



# 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, February 1, 2026

Start of the Triodion: Sun. of Publican and Pharisee  
St. Tryphon the Martyr

Eothinon/Orthros Gospel: First (Matthew 28:16-20)

Mode of the Week: First / Πρώτος

QR Codes (scan with smart phone for service texts)

Orthros, part 1



Orthros, part 2



Divine Liturgy



### Upcoming Schedule

*Today, February 1*

9:15am Orthros  
10:30am Divine Liturgy on the Sunday of the Publican and Pharisee  
Sunday School for the Youth after Holy Communion  
Coffee Fellowship in the Parish House after the Liturgy  
Philoptochos Meeting in the Parish House after the Liturgy  
1:00pm Youth Greek School  
2:00pm Great Vespers for the Feast Day of Ypapanti—Meeting of the Lord

*Monday, February 2*

9:30am Orthros  
10:30am Divine Liturgy for the Feast Day of Ypapanti—Meeting of the Lord  
Father Theodore at the Alexios (Diakonia) Retreat Center for Clergy Meetings

*Tues, Feb 3—Thurs, Feb 5*

6:30pm Introduction to the Orthodox Church Class in the Church/on Zoom  
5:00pm Great Vespers

*Wednesday, February 4*

*Saturday, February 7*

*Sunday, February 8*

9:15am Orthros  
10:30am Divine Liturgy on the Sunday of the Prodigal Son (Godparent's Sunday)  
Sunday School for the Youth after Holy Communion  
Oratorical Festival at the end of Liturgy  
Coffee Fellowship in the Parish House after the Liturgy  
12:45pm Bible Study

*Tuesday, February 10*

*Wednesday, February 11*

6:30pm Divine Liturgy on the Feast Day of St. Haralambos  
5:30pm Vespers  
6:30pm Introduction to the Orthodox Church Class in the Church/on Zoom

*Thursday, February 12*

*Saturday, February 14*

10:00am Orthodox Book Study at Taste and See in Macon  
9:30am Orthros  
10:30am Divine Liturgy & Memorial Service for the 1st Saturday of the Souls  
12:30pm Parish Council Meeting

*Sunday, February 15*

**8:15am** Orthros  
**9:30am** Divine Liturgy on Judgment/Meatfare Sunday  
Sunday School for the Youth after Holy Communion  
11:00am Spring General Assembly  
Coffee Fellowship in the Parish House after the General Assembly  
1:00pm Youth Greek School

*Monday, February 16*

*Tuesday, February 17*

President's Day / Office Closed  
6:30pm Divine Liturgy on the Feast Day of St. Theodore the Recruit

**Upcoming Epistle Readers:** (2/8) Kostas Iakovidis, Caroline Saratsiotis; (2/15) George Saratsiotis; Cleo Bennette  
**Upcoming PC Member On-Duty:** (2/8) Kathy Patras; (2/15) Jim Lekas; (2/22) David Zoumberis; (3/1) Natalia S.  
**Upcoming Ushers:** (2/2+4) Charles G.; (2/7) David Z.; (2/8) Cheryl S., Haris S.; (2/10) Natalia S.; (2/11) Cristina L.  
**Upcoming Video Operators:** (2/2) Cristina; (2/8) David Z.; (2/14) Norm; (2/15) Joanna; (2/22 AM & PM) Natalia  
**Fellowship Hosts:** (2/8) Cleo Bennette; (2/15) Maria McCluskey; (2/22) Cheryl Schwartzkopf; (3/1) Tassie Cantrell

### 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

Τοῖς ἁγίοις τοῖς ἐν τῇ γῇ αὐτοῦ  
ἐθανυμάστωσεν ὁ Κύριος.  
Στίχ. Ἐν ἐκκλησίαις εὐλογεῖτε τὸν Θεόν.  
+++  
Πρὸς Ῥωμαίους Ἐπιστολῆς Παύλου τὸ  
ἀνάγνωσμα.  
+++

Ἀδελφοί, οἶδαμεν δὲ ὅτι τοῖς ἀγαπῶσι τὸν Θεὸν πάντα συνεργεῖ εἰς ἀγαθόν, τοῖς κατὰ πρόθεσιν κλητοῖς οὖσιν· ὅτι οὖς προέγνω, καὶ προώρισε συμμόρφους τῆς εἰκόνος τοῦ υἱοῦ αὐτοῦ, εἰς τὸ εἶναι αὐτὸν πρωτότοκον ἐν πολλοῖς ἀδελφοῖς· οὖς δὲ προώρισε, τούτους καὶ ἐκάλεσε, καὶ οὖς ἐκάλεσε, τούτους καὶ ἐδικαίωσεν, οὖς δὲ ἐδικαίωσε, τούτους καὶ ἐδόξασε. Τί οὖν ἐροῦμεν πρὸς ταῦτα; εἰ ὁ Θεὸς ὑπὲρ ἡμῶν, τίς καθ' ἡμῶν; ὅς γε τοῦ ἰδίου υἱοῦ οὐκ ἐφείσατο, ἀλλ' ὑπὲρ ἡμῶν πάντων παρέδωκεν αὐτόν, πῶς οὐχὶ καὶ σὺν αὐτῷ τὰ πάντα ἡμῖν χαρίζεται; τίς ἐγκαλέσει κατὰ ἐκλεκτῶν Θεοῦ; Θεὸς ὁ δικαίων· τίς ὁ κατακρίνων; Χριστὸς ὁ ἀποθανών, μᾶλλον δὲ καὶ ἐγερθεὶς, ὃς καὶ ἐστὶν ἐν δεξιᾷ τοῦ Θεοῦ, ὃς καὶ ἐντυγχάνει ὑπὲρ ἡμῶν. τίς ἡμᾶς χωρίσει ἀπὸ τῆς ἀγάπης τοῦ Χριστοῦ; θλίψις ἢ στενοχωρία ἢ διωγμὸς ἢ λιμὸς ἢ γυμνότης ἢ κίνδυνος ἢ μάχαιρα; καθὼς γέγραπται ὅτι ἕνεκά σου θανατούμεθα ὅλην τὴν ἡμέραν· ἐλογίσθημεν ὡς πρόβατα σφαγῆς. ἀλλ' ἐν τούτοις πᾶσιν ὑπερνικῶμεν διὰ τοῦ ἀγαπήσαντος ἡμᾶς. πέπεισμαι γὰρ ὅτι οὔτε θάνατος οὔτε ζωὴ οὔτε ἄγγελοι οὔτε ἀρχαὶ οὔτε δυνάμεις οὔτε ἐνεστῶτα οὔτε μέλλοντα οὔτε ὕψωμα οὔτε βάθος οὔτε τις κτίσις ἐτέρα δυνήσεται ἡμᾶς χωρίσαι ἀπὸ τῆς ἀγάπης τοῦ Θεοῦ τῆς ἐν Χριστῷ Ἰησοῦ τῷ Κυρίῳ ἡμῶν.

To the saints on His earth, in them the  
Lord magnified all His will.  
Verse: Bless God in the churches.  
+++  
The reading is from Paul's Letter to the  
Romans.  
(8:28-39)  
+++

Brethren, we know that in everything God works for good with those who love him, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the first-born among many brethren. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified. What then shall we say to this? If God is for us, who is against us? He who did not spare his own Son but gave him up for us all, will he not also give us all things with him? Who shall bring any charge against God's elect? It is God who justifies; who is to condemn? Is it Christ Jesus, who died, yes, who was raised from the dead, who is at the right hand of God, who indeed intercedes for us? Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

The Holy Gospel Reading according to St. Luke (18:10-14)  
16th Sunday of the Publican and Pharisee

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· ἄνθρωποι δύο ἀνέβησαν εἰς τὸ ἱερὸν προσεύξασθαι, ὁ εἷς Φαρισαῖος καὶ ὁ ἕτερος τελώνης. ὁ Φαρισαῖος σταθεὶς πρὸς ἑαυτὸν ταῦτα προσηύχετο· ὁ Θεός, εὐχαριστῶ σοι ὅτι οὐκ εἰμὶ ὥσπερ οἱ λοιποὶ τῶν ἀνθρώπων, ἄρπαγες, ἄδικοι, μοιχοί, ἢ καὶ ὡς οὗτος ὁ τελώνης· νηστεύω δις τοῦ σαββάτου, ἀποδεκατῶ πάντα ὅσα κτῶμαι. καὶ ὁ τελώνης μακρόθεν ἐστὼς οὐκ ἤθελεν οὐδὲ τοὺς ὀφθαλμοὺς εἰς τὸν οὐρανὸν ἐπᾶραι, ἀλλ' ἔτυπτεν εἰς τὸ στῆθος αὐτοῦ λέγων· ὁ Θεός, ἰλάσθητί μοι τῷ ἁμαρτωλῷ. λέγω ὑμῖν, κατέβη οὗτος δεδικαιωμένος εἰς τὸν οἶκον αὐτοῦ ἢ γὰρ ἐκεῖνος· ὅτι πᾶς ὁ ὑψῶν ἑαυτὸν ταπεινωθήσεται, ὁ δὲ ταπεινῶν ἑαυτὸν ὑψωθήσεται.

The Lord said this parable, “Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week, I give tithes of all that I get.’ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me a sinner!’ I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted.”

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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 February 1, 2026

**Ushers on Duty:** Cristina Lekas, Jim Lekas

**Video:** David N. **Altar Servers:** All Adult/Youth Servers

**Epistle Readers:** Aleca Hortman (Greek); Nicholas True (English)

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

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



### Today our Holy Orthodox Church commemorates:

- + Beginning of the Triodion: Sunday of the Publican and the Pharisee (**No Fasting This Week**)
- + The Holy Martyr Tryphon (Τρύφων) of Lampsacus (+250)

*The Holy Martyr Trypho was from Lampsacus in Phrygia, and as a young man he tended geese. Being filled with the gifts of the Holy Spirit, he also healed sufferings and cast out demons. During the reign of the Emperor Decius, about the year 250, he was betrayed as a Christian and taken to Nicaea, where he was beaten, bound to horses and dragged over rough ground, then dragged naked over nails; his sides were burned with torches; finally he was sentenced to beheading, but gave up his holy soul in his torments before the stroke of the sword. Saint Trypho is one of the Holy Unmercenarys, and is also invoked for the protection of gardens from insects and pests.*

- + Our Devout Father Peter (Πέτρος) of Galatia (+429)
- + Our Devout Father Bendimianos (Βενδιμιανός) (+512)
- + Our Devout Father and Confessor Basil (Βασίλειος), Archbishop of Thessaloniki (+862)
- + The Devout Timothy (Τιμόθεος) the Confessor
- + The Holy Martyr Theion (Θείων) with two children
- + The Holy Martyr Karion (Καρίων)
- + The Holy Martyr Perpetua (Περπέτουα) of Carthage and those catechumens with her: Saturus (Σάτυρος), Revocatus (Ρευκάτος), Saturninus (Σατουρνίλος), Secundulus (Σεκούνδος), and Felicity (Φιλικητάτη) (+202)
- + The Holy New Martyr Anastasios (Αναστάσιος) of Nafplion (+1655)
- + The Venerable Brigid of Kildare (+524)

*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 (Του λίθου σφραγισθένος, First Mode):*

The stone having been sealed by the Pharisees and chief priests, \* and Your all-immaculate body being guarded by soldiers, \* You rose on the third day, O Lord and Savior, granting life unto the world. \* Then the powers of the heavens cried out to You, O Giver of Life, and shouted, \* “Glory to Your resurrection, O Christ! \* Glory to Your eternal rule! \* Glory to Your plan for saving us, only benevolent God!” (Sung before and after the Small Entrance. *Greek Text found in hymnal on pg. 98*)

- *Hymn of the Forefeast of the Meeting of the Lord (Ουράνιος χορός, First Mode):*

The choir of heaven’s hosts, from the vaults of the heavens, \* bends forward to the earth and beholds as an infant \* the first-born of all creation being carried in the embrace \* of His holy virgin Mother unto the Temple. \* And with us they sign today a fore-festal anthem, \* in awe and astonishment.

- *Hymn of St. Tryphon (Ο Μάρτυς σου Κύριε, Fourth Mode):*

Your Martyr, O Lord, was worthily awarded by You the crown of incorruption, in that he contested for You our immortal God. Since he possessed Your power, he defeated the tyrants, dashing the demons’ powerless displays of defiance. O Christ God, at his fervent entreaties, save our souls.

- *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. (*Greek text found on the back of the bulletin*)

- *The Kontakion of the Forefeast of the Meeting of the Lord (Ος αγκάλας σήμερα, Fourth Mode):*

With our hearts instead of arms \* today, believers, \* with most pure and righteous thoughts \* let us receive in our embrace \* the Lord and Master who comes to us, \* and let us offer our fore-festal hymns of praise.

## Guidance, Prayer Requests, and Announcements

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

**Sunday, February 1: St. Tryphon the Martyr**

*No Fasting (Triodion Begins)*

Matthew 28:16-20; Romans 8:28-39; Luke 18:10-14

**Monday, February 2: Meeting of the Lord in the Temple**

*No Fasting*

Luke 2:25-32; Hebrews 7:7-17; Luke 2:22-40

**Tuesday, February 3: Synaxis of the Righteous Symeon**

*No Fasting*

Hebrews 9:11-14; Luke 2:25-38

**Wednesday, February 4: St. Isidore of Pelusium**

*No Fasting*

II Peter 3:1-18; Mark 13:24-31

**Thursday, February 5: St. Agatha the Martyr**

*No Fasting*

I John 1:8-10, 2:1-6; Mark 13:31-37, 14:1-2

**Friday, February 6: St. Photios the Great**

*No Fasting*

John 10:1-9; Hebrews 7:26-28, 8:1-2; John 10:9-16

**Saturday, February 7: St. Parthenius of Lampsacus**

*No Fasting*

I Timothy 6:11-16; Luke 20:46-47, 21:1-4

### 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, Carolina, Maria, Laurie, Lindsey, Randy, Marina, Effie, Christina, Ashley, Brian, Bessie, Katerina, Karl, Colin, Mitch, Rinne, Michael, Christian, Paul, Lucas, Nicholas, Kevin, Andy, Karen, Vera, Adam, Debbie, Alberto, Sadith, Richelle, Marion, Paul, George, Christina, Kristen, Diane, Lydia, Virgil, Lucy, George, John, Pauline, Bill, Nicholas, Mandy, Benjamin, Brenda, Gabriel, Barbara, Taylor, Elizabeth, Rich, Penny, Brian, Gracie, Woody, Braeden

### Prayers for those recently reposed:

Teri (+December 23), Sharon (+December 29), Norwood (+January 3), James (+January 10)

### Prayers for expecting mothers:

Amanda, Maggie, Kémie

### Prayers for Military Personnel and Their Families:

Benjamin George Davis, Joseph Fajloun, Kyle Glotzbach, Robert Ice, Aleksander Zajac

### Prayers for our Catechumens and Inquirers into the Orthodox Church:

Adam, Alexander, Amanda, Amber, Aryn, Avery, Billy, Bobbie, Cherish, Dakota, Daniel, Darryl, Debbie, Deia, Ecaterina, Gabrielle, Gavin, Grayson, Hannah, Jessica, John, Kyle, Macayla, Maegan, Max, Mary Emma, Nate, Noah, Philip, Ron, Sarah, 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:

**St. Silouan the Athonite** speaking of love that imitates God’s love for Him and for His creation: “A certain monk told me that when he was very sick, his mother said to his father, “How our little boy is suffering. I would gladly give myself to be cut up into pieces if that would ease his suffering.” Such is the love of God for people. He pitied people so much that he wanted to suffer for them, like their own mother, and even more. But no

one can understand this great love without the grace of the Holy Spirit.”

### Upcoming Celebrations This Week

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

**Birthdays—Happy Birthday!**

February 3: Sean Morris

February 4: Harry Zaloumes

February 5: Richard Stewart

February 6: Louis Bennette

**Anniversaries—Congratulations!**

February 4: Maggie and Louis Bennette, Ana and Vuc Habic

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

### Announcements:

\* If you were unable to turn your **2026 Holy Cross Stewardship Pledge** card in, there is still time to make your commitment for 2026. If you have misplaced your card, you can locate an extra one in the Narthex or online.

\* The next **Introduction to the Orthodox Church** class will take place **Wednesday, February 4 at 6:30pm** in-person and on Zoom. The topic will be the Holy Sacraments/Mysteries.

\* **Philoptochos** will have their next general meeting taking place after the Divine Liturgy today in the Parish House. If you are a member of Philoptochos or have thought about participating, please plan on attending!

\* The **Spring General Assembly** will be held on Sunday, February 15th, following Divine Liturgy, taking place in the Church. Everyone is welcome to attend this important meeting, during which we will discuss the proposed purchase of the parking lot. However, please note that only members in good standing may vote on any actions. Additionally, please note that the Divine Services will start early that day.

\* **The Not-So-Young-Adult Group** will have their next outing at the home of Cheryl & Erick Schwartzkopf on Saturday, February 20th. More information to come.

\* Please see the Online Sign-Up or contact Father Theodore if you have desire a **House Blessing** before the beginning of Great Lent.

\* **Great Lent, Holy Week & Pascha Preparations** have been emailed out. There are many ways to help by adorning icons, providing meals, organizing children, reading and more! you’d like to volunteer, contact the office email. Scan the QR Code for opportunities to help or donate to help. Thank you for your volunteer efforts during this most blessed time of the year!



\* **Our Parish's 2026 St. John Chrysostom Oratorical Festival** ("SJCOF") will be after the Divine Liturgy on SUNDAY, FEB. 8th - it's **next Sunday!** Please register with the email link sent by Presvytera Stacey or by emailing Presvytera at pres.stacey@holycrossga.org. Also on next Sunday is Godparent Sunday - invite your out-of-town godparents to come watch in support! Also of note, we will be hosting the District Level Oratorical Festival here at Holy Cross on Saturday, March 14.