

September 10, 2023 / T one 6
Sunday Before the Exaltation of the Cross
Christ is Among Us! He is and Always Shall Be!

O, LORD

I LOVE THE PLACE
WHERE YOUR
GLORY DWELLS

Psalm 26:8 (25:8 LXX)

*The Church as Our
Spiritual Home with God*



2023-2024 CATECHETICAL SUNDAY

9 . 17 . 2023

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**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**

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

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

**Father Deacon Thomas Donlin
donlin.thomas@gmail.com**

**Father Christopher Zuger
pastor emeritus
(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 per-
son 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 infor-
mation. You can do a one-time donation or set-
up 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 sys-
tem. 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!

Galatians 6:11-18; John 3:13-17

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

Sept 11 Mon ***Theodora Venerable / Gal 4:28-5:10; Mk 6:54-7:8***

No Liturgy

Sept 12 Tue ***Autonomous Bishop-Martyr / Gal 5:11-21; Mk 7:5-16***

No Liturgy

Sept 13 Wed ***Dedication of the Church of the Resurrection / Heb 3:1-4; Mt 16:13-18***

5:30 pm OLPH Devotions

6:00 pm Rite of the Exaltation of the Cross / Vigil Liturgy

Pro-Life Intention by Svenssons

Sept 14 Thu ***Exaltation of the Holy Cross / Solemn Holy Day***
1 Cor 1:18-24; Jn 19:6-11.13-21.25-27.30-35



6:45 pm THEOSIS Bible Study (zoom)

Sept 15 Fri ***Nicetas Great-Martyr / Eph 1:7-17; Mk 8:1-10***



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

6:00 pm God's Blessing on Stepan Kartsub and his family by Maria Kartsub

Sept 16 Sat ***Saturday After the Exaltation of the Cross / 1 Cor 1:26-29; Jn 8:21-30***

9:00 am +Priest Francis Vivona by Shari (masks required)

Sept 17 Sun ***Sunday After the Exaltation of the Cross / Gal 2:16-20; Mk 8:34-9:3***

4:00 pm Great Vespers / YouTube LIVE

5:00 pm God's Blessing on Hebert Family

Hebrew Scriptures for Sunday: Joshua 10:12-18; 1 Kings 1:1-9; Sirach 46:13-47; 4.8-10

YouTube LIVE 8:30 am Rosary
9:00 am 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

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	Barbara De Lap	Ruth Sousa
Marilyn Fore	Irene Bradley	Linda Granci
Sven & Barbara	Soriah Chavez	Vicki Frank
Svensson	Abraham Haddad	Christopher
Laurie Bienz	Marianne Gerace	Barlow
Brent Dodson-	Lori Medina	Jordan Smith
Sands	Michael Baron	Janet Worthing-
Lara Davis	Gabriel Preisler	ton
Carol Donlin	Jessica Pieniadz	Patti Klinkovsky
Marcie Dark	Rhonda	Matt Williamson
Jesse Hebert	Glasscock	James Epstein
Fr Chris Zuger	Amber Roybal	Katy Ford
Fr Chris Andrews	Philip Leahy	Alton & Barbara
Fr Robert Rankin	Juanita Montoya	Bertschinger
Fr. Steve Washko	Jacob McTernan	Sean Barlow

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 September For people living on the margins

We pray for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance.

“Certainly, God did not send his Son into the world to judge world, but so that the world should be saved through him.” Christ is truly the salvation of the world. As Christians, we are little Christs. Each of us can bring salvation to the world by living the life of Christ. Is God calling you to show his salvation to the world by a life of prayer and repentance as a priest, deacon, monk or nun? To learn more, contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org



Vocation Icon

Today: Sullivan Family
Next Sunday: Wyatt Family

September 17, 2023

Cantor: Andrea Riley

Reader: Michael Wells

Altar Server: Michael Grega

Trojca: Eva Riley

Counters: Jana Brewer & Ann Rajala

Propers for 9/17/23

**Sunday after the Exaltation
of the Cross / Tone 7**

Antiphons & Entrance Hymn - 253-5

Troparion-(Tone 7)- 156

Troparion (Cross) - 254

v. Glory...

Kontakion (Cross) - 255

v. Now & Ever...

Theotokion - 406

We Bow To Your Cross - 33

Prokeimenon & Alleluia - 256

Magnification & Irmos - 256

Communion - 78 & 258 [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 themed 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 Patricia at pocb@unm.edu

Alicia's Hall Report

Last Sunday we had French toast casserole, bagels and cream cheese, cheese & crackers, fruit, and wonderful fellowship!

Thanks so much to all who contributed food, and who helped with set up, serving, and cleanup! Shout out to Julia! Next week, we'll have a fundraiser brunch for the Women's Spiritual Enrichment Week-end in December! We'll be serving Evie's "Best Cinnamon Rolls Ever," egg casseroles, fruit, & gourmet coffee. Please support this fundraiser to help foster the spiritual nourishment and fellowship of the women of OLPH. Also, it will be Catechetical Sunday and Father Artur's Ordination Anniversary (9/14) celebration- Woohoo! <https://www.signupgenius.com/go/10C054AAAAA2AA4F94-olph>

Coming Events—Mark Your Calendars Now

Mon Sep 18	6:00 pm Advisory Board Meeting
Sun Oct 1	Feast of the Holy Protection of the Theotokos
Oct 16-20	Clergy Retreat in Carefree AZ
Nov 2-5	Assembly of the Byzantine Church 2023 in Hillsborough, NJ https://form.jotform.com/230514012134134
Wed Nov 8	Archangel Michael and All Angels Solemn Holy Day 6:00 pm Divine Liturgy
Tue, Nov 14	Beginning of Phillip's Fast
Tue Nov 21	Entrance of the Theotokos Solemn Holy Day
Mon Nov 20	6:00 pm Vigil Liturgy
Wed Dec 6	Nicholas of Myra Archbishop Solemn Holy Day 6:00 pm Divine Liturgy
Fri Dec 8	Maternity of the Holy Anna Solemn Holy Day 6:00 pm Divine Liturgy
Fri & Sat Dec 15 & 16	Women's Day of Reflection
Fri Dec 22	9:00 am Royal Hours
Strict Fast	7:00 pm Great Compline
Mon Dec 25	Christmas-Birth of Our Lord Holy Day of Obligation 9:00 am Matins 10:00 am Divine Liturgy
Tue Dec 26,	Synaxis of the Theotokos Solemn Holy Day 6:00 pm Divine Liturgy
Wed Dec 27	Stephen Protomartyr Simple Holy Day 6:00 pm Divine Liturgy
Mon Jan 1 2024	Circumcision / Solemn Holy Day 10:00 am Divine Liturgy of St Basil / Blessing of Litija / Myrovanije
Sat Jan 6	Theophany of Our Lord / Holy Day of Obligation 9:00 am Divine Liturgy of St. Basil / Great Blessing of Water / Myrovanije

Dear ladies of OLPH, you are cordially invited to join us at the Norbertine Abbey on December 15-16, 2023 for our annual day of reflection. This year our reflection will be led by Susanna Van Vickle, mother of five, a Catholic school teacher, and former lay missionary of Family Missions company from Dallas, Texas. You may opt for an overnight (in a single or double room) or just join us for the day program on Saturday, December 16. Come reflect on the JOY of Jesus as we prepare to celebrate His birth! Registration/Information brochures are available online or in the back of the church. Please see Evie Jilek or Cathy Sullivan for more information. Please tell your friends!

Please join us for a breakfast fundraiser after Divine Liturgy on September 17, 2023 to help offset the costs of the annual Women's Day of Reflection as we also celebrate Father Artur's priestly ordination anniversary. There will be homemade cinnamon rolls, fresh fruit, egg casseroles, and coffee. We ask that you bring a good-will donations, cards for Father, and your appetite!

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 September-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.

Learn about Our Past, Prepare for Our Future: Everyone is encouraged to attend the Assembly of our Byzantine Catholic Church at St Mary Church in Hillsborough, NJ, on Friday, November 3 through Sunday, November 5, 2023. Byzantine Catholics from across the United States and Canada are invited to attend. Metropolitan Archbishop William said, "Your presence and participation are vital and welcome. Please consider coming and supporting this historic Assembly 2023." The venue includes lectures, discussions, fellowship, and a gala dinner with folk music and dancing. The Assembly cost is \$250 for individuals and \$400 for couples. The Maria Theresa Foundation will underwrite the registration fees of individuals and couples between the ages of 18 and 35. For more information, contact the Assembly coordinators, Fr. Ed Cimbal, at 212-677-0516 or Fr. Yuriy Oros at 609-394-5004. The assembly website is <https://www.byzantineassembly2023.org>, and the email is byzantineassembly2023@gmail.com.

September 14: The Feast of the Exaltation of the Holy Cross

THE GREAT FEASTS OF THE CHURCH are each celebrations of an aspect of the mystery of Christ: Of these feasts Pascha is considered "the Feast of Feasts," the center of our Church life, the mystery of Christ's resurrection. While Pascha is celebrated with feasting, the Great and Holy Week which leads up to Pascha observes the last events of Christ's earthly life along with His death and burial by fasting. Each Sunday celebrates the resurrection with the Eucharistic banquet, while each Wednesday and Friday remembers Christ's betrayal and death – again, with fasting. Next in importance to Pascha are "the Twelve Great Feasts" which celebrate events of Christ's life, of His Mother, of His ascension and the coming of the Spirit. Several of these are preceded by days or seasons of fasting. The feast of the Exaltation of the Holy Cross is the only one observed by simultaneous feasting and fasting!

Our Reasons for Feasting: The immediate historical events celebrated on this feast are, first of all, the unearthing of the Cross in the fourth century during the expedition led by St Helena to adorn the Holy Land with fitting shrines to Christ. The second event remembered is the recovery of the cross in the seventh century by Byzantine forces fourteen years after it had been captured by Persian invaders. Two traditions common among Eastern Christians celebrate the discovery of the cross. It is said that St. Helena's workmen were led to the site of the cross by the fragrant aroma of basil growing there. It is customary to adorn the cross and, in some places, the entire church with sprigs of basil. Some basil would be given to people when they venerate the Cross to take home and adorn their icons. In some parts of Greece basil would be ground and added to the dough used to make prosphora. A second festive act observed throughout the Middle East in both Byzantine and Oriental Churches is the lighting of bonfires, usually after the vespers or vigil of the feast. When the cross was unearthed by St. Helena's expedition, the news of this discovery was spread from Jerusalem to Constantinople by a series of bonfires set on the mountains along the coast through Asia Minor.

Today's bonfires are a popular reenactment of that event. The recovery of the Cross is remembered by another festive act – the one which gives this feast its name. When the victorious Byzantine army returned the Cross to Jerusalem, Patriarch Zachariah “exalted” the Cross, lifting it high for the veneration of the people who continually cried out Kyrie eleison as they gazed on the Cross. In our ceremony of the exaltation, the Cross is raised high in each direction – north, south, east and west – to bless the entire world as the people repeatedly chant Kyrie eleison. Our most basic reason for feasting on this day, however, is what took place on the Cross. As St. John Chrysostom described it, “The Cross has taken away sin. It was an expiation for the world, a reconciliation of the ancient enmity. It opened the gates of heaven, changed those who hated into friends; it took our human nature, led it up to heaven, and seated it at the right hand of God's throne. And it brought to us ten thousand other blessings” (Homily 3 against the Judaizers). The first sticheron sung at vespers on this feast echoes this festive sentiment: “By its elevation, the Cross is like an appeal to the whole creation to adore the blessed Passion of Christ our God who was suspended on it, for Christ destroyed by this Cross the one who had destroyed us. In His great goodness, He brought us back to life after we had been dead, and He beatified us and made us worthy of Heaven, for He is merciful. Wherefore, we exalt His name with great rejoicing and glorify His infinite condescension.”

Our Reason for Fasting: We also observe the feast of the Cross by fasting – not in anticipation of the feast but on the feast itself. Church directives say that September 14 is a strict fast day, on whatever day of the week it falls. So we may be called upon to fast on Saturday or even on Sunday. The fast is mitigated on weekends (wine and oil are permitted) but not completely abolished. Since Sunday is always a Eucharistic day, today's fast means that we do not eat until we receive Holy Communion. After that, we do not eat meat, fish or dairy products. The Church's reason for fasting on this day is not to lament the death of Christ, which as we have seen is a source of blessings. Rather we fast because of our sins, committed despite the fact that we know what Christ has done for us on the cross and still prefer to follow our own egos rather than following His way. We do well to be distressed when we look on the Cross – not for the Lord's sake (He is Risen!) – but because our salvation, brought about on the Cross, means so little to us. The mention of fasting usually prompts two reactions. Some overly meticulous people tend to overemphasize fasting rules in a legalistic way. Others, imbued with a pietistic ideas about devotion, see fasting and any discipline involving the body, such as prostrations, kissing icons, etc. as unspiritual. St Paul would not agree. He definitely saw that the body becomes an important component in worship when we use it in a sacrificial way. “I beseech you therefore, brethren,” he wrote, “by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service” (Romans 12:1). When we refrain from food and drink, from sleep, from sexual activity or from any normal physical activity we make our longing an offering to God. In this way we push the physical beyond itself into the spiritual realm. Surrendering our physical desires becomes a logike latreia, a reasoned or conscious act of worship of the One who has given us all things.



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LAUNCHING OCT 1, 2023



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