



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

March 2, 2025 — Cheesefare Sunday



Icon of Christ the Teacher

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After Divine Liturgy today: Cheesefare Potluck

Divine Liturgy

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

Hymns

Troparion of the Resurrection (tone 8): O Merciful One, Who came down from on high and endured burial for three days in order to save us from suffering. O our Life and our Resurrection, 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 Cheesefare: 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.

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: Rom 13:11-14; 14:1-4

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.

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

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

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: candles=\$25.00; ordinary collections=\$557.00. Thanks for your generosity! Owed to eparchy (assessment, retirement and medical insurance; last updated January 12, 2025): \$25,828.49.

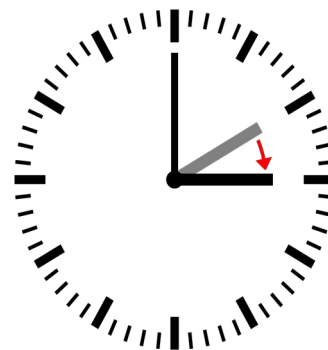
Want to automate donations? One-time or monthly payments via **PayPal**: byzantinemilwaukee.com/donate. Use your bank's **online billpay** (payee information): St. George's Syrian Congregation · 1617 W State St · Milwaukee, WI 53233-1246; phone: (414) 342-1543; email: info@byzantinemilwaukee.com.

Prayer List

Please remember—All those who are sick and in need: Barb Moden (sister of Jan Taylor), Sandy Rabuse (godmother of Katerina Lessard), the Rebholz family, 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). For the people of the Middle East.

Schedule for This Week

Monday: *Great Fast Begins*
Wednesday: 6pm Great Compline
Friday: 6pm Little Compline and Akathist
Saturday: *Saturday of the Great Among the Martyrs Theodore*
Before bed set clocks ahead one hour time
Sunday: *Sunday of Orthodoxy*
2am Start of Daylight Saving Time
10:30am Divine Liturgy



Congratulations and Happy Birthday to . May God grant you many years!

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Start of Daylight Savings Time

Daylight Savings Time starts at 2am on Sunday, March 9th. Remember to spring forward and turn clocks ahead one hour before bed on Saturday.

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Lenten Services

Wednesday Evenings: Great Compline, alternating with Liturgy of the Presanctified. The only adjustment would be the Feast of Annunciation (March 25), which this year is a Tuesday, so that week we would switch Wednesday Service to Tuesday.

Friday Evenings: Compline with Akathist for five weeks, then Vespers for Lazaros on the final Friday.

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.

Winter Weather

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

A Sacrifice to God is a Contrite Spirit

I acknowledge my transgression, says David. If I admit my fault, then you will pardon it. Let us never assume that if we live good lives we will be without sin; our lives should be praised only when we continue to beg for pardon. But men are hopeless creatures, and the less they concentrate on their own sins, the more interested they become in the sins of others. They seek to criticize, not to correct. Unable to excuse themselves, they are ready to accuse others. This was not the way that David showed us how to pray and make amends to God, when he said: I acknowledge my transgression, and my sin is ever

before me. He did not concentrate on others' sins; he turned his thoughts on himself. He did not merely stroke the surface, but he plunged inside and went deep down within himself. He did not spare himself, and therefore was not impudent in asking to be spared.

Do you want God to be appeased? Learn what you are to do that God may be pleased with you. Consider the psalm again: If you wanted sacrifice, I would indeed have given it; in burnt offerings you will take no delight. Are you then to be without sacrifice? Are you to offer noth-

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ing? Will you please God without an offering? Consider what you read in the same psalm: If you wanted sacrifice, would indeed have given it; in burnt offerings you will take no delight. But continue to listen, and say with David: A sacrifice to God is a contrite spirit; God does not despise a contrite and humble heart. Cast aside your former offerings, for now you have found out what you are to offer. In the days of

your fathers you would have made offerings of cattle — these were the sacrifices. If you wanted sacrifice, I would indeed have given it. These then, Lord, you do not want, and yet you do want sacrifice.

A sacrifice to God is a contrite spirit; God does not despise a contrite and humble heart. You now have the offering you are to make.

St. Augustine of Hippo

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