

Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL

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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.

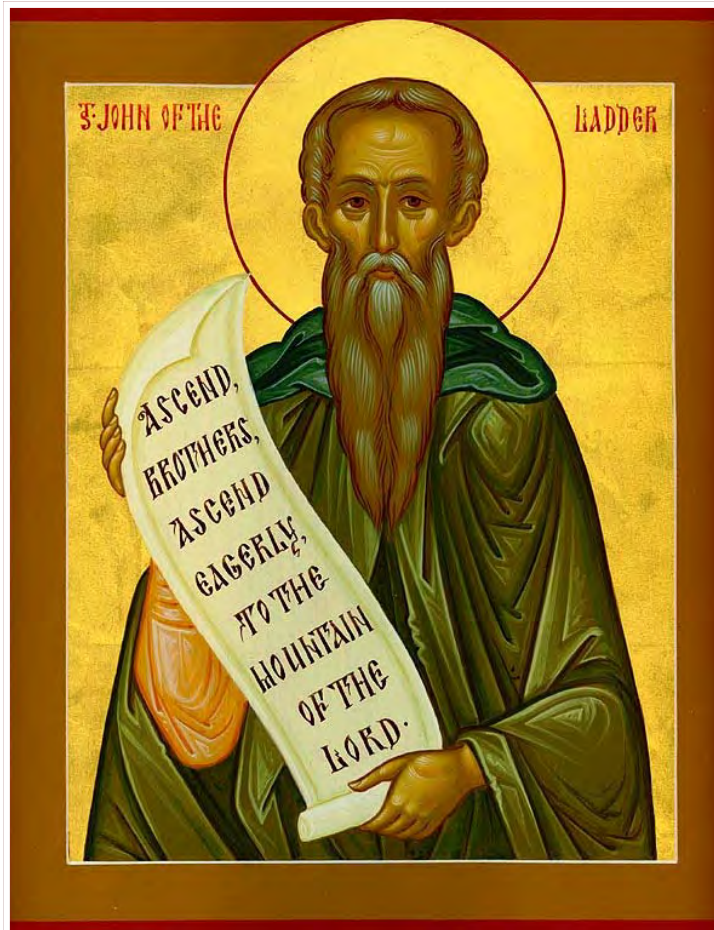
Articles for publication
should be submitted to:

ambo-theodosius@googlegroups.com

MARCH 26, 2023

4TH SUNDAY OF GREAT LENT

ST. JOHN CLIMACUS
(OF THE LADDER)



Saint John of the Ladder (March 30) is honored by Holy Church as a great ascetic and author of the renowned spiritual book called THE LADDER, from which he is also called "of the Ladder" (Climacus).

There is almost no information about Saint John's origins. One tradition suggests that he was born in Constantinople around the year 570, and was the son of Saints Xenophon and Maria (January 26).

John went to Sinai when he was sixteen, submit-

ting to Abba Martyrius as his instructor and guide. After four years, Saint John was tonsured as a monk. Abba Strategios, who was present at Saint John's tonsure, predicted that he would become a great luminary in the Church of Christ.

For nineteen years Saint John progressed in monasticism in obedience to his spiritual Father. After the death of Abba Martyrius, Saint John embarked on a solitary life, settling in a wild place called Thola, where he spent forty years laboring in silence, fasting, prayer, and tears of peni-

tence.

It is not by chance that in THE LADDER Saint John speaks about tears of repentance: “Just as fire burns and destroys the wood, so pure tears wash away every impurity, both external and internal.” His holy prayer was strong and efficacious, as may be seen from an example from the life of the God-pleasing saint.

Saint John had a disciple named Moses. Once, the saint ordered his disciple to bring dung to fertilize the vegetable garden. When he had fulfilled the obedience, Moses lay down to rest under the shade of a large rock, because of the scorching heat of summer. Saint John was in his cell in a light sleep. Suddenly, a man of remarkable appearance appeared to him and awakened the holy ascetic, reproaching him, “John, why do you sleep so heedlessly, when Moses is in danger?”

Saint John immediately woke up and began to pray for his disciple. When Moses returned in the evening, Saint John asked whether any sort of misfortune had befallen him.

The monk replied, “A large rock would have fallen on me as I slept beneath it at noon, but I left that place because I thought I heard you calling me.” Saint John did not tell his disciple of his vision, but gave thanks to God.

Saint John ate the food which is permitted by the monastic rule, but only in moderation. He did not sleep very much, only enough to keep up his strength, so that he would not ruin his mind by unceasing vigil. “I do not fast excessively,” he said of himself, “nor do I give myself over to intense all-night vigil, nor lay upon the ground, but

I restrain myself..., and the Lord soon saved me.”

The following example of Saint John’s humility is noteworthy. Gifted with discernment, and attaining wisdom through spiritual experience, he lovingly received all who came to him and guided them to salvation. One day some envious monks reproached him for being too talkative, and so Saint John kept silence for a whole year. The monks realized their error, and they went to the ascetic and begged him not to deprive them of the spiritual profit of his conversation.



Concealing his ascetic deeds from others, Saint John sometimes withdrew into a cave, but reports of his holiness spread far beyond the vicinity. Visitors from all walks of life came to him, desiring to hear his words of edification and salvation. After forty years of solitary asceticism, he was chosen as igumen of Sinai when he was seventy-five. Saint John governed the holy monastery for four years. Toward the end of his life, the Lord granted him the gifts of clairvoyance and wonderworking.

At the request of Saint John, igumen of the Raithu monastery (Commemorated on Cheesefare Saturday), he wrote the incomparable LADDER, a book of instruction for monks who wished to attain spiritual perfection.

Knowing of the wisdom and spiritual gifts of Saint John of Sinai, the igumen of Raithu requested him to write down whatever was necessary for the salvation of those in the monastic life. Such a book would be “a ladder fixed on the earth” (Gen. 28:12), leading people to the gates of Heaven.

Saint John felt that such a task was beyond his

ability, yet out of obedience he fulfilled the request. The saint called his work THE LADDER, for the book is "a fixed ladder leading from earthly things to the Holy of Holies...." The thirty steps of spiritual perfection correspond to the thirty years of the Lord's age. When we have completed these thirty steps, we will find ourselves with the righteous and will not stumble. THE LADDER begins with renunciation of the world, and ends with God, Who is love (1 John 4:8).

Although the book was written for monks, any

Christian living in the world will find it an unerring guide for ascending to God, and a support in the spiritual life. Saints Theodore the Studite (November 11 and January 26), Sergius of Radonezh (September 25 and July 5), Joseph of Volokolamsk (September 9 and October 18), and others relied on THE LADDER as an important guide to salvation.

Saint John is also commemorated on the fourth Sunday of Great Lent.

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

COFFEE HOUR VOLUNTEERS NEEDED!

We need more people to help with our weekly coffee hours after Divine Liturgies on Sundays. Please contact **Cathy Weber** (weberc528@gmail.com) if you would like to participate. This is a wonderful way to facilitate fellowship and serve your church family. Perhaps you've already thought about helping out in this way? Then now is the time! Email Cathy, she will answer any questions you might have.



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.



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.

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**

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

"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.

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

THE IOCC CLEVELAND METROPOLITAN COMMITTEE

invites you to the

31st Annual Banquet

Monday, May 8, 2023

Dinner 6:00 pm

WOODSIDE EVENT CENTER

AT ST. MICHAEL'S

5025 E. Mill Rd. | Broadview Heights, OH 44147

Learn how your support is helping families in places like Ukraine, Greece, Syria, Ethiopia, and right here in the US.

For tickets see or call Frank

Tkacz at 216 789-3267 or



Holy Unction



Sunday April 2, 2023 5:00pm

St. Nicholas Orthodox Church, Mogadore OH

-Lenten Meal to Follow-

Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. (James 5:14-15)

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

PRAYER REQUESTS

as of 3/26/2023

Deceased

Protopresbyter Srboljub

Peter

Lawrence

Susan

Special Intentions:

Subdeacon Theodore Lentz

Subdeacon Igor Gajewsky

Subdeacon Roger Pinta

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**

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 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

Monday, March 27

Isaiah 37:33-38:6
 Genesis 13:12-18
 Proverbs 14:27-15:4

Tuesday, March 28

Isaiah 40:18-31
 Genesis 15:1-15
 Proverbs 15:7-19

Wednesday, March 29

Isaiah 41:4-14
 Genesis 17:1-9
 Proverbs 15:20-16:9

Thursday, March 30

Isaiah 42:5-16
 Genesis 18:20-33

Proverbs 16:17-17:17

Friday, March 31

Isaiah 45:11-17
 Genesis 22:1-18
 Proverbs 17:17-18:5
 Composite 2
 Composite 3
 Composite 4
 John 10:1-9
 Hebrews 7:26-8:2
 John 10:9-16

Saturday, April 1

Hebrews 9:1-7
 Luke 10:38-42; 11:27-28
 Hebrews 9:24-28
 Mark 8:27-31

Sunday, April 2

John 20:19-31
 Galatians 3:23-29
 Luke 7:36-50
 Hebrews 9:11-14
 Mark 10:32-45

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 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

Monday, March 27

Martyr Matrona of Thessalonica (3rd-4th c.)

Tuesday, March 28

Ven. Hilarion the New, Abbot of Peleket (ca. 754)

Wednesday, March 29

Hieromartyr Mark, Bishop of Arethusa, Martyr Cyril the Deacon, of Heliopolis, and others who suffered under Julian the Apostate (ca. 364)
 4:30 PM Confessions
 5:30 PM - Ninth Hour and Typica
 6:00 PM Presanctified Liturgy
 Lenten Potluck

WEEKLY SCHEDULE 2023



Thursday, March 30

Great Canon of St. Andrew of Crete
Ven. John Climacus of Sinai, author of The Ladder (6th c.)

Friday, March 31

Repose of St. Innocent, Metropolitan of Moscow, Enlightener of the Aleuts and Apostle to the Americas (1879)
 4:30 PM Confessions
 5:30 PM - Ninth Hour and Typica
 6:00 PM Presanctified Liturgy

Saturday, April 1

Fifth Saturday of Great Lent
 Saturday of the Akathist to the Most-holy Theotokos
 5:00 PM Confessions
 6:00 PM Great Vespers

Sunday, April 2

Fifth Sunday of Great Lent
St. Mary of Egypt
 8:40 AM 3rd and 6th Hours
 9:00 AM Divine Liturgy
 Special Collection for St. Herman's House
 Coffee Hour