



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 25, 2024 — Sunday of St. Gregory Palamas



Icon of Healing the Paralytic

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Divine Liturgy

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 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

Prokimenon: You, O Lord, will keep us and preserve us always from this generation.

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: 1-4

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.

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!

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"? 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

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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 paralytic: Your sins are forgiven", Mk 2:1-12

At that time Jesus entered Capharnaum, 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 Sunday: fundraising=\$170.00; candles=\$4.00; donations=\$490.00; ordinary collections=\$645.00. 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](https://www.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.

Falafel Sandwich Luncheon

Thank you for everyone who helped make the falafel sandwich luncheon a success! We sold out of sandwiches and made \$700 for the church.

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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

Wednesday: 6pm Great Compline

Friday: 6pm Compline and Akathist Hymn

Sunday: *Sunday of the Holy Cross*

10:30am Divine Liturgy

After Liturgy, One-year memorial service and mercy meal for George

Baho

Coming Up

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 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 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

You are Forgiven and Healed

In Capernaum Jesus is surrounded by great numbers of people. As He preaches to the crowd, four friends of a paralyzed man lower him on his mat through the roof so that he can be close enough for Jesus to see him and cure him. Jesus responds to this act of faith, not by healing the man immediately, but by touching off the first of a series of controversial dialogues with the Scribes and Pharisees. When Jesus says, “Child, your sins are forgiven,” He is as much as saying, “It is God whom you approach.” In the Old Testament, only God is capable of forgiving sins; and it was expected that He would do so only at the end of time. It becomes clear why the Scribes murmur “he is blaspheming” and why Jesus brings it all out in the open. His claim to be able to forgive sins better reveals His identity as Son of God than do the miracles He performs.

Aware of the silent censure His forgiving word has caused in the crowd, Jesus proceeds to prove that “the Son of Man has authority to forgive sins on earth” by commanding the man to rise and walk in the sight of everyone. In concluding this miracle, Mark asks his readers to praise God for His presence in their midst as the forgiver-healer, just as the crowd did, even in the face of those who did not believe.

It is significant that Mark has chosen to present this miracle and teaching about Jesus’ power to forgive sins so early in his Gospel drama. It shows that the need for the experience of God’s forgiveness was as important to first-century Christians as it is today. Mark’s readers praise God for saying clearly, and even today, “My sons, my daughters, I absolve you from your sins.”

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