



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 4, 2025

Sunday of the Myrrh-bearing Women

St. Pelagia of Tarsus

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

Mode of the Week: Second / Δεύτερος

QR Codes (scan with smart phone for service texts)

Divine Liturgy



Upcoming Schedule

Today, May 4

9:15am Orthros
10:30am Divine Liturgy on the Sunday of the Myrrh-Bearing Women
Sunday School for the Youth after Holy Communion
Coffee Fellowship in the Parish House after the Liturgy
Philoptochos Elections in the Parish House
12:45pm Adult Greek School

Tuesday, May 6

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

Wednesday, May 7

5:30pm Great Vespers for the Feast of St. John the Theologian

Thursday, May 8

7:00pm Young Adult Get-Together

Saturday, May 10

3:45pm Byzantine Chant Class in the Library
5:00pm Great Vespers

Sunday, 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 on the Eve of Mid-Pentecost

Saturday, May 17

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

Upcoming Epistle Readers: (5/11) Helen Troupos, Cleo Bennette; (5/18) Chad Ridley, Sarah Drakopoulos

Upcoming PC Member On-Duty: (5/11) John Apostolou; (5/18) Maria Spicer; (5/25) Sarah Drakopoulos

Upcoming Ushers: (5/7) Tassie C.; (5/10) Erick S.; (5/11) Tassie C., Haris S.; (5/13) Haris S.; (5/18) Natalia S.

Upcoming Video Operators: (5/11) Harry B.; (5/13) Cristina L.; (5/18) David Z.; (5/21) OPEN; (5/25) Gray/David N

Fellowship Hosts: (5/11) Maria McCluskey; (5/18) Maria Bronisevsky+Joanna Patronis; (5/25) Antigone Michalakis

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

*Ἰσχύς μου καὶ ὕμνησίς μου ὁ Κύριος, καὶ ἐγένετό μοι εἰς σωτηρίαν.
Στίχ. Παιδεύων ἐπαίδευσέ με ὁ Κύριος,
καὶ τῷ θανάτῳ οὐ παρέδωκέ με.*

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Πράξεων τῶν Ἀποστόλων τὸ ἀνάγνωσμα.

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Ἐν ταῖς ἡμέραις ἐκείναις, πληθυνόντων τῶν μαθητῶν ἐγένετο γογγυσμὸς τῶν Ἑλληνιστῶν πρὸς τοὺς Ἑβραίους, ὅτι παρεθεωροῦντο ἐν τῇ διακονίᾳ τῇ καθημερινῇ αἱ χῆραι αὐτῶν. προσκαλεσάμενοι δὲ οἱ δώδεκα τὸ πλῆθος τῶν μαθητῶν εἶπον· οὐκ ἄρεστόν ἐστιν ἡμᾶς καταλείψαντας τὸν λόγον τοῦ Θεοῦ διακονεῖν τραπέζαις. ἐπισκέψασθε οὖν, ἀδελφοί, ἄνδρας ἐξ ὑμῶν μαρτυρουμένους ἐπτά, πλήρεις Πνεύματος Ἁγίου καὶ σοφίας, οὓς καταστήσομεν ἐπὶ τῆς χρείας ταύτης· ἡμεῖς δὲ τῇ προσευχῇ καὶ τῇ διακονίᾳ τοῦ λόγου προσκαρτερήσομεν. καὶ ἤρεσεν ὁ λόγος ἐνώπιον παντὸς τοῦ πλήθους· καὶ ἐξελέξαντο Στέφανον, ἄνδρα πλήρη πίστεως καὶ Πνεύματος Ἁγίου, καὶ Φίλιππον καὶ Πρόχορον καὶ Νικάνορα καὶ Τίμωνα καὶ Παρμενᾶν καὶ Νικόλαον προσήλυτον Ἀντιοχέα, οὓς ἔστησαν ἐνώπιον τῶν ἀποστόλων, καὶ προσευξάμενοι ἐπέθηκαν αὐτοῖς τὰς χεῖρας. καὶ ὁ λόγος τοῦ Θεοῦ ἠϋζανε, καὶ ἐπληθύνετο ὁ ἀριθμὸς τῶν μαθητῶν ἐν Ἱερουσαλὴμ σφόδρα, πολὺς τε ὄχλος τῶν Ἰουδαίων ὑπήκουον τῇ πίστει.

*The Lord is my strength and my song, and He became my salvation.
Verse: The Lord chastened and corrected me, but He did not give me up to death.*

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The reading is from the Acts of the Apostles. (6:1-7)

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In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the twelve summoned the body of the disciples and said, “It is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word.” And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolaus, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

The Holy Gospel Reading according to St. Mark (15:43-16:8)

Sunday of the Myrrh-Bearers

Τῷ καιρῷ ἐκείνῳ ἐλθὼν Ἰωσήφ ὁ ἀπὸ Ἀριμαθαίας, εὐσχήμων βουλευτής, ὃς καὶ αὐτὸς ἦν προσδεχόμενος τὴν βασιλείαν τοῦ Θεοῦ, τολμήσας εἰσῆλθε πρὸς Πιλάτον καὶ ᾐτήσατο τὸ σῶμα τοῦ Ἰησοῦ. ὁ δὲ Πιλάτος ἐθαύμασεν εἰ ἤδη τέθνηκε, καὶ προσκαλεσάμενος τὸν κεντυρίωνα ἐπηρώτησεν αὐτὸν εἰ πάλοι ἀπέθανε· καὶ γνοὺς ἀπὸ τοῦ κεντυρίωνος ἐδωρήσατο τὸ σῶμα τῷ Ἰωσήφ. καὶ ἀγοράσας σινδόνα καὶ καθελὼν αὐτὸν ἐνείλησε τῇ σινδόνι καὶ κατέθηκεν αὐτὸν ἐν μνημείῳ, ὃ ἦν λελατομημένον ἐκ πέτρας, καὶ προσεκύλισε λίθον ἐπὶ τὴν θύραν τοῦ μνημείου. ἡ δὲ Μαρία ἡ Μαγδαληνὴ καὶ Μαρία Ἰωσὴ ἐθεώρουν ποῦ τίθεται. Καὶ διαγενομένου τοῦ σαββάτου Μαρία ἡ Μαγδαληνὴ καὶ Μαρία ἡ τοῦ Ἰακώβου καὶ Σαλώμῃ ἠγόρασαν ἀρώματα ἵνα ἐλθοῦσαι ἀλείψωσιν αὐτόν. καὶ λίαν πρωὶ τῆς μιᾶς σαββάτων ἔρχονται ἐπὶ τὸ μνημεῖον, ἀνατείλαντος τοῦ ἡλίου. καὶ ἔλεγον πρὸς ἑαυτάς· τίς ἀποκυλίσει ἡμῖν τὸν λίθον ἐκ τῆς θύρας τοῦ μνημείου; καὶ ἀναβλέψασαι θεωροῦσιν ὅτι ἀποκεκύλισται ὁ λίθος· ἦν γὰρ μέγας σφόδρα. καὶ εἰσελθοῦσαι εἰς τὸ μνημεῖον εἶδον νεανίσκον κατῆμενον ἐν τοῖς δεξιοῖς, περιβεβλημένον στολὴν λευκὴν, καὶ ἐξεθαμβήθησαν. ὁ δὲ λέγει αὐταῖς· μὴ ἐκθαμβεῖσθε· Ἰησοῦν ζητεῖτε τὸν Ναζαρηνὸν τὸν ἐσταυρωμένον· ἠγέρθη, οὐκ ἔστιν ὧδε· ἴδε ὁ τόπος ὅπου ἔθηκαν αὐτόν. ἀλλ’ ὑπάγετε εἶπατε τοῖς μαθηταῖς αὐτοῦ καὶ τῷ Πέτρῳ ὅτι προάγει ὑμᾶς εἰς τὴν Γαλιλαίαν· ἐκεῖ αὐτὸν ὄψεσθε, καθὼς εἶπεν ὑμῖν. καὶ ἐξελθοῦσαι ἔφυγον ἀπὸ τοῦ μνημείου· εἶχε δὲ αὐτὰς τρόμος καὶ ἔκστασις, καὶ οὐδενὶ οὐδὲν εἶπον· ἐφοβοῦντο γάρ.

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he had been dead for some time. And when he learned from the centurion that he was dead, he granted the body to Joseph. And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joses saw where he was laid. And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, “Who will roll away the stone for us from the door of the tomb?” And looking up, they saw that the stone was rolled back; for it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, “Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you.” And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

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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 May 4, 2025

Ushers on Duty: Sarah Drakopoulos

Video: Joanna P.

Altar Servers: All Adult/Youth Servers

Epistle Readers: Pete Tsamolias (Greek); Sarah Drakopoulos (English)

Fellowship Host (Thank You!): Eleni Adams

PC Member On-Duty: Jim Lekas

Today our Holy Orthodox Church commemorates:

- + Third Sunday of Pascha: Commemoration of the Myrrh-bearing Women, Joseph of Arimathea, and Nicodemus

About the beginning of His thirty-second year, when the Lord Jesus was going throughout Galilee, preaching and working miracles, many women who had received of His beneficence left their own homeland and from then on followed after Him. They ministered unto Him out of their own possessions, even until His crucifixion and entombment; and afterwards, neither losing faith in Him after His death, nor fearing the wrath of the Jewish rulers, they came to the sepulchre, bearing the myrrh-oils they had prepared to anoint His body. It is because of the myrrh-oils, that these God-loving women brought to the tomb of Jesus that they are called the Myrrh-bearers. Of those whose names are known are the following: first of all, the most holy Virgin Mary, who in Matthew 27:56 and Mark 15:40 is called "the mother of James and Josés" (these are the sons of Joseph by a previous marriage, and she was therefore their step-mother); Mary Magdalene; Mary, the wife of Clopas; Joanna, wife of Chouza, a steward of Herod Antipas; Salome, the mother of the sons of Zebedee, Mary and Martha, the sisters of Lazarus; and Susanna. As for the names of the rest of them, the evangelists have kept silence. Together with them we celebrate also the secret disciples of the Saviour, Joseph and Nicodemus. Of these, Nicodemus was probably a Jerusalemite, a prominent leader among the Jews and of the order of the Pharisees, learned in the Law and instructed in the Holy Scriptures. He had believed in Christ when, at the beginning of our Saviour's preaching of salvation, he came to Him by night. Furthermore, he brought some one hundred pounds of myrrh-oils and an aromatic mixture of aloes and spices out of reverence and love for the divine Teacher. Joseph, who was from the city of Arimathea, was a wealthy and noble man, and one of the counsellors who were in Jerusalem. He went boldly unto Pilate and asked for the body of Jesus, and together with Nicodemus he gave Him burial. Since time did not permit the preparation of another tomb, he placed the Lord's body in his own tomb which was hewn out of rock, as the Evangelist says.

- + The Holy Martyr Pelagia (Πελαγία) of Tarsus (+287)

- + Our Devout Father Hilarion (Ιλάριος) the Wonderworker

- + Our Devout Father Nikephoros (Νικηφόρος), founder of the Medikion Monastery (+813)

- + Our Devout Father Athanasios (Αθανάσιος), Bishop of Corinth (+10th-11th Century)

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 ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι, ζῶν ἡν 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 ἐκκλησίαις, 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 (Ὅτε κατήλθες, 2nd Mode):*

When You descended unto Death, O Lord, You who are immortal Life put Hades to death, by the lightning of Your divinity. And when You raised the dead from the netherworld, all the hosts of heaven sang aloud to You, "O Christ God, Giver of life, glory to You!"

- *Hymns of Myrrh-Bearing Sunday (Ὁ εὐσχήμων Ἰωσήφ, Τὰς Μυροφόροις, 2nd Mode):*

When he took down Your immaculate Body from the Cross, the honorable Joseph wrapped it in a clean linen shroud with spices and laid it for burial in a new tomb. But on the third day You arose, O Lord, and granted the world Your great mercy. *(Greek text found in hymnal on pg. 102)*

The Angel who had come to the sepulcher said to the Myrrh-bearing women, "Ointments are appropriate for mortal men; but Christ is indeed a stranger to decay. Now go proclaim that the Lord has risen and granted the world His great mercy."

- *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 (Εὶ καὶ ἐν τὰρω, 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

This Week's Daily

Scripture Readings and Fasting Guidance:
Sunday, May 4: Sunday of Myrrh-Bearers—No Fasting:

Luke 24:1-12; Acts 6:1-7; Mark 15:43-16:8

Monday, May 5—No Fasting:

Acts 6:8-15, 7:1-5, 47-60; John 4:46-54

Tuesday, May 6—No Fasting:

Acts 8:5-17; John 6:27-33

Wednesday, May 7—Wine+Oil:

Acts 26:1, 12-20; John 6:35-39

Thursday, May 8: Synaxis of St. John the Theologian—No Fasting:

John 21:15-25; I John 1:1-7; John 19:25-28, 21:24-25

Friday, May 9—Wine+Oil:

Acts 8:40, 9:1-19; John 6:48-54

Saturday, May 10—No Fasting:

I Corinthians 4:9-16; Luke 6:12-19

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:

Alex (+March 15), Michael (+April 1), Chaplean (+April 2), Tony (+April 6)

Prayers for expecting mothers:

Christina (baby born 5/2), 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. Symeon the Theologian in his ethical discourses speaking of the man who truly has everything: "O grandeur of ineffable glory! O excess of love! He Who embraces all things makes His home within a mortal corruptible man, He by Whose indwelling might all things are governed, and the man becomes as a woman heavy with child. O astonishing miracle and incomprehensible deeds and mysteries of the incomprehensible God! A man carries God consciously within himself as light, carries Him Who has brought all things into being and created them, including the one who carries Him now. He carries Him within as a treasure inexpressible, unspeakable, without quality, quantity, or form, immaterial, shapeless, yet with form in beauty inexplicable, altogether simple, like light, Him Who transcends all light. And, clenching his hands at his sides, this man walks in our midst and is ignored by everyone who

surrounds him. Who can then adequately explain the joy of such a man? Will he not be more blessed and more glorious than any emperor? Than whom, or than how many visible worlds, will he not be more wealthy? And in what shall such a man ever be lacking? Truly, in no way shall he lack any of God's good things."

Upcoming Celebrations This Week

Name Days—Chronia Polla, Many Years!

May 10: Amanda Isidora Lord

Birthdays—Happy Birthday!

May 4: Sarah Drakopoulos, Maria Mahoney

May 5: Theo Drakopoulos

May 6: Paul Vrahiotes

May 8: Alyssa Syribeys

May 10: Rebekah Bradford

Anniversaries—Congratulations!

May 6: Beth and David Zumberis

May 10: Marianna and Justin Lane

(If you have a celebration that did not make it into the bulletin, please e-mail Fr. Theodore!)

Announcements:

* 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/Βασιλεῦ 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!

* The **Philoptochos Board Election** will take place today in the Parish House after the Divine Liturgy.

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

* There will be a rescheduled **Young Adult Get-Together** this coming Thursday, May 8 at 7:00pm at Fr. Theodore and Presvytera Stacey's house. We will be having some grill-out food and also use the firepit, learning more about the proper disposal of blessed items.

* The **Metropolis Clergy-Laity and Philoptochos Conference** will be taking place in Charleston, South Carolina from June 11-15. More details can be found at clergylaity2025.org. Please let Fr. Theodore know if you are planning on attending.

* 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!