



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 16, 2025 — Sunday of Gregory Palamas



Icon of Saint Gregory Palamas

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After Liturgy Today: Mujaddara Brunch

Mujaddara, cabbage salad and soda \$10

Divine Liturgy

Hymns

Troparion of the Resurrection (tone 2): When you descended to death, O Immortal Life, You destroyed Hades by the splendor of your Divinity, and when you raised the dead from under the ground, all the Powers of heaven cried out: O Christ our God, the giver of life, glory to you.

Troparion of St. Gregory: O Gregory the Wonderworker, light of Orthodoxy, support and teacher of the Church, glory of monks and invincible protector of theologians, pride of Thessalonica and preacher of grace: pray without ceasing for the salvation of us all.

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!

Prokimenon: For you have said, "My kindness is established forever." In heaven you have confirmed your faithfulness.

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: Heb 1:10-14; 2:1-3

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

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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. (Ps. 101: 26-28)

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" (Ps. 109: 1)? 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 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: Healing of the paralytic of Capernaum, Mk 2:1-12

At that time Jesus entered Capernaum, 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: candles=\$16.00; ordinary collections=\$443.00; donations=\$250.00. 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](https://www.byzantinemilwaukee.com/donate). Use your bank's **online billpay** (payee information): St. George's

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Syrian Congregation · 1617 W State St · Milwaukee, WI 53233-1246; phone: (414) 342-1543; email: info@byzantinemilwaukee.com.

Collection for the Women's Center

There will be a collection for gently used or new baby (newborn–24 months) winter wear for the Women's Center of Milwaukee (2051 W. Wisconsin Ave.) from about 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
- wipers
- 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), Kathy Tomaz and John Zambo. For those who have died: Jan Taylor. For the people of the Middle East.

Schedule for This Week

Wednesday: 6pm Great Compline

Friday: 6pm Little Compline and Akathist

Sunday: *Sunday of the Holy Cross*
10:30am Divine Liturgy

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.

Wisdom from St. Gregory Palamas

“If, then, the time of this life is for repentance, the very fact that a sinner still lives is a pledge that God will accept whoever desires to return to Him. Free will is always part and parcel of this present life. And it lies within the power of free will to choose or to reject the road of life or the road of death... for it can pursue whichever it wishes. Where, then, are the grounds for despair, since all of us can at all times lay hold of eternal life whenever we want to?”

“The passion for popularity brings such injury upon those it masters that it shipwrecks faith itself.”

“Natural things are not indictable; for they were created by God who is good, so that through them we can act in ways that are also good. Hence in themselves they do

not indicate sickness of soul, but they become evidence of such sickness when we misuse them. When we coddle the flesh in order to foster its desires, then the passion becomes evil and self-indulgence gives rise to the carnal passions and renders the soul diseased.”

“We start the imitation of Christ with Holy Baptism, which symbolizes the Lord’s Burial and Resurrection. Virtuous living and conduct in accord with the Gospel are its intermediate stage, and its perfection is victory through spiritual struggles against the passions, which procures painless, indestructible, heavenly life.”

“It is pointless for someone to say that he has faith in God if he does not have the works which go with faith... namely, deeds of love and compassion.”

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