



# 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 17, 2024

Forgiveness (Cheesefare) Sunday  
 St. Alexios, the man of God

Eothinon/Orthros Gospel: Eighth (John 20:11-18)

Mode of the Week: Plagal of the Fourth/Πλ. του Τετάρτου

QR Codes (scan with smart phone for service texts)

Orthros



Divine Liturgy



### Upcoming Schedule

<i>Today, 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 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 5:00pm Sunday of Orthodoxy Vespers (at Annunciation Cathedral, Atlanta)
<i>Monday, March 25</i>	9:30am Orthros 10:30am Divine Liturgy and Doxology on the Annunciation of the Theotokos/ Greek Independence Day
<i>Tuesday, March 26</i>	6:00pm Great Compline
<i>Wednesday, March 27</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 7:30pm Choir Practice in the Church
<i>Friday, March 29</i>	3:00pm Red Cross Blood Drive in Parish House (until 7:00pm) 6:00pm Small Compline and 2 <sup>nd</sup> Salutations to the Theotokos
<i>Saturday, March 30</i>	4:00pm Byzantine Chant Class in the Library 5:00pm Great Vespers
<i>Sunday, March 31</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of St. Gregory Palamas Sunday School for the Youth following Holy Communion Coffee Fellowship in the Parish House after Liturgy 12:45pm Adult Greek School/Greek Dance

**Upcoming Epistle Readers:** (3/24) Pete Tsamolias, Bryan Gordy; (3/31) Kostas Iakovidis, Nadia Cazacu  
**Upcoming PC Member On-Duty:** (3/24) Melanie Moye; (3/31) Gray Yates; (4/7) Natalia Saratsiotis; (4/14) Jim L.  
**Upcoming Ushers:** (3/18) Charles; (3/20) Cristina+Jim; (3/22) Eleni+Norm; (3/23) Sarah D.; (3/24) John A., Maria S.  
**Upcoming Video Operators:** (3/18) David N.; (3/20) Natalia S.; (3/22) David Z.; (3/23) TBD; (3/24) Natalia S.  
**Fellowship Hosts:** (3/24) Maria Mahoney; (3/31) Presvytera Stacey; (4/7) Philoptochos; (4/14) Toula Tsamolias

### **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

Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ  
ἡμῶν.

Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ  
Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα  
αὐτοῦ.

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Πρὸς Ῥωμαίους Ἐπιστολῆς  
Παύλου τὸ ἀνάγνωσμα.

+++

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἢ  
σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νύξ  
προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν.  
Ἀποθώμεθα οὖν τὰ ἔργα τοῦ  
σκότους καὶ ἐνδυσώμεθα τὰ ὄπλα  
τοῦ φωτός. Ὡς ἐν ἡμέρᾳ  
εὐσημῶνως περιπατήσωμεν, μὴ  
κώμοις καὶ μέθαις, μὴ κοίταις καὶ  
ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ, ἀλλ'  
ἐνδύσασθε τὸν Κύριον Ἰησοῦν  
Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν  
μὴ ποιῆσθε εἰς ἐπιθυμίας. Τὸν δὲ  
ἀσθενοῦντα τῇ πίστει  
προσλαμβάνεσθε, μὴ εἰς διακρίσεις  
διαλογισμῶν. Ὅς μὲν πιστεύει  
φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα  
ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα  
μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων  
τὸν ἐσθίοντα μὴ κρινέτω· ὁ Θεὸς  
γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ  
κρίνων ἀλλότριον οἰκέτην; τῷ ἰδίῳ  
Κυρίῳ στήκει ἢ πίπτει, σταθήσεται  
δὲ· δυνατὸς γὰρ ἐστὶν ὁ Θεὸς  
στήσαι αὐτόν.

Pray and return to the Lord Your  
God.

Verse: In Judah God is known; His  
name is great in Israel.  
(Psalm 75)

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The reading is from Paul's Letter to  
the Romans. (13:11-14, 14:1-4)

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Brethren, salvation is nearer to us  
now than when we first believed;  
the night is far gone, the day is at  
hand. Let us then cast off the works  
of darkness and put on the armor of  
light; let us conduct ourselves  
becomingly as in the day, not in  
reveling and drunkenness, not in  
debauchery and licentiousness, not  
in quarreling and jealousy. But put  
on the Lord Jesus Christ, and make  
no provision for the flesh, to gratify  
its desires. As for the man who is  
weak in faith, welcome him, but not  
for disputes over opinions. One  
believes he may eat anything, while  
the weak man eats only vegetables.  
Let not him who eats despise him  
who abstains, and let not him who  
abstains pass judgment on him who  
eats; for God has welcomed him.  
Who are you to pass judgment on  
the servant of another? It is before  
his own master that he stands or  
falls. And he will be upheld, for God  
is able to make him stand.

## The Holy Gospel Reading according to St. Matthew (6:14-21)

Forgiveness (Cheesefare) Sunday

Εἶπεν ὁ Κύριος· Ἐὰν ἀφήτε τοῖς  
ἀνθρώποις τὰ παραπτώματα  
αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατήρ  
ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφήτε  
τοῖς ἀνθρώποις τὰ παραπτώματα  
αὐτῶν, οὐδὲ ὁ πατήρ ὑμῶν ἀφήσει  
τὰ παραπτώματα ὑμῶν. Ὅταν δὲ  
νηστεύητε, μὴ γίνεσθε ὥσπερ οἱ  
ὑποκριταὶ σκυθρωποί, ἀφανίζουσι  
γὰρ τὰ πρόσωπα αὐτῶν ὅπως  
φανῶσι τοῖς ἀνθρώποις  
νηστεύοντες· ἀμὴν λέγω ὑμῖν, ὅτι  
ἀπέχουσιν τὸν μισθὸν αὐτῶν. σὺ  
δὲ νηστεύων ἄλειψαί σου τὴν  
κεφαλὴν καὶ τὸ πρόσωπόν σου  
νίψαι, ὅπως μὴ φανῆς τοῖς  
ἀνθρώποις νηστεύων ἀλλὰ τῷ  
πατρί σου τῷ ἐν τῷ κρυπτῷ· καὶ ὁ  
πατήρ σου ὁ βλέπων ἐν τῷ  
κρυπτῷ ἀποδώσει σοι ἐν τῷ  
φανερῷ. Μὴ θησαυρίζετε ὑμῖν  
θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σῆς  
καὶ βρῶσις ἀφανίζει, καὶ ὅπου  
κλέπται διορύσσουσιν καὶ  
κλέπτουσιν· θησαυρίζετε δὲ ὑμῖν  
θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε  
σῆς οὔτε βρῶσις ἀφανίζει, καὶ  
ὅπου κλέπται οὐ διορύσσουσιν  
οὐδὲ κλέπτουσιν· ὅπου γὰρ ἐστὶν  
ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ  
καρδία ὑμῶν.

The Lord said, "If you forgive  
men their trespasses, your  
heavenly Father also will  
forgive you; but if you do not  
forgive men their trespasses,  
neither will your Father forgive  
your trespasses. And when you  
fast, do not look dismal, like the  
hypocrites, for they disfigure  
their faces that their fasting  
may be seen by men. Truly, I  
say to you, they have received  
their reward. But when you  
fast, anoint your head and wash  
your face, that your fasting may  
not be seen by men but by your  
Father who is in secret; and  
your Father who sees in secret  
will reward you. Do not lay up  
for yourselves treasures on  
earth, where moth and rust  
consume and where thieves  
break in and steal, but lay up  
for yourselves treasures in  
heaven, where neither moth  
nor rust consumes and where  
thieves do not break in and  
steal. For where your treasure  
is, there will your heart be  
also."

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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 17, 2024

**Ushers on Duty:** Tassie Cantrell, Jim Lekas

**Video:** Cristina Lekas **Altar Servers:** All Adult/Youth Servers

**Epistle Readers:** Geroge Saratsiotis (Greek); Isabelle Saratsiotis (Eng.)

**Fellowship Host (Thank You!):** Tassie Cantrell

**PC Member On-Duty:** Sarah Drakopoulos



### Today our Holy Orthodox Church commemorates:

- + The Expulsion of the first-formed Adam from the Garden of Eden (Forgiveness Sunday)

*The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.*

- + Our Devout Father Alexios, the man of God (+411)

*Saint Alexis was born in old Rome of illustrious parents named Euphemianus and Aglais, and at their request was joined to a young woman in marriage. However, he did not remain with her even for one day, but fled to Edessa, where he lived for eighteen years. He returned to Rome in the guise of a beggar and sat at the gates of his father's house, unknown to all and mocked by his own servants. His identity was revealed only after his death by a paper that he had on his person, which he himself had written a little before his repose. The pious Emperor Honorius honoured him with a solemn burial. The title "Man of God" was given to him from heaven in a vision to the Bishop of Rome on the day of the Saint's repose.*

- + The Holy Martyr Paul, defender of the Holy Icons (+760)

- + Our Devout Father Theosterictos (+826)

- + Our Devout Father Patrick, Enlightener of Ireland (+461)

*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 (Εξ ύψους, Plagal of the Fourth Mode):*

You descended from on high, O compassionate One, and consented to a three-day burial, to free us from the passions. O Lord, our life and resurrection, glory to You! (Sung before and after the Small Entrance. Greek text found in large hymnal on pg. 126)

- *Hymn of St. Alexios (Εκ ριζης εβλάστησας, Fourth Mode):*

You did bud forth from a renowned and notable root, and though you did blossom from a city famed for her great imperial dignity, yet you did scorn all things as corruptible and fleeting, striving to be joined to Christ your Master forever. Entreat Him, O Alexios most wise, fervently for our souls.

- *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 Forgiveness Sunday (Της σοφίας οδηγέ, Plagal of the Second Mode):*

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen. (Greek text found in large hymnal on pg. 264)

## Guidance, Prayer Requests, and Announcements

### This Week's Daily

#### Scripture Readings and Fasting Guidance:

**Sunday (3/17—Dairy Allowed):** John 20:11-18; Romans 13:11-14, 14:1-4; Matthew 6:14-21

**Clean Monday (3/18—Strict Fast):** Isaiah 1:1-20; Genesis 1:1-13; Proverbs 1:1-20

**Tuesday (3/19—Strict Fast):** Isaiah 1:19-2:3; Genesis 1:14-23; Proverbs 1:20-33

**Wednesday (3/20—Strict Fast):** Isaiah 2:3-11; Genesis 1:24-2:3; Proverbs 2:1-11

**Thursday (3/21—Strict Fast):** Isaiah 2:11-21; Genesis 2:4-19; Proverbs 3:1-18

**Friday (3/22—Strict Fast):** Isaiah 3:1-14; Genesis 2:20-3:20; Proverbs 3:19-34

**Saturday (3/23—Miracle of St. Theodore and the Kollyva—Wine+Oil):** II Timothy 2:1-10; Mark 2:23-28, 3:1-5

### 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:

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, Jessica, Malachi, Nate, Schyler and pray for those who are seeking Christ and His Church!

### Weekly Wisdom of the Fathers:

One of the **Desert (Monastic) Fathers** shares with us the following mindset vis-à-vis the Great Fast: "I myself once harshly judged a monk whom I saw drinking milk during the Great Fast. He did it so routinely that I thought, "Why, he must think nothing of the ascetic life." It was I who had forgotten the rule of the inner life — that one judges himself and excuses others. I later learned that the monk was ill and had to have milk to ingest his medication. I learned something about hasty judgments. Here we learn that we must never judge another person."

### Upcoming Celebrations This Week

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

March 17: Alexa Economopoulos, Alexia Passias  
1<sup>st</sup> Saturday of Great Lent: Theo Drakopoulos

#### **Birthdays—Happy Birthday!**

March 17: Norman Adams  
March 19: Paige Crouse  
March 20: Henry Gordy  
March 21: Pete Nicholas  
March 23: Mary Hornbaker

#### **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:

\* We wish our Bishop, **Metropolitan Alexios**, "Many Years" on his Name Day today, the Feast of St. Alexios, the man of God. Εἰς πολλά ἔτη, Δέσποτα!

\* **Congratulations** to James Scarborough on the occasion of his Holy Baptism this past Friday, March 15. God grant him many years and salvation in His Holy Name!

\* **Congratulations** to William and Emily Rivers (Trettel) and their family on the 40-Day Blessing of their newborn son, Vincent, which took place yesterday, Saturday, March 16.

\* The **Bookstore** will be open this coming Wednesday, March 20th from 3:00 to 5:00pm. The Church will also be open for prayer during that time.

\* **Lenten Spiritual Book Discussion** will take place during the Light Lenten meal after the Pre-Sanctified Liturgy on Wednesdays. We will be discussing "Thirty Steps to Heaven." Please see the email that was sent or contact Fr. Theodore for more information.

\* **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, one can still contribute online by the normal means (Venmo, PayPal, etc.) with the notation "Greek Dance."

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

\* If you would like to participate in the 2024 **Paschal Lilies** Dedication "In Memory of" or "For the Health of", please see the link that was sent by email. You may also place your payment in the box located in the Narthex (please specify on the memo line Paschal Lilies Dedication). Deadline is Palm Sunday, April 28th. Names will be listed in the Pascha bulletin as well as the following Sunday.

\* Great News! The people making the **yard signs** made an error and so we got them even cheaper! So instead of them being \$15-\$20, they are only \$10!!! Please let Natalia Saratsiotis know if you are interested in purchasing one or two or more!