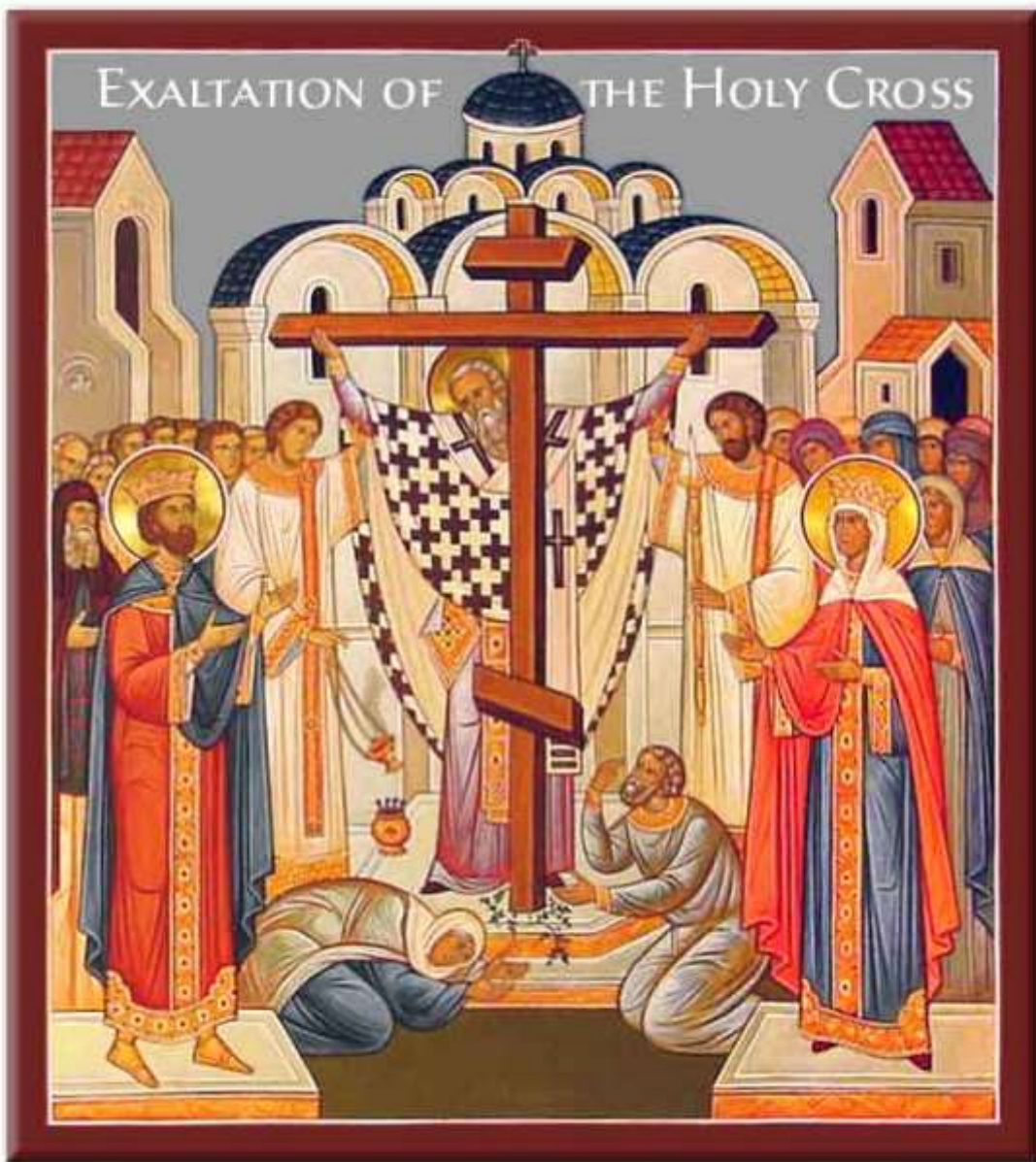


September 12, 2021, Tone 7

Sunday Before the Exaltation of the Cross

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



The Cross is a trophy against the demons, a weapon against sin, a sword with which Christ pierced the serpent. The Cross is the will of the Father, the glory of the Only-begotten One, joy of the Spirit, ornament of the angels, fortress of the Church, the glory of Paul, stronghold of the Saints, the light of the whole world. (St John Chrysostom)

**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**

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

**Father Christopher Zegger
pastor emeritus
(505) 256-1787
Frchris.zegger@gmail.com
www.frchriszegger.com**

**Father Tyler Strand
(516) 661-0883
tylerastrand@yahoo.co.uk**

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 Zegger, 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 6:11-18; John 3:13-17

- YouTube Live** 8:30 am Rosary; 9:00 am Matins, Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
Eternal Lamp: Open
- Sep 13 Mon** ***Dedication of the Church of the Resurrection / Heb 3:1-4; Mt 16:13-18***
6:00 pm Vigil Liturgy / Litija / Blessing on OLPH Parish children by Svenssons
Fr. Chris: +Joey Aramento by Svenssons
- Sep 14** ***Exaltation of the Holy Cross / Solemn Holy Day***
YouTube Live ***1 Cor 1:18-24; Jn 19:6-11.13-21.25-27.30-35***
9:00 am Divine Liturgy / Myrovanije / Special Intention
- Sep 15 Wed** ***Nicetas Great Martyr / Eph 3:8-21; Mk 11:23-26***
4:30—5:45 pm Philokalia Prayer and Discussion Group
5:30 pm OLPH Devotions
6:00 pm Divine Liturgy / Deceased Knights of Columbus: +Joe Donlin, John Schuler, Demetrius Yackanich, George Saade by Svenssons
- Sep 16 Thu** ***Euphemia Great Martyr / Eph 4:14-19; Mk 11:27-33***
- Sep 17 Fri** ***Sophia and Others Martyrs / Eph 4:17-24; Mk 12:1-12***
 9:00m am Prayer & witness in front of abortion clinic on San Mateo
6:00 pm Divine Liturgy / +Casmier Emeka Nwosu by Sr. Anastasis
Fr. Chris:
- Sep 18 Sat** Saturday After the Exaltation of the Cross
Eumenius Bishop / 1 Cor 1:27-29; Jn 8:21-30
- Sep 19 Sun** ***Sunday After the Exaltation of the Cross / Gal 2:16-20; Mk 8:34-9:1***
4:00 pm Great Vespers (YouTube Live)
Hebrew Scriptures for Sunday: Joshua 10:12-18; 1 Kings 1:1-0; Sirach 46:13-47
5:00 pm Divine Liturgy / Blessing on Dcn Jim Danovich and his Family
- Live streaming through YouTube** 8:30 am Rosary; 9:00 am Matins, Confessions
10:00 am Divine Liturgy for Parish Family, Benefactors and Friends
Catechetical Sunday
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-	Olga Bodnar	Scott Fafrak
Sands	Marianne Gerace	Jordan Smith
John & Maria	Lori Medina	Rebecca Baia
Alden	Michael Baron	Janet Worthington
Lara Davis	Gabriel Preisler	Patti Klinkovsky
Philip Leahy	Todd Bailey	Fr Chris Zugger
Marcie Dark	Fr Tyler Strand	Matt Williamson



Vocation Icon

Today:

Herring Family

Next Sunday: Open

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.

"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? Contact the Vocations Office at 206-329-9219 or email: vocations@ephx.org



September 19, 2021

Cantor: Evie Jilek

Reader: Brook Jilek

Altar Server: Michael Grega

Trojca: Lucy & Daniel Brewer
Couters: Rafael Plut, Ann Rajala

Propers for 9/19/2021
Sunday after the Exaltation
of the Cross / Tone 8

Antiphons & Entrance Hymn- 258-9

Troparion (Tone 8)- 161

Troparion (Cross) - 259
v. Glory...

Kontakion (Cross) - 259

v. Now & Ever...

Theotokion - 406

We Bow to Your Cross - 33 [B]

Prokeimenon & Alleluia - 260 & 163

Instead of 'It is Truly Proper'- 260

Our Father - 73

Communion Hymn - 78 & 258 [A]

OLPH Prayer Warriors

Sunday (Zoom). Send your
prayer requests to Patricia at
pocb@unm.edu THE PRAYER

WARRIORS IS OPEN TO

EVERYONE--WOMEN, MEN, & CHILDREN
(children who have their parents'
permission)! Please join us!!

9/19 Voices

9/26 Samson & Delilah

10/3 Praise/Worship

Barbara's Hall Report

Thanks to Tom Jr, Tom and Cathy
Sullivan for serving up some delicious
Frito Pie to celebrate Natalie's
birthday. There was also a lot of
yummy donuts. Happy Birthday,
Natalie!

While I have everyone's attention, just a
reminder for the children to clear their
dishes and throw away their trash.
Please don't expect others to clean up
after you! Thanks!

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

THE BYZANTINE CATHOLIC EPARCHY OF PHOENIX

subscribes to the

*Charter for the Protection of
Children and Young People*

adopted by the United States Catholic Conference of Bishops. The Eparchy, within all its parishes, institutions and programs, is committed to assuring a safe environment in ministry for its children and young people that conforms to the Charter requirements. For information regarding the Eparchial Safe Environment Program, please contact:

Dcn. Michael Hanafin

Safe Environment Program Coordinator

Cell: (480) 387-5182

Email: dcnhanafin@ephx.org

Sbdcn. Paul F. Kilroy

Asst. Safe Environment Program Coordinator

Office: (602) 861-9778 / Cell: (702) 498-5972

Email: sbdcnkilroy@ephx.org

Dr. Caroline Bonham

Victim Assist Coordinator - Cell: (505) 314-3943

Email: victimassistanceofphoenix@gmail.com

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.

Anniversary Father Chris will be observing his 40th anniversary of ordination to the priesthood with a Divine Liturgy on Tuesday October 12 at 6:00 pm and a celebratory dinner at the Sheraton uptown on October 13 at 6:00 pm. The invitations were sent last week.

Please RSVP by Sept 30.

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 for your support!

Next Sunday, an important event will take place in our parish. The ceremony will emphasize the importance of religious instruction; a responsibility not only of catechists, but parents as well. During the Divine Liturgy we will pray for our catechists and students as they begin the new catechetical school year. The priest will bless them in their good work. Let us ask the Lord our God to grant them wisdom, knowledge, understanding and holiness! *We ask that all catechists and students be present.*

What: OLPH Women's Day of Reflection 2021

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.

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

Exaltation of the Holy Cross

REJOICE O CROSS, OUR ONLY HOPE!

September 14 marks the second great feast of the liturgical year, the Exaltation of the Holy Cross.

Origins of the Feast

1. The Finding of the Cross by Empress Helen

The finding of the Cross by the Empress Helen (the mother of St. Constantine the Great) in Jerusalem in 326 AD, the place where Christ was crucified. Emperor Hadrian had buried Jerusalem, and covered the Jewish and Christian sites with pagan temples. As a result, believers had continued to make discreet visits to the remnants of the holy places, and when Helen came there searching for relics, it was a matter of digging down to the level of first-century Jerusalem and those sites.

The Cross of Christ had been saved by the early faithful as a major relic, but in the designated spot, there was other wood. Legend has it that these were those used to crucify the two thieves on either side of Christ. It may just have been a way to save the cross, or perhaps enemies dumped in other wood to mock the Christians. Tradition holds that the sign with the inscription, "Jesus of Nazareth, the King of the Jews", the remnants of which can be seen today in Rome's Santa Croce Church, also lay among the three crosses. In order to determine which one was the true cross, a sick woman was told to kiss each of three crosses. The woman kissed the first cross with no result. She kissed the second cross and again nothing happened. However, when the ailing woman kissed the True Cross, she was immediately made well. It so happened that a funeral procession was passing that way, and so the body of the dead man was placed on each of the crosses, and when it was placed on the True Cross, the dead man came to life — thus the name the "Life-Giving" Cross, which gives life not only to that man, but to each person who believes in the sacrifice of Christ on the Cross and His Resurrection. When the true Cross was identified, it was lifted on high for all the people to see, who then continually sang *Kyrie eleison*, a practice which we repeat in Matins and the Divine Liturgy of the feast.

Relics of the True Cross

The Cross was being broken into small pieces to provide relics for churches and the devout by the 340s. The remaining main part of the Cross was lost after Saladin conquered Jerusalem in 1187. If all the existing parts of the Cross were pieced together, they do not constitute the size of the original large arm on which Jesus' hands were crucified. Our parish has a tiny relic, with a Roman certificate of authenticity. This relic is brought out on this day for our veneration.

Worship services of the Feast of the Exaltation

During the Vigil, a cross is placed on the Holy Table/ altar where it reposes during the Vigil. This cross is placed on a tray that has been decorated with fresh basil leaves and red flowers. The cross reposes on the "High Place" of the Holy Table, where the Gospel Book would normally be. Basil is used because this plant's name means "king" and Jesus is our true king, and because it is associated with Mount Calvary, where our Lord was crucified.

At Matins, the transfer of the Cross takes place. After the Great Doxology the priest brings the Cross out of the sanctuary, led by candle-bearers and the deacon with incense. He sets the cross on the *tetrapod* which always stands in the center of Byzantine-Ruthenian churches as the choir sings.

The special "Exaltation" is then celebrated, echoing the one done in Jerusalem. This consists of the priest taking the cross in his hands and lifting it above his head. At the prayer sung by him or the deacon, the people sing "Lord, Have Mercy". As they sing, the priest slowly blesses the congregation, and then bows down to the ground and up again, lifting the cross on high. This process is repeated four more times to the four points of the compass.

Everyone bows during the singing of "We bow to Your Cross, O Lord" and stands up at the following verse "and we glorify Your holy resurrection" The cross will remain in the center of the temple throughout the octave and the faithful will venerate it whenever they enter or leave the church. Finally, on the leave-taking of the Feast, the priest and deacon will cense around the cross, there will be a final veneration of the cross, and then they will solemnly bring the cross back into the sanctuary through the Royal Doors.

Many churches are named in honor of this feast, the most important to our Church being the Cathedral of the Mukachevo Eparchy, the mother diocese of the Byzantine Catholic Metropolia of the United States (to which we belong), in the city of Uzhhorod. In this cathedral, a special reliquary with a sliver of the True Cross is exposed in a glass-enclosed box over the Royal Doors of the iconostas.