



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, July 6, 2025

Fourth Sunday of Matthew

St. Sisoës the Great

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

Mode of the Week: Third / Τρίτος

QR Codes (scan with smart phone for service texts)

Divine Liturgy



Upcoming Schedule

Today, July 6

9:15am Orthros
10:30am Divine Liturgy on the 4th Sunday of Matthew
Doxology for Independence Day at the end of the Liturgy
Coffee Fellowship in the Parish House after the Liturgy
12:45pm Bible Study

Wednesday, July 9

9:30am Prosfora Baking Class in the Parish House
5:30pm Vespers
6:30pm Introduction to the Orthodox Church Class in the Library/Zoom

Thursday, July 10

11:00am Orthodox Book Study at Taste and See in Macon
7:00pm Not So Young Adult Outing (Duck-Pin Bowling in Macon)

Saturday, July 12

11:00am Holy Baptism of John William Brock

Sunday, July 13

9:15am Orthros
10:30am Divine Liturgy on the Sunday of the Holy Fathers of the Fourth Ecumenical Council
Coffee Fellowship in the Parish House after the Liturgy
1:00pm Youth Greek Dance
Parish Family Fellowship/BYOPicnic at Lake Tobo

Tuesday, July 15

5:15pm Parish Council Meeting

Wednesday, July 16

5:30pm Great Vespers
6:30pm Divine Liturgy honoring St. Marina the Great Martyr
7:30pm Planning Committee Meeting

Thursday, July 17

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

Friday, July 18

8:00am Pastitsio Prep for the Festival (potentially continued on Saturday)

Sunday, July 20

9:15am Orthros
10:30am Divine Liturgy on the Feast Day of the Holy Prophet Elias (Elijah)
Coffee Fellowship in the Parish House after the Liturgy
12:45pm Bible Study

Tuesday, July 22

9:30am Orthros
10:30am Divine Liturgy on the Feast Day of St. Mary Magdalene

Wednesday, July 23

3:00pm Red Cross Blood Drive in the Parish House (until 7:00pm)
5:30pm Vespers for the Feast of St. Christina the Martyr
6:30pm Introduction to the Orthodox Church Class in the Library/Zoom

Friday, July 25

9:30am Orthros
10:30am Divine Liturgy on the Dormition of St. Anna, mother of the Theotokos

Upcoming Epistle Readers: (7/13) Helen Troupis, Beth Zoumberis; (7/20) Pete Tsamolias, Charles Glotzbach
Upcoming PC Member On-Duty: (7/13) Maria Spicer; (7/20) Sarah Drakopoulos; (7/27) Chad Ridley; (8/3) Gray Y.
Upcoming Ushers: (7/9+7/16) Cristina L.; (7/13) Cristina+Jim L.; (7/20) John A., Charles G.; (7/22) Sarah D.
Upcoming Video Operators: (7/13) David Z.; (7/20) Natalia S.; (7/25) Norm A.; (7/27) Gray, David N.; (8/1a) Cristina
Fellowship Hosts: (7/13) Cheryl Schwartzkopf; (7/20) Antigone Michalakis; (7/27) Beth Zoumberis; (8/3) Ehmers

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
χεῖρας, ἀλαλάζατε τῷ Θεῷ ἐν φωνῇ
ἀγαλλιάσεως.

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Πρὸς Ρωμαίους Ἐπιστολῆς
Παύλου τὸ ἀνάγνωσμα.

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Ἀδελφοί, ἐλευθερωθέντες ἀπὸ τῆς
ἀμαρτίας ἐδουλώθητε τῇ
δικαιοσύνῃ. ἀνθρώπινον λέγω διὰ
τὴν ἀσθένειαν τῆς σαρκὸς ὑμῶν.
ὥσπερ γὰρ παρεστήσατε τὰ μέλη
ὑμῶν δοῦλα τῇ ἀκαθαρσίᾳ καὶ τῇ
ἀνομίᾳ εἰς τὴν ἀνομίαν, οὕτω νῦν
παραστήσατε τὰ μέλη ὑμῶν δοῦλα
τῇ δικαιοσύνῃ εἰς ἁγιασμόν. ὅτε
γὰρ δοῦλοι ἦτε τῆς ἀμαρτίας,
ἐλεύθεροι ἦτε τῇ δικαιοσύνῃ. τίνα
οὖν καρπὸν εἶχετε τότε ἐφ’ οἷς νῦν
ἐπαισχύνεσθε; τὸ γὰρ τέλος
ἐκείνων θάνατος. νυνὶ δὲ
ἐλευθερωθέντες ἀπὸ τῆς ἀμαρτίας
δουλωθέντες δὲ τῷ Θεῷ ἔχετε τὸν
καρπὸν ὑμῶν εἰς ἁγιασμόν, τὸ δὲ
τέλος ζωὴν αἰώνιον. τὰ γὰρ
ὀψώνια τῆς ἀμαρτίας θάνατος, τὸ
δὲ χάρισμα τοῦ Θεοῦ ζωὴ αἰώνιος
ἐν Χριστῷ Ἰησοῦ τῷ Κυρίῳ ἡμῶν.

*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 Paul’s Letter
to the Romans. (6:18-23)*

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Brethren, having been set free
from sin, you have become slaves
of righteousness. I am speaking in
human terms, because of the
weakness of your flesh. For just as
you once yielded your members to
impurity and to greater and
greater iniquity, so now yield your
members to righteousness for
sanctification. When you were
slaves of sin, you were free in
regard to righteousness. But then
what return did you get from the
things of which you are now
ashamed? The end of those things
is death. But now that you have
been set free from sin and have
become slaves of God, the return
you get is sanctification and its
end, eternal life. For the wages of
sin is death, but the free gift of
God is eternal life in Christ Jesus
our Lord.

The Holy Gospel Reading according to St. Matthew (8:5-13)

Fourth Sunday of Matthew

Τῷ καιρῷ ἐκείνῳ, εἰσελθόντι τῷ
Ἰησοῦ εἰς Καπερναοὺμ προσῆλθεν
αὐτῷ ἑκατόνταρχος παρακαλῶν
αὐτὸν καὶ λέγων· Κύριε, ὁ παῖς μου
βέβληται ἐν τῇ οἰκίᾳ παραλυτικός,
δεινῶς βασανιζόμενος. καὶ λέγει
αὐτῷ ὁ Ἰησοῦς· ἐγὼ ἐλθὼν
θεραπεύσω αὐτόν. καὶ ἀποκριθεὶς ὁ
ἑκατόνταρχος ἔφη· Κύριε, οὐκ εἰμι
ικανὸς ἵνα μου ὑπὸ τὴν στέγην
εἰσέλθῃς· ἀλλὰ μόνον εἰπὲ λόγῳ, καὶ
ἰαθήσεται ὁ παῖς μου. καὶ γὰρ ἐγὼ
ἄνθρωπός εἰμι ὑπὸ ἐξουσίαν, ἔχων
ὑπ’ ἐμαυτὸν στρατιώτας, καὶ λέγω
τούτῳ, πορεύθητι, καὶ πορεύεται, καὶ
ἄλλῳ, ἔρχου, καὶ ἔρχεται, καὶ τῷ
δούλῳ μου, ποιήσον τοῦτο, καὶ
ποιεῖ. ἀκούσας δὲ ὁ Ἰησοῦς
ἐθαύμασε καὶ εἶπε τοῖς
ἀκολουθοῦσιν· ἀμὴν λέγω ὑμῖν,
οὐδὲ ἐν τῷ Ἰσραὴλ τοσαύτην πίστιν
εὑρόν. λέγω δὲ ὑμῖν ὅτι πολλοὶ ἀπὸ
ἀνατολῶν καὶ δυσμῶν ἥξουσιν καὶ
ἀνακλιθήσονται μετὰ Ἀβραάμ καὶ
Ἰσαὰκ καὶ Ἰακώβ ἐν τῇ βασιλείᾳ τῶν
οὐρανῶν, οἱ δὲ υἱοὶ τῆς βασιλείας
ἐκβληθήσονται εἰς τὸ σκότος τὸ
ἐξώτερον· ἐκεῖ ἔσται ὁ κλαυθμὸς καὶ
ὁ βρυγμὸς τῶν ὀδόντων. καὶ εἶπεν ὁ
Ἰησοῦς τῷ ἑκατοντάρχῳ· ὑπάγε, καὶ
ὥς ἐπίστευσας γεννηθήτω σοι. καὶ
ἰάθη ὁ παῖς αὐτοῦ ἐν τῇ ὥρᾳ ἐκείνῃ.

At that time, as Jesus entered
Capernaum, a centurion came
forward to him, beseeching him
and saying, “Lord, my servant is
lying paralyzed at home, in
terrible distress.” And he said to
him, “I will come and heal him.”
But the centurion answered him,
“Lord, I am not worthy to have
you come under my roof; but only
say the word, and my servant will
be healed. For I am a man under
authority, with soldiers under me;
and I say to one, ‘Go,’ and he goes,
and to another, ‘Come,’ and he
comes, and to my slave, ‘Do this,’
and he does it.” When Jesus heard
him, he marveled, and said to
those who followed him, “Truly, I
say to you, not even in Israel have
I found such faith. I tell you, many
will come from east and west and
sit at table with Abraham, Isaac,
and Jacob in the kingdom of
heaven, while the sons of the
kingdom will be thrown into the
outer darkness; there men will
weep and gnash their teeth.” And
to the centurion Jesus said, “Go;
be it done for you as you have
believed.” And the servant was
healed at that very moment.

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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 July 6, 2025

Ushers on Duty: Erick and Cheryl Schwartzkopf

Video: Joanna P.

Altar Servers: All Adult/Youth Servers

Epistle Readers: George Saratsiotis (Greek); Beth Zoumberis (English)

Fellowship Host (Thank You!): Marcela Chiorescu

PC Member On-Duty: John Apostolou



Today our Holy Orthodox Church commemorates:

- + Our Devout Fathers Sisoës (Σισώης) the Great (+429)

This Saint, great and renowned among the ascetics of Egypt, lived in the fourth century in Scete of Nitria. After the death of Saint Anthony the Great, he left Scete to live in Saint Anthony's cave; he said of this, "Thus in the cave of a lion, a fox makes his dwelling." When Sisoës was at the end of his long life of labours, as the Fathers were gathered about him, his face began to shine, and he said, "Behold, Abba Anthony is come"; then, "Behold, the choir of the Prophets is come"; his face shone yet more bright, and he said, "Behold, the choir of the Apostles is come." The light of his countenance increased, and he seemed to be talking with someone. The Fathers asked him of this; in his humility, he said he was asking the Angels for time to repent. Finally his face became as bright as the sun, so that the Fathers were filled with fear. He said, "Behold, the Lord is come, and He says, 'Bring Me the vessel of the desert,'" and as he gave up his soul into the hands of God, there was as it were a flash of lightning, and the whole dwelling was filled with a sweet fragrance.

- + The Holy Martyr Lucia (Λουκία) the Virgin, Rex (Ρήξος) the Vicar, and 24 Martyrs with them (+301)
- + The Holy Hieromartyr Astius (Αστέιος), Bishop of Dyrrhachium (+100)
- + The Holy Martyrs Archippus (Αρχιππος), Philemon (Φιλήμων), and Onesimus (Ονήσιμος) (+1st Century)
- + The Holy Martyrs Apollonius (Απολλώνιος), Alexandrion (Αλεξανδρίων), and Epimachus (Επιμαχος)
- + Our Devout Father Goar of Aquitaine along the Rhine, Germany (+649)
- + The Holy Martyr Tranquillinus of Rome, compatriot of St. Sebastian (+288)

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):

- *Weekly Resurrectional Hymn (Ευφραινέσθω τα ουράνια, 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. *(Sung before and after the Small Entrance, Greek text 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 Normal Kontakion of the Theotokos (Προστασία των Χριστιανών, 2nd Mode):*

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you. *(Greek text in hymnal on pg. 224)*

Guidance, Prayer Requests, and Announcements

This Week's Daily

Scripture Readings and Fasting Guidance:

Sunday, July 6—No Fasting:

Luke 24:1-12; Romans 6:18-23; Matthew 8:5-13

Monday, July 7—No Fasting:

Galatians 3:23-29, 4:1-5; Mark 5:24-34

Tuesday, July 8—No Fasting:

I Timothy 4:9-15; Luke 6:17-19, 9:1-2, 10:16-21

Wednesday, July 9—Strict Fast:

Romans 15:7-16; Matthew 12:38-45

Thursday, July 10—No Fasting:

Romans 15:17-29; Matthew 12:46-50, 13:1-3

Friday, July 11: St. Euphemia—Strict Fast:

Mark 5:24-34; II Corinthians 6:1-10; Luke 7:36-50

Saturday, July 12—No Fasting:

Romans 8:14-21; Matthew 9:9-13

Prayer Requests for Health of Soul and Body:

Metropolitan Alexios, Fr. Symeon (mission priest supported by our parish), Fr. Mike, Panteleimon, Kassiani, Dimitri, Georgia, Pavlos, Maria, 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, Karl, Colin, Mitch, Rinne, Michael, Christian, Paul, Lucas, Leo, Nicholas, Kevin, Andy, Karen, Vera, Adam, Debbie, Alberto, Sadith, Richelle, Marion, Paul, George, Christina, Eric, Kristen, Diane, Lydia, Virgil, Lucy, George

Prayers for those recently reposed:

Virginia (+May 24), Tina (+June 12), Tim (+June 14), Samuel (+June 26)

Prayers for expecting mothers:

Betty, Heather, Julieta, Kalie

Prayers for Military Personnel and Their Families:

Aubriana Butchko, Benjamin George Davis, Kyle Glotzbach, Robert Ice, Aleksander Zajac

Prayers for our Catechumens and Inquirers into the Orthodox Church:

Alexander, Bobbie, Dakota, Hannah, Jessica, Mary Emma, Nate, Sophia, Susan, Tammy and pray for those who are seeking Christ and His Church!

Weekly Wisdom of the Fathers:

Abba (Father) Sisoës the Great, commemorated today: "A brother whom another brother had wronged came to see Abba Sisoës and said to him, 'My brother has hurt me and I want to avenge myself.' The old man pleaded with him saying, 'No, my child, leave vengeance to God.' He said to him, 'I shall not rest until I have avenged myself.' The old man said, 'Brother, let us pray.' Then the old man stood up and said, 'God, we no longer need you to care for us, since we do justice for ourselves.' Hearing these words, the brothers fell at the old man's feet, saying, 'I will no longer seek justice from my brother; forgive me abba.'" Abba Sisoës also stressed the importance of repentance and trusting in God's mercy and willingness to forgive. When a brother asked, "I have fallen, Abba; what shall I do?" The elder said to him, "Get up again." The brother said, "I have gotten up again, but again have I fallen." The elder said, "Get up again

and again." So the brother asked, "How many times?" The elder replied, "Until your death, Until you are taken up either in virtue or in sin."

Upcoming Celebrations This Week

Name Days—Chronia Polla, Many Years!

July 7: Dominic Economopoulos

July 10: Amalia Emily Dermatas

Birthdays—Happy Birthday!

July 8: Paul Syribey

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:

* At the end of the Divine Liturgy today, we will have a celebratory doxology on the occasion of **Independence Day**. May God always bless and protect our American Nation!

* The next **Introduction to the Orthodox Church** class will take place this Wednesday, July 9 at 6:30pm (after the Vespers) in the Church Library/on Zoom. The topic will be "The Architecture of the Church." If you would like a recording of the previous session or be included on the email list for the class, please contact Fr. Theodore.

* The **Orthodox Book Study** will begin anew this Thursday, July 10 at the Taste and See coffee shop in Downtown Macon. We will be reading the book *For the Life of the World* by Fr. Alexander Schmemmann. Please plan on joining on Thursday mornings!

* There will be a class for learning how to bake **prosfora** (the bread used for Holy Communion) this Wednesday, July 9 at 9:30am. Please contact Natalia if you would like to attend!

* There will be a **Not So Young Adult** outing this coming week, Thursday, July 10 at 7:00pm at the Social Duck bowling alley in downtown Macon. Please let Beth Zoumberis know if you are planning on joining!

* Next **Sunday, July 13**, after the Divine Liturgy and the post-Church activities, plan on joining for a low-key afternoon of fellowship at Lake Tobo. BYOPicnic and beverages and let's enjoy a Sunday afternoon in fellowship by the lake!

* **Youth:** Please save the date for our annual outing at Rigby's on Saturday, July 26. Details have been sent by email.

* **FESTIVAL NEWS: Sponsorship Opportunities** have begun! We would love for everyone to find a new business to go in the program book. Please consider taking a form located in the Narthex and/or Parish House to a business here in Central Georgia. In addition to finding a business, if you would like to put a "Congratulations", "In Memory of", or any other family message, we are accepting those as well. All sponsorships (including artwork for the program book) is due August 15th. Scan the QR code to submit an ad. Contact Natalia if you have any questions. Also, be sure to mark your calendars for October 24-26!

