



# 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, March 9, 2025

Sunday of Orthodoxy

Holy 40 Martyrs of Sebastia

Eothinon/Orthros Gospel: Fourth (Luke 24:1-12)

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

<i>Today, March 9</i> <i>(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 Coffee Fellowship in the Parish House after the Liturgy 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>	5:30pm Great Compline 6:30pm Parish Council Meeting
<i>Wednesday, March 12</i>	5:45pm 9 <sup>th</sup> Hour and Pre-Sanctified Liturgy followed by a Light Lenten Meal and Spiritual Discussion in the Parish House
<i>Thursday, March 13</i>	11:00am Orthodox Book Study at Taste and See in Macon
<i>Friday, March 14</i>	6:00pm Small Compline and the 2 <sup>nd</sup> 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 for the Youth after Holy Communion Coffee Fellowship in the Parish House after the Liturgy 12:45pm Adult Greek School
<i>Wednesday, March 19</i>	5:45pm 9 <sup>th</sup> 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 <sup>rd</sup> 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)

**Upcoming Epistle Readers:** (3/16) Aleca Hortman, Isabelle Saratsiotis; (3/23) Pete Tsamolias, James Scarborough  
**Upcoming PC Member On-Duty:** (3/16) Natalia Saratsiotis; (3/23) Jim Lekas; (3/30) John Apostolou; (4/6) Maria S.  
**Upcoming Ushers:** (3/11) OPEN; (3/12) Charles G.; (3/14) Sarah D.; (3/16) John A., Natalia S.; (3/19) Cristina L.  
**Upcoming Video Operators:** (3/12) Natalia S.; (3/14) David N.; (3/16) David Z.; (3/19) Natalia S.; (3/21) Cristina L.  
**Fellowship Hosts:** (3/16) Chad Ridley; (3/23) Philoptochos/Eleni Adams; (3/30) Haris Sorovigas; (4/6) Katerina I.

### 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

Σύ, 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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Ἀδελφοί, τοσοῦτον ἔχοντες περικείμενον ἡμῖν νέφος μαρτύρων, ὄγκον ἀποθέμενοι πάντα καὶ τὴν εὐπερίστατον ἀμαρτίαν, δι' ὑπομονῆς τρέχουμεν τὸν προκείμενον ἡμῖν ἀγῶνα, ἀφορῶντες εἰς τὸν τῆς πίστεως ἀρχηγὸν καὶ τελειωτὴν Ἰησοῦν, ὃς ἀντὶ τῆς προκειμένης αὐτῷ χαρᾶς ὑπέμεινε σταυρόν, αἰσχύνῃς καταφρονήσας, ἐν δεξιᾷ τε τοῦ θρόνου τοῦ Θεοῦ κεκάθικεν. ἀναλογίσασθε γὰρ τὸν τοιαύτην ὑπομεμενηκότα ὑπὸ τῶν ἀμαρτωλῶν εἰς αὐτὸν ἀντιλογία, ἵνα μὴ κάμητε ταῖς ψυχαῖς ὑμῶν ἐκλύομενοι. Οὐπω μέχρις αἵματος ἀντικατέστητε πρὸς τὴν ἀμαρτίαν ἀνταγωνιζόμενοι, καὶ ἐκλέλησθε τῆς παρακλήσεως, ἣτις ὑμῖν ὡς υἱοῖς διαλέγεται: υἱέ μου, μὴ ὀλιγῶρει παιδείας Κυρίου, μηδὲ ἐκλύου ὑπ' αὐτοῦ ἐλεγχόμενος. ὃν γὰρ ἀγαπᾷ Κύριος παιδεύει, μαστιγοῖ δὲ πάντα υἱὸν ὃν παραδέχεται. εἰ παιδείαν ὑπομένετε, ὡς υἱοῖς ὑμῖν προσφέρεται ὁ Θεός: τίς γὰρ ἐστὶν υἱὸς ὃν οὐ παιδεύει πατήρ; εἰ δὲ χωρὶς ἐστε παιδείας, ἧς μέτοχοι γεγόνασι πάντες, ἄρα νόθοι ἐστὲ καὶ οὐχ υἱοί. εἴτα τοὺς μὲν τῆς σαρκὸς ἡμῶν πατέρας εἶχομεν παιδευτὰς καὶ ἐνετρεπόμεθα: οὐ πολλῶ μᾶλλον ὑποταγησόμεθα τῷ πατρὶ τῶν πνευμάτων καὶ ζήσομεν; οἱ μὲν γὰρ πρὸς ὀλίγας ἡμέρας κατὰ τὸ δοκοῦν αὐτοῖς ἐπαίδεον, ὁ δὲ ἐπὶ τὸ συμφέρον, εἰς τὸ μεταλαβεῖν τῆς ἀγιότητος αὐτοῦ.

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. (12:1-10)

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Brethren, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin that easily distracts, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who instead of the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation which addresses you as sons? "My son, do not regard lightly the discipline of the Lord, nor lose courage when you are punished by him. For the Lord disciplines him whom he loves, and chastises every son whom he receives." It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father of spirits and live? For they disciplined us for a short time at their pleasure, but he disciplines us for our good, that we may share his holiness.

## The Holy Gospel Reading according to St. John (1:43-51)

Sunday of Orthodoxy

Τῷ καιρῷ ἐκείνῳ, ἠθέλησεν ὁ Ἰησοῦς ἐξελθεῖν εἰς τὴν Γαλιλαίαν· καὶ εὕρισκει Φίλιππον καὶ λέγει αὐτῷ· ἀκολούθει μοι. ἦν δὲ ὁ Φίλιππος ἀπὸ Βηθσαϊδά, ἐκ τῆς πόλεως Ἀνδρέου καὶ Πέτρου. εὕρισκει Φίλιππος τὸν Ναθαναὴλ καὶ λέγει αὐτῷ· ὃν ἔγραψε Μωϋσῆς ἐν τῷ νόμῳ καὶ οἱ προφηταί, εὕρηκαμεν, Ἰησοῦν τὸν υἱὸν τοῦ Ἰωσήφ τὸν ἀπὸ Ναζαρέτ. καὶ εἶπεν αὐτῷ Ναθαναὴλ· ἐκ Ναζαρέτ δύναται τι ἀγαθὸν εἶναι; λέγει αὐτῷ Φίλιππος· ἔρχου καὶ ἴδε. εἶδεν ὁ Ἰησοῦς τὸν Ναθαναὴλ ἐρχόμενον πρὸς αὐτὸν καὶ λέγει περὶ αὐτοῦ· ἴδε ἀληθῶς Ἰσραηλίτης, ἐν ᾧ δόλος οὐκ ἔστι. λέγει αὐτῷ Ναθαναὴλ· πόθεν με γινώσκεις; ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· πρὸ τοῦ σε Φίλιππον φωνῆσαι, ὄντα ὑπὸ τὴν συκῆν εἶδόν σε. ἀπεκρίθη Ναθαναὴλ καὶ λέγει αὐτῷ· ῥαββί, σὺ εἶ ὁ υἱὸς τοῦ Θεοῦ, σὺ εἶ ὁ βασιλεὺς τοῦ Ἰσραὴλ. ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· ὅτι εἶπόν σοι, εἶδόν σε ὑποκάτω τῆς συκῆς, πιστεύεις; μείζω τούτων ὄψει. καὶ λέγει αὐτῷ· ἀμὴν ἀμὴν λέγω ὑμῖν, ἀπ' ἄρτι ὄψεσθε τὸν οὐρανὸν ἀνεωγῶτα, καὶ τοὺς ἀγγέλους τοῦ Θεοῦ ἀναβαίνοντας καὶ καταβαίνοντας ἐπὶ τὸν υἱὸν τοῦ ἀνθρώπου.

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

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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 9, 2025

Ushers on Duty: Sarah Drakopoulos, Haris Sorovigas

Video: Gray Y./David N. Altar Servers: All Adult/Youth Servers

Epistle Readers: Kostas Iakovidis (Greek); Mike Cantrell (English)

Fellowship Host (Thank You!): Tassie Cantrell

PC Member On-Duty: Gray Yates



### Today our Holy Orthodox Church commemorates:

+ First Sunday of Great Lent: Sunday of Orthodoxy

For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.

+ The Holy 40 Martyrs of Sebastia (+320)

These holy Martyrs, who came from various lands, were all soldiers under the same general. Taken into custody for their faith in Christ, and at first interrogated by cruel means, they were then stripped of their clothing and cast onto the frozen lake which is at Sebastia of Pontus, at a time when the harsh and freezing weather was at its worst. They endured the whole night naked in such circumstances, encouraging one another to be patient until the end. He that guarded them, named Aglaius, who was commanded to receive any of them that might deny Christ, had a vision in which he saw heavenly powers distributing crowns to all of the Martyrs, except one, who soon after abandoned the contest. Seeing this, Aglaius professed himself a Christian and joined the Martyrs on the lake, and the number of forty remained complete. In the morning, when they were almost dead from the cold, they were cast into fire, after which their remains were thrown into the river. Thus they finished the good course of martyrdom in 320, during the reign of Licinius.

+ The Holy Martyr Urpasian (Ουρπασιανός) (+305)

+ St. Kesarios (Καισαρίος), brother of St. Gregory the Theologian (+369)

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):

- Hymn of the Sunday of Orthodoxy (Την ἀχραντον Εικόνα σου, Second Mode):

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offenses, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world. (Sung before the Small Entrance and after the Resurrectional Hymn, Greek Text found in hymnal on pg. 128)

- Weekly Resurrectional Hymn (Το 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!" (Greek Text found in hymnal on pg. 110)

- Hymn of the 40 Martyrs (Τας αληθόνας, First Mode):

The holy martyrs suffered painful tortures for Your sake, O Lord; be compelled by what they endured, and heal our every pain, we entreat You, O only benevolent God.

- 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 9: Sunday of Orthodoxy—Wine+Oil:**

Luke 24:1-12; Hebrews 12:1-10; John 1:43-51

**Monday, March 10—Strict Fast:**

Isaiah 4:2-5:7; Genesis 3:21-4:7; Proverbs 3:34-4:22

**Tuesday, March 11—Strict Fast:**

Isaiah 5:7-16; Genesis 4:8-15; Proverbs 5:1-15

**Wednesday, March 12—Strict Fast:**

Isaiah 5:16-25; Genesis 4:16-26; Proverbs 5:15-6:3

**Thursday, March 13—Strict Fast:**

Isaiah 6:1-12; Genesis 5:1-24; Proverbs 6:3-20

**Friday, March 14—Strict Fast:**

Isaiah 7:1-14; Genesis 5:32-6:8; Proverbs 6:20-7:1

**Saturday, March 15—Wine+Oil:**

Hebrews 3:12-16; Mark 1:35-44

### 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)

### 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. Paisios of Mount Athos** shares with us a pastoral thought about iconography answering a question asked of him: "The Lord says: "I am the Lord your God. You shall not make for yourself a carved image nor any likeness of anything. You shall not bow down to them nor serve them. For I, the Lord your God, am a jealous God". The Orthodox Church venerates icons. Is this the right thing to do?

The saint responded. A mother whose child is fighting in a war, fears for his life, day and night. She is constantly in anguish and always anxious. Suddenly, she gets a letter from her child with his photograph inside. When she sees the photograph, what does she do? She takes it into her hands and she kisses it, and afterwards she brings it up to her chest so that it always touches her heart. Well, what do you think? Do you think that this mother with such burning desire for her child believes that she is kissing a photograph? She, of course, thinks that she is kissing her very own child! The situation is the same for the faithful people who have a burning respect and passion for the

All Holy Theotokos and the Saints. We don't venerate the icons but rather we venerate the holy persons they depict. And we venerate these holy persons not because they are the faces on the icons, but because they fought and many times they died for Christ. God is jealous, that is the truth, though He is not jealous of us venerating His own children (the saints). He is jealous when we venerate the devil and the devil's children. The father isn't jealous of his own children. Do not worry, the Lord is proud and happy when He sees you respecting and loving His Mother and the Saints."

### Upcoming Celebrations This Week

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

None in the Records

**Birthdays—Happy Birthday!**

March 10: Andrew Adams

March 13: Anne Gordy

March 14: Chloe Goss

**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:

\* For those participating in the **Greek Independence Day** program, be sure to be present today for practice during Greek School!

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

\* **The Orthodox Book Study** continues Thursday, March 13 at 3:30pm 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!

\* **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.

\* Our parish is invited to two **Pan-Orthodox Vespers** as we enter into Great Lent. Tonight 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.

\* We will have a **special presentation** on 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!

\* **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, and we need helping hands from GOYA, Young Adults, and Not-So-Young Adults to make this event a success. Mark your calendars and be part of the excitement!