



**St. George Melkite-Greek Catholic Church**  
1617 West State Street Milwaukee, Wisconsin 53233-1246  
*"An Eastern Church in communion with the Church of Rome"*

Rectory and Office: 414-342-1543  
The Rt. Rev. Paul G. Frechette, Pastor

Website: [byzantinemilwaukee.com](http://byzantinemilwaukee.com)  
Facebook: [fb.me/ByzantineMilwaukee](https://www.facebook.com/ByzantineMilwaukee)

**February 12, 2023 — Meat Fare Sunday**



*Icon of the Last Judgment*

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### Divine Liturgy

#### Hymns

**Troparion of the Resurrection (tone 3):**  
Let the heavens rejoice and the earth be glad! For the Lord has done a wondrous deed by his arm! He has crushed Death by his death becoming the first to rise from the dead. He has delivered us from the mouth of Hades and bestowed great mercy upon the world.

**Troparion of St. George:** O Great among the saints and glorious martyr, George, since you are a deliverer of captives, a doctor for the sick and a noble attendant to

kings, intercede for us to Christ God, that he may save our souls!

**Kontakion of Meat Fare:** When You shall come down, O God, upon earth in Your glory, every creature shall tremble before You. A river of fire shall flow before Your judgments 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.

**Prokimenon:** My strength and my courage is the Lord, and he has been my Savior.

*Stichon:* The Lord has chastised me through his teaching, yet he has not delivered me to death.

**Apostolic Reading:** 1 Cor 8:8-13, 9:1-2

Brethren, food does not commend us to God. For neither shall we gain any advantage if we eat, nor suffer any loss if we do not. And yet, beware lest perhaps this right of yours become a stumbling-block to the weak. For if a man sees you who "have knowledge" sitting at table in a place dedicated to idols, will not his conscience, weak as it is, be emboldened to eat idol offerings? And through your "knowledge" the weak one will perish, the brother for whom Christ died. Now, when

you sin in this way against the brethren and wound their weak conscience, you are sinning against Christ. Therefore, if food scandalizes my brother, I will never again eat any more meat so as not to scandalize my brother.

Am I not an apostle? Am I not free? Have I not seen Jesus our Lord? Are you not my work in the Lord? And if to others I am not an apostle, yet to you I am. For you are the seal set upon my apostleship in the Lord.

**Alleluia:** The Lord shall hear you on the day of distress; the name of the God of Jacob shall defend you.

## February 12, 2023 — Meat Fare Sunday

*Stichon:* O Lord, save your people and bless your inheritance.

**Gospel:** “When the son of man comes to his Glory”, Matthew 25:31–46

The Lord said, “At that time when the Son of Man shall come in his majesty, and all the angels with him, then he will sit on the throne of his glory; and before him will be gathered all the nations, and he will separate them one from another, as the shepherd separates the sheep from the goats; and he will set the sheep on his right hand, but the goats on the left. Then the king will say to those on his right hand, Come, blessed of my Father, take possession of the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me to eat; I was thirsty and you gave me to drink; I was a stranger and you took me in; naked and you covered me; sick and you visited me; I was in prison and you came to me.’ Then the just will answer him, saying, ‘Lord, when did we see you hungry, and feed you; or thirsty, and give you to drink? And when did we see you a stranger, and take you in; or naked, and clothe you? Or when

did we see you sick, or in prison, and come to you?’ And answering, the King will say to them, ‘Amen I say to you, every time you did it for one of these, the least of my brethren, you did it for me.’ Then he will say to those on his left hand, ‘Go away from me, accursed ones, into the everlasting fire which was prepared for the devil and his ministers. For I was hungry, and you did not give me to eat; I was thirsty and you gave me no drink; I was a stranger and you did not take me in; naked and you did not clothe me; sick, and in prison, and you did not visit me.’ Then they also will answer and say, ‘Lord, when did we see you hungry, or thirsty, or a stranger, or naked, or sick, or in prison, and did not take care of you?’ Then he will answer them, saying, ‘Amen I say to you as long as you did not do it for one of these least ones, you did not do it for me.’ And these will go into everlasting punishment, but the just into everlasting life.”

### Winter Weather

Please take care with winter weather. Even if services are not canceled, only come if it is safe for you to travel.

### Stewardship

Owed to eparchy (assessment, retirement and medical insurance; last updated January 29, 2023): \$37,136.

Want to automate donations? One-time or monthly payments via **PayPal**: [byzantinemilwaukee.com/donate](https://byzantinemilwaukee.com/donate). Use your bank’s **online billpay** (payee information): St. George’s Syrian Congregation · 1617 W State St · Milwaukee, WI 53233-1246; phone: (414) 342-1543; email: [info@byzantinemilwaukee.com](mailto:info@byzantinemilwaukee.com).

### Tax Statements

Donation letters for tax purposes were sent by mail last week. Please contact Benjamin Neumann with any questions.



February 12, 2023 — Meat Fare Sunday

### **Prayer List**

Please remember—All those who are sick and in need: Alice Herro, Nick Langenfeld, Barb Moden (sister of Jan Taylor), Eva Nora (niece of the Noras), Bob Peterson, Joe Radanovich, the Rebholz family, Eva Saseen (Theresa and Janelle Herro's niece), Jan Taylor, Kathy Tomaz, John Zambo and Kathy Zambo. For those we have been asked to pray for: Justin & Krysten Hager (Jan Taylor) and Carl Wallenmeyer (Jan Taylor). For all those living and deceased who have suffered in the recent earthquakes.

### **Schedule for This Week**

**Saturday:** *Saturday of Our God-bearing Fathers the Ascetics*

**Sunday:** *Cheese Fare Sunday*

10:30am Divine Liturgy

**Congratulations and Happy Birthday** to Amanda Wahhab (2/14). May God grant you many years!

### **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.

### **COVID-19**

According to the Milwaukee Health Department, the best way to stop the community spread of COVID-19 is to take preventative action to protect yourself and others:

- Get a COVID-19 vaccine as soon as you can ([city.milwaukee.gov/CovidVax](https://city.milwaukee.gov/CovidVax)). Vaccines are safe and readily available at walk-in clinics throughout the community for anyone over the age of six months old.
- Wear a mask that covers your nose and mouth to help protect yourself and others, and stay at least 6 feet apart from others who don't live with you.

## February 12, 2023 — Meat Fare Sunday

- Avoid crowds and poorly ventilated indoor spaces, and improve ventilation whenever possible.
- Wash your hands often with soap and water. Use hand sanitizer if soap and water aren't available.

More information is available from the health department: [city.milwaukee.gov/coronavirus](https://city.milwaukee.gov/coronavirus)

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### I was Hungry

You see, my beloved, there is no excuse for it. They knew what they had to do in this world. But greed and ill-will prevented them, so they laid up for themselves not treasures for the future but the world of the dead. Neither were they condemned because of the active wrong they did, nor did the Lord say to them: depart from me, you wicked, because you committed murder or adultery or theft. But instead: because I was hungry and thirsty in my servants, and you did not minister to me. If those who did no wrong are thus condemned, what must be said of those who do the works of the devil? Will not the prophecy of blessed David come upon them: "The wicked will not stand in the judgment, nor sinners in the congregation of the righteous?" Not that they will not rise, but that neither in judgment [nor in] the congregation of the righteous do they deserve to enter. '[hey will stand, however, so that from punishment they may enter

into punishment.' And they will go into eternal punishment, but the righteous into eternal life." Whatever will be is everlasting. Sinners will have everlasting punishment; and the righteous, everlasting life.

*St. Epiphanius the Latin*

Do you wish to honor the body of Christ? Do not ignore Him when He is naked. Do not pay Him homage in the temple clad in silk, only then to neglect Him outside where He is cold and ill-clad. He who said: "This is my body" is the same who said: "You saw me hungry and you gave me no food" and, "Whatever you did to the least of my brothers you did also to me." ... What good is it if the Eucharistic table is overloaded with golden chalices when your brother is dying of hunger? Start by satisfying his hunger and then with what is left you may adorn the altar as well.

*St. John Chrysostom*

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