



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

February 15, 2026 — Cheesefare Sunday



Icon of Christ the Bridegroom

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Divine Liturgy

Intention: Happy and eternal repose of the soul of ROSE Ernest (req. by Benjamin Neumann)

Hymns

Troparion of the Resurrection (tone 3):
Let the heavens rejoice and the earth be glad! For the Lord has done a wondrous deed by his arm! He has crushed Death by his death becoming the first to rise from the dead. He has delivered us from the mouth of Hades and 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 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 Cheesfare: 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

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

Stewardship

Last Sunday: donations=\$350.00; candles=\$5.00; ordinary collections=\$319.00. 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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Prayer List

Please remember—All those who are sick and in need: 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 those who have died: Rose Ernst (aunt of Benjamin Neumann). For the people of the Middle East.

Schedule for this Week

Monday *Great Fast Begins*
Wednesday 6pm Great Compline
Friday 6pm Compline & Akathist
Saturday: *Saturday of the Great among the Martyrs Theodore*
Sunday *Sunday of Orthodoxy*
 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 phones, computers, shopping, etc. with prayer, spiritual reading and acts of charity.

“As long as they have the bridegroom with them they cannot fast.” (Mark 2:19)

This evening, Forgiveness Vespers begins the Great Fast. Texts from the propers of Vespers include the following:

Entering into the arena of the Holy Fast, let us make every effort to humble our flesh by abstinence; in prayer and with tears let us seek the Lord our Savior, and, that we might turn away from our evil deeds, let us say to Him: we have sinned against You, O Christ our King, save us as You saved the Ninevites of old, and in Your goodness, grant us a share in the kingdom of heaven.

When I see my deeds that deserve such punishment, I am without hope, O Lord;

for I have disobeyed Your holy commandments, and I have led a foolish reject me, O Benefactor of the Universe. Let us begin the time of this bright fast, giving ourselves over to spiritual struggle.

Let us sanctify our soul and purify our flesh. Let us not fast only from food; let us also abstain from every passion and cultivate spiritual virtues. And let us faithfully preserve in this, so that we may be worthy to see the holy passion of Christ our God and the joy of His holy Resurrection.

Text from the Lenten Triodion, Sisters of Saint Basil, Uniontown, PA.

Text and cover-icon courtesy of Eastern Christian Bulletin Service

PO Box 3909 – Fairfax, VA 22038-3909

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