



# 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, September 22, 2024

Sunday after the Holy Cross

St. Phocas the Wonderworker

Eothinon/Orthros Gospel: Second (Mark 16:1-8)

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, September 22

9:15am Orthros  
 10:30am Divine Liturgy on the 1<sup>st</sup> Sunday of Luke  
 Sunday School for the Youth after Holy Communion  
 Memorial Service for departed members of the Panagakos family at the end of the Liturgy  
 Coffee Fellowship in the Parish House after the Liturgy  
 12:45pm Youth Greek School/Adult Bible Study

Wednesday, September 25

3:00pm Red Cross Blood Drive in the Parish House (until 7:00pm)  
 5:30pm Great Vespers for the Feast of St. John the Theologian  
 7:00pm Cross Dive Follow-up Meeting

Sunday, September 29

9:15am Orthros  
 10:30am Divine Liturgy on the 2<sup>nd</sup> Sunday of Luke  
 Sunday School for the Youth after Holy Communion  
 Coffee Fellowship in the Parish House after Liturgy  
 12:45pm Adult Greek School

Wednesday, October 2

5:30pm Small Paraklesis  
 6:30pm Adult Study Class

Saturday, October 5

3:30pm Introduction to the Orthodox Church Class in the Library/Zoom  
 5:00pm Great Vespers

Sunday, October 6

9:15am Orthros  
 10:30am Divine Liturgy on the 3<sup>rd</sup> Sunday of Luke  
 Sunday School for the Youth after Holy Communion  
 40-Day Blessing for the son of Rob and Bobbie Ice at the end of the Liturgy  
 Honoring of Choir/Chanters on Church Musician Sunday  
 Coffee Fellowship in the Parish House after the Liturgy  
 12:45pm Youth Greek School/Adult Bible Study

Wednesday, October 9

5:30pm Vespers  
 6:15pm Adult Study Class

Saturday, October 12

9:00am Pastry Prep for the Festival  
 5:00pm Great Vespers

Sunday, October 13

9:15am Orthros  
 10:30am Divine Liturgy on the Sunday of the 7<sup>th</sup> Ecumenical Council  
 Sunday School for the Youth after Holy Communion  
 Coffee Fellowship in the Parish House after the Liturgy  
 12:30pm Parish Council Meeting  
 12:45pm Adult Greek School

**Upcoming Epistle Readers:** (9/29) Helen Vardy, Carter Zoumberis; (10/6) Chad Ridley, Beth Zoumberis

**Upcoming PC Member On-Duty:** (9/29) Sarah Drakopoulos; (10/6) Melanie Moye; (10/13) Gray Yates

**Upcoming Ushers:** (9/25) James S.; (9/29) Cristina+Jim L.; (10/2) James S.; (10/5) Norm+Eleni A.

**Upcoming Video Operators:** (9/29) Natalia S.; (10/6) Gray Y. David N.; (10/13) Natalia S.; (10/20) David Z.

**Fellowship Hosts:** (9/29) Helen Vardy; (10/6) Patsy Zoumberis; (10/13) OPEN; (10/20) Youth Spaghetti Luncheon

### 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  
σφόδρα.

+++

Πρὸς Κορινθίους Α' Ἐπιστολῆς  
Παύλου τὸ ἀνάγνωσμα.

+++

Ἀδελφοί, γρηγορεῖτε, στήκετε ἐν τῇ  
πίστει, ἀνδρίζεσθε, κραταιοῦσθε.  
πάντα ὑμῶν ἐν ἀγάπῃ γινέσθω.  
Παρακαλῶ δὲ ὑμᾶς, ἀδελφοί· οἴδατε  
τὴν οἰκίαν Στεφανᾶ, ὅτι ἐστὶν ἀπαρχὴ  
τῆς Ἀχαΐας καὶ εἰς διακονίαν τοῖς  
ἀγίοις ἔταξαν ἑαυτούς· ἵνα καὶ ὑμεῖς  
ὑποτάσσησθε τοῖς τοιούτοις καὶ παντὶ  
τῷ συνεργῶντι καὶ κοπιῶντι. χαίρω δὲ  
ἐπὶ τῇ παρουσίᾳ Στεφανᾶ καὶ  
Φουρτουνάτου καὶ Ἀχαϊκοῦ, ὅτι τὸ  
ὑμῶν ὑστέρημα οὗτοι ἀνεπλήρωσαν·  
ἀνέπαυσαν γὰρ τὸ ἐμὸν πνεῦμα καὶ τὸ  
ὑμῶν. Ἐπιγινώσκετε οὖν τοὺς  
τοιούτους. Ἀσπάζονται ὑμᾶς αἱ  
ἐκκλησίαι τῆς Ἀσίας. ἀσπάζονται ὑμᾶς  
ἐν Κυρίῳ πολλὰ Ἀκύλας καὶ  
Πρίσκιλλα σὺν τῇ κατ' οἶκον αὐτῶν  
ἐκκλησίᾳ. ἀσπάζονται ὑμᾶς οἱ ἀδελφοὶ  
πάντες. ἀσπάσασθε ἀλλήλους ἐν  
φιλήματι ἀγίῳ. Ὁ ἀσπασμὸς τῇ ἐμῇ  
χειρὶ Παύλου. εἴ τις οὐ φιλεῖ τὸν  
Κύριον Ἰησοῦν Χριστόν, ἦτω  
ἀνάθεμα. μαρὰν ἀθά. Ἡ χάρις τοῦ  
Κυρίου Ἰησοῦ Χριστοῦ μεθ' ὑμῶν. ἡ  
ἀγάπη μου μετὰ πάντων ὑμῶν ἐν  
Χριστῷ Ἰησοῦ· ἀμήν.

*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 First  
Letter to the Corinthians. (16:13-24)*

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Brethren, be watchful, stand firm in  
your faith, be courageous, be strong.  
Let all that you do be done in love.  
Now, brethren, you know that the  
household of Stephanas were the first  
converts in Achaia, and they have  
devoted themselves to the service of  
the saints; I urge you to be subject to  
such men and to every fellow worker  
and laborer. I rejoice at the coming of  
Stephanas and Fortunatus and  
Achaicus, because they have made up  
for your absence; for they refreshed  
my spirit as well as yours. Give  
recognition to such men. The  
churches of Asia send greetings.  
Aquila and Prisca, together with the  
church in their house, send you hearty  
greetings in the Lord. All the brethren  
send greetings. Greet one another  
with a holy kiss. I, Paul, write this  
greeting with my own hand. If any one  
has no love for the Lord, let him be  
anathema. Maranatha! The grace of  
the Lord Jesus be with you. My love  
be with you all in Christ Jesus. Amen.

## The Holy Gospel Reading according to St. Luke (5:1-11)

### First Sunday of Luke

Τῷ καιρῷ ἐκείνῳ, ἐστὼς ὁ Ἰησοῦς  
παρὰ τὴν λίμνην Γεννησαρέτ, εἶδε δύο  
πλοῖα ἐστῶτα παρὰ τὴν λίμνην· οἱ δὲ  
ἀλιεῖς ἀποβάντες ἀπ' αὐτῶν ἀπέπλυναν  
τὰ δίκτυα. ἐμβὰς δὲ εἰς ἓν τῶν πλοίων,  
ὃ ἦν τοῦ Σίμωνος, ἠρώτησεν αὐτὸν  
ἀπὸ τῆς γῆς ἐπαναγαγεῖν ὀλίγον· καὶ  
καθίσας ἐδίδασκεν ἐκ τοῦ πλοίου τοὺς  
ὄχλους. ὡς δὲ ἐπαύσατο λαλῶν, εἶπε  
πρὸς τὸν Σίμονα· ἐπανάγαγε εἰς τὸ  
βάθος καὶ χαλάσατε τὰ δίκτυα ὑμῶν εἰς  
ἄγραν. καὶ ἀποκριθεὶς ὁ Σίμων εἶπεν  
αὐτῷ· ἐπιστάτα, δι' ὅλης τῆς νυκτὸς  
κοπιάσαντες οὐδὲν ἐλάβομεν· ἐπὶ δὲ  
τῷ ῥήματί σου χαλάσω τὸ δίκτυον. καὶ  
τοῦτο ποιήσαντες συνέκλεισαν πλῆθος  
ἰχθύων πολὺ· διερρήγγυτο δὲ τὸ  
δίκτυον αὐτῶν. καὶ κατένευσαν τοῖς  
μετόχοις τοῖς ἐν τῷ ἐτέρῳ πλοίῳ τοῦ  
ἐλθόντας συλλαβέσθαι αὐτοῖς· καὶ  
ἦλθον καὶ ἔπλησαν ἀμφοτέρω τὰ  
πλοῖα, ὥστε βυθίζεσθαι αὐτά. ἰδὼν δὲ  
Σίμων Πέτρος προσέπεσε τοῖς γόνασιν  
Ἰησοῦ λέγων· ἔξελθε ἀπ' ἐμοῦ, ὅτι  
ἄνθρωπος ἁμαρτωλός εἰμι, Κύριε· θάμβος  
γὰρ περιέσχεν αὐτὸν καὶ πάντας τοὺς  
σὺν αὐτῷ ἐπὶ τῇ ἄγρα τῶν ἰχθύων ἢ  
συνέλαβον, ὁμοίως δὲ καὶ Ἰάκωβον καὶ  
Ἰωάννην, υἱοὺς Ζεβεδαίου, οἳ ἦσαν  
κοινωνοὶ τῷ Σίμονι. καὶ εἶπε πρὸς τὸν  
Σίμονα ὁ Ἰησοῦς· μὴ φοβοῦ· ἀπὸ τοῦ  
νῦν ἀνθρώπους ἔσῃ ζωγρῶν. καὶ  
καταγαγόντες τὰ πλοῖα ἐπὶ τὴν γῆν,  
ἀφέντες ἅπαντα ἠκολούθησαν αὐτῷ.

At that time, while Jesus was  
standing by the lake of Gennesaret,  
he saw two boats by the lake; but the  
fishermen had gone out of them and  
were washing their nets. Getting into  
one of the boats, which was Simon's,  
he asked him to put out a little from  
the land. And he sat down and taught  
the people from the boat. And when  
he had ceased speaking, he said to  
Simon, "Put out into the deep and let  
down your nets for a catch." And  
Simon answered, "Master, we toiled  
all night and took nothing! But at  
your word I will let down the nets." And  
when they had done this, they  
enclosed a great shoal of fish; and as  
their nets were breaking, they  
beckoned to their partners in the  
other boat to come and help them.  
And they came and filled both the  
boats, so that they began to sink. But  
when Simon Peter saw it, he fell  
down at Jesus' knees, saying, "Depart  
from me, for I am a sinful man, O  
Lord." For he was astonished, and all  
who were with him, at the catch of  
fish which they had taken; and so  
also were James and John, sons of  
Zebedee, who were partners with  
Simon. And Jesus said to Simon, "Do  
not be afraid; henceforth you will be  
catching men." And when they had  
brought their boats to land, they left  
everything and followed him.

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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 September 22, 2024

Ushers on Duty: Sarah Drakopoulos

Video: Cristina L.

Altar Servers: All Adult/Youth Servers

Epistle Readers: Pete Tsamolias (Greek); James Scarborough (Eng.)

Fellowship Host (Thank You!): Mandi Saratsiotis

PC Member On-Duty: Natalia Saratsiotis



### Today our Holy Orthodox Church commemorates:

- + The Holy Hieromartyr Phocas the Wonderworker (+102)

This saint was known for the many miracles he worked and for his apostolic zeal in shepherding the flock of Sinope. He contested for the Faith during the reign of the Emperor Trajan, in the year 102, when he was burned to death in a bath-house. A homily in his honor was composed by Saint John Chrysostom. The translation of his holy relics is celebrated on July 23.

- + Our Devout Father Phocas the Gardener of Sinope (+320)

Martyr Phocas the Gardener cultivated with great diligence the small garden he maintained and lived on the meager income he received from the sale of goods. He practiced frugality and self-sufficiency in his life so that he could help his poor fellow human beings, and at the same time, he studied the Bible to know the Word of God and to be spiritually fortified.

Martyr Phocas described his soul as a spiritual garden and tried to cultivate it constantly so that it would not be filled with spiritual thorns. He tried to do the same with the Christians who came to him for spiritual counseling as he became widely known. It is testified that through humility and prayer he converted even unbelievers to the true teaching of Christ.

Out of envy for all his spiritual activity, Saint Phocas was denounced and sentenced to death by beheading, which he endured with faith and courage.

- + The Holy Martyrs Isaac and Martin

- + Venerable 26 Martyrs of Zographou Monastery, Mount Athos, martyred by the Latins (+1284)

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 found in hymnal on pg. 110)

- Hymn of St. Phocas (Και τρόπων μέτοχος, Fourth Mode):

Becoming a partner with the Apostles in way of life and successor to their thrones, O God-inspired Saint, in the active life you found an entrance to contemplation. Hence you rightly expounded the word of truth, and you shed your blood in struggling for the faith, O Hieromartyr Phocas. Intercede with Christ our God, beseeching Him to save 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.

- Hymn of the Memorial Service (Μνήσθητι, Κύριε, Plagal of the Fourth Mode):

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

- The Normal Kontakion of the Theotokos (Προστασία των Χριστιανών, Second Mode):

O Protection of Christians that never fails, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you. (Greek Text found in hymnal on pg. 224)

## Guidance, Prayer Requests, and Announcements

### This Week's Daily

#### Scripture Readings and Fasting Guidance:

Sunday, September 22—No Fasting: Mark 16:1-8;

I Corinthians 16:13-24; Luke 5:1-11

Monday, September 23—No Fasting: Galatians 4:22-27;

Luke 1:5-25

Tuesday, September 24—No Fasting: Luke 1:39-49, 56;

II Timothy 3:10-15; Luke 10:38-42, 11:27-28

Wednesday, September 25—Strict Fast: II Corinthians

13:3-13; Luke 5:33-39

Thursday, September 26: St. John the Theologian—No

Fasting: John 21:14-25; I John 4:12-19; John 19:25-27,

21:24-25

Friday, September 27—Strict Fast: Galatians 2:6-10; Luke

6:17-23

Saturday, September 28—No Fasting: II Corinthians

4:6-15; Luke 6:17-23

### Prayer Requests:

Metropolitan Alexios, Fr. Symeon (mission priest supported by our parish), Panteleimon, Michael, Kassiani, Dimitrios, Georgia, Pavlos, Maria, Betty, Irene, Valerie, Dianna, Jeannie, Dawn, Kenneth, Mary, Kay, Helen, Nikki, Mena, Austin, Kiley, Garrett, Carolina, Maria, Laurie, Lindsey, Randy, Marina, Effie, Christina, Ashley, Foster, Brian, Bessie, Katerina, Link, Virginia, Karl, Colin, Mitch, Rinne, Michael, Christian, Paul, Lucas, Leo, Carol, Barry

### Prayers for those recently reposed:

Bill (+August 6), Keath (+August 14), Niko (+August 17),

Ronnie (+August 18), Stephanie (+August 25), Michael

(+August 27), Cristina (+September 4), Greg (+September 7),

Ken (+September 8), Basileios (+September 15)

### Prayers for expecting mothers:

Katina B., Julia E., Schyler J.

### 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:

Adam, 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. John of the Ladder reminds us of how we should observe others as Christians: "A discerning man, when he eats grapes, takes only the ripe ones and leaves the sour. Thus also the discerning mind carefully marks the virtues which he sees in any person. A mindless man seeks out the vices and failings ... Even if you see someone sin with your own eyes, do not judge; for often even your eyes are deceived."

### Upcoming Celebrations This Week

Name Days—Chronia Polla, Many Years!

September 23: Paulina Stone

### Birthdays—Happy Birthday!

September 22: Kassiani Andros, Hazel Dumbar

September 23: Dakota McDowell, Alexia Passias

September 27: Bryan Gordy

September 28: Luke Zoumberis

### Anniversaries—Congratulations!

September 25: Bryan and Juliana Gordy

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

### Announcements:

\* There will be a second tray passed today by the Philoptochos at the end of the Divine Liturgy so support Hellenic College/Holy Cross Greek Orthodox School of Theology.

\* Greek School will be beginning today for the Youth at 12:45pm in the upstairs of the Parish House. There will be an Agiasmo/Blessing of the Waters for the start of the classes. The Adult Greek School will begin next Sunday.

\* FESTIVAL INFO: As you sell all your raffle tickets, please go ahead and turn them into Natalia. We are asking that all tickets and money be turned in by October 13th. Have you committed to working in an area during the festival? If not, please get with the chairman of the booth you prefer to work in. We are asking ALL PARISHIONERS to work in an area. Also, we are short volunteers for Friday. We know it may be hard, but we are asking everyone who can to please take off work for the Friday of the festival. Remember, this is for your church. Dates to put on your calendar: Pastry Prep - Saturday, October 12th and Saturday, October 19th. Festival Apparel deadline has been extended until TODAY! Please see the link emailed or scan the QR code in the bookstore. Visit our webpage to order online: holycrossga.org.



\* An important email was some weeks ago regarding our upcoming 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/Parish House. If you have any questions, please do not hesitate to ask Emily Dermatas.

\* From September 28 to October 2, the Atlanta metropolitan area Orthodox Churches will be hosting the meetings of the Assembly of Canonical Orthodox Bishops. The Assembly consists of all of the canonical Orthodox Christian bishops of all the jurisdictions in the United States, headed by Archbishop Elpidophoros. Our parish is invited to participate in the following events: Great Vespers at St. Elias Antiochian Church in Atlanta on Saturday, the Orthros/Liturgy at the Annunciation Cathedral on Sunday (in case you don't attend Liturgy here at our parish) and a Cultural Event on Sunday afternoon at the Cathedral of St. Philip in Atlanta. Please see the flyer in the Parish House for more details!

\* Choir: Save the Date for the evening of Tuesday, October 8 for a Choir Fellowship Evening in the Parish House!