SUNDAY BEFORE
THE EXALTATION OF THE HOLY CROSS

Icon of the Exaltation of the Holy Cross
Saint George Greek Orthodox Church

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Service Materials

For your health and safety, we are presently unable to have service books in the pews. For those who would like to follow along with the services, there are two options.

1) You may bring your own book to follow along with the Liturgy. Most of the variable items can be found in this bulletin, including the Typika & Beatitudes sung before the Small Entrance.

2) You can access all the service texts on your smart phone. There will be a sign with QR codes providing the links to the morning’s services as you enter the Church, or you can find everything directly at agesinitiatives.com. At present, you will need to access the Orthros, the Liturgy, and the Liturgy - Variable Parts. The Orthros covers the service prior to 10 am, and the other two files cover the service after 10 am.

Τυπικά
Ψαλμὸς ΡΒ’ (102).

Εὐλόγει, ὁ ψυχή μου, τὸν Κύριον, καί, πάντα τὰ ἐντὸς μου, τὸ ὄνομα τὸ ἄγιον αὐτοῦ. Εὐλόγει, ἡ ψυχή μου, τὸν Κύριον, καί, μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ. Τὸν εὐιλατεύοντα πάσας τὰς ἀνομίας σου, τὸν ἰώμενον πάσας τὰς νόσους σου. Τὸν λυτρούμενον ἐκ φθορᾶς τὴν ζωήν σου, τὸν στεφανοῦντα σε ἐν ἐλέει καὶ οἰκτιρμοῖς. Τὸν ἐμπιπλῶντα ἐν ἀγαθοῖς τὴν ἐπιθυμίαν σου, ἀνακαινισθήσεται ὡς ἀετοῦ ἡ νεότης σου. Ποιῶν ἐλεημοσύνας ὁ Κύριος καὶ κρῖμα πᾶσι τοῖς ἀδικομένοις, ἔγνωρισε τὰς ὁδοὺς αὐτοῦ τῷ Μωϋσῆ, τοῖς υἱοῖς Ἰσραήλ τὰ θελήματα αὐτοῦ. Οἰκτίρμων καὶ ἐλεήμον ὁ Κύριος, μακρόθυμος καὶ πολυέλεος· οὐκ εἰς τὸν αἰῶνα μηνιεῖ. Οὐκ εἰς τὰς ἀνομίας ἡμῶν ἐποίησεν ἡμῖν, οὐδὲ κατὰ τὰς ἁμαρτίας ἡμῶν ἀνταπέδωκεν ἡμῖν, διὸ ἐκ τῆς γῆς ἐκραταίωσε Κύριος τὸ ἔλεος αὐτοῦ.

Τυπικά
Psalm 102 (103).

Bless the Lord, O my soul, and everything within me, bless His holy name. Bless the Lord, O my soul, and forget not all His rewards: who is merciful to all your transgressions, who heals all your diseases, who redeems your life from corruption, who crowns you with mercy and compassion, who satisfies your desire with good things; and your youth is renewed like the eagle's. The Lord shows mercies and judgment to all who are wronged. He made known His ways to Moses, the things He willed to the sons of Israel. The Lord is compassionate and merciful, slow to anger, and abounding in mercy. He will not become angry to the end, nor will He be wrathful forever; He did not deal with us according to our sins, nor reward us according to our transgressions; for according to the height of heaven from earth,
so the Lord reigns in mercy over those who fear Him; as far as the east is from the west, so He removes our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who fear Him, for He knows how He formed us; He remembers we are dust. As for man, his days are like grass, as a flower of the field, so he flourishes; for the wind passes through it, and it shall not remain; and it shall no longer know its place. But the mercy of the Lord is from age to age upon those who fear Him, and His righteousness upon children's children, to such as keep His covenant and remember His commandments, to do them. The Lord prepared His throne in heaven, and His Kingdom rules over all. Bless the Lord, all you His angels, mighty in strength, who do His word, so as to hear the voice of His words. Bless the Lord, all you His hosts, His ministers who do His will; bless the Lord, all His works, in all places of His dominion; bless the Lord, O my soul.

Psalm 145 (146).

Glory to the Father and to the Son and to the Holy Spirit.

Praise the Lord, O my soul. I shall praise the Lord while I live; I shall sing to my God as long as I exist. Do not trust in rulers and in the sons of men, in whom there is no salvation. His breath shall go out of him, and he shall return to his earth; on that day all his thoughts shall perish. Blessed is he whose help is the God of Jacob; his hope is in the Lord his God, who made heaven and earth, the sea and everything in them, who keeps truth forever, who executes justice for the wronged, who provides food for the hungry. The Lord frees those bound. The Lord restores those broken down. The Lord gives wisdom to the blind. The Lord loves the righteous. The Lord keeps watch over resident aliens. He shall adopt the orphan and the widow, but He shall destroy the way of sinners. The Lord shall reign forever: your God, O Zion, to all generations.
Both now and ever and to the ages of ages. Amen.

Only begotten Son and Logos of God, being immortal, You condescended for our salvation to take flesh from the holy Theotokos and ever-virgin Mary and, without change, became man. Christ, our God, You were crucified and conquered death by death. Being one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us.

THE BEATITUDES

Mode Pl. 1

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Resurrectional.

Blessed are the merciful, for they shall obtain mercy.

When the robber had believed * that You the crucified were truly God, * he wholeheartedly and sincerely confessed You, * and he cried aloud to You, O Christ, 'In Your kingdom, remember me.'

Blessed are the pure in heart, for they shall see God.

Crucified upon the tree * of the Cross, He blossomed life for our race, * and He dried up the curse from the tree, as our Savior; * whom, as our Creator, let us all in unison extol in song.

The remaining hymns of the Beatitudes may be found at https://www.agesinitiatives.com/dcs/public/dcs/dcs.html.

If you browse to Sunday’s date, you will be able to see the option of "Liturgy - Variable Parts." If you click on this, you will see the variable hymns and readings for the day.
Resurrectional Apolytikion.

Mode pl. 1. Automelon.

To the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation, let us, the faithful, give praise and worship. For He willed to be lifted up on the cross in the flesh, to endure death and raise the dead by His glorious resurrection.

For the Forefeast.

Mode 2.

The life-giving Cross of Your goodness, which we the unworthy have from You as a gift, we present to You, O Lord, as an intercessor. Save our leaders and our nation and keep them in peace, through the Theotokos, O only One who loves humanity.

For the Consecration.

Mode 4.

You have made the earthly beauty of the holy tabernacle of Your glory to be like the majesty of the firmament on high, O Lord. Make it strong forever and ever, and accept our supplications that we unceasingly bring to You there, at the intercession of the Theotokos. For You are the life and resurrection of all.

Apolytikion of the Church

Liberator of captives, defender of the poor, physician of the sick and champion of kings, O trophy-bearer Great Martyr George, intercede with Christ God that our souls be saved.

Kontakion.

Mode 4. You appeared today.

Lord, Your Church appears to us to be like heaven full of light, and guides with light all who believe in You, O Christ. And we who stand in it cry to You: Savior, establish forever this holy house.

Epistle Reading

Prokeimenon: O Lord, save Your people, and bless Your inheritance. To You, O Lord, I cry; O my God.
Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Gospel Reading

John 3:13-17 (Div. Lit. Bk. 148)

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."

Ecclesiastical Feast

For the Sunday before the Elevation of the Cross. Commemoration of the Consecration of the Sacred Church of the Holy Resurrection of Christ (the Holy Sepulchre Church in Jerusalem). The Forefeast of the Precious and Life-giving Cross. Of the Holy Martyr Cornelios, the Centurion.
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<th>Sunday</th>
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<td><strong>September 13 - 19</strong></td>
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<td>13 Sunday before Holy Cross</td>
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<td>14 Exaltation of the Holy Cross</td>
<td>15 Nikitas the Great Martyr</td>
<td>16 Euphemia the Great Martyr</td>
<td>17 Sophia, Faith, Hope, Love</td>
<td>18 Eumenios, Bishop of Gortyna</td>
<td>19 Trophimos, Sabbatios, &amp; Dorymedon</td>
<td><strong>26 Falling Asleep of St John the Theologian</strong></td>
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<td>21 Apodosis of the Elevation</td>
<td>22 Phocas, Bishop of Sinope</td>
<td>23 Conception of John the Baptist</td>
<td>24 Thekla the Equal-to-the-Apostles</td>
<td>25 Euphrosyne of Alexandria</td>
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<td>Acts 17:16-34</td>
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<td>Parish Council (7 pm)</td>
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<td>28 Chariton the Confessor</td>
<td>29 Kyriakos of Palestine</td>
<td>30 Gregory, Bishop of Armenia</td>
<td>October 1 Holy Protection of Theotokos</td>
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| Sunday  | 4 2nd Sunday of Luke  
2 Corinthians 6:16-18; 7:1  
Luke 6:31-36  
Orthros/Liturgy (9 & 10:15 am) | 11 Sunday of the 7th Ecumenical Council  
Titus 3:8-15  
Luke 8:5-15  
Orthros/Liturgy (9 & 10:15 am) | 18 Luke the Evangelist  
Colossians 4:5-11,14-18  
Luke 10:16-21  
Orthros/Liturgy (9 & 10:15 am) |
| Monday  | 5 Charitina the Martyr  
Ephesians 4:25-32  
Luke 6:24-30 | 12 Symeon the New Theologian  
Ephesians 4:25-32  
Luke 6:24-30 | 19 Joel the Prophet  
Acts 2:14-21  
| Tuesday | 6 Thomas the Apostle  
1 Corinthians 4:9-16  
John 20:19-31  
Deaconess (7 pm) | 13 Carpos, Papylos, Agathodoros, & Agathoniki, Benjamin the Deacon  
1 Corinthians 4:9-16  
John 20:19-31  
Deaconess (7 pm) | 20 Artemios of Antioch  
2 Timothy 2:1-10  
| Wednesday | 7 Sergius & Bacchus of Syra  
Ephesians 5:25-33  
Ephesians 5:25-33  
Luke 6:46-49; 7:1 | 21 Hilarion the Great  
2 Corinthians 9:6-11  
| Thursday | 8 Pelagia the Righteous  
Ephesians 5:33; 6:1-9  
Luke 7:17-30 | 15 Loukianos of Antioch  
Ephesians 5:33; 6:1-9  
Luke 7:17-30 | 22 Averkios of Hierapolis  
Ephesians 5:33; 6:1-9  
Luke 7:17-30  
Parish Council (7:00 pm) |
| Friday  | 9 James the son of Alphaeus  
1 Corinthians 4:9-16  
Matthew 9:36-38; 10:1-8 | 16 Longinos the Centurion  
1 Corinthians 4:9-16  
Matthew 9:36-38; 10:1-8 | 23 James the Apostle  
1 Corinthians 4:9-16  
Matthew 9:36-38; 10:1-8 |
| Saturday | 10 Eulampios & Eulampia  
1 Corinthians 15:39-45  
Luke 5:27-32  
Vespers (5 pm) | 17 Hosea the Prophet  
Romans 9:18-33  
Luke 6:1-10  
Vespers (5 pm) | 24 Arethas the Great Martyr  
Romans 9:18-33  
Luke 6:1-10  
Vespers (5 pm) |

- Fast Days Shaded  ✠ Liturgy  ❖ Other Service ⬻ fish/wine/oil allowed  ❥ wine/oil allowed
Wisdom from the Church Fathers
"Suffering reminds the wise man of God, but crushes those who forget Him."
- St. Mark the Ascetic

Church Cycle and Saints

September 13 - Cornelius the Centurion & Martyr

Saint Cornelius was a Roman by race, a pagan by religion, a centurion in rank, an inhabitant of Caesarea of Palestine, a man pious and God-fearing who gave many alms to the people and prayed continually unto God. In accordance with an angelic vision granted to him, he sent to Joppa that they might bring the Apostle Peter. Saint Peter catechized him in the Faith of Christ and baptized all his household (Acts, ch.10). This became the beginning and the first fruits of the calling of the nations. It is said that, after this, he became a bishop, as some say, of Caesarea; but others say of Scepsis, which is not far from Troas; and that he died as a martyr.

September 13 - The Consecration of the Church of the Holy Resurrection (Holy Sepulchre)

The church that is honoured far above all others is that of the Holy Resurrection, which Saint Constantine the Great constructed at the place of Golgotha, where our Saviour was crucified and buried. For a long time this place had been purposely buried beneath the earth by the Jews and heathen; furthermore, during the reign of Hadrian (117-138), a temple dedicated to Aphrodite was built over the site so that this sacred place might be even further desecrated and fall into utter oblivion. It was here that the Cross was hidden. However, at the command of the pious Emperor Constantine, excavations were made and the tokens of the saving Passion were found. It was here, then, that the very great and magnificent temple named in honour of Christ God’s Resurrection-the Anastasis-was built under the supervision of the blessed Helen, while Dracilian was Eparch of Palestine and Macarius was Archbishop of Jerusalem. It was the latter, also, who exalted the venerable Cross and performed the consecration of this temple in the year 336.

September 14 - The Elevation of the Venerable and Life-Giving Cross

Saint Helen, the mother of Saint Constantine the Great, when she was already advanced in years, undertook, in her great piety, the hardships of a journey to Jerusalem in search of the cross, about the year 325. A temple to Aphrodite had been raised up by the Emperor Hadrian upon Golgotha, to defile and cover with oblivion the place where the saving Passion had been suffered. The venerable Helen had the statue of Aphrodite destroyed, and the earth removed, revealing the Tomb of our Lord, and three crosses. Of these, it was believed that one must be that of our Lord, the other two of the thieves crucified with Him; but Saint Helen was at a loss which one might be the Wood of our salvation. At the inspiration of Saint Macarius, Archbishop of Jerusalem, a lady of Jerusalem, who was already at the point of death from a certain disease, was brought to touch the crosses, and as soon as she came near to the Cross of our Lord, she was made perfectly whole. Consequently, the precious Cross was lifted on high by Archbishop Macarius of Jerusalem; as he stood on the ambo, and when the people beheld it, they cried out, "Lord have mercy." It should be noted that after its discovery, a portion of the venerable Cross was taken to Constantinople as a blessing. The rest was left in Jerusalem in the magnificent church built by Saint Helen, until the year 614. At that time, the Persians plundered Palestine and took the Cross to their own country (see Jan. 22, Saint Anastasius the Persian). Late, in the year 628, Emperor Heraclius set out on a
military campaign, retrieved the Cross, and after bringing it to Constantinople, himself escorted it back to Jerusalem, where he restored it to its place.

Rest from labour. A Fast is observed today, whatever day of the week it may be.

*September 15 - Nikitas the Great Martyr*

This Saint was of high birth among the Goths beyond the Danube River. He was taken by Athanaric, pagan ruler of the Goths, and after being tortured, was burned to death for his confession of Christ. According to some, this took place during the reign of Saint Constantine the Great; according to others, under the Emperor Gratian.

*September 16 - Euphemia the Great Martyr*

Saint Euphemia was from Chalcedon and lived in virginity. According to some, she suffered martyrdom during the reign of Diocletian, in 303; according to others, in 307. Her sacred relics are preserved in the Patriarchate in Constantinople.

*September 17 - Sophia & her three daughters: Faith, Hope, and Love*

These Saints were from Italy and contested for the Faith about the year 126, during the reign of the Emperor Hadrian. Faith was twelve years old, Hope, ten, and Love, nine; each was tormented and then beheaded, from the eldest to the youngest. Their mother Sophia mourned at their grave for three days, where she also fell asleep in peace; because of her courageous endurance in the face of her daughters' sufferings, she is also counted a martyr. The name Sophia means "wisdom" in Greek; as for her daughters' names, Faith, Hope, and Love (Charity), they are Pistis, Elpis, and Agape in Greek, and Vera, Nadezhda, and Lyubov in Russian.

*Prayer List*

Please remember in your prayers the following: Anastasia & family, Pavel & his family, Angela Matt, Fotini Kollias, Ioan, Phyllis Hionis, Peter, Kyriaki and family, Gus & Maria Grias, Marianthi Pappas, Virginia Sikavitsas, Lillian Constantakis, Nick, Bobbie, & Aleko Tsahtsiris, Bobbie Cotton, Vicki Anastasiou, Foula Kotsou, Penelope Kakaris, Koula Stathis, Ari Gaitanis, Marina Kandrevas, Garefo Kollias

If you would like the Church to pray for you, please contact the Church office to add your name, or the names of your loved ones, to the Prayer List.

It is important to care for the elderly and those whose immune systems are compromised for other reasons among us - ensuring that they have all that they need, and that we check in with them frequently, must be our highest responsibility in this time. Please be attentive to those in the parish who have smaller families or whose families live farther away. Please be proactive to care for them yourselves, and to inform Fr. Anthony or the Church office so that we can add our efforts to yours.

*Church Beautification*

Since we began to raise funds for Church Beautification last summer, we have found donors for almost all of the items, including the new Epitaphios, the new Kouvouklion, and the white, gold, and purple Kalimata for the Holy Table and the Proskynitaria. The only color remaining is Green, used on several high occasions throughout the Church year, including feasts of the Forerunner, Palm Sunday, and Pentecost. The Green set will cost $2,435. If you are interested in donating this item, please contact the Church office or speak with Fr. Anthony.
Announcements

Church Etiquette

We ask that the doors of the Narthex be closed and no one enters the Church during the following portions of the service: Epistle, Gospel, Sermon, Great Entrance, Creed, Consecration, and Lord's Prayer. Please be respectful of the prayer and attention of those who are in the Church as you enter.

When it is time for Holy Communion, please remain in your pews until the members of the Parish Council come to your pew to usher you forward by row. In this way, we can ensure that our approaching of the Sacred Mysteries will be accomplished in an appropriate and orderly manner.

Due to the ongoing COVID issue, the Metropolis of Detroit has limited how many Faithful can be present for each service. We are maintaining a sign-up sheet on the Church website for each service, so those who wish to reserve a spot can do so. Please sign up at the link below, or call the Church office to reserve your spot.

Sunday Service Signup Link for Sept. 13
https://giving.parishsoft.com/App/Form/d5a72096-5004-4770-90d8-e3f2999d3b84

Our Students’ Feast Days

We wish our students celebrating their Feast Days this month 'Chronia Polla.' May God grant them many years! 14th – Stephen Harris; 17th – Sophia Compos, Sophia Varkas

Fall General Assembly

We will have our Fall General Assembly on Sunday, Sept. 27, after the Church service in the Church. More information is in the Trophy-Bearer sent via email and through regular mail to your homes.

Appointments

Whenever possible, appointments will be held via phone or video-conference. You may make an appointment by contacting Fr. Anthony by email (franthonyc@mac.com) or phone (734.716.2268).

Online Giving

We have set up an option for online donations from either a credit card or directly from your bank account on the home page of the Church website. That said - we know that these same uncertainties face all of us. Please do not feel an obligation to support the Church if your regular income has been disrupted - we all have a primary responsibility to care for those whom God has entrusted to our care. But if you are still working, either as an essential employee, or from home, please consider giving some additional support to the Church in this time. And if you have your regular Sunday offering envelopes set aside from the last several weeks, please consider sending those to the Church in the mail.

On a related note - if you, or anyone you know, are facing challenges at this time, whether financial or practical, please do not hesitate to contact Fr. Anthony. There are several volunteers from the parish ready and waiting to lend a hand should one be needed.

Subscriptions

In this time of lockdown, we have limited ways of keeping in touch with all of you. If you know of anyone who is not on the Listserv list, please provide their email address to Susan or Fr. Anthony, or urge them to do so. If you use Facebook, please like and begin to follow our parish page (https://www.facebook.com/StGeorgeGOCSouthgate/). You can also befriend Fr. Anthony on Facebook, if you wish, to keep touch with him more easily through this time (https://www.facebook.com/franthonyc). Finally, we urge you all to subscribe to our Youtube channel, so that you may receive notifications every time we begin a Live Stream. The channel may be found at https://www.youtube.com/c/franthonyc-stgeorgesouthgate.
The Cross Raised for All the World to See

The cross is raised and appears above the earth, which until recently malice had kept hidden. It is raised, not to receive glory (for with Christ nailed to it what greater glory could it have?) but to give glory to God who is worshiped on it and proclaimed by it.

It is not surprising that the church rejoices in the cross of Christ and robes herself in festal clothes, revealing her bridal beauty as she honors this day. Nor is it surprising that this great throng of people has gathered together today to see the cross exposed aloft and to worship Christ whom they see raised upon it. For the cross is exposed in order to be raised and is raised to be exposed.

What cross? The cross, which a little while ago was hidden in a place called “The Skull” but now is everywhere adored. This is what we rejoice over today; this is what we celebrate; this is the point of the present feast; this is the manifestation of the mystery.

For this hidden and life-giving cross had to be exposed, set on high like a city on a hill or a lamp on a stand, for all the world to see.

Saint Andrew of Crete