



# 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, March 15, 2026

Third Sunday of Great Lent: Sunday of the Holy Cross  
 St. Agapios and those with him

Eothinon/Orthros Gospel: Seventh (John 20:1-10)

Mode of the Week: Grave/Βαρυς

**QR Codes (scan with smart phone for service texts)**

Orthros, part 1



Orthros, part 2



Divine Liturgy



### Upcoming Schedule

<i>Today, March 15</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of the Holy Cross Holy Chrismation of Cherish Dempsey during the Liturgy Procession of the Holy Cross at the end of the Liturgy Coffee Fellowship in the Parish House after the Liturgy Youth Greek School/Bible Study
<i>Tuesday, March 17</i>	5:00pm Great Compline 6:00pm Parish Council Meeting
<i>Wednesday, March 18</i>	5:45pm 9 <sup>th</sup> Hour & Pre-Sanctified Liturgy 7:15pm Light Lenten Meal & Spiritual Book Discussion
<i>Friday, March 20</i>	6:00pm Small Compline and 4 <sup>th</sup> Salutations to the Theotokos
<i>Saturday, March 21</i>	3:30pm Altar Server Workshop in the Church 5:00pm Great Vespers
<i>Sunday, March 22</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of St. John Climacus Sunday School for the Youth after Holy Communion Greek School March 25 <sup>th</sup> Presentation at the end of Liturgy Usher Meeting after the Liturgy/Presentation Coffee Fellowship in the Parish House after the Liturgy
<i>Tuesday, March 24</i>	3:00pm Red Cross Blood Drive (until 7:00pm) in the Parish House
<i>Wednesday, March 25</i>	5:00pm Orthros 6:00pm Divine Liturgy on the Feast Day of the Annunciation of the Theotokos 7:15pm Light Lenten Meal and Spiritual Discussion in the Parish House
<i>Thursday, March 26</i>	6:00pm Great Compline with the Great Canon of St. Andrew of Crete
<i>Friday, March 27</i>	6:00pm Small Compline and the Akathist Hymn
<i>Sunday, March 29</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of St. March of Egypt Sunday School for the Youth after Holy Communion Coffee Fellowship in the Parish House after the Liturgy
	1:00pm Bible Study / Youth Greek School
<i>Tuesday, March 31</i>	5:00pm Great Compline
<i>Wednesday, April 1</i>	5:45pm 9 <sup>th</sup> Hour & Pre-Sanctified Liturgy 7:15pm Light Lenten Meal & Spiritual Book Discussion

**Upcoming Epistle Readers** (3/22) Haris Sorovigas, Charles Glotzbach; (3/29) Chad Ridley, Carter Zoumberis  
**Upcoming PC Member On-Duty:** (3/22) Chad Ridley; (3/29) Kathy Patras; (4/5) Jim Lekas; (4/12) David Z.  
**Upcoming Ushers:** (3/17) Haris S; (3/18) Norm A; (3/20) Eleni A; (3/21) Erick + Cheryl S; (3/22) Jim + Cristina L  
**Upcoming Video Operators:** (3/18) Natalia; (3/20) Norm; (3/22) David N.; (3/25+26) Cristina; (3/27) Natalia  
**Fellowship Hosts:** (3/22) Danai Esquivel + Schyler Johnson; (3/29) Katerina Iakovidis; (4/5) Philoptochos Luncheon

### 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, μὴ παρασιωπήσης ἀπ' ἐμοῦ.

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Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ  
ἀνάγνωσμα.

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Ἀδελφοί, ἔχοντες ἀρχιερέα μέγαν  
διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν  
τὸν υἱὸν τοῦ Θεοῦ, κρατῶμεν τῆς  
ὁμολογίας. οὐ γὰρ ἔχομεν ἀρχιερέα μὴ  
δυνάμενον συμπαθεῖσαι ταῖς ἀσθενείαις  
ἡμῶν, πεπειραμένον δὲ κατὰ πάντα  
καθ' ὁμοιότητα χωρὶς ἁμαρτίας.  
προσερχώμεθα οὖν μετὰ παρρησίας τῷ  
θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον  
καὶ χάριν εὐρωμεν εἰς εὐκαιρον  
βοήθειαν. Πᾶς γὰρ ἀρχιερεὺς ἐξ  
ἀνθρώπων λαμβανόμενος ὑπὲρ  
ἀνθρώπων καθίσταται τὰ πρὸς τὸν  
Θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας  
ὑπὲρ ἁμαρτιῶν, μετριοπαθεῖν  
δυνάμενος τοῖς ἀγνοοῦσι καὶ  
πλανωμένοις, ἐπεὶ καὶ αὐτὸς περικεῖται  
ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει,  
καθὼς περὶ τοῦ λαοῦ, οὕτω καὶ περὶ  
ἑαυτοῦ προσφέρειν ὑπὲρ ἁμαρτιῶν.  
καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν,  
ἀλλὰ καλούμενος ὑπὸ τοῦ Θεοῦ,  
καθάπερ καὶ Ἀαρών. οὕτω καὶ ὁ Χριστὸς  
οὐχ ἑαυτὸν ἐδόξασε γεννηθῆναι ἀρχιερέα,  
ἀλλ' ὁ λαλήσας πρὸς αὐτόν· υἱός μου εἶ σύ,  
ἐγὼ σήμερον γεγέννηκά σε· καθὼς καὶ  
ἐν ἑτέρῳ λέγει· σὺ ἱερεὺς εἰς τὸν αἰῶνα  
κατὰ τὴν τάξιν Μελχισεδέκ.

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

Verse: To You, O Lord, I cry; O my  
God, may You not pass over me in  
silence.

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The reading is from Paul's Letter to  
the Hebrews. (4:14-16, 5:1-6)

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Brethren, since we have a high priest  
who has passed through the heavens,  
Jesus, the Son of God, let us hold fast  
our confession. For we have not a high  
priest who is unable to sympathize  
with our weaknesses, but one who in  
every respect has been tempted as we  
are, yet without sin. Let us then with  
confidence draw near to the throne of  
grace, that we may receive mercy and  
find grace to help in time of need. For  
every high priest chosen from among  
men is appointed to act on behalf of  
men in relation to God, to offer gifts  
and sacrifices for sins. He can deal  
gently with the ignorant and wayward,  
since he himself is beset with  
weakness. Because of this he is bound  
to offer sacrifice for his own sins as  
well as for those of the people. And  
one does not take the honor upon  
himself, but he is called by God, just as  
Aaron was. So also Christ did not exalt  
himself to be made a high priest, but  
was appointed by him who said to  
him, "You are my Son, today I have  
begotten you"; as he says also in  
another place, "You are a priest  
forever, according to the order of  
Melchizedek."

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

Third Sunday of Lent: Sunday of the Holy Cross

Εἶπεν ὁ Κύριος· Ὅστις θέλει  
ὀπίσω μου ἀκολουθεῖν,  
ἀπαρνησάσθω ἑαυτὸν καὶ  
ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ  
ἀκολουθείτω μοι. ὃς γὰρ ἂν  
θέλη 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 εἰάν  
κερδήσῃ τὸν κόσμον ὅλον, καὶ  
ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί  
δώσει ἄνθρωπος ἀντάλλαγμα  
τῆς ψυχῆς αὐτοῦ; ὃς γὰρ εἰάν  
ἐπαισχυνθῇ με καὶ τοὺς ἐμοὺς  
λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ  
μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ  
υἱὸς τοῦ ἀνθρώπου  
ἐπαισχυνθήσεται αὐτὸν ὅταν  
ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς  
αὐτοῦ μετὰ τῶν ἀγγέλων τῶν  
ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν  
λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν  
ᾧδε ἑστηκότων, 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

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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 March 15, 2026

Ushers on Duty: Erick + Cheryl Schwartzkopf

Video: Natalia S.

Altar Servers: All Adult/Youth Servers

Epistle Readers: George Saratsiotis (Gr); Isabelle Saratsiotis (Eng)

Fellowship Host (Thank You!): Philoptochos Luncheon

PC Member On-Duty: Kostas Iakovidis



### Today our Holy Orthodox Church commemorates:

+ Third Sunday of Great Lent: Veneration of the Precious and Life-Giving Cross (Κυριακή της Σταυροπροσκυνήσεως)

*With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labor set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.*

+ The Holy Martyr Agapios (Αγάπιος) and those with him: Plesius (Πλήσιος), Romulus (Ρωμύλος), Timolaos (Τιμόλαος), two named Alexander (Αλέξανδρος), and two named Dionysios (Διονύσιος) (+303)

*The holy Martyrs contested for piety's sake during the reign of Diocletian (284-305), when Urban was Governor of Caesarea of Palestine. When Urban had commanded that together with a heathen festival, certain condemned Christians be publicly cast to wild beasts, Timolaus, a native of Pontus, Dionysius of Tripolis in Phoenicia, Romulus of Diospolis, Plesius (or Paisius) and Alexander from Egypt, and another Alexander from Gaza, tied their own hands and presented themselves to Urban when the exhibition was about to begin, professing their faith in Christ; they were immediately cast into prison. A few days later Agapios and Dionysius also presented themselves. All were beheaded together at Caesarea.*

+ The Holy Apostle Aristobulos (Αριστόβουλος), Bishop of Britain (+1<sup>st</sup> century)

+ The Holy Martyr Nicander (Νικάνδρος) of Egypt (+305)

+ The Holy New Martyr Manuel (Μανουήλ) the Cretan (+1792)

*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. Basil (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 Resurrectional Hymn, Greek text found on the back of the bulletin)

- *Weekly Resurrectional Hymn (Κατέλυσας τω Σταυρώ σου, Grave Mode):*

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy. (Sung before and after the Small Entrance. Greek Text found in hymnal on pg. 122)

- *The Kontakion of the Annunciation (Τη Υπερμάχω, Plagal Fourth Mode):*

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride. (Greek Text found in hymnal on pg.268)

## Guidance, Prayer Requests, and Announcements

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

Sunday, March 15: Sunday of the Holy Cross

Wine + Oil

John 20:1-10; Hebrews 4:14-16, 5:1-6; Mark 8:34-38, 9:1

Monday, March 16: St. Christodoulos of Patmos

Strict Fast

Isaiah 14:24-32; Genesis 8:21-9:7; Proverbs 11:19-12:6

Tuesday, March 17: St. Alexios the Man of God

Strict Fast

Isaiah 25:1-9; Genesis 9:8-17; Proverbs 12:8-22

Wednesday, March 18: St. Cyril of Jerusalem

Strict Fast

Isaiah 26:21-27:9; Genesis 9:18-10:1; Proverbs 12:23-13:9

Thursday, March 19: Ss. Chrysanthus and Daria

Strict Fast

Isaiah 28:14-22; Genesis 10:32-11:9; Proverbs 13:19-14:6

Friday, March 20: Righteous Martyred Fathers of St. Savas

Strict Fast

Isaiah 29:13-23; Genesis 12:1-7; Proverbs 14:15-26

Saturday, March 21: St. James the Confessor

Wine + Oil

Hebrews 6:9-12; Mark 7:31-37

### 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, Emilie, Pete, Sloan Georgia, Dimitris, Mary Katherine, Patricia

### Prayers for those recently reposed:

Darryl (+February 9), Suwan (+February 13), Bishop Demetrios (+February 19), Vasiliki (+February 22) Jonathan (+February 28) Kalliopi (+March 7), Irene (+March 8)

### Prayers for expecting mothers:

Amanda, Kémie, Maggie (baby born 3/9), Sophia

### 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, Brianna, Cherish, Dakota, 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:

As we honor the Holy Cross of Christ, in our hymnography we read the following from our Holy Fathers: **Saint Theodore the Studite** (+826) chants, "The Church has been revealed as a second Paradise, having within it, like the first Paradise of

old, a tree of life, Thy Cross, O Lord. By touching it, we share in immortality." **Saint Joseph the Hymnographer** (+886) writes, "Christ stretched out His hands upon the Cross, and so destroyed the sin of our forefather who stretched out his hand in greed. By the Tree He healed the curse of the tree" (Deut. 21:23).

### Upcoming Celebrations This Week

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

March 17: Alexa Economopoulos

March 19: Joseph Fajloun

March 20: Henry Gordy

**Birthdays—Happy Birthday!**

March 17: Norman Adams

March 18: Chuck Cain

March 19: Paige Crouse

March 21: Pete Nicholas

**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:

\* We welcome the **Hieromonk Father Sava** who is celebrating the Divine Services with us this weekend. He also served as a judge at the District Oratorical Festival.

\* PHILOPTOCHOS: today's Fellowship Hour is hosted by Philoptochos - our traditional **Lenten Luncheon** with donations collected going to Hellenic College Holy Cross Greek Orthodox School of Theology. On this Sunday of the Holy Cross, come enjoy delicious food and help support our future priests!

\* After the Pre-Sanctified Liturgy on Wednesday evening (which begins with the 9<sup>th</sup> Hour service at 5:45pm), we will have a **Light Lenten Meal along with a Spiritual Discussion**. This Wednesday, we will discuss a short interpretation from the Philokalia on the petition "Kyrie Eleison/Lord Have Mercy" that we pray all the time.

\* **YOUTH:** Congratulations to our youth that participated in the District Level Oratorical Festival. You represented Holy Cross well. Thank you to the committee for their hard work in making the festival a success.

\* **PASCHA LILIES DEDICATION** - If you would like to participate in the 2026 Paschal Lilies Dedication "In Memory of" or "For the Health of", please scan the QR Code and complete the form. You may place your payment in the box located in the Narthex (please specify on the memo line Paschal Lilies Dedication). Deadline is Palm Sunday, April 5th. Thank you!



\* **Spring Fling** will be on Saturday, **May 2nd**. We will be setting up the Friday before after work. Please mark your calendars. We are asking all GOYANS, Young Adults & NSYA to please sign up to work this event (see link in Father's Bulletin email).

\* Holy Cross will be hosting its next **Blood Drive** on Tuesday, March 24th from 3-7pm. Please see flyers in the Narthex and in the Parish House to schedule your appointment. We have not met our goal the past two or three drives. If you are available, please consider this beautiful gift of donation.

\* As a reminder, during Great Lent, we celebrate the **Divine Liturgy of St. Basil**—please see the handouts in the pews!