

St. George Melkite-Greek Catholic Church

1617 West State Street Milwaukee, Wisconsin 53233-1246

"An Eastern Church in communion with the Church of Rome"

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The Rt. Rev. Paul G. Frechette, Pastor

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February 16, 2020 — Sunday of the Last Judgement (Meatfare)

Intention: Health, peace and salvation of BARB Breed-Heidt; Happy and eternal repose of the soul of BARBARA Hughes (req. by Fr. Philaret)

Troparia

1. Resurrection (tone 3), p. 73
2. St. George, p. 23
3. Kontakion of the Last Judgement

Prokeimenon: My strength and my courage is in the Lord, / and He has been my Saviour.

Epistle: I Cor 8:8-13;9:1-2 (Today: Benjamin Neumann. Next Sunday: Maya Audi)

Gospel: Matthew 25:31-46

Ushers: Said Audi, Joseph Wahhab (Next Sunday: George Baho, Anthony Geiger)

Great Lent Starts February 24th: Practical Suggestions for Fasting

Fasting, like prayer, is something we can grow into. If you are not accustomed to fasting, it can be helpful to begin at one level and deepen your practice as you grow in your life in Christ. The following plan might be helpful.

Beginning level: On Wednesdays and Fridays do not eat any meat and offer a brief prayer several times throughout the day. During the fasting seasons of Great Lent and the Dormition Fast, attend at least one Lenten Service each week. Before the Presanctified Liturgy during Great Lent, do not eat anything for several hours.

A deeper level: In addition to the above, on fast days, do not eat anything before noon and no meat thereafter. Keep additional fast days during the fasting seasons. During Great Lent, in addition to avoiding meat on Wednesdays and Fridays, also avoid dairy products. Attend two Lenten Services weekly and perform some act of charity each day.

A further level: In addition to the above, keep each day in the fasting seasons as a fast day. Attend all the Divine Services during the fasting seasons. Replace entertainments such as TV, movies, shopping, etc. with prayer, spiritual reading and acts of charity.

Schedule for This Week

TODAY: After Liturgy Meatfare Potluck

Monday: 7:30am Morning Prayer: First Hour

Tuesday: 7:30am Morning Prayer: Third Hour

Wednesday: 7:30am Morning Prayer: First Hour

Thursday: 7:30am Morning Prayer: Third Hour

Friday: 7:30am Morning Prayer: First Hour

Saturday: *Saturday of our God-bearing Fathers the Ascetics*
5pm Great Vespers

Sunday: *Forgiveness Sunday (Cheesefare)*
9:45am Orthros (Matins)
10:30am Divine Liturgy
After Liturgy Dairy Potluck

Congratulations and Happy Birthday to Kathleen Tomaz (2/22). May God grant you many years!

Stewardship

Last Sunday: donations=\$596; candles: \$15; ordinary collections=\$575. Thanks for your generosity!

Prayer List

Please remember—All those who are sick and in need: John & Alice Herro, Bill Koutris, Nick Langenfeld, Barb & Bruce Moden (sister- and brother- in-law of Jan Taylor), Eva Nora (niece of the Noras), Bob Peterson, Joe Radanovich, Beth Rodwell, Eva Saseen (Theresa and Janelle Herro's niece), Jan Taylor, Kathy Tomaz, Espe Villasenor, John Zambo and Kathy Zambo. For those who have died: Fr. Frank Milienewicz

Lentan Webinar

God With Us Online will host a weekly interactive online course by Fr. David Anderson studying Fr. Alexander Schmemmann's book *Great Lent*. Wednesdays of February 26th to March 18th (7-8pm CST). The videos are recorded and archived for those who can't make those times. Register at easterncatholic.org.

St. John Cassian on Fasting

"A clear rule for self-control handed down by the Fathers is this: stop eating while still hungry and do not continue until you are satisfied."