



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 9, 2025 — Sunday of Orthodoxy



Icon of the Holy Images

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Divine Liturgy

Intention: Health, peace and salvation of MARY JO Zachow (req. by Jan Taylor)

Hymns

Troparion of the Resurrection (tone 1): While the stone was sealed by the Jews and soldiers were watching your sacred body, You rose, O Savior, on the third day, giving life to the world. Wherefore, O Giver of life, the powers of heaven cried out: Glory to your resurrection, O Christ. Glory to your kingdom, glory to your Plan of redemption, O You who alone are the Lover of mankind.

Troparion of the Holy Icons: Before Your most pure image, we bow in worship, O Good One, begging forgiveness of our stumbling, Christ God: because You chose of your own free will to ascend upon the cross in the flesh in order to deliver from the enemy's yoke those You had created. For this reason we cry out to You in thanksgiving: "You our Savior have Filled all things with joy when You came to save the world."

Troparion of St. George: O Great among the saints and glorious martyr, George,

Prokimenon: May your kindness, O Lord, be upon us, for we have hoped in you.

Stichon: Exult, you just, in the Lord; praise from the upright is fitting.

Apostolic Reading: Heb 12:1-10

Brethren, let us also, have such a cloud of witnesses over us, put away every encumbrance and the sin entangling us, and run with patience to the fight set before us; looking towards the author and the ful-

filler of faith, Jesus, who, instead of the joy set before him, endured the cross, despising shame, and sits at the right hand of God's throne. Consider, then, the one who suffer such opposition from sinners

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 exults, the hierarchy of angels together with the race of men: in you, sanctified Temple, spiritual Paradise, Glory of virgins of whom God took flesh from whom our God who exists before the world, became a child! For He has made your womb his throne, making it more spacious than the heavens. In you, O Woman full of grace, all creation exults: glory to you!

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against him, so that you may not grow weary and lose heart.

For you have not yet resisted to the point of bloodshed in the struggle against sin; and you have forgotten the extortion addressed to you as sons, which says, "my son, neglect not the Lord's discipline, neither be weary when you are rebuked by him for when the Lord loves he chastises; and he's cages every son he receives (Prv. 3:11, 12)."

Continue under discipline. God deals with you as with sons; For is there any son his father does not, correct? But if you are without discipline, in which all have had a share, then you are illegitimate children, and not sons. Furthermore, we had fathers of our flesh to correct us, and we respected them. Shall we not much more obey the Father of spirits and have life? They indeed corrected us for a few days, as they saw fit; but he, for our benefit, that we may share his holiness.

Alleluia: Shall joyfully to God, all you earth, sing praise to the glory of his name, proclaim his glorious praise.

Stichon: For, you have tested us, O God, you have tried us as silver is tried by fire.

Gospel: "Can anything good come from Nazareth", Jn 1:43-51

At that time Jesus was about to leave for Galilee, and he found Philip. And Jesus said to him, "Follow me." Now Philip was from Bethsaida, the town of Andrew and Peter. Philip found Nathanael and said to him, "We have found the one of whom Moses in the Law and the Prophets wrote, Jesus the son of Joseph of Nazareth." And Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him and said of him, "Look, a true Israelite in whom there is no guile!" Nathanael said to him, "Where do

you know me from?" Jesus answered him and said to him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him and said, "Rabbi, you are the Son of God, you are King of Israel." Answering, Jesus said to him, "Because I said to you that I saw you under the fig tree, you believe. Greater things than these shall you see." And he said to him, "Amen, amen, I say to you, you shall see heaven opened, and the angels of God ascending and descending upon the Son of Man."

Stewardship

Last Sunday: candles=\$33.00; ordinary collections=\$516.00. 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.

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Collection for the Women's Center

There will be a collection for the Women's Center of Milwaukee (2051 W. Wisconsin Ave.) for Lent through Bright Week. Donation envelopes, baby bottles to fill with loose change and information are available on the back tables; items may be placed in the marked box. Particular items needed include:

- diapers size newborn and 6
- wipes
- boppy pillows
- new bottles
- car seats
- pack n plays
- sleepers size 0–24 months
- outfits size 0–24 months
- baby wash
- baby lotion

Talk to Jerry Nora with any questions: jerry.nora@gmail.com.

Prayer List

Please remember—All those who are sick and in need: Barb Moden (sister of Jan Taylor), Susan Peterson (sister of Cynthia Peterson), 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

Wednesday: 6pm Presanctified Liturgy

Friday: 6pm Little Compline and Akathist

Sunday: *Sunday of Gregory Palamas*
10:30am Divine Liturgy
Noon Mujaddara Brunch

Mujaddara Brunch

Sunday: March 16, 2025, Noon Mujaddara, cabbage salad and soda \$10

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 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.

Let Your Prayer Come from a Humble Heart

When we pray, our words should be calm, modest and disciplined. Let us reflect that we are standing before God. We should please Him both by our bodily posture and the manner of our speech. It is characteristic of the vulgar to shout and make a noise, not those who are modest. On the contrary, they should employ a quiet tone in their prayer.

Moreover, in the course of His teaching, the Lord instructed us to pray in secret. Hidden and secluded places, even our own rooms, give witness to our belief that God is present everywhere; that He sees and hears all; that in the fullness of His majesty, He penetrates hidden and secret places. 'This is the teaching of Jeremiah: Am I God when I am near, and not God when I am far away? Can anyone hide in a dark corner without my seeing Him? Do I

not fill heaven and earth? Another passage of Scripture says: The eyes of the Lord are everywhere, observing both good and wicked men.

The same modesty and discipline should characterize our liturgical prayer as well. When we gather to celebrate the divine mysteries with God's priest, we should not express our prayer in unruly words; the petition that should be made to God with moderation is not to be shouted out noisily and verbosely. For God hears our heart not our voice. He sees our thoughts; He is not to be shouted at. The Lord showed us this when He asked: Why do you think evil in your hearts? The Book of Revelation testifies to this also: And all the churches shall know that I am the one who searches the heart and the desires.

St. Cyprian of Carthage

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PO Box 3909 – Fairfax, VA 22038-3909

www.ecbulletin.com – Ph: 703-691-8862 – Fax: 703-691-0513