

Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL

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Cleveland, Ohio 44113

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

Subdeacon Michael Tabeling,
Sacristan

Subdeacon Igor Gajewsky
Sacristan

Reader Julius Kovach,
Ecclesiarch & Choirmaster

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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

APRIL 2, 2023

5TH SUNDAY OF GREAT LENT

ST. MARY OF EGYPT



St. Mary of Egypt began her life as a young woman who followed the passions of the body, running away from her parents at age twelve for Alexandria. There she lived as a harlot for seventeen years, refusing money from the men that she copulated with, instead living by begging and spinning flax. One day, however, she met a group of young men heading toward the sea to sail to Jerusalem for the veneration of the Holy Cross. Mary went along for the ride, seducing the

men as they traveled for the fun of it. But when the group reached Jerusalem and actually went towards the church, Mary was prohibited from entering by an unseen force. After three such attempts, she remained outside on the church patio, where she looked up and saw an icon of the Theotokos. She began to weep and prayed with all her might that the Theotokos might allow her to see the True Cross; afterwards, she prom-

ised, she would renounce her worldly desires and go wherever the Theotokos may lead her.

After this heart-felt conversion at the doors of the church, she fled into the desert to live as an ascetic. She survived for years on only three loaves of bread and thereafter on scarce herbs of the land. For another seventeen years, Mary was tormented by "wild beasts—mad desires and passions." After these years of temptation, however, she overcame the passions and was led by the Theotokos in all things.

Following 47 years in solitude, she met the priest St. Zosima in the desert, who pleaded with her to tell him of her life. She recounted her story with great humility while also demonstrating her gift of clairvoyance; she knew who Zosima was and his life story despite never having met him before. Finally, she asked Zosima to meet her again the following year at sunset on Holy Thursday by the banks of the Jordan.

Zosima did exactly this, though he began to doubt his experience as the sun began to set that night. Then Mary appeared on the opposite side of the Jordan; crossing herself, she miraculously walked across the water and met Zosima. When he attempted to bow, she rebuked him, saying that as a

priest he was far superior, and furthermore, he was holding the Holy Mysteries. Mary then received communion and walked back across the Jordan after giving Zosima instructions about his monastery and that he should return to where they first met exactly a year later. When he did so, he found Mary's body with a message written on the sand asking him for burial and revealing that she had died immediately after receiving the Holy Mysteries the year before (and thus had been miraculously transported to the spot where she now lay). So Zosima, amazed, began to dig, but soon tired; then a lion approached and began to help him, that is, after Zosima had recovered from his fear of the creature. Thus St. Mary of Egypt was buried. Zosima returned to the monastery, told all he had seen, and improved the faults of the monks and abbot there. He died at almost a hundred years old in the same monastery.

Later, the story of Mary's life was written down by St. Sophronius, Patriarch of Jerusalem.

The Life of St. Mary of Egypt is read during Great Lent along with the Great Canon of St. Andrew.

(From orthodoxwiki.org)

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

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.



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...."



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 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.

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 email



A Note Concerning Envelopes

Our church envelopes will now ship quarterly instead of monthly, so that three months' worth of envelopes will arrive at one time.

HOLY WEEK 2023

Sunday	MONDAY	Tuesday	Wednesday	Thursday	Friday	Saturday
April 9 Palm Sunday 9AM Palm Sunday Divine Liturgy 6PM Bridegroom Matins	April 10 Great and Holy Monday 2:30PM 9th Hour + Typica 3PM Presanctified Liturgy 6PM Bridegroom Matins	April 11 Great and Holy Tuesday 2:30PM 9th Hour + Typica 3PM Presanctified Liturgy 6PM Bridegroom Matins	April 12 Great and Holy Wednesday 2:30PM 9th Hour + Typica 3PM Presanctified Liturgy 6PM Bridegroom Matins	April 13 Great and Holy Thursday 2:30PM 9th Hour + Typica 3PM Vesperal Divine Liturgy 7PM Matins (Passion Gospels)	April 14 Great and Holy Friday 9AM Royal Hours 3PM Vespers 7PM Matins with Procession	April 15 Great and Holy Saturday 1PM Vesperal Divine Liturgy of Holy Saturday 4PM Blessing of Baskets 10:30 PM Nocturnes and Paschal Vigil
April 16 Holy Pascha	April 17 Bright Monday 9AM Divine Liturgy	April 18 Bright Tuesday	April 19 Bright Wednesday	April 20 Bright Thursday	April 21 Bright Friday	April 22 Bright Saturday 5:00 Great Vespers

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)

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

PRAYER REQUESTS

as of 4/2/2023

Deceased

Protopresbyter Sربولjub

Peter

Lawrence

Susan

Melvin Timm

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*)

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, April 2

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

Monday, April 3

Isaiah 48:17-49:4
Genesis 27:1-41
Proverbs 19:16-25

Tuesday, April 4

Isaiah 49:6-10
Genesis 31:3-16
Proverbs 21:3-21

Wednesday, April 5

Isaiah 58:1-11
Genesis 43:26-31, 45:1-16
Proverbs 21:23-22:4

Thursday, April 6

Isaiah 65:8-16
Genesis 46:1-7
Proverbs 23:15-24:5

Friday, April 7

Isaiah 66:10-24
Genesis 49:33-50:26
Proverbs 31:8-31
Wisdom of Solomon 3:1-9

Wisdom of Solomon 5:15-6:3

Wisdom of Solomon 4:7-15

John 10:1-9
Hebrews 7:26-8:2
John 10:9-16

Saturday, April 8

Hebrews 12:28-13:8
John 11:1-45

Sunday, April 9

Genesis 49:1-2,8-12
Zephaniah 3:14-19
Zechariah 9:9-15
Matthew 21:1-11, 15-17
Philippians 4:4-9
John 12:1-18

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, 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 + Poppy Seed Rolls & Apricot

Rolls For Sale

5:00 PM Holy Unction (at St. Nicholas

Orthodox Church in Mogadore, OH)

Monday, April 3

Ven. Niketas the Confessor, Abbot of Medikion (824)

Tuesday, April 4

Ven. Joseph the Hymnographer (883)

Wednesday, April 5

Martyrs Agathopodes the Deacon and Theodulus the Reader at Thessalonica (ca. 303)

4:30 PM Confessions

5:30 PM - Ninth Hour and Typica

6:00 PM Presanctified Liturgy

Lenten Potluck

WEEKLY SCHEDULE 2023



Thursday, April 6

St. Eutychius, Patriarch of Constantinople (582)

Friday, April 7

Repose of St. Tikhon, Patriarch of Moscow and All Russia and Enlightener of North America (1925—March 25 O.S.)

4:30 PM Confessions

5:30 PM - Ninth Hour and Typica

6:00 PM Presanctified Liturgy

Lenten Potluck

Saturday, April 8

Lazarus Saturday

8:20 AM 3rd and 6th Hours

8:40 AM Chrismation

9:00 AM Divine Liturgy

5:00 PM Church School

6:00 PM Vigil for Palm Sunday

Sunday, April 9

Entry of our Lord into Jerusalem

Palm Sunday

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

Coffee Hour