



St. George Melkite-Greek Catholic Church

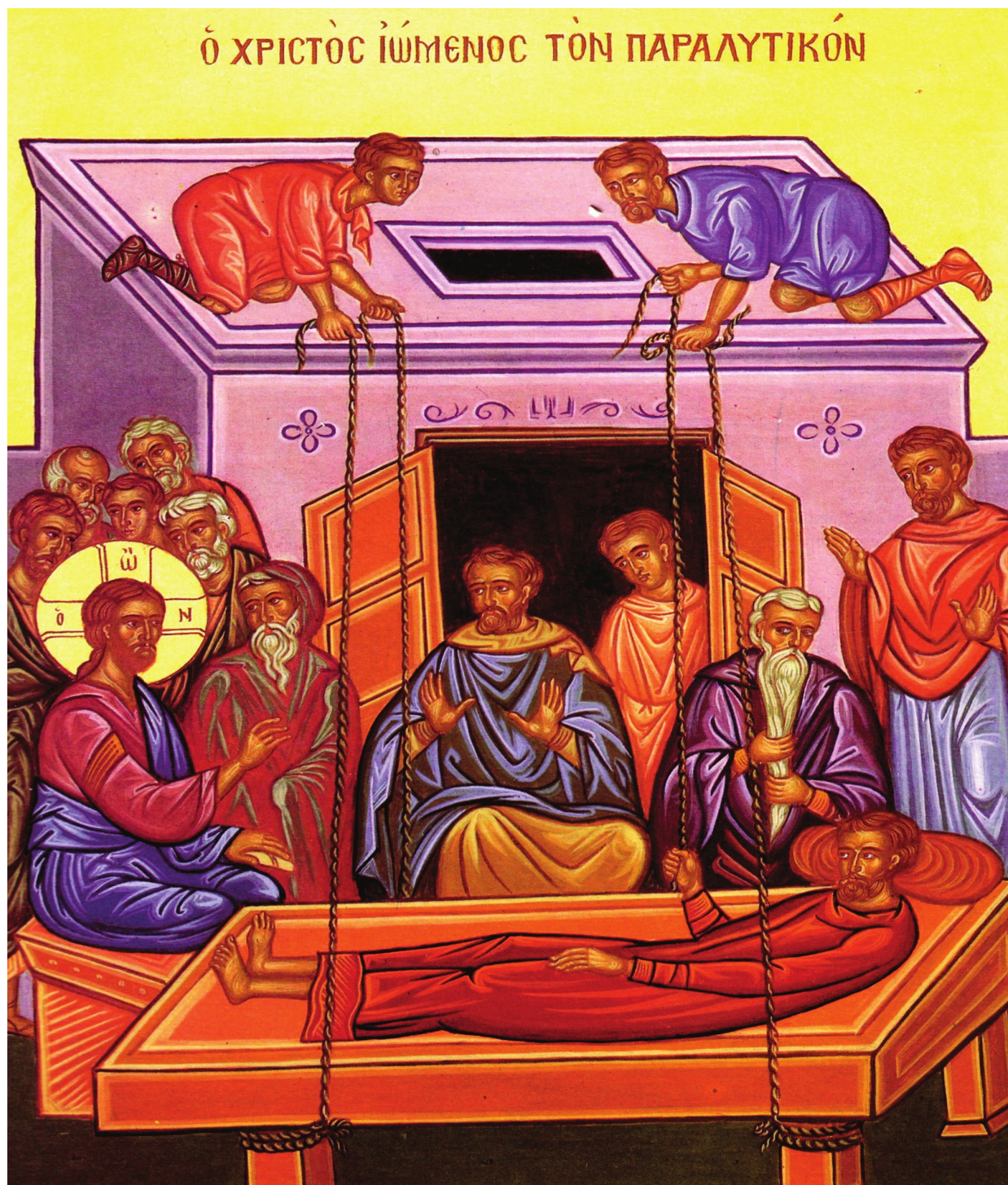
1617 West State Street Milwaukee, Wisconsin 53233-1246

"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)

March 5, 2023 — Sunday of St. Gregory Palamas



Icon of the Healing of the Paralytic -- Mark 2:1-12

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Divine Liturgy

Intention: Happy and eternal repose of the souls of GRACE and CLARENCE Schmidle (req. by Jan Taylor)

Hymns

Troparion of the Resurrection (tone 6):

The angelic powers appeared at your tomb, and the guards became as dead men, and Mary stood by the Sepulcher seeking your spotless Body. You despoiled Hades and yet were not tempted by it, You met the Virgin O Bestower of Life. O Lord who rose from the dead glory to you.

Troparion of Holy Father Gregory Palamas:

O Gregory the Wonderworker, light of Orthodoxy, support and teacher of the Church, glory of monks and invincible protector of theologians, pride of Thessaloniki and preacher of grace: Pray without ceasing for the salvation of

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 the Annunciation: Triumphant leader to you belongs our prize of victory! And since you saved us from adversity, we offer you our thanks. We are your people O Mother of God! So, as you have that invincible power, continue to deliver us from danger that we may cry out to you: Hail, O Virgin and bride ever pure.

Hirmos: In you, O full of grace, all creation rejoices, the orders of angels and the human race as well. O sanctified Temple, spiritual Paradise and glory of virgins from whom our God who exists before all eternity, took flesh and became a little Child. He has taken your womb as his throne making it more spacious than the heavens. Therefore O full of grace, in you all creation rejoices. Glory to you!

Prokimenon: O Lord, save your people and bless your inheritance.

Stichon: Save me, O Lord, for there is no longer any holy man, for truthfulness has vanished from among the children of men.

Apostolic Reading: Hebrews 1: 10-14; 2: 1-3

You in the beginning, O Lord, did found the earth, and the heavens are works of your hands. They shall perish, but you shall continue; and they shall all grow old

as does a garment, and as clothing shall you change them, and they shall be changed. But you are the same, and your years shall not fail (Ps. 101: 26-28)

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Now, to which of the angels has he ever said, “Sit at my right hand, until I make your enemies the footstool at your feet” (Ps. 109: 1)? Are they not all ministering spirits, sent for service, for the sake of those who shall inherit salvation?

That is why we should all the more earnestly observe the things we have

heard, lest perhaps we drift away. For if the word spoken by angels proved to be valid, and every transgression and disobedience received a just punishment, how shall we escape if we neglect such a great salvation? For it was first announced by the Lord and was confirmed to us by those who heard it.

Alleluia: Your favor, O Lord, I will sing forever; from generation to generation my mouth will proclaim your faithfulness.

Stichon: For you have said, “My kindness is established forever.” In heaven you have confirmed your faithfulness.

Gospel: To the paralytic: “Your sins are forgiven”, Mark 2:1–12

At that time Jesus entered Capernaum, and it was reported that he was at home. And immediately many gathered together, so that there was no longer room, not even around the door. And he spoke the word to them. And they came, bringing to him a paralytic, carried by four. And since they could not bring him to Jesus because of the crowd, they uncovered the roof where he was, and, having made an opening, they let down the pallet on which the paralytic was lying. And Jesus, seeing their faith, said to the Paralytic, “Son, your sins are forgiven you.” Now some of the Scribes were sitting there and reasoning in their hearts, “Why does this man blaspheme in this way? Who can forgive sins,

beside God?” And at once Jesus, knowing in his spirit that they so reasoned within themselves, said to them, “Why are you arguing these things in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, and take up your pallet, and walk’? But that you may know the Son of Man has power on earth to forgive sins” — he said to the paralytic — “I say to you, arise, take up your pallet, and go to your house,” And immediately he arose and, taking up his pallet, went forth in the sight of all, so that they were all amazed, and glorified God, saying, “Never did we see anything like this!”

Stewardship

Last two Sundays: candles=\$5.00; stole offerings=\$40.00; donations=\$692.16; ordinary collections=\$678.00. 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

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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: 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). For those who have died: Alice Herro and Carl Wallenmeyer (Jan Taylor). For all those living and deceased who have suffered in the recent earthquakes.

Schedule for This Week

Wednesday: 6pm Great Compline

Thursday: *Forty Martyrs of Sebastea*

Friday: 6pm Compline and Akathist

Saturday: Before Bed, Set Clock Ahead 1 Hour

Sunday: *Sunday of the Veneration of the Holy Cross*

2am Daylight Savings Time Starts

10:30am Divine Liturgy



Start of Daylight Savings Time

Daylight Savings Time start at 2am on Sunday, March 5th. Remember to spring forward and turn clocks ahead one hour before bed on Saturday.

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.

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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.
- 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

Sabbath Renewal

Another reason why the Sabbath day was blessed is that He who formed this world in six days foresaw that man would turn towards evil and would, as a result, go back to the ground, descend to Hades, and be imprisoned there; and this whole world would grow old and useless because of man, but would be renewed by God becoming man. This renewal was effected when God incarnate descended into Hades through death and declared there on the Sabbath the recall of souls. It was because He foresaw that this would happen on the Sabbath that He rightly deemed it the only day worthy to be blessed. However, although this work was secretly made ready on the seventh day, the Sabbath, everything was clearly

brought to light and accomplished when the body too had been summoned to immortality through the Lord's Resurrection on the eighth day. This is why we call it the Lord's Day. As Friday, the day of preparation, stands in relation to the Sabbath, so is the Sabbath in comparison with Sunday, which is obviously superior to it. As perfection and reality surpass beginning, pattern, and shadow, so is Sunday more excellent and honorable, because on it the exceedingly blessed work was finished, and on it we await the General Resurrection of all, the perfect entry of the saints into the divine rest and dissolution of the world into its elements.

St. Gregory Palamas

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