



# HOLY CROSS

## GREEK ORTHODOX CHURCH

859 First Street | Macon, Georgia 31201 | 478.621.0744 (office)  
[www.holycrossga.org](http://www.holycrossga.org) | Facebook: HolyCrossMaconGA

### Sunday, March 10, 2024

Judgment (Meatfare) Sunday

St. Quadratos of Corinth

Eothinon/Orthros Gospel: Seventh (John 20:1-10)

Mode of the Week: Grave / Βαρυς

QR Codes (scan with smart phone for service texts)

Orthros



Divine Liturgy



### Upcoming Schedule

<i>Today, March 10</i>	9:15am Orthros 10:30am Divine Liturgy on Judgement Sunday (Meatfare/Απόκρρω) Sunday School for the Youth following Holy Communion Coffee Fellowship in the Parish House after Liturgy 12:30pm General Assembly in the Parish House 12:30pm Handmaidens Meeting in the Church
<i>Wednesday, March 13</i>	5:45pm Vespers 6:30pm Adult Study Class: Orthodoxy 101 in the Library 7:30pm Choir Practice in the Church
<i>Friday, March 15</i>	5:00pm Holy Baptism of James Scarborough 6:30pm Fellowship: Movie and Pizza Night in the Parish House
<i>Saturday, March 16</i>	9:30am Divine Liturgy and Memorial Service on the 2 <sup>nd</sup> Saturday of the Souls 1:00pm Youth Gathering: Mercer Baseball
<i>Sunday, March 17</i>	9:15am Orthros 10:30am Divine Liturgy on Forgiveness Sunday (Cheesefare) Sunday School for the Youth following Holy Communion Coffee Fellowship in the Parish House after Liturgy 1:00pm Forgiveness Vespers for the beginning of Great Lent
<i>Monday, March 18</i>	6:00pm Great Compline (Clean Monday/Beginning of Great and Holy Lent)
<i>Tuesday, March 19</i>	6:30pm Parish Council Meeting
<i>Wednesday, March 20</i>	5:45pm 9 <sup>th</sup> Hour and Pre-Sanctified Liturgy 7:00pm Light Lenten Meal and Spiritual Book Discussion in the Parish House
<i>Friday, March 22</i>	6:00pm Small Compline and the 1 <sup>st</sup> Salutations to the Theotokos
<i>Saturday, March 23</i>	9:30am Orthros 10:30am Divine Liturgy and Memorial Service on the 3 <sup>rd</sup> Saturday of the Souls 12:30pm Holy Baptism of Jace Johnson
<i>Sunday, March 24</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of Orthodoxy Procession of the Holy Icons at the end of the Divine Liturgy Greek School Presentation after the Liturgy 12:45pm Youth Greek School/Adult Bible Study
<i>Monday, March 25</i>	9:30am Orthros 10:30am Divine Liturgy and Doxology on the Annunciation of the Theotokos/ Greek Independence Day

**Upcoming Epistle Readers:** (3/17) George Saratsiotis, Isabelle Saratsiotis; (3/24) Pete Tsamolias, Bryan Gordy  
**Upcoming PC Member On-Duty:** (3/17) Sarah Drakopoulos; (3/24) Melanie M.; (3/31) Gray Y.; (4/7) Natalia S.  
**Upcoming Ushers:** (3/13) David Z.; (3/16) Cheryl S., Erick S.; (3/17) Jim L., Tassie C.; (3/17PM) Jim L.; (3/18) Charles  
**Upcoming Video Operators:** (3/16) David N. (3/17) Cristina L.; (3/18) David N.; (3/20) Natalia S.; (3/22) David Z.  
**Fellowship Hosts:** (3/17) Tassie Cantrell; (3/24) Maria Mahoney; (3/31) Presvytera Stacey; (4/7) Philoptochos

### Our Parish Hymn of the Holy Cross of Christ:

Save, O Lord, save your people and bless Your inheritance. Give victory to those who battle evil and protect us all by Your Holy Cross.

Σώσον Κύριε τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

**To our Visitors and Guests:** We extend a **warm welcome** to all worshipping with us today! While Holy Communion, following ancient practice, is reserved for Orthodox Christians, non-Orthodox may receive the blessed bread (antidoron) offered at the conclusion of the service.  
**Please join us in the Parish House after the Divine Liturgy for Coffee Fellowship!**

## Epistle Reading

*Μέγας ὁ Κύριος ἡμῶν, καὶ μεγάλη ἡ  
ἰσχὺς αὐτοῦ.*

*Στίχ. Αἰνεῖτε τὸν Κύριον, ὅτι ἀγαθὸς  
Κύριος.*

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*Πρὸς Κορινθίους Α΄ Ἐπιστολῆς  
Παύλου τὸ ἀνάγνωσμα.*

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Ἀδελφοί, βρῶμα ἡμᾶς οὐ παρίστησι τῷ Θεῷ· οὔτε γὰρ ἐὰν φάγωμεν περισσεύομεν, οὔτε ἐὰν μὴ φάγωμεν ὑστερούμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενοῦσιν. Ἐὰν γὰρ τις ἴδῃ σε, τὸν ἔχοντα γνῶσιν, ἐν εἰδωλείῳ κατακείμενον, οὐχὶ ἡ συνείδησις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθυτα ἐσθίειν; Καὶ ἀπολεῖται ὁ ἀσθενῶν ἀδελφὸς ἐπὶ τῇ σῆ γνώσει, δι' ὃν Χριστὸς ἀπέθανεν. Οὕτω δὲ ἀμαρτάνοντες εἰς τοὺς ἀδελφοὺς καὶ τύπτοντες αὐτῶν τὴν συνείδησιν ἀσθενοῦσαν εἰς Χριστὸν ἀμαρτάνετε. Διόπερ εἰ βρῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμὶ ἀπόστολος; οὐκ εἰμὶ ἐλεύθερος; οὐχὶ Ἰησοῦν Χριστὸν τὸν Κύριον ἡμῶν ἐώρακα; οὐ τὸν ἔργον μου ὑμεῖς ἐστε ἐν Κυρίῳ; Εἰ ἄλλοις οὐκ εἰμὶ ἀπόστολος, ἀλλά γε ὑμῖν εἰμὶ· ἡ γὰρ σφραγὶς τῆς ἐμῆς ἀποστολῆς ὑμεῖς ἐστε ἐν Κυρίῳ.

*Great is our Lord, and great is His  
strength.*

*Verse: Praise the Lord, for the  
Lord is good.*

*(Psalms 146, 134)*

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*The reading is from Paul's First  
Letter to the Corinthians.*

*(8:8-13, 9:1-2)*

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Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

## The Holy Gospel Reading according to St. Matthew (25:31-46)

### Judgement (Meatfare) Sunday

Εἶπεν ὁ Κύριος· Ὅταν ἔλθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει ἐπὶ θρόνου δόξης αὐτοῦ· καὶ συναχθήσεται ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ ἀφοριεῖ αὐτοὺς ἀπ' ἀλλήλων, ὡσπερ ὁ ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στήσει τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ τὰ δὲ ἐρίφια ἐξ εὐωνύμων. τότε ἐρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε, οἱ εὐλογημένοι τοῦ πατρός μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου· ἐπείνασα γὰρ καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα καὶ ἐποτίσατέ με, ξένος ἦμην καὶ συνηγάγετέ με, γυμνὸς καὶ περιεβάλετέ με, ἡσθένησα καὶ ἐπεσκέψασθέ με, ἐν φυλακῇ ἦμην καὶ ἤλθετε πρὸς με. τότε ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα καὶ ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν; πότε δέ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιεβάλομεν; πότε δέ σε εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ καὶ ἤλθομεν πρὸς σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἐρεῖ αὐτοῖς· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐνὶ τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. Τότε ἐρεῖ καὶ τοῖς ἐξ εὐωνύμων· πορεύεσθε ἀπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἡτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ· ἐπείνασα γὰρ καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα καὶ οὐκ ἐποτίσατέ με, ξένος ἦμην καὶ οὐ συνηγάγετέ με, γυμνὸς καὶ οὐ περιεβάλετέ με, ἀσθενὴς καὶ ἐν φυλακῇ καὶ οὐκ ἐπεσκέψασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐνὶ τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

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## GREEK ORTHODOX CHURCH

Rev. Fr. Theodore Ehmer

Προϊστάμενος/Presiding Priest

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Office Days: Tuesday through Friday; call or email Fr. for appointment

Holy Confession: call or email Fr. to schedule

### Bulletin for the week of March 10, 2024

Ushers on Duty: Cleo Bennette; Charles Glotzbach

Video: Natalia Saratsiotis Altar Servers: All Adult/Youth Servers

Epistle Readers: Aleca Hortman (Greek); Beth Zoumberis (English)

Fellowship Host (Thank You!): Helen Vardy

PC Member On-Duty: Maria Spicer



### Today our Holy Orthodox Church commemorates:

- + The Second and Impartial Coming of our Lord Jesus Christ (Judgement Sunday)

The foregoing two parables -- especially that of the Prodigal Son -- have presented to us God's extreme goodness and love for man. But lest certain persons, putting their confidence in this alone, live carelessly, squandering upon sin the time given them to work out their salvation, and death suddenly snatch them away, the most divine Fathers have appointed this day's feast commemorating Christ's impartial Second Coming, through which we bring to mind that God is not only the Friend of man, but also the most righteous Judge, Who recompenses to each according to his deeds.

It is the aim of the holy Fathers, through bringing to mind that fearful day, to rouse us from the slumber of carelessness unto the work of virtue, and to move us to love and compassion for our brethren. Besides this, even as on the coming Sunday of Cheese-fare we commemorate Adam's exile from the Paradise of delight -- which exile is the beginning of life as we know it now -- it is clear that today's is reckoned the last of all feasts, because on the last day of judgment, truly, everything of this world will come to an end.

**All foods, except meat and meat products, are allowed during the week that follows this Sunday.**

- + The Holy Martyr Quadratos of Corinth and those with him: Anektos, Paul, Dionysios, Cyprian, and Crescens (+251)
- + Our Devout Mother Anastasia the Patrician (+567)
- + The Holy Martyr Marcian
- + The Holy New Martyr Michael Mavroudis (+1544)

Through the intercessions of Your Saints, O God, have mercy on us and save us. Amen.

### Variable Hymns of the Day in the Divine Liturgy of St. John Chrysostom (pg. 8 in the Small Book/pg. 37 in the Hymnal):

- *Weekly Resurrectional Hymn (Κατέλυσας τῷ Σταυρῷ σου, Grave Mode):*

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy. (Sung before and after the Small Entrance. Greek text found in large hymnal on pg. 122)

- *Hymn of the Holy Cross (Σώσον Κύριε, First Mode):*

Save, O Lord, save your people and bless Your inheritance. Give victory to those who battle evil and protect us all by Your Holy Cross.

- *The Kontakion of Judgement Sunday (Ὁταν ἔλθῃς ο Θεός, First Mode):*

When You come down to the earth, O God, in Your glory, all things will cower tremulous, and a river of fire will draw before Your Judgment Seat; the books shall be opened up, and public knowledge will things hidden be. Rescue me, then, I pray, from unquenchable fire, and count me worthy to stand at Your right hand, O You, the most righteous Judge. (Greek text found in large hymnal on pg. 260)

## Guidance, Prayer Requests, and Announcements

### This Week's Daily

#### Scripture Readings and Fasting Guidance:

**Sunday (3/10—No Fasting):** John 20:1-10; I Corinthians 8:8-13, 9:1-2; Matthew 25:31-46

**Monday (3/11—Dairy Allowed):** III John 1:1-15; Luke 19:29-40, 22:7-39

**Tuesday (3/12—Dairy Allowed):** Jude 1:1-10; Luke 22:39-42, 45-71, 23:1

**Wednesday (3/13—Dairy Allowed):** Joel 3:12-21; Joel 2:12-26

**Thursday (3/14—Dairy Allowed):** Jude 1:11-25; Luke 23:1-31, 33, 44-56

**Friday (3/15—Dairy Allowed):** Zechariah 8:7-17; Zechariah 8:19-23

**Saturday (3/16—Dairy Allowed):** Galatians 5:22-26, 6:1-2; Matthew 6:1-13

### Prayer Requests:

Fr. Symeon (mission priest supported by our parish), Panteleimon, Michael, Kassiani, Michael, Dimitrios, Georgia, Pavlos, Maria, Betty, Irene, Valerie, Dianna, Keith, Jeannie, Dawn, Kenneth, Hermione, Mary, Kay, Helen, Nikki, Mena, Austin, Kiley, Garrett, Carolina, Maria, Laurie, Lindsey, Randy, Marina, Effie, Christina, Ashley, Foster, Peggy, Lynn, Dimitri, Stelianos, Brian, Vassilios, Bessie, Katerina, Link, Bill, Virginia, Karl, Colin, Mitch, Rinne, Michael

#### Prayers for those recently reposed:

Kathy (+February 6), John (+February 14),

Eleni (+February 24)

#### Prayers for expecting mothers:

Julie G., Bobbie I., Julieta L., Muryah S.

#### Prayers for Military Personnel and Their Families:

Aubriana Butchko, Kyle Glotzbach, Robert Ice,

Aaron Vrahiotes, Aleksander Zajac

#### Prayers for our Catechumens and Inquirers into the Orthodox Church:

Bobbie, CJ, Ethan, Jace, James, Jessica, Malachi, Nate,

Schylar and pray for those who are seeking Christ and

His Church!

### Weekly Wisdom of the Fathers:

St. Gennadios of Constantinople shares with us the following wisdom, "To judge sins is the business of one who is sinless, but who is sinless except God? Who ever thinks about the multitude of his own sins in his heart never wants to make the sins of others a topic of conversation. To judge a man who has gone astray is a sign of pride, and God resists the proud. On the other hand, one who every hour prepares himself to give answer for his own sins will not quickly lift up his head to examine the mistakes of others."

### Upcoming Celebrations This Week

**Name Days—Chronia Polla, Many Years!**

March 17: Alexa Economopoulos, Alexia Passias

**Birthdays—Happy Birthday!**

March 10: Andrew Adams

March 11: Steve Douglas

March 13: Anne Gordy

March 14: Chloe Goss

March 17: Norman Adams

**Anniversaries—Congratulations!**

None in the Records

(If you have a celebration that did not make it into the bulletin, please e-mail Fr. Theodore!)

### Announcements:

\* Please plan on attending the **General Assembly** which will be taking place after the Divine Liturgy today in the Parish House. We will be discussing topics such as the Iconography project and the future plans for our Holy Cross Church!

\* **St. Photini Handmaidens** meeting with Presvytera Stacey DURING the General Assembly today!

\* The **Introduction to the Orthodox Church** will resume Wednesday, March 13 at 6:30pm following Vespers with the conclusionary session in the Library/On Zoom.

\* The **Bookstore** will be open this coming Wednesday, March 13th from 3:00 to 5:00pm. The Church will also be open for prayer during that time.

\* Thank you to everyone who helped with the **Greek Spring Fling**. The Festival Committee appreciates your willingness to give your time and talents for the future of Holy Cross.

\* Holy Cross Movie and **Fellowship** evening—this coming Friday at 6:30pm! Pizza Dinner (provided by the Church) and a Movie—all are welcome! Further details will be sent by email.

\* **Greek Dancing** for the youth and young adults have begun and will take place twice a month! If you did not have a chance to contribute towards the traditional costumes over the last couple of Sundays, one can still contribute online by the normal means (Venmo, PayPal, etc.) with the notation "Greek Dance."

\* Please see the link sent by email regarding **Great Lent/Holy Week/Pascha** and ways that one can assist with the many opportunities that the Church places before us during this blessed season. This is a beautiful way to participate and give back to our Holy Cross Church. Thank you in advance!

\* **Red Cross Blood Drive:** Friday, March 29 from 3-7pm. Sign up at: <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=HolyCrossGreekOrthodoxChurch>

\* **Youth:** After the Saturday of the Souls Divine Liturgy, we will be heading to the Mercer Baseball game which starts at 1:00pm. Free admission in the outfield!

\* **Choir Practice** will be held this Wednesday, March 13th following the Adult Study Class.