



Holy Cross-Saints Constantine & Helen Greek Orthodox Archdiocese

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Bulletin for Sunday, September 18, 2022

Gospel and Epistle Readings

Epistle Reading

Prokeimenon. Fifth Mode. Psalm 117,1.

You, O Lord, shall keep us and preserve us.

Verse: Save me, O Lord, for the godly man has failed.

**The reading is from St. Paul's Letter to the Galatians
2:16-20.**

Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Gospel Reading

Sunday after Holy Cross

The Reading is from Mark 8:34-38; 9:1

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."

Hymns of the Day

Resurrectional Apolytikion in the Fifth Mode

Let us worship the Word who is unoriginate * with the Father and the Spirit, and from a Virgin was born * for our salvation, O believers, and let us sing His praise. * For in His goodness He was pleased * to ascend the Cross in the

flesh, and to undergo death, * and to raise up those who had died, * by His glorious Resurrection.

Apolytikion for Afterfeast of the Holy Cross in the First Mode

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

Apolytikia for the Church in the First Mode

Save O Lord, Your people, and bless Your inheritance, granting victory to the faithful over the enemy, and by your cross protecting your common wealth.

Tou Stavrou' Sou ton ti'pon en ourano' theasa'menos ke os o Pa'vlos tin kli'sin ouk ex anthro'pon dexa'menos, o en vasilev'sin Apo'stolos Sou Ki'rie vasile'vousan po'lin ti hiri' Sou pare'theto, in peri'soze dia pantos' en iri'ni, presvi'es tis Theoto'kou mo'ne philan'thrope.

Seasonal Kontakion in the Fourth Mode

You who were lifted on the cross voluntarily, * O Christ our God, bestow Your tender compassions * upon Your new community to which You gave Your name. * Cause our faithful emperors to be glad in Your power, * granting them the victories against their adversaries. * And for an ally, Lord, may they have You, * peace as their armor, the trophy invincible.

News and Announcements

Parish News:

Sunday School kicks this Sunday today with a cookout and activities for our children. Please make a effort to bring your children.

Prosforo - September 18 - Nitsa Velezis

MARK Your Calendars!

September 21st - 6:00 p.m. Vespers followed by Bible Study

September 22nd - Parish Council meeting at 5:30

September 22nd - Philoptochos Dinner meeting 6:00 p.m.

September 28th - 6:00 p.m. Vespers followed by Bible Study

October 9th - Divine Liturgy and Picnic on Montesano Mountain

October 13-15th - Greek Food Festival Holy Trinity Holy Cross Birmingham, AL

Philoptochos News

We are continuing Rose of Sharon throughout the summer months. Philoptochos is collecting the following items for Rose of Sharon clients: personal size bug repellent, personal size sunscreen and bottled water.

Rose of Sharon is now going to low cost housing areas passing out small toys to the children and connecting with the community. They need sidewalk chalk, bubbles, coloring books, crayons and matchbox cars. If you are unable to purchase items yourself, Philoptochos is happy to shop for you. Cash or checks payable to Philoptochos See Phyllis Trachiotis for more information. 209-483-7911

We are looking to give or purchase Bibles in Spanish for Rose of Sharon. They are starting religeous services in Spanish and if you are able to assist please let us know.

NEXT PHILOPTOCHOS MEETING: Thursday, Sept. 22nd 6:00 p.m. in the Parish Hall. All the ladies are invited to attend a presentation by the United Way's Homeless Liason at 5:30 p.m. in the Church. This will be a dinner meeting at 6:00 following this presentation. Please let Phyllis Trachiotis know if you are able to attend.

Prayer List:

If you know anyone who is sick, in the hospital, nursing home, rehab center, or shut in, and needs a visit from Father Timothy, please let him know.

In our prayers: Vickie Kendall, Nathan Sterrett, Ray Hale, James Likis (father of Angela Leak), Dimochos Dimov (father of Gergana), Billie Pangalos, George Gray, Ashly Kersch, Nicole

Berros, Matthew Stoval, Debbie Tsahakis, Maria Diminova, Pavlos Honderich, David Shular.

Father Timothy is available to meet with you at the Church office, discussing any questions or just for fellowship. You can contact him by text at 706-627-9257 or by email at dr.cremeens@ggsm.us

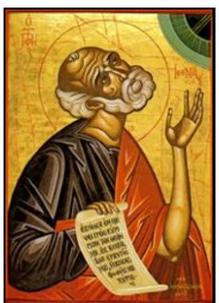
Saints and Feasts



September 23

The Conception of St. John the Baptist

This came to pass fifteen months before the birth of Christ, after the vision of the Angel that Zacharias, the father of the Forerunner, saw in the Temple while he executed the priest's office in the order of his course during the feast of the Tabernacles, as tradition bears witness. In this vision, the Archangel Gabriel appeared to Zacharias and said to him, "Thy prayer is heard; and thy wife Elizabeth shall bear thee a son, and thou shalt call his name John" (Luke 1:13). Knowing that Elizabeth was barren, and that both he and she were elderly, Zacharias did not believe what the Angel told him, although he had before him the example of Abraham and Sarah, of Hannah, mother of the Prophet Samuel, and of other barren women in Israel who gave birth by the power of God. Hence, he was condemned by the Archangel to remain speechless until the fulfilment of these words in their season, which also came to pass (Luke 1:7-24).



September 21

Jonah the Prophet

The Prophet Jonah, the son of Amathi, of the town of Geth-hopher (IV Kings 14:25), was of the tribe of Zabulon; he prophesied during the years 838-810 before Christ. God commanded him to go to Nineveh, the great city of the Assyrians, and to proclaim that its destruction was nigh at hand because of the sins of its people. But he, as a Prophet who knew the great compassion of God, feared that at his preaching the Ninevites would repent; that God,

accepting their repentance in His love for man, would not fulfill Jonah's threats; and that he would be branded a false prophet. So he disobeyed the divine command, and boarded a ship and departed elsewhere. Yet, the sudden and fearful sea-storm and the revelation of Jonah's disobedience caused the sailors to cast him into the sea. A great sea-monster appeared straightway by divine providence, and swallowed him up. For three days and nights he was found in its belly and he prayed, saying the words, "I cried aloud in my affliction unto the Lord my God..." (Jonah 2:3, the Sixth ode of the Holy Psalter). The sea-monster then vomited him up on dry land and he again heard God's command. Wherefore, he went and preached, saying, "In three days, Nineveh shall be destroyed." The people became terrified and all repented. The great, the small, babes at the breast, and even the irrational beasts themselves fasted, and thus, having found mercy from God, they were spared His wrath. Jonah's book of prophecy is divided into four chapters, and is placed fifth in order among the twelve minor Prophets. His three-day sojourn in the sea-monster's belly is an image of our Saviour's three-day burial and His life-bringing Resurrection (Matt. 12:39-40). His name means "dove."

Wisdom of the Fathers

The key to knowledge is the humility of Christ. The door of the Kingdom of Heaven is open, not to those who only know in their learned minds the mysteries of faith and the commandments of their Creator, but to those who have progressed far enough to live by them.

St. Bede the Venerable

Unknown, 8th century

To deny oneself means to give up one's bad habits; to root out of the heart all that ties us to the world; not to cherish bad thoughts and desires; to suppress every evil thought; to avoid occasions of sin; not to desire or to do anything out of self-love, but to do everything out of love for God. To deny oneself, according to St. Paul means "to be dead to sin. . . but alive to God."

St. Innocent of Alaska

The Lenten Spring, SVS Press, p. 147, 19th Century