

# HOLY CROSS

## GREEK ORTHODOX CHURCH

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

### Sunday, July 28, 2024

5<sup>th</sup> Sunday of Matthew

Sts. Irene of Chrysovalantou

Eothinon/Orthros Gospel: Fifth (Luke 24:12-35)

Mode of the Week: Fourth / Τέταρτος

QR Codes (scan with smart phone for service texts)

Orthros, part 1



Orthros, part 2



Divine Liturgy



### Upcoming Schedule

Today, July 28	9:15am Orthros 10:30am Divine Liturgy on the 5 <sup>th</sup> Sunday of Matthew Blessing of Students for the New School Year at the end of the Liturgy Coffee and Fellowship after the Liturgy in the Parish House 12:45pm Bible Study
Wednesday, July 31	5:30pm Great Vespers for the Feast of the Procession of the Cross 6:30pm Byzantine Chant Class
Thursday, August 1	5:30pm Small Paraklesis (Beginning of the Dormition Fast)
Friday, August 2	5:30pm Great Paraklesis
Saturday, August 3	5:00pm Great Vespers
Sunday, August 4	9:15am Orthros 10:30am Divine Liturgy on the 6 <sup>th</sup> Sunday of Matthew Coffee and Fellowship after the Liturgy in the Parish House Greek Dance in the Courtyard 12:45pm Bible Study
Monday, August 5	6:00pm Great Vespers for the Transfiguration (at Holy Transfiguration, Marietta)
Tuesday, August 6	9:30am Orthros 10:30am Divine Liturgy on the Feast of the Transfiguration of Christ
Wednesday, August 7	5:30pm Small Paraklesis 6:30pm Byzantine Chant Class
Thursday, August 8	5:30pm Great Paraklesis
Friday, August 9	5:30pm Small Paraklesis
Saturday, August 10	8:00am Spanakopita Prep for Festival 3:30pm Catechumen Class (for newcomers and parishioners) 5:00pm Great Vespers
Sunday, August 11	9:15am Orthros 10:30am Divine Liturgy on the 7 <sup>th</sup> Sunday of Matthew Coffee and Fellowship after the Liturgy in the Parish House 12:45pm Bible Study
Monday, August 12	5:30pm Small Paraklesis
Tuesday, August 13	5:30pm Great Paraklesis
Wednesday, August 14	5:30pm Great Vespers for the Dormition of the Theotokos 6:30pm Byzantine Chant Class

**Upcoming Epistle Readers:** (8/4) Aleca Hortman, Diana Cazacu; (8/11) George Saratsiotis, Caroline Saratsiotis  
**Upcoming PC Member On-Duty:** (8/4) Maria Spicer; (8/11) Sarah Drakopoulos; (8/18) Melanie Moye  
**Upcoming Ushers:** (7/31) Cristina L.; (8/1) Cristina L.; (8/2) James S.; (8/3) Cheryl+Eric S.; (8/4) Tassie C., Jim L.  
**Upcoming Video Operators:** (8/1+4) Cristina L; (8/6) Joanna P; (8/11+13) David Z.; (8/14) David N.; (8/15) Joanna  
**Fellowship Hosts:** (8/4) Cheryl Schwartzkopf; (8/11) Presvytera Stacey; (8/18) Philoptochos; (8/25) Beth Zoumberis

### 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 offered only to 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

Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε·  
πάντα ἐν σοφίᾳ ἐποίησας.

Στίχ. Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.  
Κύριε ὁ Θεός μου, ἐμεγαλύνθησ σου σφόδρα.

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Πρὸς Ῥωμαίους Ἐπιστολῆς Παύλου τὸ  
ἀνάγνωσμα.

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Ἀδελφοί, ἡ μὲν εὐδοκία τῆς ἐμῆς καρδίας καὶ ἡ δέησις ἡ πρὸς τὸν Θεὸν ὑπὲρ τοῦ Ἰσραὴλ ἐστὶν εἰς σωτηρίαν· μαρτυρῶ γὰρ αὐτοῖς ὅτι ζῆλον Θεοῦ ἔχουσιν, ἀλλ' οὐ κατ' ἐπίγνωσιν. ἀγνοοῦντες γὰρ τὴν τοῦ Θεοῦ δικαιοσύνην, καὶ τὴν ἰδίαν δικαιοσύνην ζητοῦντες στήσαι, τῇ δικαιοσύνῃ τοῦ Θεοῦ οὐχ ὑπετάγησαν. τέλος γὰρ νόμου Χριστὸς εἰς δικαιοσύνην παντὶ τῷ πιστεύοντι. Μωϋσῆς γὰρ γράφει τὴν δικαιοσύνην τὴν ἐκ τοῦ νόμου, ὅτι ὁ ποιήσας αὐτὰ ἄνθρωπος ζήσεται ἐν αὐτοῖς· ἡ δὲ ἐκ πίστεως δικαιοσύνη οὕτω λέγει· μὴ εἴπῃς ἐν τῇ καρδίᾳ σου, τίς ἀναβήσεται εἰς τὸν οὐρανόν; τοῦτ' ἔστι Χριστὸν καταγαγεῖν· ἢ τίς καταβήσεται εἰς τὴν ἄβυσσον; τοῦτ' ἔστι Χριστὸν ἐκ νεκρῶν ἀναγαγεῖν. ἀλλὰ τί λέγει; ἐγγύς σου τὸ ῥῆμά ἐστιν, ἐν τῷ στόματί σου καὶ ἐν τῇ καρδίᾳ σου· τοῦτ' ἔστι τὸ ῥῆμα τῆς πίστεως ὃ κηρύσσομεν. ὅτι ἐὰν ὁμολογήσῃς ἐν τῷ στόματί σου Κύριον Ἰησοῦν, καὶ πιστεύσῃς ἐν τῇ καρδίᾳ σου ὅτι ὁ Θεὸς αὐτὸν ἤγειρεν ἐκ νεκρῶν, σωθήσῃ· καρδίᾳ γὰρ πιστεύεται εἰς δικαιοσύνην, στόματι δὲ ὁμολογεῖται εἰς σωτηρίαν.

*O Lord, Your works shall be magnified greatly; You made all things in wisdom.*

*Verse: Bless the Lord, O my soul. O Lord my God, You are magnified exceedingly. (Psalm 103)*

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*The reading is from Paul's Letter to the Romans. (10:1-10)*

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Brethren, my heart's desire and prayer to God for them is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that every one who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

## The Holy Gospel Reading according to St. Matthew (8:28-34; 9:1)

### Fifth Sunday of Matthew

Τῷ καιρῷ ἐκείνῳ, ἐλθόντι τῷ Ἰησοῦ εἰς τὴν χώραν τῶν Γεργεσηνῶν ὑπήντησαν αὐτῷ δύο δαιμονιζόμενοι ἐκ τῶν μνημείων ἐξερχόμενοι, χαλεποὶ λίαν, ὥστε μὴ ἰσχύειν τινὰ παρελθεῖν διὰ τῆς ὁδοῦ ἐκείνης. καὶ ἰδοὺ ἔκραζαν λέγοντες· τί ἡμῖν καὶ σοί, Ἰησοῦ υἱὲ τοῦ Θεοῦ; ἦλθες ὧδε πρὸ καιροῦ βασανίσαι ἡμᾶς; ἦν δὲ μακρὰν ἀπ' αὐτῶν ἀγέλη χοίρων πολλῶν βοσκομένη. οἱ δὲ δαίμονες παρεκάλουν αὐτὸν λέγοντες· εἰ ἐκβάλλεις ἡμᾶς, ἐπίτρεψον ἡμῖν ἀπελθεῖν εἰς τὴν ἀγέλην τῶν χοίρων. καὶ εἶπεν αὐτοῖς· ὑπάγετε. οἱ δὲ ἐξελθόντες ἀπῆλθον εἰς τὴν ἀγέλην τῶν χοίρων· καὶ ἰδοὺ ὥρμησε πᾶσα ἡ ἀγέλη τῶν χοίρων κατὰ τοῦ κρημνοῦ εἰς τὴν θάλασσαν καὶ ἀπέθανον ἐν τοῖς ὕδασι. οἱ δὲ βόσκοντες ἔφυγον, καὶ ἀπελθόντες εἰς τὴν πόλιν ἀπήγγειλαν πάντα καὶ τὰ τῶν δαιμονιζομένων. καὶ ἰδοὺ πᾶσα ἡ πόλις ἐξῆλθεν εἰς συνάντησιν τῷ Ἰησοῦ, καὶ ἰδόντες αὐτὸν παρεκάλεσαν ὅπως μεταβῆ ἀπὸ τῶν ὁρίων αὐτῶν. Καὶ ἐμβὰς εἰς πλοῖον διεπέρασε καὶ ἦλθεν εἰς τὴν ἰδίαν πόλιν.

At that time, when Jesus came to the other side, to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

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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 July 28, 2024

Ushers on Duty: Sarah Drakopoulos, John Apostolou

Video: O-Gray Y./DL-Cristina L. Altar Servers: All Adult/Youth Servers

Epistle Readers: Pete Tsamolias (Greek); Charles Glotzbach (English)

Fellowship Host (Thank You!): Marcela Chiorescu

PC Member On-Duty: John Apostolou



### Today our Holy Orthodox Church commemorates:

- + The Holy Apostles and Deacons of the Seventy: Prochoros, Nicanor, Timon, and Parmenas (+1<sup>st</sup> Century)

*These Apostles of the Seventy are mentioned in Acts 6:5. Saint Prochoros became Bishop of Nicomedia and reposed in peace. Saint Nicanor was stoned to death in Jerusalem. Saint Timon became Bishop of Bostra in Arabia and ended his life in martyrdom by fire at the hands of the pagans. Saint Parmenas died in peace in Jerusalem.*

- + The Holy Martyr Eusathios of Ankyra (+316)

- + The Holy Martyr Akakios (+321)

- + The Holy Martyr Drosis

- + Our Devout Mother Irene of Cappadocia at the Monastery of Chrysovalantou (+912)

*Saint Irene, who was from Cappadocia, flourished in the ninth century. Because of her great beauty and virtue, she was brought to Constantinople as a prospective bride for the young Emperor Michael (842-867); however, as Saint Joannicius the Great foretold, it was God's will that she assume the monastic habit instead. She shone forth in great ascetical labours, and suffered many attacks from the demons; while yet a novice, she attained to the practice of Saint Arsenius the Great, of praying the whole night long with arms stretched out towards Heaven (see May 8). God showed forth great signs and wonders in her, and she became the Abbess of the Convent of Chrysovalantou. She was granted the gift of clairvoyance and knew the thoughts of all that came to her. She appeared in a vision to the king and rebuked him for unjustly imprisoning a nobleman who had been falsely accused. Through a sailor from Patmos to whom he had appeared, Saint John the Evangelist sent her fragrant and wondrous apples from Paradise. She reposed at the age of 103, still retaining the youthful beauty of her countenance. After her repose, marvelous healings beyond number have been wrought by her to the present day.*

- + The Devout Paul Xeropotaminos founder of two monasteries on Mount Athos (+820)

*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 (To φαίδρον, Fourth Mode):*

When the women disciples of the Lord heard the Angel joyously proclaim the resurrection, they cast aside the ancestral verdict, and boasting in glory they said to the Apostles, "Death has been despoiled! Christ God has risen, granting the great mercy to the world!" (*Sung before and after the Small Entrance, Greek text in hymnal pg. 110*)

- *Hymn of St. Irene Chrysovalantou (Plagal First Mode):*

Not a temporal kingdom on earth did you obtain, but Christ, your most comely Bridegroom, vouchsafed you heavenly crowns, and you reign as a queen with Him eternally; for you did dedicate yourself unto Him with all your soul, O Irene, our righteous Mother, you boast of Chrysovalantou, and mighty help of all the Orthodox.

- *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 the Transfiguration (Επι του ορους μετεμορφώθης, Grave Mode):*

Upon the mountain were You transfigured, and Your disciples beheld Your glory as far as they were able, O Christ our God; so that when they would see You crucified they might understand that Your Passion was deliberate, and declare to the world that in truth You are the Father's radiance. (*Greek text in hymnal pg. 284*)

## Guidance, Prayer Requests, and Announcements

### This Week's Daily

#### Scripture Readings and Fasting Guidance:

**Sunday, July 28—No Fasting:** Luke 24:12-35; Romans

10:1-10; Matthew 8:28-34, 9:1

**Monday, July 29—No Fasting:** Romans 16:17-24; Matthew 13:10-23,43

**Tuesday, July 30—No Fasting:** Acts 15:35-41; Matthew 13:24-30

**Wednesday, July 31—Strict Fast:** I Corinthians 2:9-16, 3:1-8; Matthew 13:31-36

**Thursday, August 1—Strict Fast:** Hebrews 11:33-40, 12:1-2; Matthew 10:16-22

**Friday, August 2—Strict Fast:** Acts 6:8-15, 7:1-5,47-60; Mark 12:1-12

**Saturday, August 3—Wine+Oil:** Romans 9:1-5; Matthew 9:18-26

### Prayer Requests:

Metropolitan Alexios, 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, Brian, Bessie, Katerina, Link, Bill, Virginia, Karl, Colin, Mitch, Rinne, Michael, Christian, Paul, Lucas

#### Prayers for those recently reposed:

Arthur (+June 20), Nancy (+July 12)

#### Prayers for expecting mothers:

Bobbie I.

#### 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, Dakota, Hannah, Jessica, Mary Emma, Mary Elizabeth, Nate, Schyler, Sophia, Susan, Tammy and pray for those who are seeking Christ and His Church!

### Weekly Wisdom of the Fathers:

**St. Isaac the Syrian** encouraging and instructing us in our reading of the Holy Bible: "In all things that you find in the Holy Scriptures, seek out the purpose of the words, that you may enter into the depth of the thoughts of the saints and understand them with greater exactness. Do not approach the reading of the Divine Scriptures without prayer and asking the help of God. Consider prayer to be the key to the true understanding of that which is said in the Holy Scriptures."

### Upcoming Celebrations This Week

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

None in the Records

**Birthdays—Happy Birthday!**

August 2: Lee Hornbaker, Kiki Vasilopoulos

August 3: Georgia Saratsiotis

### Anniversaries—Congratulations!

July 30: Emily & Spyros Dermatas, Maria & Bob McCluskey

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

### Announcements:

\* Today's **Coffee Fellowship** provided by Marcela Chiorescu is in memory of her father, Dumitru Decu, on the one year anniversary of his repose. May his memory be eternal!

\* **Congratulations** to Bryan and Juliana Gordy on the birth of their daughter, Emma, this past Friday! **Congratulations** as well to Tony Paglieri who has a new grandson named Luka, born recently!

\* **Bookstore:** The Bookstore is open on Sundays after the Divine Liturgy or by appointment only. If you are interested in making an appointment, please contact Cristina at 478-952-0202.

\* The next meeting of the **Catechumen/Orthodoxy 201 Class** will take place on Sunday, August 10 at 3:30pm in the Library with the topic of "Fasting in a healthy manner." Contact Fr. Theodore for more information.

\* **Byzantine Chant Class** will take place this coming Wednesday, July 31 at 6:30pm after the Great Vespers for the Feast of the Procession of the Cross.

\* **FESTIVAL INFO:** Raffle tickets are here, and they are ready to be sold! We are asking each family to sell or purchase a minimum of five books. Contact Natalia to get your raffle tickets today! Sponsorship Program has been emailed. The deadline for this is August 15th. Please share with your family and friends as well as Business Friends. Festival Prep planning has begun. Thank you to everyone who helped prepare Pastisio. **Committee Chairmen:** Start looking for parishioners to help in your area. If you have any concerns for your area, please contact one of the Festival Chairmen. Other dates to mark on your calendar: Spanakopita Prep (Aug. 10) and Dolmades Prep (Sept 21).

\* An important email was sent last week regarding our **ICONOGRAPHY PROJECT**. We are kindly asking each parishioner to submit a minimum of five names along with addresses to help build our database. Your participation is crucial to the success of this campaign. To submit names, you can either scan this QR Code or you can pick up a hard copy in the Narthex or Parish House. If you have any questions, please do not hesitate to ask Emily Dermatas.



\* The Philoptochos invites us to mark your calendar for our **annual Panagiri** on Sunday, August 18. A link to RSVP was sent by email. You can also contact Helen Vardy for more details.

\* Today, at the end of the Liturgy, we will have the **Blessing of Students** for the New School Year. May God bless our students in their educational endeavors!

\* **The Dormition Fast** begins this week as we honor the Theotokos. Please see the schedule for the Paraklesis services as we pray for the health and salvation of the faithful.