

Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL



AUGUST 27, 2023

12TH SUNDAY OF PENTECOST

VENERABLE PIMEN
THE GREAT

733 Starkweather Avenue
Cleveland, Ohio 44113

www.sttheodosius.org

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9AM-2PM, please call ahead

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

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



Saint Pimen the Great was born about the year 340 in Egypt. He went to one of the Egyptian monasteries with his two brothers, Anoub and Paisius, and all three received monastic tonsure. The brothers were such strict ascetics that when their mother came to the monastery to see her children, they did not come out to her from their cells. The mother stood there for a long time and wept. Then Saint Pimen said to her through the closed door of the cell, "Do you wish to see us now, or in the future life?" Saint Pimen promised that if she

would endure the sorrow of not seeing her children in this life, then surely she would see them in the next. The mother was humbled and returned home.

Fame of Saint Pimen's deeds and virtues spread throughout the land. Once, the governor of the district wanted to see him. Saint Pimen, shun-

ning fame, thought to himself, "If dignitaries start coming to me and show me respect, then many other people will also start coming to me and disturb my quiet, and I shall be deprived of the grace of humility, which I have acquired only with the help of God." So he refused to see the governor, asking him not to come.

For many of the monks, Saint Pimen was a spiritual guide and instructor. They wrote down his answers to serve for the edification of others besides themselves. A certain monk asked, "If I see my brother sinning, should I conceal his fault?" The Elder answered, "If we reproach the sins of brothers, then God will reproach our sins. If you see a brother sinning, do not believe your eyes. Know that your own sin is like a beam of wood, but the sin of your brother is like a splinter (Mt. 7:3-5), and then you will not enter into distress or temptation."

Another monk said to the saint, "I have sinned grievously and I want to spend three years at repentance. Is that enough time?" The Elder replied, "That is a long time." The monk continued to ask how long the saint wished him to repent. Perhaps only a year? Saint Pimen said, "That is a long time." The other brethren asked, "Should he repent for forty days?" The Elder answered, "I think that if a man repents from the depths of his heart and has a firm intention not to return to the sin, then God will accept three days of repentance."

When asked how to get rid of persistent evil thoughts, the saint replied, "This is like a man who has fire on his left side, and a vessel full of water on his right side. If he starts burning from the fire, he takes water from the vessel and extinguishes the fire. The fire represents the evil thoughts placed in the heart of man by the Enemy of our salvation, which can enkindle sinful desires within man like a spark in a hut. The water is the force of prayer which impels a man toward God."

Saint Pimen was strict in his fasting and sometimes would not partake of food for a week or more. He advised others to eat every day, but without eating their fill. Abba Pimen heard of a certain monk who went for a week without eating, but had lost his temper. The saint lamented that the monk was able to fast for an entire week, but was unable to abstain from anger for even a single day.

To the question of whether it is better to speak or be silent, the Elder said, "Whoever speaks on account of God, does well, and whoever is silent on account of God, that one also does well."

He also said, "If man seems to be silent, but his heart condemns others, then he is always speaking. There may be a man who talks all day long, but he is actually silent, because he says nothing unprofitable."

The saint said, "It is useful to observe three things: to fear God, to pray often, and to do good for one's neighbor."

"Wickedness never eradicates wickedness. If someone does evil to you, do good to them, and your goodness will conquer their wickedness."

Once, after Saint Pimen and his disciples arrived at the monastery of Scetis, he learned that the Elder living there was annoyed at his arrival and was also jealous of him, because monks were leaving the Elder to see Abba Pimen.

In order to console the hermit, the saint went to him with his brethren, taking food with them as a present. The Elder refused to receive them, however. Then Saint Pimen said, "We shall not depart from here until we are permitted to see the holy Elder." He remained standing at the door of the cell in the heat. Seeing Saint Pimen's humility and patience, the Elder received him graciously and said, "Not only is what I have heard about you

true, but I see that your works are a hundred times greater.”

He possessed such great humility that he often sighed and said, “I shall be cast down to that place where Satan was cast down!”

Once, a monk from another country came to the saint to receive his guidance. He began to speak about sublime matters difficult to grasp. The saint turned away from him and was silent. They explained to the bewildered monk that the saint did not like to speak of lofty matters. Then the

monk began to ask him about the struggle with passions of soul. The saint turned to him with a joyful face, “Now you have spoken well, and I will answer.” For a long while he provided instruction on how one ought to struggle with the passions and conquer them.

Saint Pimen died at age 110, about the year 450. Soon after his death, he was acknowledged as a saint pleasing to God. He was called “the Great” as a sign of his great humility, uprightness, ascetic struggles, and self-denying service to God.

Blessing Bags: A Simple Way to Serve

What is a blessing bag, anyway? A blessing bag is simply a recycled grocery bag filled with essentials like socks, underwear, soap, toothbrushes, toothpaste, etc. as well as non-perishable food items that can be kept in one’s car, or taken out into the community, for distribution to those in need.

They are very easy to assemble and depending on how many of the bag’s contents get donated, they can cost very little.

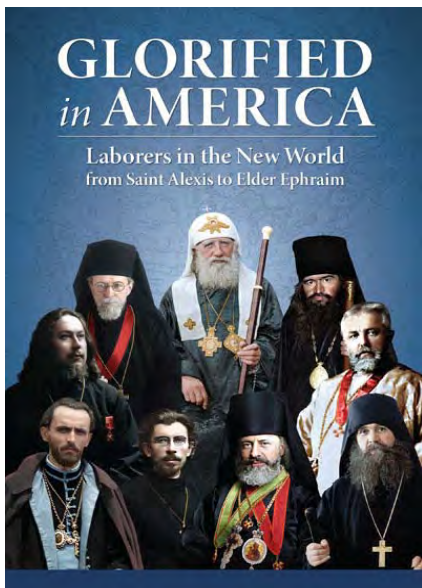
This past weekend, with the blessing of Fr. Andrew Nelko, parishioners at St. Nicholas Orthodox Church in Weirton, WV, assembled their own blessing bags that they will be keeping in their cars to hand out in their neighborhood.

Blessing bags are a great post-Liturgy or Sunday School project for people of all ages. If you’d like to learn more about simple ways your community can share the love of Christ with others, please contact the FOCUS’ Director of Operations and Community Engagement, Steven Christoforou, at schristoforou@focysna.org.

Fr. Jan offers to take any blessing bags donated at St. Theodosius to St. Herman House.

Item of Interest:

A new book on the lives of the Saints of North America: <https://www.holytrinitypublications.com/glorified-in-america>



Glorified in America

Laborers in the New World from Saint Alexis to Elder Ephraim

By The Monastery of St John the Forerunner of Mesa Potamos

Translated by Katherine Psaropoulou-Brits

Introduction by Matthew Namee

Paperback: USD 39.95 / GBP 49.99

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

REMINDER: Tuesday is a strict fast day to honor the Beheading of St. John the Baptist

Event Committee Meeting!

The next Event Committee meeting will be on Sunday, September 3rd, during coffee hour.

Consider Sponsoring Coffee Hour!

For those who would like to HELP with Coffee Hour but don't cook, you can now *sponsor* a Coffee Hour! By donating \$65 you can sponsor a Coffee Hour, just put it in a white envelope marked "coffee hour" and place it in the collection basket or coffee hour basket in the Hall.

A Letter from St. Herman House

Greetings from the men of St. Herman House and all those we serve. Thank you for praying for our community.

I'm writing to seek your assistance. Traditionally, we see a downturn in food donations during the summer months. This year has been really challenging for us as our coolers and freezer are at an all-time low in regards to having prepared meals that we pull out, cook and serve. As we've stated many times, Miracles happen at St. Herman House and we have always been able to provide three meals per day to the community and the men who stay with us. We are in desperate need of a miracle right now.

If you could kindly reach out to those in your parish that might be willing to prepare entrees or a side dish, we would greatly appreciate it. We have been serving around 60 at lunch and over 80 at dinner. As the end of the month draws near those numbers typically become even higher. These can be cooked or uncooked... ready to go in the oven or be frozen for on upcoming meal.

Thank you in advance for your assistance with this. As always, we ask that you pray for our community.

Please don't hesitate to reach out to me if you have any questions.

Most Holy Theotokos, Pray for us!

MOST IMPORTANT PARISH VOTE TODAY, AUGUST 27TH, 2023

On August 27th after Divine Liturgy we will be voting on two issues that require parish approval.

First Issue:

The company hired to replace the fence at the cemetery has not been able to do so due to internal issues and the city is threatening fines. Another company has been contacted and can do the job for \$94,000.00 (we have the funds). The vote will be to approve expenditure. Full details will be provided by the deadline of 8 days prior to the vote.

Second Issue:

The raising of the council's spending limit from \$10,000.00 to a new limit of \$35,000.00 for reasons discussed previously. As per the first issue above, full details will be provided by the deadline.

This is a very important vote! Please be present!

Our previous vote failed to achieve a quorum and so nothing could be decided. In that case there was no time pressure but in this case the City of Brooklyn will fine our cemetery if the work is not done.

Please vote!

Your parish needs you. Please make arrangements to be present on August 27th to vote in person or vote electronically (*email voting will be available*).

Important Sandwich-related Announcement:

Due to the bishop's upcoming visit, we will be making sandwiches for St. Herman's on Sunday Sept. 3, *not* the following Sunday. If you're able to help out, it's always greatly appreciated, and it goes pretty quickly!

Thank you!

-Dan

Dear Parents,
Blessed Feast!

It is with joy that I announce our inaugural rehearsal, which will be on Thursday, August 31st at 6:30 PM. Rehearsals will take place twice monthly at Saint Innocent. Please see the attached flyer for additional details. If you're interested in having your child(ren) participate, please register by replying with the following information. This will give me a sense of how best to approach the first rehearsal and how many sets of music I should prepare.

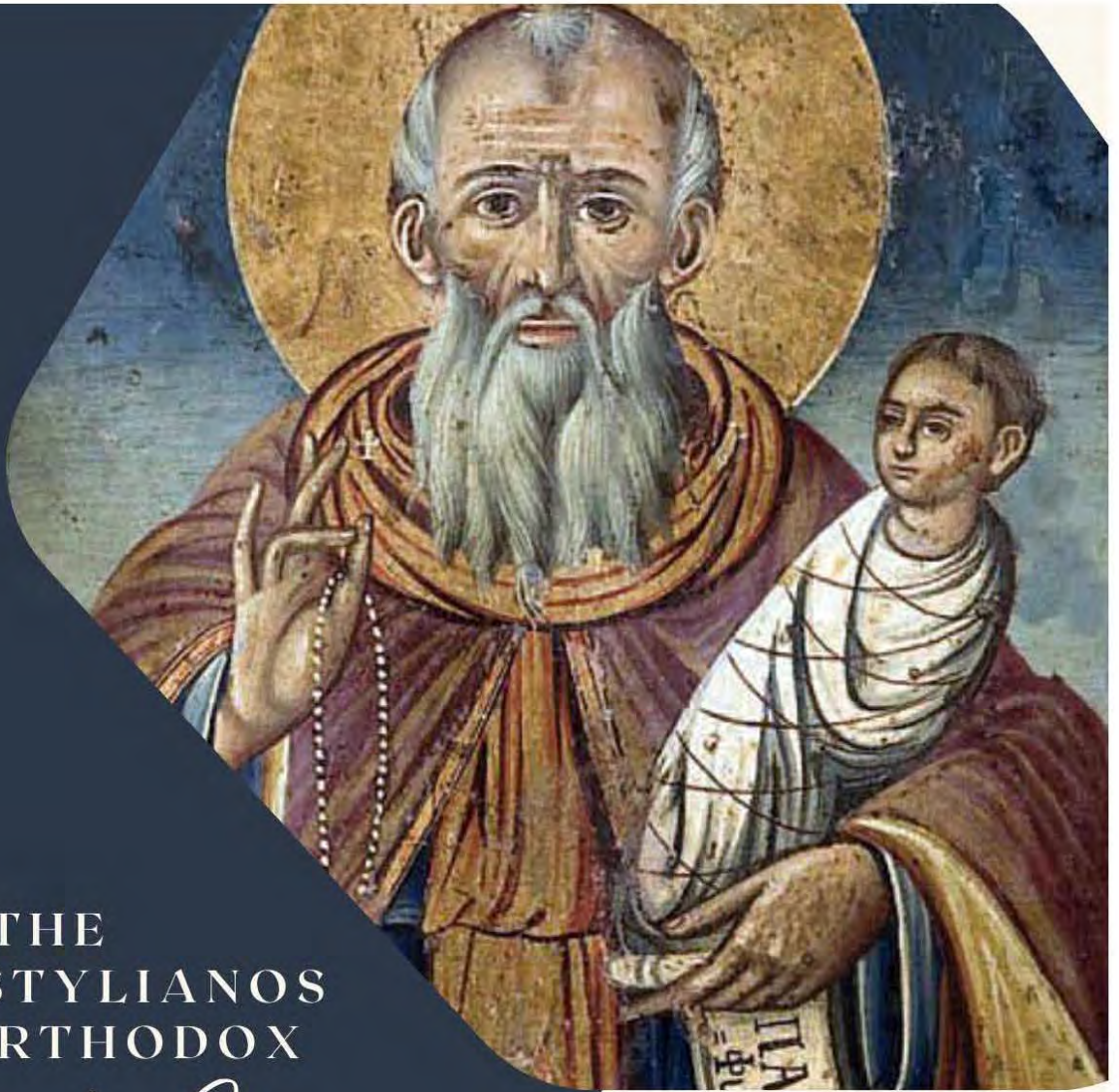
1. Your child's name and age.
2. Can your child read?
3. Can your child read music?
4. Your (and/or your spouse's) preferred email address and phone number.
5. Anything else you'd like me to know, or any questions you have.

You're welcome to share this email and the attached flyer with your parish and social communities.

I appreciate your interest and hope to see your family in a few weeks!

In XC,

Amelia Tatalovic



THE
SAINT STYLIANOS
PAN-ORTHODOX
Children's Choir
OF CLEVELAND

Amelia Tatalovic, Director

Twice-monthly rehearsals on Thursday evenings | 6:30 - 7:30 PM

Saint Innocent Orthodox Church

8526 Usher Road | Olmsted Township, Ohio 44138

For information: tulevski@gmail.com

FREQUENTLY ASKED QUESTIONS

Will there be performances?

The primary purposes of the choir are to foster a love for Orthodox Liturgical singing and to encourage good musicianship among our youth. Performances could eventually be a possibility if enough families showed genuine interest, but for now the goal is simply to come together and sing – to the glory of God!

Who is welcome to join?

The choir is pan-Orthodox and open to children of all ages and experience levels. The ability to read music is not required. An audition is not required.

There is no minimum age requirement, but we kindly ask that all singers come to rehearsals focused and able to participate.

Should there be sufficient interest, we would love to establish an additional ensemble exclusively for teens and young adults. In the meantime, interested teens are welcome to participate in the children's choir.

Can my child be dropped off at rehearsals?

For safety, we ask that all children be accompanied by a parent or responsible adult. It is not necessary to remain in the rehearsal space, but please do remain on the premises.

What should my child bring?

Only a pencil and, if desired, a water bottle. Please do not bring other food or drink. If you'd like to contribute anything toward the cost of sheet music, your donation is sincerely appreciated; however, it is not required.

Does participation count toward homeschooling hours?

Yes! You may log all hours in which your child participates. Rehearsals can count toward general hours as well as music hours.

Interested in joining? Have questions?

We are happy to connect with you! Please reach out to Amelia, the director, at tulevski@gmail.com.

PRAYER REQUESTS

as of 8/27/2023

Deceased

Marie Borland
Adele Matalycki

Special Intentions:

Subdeacon Theodore Lentz
Subdeacon Roger Pinta
Subdeacon Leon Felon
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
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
Valentina Zawolowycz (*mother of Paul Z*)
Michael and **Nichole** Zolikoff and **child Declan**
Mark
Michael Kapeluck (*friend of Cathy*)
Edward Aleerty
Jack Zimmerman (*Uncle to Cindy Zdinak, Nisi Pozdarec and Father John Zdinak*)
Robert McKay (*friend of Andrew Myrtrohovic*)
Gwyneth Seddon (*daughter of Eric and Elisa*)
Emerson Joy Seddon (*granddaughter of Eric and Elisa*)
Paul Epele (*father-in-law of Lauren Epele*)
Lavinia Cozmin-Morris
Elena Richv (*Jerry Czajkowski's daughter*)
Aaron and Nadine Drummond (Ellis) & unborn child
Wasył Miroewski (*Uncle of Tim Closs*)
Amelia Thombs (*Sister of Ethan*)

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.

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>



Daily Scripture Readings

Scripture readings are listed in the calendar. They are also available on the OCA website at <https://www.oca.org/readings> (clicking on a reading expands it for reading—very convenient)



UPCOMING SOCIAL EVENTS



- September 10th—Patron Saints Day Banquet
(His Eminence Archbishop Daniel to attend)
- October 5th—Wine Tasting Event
- November 5th—Chili Cook Off
- December 17th—Annual Christmas Choir Concert

Sunday, August 27

12th Sunday after Pentecost
Ven. Pæmen the Great (ca. 450)
8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy
Coffee Hour

Monday, August 28

Afterfeast of the Dormition.
Apostle Thaddæus of the Seventy
(ca. 44)
6:00 PM Great Vespers

Tuesday, August 29

The Beheading of the Holy Glorious Prophet, Forerunner, and Baptist John
(Strict Fast)
8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy

Wednesday, August 30

Translation of the Relics of Rt. Blv.
Great Prince St. Alexander
Nevsky (1724)

WEEKLY SCHEDULE 2023



Thursday, August 31

The restoration of the church of the
Theotokos at Neorion (Neorion)
6:00 PM Rehearsal for Hierarchical
Liturgy

Friday, September 1 Church New Year

St. Simeon the Stylite
(the Elder) and his mother,
Venerable Martha (ca. 428)

Saturday, September 2

Ven. Anthony and Theodosius of the
Kiev Caves (10th-11th c.)
6:00 PM Great Vespers

Sunday, September 3

13th Sunday after Pentecost
Hieromartyr Anthimus, Bishop of
Nicomedia, and those with him
8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy
(Today is a Sandwich Sunday)
Coffee Hour