



HOLY CROSS

GREEK ORTHODOX CHURCH

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

Sunday, March 16, 2025

Sunday of St. Gregory Palamas

St. Sabine of Egypt

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

Mode of the Week: Plagal of the First / Πλ. του Πρώτου

QR Codes (scan with smart phone for service texts)

Orthros, part 1



Orthros, part 2



Divine Liturgy



Upcoming Schedule

<i>Today, March 16</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of St. Gregory Palamas Sunday School for the Youth after Holy Communion Coffee Fellowship in the Parish House after the Liturgy 12:30pm Spring General Assembly in the Parish House
<i>Wednesday, March 19</i>	5:45pm 9 th Hour and Pre-Sanctified Liturgy followed by a Light Lenten Meal and Spiritual Discussion in the Parish House
<i>Thursday, March 20</i>	11:00am Orthodox Book Study at Taste and See in Macon 5:30pm Great Compline
<i>Friday, March 21</i>	6:00pm Small Compline and the 3 rd Salutations to the Theotokos
<i>Saturday, March 22</i>	3:00pm Presentation on Monasticism by Hieromonk Sava (Parish House) 5:00pm Great Vespers for the Veneration of the Holy Cross
<i>Sunday, March 23</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of the Veneration of the Holy Cross Procession of the Holy Cross at the end of the Liturgy Greek School Independence Day Presentation after the Liturgy Lenten Luncheon in the Parish House after the Presentation 1:00pm Adult Greek School
<i>Monday, March 24</i>	6:00pm Great Vespers for the Feast of the Annunciation (at the Annunciation Cathedral in Atlanta)
<i>Tuesday, March 25</i>	9:30am Orthros 10:30am Divine Liturgy on the Annunciation of the Theotokos Doxology for Greek Independence Day at the end of the Liturgy 12:30pm Orthodox Book Study at Taste and See in Macon
<i>Wednesday, March 26</i>	5:45pm 9 th Hour and Pre-Sanctified Liturgy followed by a Light Lenten Meal and Spiritual Discussion in the Parish House
<i>Thursday, March 27</i>	3:00pm Red Cross Blood Drive in the Parish House (until 7:00pm) 5:30pm Great Compline
<i>Friday, March 28</i>	6:00pm Small Compline and the 4 th Salutations to the Theotokos
<i>Saturday, March 29</i>	9:00am District Oratorical Festival (at Peachtree City) 3:45pm Byzantine Chant Class in the Library 5:00pm Great Vespers
<i>Sunday, March 30</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of St. John Climacus Sunday School, Coffee Fellowship, Bible Study, Youth Greek School

Upcoming Epistle Readers: (3/23) Pete Tsamolias, James Scarborough; (3/30) Helen Troupos, Carter Zoumberis
Upcoming PC Member On-Duty: (3/23) Jim Lekas; (3/30) John Apostolou; (4/6) Maria Spicer; (4/13) Sarah D.
Upcoming Ushers: (3/19) Cristina L.; (3/20) Maria S.; (3/21) Jim L.; (3/22) Maria S.; (3/23) Cheryl S., Erick S.
Upcoming Video Operators: (3/19) Natalia S.; (3/21+23, 25) Cristina L.; (3/26) Natalia S.; (3/28) Cristina L.
Fellowship Hosts: (3/23) Philoptochos/Eleni Adams; (3/30) Haris Sorovigas; (4/6) Katerina Iakovidis; (4/13) Philop.

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

Σὺ, Κύριε, φυλάζεις ἡμᾶς καὶ
διατηρήσεις ἡμᾶς.

Στίχ. Σῶσόν με, Κύριε, ὅτι ἐκλέλοιπεν
ὁσιος.

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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 εἰρηκέ 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, μὴ ποτε παραρρῶμεν. εἰ
γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος
ἐγένετο βέβαιος, καὶ πᾶσα παράβασις
καὶ παρακοῆ ἔλαβεν ἔνδικον
μισθαποδοσίαν, πῶς ἡμεῖς
ἐκφευξόμεθα τηλικαύτης
ἀμελήσαντες σωτηρίας; ἥτις ἀρχὴν
λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου,
ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς
ἐβεβαιώθη.

*You shall guard us, O Lord; You
shall preserve us.*

*Verse: Save me, O Lord, for the
holy man has ceased. (Psalm 11)*

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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

E-mail: frtheodore@holycrossga.org

Cell: 770.256.0290

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 16, 2025

Ushers on Duty: John Apostolou, Natalia Saratsiotis

Video: David Z. Altar Servers: All Adult/Youth Servers

Epistle Readers: Aleca Hortman (Greek); xxxx (English)

Fellowship Host (Thank You!): Chad Ridley

PC Member On-Duty: Natalia Saratsiotis



Today our Holy Orthodox Church commemorates:

- + Second Sunday of Great Lent: St. Gregory Palamas (Γρηγόριος Παλαμάς, +1359)

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. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.

- + The Holy Martyr Sabine (Σαβίνας) of Egypt (+287)
- + The Holy Martyr Papas (Πάπας) of Lycaonia (+305)
- + The Holy Martyr Julian (Ιουλιανός) of Cilicia (+305)
- + Our Devout Father John (Ιωάννης) of Rufiniana
- + The Holy Martyr Romanos (Ρωμανός) of Parium
- + The Holy Ten Martyrs of Phoenicia
- + Our Devout Father Alexandros (Αλέξανδρος), Pope of Rome (+115)
- + Our Devout Father Aninas (Ανίνας) 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 the Great (pg. 8 in the Small Book/pg. 37 in the Hymnal):

- *Weekly Resurrectional Hymn (Τον συνάναρχον Λόγον, Plagal First Mode):*

As the Father and Spirit are unoriginate, so the Word, who was born from the Virgin for us. Let us praise Him, O believers, and let us worship Him. For our salvation He was pleased to be crucified in the flesh, and to undergo death, and to resurrect the dead, by His glorious resurrection. (Greek Text found in hymnal on pg. 114)

- *Hymn of St. Gregory Palamas (Ορθοδοξίας ο 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. (Greek Text found in hymnal on pg. 132)

- *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 Annunciation, (Τη υπερμάχω, Plagal 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 hymnal on pg.268)

Guidance, Prayer Requests, and Announcements

This Week's Daily

Scripture Readings and Fasting Guidance:
Sunday, March 16: Sunday of St. Gregory Palamas—
Wiue+Oil:

Luke 24:12-35; Hebrews 1:10-14, 2:1-3; Mark 2:1-12

Monday, March 17—Strict Fast:

Isaiah 8:13-9:7; Genesis 6:9-22; Proverbs 8:1-21

Tuesday, March 18—Strict Fast:

Isaiah 9:9-10:4; Genesis 7:1-5; Proverbs 8:32-9:11

Wednesday, March 19—Strict Fast:

Isaiah 10:12-20; Genesis 7:6-9; Proverbs 9:12-18

Thursday, March 20—Strict Fast:

Isaiah 11:10-12:2; Genesis 7:11-8:3; Proverbs 10:1-22

Friday, March 21—Strict Fast:

Isaiah 13:2-13; Genesis 8:4-21; Proverbs 10:31-11:12

Saturday, March 22—Wine+Oil:

Hebrews 10:32-38; Mark 2:14-17

Prayer Requests:

Metropolitan Alexios, Fr. Symeon (mission priest supported by our parish), Fr. Mike, Panteleimon, Michael, Kassiani, Dimitrios, Georgia, Pavlos, Maria, Betty, Irene, Valerie, Dianna, Jeannie, Dawn, Kenneth, Mary, Kay, Helen, Nikki, Austin, Kiley, Garrett, Carolina, Maria, Laurie, Lindsey, Randy, Marina, Effie, Christina, Ashley, Brian, Bessie, Katerina, Link, Virginia, Karl, Colin, Mitch, Rinne, Michael, Christian, Paul, Lucas, Leo, Nicholas, Kevin, Andy, Karen, Vera, Adam, Debbie, Alberto, Sadith, Richelle, Marion, Paul, George, Christina, Chaplene

Prayers for those recently reposed:

Christine (+February 28), Stella (+March 6),
Fr. Jonas (+March 8), John (+March 10)

Prayers for expecting mothers:

Prayers for Military Personnel and Their Families:

Aubriana Butchko, Kyle Glotzbach, Robert Ice,
Aleksander Zajac

Prayers for our Catechumens and Inquirers into the Orthodox Church:

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

Weekly Wisdom of the Fathers:

St. Gregory Palamas, commemorated today, with a thought about our efforts and what we receive in return: "Let us be merciful to ourselves by being merciful to others, gain compassion by showing compassion, and do good that good may be done to us. For we receive the like in return: good works, benevolence, love, mercy, and compassion, but not merely to the same value and measure of excellence. You give out of what you possess as a man, and only as much as a man can bestow. But you receive in return a hundredfold from the inexhaustible divine treasures, together with eternal life, and benefit from as many great bounties as God can bestow, which "eye hath not seen, nor ear heard, neither have entered into the heart of man" (1 Cor. 2:9).
May we make haste to obtain the riches of kindness and buy an eternal kingdom in exchange for a little money. We should be afraid even now of the sentence pronounced on the unmerciful, lest we receive the same condemnation."

Upcoming Celebrations This Week

Name Days—Chronia Polla, Many Years!

March 17: Metropolitan Alexios, Alexa Economopoulos,
Alexia Passias
March 20: Henry Gordy

Birthdays—Happy Birthday!

March 17: Norman Adams
March 19: Paige Crouse
March 21: Pete Nicholas

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 welcome Ari Kovaci, our Master Iconographer**, and his crew as they are installing the Holy Icons in our Church over these next weeks. Glory to God for all things! We also thank those who have been assisting them in their preparations and their stay here in Macon!

* **Spring General Assembly** will be taking place after the Divine Liturgy today in the Parish House. Please be sure to stay for this important meeting!

* For those participating in the **Greek Independence Day** program, be sure to stay for practice which will taking place in the Church at the same time as the General Assembly.

* We will have a **special presentation** this coming Saturday, March 22 at 3:00pm by the Hieromonk Sava who will be visiting us for the weekend. He will speak to us about monasticism, its benefits, and his personal journey with time for questions and answers. Light refreshments will also be provided! After the presentation, at 5:00pm, we will have the Great Vespers for the Sunday of the Holy Cross.

* Please note that the **parking space** in the parking lot designated as "Reserved for Holy Cross Church" will be reserved on Sunday mornings for whomever is providing the food/drink for the Coffee Fellowship. We hope this helps with the coffee fellowship setup back and forth!

* **Youth:** Save the Date for next Sunday, March 23 (Pickleball at the Macon Mall) taking place after Coffee Fellowship/Greek School.

* Our Philoptochos are assisting in a "**National Orthodox Baby Shower**". Please refer to the communication recently sent out to the parishioners, announcing this Philoptochos event. We are asking for donations of diapers, wipes, baby clothes, socks and shoes. Please place your donations in the pack 'n play set up in the Narthex. Your help, support and generosity is greatly appreciated.

* **Great Lent, Holy Week & Pascha Preparations** - Thank you to everyone who has volunteered. We are still looking for readers & people to decorate the Kouvouklion. If you are interested, please contact Natalia Saratsiotis.

* **Spring Fling – April 26!** (11 AM – 7 PM): Join us for a day of fun, food, and fellowship! We'll be setting up on Friday (April 25th) at 6 PM. Be sure to save the dates!