



# HOLY CROSS

## GREEK ORTHODOX CHURCH

Orthros, part 1



Orthros, part 2



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### Sunday, March 30, 2025

Sunday of St. John Climacus

The Hieromartyr Zacharias in Corinth

Eothinon/Orthros Gospel: Seventh (John 20:1-10)

Mode of the Week: Grave / Βαβϋς

QR Codes (scan with smart phone for service texts)

Divine Liturgy



### Upcoming Schedule

Today, March 30

9:15am Orthros  
10:30am Divine Liturgy on the Sunday of St. John Climacus  
Sunday School for the Youth after Holy Communion  
Coffee Fellowship in the Parish House after the Divine Liturgy  
12:45pm Bible Study/Youth Greek School

Tuesday, April 1

11:00am Orthodoxy Book Study at Taste and See in Macon  
5:30pm Great Compline

Wednesday, April 2

5:30pm 9<sup>th</sup> Hour and Pre-Sanctified Liturgy followed by a Light Lenten Meal and Spiritual Discussion in the Parish House

Thursday, April 3

9:30am Orthros and the Great Canon of St. Andrew of Crete

Friday, April 4

6:00pm Small Compline and the Akathist Hymn

Saturday, April 5

1:45pm Introduction to the Orthodox Church Class in the Library  
3:00pm Great Vespers

Sunday, April 6

9:15am Orthros  
10:30am Divine Liturgy on the Sunday of St. Mary of Egypt  
Sunday School for the Youth after Holy Communion  
PC/Usher Meeting in the Church after the Liturgy  
Coffee Fellowship in the Parish House after the Divine Liturgy  
12:45pm Adult Greek School

Tuesday, April 8

5:30pm Great Compline

Wednesday, April 9

5:45pm 9<sup>th</sup> Hour and Pre-Sanctified Liturgy followed by a Light Lenten Meal and Spiritual Discussion in the Parish House

Thursday, April 10

11:00am Orthodox Book Study at Taste and See in Macon

Saturday, April 12

9:30am Orthros  
10:30am Divine Liturgy on the Saturday of Lazarus  
12:00pm Youth Retreat with Lenten Pancakes, Palm Folding, Service Project  
3:00pm Great Vespers for Palm Sunday

Sunday, April 13

9:15am Orthros  
10:30am Divine Liturgy on Palm Sunday  
Procession of the Palms at the end of the Divine Liturgy  
Palm Sunday Luncheon in the Parish House after the Liturgy  
12:45pm Bible Study/Youth Greek School  
7:00pm Orthros of Holy Monday (Bridegroom Service)

Monday, April 14

7:00pm Orthros of Holy Tuesday (Bridegroom Service)

**Upcoming Epistle Readers:** (4/6) Chad Ridley, Beth Zoumberis; (4/13) Kostas Iakovidis, Richard Stewart  
**Upcoming PC Member On-Duty:** (4/6) Maria S.; (4/13) Sarah D.; (4/13p, 14, 15) Natalia S.; (4/16) Chad R.  
**Upcoming Ushers:** (4/1, 2) Charles G.; (4/3) Norm+Eleni A.; (4/4) Sarah D.; (4/5) Haris S.; (4/6) Erick+Cheryl S.  
**Upcoming Video Operators:** (4/2, 3, 4) Cristina L.; (4/6) Gray/David N.; (4/9, 12) Natalia S.; (4/13) Cristina L.  
**Fellowship Hosts:** (4/6) Katerina Iakovidis; (4/13) Philoptochos; (4/20) Paschal Luncheon; (4/27) Despina Passias

### 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 δωροῦμενος 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

Κύριος ἰσχὸν τῷ λαῷ αὐτοῦ δώσει,  
Κύριος εὐλογήσει τὸν λαὸν αὐτοῦ ἐν  
εἰρήνῃ.

Στίχ. Ἐνέγκατε τῷ Κυρίῳ, υἱοὶ Θεοῦ,  
ἐνέγκατε τῷ Κυρίῳ δόξαν καὶ τιμὴν.

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Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ  
ἀνάγνωσμα.

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Ἀδελφοί, τῷ Ἀβραάμ ἐπαγγελιάμενος ὁ Θεός, ἐπεὶ κατ’ οὐδενὸς εἶχε μείζονος ὁμόσαι, ὥμοσε καθ’ ἑαυτοῦ, λέγων· ἢ μὴν εὐλογῶν εὐλογήσω σε καὶ πληθύνων πληθυνῶ σε· καὶ οὕτω μακροθυμήσας ἐπέτυχε τῆς ἐπαγγελίας. ἄνθρωποι μὲν γὰρ κατὰ τοῦ μείζονος ὁμνύουσι, καὶ πάσης αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν ὁ ὅρκος· ἐν ᾧ περισσότερον βουλόμενος ὁ Θεὸς ἐπιδείξει τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὅρκῳ, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι Θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος· ἦν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος, ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσῆλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδέκ ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

*The Lord will give strength to His people; the Lord will bless His people with peace.*

*Verse: Bring to the Lord, O you sons of God, bring to the Lord glory and honor. (Psalm 28)*

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*The reading is from Paul’s Letter to the Hebrews. (6:13-20)*

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Brethren, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, “Surely I will bless you and multiply you.” And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

The Holy Gospel Reading according to St. Mark (9:17-31)

Sunday of St. John Climacus

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ γονυπετῶν αὐτῷ καὶ λέγων· διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σε, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· ᾧ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· παιδιόθεν. καὶ πολλάκις αὐτόν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ’ εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ’ ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ τὸ εἰ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεύοντι. καὶ εὐθέως κράξας ὁ πατὴρ τοῦ παιδίου μετὰ δακρύνων ἔλεγε· πιστεύω, κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος, ἐπετίμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοι ἐπιτάσσω, ἐξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράξαν καὶ πολλὰ σπαράξαν αὐτόν ἐξῆλθε, καὶ ἐγένετο ὥσει νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτόν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτόν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτόν κατ’ ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελεθεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἐξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἤθελεν ἵνα τις γινῷ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.

At that time, a man came to Jesus kneeling and saying: “Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able.” And he answered them, “O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me.” And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, “How long has he had this?” And he said, “From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us.” And Jesus said to him, “If you can! All things are possible to him who believes.” Immediately the father of the child cried out and said, “I believe; help my unbelief!” And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You dumb and deaf spirit, I command you, come out of him, and never enter him again.” And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, “He is dead.” But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, “Why could we not cast it out?” And he said to them, “This kind cannot be driven out by anything but prayer and fasting.” They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, “The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise.”

# HOLY CROSS

## GREEK ORTHODOX CHURCH

Rev. Fr. Theodore Ehmer

Προϊστάμενος/Presiding Priest

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Holy Confession: call or email Fr. to schedule

### Bulletin for the week of March 30, 2025

**Ushers on Duty:** John Apostolou, Cleo Bennette

**Video:** Joanna P.

**Altar Servers:** All Adult/Youth Servers

**Epistle Readers:** Helen Troupos (Greek); Carter Zoumberis (English)

**Fellowship Host (Thank You!):** Haris Sorovigas

**PC Member On-Duty:** Jim Lekas



### Today our Holy Orthodox Church commemorates:

- + Fourth Sunday of Great Lent: Sunday of St. John Climacus (Ιωάννης Κλίμακος) (+603)

*This Saint gave himself over to the ascetical life from his early youth. Experienced both in the solitary life of the hermit and in the communal life of cenobitic monasticism, he was appointed Abbot of the Monastery at Mount Sinai and wrote a book containing thirty homilies on virtue. Each homily deals with one virtue, and progressing from those that deal with holy and righteous activity (praxis) unto those that deal with divine vision (theoria), they raise a man up as though by means of steps unto the height of Heaven. For this cause his work is called "The Ladder of Divine Ascent." The day he was made Abbot of Sinai, the Prophet Moses was seen giving commands to those who served at table. Saint John reposed in 603, at eighty years of age.*

- + The Holy New Hieromartyr Zacharias (Ζαχαρίας) in Corinth (+1684)

*He suffered for Christ under the Turks in 1684. The Turks accused him of secret correspondence with the Franks (French), whom the saint supposedly would have appealed to and promised to aid them seize the city. The Moslems in a rage fell upon the Christian bishop and, shackled in chains and subjected to beatings, they led him to trial. The judge without interrogation demanded that Sainted Zacharias accept Islam and, when he heard the negative answer of the bishop, he gave orders for him to be beaten without mercy. They then locked up the confessor of Christ in prison, where the fanatics did not cease with beating the martyr. The Hieromartyr Zacharias was beheaded on the third Sunday following the Sunday of the Veneration of the Cross.*

- + The Holy Prophet Joad (Ιωάδ) (10<sup>th</sup> c. BC)
- + Our Devout Father John of the Well of Cilicia (Ιωάννης) (4<sup>th</sup> c.)
- + Saint Evouli (Ευβουλή), mother of St. Panteleimon (+304)
- + Our Father among the Saints John (Ιωάννης), Patriarch of Constantinople (+5<sup>th</sup> c.)

*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 (Κατέλυσας τὸ Σταυρῶ σου, Grave Mode):*

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy. (*Sung before and after the Small Entrance, Greek Text found in hymnal on pg. 122*)

- *Hymn of St. John Climacus (Ταῖς τῶν δακρῶν σου, Plagal Fourth Mode):*

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, 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.

- *The Kontakion of the Annunciation, (Τῇ υπερμάχῳ, 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 30: Sunday of St. John Climacus—**  
**Wiue+Oil:**

John 20:1-10; Hebrews 6:13-20; Mark 9:17-31

**Monday, March 31—Strict Fast:**

Isaiah 37:33-38:6; Genesis 13:12-18; Proverbs 14:27-15:4

**Tuesday, April 1—Strict Fast:**

Isaiah 40:18-31; Genesis 15:1-15; Proverbs 15:7-19

**Wednesday, April 2—Strict Fast:**

Isaiah 41:4-14; Genesis 17:1-9; Proverbs 15:20-16:9

**Thursday, April 3: Great Canon—Wine+Oil:**

Isaiah 42:5-16; Genesis 18:20-33; Proverbs 16:17-17:17

**Friday, April 4—Strict Fast:**

Isaiah 45:11-17; Genesis 22:1-18; Proverbs 17:17-18:5

**Saturday, April 5: Sat. of Akathist Hymn—Wine+Oil:**

Hebrews 9:1-7; Luke 1:39-49, 56

### **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:**

Julietta L., Kalie N.

### **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 the timeless classic *The Ladder of Divine Ascent*, and whom we honor today, wrote the following about the basic principles of the Christian spiritual life for us non-monastics: “A Christian is one who imitates Christ in thought, word and deed - as far as this is humanly possible. He believes rightly and blamelessly in the Holy Trinity. The lover of God is the one who lives in communion with all that is natural and sinless and who neglects nothing good. The self-controlled man strives with all his might in the midst of the trials, snares, and noise of the world, to be like someone who rises above them...”

Some people living carelessly in the world put a question to me: “How can we who are married and living amid public cares aspire to the monastic life?” I answered: “Do all the good you can. Speak evil of no one. Rob no one. Tell no lie. Despise no one and carry no hate. Be sure to go to church. Show

compassion to the needy. Do not offend anyone. Stay away from the bed of another, and be satisfied with what your own wife can provide you. If you do all this, you will not be far from the kingdom of heaven.”

### **Upcoming Celebrations This Week**

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

None in the Records

***Birthdays—Happy Birthday!***

March 30: Joan Cabral, Mikey Cantrell, Vuc Habic,

Lucas Lekas, Pete Tsamolias

April 4: Eleni Dermatas Evans, Cheryl Stefanis

**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:**

\* **Bible Study** today at approximately 12:45pm in the Parish House back room. There is also **Youth Greek School** scheduled for today in the upstairs classrooms at 12:45pm.

\* The next **Introduction to the Orthodox Church Class** will be taking place this coming Saturday, April 5 at 1:45pm in the Church Library/Zoom. We will be discussing the conclusion of the book we have been reading and talking about Holy Week and Pascha. Please contact Fr. Theodore for more information.

\* 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:** Please save the date for the Lazarus Saturday Retreat (April 12 after the Divine Liturgy—we will have Lenten pancakes, prepare palm crosses, have a service project, and learn about Holy Week) and to be in and around the Church for Paschal preparations on Holy Friday (April 18)!

\* There will be a meeting for both the **Parish Council and the Ushers** on Sunday, April 6 immediately after the Divine Liturgy. This is a very important meeting as we prepare for Holy Week and Pascha!

\* **Great Lent, Holy Week & Pascha Preparations** - Thank you to everyone who has volunteered—please look out for the reminder emails sent out on Friday mornings.

\* **Spring Fling – Saturday, 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, and we need helping hands from GOYA, Young Adults, and Not-So-Young Adults to make this event a success. Please sign up using this link: <https://volunteersignup.org/YTLFE>. Mark your calendars and be part of the excitement!

\* **Holy Week and Pascha postcards** have been mailed out to everyone. Please feel free to take one or two from the narthex and/or Parish House and invite your family and friends for this most sacred time of the year!