



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

December 8, 2024 — Tenth Sunday after the Holy Cross



Icon of Saint Ann and the Mother of God

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TODAY after Liturgy: Parish potluck and visit from St. Nicholas.

Divine Liturgy

Intention: Happy and eternal repose of the soul of BARAKET Herro (req. by Kathy and John Nahas)

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 the Preparation of the Nativity: Today the Virgin is on her way to the cave where she will give birth to the Eternal Word of God in an ineffable manner. Rejoice, therefore, O universe, when you hear this news, and glorify with the angels and the shepherds Him who shall appear as a newborn Child, being God from all eternity.

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: Colossians 3: 12-16

BRETHREN, holy and beloved, as God's chosen ones, put on a heart of kindness, mercy, humility, meekness, patience. Bear with one another and forgive one another, If anyone has a grievance against any other. Even as the Lord has forgiven you, you too forgive. But most of all, have love, which is the bond of perfection. And may

the peace of God triumph in your hearts: indeed, it is to that peace you were called as a single body. Show yourselves thankful. Let the word of Christ dwell in you in full. Wisely teach and admonish one another by psalms, hymns and spiritual songs, singing in your hearts to the Lord by his grace.

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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: The Crippled Woman, Lk 13:10-17

At that time Jesus was teaching in one of their synagogues on the Sabbath. And behold, there was a woman who for eighteen years had had a sickness caused by a spirit; and she was bent over and utterly unable to look up. When Jesus saw her, He called her to him and said to her, "Woman, you are delivered from thy infirmity." And he laid His hands upon her, and instantly she was made straight, and glorified God. But the ruler of the synagogue, indignant that Jesus was curing on the Sabbath, addressed the crowd, saying, "There are six days in which one ought to work; on these

therefore come and be cured, and not on the Sabbath. But the Lord answered him and said, "Hypocrites! Does not each one of you on the Sabbath let go his ox or ass from the manger, and lead it out to water? And this woman, daughter of Abraham as she is, whom Satan has bound, lo, for eighteen years, ought not she too be released from this bond on the Sabbath?" And as he said these things, all his adversaries were put to shame; and the entire crowd rejoiced at all the glorious things that were done by him.

Stewardship

Last Sunday: candles=\$8.00; stole offerings=\$130.00; ordinary collections=\$392.00. Thanks for your generosity!

Owed to eparchy (assessment, retirement and medical insurance; last updated May 5, 2024): \$18,504.57.

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.

Bishop's Appeal

The annual Bishop's Appeal helps fund the vital works of the Melkites in the United States, such as: publishing SOPHIA magazine; supporting our seminarians for the Priesthood and Diaconate; providing for our elderly priests; teaching the Faith to our children and young adults; establishing/supporting new missions and outreaches.

Additional information is available on the tables in the back. Donations can also be made online: <https://melkiteeparchyofnewton.flocknote.com/give/27546>

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Prayer List

Please remember—All those who are sick and in need: Barb Moden (sister of Jan Taylor), Sandy Rabuse (godmother of Katerina Lessard), the Rebholz family, Ken Schmidt (brother-in-law of Brian Harden), Eva Saseen (Theresa and Janelle Herro's niece), Jan Taylor, Kathy Tomaz and John Zambo. For those we have been asked to pray for: Justin & Krysten Hager (Jan Taylor).

Schedule for This Week

Monday: *Maternity of Ann*
Tuesday: *Beginning of the Nativity Fast (Melkite Usage)*
Thursday: *Father Spiridon the Wonderworker*
Sunday: *Sunday of the Ancestors*
10:30am Divine Liturgy
After Liturgy, St. Nicholas Potluck

Congratulations and Happy Birthday to Amal Audi (12/11) and Brian Harden (12/12). May God grant you many years!

Coming Up: Services for the Nativity

Tuesday, December 24th: 6pm, Vespers and Divine Liturgy

Wednesday, December 25th: 10:30am, Divine Liturgy

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.

What St. Ann Teaches Us about Faith

‘Think about the purity, holiness, and She was the only human being ever to be
magnificence of the Blessed Virgin Mary. sinless and constantly in a state of grace.

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Because Mary was such a beautiful symbol of grace, her mother, St. Ann, must have also been a devout woman of God.

Ann and her husband Joachim were an extremely pious couple, but they were unable to conceive a child. 'This burden weighed heavily on Joachim's shoulders, so he spent much time fasting and in devout prayer pleading for God to bless him and Ann with a child.

According to tradition, Ann also became distraught. She went into her garden and prayed for God to bless her with a child, promising that the child would be dedicated to the service of the Lord. As Ann wept in prayer, an angel appeared and said to her, "The Lord has looked upon thy tears; thou shalt conceive and give birth and the fruit of thy womb shall be blessed by all the world." Then the angel appeared to Joachim as well, and the cou-

ple rejoiced as they conceived a child, whom they named Mary.

St. Ann understood that all children are a blessing from God and that God alone has the power to decide when the life of a person will begin and end. When God blesses us, it can be easy to merely accept the gift and move forward with our daily lives. But St. Ann did more than receive the gift of a child. She went a step further and trusted in the plan of God by promising her child to God's service.

As we work to build a culture of life, we can easily become discouraged. But like St. Ann, we must put our faith and trust in God and His ultimate plan for our happiness. We can turn to God and pray for children, pray for an end to abortion, and pray for the gift of adoption. With God's help, nothing is impossible.

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