



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 13, 2022 — Sunday of Gregory Palamas



Icon of Saint Gregory Palamas

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Divine Liturgy

Livestreams and recordings of services on the parish's Facebook page: [facebook.com/pg/ByzantineMilwaukee/videos/](https://www.facebook.com/pg/ByzantineMilwaukee/videos/). An account is not needed.

Intention: Health, peace and salvation of MARY JO, JUDY and HELEN ZACHOW
(req. by Jan Taylor)

Hymns

Troparion of the Resurrection (Tone 1): While the stone was sealed by the Jews and soldiers were watching your sacred body, You rose, O Savior, on the third day, giving life to the world. Wherefore, O Giver of life, the powers of heaven cried out: Glory to your resurrection, O Christ. Glory to your kingdom, glory to your Plan of redemption, O You who alone are the Lover of mankind.

Troparion of St. George: 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!

Kontakion of the Annunciation: Triumphant leader to you belongs our prize

Prokimenon: You, O Lord, will keep us and preserve us always from this generation.

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: Hebrews 1:10-2:4

You in the beginning, O Lord, did found the garment, and as clothing shall you change earth, and the heavens are works of your hands, and they shall be changed. But your hands. They shall perish, but you shall continue to be the same, and your years shall not fail to continue; and they shall all grow old as does a man (Ps. 101: 26-28)

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!

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Now, to which of the angels has he everlest perhaps we drift away. For if the word said, "Sit at my right hand, until I makespoken by angels proved to be valid, and your enemies the footstool at your feet" (Ps.every transgression and disobedience re-109: 1)? Are they not all ministering spirits,ceived a just punishment, how shall we es- sent for service, for the sake of those whocape if we neglect such a great salvation? shall inherit salvation?

That is why we should all the more earnestly observe the things we have heard,

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: "To the paralytic: your sins are forgiven", Mk 2:1-12

At that time Jesus entered Capharnaum, 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 blas- pheme 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!" mouth will proclaim your faithfulness.

Stewardship

Last Sunday: donations=\$154.52; candles=\$4.00; ordinary collections=\$1180.00. Thanks for your generosity!

Owed to eparchy (assessment, retirement and medical insurance; last updated March 12, 2022): \$38,361

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.

Prayer List

Please remember—All those who are sick and in need: Alice Herro*, Nick Langenfeld, Barb Moden (sister of Jan Taylor), Eva Nora (niece of the Noras), Bob Peterson, Joe Radanovich, the Rebholz family, Eva Saseen (Theresa and Janelle Herro's niece), Jan Taylor, Kathy Tomaz, John Zambo and Kathy Zambo. For those we have been asked to pray for: Justin & Krysten Hager (Jan Taylor). For those who have died: Margaret Littlefield (mother of Fr. Philaret).

* Please particularly remember Alice Herro who has been having health issues recently.

Schedule for This Week

Wednesday: 6pm Great Compline

Friday: 6pm Akathist Service

Sunday: *Third Sunday of Lent*
10:30am Divine Liturgy

Coming Up

March 25th: Annunciation of the Mother of God

April 10th: Palm Sunday
Pancake Breakfast

April 17th: Holy Resurrection

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.

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COVID-19

According to the Milwaukee Health Department, the best way to stop the community spread of COVID-19 is to take preventative action to protect yourself and others:

- Get a COVID-19 vaccine as soon as you can (city.milwaukee.gov/CovidVax). Vaccines are safe and readily available at walk-in clinics throughout the community for anyone over the age of 12 years old.
- Wear a mask that covers your nose and mouth to help protect yourself and others, and stay at least 6 feet apart from others who don't live with you.
- Avoid crowds and poorly ventilated indoor spaces, and improve ventilation whenever possible.
- Wash your hands often with soap and water. Use hand sanitizer if soap and water aren't available.

More information is available from the health department: city.milwaukee.gov/coronavirus

Confidence in God

A story is told of a very tired traveler who came upon the banks of a river. There was no bridge by which he could cross. It was winter, and the surface of the river was covered with ice. He wondered whether or not the ice would bear his weight. Finally, after much hesitation and fear, he got down on his knees and began, very cautiously, to creep across the surface of the ice, hoping that the ice would support him.

When he was about halfway across the river he heard the sound of bells behind him. From the other side of the river there came a sled filled with people and pulled by four horses. They whisked across the frozen river, passing right by the traveler

who was still crawling across the river on his hands and knees.

This story illustrates how some people go through life. Some stand on the banks of indecision, unable to make up their minds about the course to take. Others crawl along in constant fear, unable to find the courage to carry a cross or face a challenge. '[here are those, however, who allow their Faith to be their guide. They face challenges, problems, and uncertainties knowing that God directs every step.

When we face rivers of difficulties, we do not have to be indecisive, nor do we have to creep through life in fear. God has promised to help, and with God's help we can make our way to the other side, safely.

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