



HOLY CROSS

GREEK ORTHODOX CHURCH

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

Sunday, March 2, 2025

Cheesefare/Forgiveness Sunday

St. Hesychios the Senator

Eothinon/Orthros Gospel: Third (Mark 16:9-20)

Mode of the Week: Third / Τρίτος

QR Codes (scan with smart phone for service texts)

Orthros, part 1



Orthros, part 2



Divine Liturgy



Upcoming Schedule

<i>Today, March 2</i>	9:15am Orthros 10:30am Divine Liturgy on Forgiveness Sunday Sunday School for the Youth after Holy Communion Coffee Fellowship in the Parish House after the Divine Liturgy 12:15pm Altar Server Meetings in the Church 12:45pm Adult Greek School 1:30pm Forgiveness Vespers (for the beginning of Great Lent)
<i>Monday, March 3</i>	5:30pm Great Compline
<i>Tuesday, March 4</i>	11:00am Orthodox Book Study (at Taste and See in Macon)
<i>Wednesday, March 5</i>	5:45pm 9 th Hour and Pre-Sanctified Liturgy followed by a Light Lenten Meal and Spiritual Discussion in the Parish House
<i>Friday, March 7</i>	6:00pm Small Compline and the 1 st Salutations to the Theotokos
<i>Saturday, March 8</i>	9:30am Orthros 10:30am Divine Liturgy and Memorial Service commemorating the Miracle of St. Theodore and the Kollyva 3:45pm Adult Catechumen Class (Introduction to the Orthodox Church) 5:00pm Great Vespers
<i>Sunday, March 9 (time change, spring forward!)</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 12:15pm Coffee Fellowship in the Parish House 12:45pm Youth Greek School / Bible Study 5:00pm Atlanta-area Pan-Orthodox Vespers at the Annunciation Greek Orthodox Cathedral in Atlanta
<i>Tuesday, March 11</i>	3:30pm Orthodox Book Study at Taste and See in Macon 5:30pm Great Compline 6:30pm Parish Council Meeting
<i>Wednesday, March 12</i>	5:45pm 9 th Hour and Pre-Sanctified Liturgy followed by a Light Lenten Meal and Spiritual Discussion in the Parish House
<i>Friday, March 14</i>	6:00pm Small Compline and the 2 nd Salutations to the Theotokos
<i>Saturday, March 15</i>	12:00pm Lenten Retreat with Dr. Eve Tibbs (at St. Innocent) 4:30pm Pan-Orthodox Great Vespers (at St. Innocent)
<i>Sunday, March 16</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of St. Gregory Palamas Sunday School, Fellowship, and Spring General Assembly

Upcoming Epistle Readers: (3/9) George Saratsiotis, Isabelle Saratsiotis; (3/16) Aleca Hortman, Mike Cantrell
Upcoming PC Member On-Duty: (3/9) Gray Yates; (3/16) Natalia Saratsiotis; (3/23) Jim Lekas; (3/30) John A.
Upcoming Ushers: (3/3+5) Harris S.; (3/7) Charles G.; (3/8) Eleni A.; (3/9) Sarah D., Harris S.; (3/11) OPEN
Upcoming Video Operators: (3/3) David N.; (3/5) Natalia S.; (3/7) David N.; (3/8) Norm A.; (3/9) Gray Y./David N.
Fellowship Hosts: (3/9) Tassie Cantrell; (3/16) Chad Ridley; (3/23) Philoptochos/Eleni Adams; (3/30) Haris Sorovigas

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

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.

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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
εὐσχημόνως 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. ὃς 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
στῆσαι 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 (25:31-46)

Cheesefare/Forgiveness Sunday

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφῆτε
τοῖς ἀνθρώποις τὰ παραπτώματα
αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατήρ
ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφῆτε
τοῖς ἀνθρώποις τὰ παραπτώματα
αὐτῶν, οὐδὲ ὁ πατήρ ὑμῶν ἀφήσει
τὰ παραπτώματα ὑμῶν. Ὅταν δὲ
νηστεύητε, μὴ γίνεσθε ὡσπερ οἱ
ὑποκριταὶ σκυθρωποὶ· ἀφανίζουσι
γὰρ τὰ πρόσωπα αὐτῶν ὅπως
φανῶσι τοῖς ἀνθρώποις
νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι
ἀπέχουσι 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 διορύσσουσι καὶ
κλέπτουσι· 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 2, 2025

Ushers on Duty: Sarah Drakopoulos, Harris Sorovigas

Video: Natalia S.

Altar Servers: All Adult/Youth Servers

Epistle Readers: Kostas Iakovidis (Greek); Rene Esquivel (English)

Fellowship Host (Thank You!): Eleftheria Trettel

PC Member On-Duty: Jim Lekas



Today our Holy Orthodox Church commemorates:

+ Cheesefare/Forgiveness Sunday (Κυριακή της Τυρινής)

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.

- + The Holy Martyr Hesychios (Ησύχιος) the Senator (+304)
- + The Holy Hieromartyr Theodotos (Θεόδοτος), Bishop of Kyrenia, Cyprus (+326)
- + The Holy Martyr Quintus (Κόιντος) the Wonderworker (+283)
- + The Holy Martyrs Nestor (Νέστωρ) and Trivimios (Τριβύμιος) (+250)
- + The Holy Martyr Troadios (Τρωάδιος) and those with him (+251)
- + The Holy Virgin Efhthalia (Ευθαλία) of Sicily (+252)
- + The Holy Martyrs Andronikos (Ανδρόνικος) and Athanasia (Αθανασία) (+5th c.)
- + Our Devout Father Nicholas Planas (Νικόλαος ο Πλανάς) the Priest (+1932)
- + The Venerable Chad of Lichfield (+672)
- + Our Devout Father Joachim (Ιωακείμ) of Vatopedi (+1868)

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 (Ευφραινέσθω τα ουράνια, Third Mode):

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted the great mercy. (Sung before and after the Small Entrance, Greek Text found in hymnal on pg. 106)

- 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 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 hymnal on pg.264)

Guidance, Prayer Requests, and Announcements

This Week's Daily

Scripture Readings and Fasting Guidance:

Sunday, March 2: Cheesefare Sunday—

Dairy, Eggs, Fish, Oil, Wine:

Mark 16:9-20; Romans 13:11-14, 14:1-4; Matthew 6:14-21

Monday, March 3: Clean Monday—Strict Fast:

Isaiah 1:1-20; Genesis 1:1-13; Proverbs 1:1-20

Tuesday, March 4—Strict Fast:

Isaiah 1:19-2:3; Genesis 1:14-23; Proverbs 1:20-33

Wednesday, March 5—Strict Fast:

Isaiah 2:3-11; Genesis 1:24-2:3; Proverbs 2:1-22

Thursday, March 6—Strict Fast:

Isaiah 2:11-21; Genesis 2:4-19; Proverbs 3:1-18

Friday, March 7—Strict Fast:

Isaiah 3:1-14; Genesis 2:20-3:20; Proverbs 3:19-34

Saturday, March 8: Miracle of the Kollyva—Wine+Oil:

II Timothy 2:1-10; Mark 2:23-28, 3:1-5

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

Prayers for those recently reposed:

Fr. George Pallas (+January 15), Cecilia (+January 21)

Prayers for expecting mothers:

Schyler J. (baby born 2/26)

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. John Climacus, the author of one of the most important spiritual writings of the Eastern Church, *The Ladder of Divine Ascent*, encourages us to this time of the Great Fast with all of the fruit that can be born from it: "Fasting ends lust, roots out bad thoughts, frees one from evil dreams. Fasting makes for purity of prayer, an enlightened soul, a watchful mind, a deliverance from blindness. Fasting is the door of compunction, humble sighing, joyful contrition, an end to chatter, an occasion for silence, a custodian of obedience, a lightening of sleep, health of the body an agent of dispassion, a remission of sins, the gate, indeed the delight of Paradise."

Καλή Σαρακοστή, wishing you all a good forty days of Great and Holy Lent!

Upcoming Celebrations This Week

Name Days—Chronia Polla, Many Years!

Sat. of 1st week of Lent: Theo Drakopoulos

Birthdays—Happy Birthday!

March 2: Chris Berberidis

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:

* **Congratulations** to Mary Elizabeth Hollowell who was baptized yesterday at our Church! She has taken the baptismal name of Maria and her Godmother/sponsor is Eleni Katsoudas from the Cathedral in Atlanta.

* There will be an **Altar Server meeting** taking place at approximately 12:15pm/after Sunday School in the Church to prepare for the Lenten services.

* **Greek School** will be taking place at approximately 12:45pm in the Chapel. *For the youth*, please continue to prepare for the March 25th presentation which will take place at the end of the Divine Liturgy on Sunday, March 23.

* Please consider staying for the **Forgiveness Vespers** which will take place today at 1:30pm in the Church. This is the first service of Great Lent and there is no better way to begin this sacred season than by asking forgiveness of one another in the Holy Church!

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

* **The Orthodox Book Study** continues this Tuesday, March 4 at 11:00am at Taste and See in Macon as we continue to read the book *Rediscovering the Goodness of Creation: A Manual for Recovering Gnostics* by Robin Phillips. Even if you haven't joined yet, feel free to come and participate in the discussion!

* The next **Adult Catechumen/Introduction to the Orthodox Church** class will be taking place on Saturday, March 8 at 3:45pm. The topic will be the "Triad of Virtues" and "The Holiness of Man." Please contact Father Theodore for more information and the Zoom link.

* **Lent, Holy Week & Pascha Preparations** have been emailed out. There are many ways to help—adorning icons, providing meals, organizing children, reading, and more! If you'd like to volunteer, contact Natalia Saratsiotis. Scan the QR Code for opportunities. Donations are also welcome. Thank you for your support!

* Our Holy Cross parish is invited to two **Pan-Orthodox Vespers** as we enter into Great Lent. On Sunday, March 9 at 5:00pm, there are Atlanta-Area Pan-Orthodox Vespers (for the Sunday of Orthodoxy) at the Annunciation Cathedral in Atlanta. On Saturday, March 15 at 4:30pm, there are Central Georgia-wide Pan-Orthodox Vespers at St. Innocent in Bolingbroke. This will be preceded by a Lenten Retreat which our parish is invited to attend. Flyers have been sent by email with more information.

