



HOLY CROSS

GREEK ORTHODOX CHURCH

Orthros, part 1



Orthros, part 2



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

Sunday, May 11, 2025

Sunday of the Paralytic

Sts. Cyril and Methodios of Thessaloniki

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

Mode of the Week: Third / Τρίτος

QR Codes (scan with smart phone for service texts)

Divine Liturgy



Upcoming Schedule

Today, May 11

9:15am Orthros
10:30am Divine Liturgy on the Sunday of the Paralytic (Mother's Day)
Sunday School for the Youth after Holy Communion
Coffee Fellowship in the Parish House after the Liturgy
12:45pm Youth Greek School/Bible Study

Tuesday, May 13

5:00pm Orthros
6:00pm Divine Liturgy celebrating the Feast of Mid-Pentecost

Saturday, May 17

12:00pm Philoptochos Spring Gathering (at Kathy Patras' House)
5:00pm Readers Vespers in the Chapel

Sunday, May 18

9:15am Orthros
10:30am Divine Liturgy on the Sunday of the Samaritan Woman
Sunday School for the Youth after Holy Communion (final Sunday)
40-day Memorial for Mike Nicholas at the end of the Liturgy
Coffee Fellowship in the Parish House after the Liturgy
12:45pm Adult Greek School

Tuesday, May 20

11:00am Orthodox Book Study at Taste and See in Macon
6:30pm Parish Council Meeting

Wednesday, May 21

9:30am Orthros
10:30am Divine Liturgy on the Feast Day of Sts. Constantine and Helen

Saturday, May 24

3:45pm Introduction to the Orthodox Church Class in the Library
5:00pm Great Vespers

Sunday, May 25

9:15am Orthros
10:30am Divine Liturgy on the Sunday of the Blind Man
Coffee Fellowship in the Parish House after the Liturgy
12:45pm Bible Study/Youth Greek School

Monday, May 26

Memorial Day—Office Closed

Tuesday, May 27

11:00am Orthodox Book Study at Taste and See in Macon
6:30pm Festival Committee Meeting

Wednesday, May 28

9:30am Orthros
10:30am Divine Liturgy on the Leave-taking of Pascha
3:00pm Red Cross Blood Drive in the Parish House (until 7:00pm)
5:30pm Great Vespers for the Ascension of the Lord

Thursday, May 29

9:30am Orthros
10:30am Divine Liturgy on the Ascension of the Lord

Upcoming Epistle Readers: (5/18) Chad Ridley, Sarah Drakopoulos; (5/25) Kostas Iakovidis, Chrissy Zdrakas

Upcoming PC Member On-Duty: (5/18) Maria Spicer; (5/25+6/1) Sarah Drakopoulos; (6/8) Chad Ridley

Upcoming Ushers: (5/13) Haris S.; (5/18) Natalia S.; (5/21) OPEN; (5/24) Charles G.; (5/25) Cleo B., Sarah D.

Upcoming Video Operators: (5/13) Cristina L.; (5/18) David Z.; (5/21) OPEN; (5/25) Gray/David N; (5/28) Natalia
Fellowship Hosts: (5/18) Maria Bronisevsky+Joanna Patronis; (5/25) Antigone Michalakakis; (6/1) Sarah Drakopoulos

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

*Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε, ψάλατε τῷ βασιλεῖ ἡμῶν, ψάλατε.
Στίχ. Πάντα τὰ ἔθνη κροτήσατε χειρας,
ἀλαλάξατε τῷ Θεῷ ἐν φωνῇ ἀγαλλιάσεως.*

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Πράξεων τῶν Ἀποστόλων τὸ ἀνάγνωσμα.

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Ἐν ταῖς ἡμέραις ἐκείναις, ἐγένετο Πέτρον διερχόμενον διὰ πάντων κατελθεῖν καὶ πρὸς τοὺς ἁγίους τοὺς κατοικοῦντας Λύδδαν. εὑρε δὲ ἐκεῖ ἄνθρωπόν τινα Αἰνέαν ὀνόματι, ἐξ ἐτῶν ὀκτὼ κατακείμενον ἐπὶ κρᾶββάτῳ, ὃς ἦν παραλελυμένος. καὶ εἶπεν αὐτῷ ὁ Πέτρος· Αἰνέα, ἰαταί σε Ἰησοῦς ὁ Χριστός· ἀνάστηθι καὶ στρῶσον σεαυτῷ. καὶ εὐθέως ἀνέστη. καὶ εἶδον αὐτὸν πάντες οἱ κατοικοῦντες Λύδδαν καὶ τὸν Σάρωνα, οἵτινες ἐπέστρεψαν ἐπὶ τὸν Κύριον. Ἐν Ἰόππῃ δέ τις ἦν μαθήτρια ὀνόματι Ταβιθά, ἣ διερμηνευομένη λέγεται Δορκάς· αὕτη ἦν πλήρης ἀγαθῶν ἔργων καὶ ἐλεημοσυνῶν ὧν ἐποίει. ἐγένετο δὲ ἐν ταῖς ἡμέραις ἐκείναις ἀσθενήσασαν αὐτὴν ἀποθανεῖν· λούσαντες δὲ αὐτὴν ἔθηκαν ἐν ὑπερῷῳ. ἐγγὺς δὲ οὔσης Λύδδης τῇ Ἰόππῃ οἱ μαθηταὶ ἀκούσαντες ὅτι Πέτρος ἐστὶν ἐν αὐτῇ, ἀπέστειλαν δύο ἄνδρας πρὸς αὐτὸν παρακαλοῦντες μὴ ὀκνῆσαι διελθεῖν ἕως αὐτῶν. ἀναστὰς δὲ Πέτρος συνῆλθεν αὐτοῖς· ὃν παραγενόμενον ἀνήγαγον εἰς τὸ ὑπερῶον, καὶ παρέστησαν αὐτῷ πᾶσαι αἱ χῆραι κλαίουσαι καὶ ἐπιδεικνύμεναι χιτῶνας καὶ ἱμάτια ὅσα ἐποίει μετ’ αὐτῶν οὔσα ἡ Δορκάς. ἐκβαλὼν δὲ ἔξω πάντας ὁ Πέτρος θείς τὰ γόνατα προσηύξατο, καὶ ἐπιστρέψας πρὸς τὸ σῶμα εἶπε· Ταβιθά, ἀνάστηθι. ἡ δὲ ἤνοιξε τοὺς ὀφθαλμοὺς αὐτῆς, καὶ ἰδοῦσα τὸν Πέτρον ἀνεκάθισε. δούς δὲ αὐτῇ χεῖρα ἀνέστησεν αὐτήν, φωνήσας δὲ τοὺς ἁγίους καὶ τὰς χήρας παρέστησεν αὐτὴν ζῶσαν. γνωστὸν δὲ ἐγένετο καθ’ ὅλης τῆς Ἰόππης, καὶ πολλοὶ ἐπίστευσαν ἐπὶ τὸν Κύριον.

*Sing praises to God; sing praises; sing praises to our King; sing praises.
Verse: Oh, clap your hands, all you nations; shout to God with the voice of rejoicing.*

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The reading is from the Acts of the Apostles. (9:32-42)

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In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, “Aeneas, Jesus Christ heals you; rise and make your bed.” And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means gazelle. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, “Please come to us without delay.” So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which she made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, “Tabitha, rise.” And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

The Holy Gospel Reading according to St. John (5:1-15)

Sunday of the Paralytic

Τῷ καιρῷ ἐκείνῳ ἀνέβη ὁ Ἰησοῦς εἰς Ἱεροσόλυμα. ἔστι δὲ ἐν τοῖς Ἱεροσολύμοις ἐπὶ τῇ προβατικῇ κολυμβήθρᾳ, ἣ ἐπιλεγομένη Ἑβραϊστὶ Βηθεσδᾶ, πέντε στοὰς ἔχουσα. ἐν ταύταις κατέκειτο πλῆθος πολὺ τῶν ἀσθενούντων, τυφλῶν, χωλῶν, ξηρῶν, ἐκδεχομένων τὴν τοῦ ὕδατος κίνησιν. ἄγγελος γὰρ κατὰ καιρὸν κατέβαινεν ἐν τῇ κολυμβήθρᾳ, καὶ ἐταράσσετο τὸ ὕδωρ· ὁ οὖν πρῶτος ἐμβὰς μετὰ τὴν ταραχὴν τοῦ ὕδατος ὑγιὲς ἐγίνετο ὧς δὴποτε κατείχeto νοσήματι. ἦν δὲ τις ἄνθρωπος ἐκεῖ τριάκοντα καὶ ὀκτὼ ἔτη ἔχων ἐν τῇ ἀσθενείᾳ αὐτοῦ. τοῦτον ἰδὼν ὁ Ἰησοῦς κατακείμενον, καὶ γνοὺς ὅτι πολὺν ἤδη χρόνον ἔχει, λέγει αὐτῷ· θέλεις ὑγιὲς γενέσθαι; ἀπεκρίθη αὐτῷ ὁ ἀσθενῶν· Κύριε, ἄνθρωπον οὐκ ἔχω, ἵνα ὅταν ταραχθῇ τὸ ὕδωρ, βάλλῃ με εἰς τὴν κολυμβήθραν· ἐν ᾧ δὲ ἔρχομαι ἐγώ, ἄλλος πρὸ ἐμοῦ καταβαίνει. λέγει αὐτῷ ὁ Ἰησοῦς· ἔγειρε, ἄρον τὸν κράβαττόν σου καὶ περιπάτει. καὶ εὐθέως ἐγένετο ὑγιὲς ὁ ἄνθρωπος, καὶ ἦρε τὸν κράβαττον αὐτοῦ καὶ περιεπάτει. ἦν δὲ σάββατον ἐν ἐκείνῃ τῇ ἡμέρᾳ. ἔλεγον οὖν οἱ Ἰουδαῖοι τῷ τεθεραπευμένῳ· σάββατόν ἐστιν· οὐκ ἔξεστὶ σοὶ ἄραι τὸν κράβαττον. ἀπεκρίθη αὐτοῖς· ὁ ποιήσας με ὑγιῆ, ἐκεῖνός μοι εἶπεν· ἄρον τὸν κράβαττόν σου καὶ περιπάτει. ἠρώτησαν οὖν αὐτόν· τίς ἐστὶν ὁ ἄνθρωπος ὁ εἰπὼν σοι, ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ὁ δὲ ἰαθεὶς οὐκ ᾔδει τίς ἐστὶν· ὁ γὰρ Ἰησοῦς ἐξένευσεν ὄχλου ὄντος ἐν τῷ τόπῳ. μετὰ ταῦτα εὗρίσκει αὐτόν ὁ Ἰησοῦς ἐν τῷ ἱερῷ καὶ εἶπεν αὐτῷ· ἴδε ὑγιὲς γέγονας· μηκέτι ἀμάρτανε, ἵνα μὴ χεῖρόν σοί τι γένηται. ἀπῆλθεν ὁ ἄνθρωπος καὶ ἀνήγγειλε τοῖς Ἰουδαίοις ὅτι Ἰησοῦς ἐστὶν ὁ ποιήσας αὐτόν ὑγιῆ.

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, “Do you want to be healed?” The sick man answered him, “Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me.” Jesus said to him, “Rise, take up your pallet, and walk.” And at once the man was healed, and he took up his pallet and walked. Now that day was the sabbath. So the Jews said to the man who was cured, “It is the sabbath, it is not lawful for you to carry your pallet.” But he answered them, “The man who healed me said to me, ‘Take up your pallet, and walk.’” They asked him, “Who is the man who said to you, ‘Take up your pallet, and walk’?” Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, “See, you are well! Sin no more, that nothing worse befall you.” The man went away and told the Jews that it was Jesus who had healed him.

HOLY CROSS

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 May 11, 2025

Ushers on Duty: Tassie Cantrell, Haris Sorovigas

Video: Harry B.

Altar Servers: All Adult/Youth Servers

Epistle Readers: Kostas Iakovidis (Greek); Cleo Bennette (English)

Fellowship Host (Thank You!): Maria McCluskey

PC Member On-Duty: John Apostolou



Today our Holy Orthodox Church commemorates:

- + Fourth Sunday of Pascha: Sunday of the Paralytic

Close to the Sheep's Gate in Jerusalem, there was a pool, which was called the Sheep's Pool. It had round about it five porches, that is, five sets of pillars supporting a domed roof. Under this roof there lay very many sick people with various maladies, awaiting the moving of the water. The first to step in after the troubling of the water was healed immediately of whatever malady he had. It was there that the paralytic of today's Gospel was lying, tormented by his infirmity of thirty-eight years. When Christ beheld him, He asked him, "Wilt thou be made whole?" And he answered with a quiet and meek voice, "Sir, I have no man, when the water is troubled, to put me into the pool." The Lord said unto him, "Rise, take up thy bed, and walk." And straightaway the man was made whole and took up his bed. Walking in the presence of all, he departed rejoicing to his own house. According to the expounders of the Gospels, the Lord Jesus healed this paralytic during the days of the Passover, when He had gone to Jerusalem for the Feast, and dwelt there teaching and working miracles. According to Saint John the Evangelist, this miracle took place on the Sabbath.

- + Our Devout Fathers Cyril (Κύριλλος) and Methodios (Μεθόδιος) of Thessaloniki, Equal to the Apostles, and Illuminators of the Slavs (+9th Century)

- + Commemoration of the Founding of Constantinople, dedicated especially to our Holy Lady the Theotokos (330)

- + The Holy Hieromartyr Mokios (Μώκιος) (+288)

The holy Hieromartyr Mokios, who was of Roman parents, lived during the reign of Diocletian, and was a priest in Amphipolis of Thrace. One day as the idolaters were assembled, and the Proconsul Laodicius was offering sacrifice to Dionysus, Mokios entered the temple and overturned the altar. After many torments, through which he was preserved whole by grace divine, he was sent to Byzantium, where he was beheaded about the year 288. Saint Constantine the Great built a magnificent church in honour of Saint Mokios in Constantinople, where his holy relics were enshrined. He is one of the Holy Unmercenaries.

- + The Holy Martyr Dioskorus (Διόσκορος) of Smyrna

- + The Holy New Martyr Argyros (Αργύριος) of Thessaloniki (+1806)

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 (page 8 in the Pew Book):

- Hymn of the Resurrection (Χριστός ανέστη, Plagal 1st Mode):

Χριστός ανέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι, ζῶν ἡ χαρισάμενος.

Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life.

- Special Entrance Hymn (Ὡς ἐκκλησίας, 2nd Mode):

Bless God in the churches, the Lord from the fountains of Israel. Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

- Weekly Resurrectional Hymn (Ὡς φανείσθω τὰ οὐράνια, 3rd 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. (Greek Text found in hymnal on pg. 106)

- Hymn of the Holy Cross (Σώσον Κύριε, 1st 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. (sung in Greek and English)

- The Kontakion of Pascha (Εἰ καὶ ἐν τᾷ φῶ, Plagal 4th Mode):

Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out "Rejoice" to the Myrrh-bearing women, and gave peace to Your Apostles, O Lord who to the fallen grant resurrection. (Greek text found in hymnal on pg. 274)

Guidance, Prayer Requests, and Announcements

Upcoming Celebrations This Week

Name Days—Chronia Polla, Many Years!
None in the Records

Birthdays—Happy Birthday!

May 12: Katina Cacavias

May 17: Antonios Roden

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 wish all of our mothers, Godmothers, grandmothers, everyone who is like a mother to us in our lives a very happy and blessed Mother's Day today. God bless you all!

* We welcome Deacon George Cassis from Sts. Raphael, Nicholas, and Irene Greek Orthodox Church in Cumming, Georgia who is celebrating the Divine Services us with us today.

* As a reminder, we do not kneel or make prostrations during this Paschal season (until the Kneeling Vespers at Pentecost) due to the resurrectional and joyful theme of this liturgical season! We also do not pray the prayer "O Heavenly King/Βασιλεὺς οὐράνιε" in Church or in our private prayers during this time until the Feast of Pentecost. We begin our prayers during this time with the singing or recitation of Christos Anesti/Christ is Risen thrice!

* Father Theodore will be away from the office this week on the days of Wednesday, May 14 to Saturday, May 17. Please contact him on his cell phone in case of emergency.

* The Philoptochos Spring Gathering is this coming Saturday, May 17 at Kathy Patras' house at 12:00pm. Please RSVP to Helen Vardy at 917-273-8442 by May 12.

* The Orthodox Book Study will not take place this week but resume on Tuesday, May 20 at 11:00am at Taste and See in Macon. All are welcome to join, even if you don't have the book!

* The next Introduction to the Orthodox Church class will take place on Saturday, May 24 at 3:45pm in the Church Library/on Zoom. The topic will be a recap of the "One, Holy, Catholic, and Apostolic Church" and "What we believe about the Nicene Creed." If you would like a recording of the previous session, please contact Fr. Theodore.

* If you are interested in assisting with transporting those who can not drive themselves to Church for the Divine Services, please contact Fr. Theodore.

* If you would like to make a financial contribution towards liturgical needs (for example, communion wine, incense, etc.) this can be done at holycrossga.org/stewardship. Thank you!

Χριστός Ανέστη Christ is Risen!
Αληθώς Ανέστη! Truly He is Risen!

This Week's Daily

Scripture Readings and Fasting Guidance:
Sunday, May 11: Sunday of the Paralytic—No Fasting:

Luke 24:12-35; Acts 9:32-42; John 5:1-15

Monday, May 12—No Fasting:

Acts 10:1-16; John 6:56-69

Tuesday, May 13—No Fasting:

Acts 10:21-33; John 7:1-13

Wednesday, May 14: Mid-Pentecost—Fish, Wine+Oil:

Acts 14:6-18; John 7:14-30

Thursday, May 15—No Fasting:

Acts 10:34-43; John 8:12-20

Friday, May 16—Wine+Oil:

Acts 10:44-48, 11:1-10; John 8:21-30

Saturday, May 17—No Fasting:

Acts 12:1-11; John 8:31-42

Prayer Requests:

Metropolitan Alexios, Fr. Symeon (mission priest supported by our parish), Fr. Mike, Panteleimon, 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, Eric

Prayers for those recently reposed:

Michael (+April 1), Chaplean (+April 2), Tony (+April 6)

Prayers for expecting mothers:

Heather, Julieta, Kalie

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 Chrysostom in a homily on Ephesians, speaks to us of the importance of parenthood (on this day that we honor parenthood in the person of our mothers!): "Let everything take second place to our care of our children, our bringing them up to the discipline and instruction of the Lord. If from the beginning we teach them to love true wisdom, they will have great wealth and glory than riches can provide. If a child learns a trade, or is highly educated for a lucrative profession, all this is nothing compared to the art of detachment from riches; if you want to make your child rich, teach him this. He is truly rich who does not desire great possessions, or surround himself with wealth, but who requires nothing...Don't think that only monks need to learn the Bible; Children about to go our into the world stand in greater need of Scriptural knowledge."