



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

February 11, 2024 — 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

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.

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", Mt 6:14-21

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

Kontakion of Cheese-fare: O You who guide men toward 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.

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.

February 11, 2024 — Cheese-fare Sunday

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=\$400.00; ordinary collections=\$1206.18. Thanks for your generosity!

Owed to eparchy (assessment, retirement and medical insurance; last updated February 4, 2024): \$25,348.10.

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: Barb Moden (sister of Jan Taylor), Eva Nora (niece of the Noras), Sandy Rabuse (godmother of Katerina Lessard), the Rebholz family, Eva Saseen (Theresa and Janelle Herro’s niece), Dan Sylvester (neighbor of Benjamin Neumann), Jan Taylor, Kathy Tomaz, Espe Villasensor and John Zambo. For those we have been asked to pray for: Justin & Krysten Hager (Jan Taylor). For the people of the Middle East.

Schedule for This Week

Monday: *Great-fast Begins*

Wednesday: 6pm Great Compline

Friday: 6pm Compline and Akathist Hymn

Saturday: *Saturday of the Great Among the Martyrs, Theodore*

Sunday: *Sunday of Orthodoxy*

10:30am Divine Liturgy

After Liturgy Falafel sandwiches fundraiser: (falafel sandwich + soft drink, \$10)

February 11, 2024 — Cheese-fare Sunday

Coming Up

- March 3: George Baho One year memorial service, followed by mercy meal
March 24: Palm Sunday brunch fundraiser

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 vaccinated and boosted (city.milwaukee.gov/CovidVax) when you are eligible, wear a mask (city.milwaukee.gov/coronavirus/masks) in public spaces, wash your hands often and practice physical distancing.

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.

February 11, 2024 — Cheese-fare Sunday

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

Text and cover-icon courtesy of Eastern Christian Bulletin Service
PO Box 3909 – Fairfax, VA 22038-3909
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