



# HOLY CROSS

## GREEK ORTHODOX CHURCH

Orthros, part 1



Orthros, part 2



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

### Sunday, September 21, 2025

Sunday after Holy Cross

St. Quadratus the Apostle

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

Mode of the Week: Plagal of the Second/Πλ. του Δευτέρου

QR Codes (scan with smart phone for service texts)

Divine Liturgy



### Upcoming Schedule

Today, September 21

9:15am Orthros  
10:30am Divine Liturgy on the Sunday after Holy Cross  
Sunday School begins for the Youth after Holy Communion  
Coffee Fellowship in the Parish House after the Liturgy  
Youth Greek Dance

Wednesday, September 24

3:00pm Red Cross Blood Drive (in the Parish House, until 7:00pm)  
5:30pm Vespers  
6:30pm Introduction to the Orthodox Church Class in person and on Zoom

Thursday, September 25

10:30am Orthodox Book Study at Taste and See in Macon  
7:30pm Stewardship Committee Meeting

Friday, September 26

9:30am Orthros  
10:30am Divine Liturgy on the Falling Asleep of St. John the Theologian

Sunday, September 28

9:15am Orthros  
10:30am Divine Liturgy on the 1<sup>st</sup> Sunday of Luke  
Sunday School for the Youth after Holy Communion  
Epistle Reader Meeting after the Divine Liturgy  
Coffee Fellowship in the Parish House after the Liturgy  
12:15pm Philoptochos Meeting in the Parish House  
12:45pm Bible Study

Tuesday, September 30

6:45pm Parish Council Meeting

Wednesday, October 1

5:30pm Vespers  
6:30pm Introduction to the Orthodox Church Class in person and on Zoom

Thursday, October 2

10:30am Orthodox Book Study at Taste and See in Macon

Sunday, October 5

9:15am Orthros  
10:30am Divine Liturgy on the 2<sup>nd</sup> Sunday of Luke  
Sunday School for the Youth after Holy Communion  
Coffee Fellowship in the Parish House after the Liturgy  
1:00pm Youth Greek Dance

Saturday, October 11

9:00am Pastry Prep for Festival  
4:00pm Byzantine Chant Class  
5:00pm Great Vespers  
6:00pm Men's Brotherhood Fellowship

Sunday, October 12

9:15am Orthros  
10:30am Divine Liturgy on the Sunday of the 7th Ecumenical Council  
Sunday School for the Youth after Holy Communion  
Coffee Fellowship in the Parish House after the Liturgy  
12:45pm Youth Greek Dance

**Upcoming Epistle Readers:** (9/28)Kostas Iakovidis, Charles Glotzbach; (10/5) Chad Ridley, Carter Zoumberis

**Upcoming PC Member On-Duty:**(9/28) Gray Yates; (10/5) Chad Ridley; (10/12) John Apostolou; (10/19) Maria S.

**Upcoming Ushers:** (9/24) Charles G; (9/26+28) Haris S; (9/28)Nic+Pam P; (10/1) Charles G;(10/5)Sarah D, Maria S

**Upcoming Video Operators:** (9/26) Daniel; (9/28) Natalia S.; (10/5) Joanna P.; (10/12) Cristina L.; (10/17) David N

**Fellowship Hosts:** (9/28) Men's Brotherhood; (10/5) Robert Ice; (10/12) Helen Vardy; (10/19) Kathy Patras

### 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

*Σῶσον, Κύριε, τὸν λαόν σου καὶ  
εὐλόγησον τὴν κληρονομίαν σου.*

*Στίχ. Πρὸς σέ, Κύριε, κεκράζομαι,  
ὁ Θεός μου.*

+++

*Πρὸς Γαλάτας Ἐπιστολῆς  
Παύλου τὸ ἀνάγνωσμα.*

+++

Ἀδελφοί, εἰδότες ὅτι οὐ δικαιоῦται ἄνθρωπος ἐξ ἔργων νόμου ἐὰν μὴ διὰ πίστεως Ἰησοῦ Χριστοῦ, καὶ ἡμεῖς εἰς Χριστὸν Ἰησοῦν ἐπιστεύσαμεν, ἵνα δικαιωθῶμεν ἐκ πίστεως Χριστοῦ καὶ οὐκ ἐξ ἔργων νόμου, διότι οὐ δικαιωθήσεται ἐξ ἔργων νόμου πᾶσα σὰρξ. εἰ δὲ ζητοῦντες δικαιωθῆναι ἐν Χριστῷ εὐρέθημεν καὶ αὐτοὶ ἁμαρτωλοί, ἄρα Χριστὸς ἁμαρτίας διάκονος; μὴ γένοιτο. εἰ γὰρ ἃ κατέλυσα ταῦτα πάλιν οἰκοδομῶ, παραβάτην ἑμαυτὸν συνίστημι. ἐγὼ γὰρ διὰ νόμου νόμῳ ἀπέθανον, ἵνα Θεῷ ζήσω. Χριστῷ συνεσταύρωμαι· ζῶ δὲ οὐκέτι ἐγώ, ζῇ δὲ ἐν ἐμοὶ Χριστός· ὁ δὲ νῦν ζῶ ἐν σαρκί, ἐν πίστει ζῶ τῇ τοῦ υἱοῦ τοῦ Θεοῦ τοῦ ἀγαπήσαντός με καὶ παραδόντος ἑαυτὸν ὑπὲρ ἐμοῦ.

*O Lord, save Your people, and  
bless Your inheritance.*

*Verse: To You, O Lord, I cry; O  
my God.*

+++

*The reading is from Paul's Letter  
to the Galatians. (2:16-20)*

+++

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

## The Holy Gospel Reading according to St. Mark (8:34-38; 9:1)

Sunday after Holy Cross

Εἶπεν ὁ Κύριος· ὅστις θέλει ὀπίσω μου ἀκολουθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνηθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνηθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

# HOLY CROSS

## 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 September 21, 2025

**Ushers on Duty:** Sarah Drakopoulos, Natalia Saratsiotis

**Video:** David Z.

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

**Epistle Readers:** Kostas Iakovidis (Greek); Isabelle Saratsiotis (English)

**Fellowship Host (Thank You!):** Mandi Saratsiotis

**PC Member On-Duty:** Natalia Saratsiotis



### Today our Holy Orthodox Church commemorates:

- + Leave-taking of the Elevation of the Holy and Life-Giving Cross

The Elevation of the Holy and Life-Giving Cross was celebrated last Sunday, September 14. Today is the Leave-taking (Απόδοσις) or “Giving Up” of the Feast until its celebration the following year.

- + The Holy Apostle Quadratus (Κοδράτος) (+117)

Saint Quadratus was a disciple of the Apostles, and became Bishop of Athens. According to the Synaxaristes, he contested for the Faith in the year 117, in the reign of Hadrian (117-138), but according to others, in the reign of Marcus Aurelius (161-180).

- + The Holy Prophet Jonah (Ιωνάς) (+8<sup>th</sup> Century BC)

The Prophet Jonah, the son of Amathi, of the town of Geth-hopher (IV Kings 14:25), was of the tribe of Zabulon; he prophesied during the years 838-810 before Christ. Jonah' book of prophecy is divided into four chapters, and is placed fifth in order among the twelve minor Prophets. His three-day sojourn in the sea-monster's belly is an image of our Saviour's three-day burial and His life-bringing Resurrection (Matt. 12:39-40). His name means "dove."

- + Our Devout Father Jonah of St. Savvas Monastery (+9<sup>th</sup> Century)

- + The Holy Martyr Efsevios (Ευσέβιος) of Phoenicia (+2<sup>nd</sup> Century)

- + The Holy Martyrs and Siblings Efsevios (Ευσέβιος), Nestabus (Νέσταβος), and Zeno (Ζήνων) of Gaza (+360)

- + Our Holy Fathers Meltios (Μελέτιος) and Isakios (Ισαάκιος), Bishops of Cyprus

- + The Holy Martyr Priskos (Πρίσκο) of Phrygia

- + The Holy Six Martyrs, lieutenants of Maximian (+298)

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 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. (Sung before the Small Entrance and after the Hymn of the Resurrection. Greek text found on the back of the bulletin)

- Special Entrance Hymn for the Feast:

Exalt the Lord our God, and worship at the footstool of His feet; for He is holy. Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

- Weekly Resurrectional Hymn (Αγγελικαί δυνάμεις, Plagal Second Mode):

When the angelic powers appeared at Your tomb, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary, who was seeking Your immaculate body. Unassailed by Hades, You divested it of spoils. Then You met the Virgin. You granted life. O Lord, risen from the dead, glory to You! (Greek Text found in hymnal on pg. 118)

- The Kontakion of the Holy Cross (Ο νρωθείς εν τῷ Σταυρῷ, Fourth Mode):

You who were lifted on the cross voluntarily, O Christ our God, bestow Your tender compassions upon Your new community to which You gave Your name. Cause our faithful emperors to be glad in Your power, granting them the victories against their adversaries. And for an ally, Lord, may they have You, peace as their armor, the trophy invincible. (Greek Text found in Hymnal on pg. 233)

## Guidance, Prayer Requests, and Announcements

### This Week's Daily Commemorations, Fasting Guidance and Scripture Readings:

**Sunday, September 21: Sunday after Holy Cross**

No Fasting

Luke 24:1-12; Galatians 2:16-20; Mark 8:34-38, 9:1

**Monday, September 22: St. Phocas the Gardener**

No Fasting

Galatians 4:28-31, 5:1-10; Luke 3:19-22

**Tuesday, September 23: Conception of St. John the Baptist**

No Fasting

Galatians 4:22-27; Luke 1:5-25

**Wednesday, September 24: St. Thecla the Proto-martyr**

Strict Fast

Luke 1:39-49, 56; II Timothy 3:10-15; Luke 10:38-42, 11:27-28

**Thursday, September 25: St. Euphrosyne**

No Fasting

Ephesians 1:1-9; Luke 4:16-22

**Friday, September 26: St. John the Theologian**

Wine+Oil

John 21:14-25; I John 4:12-19; John 19:25-27, 21:24-25

**Saturday, September 27: St. Callistratus the Martyr**

No Fasting

I Corinthians 10:23-28; Luke 4:31-36

### Prayer Requests for Health of Soul and Body:

Metropolitan Alexios, Fr. Symeon (mission priest supported by our parish), Fr. Mike, Panteleimon, Kassiani, Dimitri, Georgia, Maria, 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, Kristen, Diane, Lydia, Virgil, Lucy, George, John, Pauline, Woody, Bill, Nicholas, Mandy, Benjamin, Brenda, George, Gabriel, Bradaen

### Prayers for those recently reposed:

Charles (+August 23), Clark (+September 4)

### Prayers for expecting mothers:

Amanda, Antigone, Betty, 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, Cherish, Dakota, Daniel, Ecaterina, Gavin, Hannah, Jessica, Julian, Kyle, Macayla, Max, Mary Emma, Nate, Ron, Sophia, Susan, Sydney, Tammy, Tristan and pray for those who are seeking Christ and His Church!

### Weekly Wisdom of the Fathers and Mothers of our Holy Orthodox Church:

**Saint Ephrem the Syrian, encouraging us in our struggle as Christians in our day-to-day lives:** “Do all in your power not to fall, for the strong athlete should not fall. But if you do fall, get up again at once and continue the contest. Even if you fall a thousand times because of the withdrawal of God's grace, rise up again each time, and keep on doing this until the day of your death. For it is written, 'If a righteous man falls down seven times' - that is, repeatedly throughout his life - 'seven times shall he rise again' [Prov. 24:16].

### Upcoming Celebrations This Week

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

September 22: Adam Phocas Landin

September 23: Paulina Stone

**Birthdays—Happy Birthday!**

September 22: Kassiani Andros, Hazel Dunbar

September 23: Dakota McDowell, Alexia Passias

September 27: Bryan Gordy

**Anniversaries—Congratulations!**

September 25: Juliana & Brian Gordy

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

### Announcements:

\* **The first day of SUNDAY SCHOOL is today!** Teachers and students will commune first, meet in the Narthex, then walk over to the Parish House. Immediately after antidoron today, there will be an Agiasmo (Blessing of the Waters) upstairs in the classrooms and hallway for the beginning of the new year.

\* The next **Introduction to the Orthodox Church** class will take place **Wednesday, September 24 at 6:30pm in person and on Zoom.** The topic will be our Orthodox Christian understanding of the importance of prayer. If you would like a recording of the previous session or be included on the email list for the class, please contact Father Theodore.

\* The **Orthodox Book Study** will continue Thursday, September 25 at the Taste and See coffee shop in Downtown Macon at 10:30am. We are reading the book *For the Life of the World* by Fr. Alexander Schmemmann, of blessed memory. Please plan on joining on Thursday mornings!

\* **FESTIVAL INFO (OCTOBER 24-26):** Have you taken off for Friday, October 24th yet? We still have lots of Raffle Tickets that families have not taken. Please see Natalia to get your tickets. **Today** after Divine Liturgy, the truck will be arriving with pastries. We need your help taking boxes to the freezers. Please see Kostas Iakovidis if you are able to help. **Pastry Prep** will be on October 11th and 18th. Know of someone who needs **Volunteer Hours?** Scan the QR Code and share it with your friends. The volunteer link is for non-parishioners who would like to volunteer. NOTE: We always struggle for volunteers on Friday. Thank you!



\* The **Altar Server Workshop/Meeting** that was to take place a couple of weeks ago is going to be rescheduled. If you assist in the Holy Altar, please keep an eye out for the new date!

\* There will be an **Epistle Reader Meeting** taking place immediately after the Divine Liturgy next Sunday, September 28. Please plan on staying for this meeting if you are an Epistle Reader (or would like to be!)

\* There will be a **Red Cross Blood Drive** on Wednesday, September 24 in the Parish House from 3:00pm to 7:00pm. See flyer in the Parish House to sign up. Come to give blood and stay for the Vespers that will take place in the Chapel at 5:30!

\* **Are you or do you know someone who is a Mercer University student?** Fr. Theodore and Rene Esquivel will be at the “Church Days” event in the Student Center from 10am to 2pm this Wednesday, September 24. This is an event to introduce our Church to the students who are seeking their spiritual home. Come to the event—and tell your friends!