



HOLY CROSS

GREEK ORTHODOX CHURCH

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

Sunday, March 31, 2024

Sunday of St. Gregory Palamas

St. Hypatios of Gangra

Eothinon/Orthros Gospel: Tenth (John 21:1-14)

Mode of the Week: Second / Δεύτερος

QR Codes (scan with smart phone for service texts)

Orthros



Divine Liturgy



Upcoming Schedule

<i>Today, 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 40-Day Memorial for Eleni Cassandras at the end of the Liturgy Coffee Fellowship in the Parish House after Liturgy 12:30pm Usher Meeting in the Church 12:45pm Adult Greek School (in the Parish House)
<i>Tuesday, April 2</i>	6:00pm Great Compline 7:00pm Choir Practice in the Church
<i>Wednesday, April 3</i>	5:30pm 9 th Hour and Pre-Sanctified Liturgy 7:15pm Light Lenten Meal and Spiritual Discussion in the Parish House
<i>Friday, April 5</i>	6:00pm Small Compline and 3 rd Salutations to the Theotokos
<i>Saturday, April 6</i>	4:00pm Byzantine Chant Class in the Library 5:00pm Great Vespers
<i>Sunday, April 7</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of the Veneration of the Cross Holy Chrismation of C.J. Newberry and Ethan Pellegrino Sunday School for the Youth following Holy Communion Coffee Fellowship in the Parish House after Liturgy 12:45pm Youth Greek School/Adult Bible Study 5:00pm Pan-Orthodox Vespers and Lenten Meal
<i>Tuesday, April 9</i>	6:00pm Great Compline
<i>Wednesday, April 10</i>	5:30pm 9 th Hour and Pre-Sanctified Liturgy 7:15pm Light Lenten Meal and Spiritual Discussion in the Parish House
<i>Friday, April 12</i>	6:00pm Small Compline and 4 th Salutations to the Theotokos
<i>Saturday, April 13</i>	4:00pm Byzantine Chant Class in the Library 5:00pm Great Vespers
<i>Sunday, April 14</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of St. John Climacus Sunday School for the Youth following Holy Communion St. John Chrysostom Oratorical Festival after the Liturgy Coffee Fellowship in the Parish House after the Oratorical Festival 1:00pm Adult Greek School/Greek Youth Dance
<i>Wednesday, April 17</i>	5:30pm 9 th Hour and Pre-Sanctified Liturgy 7:15pm Light Lenten Meal and Spiritual Discussion in the Parish House

Upcoming Epistle Readers: (4/7) Aleca Hortman, Mike Cantrell; (4/14) George Saratsiotis, Richard Stewart
Upcoming PC Member On-Duty: (4/7) Natalia Saratsiotis; (4/14) Jim Lekas; (4/21) John Apostolou
Upcoming Ushers: (4/2) OPEN; (4/3) Sarah D.; (4/5+4/6) OPEN; (4/7am) John A., Jim. L.; (4/7pm) Charles G.
Upcoming Video Operators: (4/3) Cristina L.; (4/5) David Z.; (4/7am) Cristina L.; (4/7pm) Joanna P.
Fellowship Hosts: (4/7) Philoptochos; (4/14) OPEN; (4/21) Katerina Iakovidis; (4/28) Philoptochos; (5/5) Picnic

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

*Ἰσχύς μου καὶ ὑμνησίς μου ὁ Κύριος,
καὶ ἐγένετό μοι εἰς σωτηρίαν.*

*Στίχ. Παιδεύων ἐπαίδευσέ με ὁ
Κύριος, καὶ τῷ θανάτῳ οὐ παρέδωκέ
με.*

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*Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.*

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Κατ' ἀρχὰς σύ, Κύριε, τὴν γῆν
ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν
σου εἰσιν οἱ οὐρανοί· αὐτοὶ
ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ
πάντες ὡς ἱμάτιον παλαιωθήσονται,
καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς,
καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ,
καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι. πρὸς
τίνα δὲ τῶν ἀγγέλων εἶρηκέ ποτε·
κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς
ἐχθρούς σου ὑποπόδιον τῶν ποδῶν
σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ
πνεύματα εἰς διακονίαν
ἀποστελλόμενα διὰ τοὺς μέλλοντας
κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ
περισσοτέρως ἡμᾶς προσέχειν τοῖς
ἀκουσθεῖσι, μή ποτε παραρρυῶμεν. εἰ
γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος
ἐγένετο βέβαιος, καὶ πᾶσα παράβασις
καὶ παρακοὴ ἔλαβεν ἔνδικον
μισθαποδοσίαν, πῶς ἡμεῖς
ἐκφευξόμεθα τηλικαύτης
ἀμελήσαντες σωτηρίας; ἦτις ἀρχὴν
λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου,
ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς
ἐβεβαιώθη.

*The Lord is my strength and my
song, and He became my salvation.*

*Verse: The Lord chastened and
corrected me, but He did not give
me up to death.*

(Psalm 117)

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*The reading is from Paul's Letter to
the Hebrews. (1:10-14, 2:1-3)*

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“In the beginning, Lord, you
founded the earth, and the heavens
are the work of your hands; they
will perish, but you remain; they
will all wear out like clothing; like a
cloak you will roll them up, and like
clothing they will be changed. But
you are the same, and your years
will never end.” But to what angel
has he ever said, “Sit at my right
hand until I make your enemies a
footstool for your feet”? Are they
not all ministering spirits sent forth
to serve, for the sake of those who
are to obtain salvation? Therefore
we must pay closer attention to
what we have heard, lest we drift
away from it. For if the message
declared by angels was valid and
every transgression or disobedience
received a just retribution, how
shall we escape if we neglect such a
great salvation? It was declared at
first by the Lord, and it was attested
to us by those who heard him.

The Holy Gospel Reading according to St. Mark (2:1-12)

Sunday of St. Gregory Palamas

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθε ὁ Ἰησοῦς εἰς
Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι
εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν
πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ
πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν
λόγον. καὶ ἔρχονται πρὸς αὐτὸν
παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ
τεσσάρων· καὶ μὴ δυνάμενοι
προσεγγίσει αὐτῷ διὰ τὸν ὄχλον,
ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ
ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ'
ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ
Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ
παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ
ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν
γραμματέων ἐκεῖ καθήμενοι καὶ
διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν·
τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς
δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἰς ὁ
Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ
πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ
διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί
ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις
ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ
παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι,
ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν
σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι
ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου
ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας — λέγει τῷ
παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον
τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν
οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας
τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων,
ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν
Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως
εἶδομεν.

At that time, Jesus entered
Capernaum and it was reported that
he was at home. And many were
gathered together, so that there was no
longer room for them, not even about
the door; and he was preaching the
word to them. And they came,
bringing to him a paralytic carried by
four men. And when they could not get
near him because of the crowd, they
removed the roof above him; and
when they had made an opening, they
let down the pallet on which the
paralytic lay. And when Jesus saw
their faith, he said to the paralytic,
“My son, your sins are forgiven.” Now
some of the scribes were sitting there,
questioning in their hearts, “Why does
this man speak thus? It is a
blasphemy! Who can forgive sins but
God alone?” And immediately Jesus,
perceiving in his spirit that they thus
questioned within themselves, said to
them, “Why do you question thus in
your hearts? Which is easier, to say to
the paralytic, ‘Your sins are forgiven,’
or to say, ‘Rise, take up your pallet and
walk? But that you may know that the
Son of man has authority on earth to
forgive sins” – he said to the paralytic
– “I say to you, rise, take up your
pallet and go home.” And he rose, and
immediately took up the pallet and
went out before them all; so that they
were all amazed and glorified God,
saying, “We never saw anything like
this!”

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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 31, 2024

Ushers on Duty: Cleo Bennette, Charles Glotzbach

Video: Gray Y./David N. Altar Servers: All Adult/Youth Servers

Epistle Readers: Kostas Iakovidis (Greek); Nadia Cazacu (English)

Fellowship Host (Thank You!): Toula Tsamolias

PC Member On-Duty: Gray Yates



Today our Holy Orthodox Church commemorates:

+ Second Sunday of Great Lent: St. Gregory Palamas

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

+ The Holy Hieromartyr Hypatios, Bishop of Gangra (+326)

+ Our Devout Father Akakios the Confessor, Bishop of Melitine (+251)

+ The Holy Persian Martyrs: Audas the Bishop, Benjamin the Deacon, and Nine Other Martyrs (+424)

+ The Holy Martyr Menandros and Thirty-Eight Martyrs of the same family in Hermopolis, Egypt (+361)

+ Our Devout Father Blaise of Amorion (+909)

+ Our Devout Father Stephen the Wonder-worker

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. Basil (pg. 8 in the Small Book/pg. 37 in the Hymnal):

- Weekly Hymn of the Resurrection (Ότε κατήλθες, Second Mode):

When You descended unto Death, O Lord, You who are immortal Life put Hades to death, by the lightning of Your divinity. And when You raised the dead from the netherworld, all the hosts of heaven sang aloud to You, "O Christ God, Giver of life, glory to You!" (Sung before and after the Small Entrance and after the Weekly Resurrectional Hymn. Greek text found in large hymnal on pg. 102)

- Hymn of St. Gregory Palamas (Όρθοδοξίας φωστήρ, Plagal of the Fourth Mode):

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of 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.

- Kontakion of the Memorial Service (Μνήσθητι, Κύριε, Plagal 4th Mode):

Remember, O Lord, as You are good, Your servant, and forgive every sin she has committed in this life. For no one is sinless except You, Who has power to grant rest to those who have fallen asleep.

- The Kontakion of the Annunciation (Τη υπερμάχω, Plagal of the Fourth Mode):

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride. (Greek text found in large hymnal on pg. 268)

Guidance, Prayer Requests, and Announcements

This Week's Daily

Scripture Readings and Fasting Guidance:

Sunday of St. Gregory Palamas (3/31—

Wine+Oil): John 21:1-14; Hebrews 1:10-14, 2:1-3;

Mark 2:1-12

Monday (4/1—Strict Fast): Isaiah 8:13-9:7; Genesis 6:9-22; Proverbs 8:1-21

Tuesday (4/2—Strict Fast): Isaiah 9:9-10:4; Genesis 7:1-5; Proverbs 8:32-9:11

Wednesday (4/3—Strict Fast): Isaiah 10:12-20; Genesis 7:6-9; Proverbs 9:12-18

Thursday (4/4—Strict Fast): Isaiah 11:10-12:2; Genesis 7:11-8:3; Proverbs 10:1-22

Friday (4/5—Strict Fast): Isaiah 13:2-13; Genesis 8:4-21; Proverbs 10:31-11:12

Saturday (4/6—Wine+Oil): Hebrews 10:32-38; Mark 2:14-17

Prayer Requests:

Fr. Symeon (mission priest supported by our parish), Panteleimon, Michael, Kassiani, 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, Christian

Prayers for those recently reposed:

Eleni (+February 24), Jeffrey (+March 23)

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

Weekly Wisdom of the Fathers:

St. Gregory Palamas, whom we honor this Second Sunday of the Great Fast:

"Fasting and Self-Control are a double wall defense and whoever lives within them enjoys great peace."

"Prayer changes from entreaty to thanksgiving, and meditation on the divine truths of faith fills the heart with a sense of jubilation and unimpeachable hope. This hope is a foretaste of future blessings, of which the soul even now receives direct experience, and so it comes to know in part the surpassing richness of God's bounty, in accordance with the Psalmist's words, 'Taste and know

that the Lord is bountiful' (Ps. 34:8). For He is the jubilation of the righteous, the joy of the upright, the gladness of the humble, and the solace of those who grieve because of Him."

Upcoming Celebrations This Week

Name Days—Chronia Polla, Many Years!
None in the Records

Birthdays—Happy Birthday!

April 4: Eleni Dermatas Evans, Cheryl Stefanis

April 6: Aleca Hortman, Stephanie Lord

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:

* The **Bookstore** is planning to be open this coming Wednesday, April 3rd from 3:00 to 5:00pm. The Church will also be open for prayer during that time.

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

* Next Sunday evening, April 7, we will host a **Pan-Orthodox Vespers** here at Holy Cross. We have invited the faithful of St. Innocent Orthodox Church to be with us for the service which will begin at 5:00pm. Following the service, we will have a Lenten meal and fellowship in the Parish House. Please plan on attending to be good hosts to our brothers and sisters in Christ!

* 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!

* If you are interested in **LiveStreaming** services, please contact Natalia. It is very simple and she is willing to teach anyone who is willing to learn. We are looking for a few more people to add to the team.

* **Not-So-Young-Adult:** Please save the date for the next get-together taking place after the Akathist Hymn on the evening of Friday, April 19.

* **Youth:** St. John Chrysostom Oratorical Festival—Sunday, April 14 at the end of Liturgy. Strawberry Picking on Sunday, April 21 after Greek School!