



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

February 19, 2023 — Cheese Fare Sunday



Icon of the the Ladder of Divine Ascent

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Divine Liturgy

Hymns

Troparion of the Resurrection (tone 4): The Women disciples of the Lord heard from the Angels the joyful news of the resurrection, and casting away the ancestral sentence, they announced with pride to the Apostles: Death is vanquished, Christ God is risen! And has 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 Cheesefare: O You who guide men towards wisdom, and give them intelligence and understanding, instructor of the ignorant and helper of the poor, strengthen and enlighten my heart, O Lord, give me word, O Word of the Father, for behold I will not refrain my lips from crying out to You: O merciful One, have mercy on me who have fallen.

Prokimenon: Sing praise to our God, sing praise! Sing praise to our King, sing praise!

Stichon: All you peoples, clap your hands! Shout to God with cries of gladness.

Apostolic Reading: Romans 13:11-14:4

Brethren, now our salvation is nearer than when we came to believe. The night is far advanced: the day is at hand. Let us therefore lay aside the works of darkness, and put on the armor of light. Let us walk becomingly as in daytime, not in revelry and drunkenness, not in debauchery and wantonness, not in strife and jealousy. But put on the Lord Jesus Christ, and as for the flesh, pay no attention to its lusts.

But whoever is weak in faith, receive him without arguing about opinion. For one believes he may eat all things but another who is weak, let him eat vegetables. Let not the one who eats despise the one who does not; and let not the one who does not eat judge the one who does, for God has received him. Who are you to judge another's servant? To his own master he stands or falls but he will stand, for God is able to make him stand.

Alleluia: In you, O Lord, I have hoped: let me never be put to shame. In your Justice, save me and deliver me.

Stichon: Be for me a protecting God, a sheltering house to save me.

Gospel: "If you forgive men their trespasses...", Matthew 6:14-21

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The Lord said, “If you forgive men their offenses, your heavenly Father will also forgive you. But if you do not forgive men their offenses, neither will your father forgive you your offenses. And when you fast, do not look gloomy like the hypocrites, who disfigure their faces in order to appear to men as fasting. Amen I say to you they have had their reward. But you, when you fast, anoint your head and wash your face, so that you may not be seen by

men to fast, but by your father, who is in secret; and your Father, who sees in secret, will reward you. Do not lay up for yourselves treasures on earth, where worm and rodent consume, and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither worm nor rodent consumes, nor thieves break in and steal. For where your treasure is, there also will be your heart.”

Stewardship

Last Sunday: donations=\$292.02; candles=\$12.00; ordinary collections=\$785.00. February 12th: donations=\$292.02; candles=\$12.00; ordinary collections=\$785.00. Thanks for your generosity!

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. 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.

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

Monday: *Great Fast Begins*

Wednesday: 6pm Great Compline

Friday: *First and second Discoveries of the Head of St. John the Forerunner*
6pm Compline and Akathist

Saturday: *Saturday of the Great among the Martyrs Theodore*

Sunday: *Sunday of Orthodoxy*
10:30am Divine Liturgy

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

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Winter Weather

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

Lenten Services: A Note from Fr. Paul

As you note from our calendar, the Season of Great Lent (a/k/a Great Fast) is upon us, beginning Monday the 20th.

Our plan is to have Services on Wednesdays and Fridays, in the evening at 6pm. Wednesdays will alternate Great Compline and Liturgy of the Presanctified, while Fridays we will gather for Compline and Akathist, with one delightfully unique touch this year:

The fifth Friday (March 24th), which would typically be the final Akathist when we would celebrate it in its entirety is the beginning of the Feast of the Annunciation, for which the Akathist is preparation (and meditation). We would thus plan for Liturgy for the Feast.

The sixth Friday will be Vespers for Lazarus.

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 preform 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). Vaccines are safe and readily available at walk-in clinics throughout the community for anyone over the age of six months old.

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- 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.
- 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

Readiness to Forgive

Nothing makes us so like God as our readiness to forgive the wicked and wrongdoer. For it is God who has made "the sun to shine on the evil and on the good."

For this same reason again in every one of the clauses Jesus commands us to make our prayers together in one voice, saying, "Our Father," and "thy will be done in earth as it is in heaven," and "give us the bread, and forgive us our debts," and "lead us not into temptation," and "deliver us." So everywhere he is teaching us to use this plural word that we may not retain so much as a vestige of resentment against our neighbor.

How great a reproof then must they deserve, who, after all this, still do not forgive and even ask God's vengeance on their enemies. In doing so, they diametrically transgress this command. Meanwhile Christ is seeking in every way possible to hinder our conflicts with one another. For since love is the root of all that is good, by removing from all quarters whatever mars it he brings us together and cements us to each other. For there is not one, not a single one, whether father or mother or friend, who loves us as much as the God who created us.

St. John Chrysostom

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