

Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL



MARCH 19, 2023

3RD SUNDAY OF LENT

VENERATION OF
THE CROSS

733 Starkweather Avenue
Cleveland, Ohio 44113

www.sttheodosius.org

Father Jan Cizmar
1(440) 732-8182
st.theodosiuscathedral@gmail.com

Office Hours TWTh
9AM-2PM, please call ahead

Subdeacon Michael Tabeling,
Sacristan

Subdeacon Igor Gajewsky
Sacristan

Reader Julius Kovach,
Ecclesiarch & Choirmaster

Denise "Nisi" Pozderac
dpozderac.tlc@gmail.com
Parish Council President

Mary Swit, Parish Secretary
1(216) 574-4886
StTheodosiusCathedral@protonmail.com

Office Hours MTWTh
10:00AM-2:00PM

Paul Zawolowycz
Ambo Editor

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

Please check weekly schedule
for specific days (last page).

Previous Ambos on website.

Articles for publication
should be submitted to:

ambo-theodosius@googlegroups.com



The Feast of the Annunciation

(March 25) is one of the earliest Christian feasts, and was already being celebrated in the fourth century. There is a painting of the Annunciation in the catacomb of Priscilla in Rome dating from the second century. The Council of Toledo in 656 mentions the Feast, and the Council in Trullo in 692 says that the Annunciation was celebrated during Great Lent.

The Greek and Slavonic names for the Feast may be translated as "good tidings." This, of course, refers to the Incarnation of the Son of God and the salvation He brings. The background of the Annunciation is found in the Gospel of Saint Luke (1:26-38). The troparion describes this as the "beginning of our salvation, and the revelation of the eternal mystery,"

for on this day the Son of God became the Son of Man.

There are two main components to the Annunciation: the message itself, and the response of the Virgin. The message fulfills God's promise to send a Redeemer (Genesis 3:15): "I will put enmity between you and the woman, between your seed and her seed; he shall crush your head, and you shall lie in wait for his heel." The Fathers of the Church understand "her seed" to refer to Christ. The prophets hinted at His coming, which they saw dimly, but the Archangel Gabriel now proclaims that the promise is about to be fulfilled.

We see this echoed in the Liturgy of Saint Basil, as well: "When man disobeyed Thee, the only true God who had created him, and was deceived by the guile of the serpent, becoming subject to death by his own transgressions, Thou, O God, in Thy righteous judgment, didst send him forth from Paradise into this world, returning him to the earth from which he was taken, yet providing for him the salvation of regeneration in Thy Christ Himself."

The Archangel Gabriel was sent by God to Nazareth in Galilee. There he spoke to the undefiled Virgin who was betrothed to Saint Joseph: "Hail, thou who art highly favoured, the Lord is with thee: blessed art thou among women. And, behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call his name Jesus. He shall be great, and shall be called the Son of the Most High: and the Lord God shall give unto him the

throne of his father David: And he shall reign over the house of Jacob for ever; and of his kingdom there shall be no end."

In contrast to Eve, who was readily deceived by the serpent, the Virgin did not immediately accept the Angel's message. In her humility, she did not think she was deserving of such words, but was actually troubled by them. The fact that she asked for an explanation reveals her sobriety and prudence. She did not disbelieve the words of the angel, but could not understand how they would be fulfilled, for they spoke of something which was beyond nature.

Then said Mary unto the angel, "How shall this be, seeing I know not a man?" (Luke 1:34).

"And the angel answered and said unto her, 'The Holy Ghost shall come upon thee, and the power of the Most High shall overshadow thee: therefore also that which shall be born of thee shall be called the Son of God. And, behold, thy cousin Elisabeth hath also conceived a son in her old age: and this is the sixth month with her, who was called barren.

For with God nothing shall be impossible.' And Mary said, 'Behold the handmaid of the Lord; be it unto me according to thy word.' And the angel departed from her." (Luke 1: 35-38)

In his Sermon 23 on the day of the Annunciation, Saint Philaret of Moscow boldly stated that "the word of the creature brought the Creator down into the world." He explains that salvation is not merely an act of God's will, but also involves the Virgin's free will. She could have refused, but she accepted God's will and chose to cooperate with-



out complaint or further questions.

The icon of the Feast shows the Archangel with a staff in his left hand, indicating his role as a messenger. Sometimes one wing is upraised, as if to show his swift descent from heaven. His right hand is stretched toward the holy Virgin as he delivers his message.

The Virgin is depicted either standing or sitting, usually holding yarn in her left hand. Sometimes she is shown holding a scroll. Her right hand may be raised to indicate her surprise at the message she is hearing. Her head is bowed, showing her consent and obedience. The descent of the Holy Spirit upon her is depicted by a ray of light issuing from a small sphere at the top of the icon, which symbolizes heaven. In a famous icon from Sinai, a white dove is shown in the ray of light.

There are several famous icons of the Annunciation. One is in the Moscow Kremlin in the church of the Annunciation. This icon appeared in connection with the rescue of a prisoner by the Mother of God during the reign of Ivan the Terrible. Another is to be found in the Dormition Cathedral in Moscow (July 8). It was originally located in Ustiug, and was the icon before which Saint Procopius the fool (July 8) prayed to save the city from destruction in 1290. One of the most highly revered icons in Greece is the Tinos icon of the Annunciation (January 30).

The Annunciation falls during Lent, but it is always celebrated with great joy. The Liturgy of Saint Basil or Saint John Chrysostom is served, even on the weekdays of Lent. It is one of the two days of Great Lent on which the fast is relaxed and fish is permitted (Palm Sunday is the other).

VISITATIONS

Fr. Cizmar would like to know who requires visitation. He is eager to visit those who might have gone a long time without visitation for any reason at all. A key duty of a priest's ministry is to visit the sick and confined, those unable to attend the holy services for any reason. His phone number and email address are printed on the front of every Ambo, and are repeated here:

Father Jan Cizmar - 1(440) 732-8182 - st.theodosiuscathedral@gmail.com

It is Time to Clean our Church

Before Pascha is the traditional time to clean the church. We will meet on Saturday, April 1st, at 9:30 AM to clean our temple together as a community. Feel free to bring cleaning supplies.

Prostrations During Presanctified Liturgies

1. Following the Great and Little Litanies, during the time the curtain is closed until it is reopened. During this time, the Presanctified Mysteries are being transferred from the Holy Table to the Table of Oblation.
2. During the blessing of the faithful with the candle and censer, "The Light of Christ illumineth all."
3. During the singing of "Let my prayer arise...."
4. At the Great Entrance, from the time the Holy Doors are opened until the prayer of St Ephraim. During this time, the Presanctified Mysteries are transferred from the Table of Oblation through the Holy Doors to the Holy Table.
5. During the singing of "Our Father."
6. When the Mysteries are first brought out for Communion, "With the fear of God...."

"The Golden Age" - St. Theodosius Cathedral Choir

We are pleased to announce the release of a **limited edition**, newly re-mastered recording of the **Annual Cathedral Choir Christmas Concerts from 1977 and 1979**. This recording demonstrates the excellence of singing by the Cathedral Choir at a time when there were almost 50 singers! Some of the arrangements are sung in 8-part harmony. Most of the singing is in Church Slavonic. There is more than 90 minutes of a cappella choral music. This is a collector's item you will not want to miss.

Listen to some of the most outstanding Russian liturgical masterpieces by composers Arkhangelsky, Chesnokov, Grechaninov, Ippolitov-Ivanov, Kastalsky, Rimsky-Korsakov, and Yaichkov. Included are Bortniansky's "Te Deum" ("Tebe Boha Khvalim") from the Moleben Service. There are traditional international Christmas Carols on this recording as well as popular carols sung by everyone attending the concerts.

ORDER NOW

You may reserve your copy of this unique recording by completing an order form available at the Cathedral or by contacting the Choirmaster. We are asking for a donation of \$20 per CD or USB drive to cover production costs. Cash OR checks made payable to St. Theodosius Cathedral/Music.

Bright Week Young Adult Fellowship Picnic

Wednesday, April 19th. Our location is TBD, but save the date. Participants are each asked to each bring something. Come and celebrate your Paschal joy with your Orthodox friends!

Church School: Saturday April 8 * Saturday May 6 * Saturday June 3



ST. GREGORY PALAMAS MONASTERY PILGRIMAGE

Saturday, May 13th. Fr. Joseph and the brotherhood will be welcoming young adult Cleveland area orthodox for a group visit. If you've never been there before: "The Monastery (934 Cr. #2256 Perysville, 44864) is located in northeast Ohio, about 15 miles east of Mansfield. The regular cycle of monastic worship services (conducted primarily in English) provides a traditional prayer experience which is only possible in a monastery." Details to follow.

The Sermon on the Mount (*Matthew Chapters 5, 6, and 7*)

A Brief Catechism by H. Paul Finley

Presented at St. Theodosius Orthodox Church

First Five Wednesdays of Great Lent following Presanctified Liturgy

The Sermon on the Mount begins with the Beatitudes, but the whole of the sermon gives us instruction on how to live out those beatitudes, "the blessings," in our day-to-day life. It is that life which leads us to heaven, where we will see the Risen Christ face to face and dwell with the Saints forever.

March 22, 2023 – Don't be Distracted by Possessions and Worry as You Make the Climb
(Matthew Chapter 6:25-34)

March 29, 2023 - Seven Traps as You Climb the Staircase (Matthew Chapter 7)

St. Kyranna Young Adult Cooking Class



Who: All Ages 21 – 35 (ish)

What: Prayer, Cooking, Fellowship, & Fun

**When: One Friday Evening Every Other Month*
7:00 p.m. – 9:00 p.m.**

Where: Sts. Constantine & Helen, Cleveland Heights

Why: “Man shall not live by bread alone, but by every word that comes from the mouth of God” (Deut 8:3; Matt 4:4).

**How: RSVP to gorealcleveland@gmail.com OR
tcherpas@stsconstantine.com**

**Dates subject to change*

Akathist to the Precious Cross

Offered by the Cleveland Deanery



The Third Sunday of Lent is that of the Veneration of the Cross. The cross stands in the midst of the church in the middle of the lenten season not merely to remind men of Christ's redemption and to keep before them the goal of their efforts, but also to be venerated as that reality by which man must live to be saved.

Sunday, March 19, 2023 at 5 pm
w/light meal to follow
Archangel Michael Orthodox Church
5025 E Mill Road
Broadview Hts., OH

Landscaping Ministry

Spring is around the corner!

Consider helping us to cut and edge the grounds around our cathedral, it's a great way of getting some sun and exercise while beautifying the church.

Please speak with **Joyce Tabeling** in person or call her at **216 408-7187**

St. Theodosius Orthodox Cathedral Ambo - Page 6

PRAYER REQUESTS

as of 3/19/2023

Deceased

Archpriest Daniel Rentel

Protopresbyter Srboljub

Peter

Lawrence

Special Intentions:

Priest Andrew

Subdeacon Theodore Lentz

Subdeacon Igor Gajewsky

Reader Paul Pangrace

Reader Frank Tkacz

Stephan Chwalyk

Horia Dascalescu (*Lavinia's brother*)

Diane Kearsey (*Janice Tkacz's Sister*)

Janice Tkacz

Eleanor Wachovec (*friend of Karen Felon*)

Rachel Ohlin (*relative of Tatiana*)

Erin Zawolowycz

Joseph Czajkowski (*son of Jerry*)

Carol Nielsen (*Paul Pangrace's sister*)

Virginia Medvec

Jeffrey Parhamovich (*brother of Karen Felon*)

Margaret Parhamovich (*sister-in-law of Karen Felon*)

Margaret Peyton (*Cathy's aunt*)

Jean Woycitzky Thompson (*Frank's cousin*)

Anna Marie Luvison (*daughter of Matthew & Katie (Ellis) Luvison*)

Debra Parhamovich (*sister of Karen Felon*)

Grace Mary Parhamovich (*mother of Karen Felon*)

Gayle Vidovich

Elizabeth Balasz

Christina Hile (*Nisi & Cindy's sister*)

Lonnie Ellis (*Husband to Debra Ellis*)

Robert Martin Prock

Andrew (*Nephew of Deborah Finley*)

Valentina Zawolowycz (*mother of Paul Z*)

Melvin Timm

Michael and Nichole Zolikoff and unborn child

Helga Timm

Mark

Please submit names to the Prayer List by emailing them to Fr. Jan Cizmar
st.theodosiuscathedral@gmail.com

Or calling at 1(440) 732-8182

Names remain on the list for 30 days unless requested otherwise.

BIBLE READINGS FOR THE WEEK

Sunday, March 19

John 20:1-10
 Hebrews 4:14-5:6
 Mark 8:34-9:1

Monday, March 20

Isaiah 14:24-32
 Genesis 8:21-9:7
 Proverbs 11:19-12:6

Tuesday, March 21

Isaiah 25:1-9
 Genesis 9:8-17

Proverbs 12:8-22

Wednesday, March 22

Isaiah 26:21-27:9
 Genesis 9:18-10:1
 Proverbs 12:23-13:9

Thursday, March 23

Isaiah 28:14-22
 Genesis 10:32-11:9
 Proverbs 13:19-14:6

Friday, March 24

Isaiah 29:13-23
 Genesis 12:1-7
 Proverbs 14:15-26
 Genesis 28:10-17
 Ezekiel 43:27-44:4
 Proverbs 9:1-11

Saturday, March 25

Exodus 3:1-8
 Proverbs 8:22-30
 Luke 1:39-49, 56
 Hebrews 6:9-12

Mark 7:31-37

Hebrews 2:11-18
 Luke 1:24-38

Sunday, March 26

John 20:11-18
 Hebrews 2:11-18
 Luke 1:24-38
 Ephesians 5:9-19
 Matthew 4:25-5:12
 Hebrews 6:13-20
 Mark 9:17-31

ST. THEODOSIUS IS A SUBSCRIBER TO TITHE.LY

In response to requests to be able to donate electronically, we have set up a Tithe.ly account so people can donate either regularly or for special occasions online. Click here to see: <https://www.sttheodosius.org/donate>



Sunday, March 19

3rd Sunday of Great Lent
Veneration of the Cross
 8:40 AM 3rd and 6th Hours
 9:00 AM Divine Liturgy
 Coffee Hour
 5:00 PM Akathist to the Precious Cross
 @Archangel Michael Orthodox Church

Monday, March 20

The Holy Fathers who were slain at the Monastery of St. Savva: Ven. John, Sergius, Patrick, and others (796)

Tuesday, March 21

St. James (Jacob, Iago) the Confessor, Bishop of Catania (8th-9th c.)

Wednesday, March 22

Hieromartyr Basil of Ancyra (362-363)
 4:30 PM Confessions
 5:30 PM - Ninth Hour and Typica
 6:00 PM Presanctified Liturgy
 Lenten Potluck

WEEKLY SCHEDULE 2023



Thursday, March 23
 Martyr Nikon and 199 disciples with him in Sicily (251)

Friday, March 24
 Forefeast of the Annunciation
 4:30 PM Confessions
 5:30 PM - Ninth Hour and Typica
 6:00 PM Presanctified Liturgy

Saturday, March 25
 Fourth Saturday of Great Lent
The Annunciation of our Most Holy Lady, Theotokos and Ever-Virgin Mary
 8:40 AM 3rd and 6th Hours
 9:00 AM Divine Liturgy
 5:00 PM Confessions
 6:00 PM Great Vespers

Sunday, March 26
 4th Sunday of Great Lent
St. John Climacus of the Ladder
 Leavetaking of the Annunciation
 8:40 AM 3rd and 6th Hours
 9:00 AM Divine Liturgy
 Coffee Hour
 11:00 AM FOCA Meeting