



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](https://www.facebook.com/ByzantineMilwaukee)

February 8, 2026 — Meatfare Sunday; Great-martyr Theodore



Icon of the Last Judgment

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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 the Encounter: Hail, O Woman full of grace, Virgin and Mother of God: from you has arisen the Sun of Justice, Christ our God, enlightening those who stand in darkness, In You too, O just Elder Simeon, rejoice, for you carried in your arms the Redeemer of our souls, our Resurrection.

Troparion of St. George: O Great among the saints and glorious martyr, George, since you are a deliverer of captives and a defender of the poor, 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 Encounter: O Christ our God who through your birth have sanctified the virginal womb and have now blessed the arms of Simeon, today You have come to save us. O Lord, when wars prevail, keep your people in peace and strengthen our Public Authorities in every good deed, for You alone are the Lover of Mankind.

Prokimenon: My strength and my courage is the Lord, and He has been my Savior.

Stichon: The Lord has chastised me through His teaching, yet He has not delivered me to death.

Apostolic Reading: Eph 2:4-10

Gospel: "When the Son of Man comes to His glory", Mt 25:31-46

Winter Weather

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

Stewardship

Last Sunday: donations=\$581.16; candles=\$12.00; ordinary collections=\$631.00. 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

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

Annual Donation Letters

Please contact Benjamin with any questions about annual donation letters for tax purposes.

Prayer List

Please remember—All those who are sick and in need: Rose Ernst (aunt of Benjamin Neumann), Edin Najera, Natalie Herder, Walter Lourdes Najera Herder (family of Katerina Lessard), Barb Moden (sister of Jan Taylor), Nick Lagendfield, Sandy Rabuse (godmother of Katerina Lessard), the Rebholz family, Eva Saseen (Theresa and Janelle Herro's niece), Geri Spankowski, Kathy Tomaz and John Zambo. For the people of the Middle East.

Schedule for this Week

Saturday *Saturday of our God-bearing Fathers the Ascetics*

Sunday *Cheesefare Sunday*

10:30am Divine Liturgy

After Liturgy, Baptism of Elias Simeon Charbel Johnson

Congratulations and Happy Birthday to Gerald Nora (2/9) and Amanda Wahhab (2/14). May God grant you many years!

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 Leneten 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.

I was Hungry

You see, my beloved, there is no excuse for it. They knew what they had to do in this world. But greed and ill-will prevented them, so they laid up for themselves not treasures for the future but the world of the dead. Neither were they condemned because of the active wrong they did, nor did the Lord say to them: depart from me, you wicked, because you committed murder or adultery or theft. But instead: because I was hungry and thirsty in my servants, and you did not minister to me. If those who did no wrong are thus condemned, what must be said of those who do the works of the devil? Will not the prophecy of blessed David come upon them: "The wicked will not stand in the judgment, nor sinners in the congregation of the righteous?" Not that they will not rise, but that neither in judgment [nor in] the congregation of the righteous do they deserve to enter. They will stand, however, so that from punishment they may enter

into punishment." And they will go into eternal punishment, but the righteous into eternal life." Whatever will be is everlasting. Sinners will have everlasting punishment; and the righteous, everlasting life.

St. Epiphantius the Latin

Do you wish to honor the body of Christ? Do not ignore Him when He is naked. Do not pay Him homage in the temple clad in silk, only then to neglect Him outside where He is cold and ill-clad. He who said: "This is my body" is the same who said: "You saw me hungry and you gave me no food" and, "Whatever you did to the least of my brothers you did also to me." ... What good is it if the Eucharistic table is overloaded with golden chalices when your brother is dying of hunger? Start by satisfying his hunger and then with what is left you may adorn the altar as well.

St. John Chrysostom

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