

St. George Melkite-Greek Catholic Church

1617 West State Street Milwaukee, Wisconsin 53233-1246

"An Eastern Church in communion with the Church of Rome"

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February 3, 2019 — Sunday of the Canaanite Woman

Intention: Repose of MICHAEL Herro (req. by Yvonne Tadych)

Troparia:

1. *Resurrection (tone 4)*, p. 74
2. *Troparia of the Encounter*, see insert: 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.
3. *St. George*, p. 24
4. *Kontakion of the Encounter*, see insert: 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.

Prokeimenon: Make vows to the Lord your God and fulfill them: // let all round about Him bring gifts to the awesome Lord!

Epistle: 2 Corinthians 6:16-18; 7:1 (Today: George Baho. Next Sunday: Jon Rebholz)

Gospel: Matthew 15:21-28

Ushers: Said Audi, George Baho (Next Sunday: Anthony Geiger, Joseph Wahhab)

Stewardship

Last Sunday: ordinary collections=\$596; stole offerings=\$10; candles=\$63; bookstore=\$39; donations=\$725. Thanks for your generosity!

Donation letters for 2018 that were not picked up were mailed this past week. Please contact the parish office/Benjamin if you donated over \$100 and do not receive a letter in the next week.

Prayer List

Please remember—All those who are sick and in need: Mary Fisher (Benjamin Newman's aunt and godmother), John & Alice Herro, Bill Koutris, Bill & Kathy Jones, Nick Langenfeld, Henry Look, Fr. Frank Milienewicz (former pastor), Barb & Bruce Moden (sister- and brother- in-law of Jan Taylor), Eva Nora (niece of the Noras), Bob Peterson, Joe Radanovich, Beth Rodwell, Eva Saseen (Theresa and Janelle Herro's niece), Jan Taylor, Kathy Tomaz, Espe Villasenor, John Zambo and Kathy Zambo. All those who have died: Alice Nasr.

SCHEDULE FOR THIS WEEK

Monday: 7:30am Morning Prayer: First Hour

Tuesday: 7:30am Morning Prayer: Third Hour

Wednesday: 7:30am Morning Prayer: First Hour

Thursday: 7:30am Morning Prayer: Third Hour

Friday: 7:30am Morning Prayer: First Hour

Saturday: *Leave-taking of the Enouncter*
5pm Great Vespers

Sunday: *Sunday of the Pharisee and Publican, Start of the Triodion*

9:45am Orthros (Matins)

10:30am Divine Liturgy

Congratulations and Happy Birthday to George Baho (today), John Herro (2/7), Gerald Nora (2/9). May God grant you many years!

Great Lent isn't Here, but it's Coming

"Simple and uneducated men laugh at the sciences and refuse to hear anything about them, for knowledge shows up their ignorance—and they want everyone to be like them. In the same way, men of unrestrained life and character greatly desire all others to be worse than themselves, wanting to find themselves excused by the fact that the wicked are many.... Such men should be avoided. Those who live contentedly with evil will never be among the immortals.... Intelligent men should not listen to all kinds of conversation, but only to those which are profitable and lead to understanding of God's will; for His will is the way which men return once more to life and eternal Life. —St. Anthony the Great on Fasting

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.