



# 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 8, 2026

Second Sunday of Great Lent: Sunday of St. Gregory Palamas  
 St. Theophylactos the Confessor

Eothinon/Orthros Gospel: Sixth (Luke 24:36-53)

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

QR Codes (scan with smart phone for service texts)

Orthros, part 1



Orthros, part 2



Divine Liturgy



### Upcoming Schedule

<i>Today, March 8</i>	9:15am Orthros 10:30am Divine Liturgy on the Sunday of St. Gregory Palamas Sunday School for the Youth after Holy Communion Coffee Fellowship in the Parish House after the Liturgy "Stop the Bleed" Training in the Parish House 5:00pm Pan-Orthodox Vespers @ Holy Cross followed by Light Refreshments
<i>Tuesday, March 10</i>	5:00pm Great Compline 6:15pm Oratorical Festival Committee Meeting 7:00pm Men's Brotherhood Gathering at Tatnall Square Park
<i>Wednesday, March 11</i>	5:45pm 9 <sup>th</sup> 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 3 <sup>rd</sup> Salutations to the Theotokos
<i>Saturday, March 14</i>	9:30am St. John Chrysostom District Oratorical Festival 3:00pm Great Vespers for the Sunday of the Veneration of the Holy Cross
<i>Sunday, 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>	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 Tentative 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

**Upcoming Epistle Readers** (3/15) George Saratsiotis, Isabelle Saratsiotis; (3/22) Haris Sorovigas, Charles Glotzbach  
**Upcoming PC Member On-Duty:** (3/15) Kostas Iakovidis; (3/22) Chad Ridley; (3/29) Kathye P.; (4/5) Jim Lekas  
**Upcoming Ushers:** (3/10) Charles; (3/11) Sarah; (3/13) Jim; (3/14) Charles; (3/15) Erick + Cheryl; (3/17) Haris  
**Upcoming Video Operators:** (3/11) Natalia; (3/13) Cristina; (3/15+18) Natalia; (3/20) Norm; (3/22) David N.  
**Fellowship Hosts:** (3/15) Philoptochos; (3/22) Danai E + Schyler J; (3/29) Katerina Iakovidis; (4/5) Philoptochos

### 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 Ἑβραίους Ἐπιστολῆς Παύλου τὸ  
ἀνάγνωσμα.*

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Κατ' ἀρχὰς σύ, Κύριε, τὴν γῆν  
ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν  
σοῦ εἰσιν οἱ οὐρανοί· αὐτοὶ  
ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ  
πάντες ὡς ἱμάτιον παλαιωθήσονται,  
καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς,  
καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ,  
καὶ τὰ ἔτη σου οὐκ ἐκλείψουσι. πρὸς  
τίνα δὲ τῶν ἀγγέλων εἶρηκέ ποτε·  
κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς  
ἐχθρούς σου ὑποπόδιον τῶν ποδῶν  
σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ  
πνεύματα εἰς διακονίαν  
ἀποστελλόμενα διὰ τοὺς μέλλοντας  
κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ  
περισσότερως ἡμᾶς προσέχειν τοῖς  
ἀκουσθεῖσι, μὴ ποτε παραρρῶμεν.  
εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος  
ἐγένετο βέβαιος, καὶ πᾶσα παράβασις  
καὶ παρακοὴ ἔλαβεν ἔνδικον  
μισθαποδοσίαν, πῶς ἡμεῖς  
ἐκφευξόμεθα τηλικαύτης  
ἀμελήσαντες σωτηρίας; ἥτις ἀρχὴν  
λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου,  
ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς  
ἐβεβαιώθη.

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

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

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*The reading is from Paul's Letter  
to the Hebrews. (1:10-14, 2:1-3)*

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“In the beginning, Lord, you  
founded the earth, and the  
heavens are the work of your  
hands; they will perish, but you  
remain; they will all wear out like  
clothing; like a cloak you will roll  
them up, and like clothing they  
will be changed. But you are the  
same, and your years will never  
end.” But to what angel has he  
ever said, “Sit at my right hand  
until I make your enemies a  
footstool for your feet”? Are they  
not all ministering spirits sent  
forth to serve, for the sake of those  
who are to obtain salvation?  
Therefore we must pay closer  
attention to what we have heard,  
lest we drift away from it. For if  
the message declared by angels  
was valid and every transgression  
or disobedience received a just  
retribution, how shall we escape if  
we neglect such a great salvation?  
It was declared at first by the Lord,  
and it was attested to us by those  
who heard him.

## The Holy Gospel Reading according to St. Mark (2:1-12)

2nd Sunday of Lent: Sunday of St. Gregory Palamas

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθε ὁ Ἰησοῦς εἰς  
Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι  
εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν  
πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ  
πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν  
λόγον. καὶ ἔρχονται πρὸς αὐτὸν  
παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ  
τεσσάρων· καὶ μὴ δυνάμενοι  
προσεγγίσει αὐτῷ διὰ τὸν ὄχλον,  
ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ  
ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ'  
ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ  
Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ  
παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ  
ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν  
γραμματέων ἐκεῖ καθήμενοι καὶ  
διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν·  
τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς  
δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἰς ὁ  
Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ  
πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ  
διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί  
ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις  
ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ  
παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι,  
ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν  
σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι  
ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου  
ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας — λέγει τῷ  
παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον  
τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν  
οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας  
τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων,  
ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν  
Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως  
εἶδομεν.

At that time, Jesus entered  
Capernaum and it was reported that  
he was at home. And many were  
gathered together, so that there was no  
longer room for them, not even about  
the door; and he was preaching the  
word to them. And they came,  
bringing to him a paralytic carried by  
four men. And when they could not get  
near him because of the crowd, they  
removed the roof above him; and  
when they had made an opening, they  
let down the pallet on which the  
paralytic lay. And when Jesus saw  
their faith, he said to the paralytic,  
“My son, your sins are forgiven.” Now  
some of the scribes were sitting there,  
questioning in their hearts, “Why does  
this man speak thus? It is a  
blasphemy! Who can forgive sins but  
God alone?” And immediately Jesus,  
perceiving in his spirit that they thus  
questioned within themselves, said to  
them, “Why do you question thus in  
your hearts? Which is easier, to say to  
the paralytic, ‘Your sins are forgiven,’  
or to say, ‘Rise, take up your pallet and  
walk? But that you may know that the  
Son of man has authority on earth to  
forgive sins” — he said to the paralytic  
— “I say to you, rise, take up your  
pallet and go home.” And he rose, and  
immediately took up the pallet and  
went out before them all; so that they  
were all amazed and glorified God,  
saying, “We never saw anything like  
this!”

# 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 8, 2026

Ushers on Duty: Cleo Benette, Jim Lekas

Video: Cristina L.

Altar Servers: All Adult/Youth Servers

Epistle Readers: Kostas Iakovidis (Greek); CJ Newberry (English)

Fellowship Host (Thank You!): Beth Zoumberis

PC Member On-Duty: Maria Spicer

### Today our Holy Orthodox Church commemorates:

- + Second Sunday of Great Lent: Sunday of St. Gregory Palamas (Κυριακή του Γρηγορίου του Παλαμά)

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

- + Our Devout Father Theophylactos (Θεοφύλακτος) the Confessor, Bishop of Nikomedia (+842)
- + Our Devout Father Paul (Παύλος) the Confessor of Plousias (+840)
- + The Holy Apostle Hermes (Ερμής) of the Seventy (+1<sup>st</sup> Century)
- + The Holy Martyr Dion (Δίων)
- + The Venerable Dometios (Δομέτιος) (+363)
- + Our Father among the Saints Julian, Archbishop of Toledo (+690)

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):

- 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! (Sung before and after the Small Entrance. Greek Text found in hymnal on pg. 118)

- Hymn of St. Gregory Palamas (Ορθοδοξίας ο φωστήρ, Plagal Fourth Mode):

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of the theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls. (Greek text found in hymnal on pg. 132)

- 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 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 8: Sunday of St. Gregory Palamas

Wine + Oil

Luke 24:36-53; Hebrews 1:10-14, 2:1-3; Mark 2:1-12

Monday, March 9: The Holy Forty Martyrs of Sebastia

Wine + Oil

Luke 21:12-19; Hebrews 12:1-10; Matthew 20:1-16

Tuesday, March 10: St. Quadratus the Martyr

Strict Fast

Isaiah 9:9-10:4; Genesis 7:1-5; Proverbs 8:32-9:11

Wednesday, March 11: St. Sophronius of Jerusalem

Strict Fast

Isaiah 10:12-20; Genesis 7:6-9; Proverbs 9:12-18

Thursday, March 12: St. Theophanes the Confessor

Strict Fast

Isaiah 11:10-12:2; Genesis 7:11-8:3; Proverbs 10:1-22

Friday, March 13: St. Poulpios the Martyr

Strict Fast

Isaiah 13:2-13; Genesis 8:4-21; Proverbs 10:31-11:12

Saturday, March 14: St. Benedict of Nursia

Wine + Oil

Hebrews 10:32-38; Mark 2:14-17

### 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

### Prayers for those recently reposed:

Darryl (+February 9), Suwan (+February 13), Bishop Demetrios (+February 19), Vasiliki (+February 22) Jonathan (+February 28)

### Prayers for expecting mothers:

Amanda, Kémie, Maggie, 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:

St. Gregory Palamas, commemorated today: "Prayer changes from entreaty to thanksgiving, and meditation on the divine truths of faith fills the heart with a sense of jubilation and unimpeachable hope. This hope is a foretaste of future blessings, of which the soul even now receives direct

experience, and so it comes to know in part the surpassing richness of God's bounty, in accordance with the Psalmist's words, 'Taste and know that the Lord is bountiful' (Ps. 34:8). For He is the jubilation of the righteous, the joy of the upright, the gladness of the humble, and the solace of those who grieve because of Him."

### Upcoming Celebrations This Week

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

### Birthdays—Happy Birthday!

March 9: Avery Edmondson  
March 10: Andrew Adams  
March 11: Steve Douglas  
March 13: Anne Gordy, Darryl Piper  
March 14: Gavin Coleman, Chloe Goss

### 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:

\* There will be a meeting for those assisting with the **District Level Oratorical Festival** after Great Compline on Tuesday, March 10th at 6:15pm. If you are interested in assisting with the Oratorical Festival, please contact Presvytera Stacey.

\* As a reminder, during Great Lent, we celebrate the **Divine Liturgy of St. Basil** on Sunday mornings. To follow along during the anaphora (from the Great Entrance through the consecration of the gifts), please see the handout located in the pews.

\* 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 an excerpt from St. Symeon the New Theologian, commemorated this week on March 12.

\* **YOUTH:** Mark your Calendar for this Saturday, March 14th @ 10:00am: Holy Cross is hosting the District Level St. John Chrysostom Oratorical Festival. Come and learn and be inspired by the faithfulness of all of the youth from all over our district! Plan on staying for Great Vespers that will take place at 3:00pm.

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

\* **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.

\* **Don't forget about the Pan-Orthodox Lenten Vespers and Fellowship to follow tonight at 5:00pm!**