

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 23, 2020 — Forgiveness Sunday (Cheesefare)

Intention: Happy and eternal repose of the soul of ANDREW Geiger (req. by Fr. Philaret)

Troparia

1. *Resurrection (tone 4)*, p. 74
2. *St. George*, p. 23
3. Kontakion of Cheesefare

Prokeimenon: Sing praise to our God, sing praise! / Sing praise to our King, sing praise!

Epistle: Rom 13:11-14; 14:1-4 (Today: Maya Audi. Next Sunday: Ralpa Audi)

Gospel: Mt 6:14-21

Ushers: George Baho, Anthony Geiger (Next Sunday: Mark Spankowski, George Baho)

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:** **During Coffee Hour: Dairy Potluck**
After Coffee Hour: Forgiveness Vespers
- Monday:** *First Day of Great Lent*
First and Second Discoveries of the Head of the Forerunner
7:30am Morning Prayer: First Hour
- Tuesday:** 7:30am Morning Prayer: Third Hour
- Wednesday:** 7:30am Morning Prayer: First Hour
6pm Great Compline
- Thursday:** 7:30am Morning Prayer: Third Hour
- Friday:** 7:30am Morning Prayer: First Hour
6pm Compline and Akathist
Afterwards Lenten Potluck
- Saturday:** *Saturday of the Great Among the Martyrs Theodore*
5pm Great Vespers
- Sunday:** *Sunday of Orthodoxy*
9:45am Orthros (Matins)
10:30am Divine Liturgy

Stewardship

Last Sunday: candles=\$60; ordinary collections=\$361. 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.

February 29th, 2020, is the first priestly ordination anniversary (1979) after the repose of Fr. Frank:

With the saints, O Christ God, grant rest to the soul of Your servant, the priest, Frank, in a place where there is no pain, no grief, no sighing, but everlasting life.