prayers.

**Dear Fr. Artur and Our Lady of Perpetual Help,**

Thank you so much for your gifts and support of me and my brother seminarians! Your support the past few years has always been encouraging. Please keep us all in your prayers, and be assured of ours.

Thank you! In Christ, Subdeacon Luke Iyonyos

## Fasting and Our Renewal

The preparation for the Great Fast in the Byzantine Churches focuses to a great extent on fasting. Why is fasting so emphasized if the purpose of this season is the renewal of our life in Christ? In the Scriptures the great “icon” of our communion with God is “Eden, the Garden of God” (Ez 28:13) where God walked with Adam and Eve. That communion was broken by eating the so-called forbidden fruit. Eating became the sign of choosing one’s own will over the will of God. This is why the first way in which the devil tempted Christ concerned food. Fasting – not eating – is thus a symbol of putting aside our own will in order to recover our communion with God.

In our society, where food is so abundant, eating is an even more fitting symbol for doing our own will. We can choose to eat whatever we feel like. We can pass up foods which don’t please us. We throw away food without a second thought. We may not be able to indulge our lust for power or wealth very easily; we can always reach for another piece of cake.

Many people prepare for Lent by deciding what they will give up. Fasting in the Christian East is not a matter of personal choice, but of surrendering one’s will to the Church which determines when and how to fast. This does not mean that the fasting rules are unchangeable, but one should have the blessing of one’s spiritual guide before excusing oneself from the fast. The heart of the fast is putting aside one’s ego.

In the Great Fast we refrain from eating for at least part of each day (until noon, or midafternoon or until we receive the Eucharist) for 40 days. This number recalls the 40-day fasts of Moses before receiving the Ten Commandments (see Ex 34:27-29) and of Elijah before encountering God on Mount Horeb (see 1 Kgs 19:8-12). For Christians, of course, the Lord Jesus’ 40-day fast in the wilderness after His baptism stands out as the foremost example of fasting and communion with God.

During the pre-Fast weeks of the Triodion we prepare for our 40-day fast by abstinence – not eating certain foods while continuing to eat others. Many people consider abstinence to be fasting; in fact it is merely a part of fasting. We fast completely for a period of time. Then when we do eat, we abstain from eating X, Y, and Z.

**Why Animal Products?** Again let us return to the Garden of God. In the book of Genesis we read that God said to our first parents, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food” (Gen 1:29). Fruits and vegetables, nuts and grains made up the diet of humanity both before and after the fall (see Gen 3:18). It was only after the flood, when the earth had been laid waste, that God tells Noah, “The fear of you and the dread of you shall be on every beast of the earth, on every bird of the air, on all that move on the earth, and on all the fish of the sea. They are given into your hand. Every moving thing that lives shall be food for you” (Gen 9:2, 3). In abstaining from animal products, then, we are returning to the “food of paradise,” the diet of the first created, to symbolize our desire to recover the communion with God for which they were made.

**Homily 45 by St Theodore the Studite:** Brethren: fasting is the renewal of the soul, for the Apostle says that as the body weakens and withers from the ascetic labor of fasting and then is the soul renewed day by day. It is made beautiful and shines in the beauty which God originally bestowed upon it. And when it is purified and adorned with fasting and repentance, then God loves it and will live in it as the Lord has said: “I and the Father will come and make Our abode with him” (Jn. 14:23). ... Now at the beginning the Fast seems laborious, but if we shall apply ourselves from day to day with ardor and discipline, then with the help of God it will be made easier. At the same time, if we desire that the Fast be true and acceptable to God, then together with abstaining from food, let us restrain ourselves from every sin of soul and body, as the sticheron instructs us: “Let us keep the Fast not only by refraining from food, but by becoming strangers to all sinful passions” (Aposticha at Vespers, First Tuesday in the Great Fast)

## **Meatfare Sunday** meditation by Fr. Chris

The statement of this Sunday is this: **at the end of time, no matter how much Man may protest that God does not exist, there will be an accounting for each and every individual. And those who have failed to follow God's commandments among Christians, and the natural law among non-Christians, are doomed.** Great the joy of those who are saved! How awful must be the hatred that binds Satan and his sinful followers together! And where exactly do I think I am going to end up? **No one is assured of salvation: it is a free gift from God,** and we, to whom the fullness of revelation has been given in the teachings of the Church, are responsible indeed for what we do and say here and now. May our prayer be that of the Kon-takion for today:

*Every creature shall tremble before you. A river of fire shall flow before your judgment seat; the books shall be opened, and all secrets revealed. On that day, O righteous Judge, deliver me from the unquenchable fire, and make me worthy to stand at your right!*

**The Fast of Cheesefare Week is a preparation for the Great Fast.** This week, the structure of the church services changes, music becomes more solemn, and abstinence from meat is introduced on Wednesday as well as Friday. For those who will follow the strict fasting regulations, this is also the week in which to eliminate dairy products from the kitchen, so that by next Sunday, there will be none left.

**For daily prayers, the Prayer of Saint Ephrem is added on Monday, Wednesday, and Friday.** The prayer is said in three sections, each verse followed by either a deep bow, or kneeling on the floor and lowering one's head in prostration.

*Lord and Master of my life, Spare me from the spirit of indifference,  
despair, lust of power, and idle chatter.*

*Instead, bestow on me, Your servant, the spirit of integrity,  
humility, patience, and love.*

*Yes, O Lord and King, let me see my own sins and not judge my brothers and sisters: for You are blessed forever and ever. Amen.*

**Saturday February 18th is the Day of All Holy Ascetics.** All of the men and women of the era of the Desert Fathers are remembered. The Divine Office speaks of their abstinence from meat, their fasting from foods from sunrise to sunset in the Lenten periods, their penances. But the main thing is their heroism in prayer and charity, without which all of the penances are worthless. **They must be done for the glory of God, for repentance of our own sins, for the sins of the world which rejects God, and as an act of love for God.**

Whatever you are planning to do for Lent, do it with that last sentence above in mind.

### **Corporal Works of Mercy**

These works require time, conversion of heart, spending money on others, prayer for others, action. The Corporal Works of Mercy are these kind acts by which we help our neighbors with their material and physical needs.

feed the hungry/ give drink to the thirsty /clothe the naked / shelter the homeless / visit the sick/  
visit the imprisoned /bury the dead

### **Spiritual Works of Mercy**

The Spiritual Works of Mercy are acts of compassion, by which we help our neighbors with their emotional and spiritual needs.

counsel the doubtful / instruct the ignorant / admonish sinners / comfort the afflicted / forgive offenses / bear wrongs patiently / pray for the living and the dead



### Explorer corner:

"A photo from the Roadrunner Patrol carrying a youth to safety. Explorer Law 4. An Explorer is a friend to all and a brother to every other Explorer."

"At winter camp I learned a lot about myself. Mostly because the cold weather. I realized that I can endure things that I would not expect. And that when I am outside of my comfort zone I can grow more. This experience helped me grow both physically and spiritually. Plus it helped me to connect with my friends. We had fun, talked, cooked, and prayed together which really strengthened our friendships."

Abel Gloetzner



PRO-LIFE MARCH IN SANTA FE