



HOLY CROSS

GREEK ORTHODOX CHURCH

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

Sunday, February 22, 2026

Forgiveness/Cheesefare Sunday

St. Onesimos the Apostle

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

Mode of the Week: Fourth / Τέταρτος

QR Codes (scan with smart phone for service texts)

Orthros, part 1



Orthros, part 2



Divine Liturgy



Upcoming Schedule

<i>Today, February 22</i>	9:15am Orthros 10:30am Divine Liturgy on Forgiveness/Cheesefare Sunday Sunday School for the Youth after Holy Communion 40-day Memorial for James Scarborough at the end of Liturgy Coffee Fellowship in the Parish House after the Liturgy 2:00pm Forgiveness Vespers
<i>Monday, February 23</i>	6:00pm Great Compline on Clean Monday (beginning of Great Lent)
<i>Wednesday, February 25</i>	5:30pm 9 th Hour & Pre-Sanctified Liturgy 7:15pm Light Lenten Meal & Spiritual Discussion in the Parish House
<i>Friday, February 27</i>	6:00pm Small Compline and First Salutations to the Theotokos
<i>Saturday, February 28</i>	9:30am Orthros 10:30am Divine Liturgy and Memorial Service on the Commemoration of St. Theodore the Recruit and the Miracle of the Kollyva (3 rd Sat of Souls) 2:00pm Philoptochos Backpack Buddies Packing Day (@Forest Hills UMC)
<i>Sunday, March 1</i>	9:30am Orthros 10:30am Divine Liturgy on the Sunday of Orthodoxy Procession of the Holy Icons at the end of the Liturgy Coffee Fellowship in the Parish House after the Liturgy 5:00pm Pan-Orthodox Sunday of Orthodoxy Vespers at the Annunciation Cathedral in Atlanta
<i>Tuesday, March 3</i>	5:45pm 9 th Hour & Pre-Sanctified Liturgy 7:15pm Light Lenten Meal & Spiritual Discussion in the Parish House
<i>Friday, March 6</i>	6:00pm Small Compline and Second Salutations to the Theotokos
<i>Saturday, March 7</i>	5:00pm Great Vespers
<i>Sunday, March 8</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of St. Gregory Palamas 12:00pm Coffee Fellowship in the Parish House after the Liturgy 3:00pm "Stop the Bleed" Training in the Parish House 5:00pm Pan-Orthodox Vespers @ Holy Cross
<i>Tuesday, March 10</i>	5:00pm Great Compline 7:00pm Men's Brotherhood Gathering at Tatnall Square Park
<i>Wednesday, March 11</i>	5:30pm 9 th Hour & Pre-Sanctified Liturgy 7:15pm Light Lenten Meal & Spiritual Discussion in the Parish House
<i>Friday, March 13</i>	6:00pm Small Compline and 3rd Salutations to the Theotokos
<i>Saturday, March 14</i>	10:00am District Oratorical Festival 3:00pm Great Vespers for the Sunday of the Veneration of the Holy Cross

Upcoming Epistle Readers (3/1) Pete Tsamolias, Rene Esquivel; (3/8) Kostas Iakovidis, CJ Newberry
Upcoming PC Member On-Duty: (3/1) Chad Ridley; (3/8) Maria Spicer; (3/15) Kostas Iakovidis; (3/22) Chad Ridley
Upcoming Ushers: (2/23+25+27) Charles G; (2/28) Eleni A., Nic P.; (3/1) Natalia S.; (3/3+4) TBD; (3/6) Eleni A.
Upcoming Video Operators: (2/23) Daniel V; (2/25) Natalia S; (2/27) Daniel V; (2/28) Norm A (3/1) David Z
Fellowship Hosts: (3/1) Tassie Cantrell; (3/8) Beth Zoumberis; (3/15) Philoptochos; (3/22) Danai E + Schyler J.

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

Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ
ἡμῶν.

Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ
Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα
αὐτοῦ.

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Πρὸς Ῥωμαίους Ἐπιστολῆς
Παύλου τὸ ἀνάγνωσμα.

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Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἢ
σωτηρία ἢ ὅτε ἐπιστεύσαμεν. ἡ νύξ
προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν.
ἀποθώμεθα οὖν τὰ ἔργα τοῦ
σκότους καὶ ἐνδυσώμεθα τὰ ὄπλα
τοῦ φωτός. ὡς ἐν ἡμέρᾳ
εὐσχημόνως περιπατήσωμεν, μὴ
κόμοις καὶ μέθαις, μὴ κοίταις καὶ
ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ, ἀλλ'
ἐνδύσασθε τὸν Κύριον Ἰησοῦν
Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν
μὴ ποιῆσθε εἰς ἐπιθυμίας. Τὸν δὲ
ἀσθενοῦντα τῇ πίστει
προσλαμβάνεσθε, μὴ εἰς διακρίσεις
διαλογισμῶν. ὃς μὲν πιστεύει φαγεῖν
πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει.
ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ
ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν
ἐσθίοντα μὴ κρινέτω· ὁ Θεὸς γὰρ
αὐτὸν προσελάβετο. σὺ τίς εἶ ὁ
κρίνων ἀλλότριον οἰκέτην; τῷ ἰδίῳ
Κυρίῳ στήκει ἢ πίπτει· σταθήσεται
δέ· δυνατὸς γὰρ ἐστὶν ὁ Θεὸς
στῆσαι αὐτόν.

Pray and return to the Lord Your
God.

Verse: In Judah God is known;
His name is great in Israel.

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The reading is from Paul's Letter
to the Romans. (13:11-14, 14:1-4)

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Brethren, salvation is nearer to us
now than when we first believed;
the night is far gone, the day is at
hand. Let us then cast off the works
of darkness and put on the armor
of light; let us conduct ourselves
becomingly as in the day, not in
reveling and drunkenness, not in
debauchery and licentiousness, not
in quarreling and jealousy. But put
on the Lord Jesus Christ, and make
no provision for the flesh, to gratify
its desires. As for the man who is
weak in faith, welcome him, but not
for disputes over opinions. One
believes he may eat anything, while
the weak man eats only vegetables.
Let not him who eats despise him
who abstains, and let not him who
abstains pass judgment on him
who eats; for God has welcomed
him. Who are you to pass judgment
on the servant of another? It is
before his own master that he
stands or falls. And he will be
upheld, for God is able to make him
stand.

The Holy Gospel Reading according to St. Matthew (6:14-21)

Judgement Sunday (Forgiveness/Cheesefare Sunday)

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφήτε
τοῖς ἀνθρώποις τὰ παραπτώματα
αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατήρ
ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφήτε
τοῖς ἀνθρώποις τὰ παραπτώματα
αὐτῶν, οὐδὲ ὁ πατήρ ὑμῶν ἀφήσει
τὰ παραπτώματα ὑμῶν. Ὅταν δὲ
νηστεύητε, μὴ γίνεσθε ὡσπερ οἱ
ὑποκριταὶ σκυθρωποὶ· ἀφανίζουσι
γὰρ τὰ πρόσωπα αὐτῶν ὅπως
φανῶσι τοῖς ἀνθρώποις
νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι
ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ
νηστεύων ἄλειψαί σου τὴν
κεφαλὴν καὶ τὸ πρόσωπόν σου
νίψαι, ὅπως μὴ φανῆς τοῖς
ἀνθρώποις νηστεύων, ἀλλὰ τῷ
πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ
πατήρ σου ὁ βλέπων ἐν τῷ
κρυπτῷ ἀποδώσει σοι ἐν τῷ
φανερῷ. Μὴ θησαυρίζετε ὑμῖν
θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σῆς
καὶ βρῶσις ἀφανίζει, καὶ ὅπου
κλέπται διορύσσουσι καὶ
κλέπτουσι· θησαυρίζετε δὲ ὑμῖν
θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε
σῆς οὔτε βρῶσις ἀφανίζει, καὶ
ὅπου κλέπται οὐ διορύσσουσιν
οὐδὲ κλέπτουσιν· ὅπου γὰρ ἐστὶν
ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ
καρδία ὑμῶν.

The Lord said, "If you forgive
men their trespasses, your
heavenly Father also will
forgive you; but if you do not
forgive men their trespasses,
neither will your Father forgive
your trespasses. And when you
fast, do not look dismal, like the
hypocrites, for they disfigure
their faces that their fasting
may be seen by men. Truly, I
say to you, they have received
their reward. But when you
fast, anoint your head and wash
your face, that your fasting may
not be seen by men but by your
Father who is in secret; and
your Father who sees in secret
will reward you. Do not lay up
for yourselves treasures on
earth, where moth and rust
consume and where thieves
break in and steal, but lay up
for yourselves treasures in
heaven, where neither moth
nor rust consumes and where
thieves do not break in and
steal. For where your treasure
is, there will your heart be
also."

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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 February 22, 2026

Ushers on Duty: Nic Poulos, Maria Spicer

Video: David N.

Altar Servers: All Adult/Youth Servers

Epistle Readers: Chad Ridley (Greek); Sarah Drakopoulos (English)

Fellowship Host (Thank You!): Cheryl Schwartzkopf

PC Member On-Duty: David Zoumberis



Today our Holy Orthodox Church commemorates:

- + Fourth Sunday of the Triodion: Remembrance of the expulsion of the first-formed Adam from Eden

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

- + The finding of the Holy Relics of the Holy Martyrs in the Quarter of Evgenios (+607-610)
- + Our Devout Father Athanasios (Αθανάσιος) the Confessor of Pavlopetrion (+821)
- + The Holy Martyr Anthousa (Ανθούσα) and her 12 Servants
- + The Holy Martyr Synetos (Συνετός)
- + Our Devout Fathers Thalassios (Θαλάσσιος) and Limnaios (Λιμναίος)
- + The Holy Hieromartyr Telesphoros (Τελεσφόρος), Bishop of Rome (+136)
- + Our Devout Father Baradatos (Βαραδάτος) (+469)

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 (Το φαίδρον, Fourth Mode):*

When the women disciples of the Lord heard the Angel joyously proclaim the resurrection, they cast aside the ancestral verdict, and boasting in glory they said to the Apostles, "Death has been despoiled! Christ God has risen, granting the great mercy to the world!" (Sung before and after the Small Entrance. Greek Text found in hymnal on pg. 110)

- *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 Forgiveness Sunday (Της σοφίας οδηγέ, Plagal Second Mode):*

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen. (Greek text found in hymnal on pg. 264)

Guidance, Prayer Requests, and Announcements

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

Sunday, February 22: Forgiveness Sunday

Dairy Allowed

Luke 24:1-12; Romans 13:11-14, 14:1-4; Matthew 6:14-21

Monday, February 23: Clean Monday

Great Lent Begins: Strict Fast

Isaiah 1:1-20; Genesis 1:1-13; Proverbs 1:1-20

Tuesday, February 24: First and Second Finding of the Venerable Head of John the Baptist

Wine + Oil

Luke 7:17-30; II Corinthians 4:6-15; Matthew 11:2-15

Wednesday, February 25: St. Tarasius of Constantinople

Strict Fast

Isaiah 2:3-11; Genesis 1:24-2:3; Proverbs 2:1-22

Thursday, February 26: St. Porphyrios of Gaza

Strict Fast

Isaiah 2:11-21; Genesis 2:4-19; Proverbs 3:1-18

Friday, February 27: St. Procopius the Confessor

Strict Fast

Isaiah 3:1-14; Genesis 2:20-3:20; Proverbs 3:19-34

Saturday, February 28: Commemoration of the Miracle of St. Theodore the Recruit and the Kollyva

Wine + Oil

II Timothy 2:1-10; Mark 2:23-28, 3:1-5

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, Lucy, George, John, Pauline, Bill, Nicholas, Mandy, Benjamin, Brenda, Gabriel, Barbara, Taylor, Elizabeth, Rich, Penny, Brian, Gracie, Woody, Braeden, Nikitis, Donna, Joellen, George, Yianni

Prayers for those recently reposed:

James (+January 10), Darryl (+February 9), Suwan (+February 13)

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. Cyril of Jerusalem on forgiveness: 'And forgive us our trespasses as we also forgive those who trespass against us.' For we have many sins. For we offend both in word and in thought, and very many things we do worthy of condemnation; and 'if we say that we have no sin' (1 Jn. 1:8), we lie, as John says...The

offenses committed against us are slight and trivial, and easily settled; but those which we have committed against God are great, and need such mercy as His only is. Take heed, therefore, lest for the slight and trivial sins against you, you shut out for yourself forgiveness from God for your very grievous sins."

Upcoming Celebrations This Week

Name Days—Chronia Polla, Many Years!

February 23: Pamela Gorgonia Poulos

February 26: Tammi Fotini Cantrell

February 28: Theo Drakopoulos

February 28 (29): Kassiani Andros

Birthdays—Happy Birthday!

February 22: John Apostolou, Diana-Maria Cazacu

February 23: Jonathan Lee, Nicholas Poulos

February 24: Suzanne Diehl, Amber Morris

February 26: Henry Johnson, Carter Zoumberis

February 27: Jessica Holland

February 28: Ana Habic

February 28 (29): Marie-Louise Saratsiotis

Anniversaries—Congratulations!

February 23: Katina & Jonathan Brock

February 27: Georgia & George Saratsiotis

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

Announcements:

* Thank you to everyone who attending the **Spring General Assembly** this past Sunday!

* The **Introduction to the Orthodox Church** class will take place **Wednesday, February 25 after the Pre-Sanctified Liturgy** in-person and on Zoom. The topic will be our Orthodox Christian understanding of prayer.

* **YOUTH: Please bring your icons to Church next Sunday of the procession on the Sunday of Orthodoxy!** Mark your Calendar for Saturday, March 14th: Holy Cross is hosting the District Level Oratorical Festival. Come and learn and be inspired by the faithfulness of all of the youth from all over our district!

* Join us for a free 90-minute **STOP THE BLEED** training in the Parish House on Sunday, March 8 at 3:00pm. All parishioners of Holy Cross as well as **St. Innocent Orthodox Church** are invited; Ministry Leaders are encouraged to attend. Learn how to recognize and control life-threatening bleeding using simple techniques. Please register by Friday, February 27 (scan QR code or see email sent for link) so we can plan accordingly. **Plan on staying for the Pan-Orthodox Vespers that will take place at 5:00pm!**

* We are currently in the period where we celebrate the **Saturday of the Souls**. Beginning two Saturdays ago and for this coming Saturday, there will be Divine Liturgy with a Memorial Service. If you would like your reposed loved ones remembered during the service, please fill out the form in the Narthex. May their memory be eternal!

* The next **Men's Brotherhood** Gathering will be on Tuesday, March 10 at 7:00pm at Tatnall Square Park. Join us at Church for Great Compline beforehand at 5:00pm as well!

