



HOLY CROSS

GREEK ORTHODOX CHURCH

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www.holycrossga.org | Facebook: HolyCrossMaconGA

Sunday, March 29, 2026

Fifth Sunday of Great Lent: Sunday of St. Mary of Egypt
 St. Mark, Bishop of Arethusa

Eothinon/Orthros Gospel: Nineth (John 20:19-31)

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

<i>Today, 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 Bible Study / Youth Greek School 1:00pm Holy Baptism of Henry Johnson 2:00pm
<i>Tuesday, March 31</i>	5:00pm Great Compline
<i>Wednesday, April 1</i>	5:45pm 9 th Hour & Pre-Sanctified Liturgy 7:15pm Light Lenten Meal & Spiritual Book Discussion
<i>Saturday, April 4</i>	9:30am Orthros 10:30am Divine Liturgy on the Saturday of Lazarus 12:00pm Youth Holy Week Preparation with Lenten Pancakes 2:00pm Great Vespers for Palm Sunday
<i>Sunday, April 5</i>	9:15am Orthros 10:30am Divine Liturgy on Palm Sunday Procession of the Palms at the end of the Divine Liturgy 12:00pm Palm Sunday Luncheon hosted by Philoptochos 2:00pm Bridegroom Orthros for Holy Monday
<i>Holy Monday, April 6</i>	7:00pm Bridegroom Orthros for Holy Tuesday
<i>Holy Tuesday, April 7</i>	7:00pm Bridegroom Orthros for Holy Wednesday
<i>Holy Wednesday, April 8</i>	9:30am Pre-Sanctified Liturgy 5:30pm Orthros of Holy Thursday & Holy Unction
<i>Holy Thursday, April 9</i>	9:30am Vespers of St. Basil (Institution of the Mystical Supper) 6:00pm Orthros of Holy Friday (12 Gospels—Passion Service)
<i>Holy Friday, April 10</i>	9:30am Great (Royal) Hours of Holy Friday 3:00pm Great Vespers of Holy Saturday (Apokathilosis/Taking Christ from the Cross) 7:00pm Orthros of Holy Saturday (Lamentations/Epitaphios Service)
<i>Holy Saturday, April 11</i>	9:30am Vespers of St. Basil (Proti/First Announcement of the Resurrection) Holy Baptism/Chrismation of Ronald and Ecaterina Fuertes 11:00pm Panychis/Pre-Resurrection Service before Midnight 12:00am Orthros & Divine Liturgy for PASCHA/Easter—Resurrection Service
<i>Pascha Sunday, April 12</i>	12:00pm Agape Vespers 1:00pm Pascha Picnic & Easter Egg Hunt

Upcoming Epistle Readers (4/5) Alexandros Tserpelis, Ethan Pellegrino (4/11-12) Pete Tsamolias, Richard Stewart
Upcoming PC Member On-Duty: (4/5) Jim Lekas; (4/12) David Zoumberis; (4/19) Natalia S.; (4/26) Maria Spicer
Upcoming Ushers: (3/31+4/1) Charles G.; (4/4AM) Eleni A.; (4/4PM) Natalia S.; (4/5AM) Haris S., Cristina L.
Upcoming Video Operators: (4/1) Natalia; (4/4AM) Norm; (4/5-7) Natalia; (4/8AM) Cristina; (4/8PM) Natalia
Fellowship Hosts: (4/5) Philoptochos Luncheon; (4/12) Parish Council Pascha Picnic; (4/19) Toula Tsamolias

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

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Στίχ. Ἀγαλλιᾶσθε, δίκαιοι, ἐν Κυρίῳ· τοῖς εὐθέσι πρέπει αἴνεσις.

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Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα.

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Ἀδελφοί,

Χριστὸς παραγενόμενος ἀρχιερεὺς τῶν μελλόντων ἀγαθῶν διὰ τῆς μείζονος καὶ τελειότερας σκηνῆς, οὐ χειροποιήτου, τοῦτ' ἔστιν οὐ ταύτης τῆς κτίσεως, οὐδὲ δι' αἵματος τράγων καὶ μόσχων, διὰ δὲ τοῦ ἰδίου αἵματος εἰσηλθεν ἐφάπαξ εἰς τὰ Ἅγια, αἰώνιαν λύτρωσιν εὐράμενος. εἰ γὰρ τὸ αἷμα τάυρων καὶ τράγων καὶ σποδὸς δαμάλεως ῥαντίζουσα τοὺς κεκοινωμένους ἀγιάζει πρὸς τὴν τῆς σαρκὸς καθαρότητα, πόσω μᾶλλον τὸ αἷμα τοῦ Χριστοῦ, ὃς διὰ Πνεύματος αἰωνίου ἑαυτὸν προσήνεγκεν ἄμωμον τῷ Θεῷ, καθαριεῖ τὴν συνείδησιν ὑμῶν ἀπὸ νεκρῶν ἔργων εἰς τὸ λατρεύειν Θεῷ ζῶντι.

Let Your mercy, O Lord, be upon us, as we hope in You.

Verse: Rejoice greatly in the Lord, O righteous ones; praise is fitting for the upright.

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The reading is from Paul's Letter to the Hebrews. (9:11-14)

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Brethren, when Christ appeared as a high priest of the good things to come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, not with the blood of goats and calves but with his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

The Holy Gospel Reading according to St. Mark (10:32-45)

Fifth Sunday of Lent: Sunday of St. Mary of Egypt

Τῷ καιρῷ ἐκείνῳ, παραλαβὼν ὁ Ἰησοῦς τοὺς δώδεκα μαθητὰς αὐτοῦ ἤρξατο αὐτοῖς λέγειν τὰ μέλλοντα αὐτῷ συμβαίνειν, ὅτι ἰδοὺ ἀναβαίνομεν εἰς Ἱερουσόλυμα καὶ ὁ υἱὸς τοῦ ἀνθρώπου παραδοθήσεται τοῖς ἀρχιερεῦσι καὶ γραμματεῦσι, καὶ κατακρινούσιν αὐτὸν θανάτῳ καὶ παραδώσουσιν αὐτὸν τοῖς ἔθνεσι, καὶ ἐμπαίζουσιν αὐτῷ καὶ μαστιγώσουσιν αὐτὸν καὶ ἐμπτύσουσιν αὐτῷ καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται. Καὶ προσπορεύονται αὐτῷ Ἰάκωβος καὶ Ἰωάννης υἱοὶ Ζεβεδαίου λέγοντες· διδάσκαλε, θέλομεν ἵνα ὁ ἐὰν αἰτήσωμεν ποιήσης ἡμῖν. ὁ δὲ εἶπεν αὐτοῖς· τί θέλετε ποιησαί με ὑμῖν; οἱ δὲ εἶπον αὐτῷ· δὸς ἡμῖν ἵνα εἴς ἐκ δεξιῶν σου καὶ εἴς ἐξ ἐωνύμων σου καθίσωμεν ἐν τῇ δόξῃ σου. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· οὐκ οἶδατε τί αἰτεῖσθε. δύνασθε πιεῖν τὸ ποτήριον ὃ ἐγὼ πίνω, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθῆναι; οἱ δὲ εἶπον αὐτῷ· δυνάμεθα. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· τὸ μὲν ποτήριον ὃ ἐγὼ πίνω πίεσθε, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθήσεσθε· τὸ δὲ καθίσει ἐκ δεξιῶν μου καὶ ἐξ ἐωνύμων οὐκ ἔστιν ἐμὸν δοῦναι, ἀλλ' οἷς ἠτοίμασται. Καὶ ἀκούσαντες οἱ δέκα ἤρξαντο ἀγανακτεῖν περὶ Ἰακώβου καὶ Ἰωάννου. ὁ δὲ Ἰησοῦς προσκαλεσάμενος αὐτοὺς λέγει αὐτοῖς· οἶδατε ὅτι οἱ δοκοῦντες ἄρχειν τῶν ἐθνῶν κατακυριεύουσιν αὐτῶν καὶ οἱ μεγάλοι αὐτῶν κατεξουσιάζουσιν αὐτῶν· οὐχ οὕτω δὲ ἔσται ἐν ὑμῖν, ἀλλ' ὃς ἐὰν θέλη γενέσθαι μέγας ἐν ὑμῖν, ἔσται ὑμῶν διάκονος, καὶ ὃς ἐὰν θέλη ὑμῶν γενέσθαι πρῶτος, ἔσται πάντων δοῦλος· καὶ γὰρ ὁ υἱὸς τοῦ ἀνθρώπου οὐκ ἤλθε διακονηθῆναι, ἀλλὰ διακονῆσαι, καὶ δοῦναι τὴν ψυχὴν αὐτοῦ λύτρον ἀντὶ πολλῶν.

At that time, Jesus took his twelve disciples, and he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

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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 March 29, 2026

Ushers on Duty: Haris Sorovigas, Maria Spicer

Video: Kostas I.

Altar Servers: All Adult/Youth Servers

Epistle Readers: Chad Ridley (Greek); Carter Zoumberis (English)

Fellowship Host (Thank You!): Katerina Iakovidis

PC Member On-Duty: Kathy Patras



Today our Holy Orthodox Church commemorates:

+ Fifth Sunday of Great Lent: Commemoration of our Devout Mother Mary of Egypt (Κυριακή της Μαρίας της Αιγυπτίας)

The memory of this Saint is celebrated on April 1, where her life is recorded. Since the end of the holy Forty Days is drawing nigh, it has been appointed for this day also, so that if we think it hard to practice a little abstinence forty days, we might be roused by the heroism of her who fasted in the wilderness forty-seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in very deed.

+ The Holy Martyrs Mark (Μάρκος), Bishop of Arethusa; Cyril (Κύριλλος) the Deacon; and many others (+361-364)

Saint Mark was Bishop of Arethusa in Syria. In the days of Saint Constantine the Great, Saint Mark, moved with divine zeal, destroyed a temple of the idols and raised up a church in its stead. When Julian the Apostate reigned, in 361, as the pagans were now able to avenge the destruction of their temple, Saint Mark, giving way to wrath, hid himself; but when he saw that others were being taken on his account, he gave himself up. Having no regard to his old age, they stripped him and beat his whole body, cast him into filthy sewers, and pulling him out, had children prick him with their iron writing-pens. Then they put him into a basket, smeared him with honey and a kind of relish of pickled fish, and hung him up under the burning sun to be devoured by bees and wasps. But because he bore this so nobly, his enemies repented, and unloosed him.

+ The Holy Martyrs Jonah (Ιωνάς), Barachisios (Βαραχίσιος), and the seven martyrs with them in Persia (+330)

+ Our Devout Father and Confessor Eustathios (Ευστάθιος) of Bithynia (+9th c.)

+ Our Devout Father Diadochos (Διάδοχος) of Photiki (+486)

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 (Του λιθου σφραφισθέντος, 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 St. Mary of Egypt (Εν σοι Μήτηρ ακριβώς, Plagal Fourth Mode):*

In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels. (*Greek Text found in hymnal on pg. 140*)

• *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*)

• *The Normal Kontakion of the Theotokos (Προστασία των Χριστιανών, Second Mode):*

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you. (*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 29: Sunday of St. Mary of Egypt

Wine + Oil

John 20:19-31; Hebrews 9:11-14; Mark 10:32-45

Monday, March 30: St. John Climacus

Strict Fast

Isaiah 48:17-49:4; Genesis 27:1-41; Proverbs 19:16-25

Tuesday, March 31: St. Hypatius of Gangra

Strict Fast

Isaiah 49:6-10; Genesis 31:3-16; Proverbs 21:3-21

Wednesday, April 1: St. Mary of Egypt

Strict Fast

Isaiah 58:1-11; Genesis 43:26-31, 45:1-16; Proverbs 21:23-22:4

Thursday, April 2: St. Titus the Wonderworker

Strict Fast

Isaiah 65:8-16; Genesis 46:1-7; Proverbs 23:15-24:5

Friday, April 3: St. Nicetas of Medicium

Strict Fast

Isaiah 66:10-24; Genesis 49:33-50:26; Proverbs 31:8-31

Saturday, April 4: Saturday of Lazarus

Wine + Oil

Hebrews 12:28-29, 13:1-8; John 11:1-45

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, 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, Patricia, Luis Miguel, Debra, Lanny

Prayers for those recently reposed:

Vasiliki (+February 22), Jonathan (+February 28),

Kalliopei (+March 7), Irene (+March 8), Marion (+March 24)

Prayers for expecting mothers:

Amanda, Kémie, Sophia

Prayers for Military Personnel and Their Families:

Benjamin George Davis, Joseph Fajloun,

Kyle Glotzbach, Robert Ice, Joseph Viteri, Aleksander Zajac

Prayers for our Catechumens and Inquirers into the Orthodox Church:

Adam, Alexander, Amanda, Amber, Aryn, Avery, Billy, Bobbie, Brianna, Dakota, Darryl, Debbie, Deia, Ecaterina, Gabrielle, Gavin, Grayson, Hannah, Jessica, John, José, 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. John Climacus showing us why we pray for a Christian end to our lives at every Divine Service: “It is impossible, someone says, impossible to spend the present day devoutly unless we regard it as the last of our whole life. And it is truly astonishing how even the pagans have said something of the sort, since they define

philosophy as meditation on death. This is the sixth step. He who has mounted it will never sin again. Remember your last end, and you shall never sin [Ecclesiasticus/Wisdom of Sirach 7:36].”

Upcoming Celebrations This Week

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

Birthdays—Happy Birthday!

March 30: Joan Cabral, Mikey Cantrell, Vuc Habic,

Lucas Lekas, Peter Tsamolias

April 4: Eleni Dermatas, Noah Mason, Cheryl Stefanis

Anniversaries—Congratulations!

April 1: Bree & Aaron Vrahiotes

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

Announcements:

* After the Pre-Sanctified Liturgy this coming Wednesday we will have a **Light Lenten Meal along with a Spiritual Discussion**. Hope you can join!

* **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 next Sunday.**

* Join us for an **Easter Egg Hunt & Pascha Picnic** after the **Agape Vespers** on April 12. The Parish Council will provide lamb, and parishioners are asked to bring a side dish or dessert to share. Donations are appreciated to help cover costs. Please RSVP by **next Sunday** to help with planning by scanning the QR Code.

* **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).

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

* **We are seeking volunteers** for the following for Holy Week: 1) Kouvouklion helpers to decorate the tomb with flowers; 2) Readers for Holy Wednesday (Greek & English); 3) Resurrection Wreath (flowers will be supplied); and 4) Reader at the Agape Vespers on April 12 in different languages. If interested, please contact Natalia.

* **YARD SALE:** The Youth, jointly with the Philoptochos, will be having a Yard Sale Fundraiser during the Spring Fling on Saturday, May 2! Great opportunity to shed your excess items and also help raise money for our youth activities and the work of the Philoptochos. Please bring your items to church and we'll store them in the back building for you until then. We'll have several tables, and a tent and we'll need day-of volunteers who aren't already promised elsewhere that day. Thanks in advance!

* **Please note** that the stand-up water dispenser has been removed from the Bridal Palour. If you need a sip of water after Holy Communion or in case of a need like a cough, tickle, etc, there are small paper cups available next to the sinks in the bathrooms.

* **Youth:** Please plan on staying after the Divine Liturgy this coming Lazarus Saturday for Lenten Pancakes and to assist in the preparations for the Church for Holy Week!