

# Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL



733 Starkweather Ave.  
Cleveland, Ohio

Mailing:

8200 Biddulph Rd  
Brooklyn, OH 44144  
T 216.741.1310  
F 216.741.7275

[www.sttheodosius.org](http://www.sttheodosius.org)

- Archpriest John Zdinak  
Dean
- Archpriest Pavel Soucek  
Retired/Attached
- Deacon Peter Homik
- Subdeacon Theodore Lentz  
Sacristan
- Reader Julius Kovach -  
Ecclesiarch & Choirmaster

## Divine Services

Eve Sundays & Feast Days

5:00 PM Confessions

6:00 PM Great Vespers

Sundays and Feast Days

8:40 AM 3rd and 6th Hour

9:00 AM Divine Liturgy

March 26, 2006

3rd Sunday of Great Lent

Veneration of the Holy Cross

## *A Prayer before the Life-Giving Cross of the Lord*

**O** most honorable and Life-creating Cross of the Lord, sanctified by the Blood of Christ our God, and become for us, through His Death, the deliverance from eternal death!

You are the sign of victory over our enemies, visible and invisible! You shall appear at the hour of the dread Judgment of Christ: to you I bow down in humility, I touch you with honor and embrace you in love, offering this prayer to Him Who was crucified on you, that He might heal me by His Power which is in you, from all of my ills of body and soul, and preserve me from enemies visible and invisible, and cause me to stand uncondemned on the right hand at His Judgment Seat.

Yea, O holy and Life-giving Cross, on you the Saviour, dying for humanity which was dead in sin, gave up the ghost like a mortal, and shed blood and water, and by these three, wrought for us one Salvation of which we have need more than all things: unto the glory of God the Father, the Source of Living Waters; and unto Himself, God the Son, incarnate of the Virgin's blood, and God the Holy Spirit, Who enlivens the spirit of man:



Help me to glorify these Three in One Godhead in my gratitude, having received the incorrupt faith through the waters of Baptism, and the communion of the Body and Blood of the Lord in unshaken hope, a spirit contrite in penitence and love unfeigned: and not only in this life filled with tears, which passes as waters flowing by, full of battles and shed blood, and like steam vanishes, but also in the blessed life to come let me glorify the Lord, by the aid of your strength, O thrice-blessed Cross, so that I may glorify in the very Presence Him, in Whom I have believed, on Whom I have hoped and Who is my beloved delight:

The One glorified in the Holy Trinity, for ages of ages. Amen.

## *Prayer Requests*

### **Departed:**

Archpriest Victor Sokolov  
Ann Clifford

### **Ill-afflicted:**

Helen Baldner  
John Clements  
John Conrad  
Alex Dobay  
Eileen Eschuk  
Janet Franks  
Gayle & Joyce Franks  
Henry & Julia Grabowski  
Sergei Kluchnik & Family  
Mary Ann Mishko  
Margaret Rusynyk  
John & Ann Shuleva  
Jan Tkacz  
Jeanne Twitchell  
Pauline Timm  
Wilma Trivanovich  
Alexander Kuzminec

## **Parish News** **Annunciation Brunch**

### **Pascha Flowers**

Please consider contributing for the flowers to decorate the Tomb and for Pascha. Envelopes are in your mailing. Just like everything else, they keep going up in price!

## **Bookstore News**

**St. Theodosius DVD's \$15**

**Lenten Cookbooks**

**New items in stock now!**

**Information for the AMBO**

**should be emailed to**

**[ambo@sttheodosius.org](mailto:ambo@sttheodosius.org)**

## **Lenten Mission Schedule**

March 26

St. Theodosius – Cleveland 5:00 pm

April 2 -

Holy Cross Mission - Nashville/  
Wooster- 5:00 pm

April 9 -

St. Nicholas - Mentor - 5:00 pm

## **Parish Council News**

🕒 The next Parish Council Meeting is Thursday, April 27, 2006. Any parish member is welcome.

# **WANTED GREETERS**

We are looking to expand our Greeters Ministry. No experience is necessary, the hours are great and the pay is "a good measure, pressed down, shaken together, and overflowing into your lap" (Lk. 6:38). Interested in offering a tithe of your time and providing a warm smile and greeting to all of our guests and regular parishioners? Please see Joyce or Michael Tabelaing phone: 216-521-9418 or email:[m.tabelaing@att.net](mailto:m.tabelaing@att.net)

## **Memorial Saturday Commemorations**

Names for Memorial Saturday

Commemoration can be given to the vestrymen or to Fr. John. You can also send them to the Cemetery office or email them.

## **Coffee Hour & Greeters Schedules**

### **Coffee Hour Hosts:**

3/26 Tammy Ponomarenko & Mary Swit  
4/2 Sonya Vorrell & Donna Jacak  
4/9 Mat. Jeanne Homik & Mat. Cindy Zdinak  
4/16 Dan & Livinia Morris  
4/23 NO COFFEE HOUR  
4/30 Patti Sankovic & Natalie Pricinovskis  
5/7 Maca Tyler & Judy Schwind

### **Greeters:**

Paul Pangrace/M. Tabelaing  
Gindlesberger/L. Smotzer  
D. Pinta/D.Pinta  
P. Gindlesberger/L. Smotzer  
Pascha  
P. Gindlesberger/L. Smotzer  
D. Pinta/D. Pinta

## **2006 Dues**

**\$250.00 per**

**Adult member**

**(18 and older)**

## *Synaxarion for the Third Sunday of Great Lent*

*"Let all the earth venerate the Cross, through which it has learned to worship You, the Word."*

**O**n this third Sunday of the Great Fast we celebrate the Veneration of the precious and life-giving Cross. Since during the forty days of the Fast we are also in a way crucified, mortified to the passions, contrite, abased and despondent, the precious and life-giving Cross is offered to us as refreshment and confirmation, calling to mind the Passion of our Lord Jesus Christ and comforting us. If our God was crucified for our sake, how great should be our effort for His sake, since our afflictions have been assuaged through the Lord's tribulations, and by the commemoration and the hope of the Cross of glory. For as our Savior in ascending the Cross was glorified through dishonor and grief, so should we also endure our sorrows, in order to be glorified with Him. Also, as those who have traveled a long hard road, weighed down by the labors of their journey, in finding a shady tree, take their ease for a moment and then continue their journey rejuvenated, so now in this time of the Fast, this sorrowful and laborious journey, the Holy Fathers have planted the life-giving Cross, for our relief and refreshment, to encourage and make easier the labors that lie ahead. Or as when there is a royal procession, the king's scepter and banners precede him, and then he then himself appears, radiant and joyous in his victory, causing his subjects to rejoice with him. So then our Lord Jesus Christ, desiring to show His sure victory over death and His glory on the day of the Resurrection, sends His scepter before Himself, the sign of His kingship, the life-giving Cross, to gladden and refresh us, as it greatly fortifies and enables us to be prepared to receive the King with all possible strength, and to praise Him in His radiant victory.

This week lies at the middle of the holy Forty Day Fast. The Fast is like a bitter source because of our contrition and the sadness and sorrow for sin that it brings. And as Moses plunged the branch in the bitter waters of Marah, making them sweet, so God, Who has led us through the spiritual Red Sea away from Pharaoh, through the life-giving wood of the precious and life-giving Cross, sweetens the bitterness of the Forty Day Fast, and comforts us as those who were in the wilderness, up until the time when by His Resurrection He will lead us to the spiritual Jerusalem. And since the Cross is called, and indeed is, the Tree of Life, it is the very tree that was planted in the Garden of Eden. So it is fitting that the Holy Fathers have planted the Tree of the Cross in the middle of the Forty Day Fast to commemorate both Adam's tasting of its sweet fruit and of its being taken from us in favor of the Tree of the Cross, tasting of which we shall in no way die, but will have even greater life.

*Through the power of Your Cross, O Christ our God,  
preserve us also from the temptations of the Evil One.  
And make us worthy to venerate  
Your divine Passion and life-bearing Resurrection,  
having radiantly traversed the great length of the Fast,  
and have mercy on us, as You are good  
and love mankind.  
Amen.*

# Weekly Schedule

## **Sunday March 26 Sunday of the Holy Cross**

9:00 AM Divine Liturgy

5:00 PM Deanery Mission Vespers - St. Theodosius  
Cathedral - Cleveland

## **Monday March 27**

5:00 PM Confessions

6:00 PM Daily Vespers

## **Tuesday March 28**

5:00 PM Confessions

6:00 PM Daily Vespers

## **Wednesday March 29**

5:00 PM Confessions

6:00 PM Liturgy Presanctified Gifts & Potluck

## **Thursday March 30**

11:00 AM Faith Enrichment

5:00 PM Confessions

6:00 PM Daily Vespers

## **Friday March 31**

5:00 PM Confessions

6:00 PM Liturgy Presanctified Gifts & Potluck

## **Saturday April 1 Memorial Saturday**

9:00 AM Divine Liturgy

5:00 PM Confessions

6:00 PM Great Vespers

## **Sunday April 2, 4th Sunday of Lent - St. John Climacus**

9:00 AM Divine Liturgy

5:00 PM Deanery Mission Vespers - Holy Cross  
Mission - Nashville, Ohio (*Wooster*)

*Fr. John is also available for Confession after  
Services for those who cannot come earlier.*



**St. Theodosius Orthodox Cathedral**

**8200 Biddulph Rd**

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*Addressee*