

Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL



Mailing:

733 Starkweather Avenue
Cleveland, Ohio 44113

www.sttheodosius.org

Eric Seddon, Parish Secretary
1(216) 574-4886

Protodeacon Daniel Boerio
1(216) 513-5307
dboerio79@yahoo.com

Subdeacon Michael Tabeling,
Sacristan

Reader Julius Kovach,
Ecclesiarch & Choirmaster

Erin 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)

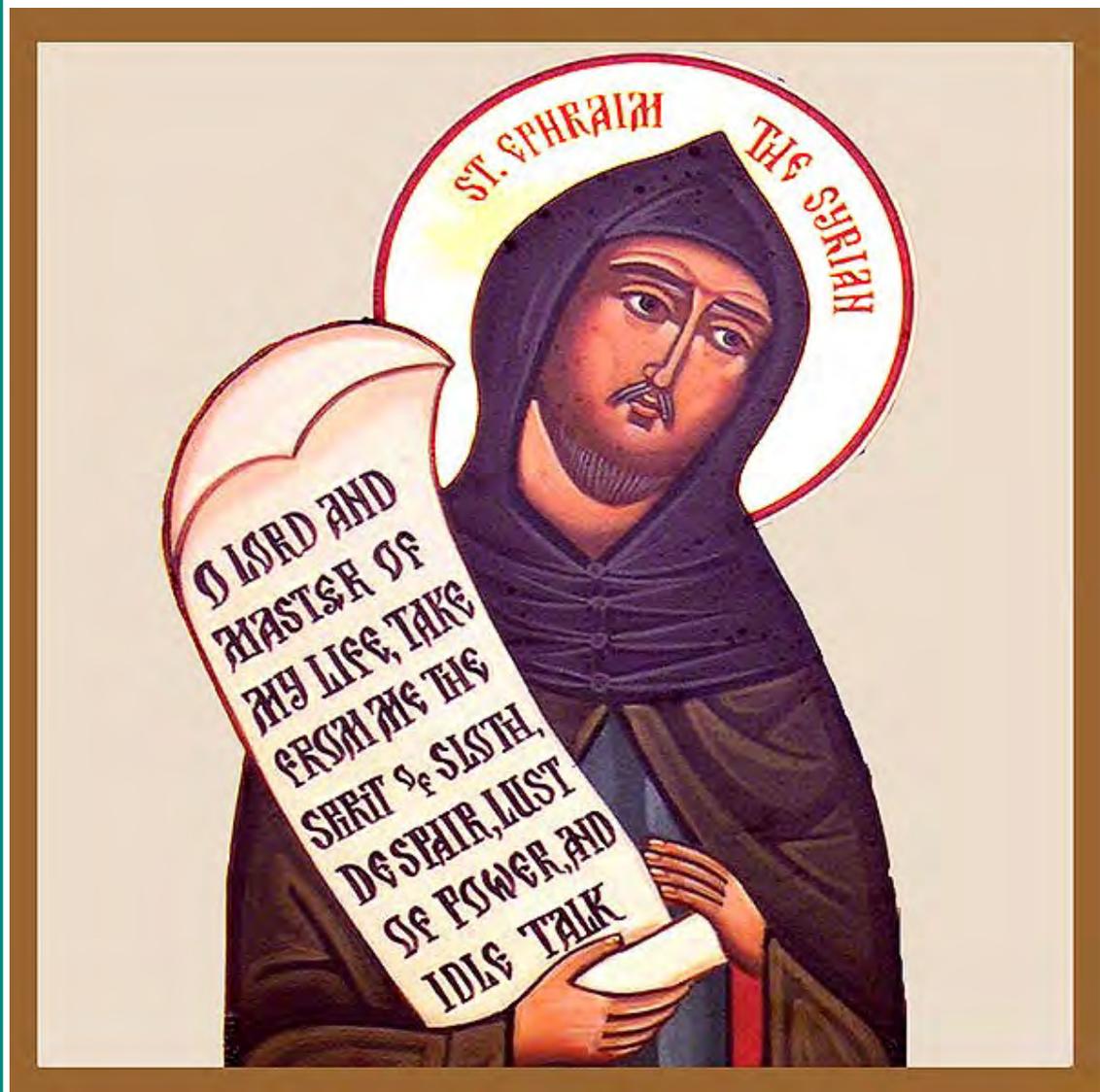
AMBO: Articles for publica-
tion should be submitted to:

ambo-theodosius

[@googlegroups.com](mailto:ambo-theodosius@googlegroups.com)

JANUARY 24, 2021

NEW MARTYRS AND
CONFESSORS OF RUSSIA
VENERABLE XENIA OF ROME



Venerable Ephraim the Syrian (January 28)

Saint Ephraim the Syrian, a teacher of repentance, was born at the beginning of the fourth century in the city of Nisibis (Mesopotamia) into the family of impoverished toilers of the soil. His parents raised their son in piety, but from his childhood he was known for his quick temper and impetuous character. He often had fights, acted thoughtlessly, and even doubted God's Providence. He finally recovered his senses by the grace of God, and embarked on the path of repentance and salvation.

Once, he was unjustly accused of stealing a sheep and was thrown into prison. He heard a voice in a dream calling him to repent and correct his life. After this, he was acquitted of the charges and set free.

The young man ran off to the mountains to join the hermits. This form of Christian asceticism had been introduced by a disciple of Saint Anthony the Great, the Egyptian desert dweller Eugenius.

Saint James of Nisibis (January 13) was a noted ascetic, a preacher of Christianity and denouncer of the Arians. Saint Ephraim became one of his disciples. Under the direction of the holy hierarch, Saint Ephraim attained Christian meekness, humility, submission to God's will, and the strength to undergo various temptations without complaint.

Saint James transformed the wayward youth into a humble and contrite monk. Realizing the great worth of his disciple, he made use of his talents. He trusted him to preach sermons, to instruct children in school, and he took Ephraim with him to the First Ecumenical Council at Nicea (in the year 325). Saint Ephraim was in obedience to Saint James for fourteen years, until the bishop's death in 338.

After the capture of Nisibis by the Persians in 363, Saint Ephraim went to a monastery near the city of Edessa. Here he saw many great ascetics, passing their lives in prayer and psalmody. Their caves

were solitary shelters, and they fed themselves with a certain plant.

He became especially close to the ascetic Julian (October 18), who was of one mind with him. Saint Ephraim combined asceticism with a ceaseless study of the Word of God, taking from it both solace and wisdom for his soul. The Lord gave him a gift of teaching, and people began to come to him, wanting to hear his counsel, which produced compunction in the soul, since he began with self-accusation. Both verbally and in writing, Saint Ephraim instructed everyone in repentance, faith and piety, and he denounced the Arian heresy, which at that time was causing great turmoil. Pagans who heard the preaching of the saint were converted to Christianity.

He also wrote the first Syriac commentary on the Pentateuch (i.e. "Five Books") of Moses. He wrote many prayers and hymns, thereby enriching the Church's liturgical services. Famous prayers of Saint Ephraim are to the Most Holy Trinity, to the Son of God, and to the Most Holy Theotokos. He composed hymns for the Twelve Great Feasts of the Lord (the Nativity of Christ, the Baptism, the Resurrection), and funeral hymns. Saint Ephraim's Prayer of Repentance, "O Lord and Master of my life...", is recited during Great Lent, and it summons Christians to spiritual renewal.

From ancient times the Church has valued the works of Saint Ephraim. His works were read publicly in certain churches after the Holy Scripture, as Saint Jerome tells us. At present, the Church Typikon prescribes certain of his instructions to be read on the days of Lent. Among the prophets, Saint David is the preeminent psalmist; among the Fathers of the Church, Saint Ephraim the Syrian is the preeminent man of prayer. His spiritual experience made him a guide for monastics and a help to the pastors of Edessa. Saint Ephraim wrote in Syriac, but his works were very early translated into Greek and Armenian. Translations into Latin

and Slavonic were made from the Greek text.

In many of Saint Ephraim's works we catch glimpses of the life of the Syrian ascetics, which was centered on prayer and working in various obediences for the common good of the brethren. The outlook of all the Syrian ascetics was the same. The monks believed that the goal of their efforts was communion with God and the acquisition of divine grace. For them, the present life was a time of tears, fasting and toil.

"If the Son of God is within you, then His Kingdom is also within you. Thus, the Kingdom of God is within you, a sinner. Enter into yourself, search diligently and without toil you shall find it. Outside of you is death, and the door to it is sin. Enter into yourself, dwell within your heart, for God is there."

Constant spiritual sobriety, the developing of good within man's soul gives him the possibility to take upon himself a task like blessedness, and a self-constraint like sanctity. The requital is presupposed in the earthly life of man, it is an undertaking of spiritual perfection by degrees. Whoever grows himself wings upon the earth, says Saint Ephraim, is one who soars up into the heights; whoever purifies his mind here below, there glimpses the Glory of God. In whatever measure each one loves God, he is, by God's love, satiated to fullness according to that measure. Man, cleansing himself and attaining the grace of the Holy Spirit while still here on earth, has a foretaste of the Kingdom of Heaven. To attain to life eternal, in the teachings of Saint Ephraim, does not mean to pass over from one realm of being into another, but rather to discover "the heavenly," spiritual condition of being. Eternal life is not bestowed on man through God's one-sided efforts, but rather, it constantly grows like a seed within him by his efforts, toils and struggles.

The pledge within us of "theosis" (or "deification")

is the Baptism of Christ, and the main force that drives the Christian life is repentance. Saint Ephraim was a great teacher of repentance. The forgiveness of sins in the Mystery of Repentance, according to his teaching, is not an external exoneration, not a forgetting of the sins, but rather their complete undoing, their annihilation. The tears of repentance wash away and burn away the sin. Moreover, they (i.e. the tears) enliven, they transfigure sinful nature, they give the strength "to walk in the way of the the Lord's commandments," encouraging hope in God. In the fiery font of repentance, the saint wrote, "you sail yourself across, O sinner, you resurrect yourself from the dead."

Saint Ephraim, accounting himself as the least and worst of all, went to Egypt at the end of his life to see the efforts of the great ascetics. He was accepted there as a welcome guest and received great solace from conversing with them. On his return journey he visited at Caesarea in Cappadocia with Saint Basil the Great (January 1), who wanted to ordain him a priest, but he considered himself unworthy of the priesthood. At the insistence of Saint Basil, he consented only to be ordained as a deacon, in which rank he remained until his death. Later on, Saint Basil invited Saint Ephraim to accept a bishop's throne, but the saint feigned madness in order to avoid this honor, humbly regarding himself as unworthy of it.

After his return to his own Edessa wilderness, Saint Ephraim hoped to spend the rest of his life in solitude, but divine Providence again summoned him to serve his neighbor. The inhabitants of Edessa were suffering from a devastating famine. By the influence of his word, the saint persuaded the wealthy to render aid to those in need. From the offerings of believers he built a poor-house for the poor and sick. Saint Ephraim then withdrew to a cave near Edessa, where he remained to the end of his days.

How Many More Times Do I Have To Tell You Not To Touch The Stove!!

I'm sure you have heard this from your mother, grandmother, or other adults when you were growing up...if you have not said this yourself to your children! Ah, if only we had a nickel for all the times we may have said this, or something just like it. It seems as though some of us have difficulty in understanding the concepts of things that can hurt us! This is also true in the spiritual life as well.

One of the greatest gifts our Lord Jesus Christ has given us is that of free will. Not even the angels in heaven have free will, yet we humans do. Yet, we often squander this gift by choosing to do those things against God's Will: to choose sin.

Our Lord tells us so many different times what we must do in order to inherit eternal life, just as He told the Rich Young Ruler we encountered in last week's Gospel reading: "You know the commandments: 'Do not commit adultery,' 'Do not murder,' 'Do not steal,' 'Do not bear false witness,' 'Honor your father and your mother.'" (Luke 18:20). Our Lord would go on to say: "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." This is the greatest

and first commandment. And a second is like it: "You shall love your neighbor as yourself." (Matt. 22:37-39). These seem rather elementary and simple, yet we find it so hard to follow.

In today's Epistle reading (Colossians 3:4-11), St. Paul approaches our Christian life from a completely different angle: he reinforces in us those things from which we must flee. It's quite a list! *Put to death, therefore, whatever in you is earthly: fornication, impurity, passion, evil desire, and greed (which is idolatry)...But now you must get rid of all such things—anger, wrath, malice, slander, and abusive language from your mouth. Do not lie to one another.*

How different this world would be if we were to remove from ourselves these vile sins! How much better would our own lives be if we were first to *seek first the Kingdom of God.. dedicating our lives to prayer, alms-giving, and good works!*

Let us think about these things, rededicating ourselves to a simple life of faith, love, and prayer following our Lord Jesus Christ!

WORLD FAMOUS ORTHODOX PRIEST WITH A MIRACULOUS STORY HAVING SECOND DOUBLE-LUNG TRANSPLANT



Father Serhii Chebotar is a Ukrainian-born priest of the ROCOR with an amazing, even miraculous, story. Seven years ago he came to Cleveland, Ohio, from the Holy Dormition Pochaev Lavra in Ukraine, to undergo an extremely difficult, life-saving surgery: a double lung transplant! And now, seven years later he just had a second double lung transplant—and he needs help.

Read the full article here: <https://orthochristian.com/133666.html>

Donation link available in the article, or by clicking [here](#).

Please Help us Find the Homebound

We are requesting everyone's assistance in finding any homebound persons that have escaped our notice. If you know of someone who is homebound, of any age or for any reason, please send information to Eric Seddon in the office.

1(216)574-4886

or StTheodosiusCathedral@protonmail.com

FAITH ENRICHMENT EVERY THURSDAY

Please contact Subdeacon Leon Felon at (440) 666-7601 if you have any questions.



PRAYER REQUESTS



Departed:

Elsie Conrad

Archpriest Rodion Pfeiffer (former Parishioner)

Special Intentions:

Deacon Paul Mitchell (*Tom Mitchell's father*)

Subdeacon Theodore Lentz

Reader Paul Pangrace

Arlene Czajkowski

Child Mary Kate Zweidunger

Child Vivian Sherer

Melissa (*cousin of Mary Ann Kovach*)

Elizabeth (Betty) Balasz

Marie Borland

Horia Dascalescu

Debra Ellis

Gregory Galan

Aleksei Green

Virginia Haupt (*Lisa Theodore's mother*)

Don Hinkl

Matthew Hunly (*Phyllis Gindlesperger's brother-in-law*)

Diane Kearsey (*Janice Tkacz's sister*)

Annamarie Luvison (*Daughter of Kaite Ellis-Luvison*)

Chris Magee (*Erin Zawolowycz's brother*)

Paul Mihal

Natalya Miller (*Arlene Neale's great-*

niece)

Andrew Mytrohovich

Debra Parhamovich (*Karen Felon's sister*)

Grace Parhamovich (*Karen Felon's mother*)

Jim Paulitzky (*Jerry Czajkowski's son-in-law*)

James Peter Petkac

Susan Reese (*friend of Jerry & Arlene Czajkowski and Betty Balasz*)

Elena Rich (*Jerry Czajkowski's daughter*)

Andrew Sykaluk

Elaine Sudnick (*Joy Pfeiffer's mother*)

Tony Sykaluk (*friend of Lydia Mytrohovich*)

Janice Tkacz

Gayle Vidovitch

Eleanor Wachovec (*friend of Karen Felon*)

Robert Walsh (*friend of the Felons*)

Colleen Walsh (*friend of the Felons*)

Erin Zawolowycz

Kristin Robinson

Janet Budko (*sister-in-law of Arlene Neale*)

Laurie Budko (*niece of Arlene Neale*)

Mary Kay Weber

Mirta Szewczyk (*friend of Tatiana*)

Mickey O'Brien (*friend of Arlene*)

Kelly Buehner

Anna Sykaluk (*friend of Tatiana*)

Edward Zewczyk (*friend of Tatiana*)

Joe Czajkowski (*son of Jerry*)

Patrick Gallagher

Elliott Udell (*grandson of Michael Udell*)

Constance Zimmerman (*Cindy's cousin*)

William Nasi (*brother-in-law of Kenneth Kovach*)

Jonathan Maas (*friend of Eric Seddon*)

Michelle Frampton (*cousin of Fr. Zdinak*)

Steve Bondor

Louis Klinar (*father of Bob Klinar*)

Jeanne Charles (*friend of Arlene Neal/Czajkowski*)

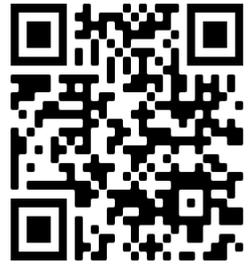
Carol & Bert Nielsen (*Paul Pangrace's sister & brother-in-law*)

BIBLE READINGS FOR THE WEEK OF January 24

<p>Jan 24 John 21:15-25 Col 3:4-11 Luke 18:35-43</p>	<p>Jan 26 Heb 9:8-10, 15-23 Mark 8:22-26</p>	<p>Jan 28 Heb 10:35-11:7 Mark 9:10-16</p>	<p>Jan 30 Deut 1:8-11, 15-17 Deut 10:14-21 Wis 3:1-9 John 10:9-16 Heb 13:7-16 Matt 5:14-19 Eph 5:1-8 Luke 14:1-11</p>
<p>Jan 25 Composite 2—Proverbs 10, 3, 8 Composite 4 Proverbs 10, Wis 6, 7, 8, 9 Wis 4:7-15 John 10:1-9 1 Cor 12:7-11 John 10:9-16 Heb 8:7-13 Mark 8:11-21</p>	<p>Jan 27 Composite 2—Proverbs 10, 3, 8 Composite 4 Proverbs 10, Wis 6, 7, 8, 9 Composite 5—Wis 4, 6, 7, 2 John 10:1-9 Heb 7:26-8:2 John 10:9-16 Heb:10-1-18 Mark 8:30-34</p>	<p>Jan 29 Heb 11:8, 11-16 Mark 9:33-41</p>	<p>Jan 31 Matt 28:16-20 Col 3:12-16 Matt 25:14-30</p>

ST. THEODOSIUS IS NOW 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>
Special thanks to Council Vice President Cathy Weber and our Webmaster Kate Zolikoff for making this happen.



Sunday, Jan 24

New Martyrs and Confessors of Russia
Venerable Xenia of Rome and her two female servants
3rd and 6th Hours read at 8:40 AM
Liturgy Begins 9:00 AM

Monday, Jan 25

St. Gregory the Theologian, Archbishop of Constantinople

Tuesday, Jan 26

Ven. Xenophon, his wife Mary and their two sons, Arcadius and John of Constantinople

Wednesday, Jan 27

Translation of the Relics of St. John Chrysostom, Archbishop of Constantinople

WEEKLY SCHEDULE

2021

Thursday, Jan 28

Venerable Ephraim the Syrian

Friday, Jan 29

Translation of the Relics of Hieromartyr Ignatius the Godbearer, Bishop of Antioch

Saturday, Jan 30

Synaxis of the Ecumenical Teachers and Hierarchs: Basil the Great, Gregory the Theologian and John Chrysostom
Great Vespers 6:00 PM

Sunday, Jan 31

Wonderworkers and Unmercenaries Cyrus and John and those with them
3rd and 6th Hours read at 8:40 AM
Liturgy Begins 9:00 AM