



## 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](http://byzantinemilwaukee.com)  
Facebook: [fb.me/ByzantineMilwaukee](https://fb.me/ByzantineMilwaukee)

**February 22, 2026 — Sunday of Orthodoxy**



*Icon of the Holy Images*

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### Divine Liturgy

#### Hymns

**Troparion of the Resurrection (tone 4):**  
The Women disciples of the Lord heard from the Angels the joyful news of the resurrection, and casting away the ancestral sentence, they announced with pride to the Apostles: Death is vanquished, Christ God is risen! And has bestowed great mercy upon the world.

**Troparion of the Sunday of Orthodox:**  
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, 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 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!

**Prokimenon:** Make vows to the Lord your God and fulfill them; let all round about bring gifts to the awesome God.

*Stichon:* God is renowned in Judah; in Israel, great is his name.

**Apostolic Reading:** Heb 11:24-26; 11:32-40; 12:1-2

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

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## Stewardship

Last Sunday: stole offerings=\$10.00; candles=\$6.00; ordinary collections=\$837.00. 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://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](mailto:info@byzantinemilwaukee.com).

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## Prayer List

Please remember—All those who are sick and in need: Natalie Herder, Walter Lourdes Najera Herder (family of Katerina Lessard), Nick Lagendfield, Barb Moden (sister of Jan Taylor), Edin Najera, 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

**Tuesday**     *First and Second Findings of the Head of John the Baptist*  
**Wednesday**     6pm Presanctified Liturgy  
**Friday**     6pm Compline & Akathist  
**Sunday**     *Sunday of Gregory Palamas*  
                  10:30am Divine Liturgy

**Congratulations and Happy Birthday** to Kathleen Tomaz (today). 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 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.

## What is the Presanctified Liturgy?

*Behold the completed mystical sacrifice in procession! Let us approach with faith and longing that we may become partakers of life everlasting. Alleluia.* (Great Entrance hymn, Presanctified Liturgy)

The first thing to be noted about the Liturgy of the Presanctified Gifts is that it is not a Divine Liturgy at all. This service is actually Vespers to which is attached a distribution of the Eucharist sanctified at an earlier Divine Liturgy (i.e. “Presanctified”). The service is particular to the Great Fast. We fast when we are preparing to experience the presence of God in Christ, either in the Eucharist or in the Great Feasts of the Church year.

The Divine Liturgy is by a definition a festive gathering. As the Great Fast does not lend itself to this celebration of the Kingdom of God made present among us—the—we are preparing for the Great Feast of Pascha—Divine Liturgy is generally not celebrated on the weekdays of Lent, except for the Feast of the Annunciation on March 25<sup>th</sup>.

The Eucharist, though, has long been recognized as “the medicine of immortality—the antidote to prevent us from dying, causing that we should live forever in Jesus Christ” (St Ignatius of Antioch, Epistle to the Ephesians). As such, Eucharistic Communion is particularly appropriate during the 40-day Fast. How then is this seeming contradiction to be resolved?

The Church’s response is the Liturgy of the Presanctified. This service is not the festive celebration of the Divine Liturgy, but it allows those striving to keep the Great Fast to be strengthened by receiving Holy Communion.

The Presanctified Liturgy is usually directed to be served on the Wednesdays and Fridays of the Great Fast and the first three days of Holy Week. Because of our parish’s service schedule and because the Annunciation is on a Wednesday, we will only have two Presanctified Liturgies this year.

*Adapted and summarized from [melkite.org/faith/sunday-scriptures/liturgy-of-the-presanctified-gifts](http://melkite.org/faith/sunday-scriptures/liturgy-of-the-presanctified-gifts).*



## Icons Show the Human Face of God

In recent months my Sunday reflections have frequently focused on our Christian brothers and sisters of the East. Wishing as it were to embrace their rich tradition of faith in a single glance, today I would like to refer once again to the sense of mystery which is apparent in their icons. [he East

and the West vie with each other to put their art at the service of the faith.

But from the East, where icons had to be defended with bloodshed in the iconoclast crisis of the eighth and ninth centuries, comes a particular call jealously to preserve the religious nature of this art. It is

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based on the mystery of the Incarnation, in which God chose to assume a human face. In the last analysis, sacred art seeks to transmit something of the mystery of that face.

This is why the East firmly insists on the spiritual qualities which must characterize the artist, to whom Simeon of Thessalonica, the great defender of Tradition, addresses this important exhortation: "Teach with words, write with letters, paint with

colors, in conformity with Tradition; the painting is true, as is the writing of books; and the grace of God is present in them, because what is represented there is holy."

By contemplating icons in the whole context of liturgical and ecclesial life, the Christian community is called to grow in its experience of God, and to become more and more a living icon of the communion of life between the Three Divine Persons.

*Pope John Paul II*

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