

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

- 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 5, 2006

Sunday of Cheesefare

Expulsion of Adam from Paradise

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendents became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers we sing: "Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit...."



Prayer Requests

Departed:

Maria Jermakow
Ann Clifford

Ill-afflicted:

Archpriest Victor Sokolov
Archpriest Thomas Succarotte
Mat. Tatiana Succarotte
Mother Ana
Helen Baldner
Gregory Berzonsky
John Clements
John Conrad
Alex Dobay
Eileen Eschuk
Janet Franks
Gayle & Joyce Franks
Henry & Julia Grabowski
Lynette Hope
Sergei Kluchnik & Family
Mary Ann Mishko
Margaret Rusynyk
John & Ann Shuleva
Billy J. Spurlock
Jan Tkacz
Jeanne Twitchell
Pauline Timm

PARISH NEWS

*Kolachky and Russian Tea Biscuits for sale at Coffee Hour this week.
See Sonia Vorell or Jeanne Homik*

Altar Society Meeting
Sunday March 12
following Divine Liturgy

Lenten Mission Schedule

March 12 Sunday of Orthodoxy
6:00 PM St. Paul Orthodox-
N. Royalton, OH

March 19
St. Andrews – Maple Hts. 5:00 pm

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 Parish Council met on Wednesday, March 1, 2006 and elected the following officerss

Frank Tkacz - Lay Vice-Chair

Judy Schwind - Secretary

Paul Pangrace - Treasurer

🕒 The next Regular Parish Council Meeting will be Thursday March 23, 2006

Congratulations to all of the newly installed Council Members.

Finance Committee News:

The book recording all donor contributions to the endowment fund since its inception in 2004 is available to any parishioner to see. Also, the Finance Committee had their first meeting on Saturday, February 25, 2006. The summary of that meeting is also available. If you have an interest in seeing these documents now or in the future, please call me at 440-777-0118.

Marie Maty, Finance Committee Chair

Coffee Hour & Greeters Schedules

Coffee Hour Hosts:

3/5 PattiSankovic & Natalia Pricinovskis
3/12 MacaTyler & Judy Schwind
3/19 Joyce Tabeling
3/26 Tammy Ponomarenko & Mary Swit
4/2 Sonya Vorrell & Donna Jacak

Greeters:

Eileen & Steve Bondor
Michael Tabeling
Paul Pangrace
Paul Pangrace/M. Tabeling

2006 Dues

\$250.00 per

Adult member

(18 and older)

A Preparation for Confession

by **St. John of Kronstadt**

I, a sinful soul, confess to our Lord God and Savior Jesus Christ, all of my evil acts which I have done, said or thought from baptism even unto this present day.

I have not kept the vows of my baptism, but have made myself unwanted before the face of God.

I have sinned before the Lord by lack of faith and by doubts concerning the Orthodox Faith and the Holy Church; by ungratefulness for all of God's great and unceasing gifts; His long-suffering and His providence for me, a sinner; by lack of love for the Lord, as well as fear, through not fulfilling the Holy Commandments of God and the canons and rules of the Church.

I have not preserved a love for God and for my neighbor nor have I made enough efforts, because of laziness and lack of care, to learn the Commandments of God and the precepts of the Holy Fathers.

I have sinned: by not praying in the morning and in the evening and in the course of the day; by not attending the services or by coming to Church only half-heartedly, lazily and carelessly; by conversing during the services, by not paying attention, letting my mind wander and by departure from the Church before the dismissal and blessing.

I have sinned by judging members of the clergy.

I have sinned by not respecting the Feasts, breaking the Fasts, and by immoderation in food and drink.

I have sinned by self-importance, disobedience, willfulness, self-righteousness, and the seeking of approval and praise.

I have sinned by unbelief, lack of faith, doubts, despair, despondency, abusive thoughts, blasphemy and swearing.

I have sinned by pride, a high opinion of my self, narcissism, vanity, conceit, envy, love of praise, love of honors, and by putting on airs.

I have sinned: by judging, malicious gossip, anger, remembering of offenses done to me, hatred and

returning evil for evil; by slander, reproaches, lies, slyness, deception and hypocrisy; by prejudices, arguments, stubbornness, and an unwillingness to give way to my neighbor; by gloating, spitefulness, taunting, insults and mocking; by gossip, by speaking too much and by empty speech.

I have sinned by unnecessary and excessive laughter, by reviling and dwelling upon my previous sins, by arrogant behavior, insolence and lack of respect.

I have sinned by not keeping my physical and spiritual passions in check, by my enjoyment of impure thoughts, licentiousness and unchastity in thoughts, words and deeds.

I have sinned by lack of endurance towards my illnesses and sorrows, a devotion to the comforts of life and by being too attached to my parents, children, relatives and friends.

I have sinned by hardening my heart, having a weak will and by not forcing myself to do good.

I have sinned by miserliness, a love of money, the acquisition of unnecessary things and immoderate attachment to things.

I have sinned by self-justification, a disregard for the admonitions of my conscience and failing to confess my sins through negligence or false pride.

I have sinned many times by my Confession: belittling, justifying and keeping silent about sins.

I have sinned against the Most-holy and Life-creating Mysteries of the Body and Blood of our Lord by coming to Holy Communion without humility or the fear of God.

I have sinned in deed, word and thought, knowingly and unknowingly, willingly and unwillingly, thoughtfully and thoughtlessly, and it is impossible to enumerate all of my sins because of their multitude. But I truly repent of these and all others not mentioned by me because of my forgetfulness and I ask that they be forgiven through the abundance of the Mercy of God.

Weekly Schedule

Sunday March 5

9:00 AM Divine Liturgy

6:00 PM Forgiveness Vespers

Monday March 6

5:00 PM Confession

6:00 PM Great Canon of St. Andrew

Tuesday March 7

5:00 PM Confession

6:00 PM Great Canon of St. Andrew

Wednesday March 8

5:00 PM Confession

6:00 PM Liturgy Presanctified Gifts

Thursday March 9

11:00 AM Faith Enrichment

5:00 PM Confession

6:00 PM Great Canon of St. Andrew

Friday March 10

5:00 PM Confession

6:00 PM Liturgy Presanctified Gifts

Saturday March 11 - Theodore Saturday

9:00 AM Divine Liturgy

5:00 PM Confessions

6:00 PM Great Vespers

Sunday March 12

9:00 AM Divine Liturgy

11:00 AM Altar Society Meeting

6:00 PM Sunday of Orthodoxy Vespers St. Paul Church

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



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Addressee