

Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL

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
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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

OCTOBER 15, 2023

19TH SUNDAY OF PENTECOST

VENERABLE EUTHYMIUS THE NEW
OF THESSALONICA, AND MONK OF
MOUNT ATHOS



The Holy Martyr Longinus the Centurion, a Roman soldier, served in Judea under the command of the Governor, Pontius Pilate. When our Savior Jesus Christ was crucified, it was the detachment of soldiers under the command of Longinus which stood watch on Golgotha, at the very foot of the holy Cross. Longinus and his soldiers were eyewitnesses of the final moments of the earthly life of the Lord, and of the great and awesome portents that appeared at His death. These events shook the centurion's soul. Longinus believed in

Christ and confessed before everyone, "Truly this was the Son of God" (Mt. 27:54).

According to Church Tradition, Longinus was the soldier who pierced the side of the Crucified Savior with a spear, and received healing from an eye affliction when blood and water poured forth from the wound.

After the Crucifixion and Burial of the Savior, Longinus stood watch with his company at the Sepulchre of the Lord. These soldiers were present at the All-Radiant Resurrection of Christ. The Jews bribed them to lie and say that His disciples had stolen away the Body of Christ, but Longinus and two of his comrades refused to be seduced by the Jewish gold. They also refused to remain silent about the miracle of the Resurrection.

Having come to believe in the Savior, the soldiers received Baptism from the apostles and decided to leave military service. Saint Longinus left Judea to preach about Jesus Christ the Son of God in his native land (Cappadocia), and his two comrades followed him.

The fiery words of those who had actually participated in the great events in Judea swayed the hearts and minds of the Cappadocians; Christianity began quickly to spread throughout the city and the surrounding villages. When they learned of this, the Jewish elders persuaded Pilate to send a company of soldiers to Cappadocia to kill Longinus and his comrades. When the soldiers arrived at Longinus's village, the former centurion himself came out to meet the soldiers and took them to his home. After a meal, the soldiers revealed the purpose of their visit, not knowing that the master of the house was the very man whom they were seeking. Then Longinus and his friends identified themselves and told the startled soldiers to carry out their duty.

The soldiers wanted to let the saints go and advised them to flee, but they refused to do this, showing their firm intention to suffer for Christ.

The holy martyrs were beheaded, and their bodies were buried at the place where the saints were martyred. The head of Saint Longinus, however, was sent to Pilate.

Pilate gave orders to cast the martyr's head on a trash-heap outside the city walls. After a while a certain blind widow from Cappadocia arrived in Jerusalem with her son to pray at the holy places, and to ask that her sight be restored. After becoming blind, she had sought the help of physicians to cure her, but all their efforts were in vain.

The woman's son became ill shortly after reaching Jerusalem, and he died a few days later. The widow grieved for the loss of her son, who had served as her guide.

Saint Longinus appeared to her in a dream and comforted her. He told her that she would see her son in heavenly glory, and also receive her sight. He told her to go outside the city walls and there she would find his head in a great pile of refuse. Guides led the blind woman to the rubbish heap, and she began to dig with her hands. As soon as she touched the martyr's head, the woman received her sight, and she glorified God and Saint Longinus.

Taking up the head, she brought it to the place she was staying and washed it. The next night, Saint Longinus appeared to her again, this time with her son. They were surrounded by a bright light, and Saint Longinus said, "Woman, behold the son for whom you grieve. See what glory and honor are his now, and be consoled. God has numbered him with those in His heavenly Kingdom. Now take my head and your son's body, and bury them in the same casket. Do not weep for your son, for he will rejoice forever in great glory and happiness."

The woman carried out the saint's instructions

and returned to her home in Cappadocia. There she buried her son and the head of Saint Longinus. Once, she had been overcome by grief for her son, but her weeping was transformed into

joy when she saw him with Saint Longinus. She had sought healing for her eyes, and also received healing of her soul.

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

THE ALTAR SOCIETY CHRISTMAS COOKIE WALK WILL BE HERE BEFORE WE KNOW IT!

Can you help make it a success? Our group baking sessions held in the Parish Center will begin at 9:30A.M. on

Monday, October 23rd

Friday, October 27th

Monday, November 6th

Friday, November 10.

Call Susan Lentz 216-258-8048, Joyce Tabeling 216-408-7187 or LaVerne Jacobson 440-845-5115 to say YES!

The list for Individual parish bakers will be posted in the Parish Center on November 5th.



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.

Q4 2023 Coffee Hour Sign-Up

Questions/Concerns: Cathy Weber (412-215-1928)

Oct 15 Gayle/Wayne/Shawna

Oct 22 Joyce and Judy

Oct 29 Cathy and Tammy

Nov 5 CHILI COOKOFF

(Sponsored by event committee)

Nov 12 Sarah and Mike Brennan

Nov 19 (Fast Week) M.Jana

Nov 26 (Fast Week) Dan & Lavinia

Dec 3 (Fast Week) Joyce and Judy

Dec 10 (Fast Week) Nikol and M.Cindy

Dec 17 (Fast Week) Gayle/Wayne/Shawna

Dec 24 (Fast Week) Sponsored by: Una Alexandrovic

Dec 31 M.Jana



November 5, 2023
Protocol 11/002

To the Clergy, Monastics, and Faithful of the Orthodox Church in America,

My Beloved Children in the Lord,

Soon we will enter into the season of the Nativity Fast. Once, two millennia ago, the Three Wise Men, Caspar, Balthazar, and Melchior made ready to journey from their eastern homeland to meet the newborn King of Angels, bearing their treasures with them. Today, as we approach this holy season, it is likewise fitting that we prepare to meet our infant Lord and Savior, the God-man born as a little child, with gifts of our own.

What gifts shall we bring? Our fast? But our fast is for our sake, not God's. Our prayer and worship? Yes, above all—but not only. The Child who will be born comes to bring us heavenly blessings, but he nevertheless needs our earthly care. Just as he once relied on his Mother for warmth and nourishment and on Joseph for protection and support, so his Church now relies on our good will in order to maintain its operations in this world.

On this Steward Sunday 2023, I ask all of our parishes and institutions to make a special collection on behalf of the Stewards of the Orthodox Church in America. Through its offices, the Orthodox Church in America works behind the scenes to support your local communities in preaching and living out the Gospel. Whether it is the local and national clergy Synaxes organized by the Office of Pastoral Life, or the free liturgical texts, rubrics, and musical downloads provided by the Department of Liturgical Music, the central Church is doing crucial work to equip the entire Body of Christ for worship, ministry, and witness.

I ask all our clergy and faithful to consider supporting this humble and selfless labor which the dedicated servants of the Orthodox Church in America carry out on behalf of our parishes throughout North America. This is an excellent opportunity to make a special gift in honor of the little Child who is the Benefactor of all, the Giver of our being, our life, our renewal, and, one day, our resurrection. To him be all the glory.

With the blessings of the coming fast, I remain sincerely yours in Christ,

+TIKHON
Archbishop of Washington
Metropolitan of All America and Canada



OrthodoxChantClass.org

KIEVAN CHANT: TROPARION TONES 8-WEEK COURSE

Tuesday Evenings
October 17th-
December 5th
6pm

Course is offered at:
St. Theodosius Orthodox Cathedral
733 Starkweather Ave

TROPARION TONES

Each class will include instruction in how to read Western music notation and basic music theory, a focus on the Tone-of-the-week, terminology, and topics such as the development of the Typicon, the Liturgical System of the Orthodox Church, and the development of Kievan Chant. Following each class we will serve Vespers with a potluck meal following in the parish hall. No registration is required for this free 8-week series and is open to all.

Visit www.orthodoxchantclass.org for more information.

St. Herman House FOCUS Cleveland Presents

ENCOUNTERING CHRIST

On Our Daily Pilgrimage



**MONDAY,
NOVEMBER 13**

**630-730 Appetizers
730-830 Program**

Holy Trinity Orthodox Church
6822 Broadview Rd, Parma, OH 44134

TICKETS \$30

[To Purchase Tickets Click This Link](#)



How are we Christians to be the light of the world?

Drawing inspiration from feedback received in a recent survey, these webinars aim to address a diverse range of themes concerning real and pressing issues facing Orthodox faithful in modern society.

The first webinar will be co-hosted by His Grace Bishop John (Abdalah), Auxiliary of the Diocese of Worcester and New England (AOCANA), and Orthodox writer, Khouria Frederica Mathewes-Green, on the topic, Submission to the Church: How to Become Children of the Light. This webinar will be held on Tuesday, October 17, 2023, from 7:00 - 8:30 p.m. Eastern, via Zoom livestream.

The online webinar is open to the public and free of cost. It will be recorded and uploaded to our YouTube channel afterward for easy access. Click the button below to register and to receive the Zoom webinar link.

[Click here to register](#)

Join us for the first webinar in the new Light of the World Webinar Series!

This monthly webinar series features speakers from among St Vladimir's Seminary faculty, alumni, and friends, presenting on a variety of topics while answering a core question:



SUSTAINERS OF SAINT TIKHON'S

Greetings!

May we ask for a moment of your time? We would like to tell you about Saint Tikhon's Orthodox Theological Seminary, which is celebrating its 85th Anniversary!

As you may know, we—Lara Herzak and Fr. Peter Simko—both have a personal connection and a vested interest in this seminary. Fr. Peter is a 2021 graduate of the school, while Lara's father has been heavily involved in the work of Saint Tikhon's for over twenty-five years. Our appreciation for the seminary and the hallowed grounds which surround it has made a lasting imprint on both of our families. Here are a few things you may or may not know about this seminary:

- The primary focus of Saint Tikhon's is to form priests through the Master of Divinity degree, while also providing foundational education for men and women who will be taking on other ministries.
- Many who come to Saint Tikhon's leave well-established careers and good paying jobs to pursue a new vocation in service to the life of the Church. For families, this is a total life adjustment.
- The seminary is across the street from the monastery of the same name, and these two communities work in tandem. The presence of Saint Tikhon's Monastery provides seminarians with the benefit of the spirituality of monastic life, as

well as setting it apart from many other seminaries and pastoral schools.

- The seminary and monastery grounds of Saint Tikhon's are where many American Orthodox Saints have not only walked and taught, but have prayed and offered the Divine Liturgy.
- Saint Tikhon's has a full student body with an incoming class of sixteen seminarians and more than forty-five seminarians enrolled overall. This is critical as priests in every Orthodox jurisdiction are retiring at a rapid rate, leaving parish communities without priests and the sacramental and pastoral guidance they provide for longer periods of time.

To maintain the health of our parishes, educate the faithful, and grow the Orthodox Church in this land, we need to invest in those institutions that educate and develop our future pastors.

Recognizing this, and under the leadership of the seminary Rector, His Eminence, Archbishop Michael, the seminary is looking for monthly sustainers as they celebrate their 85th year: These sustainers of Saint Tikhon's will provide regular, monthly donations to the seminary. As is the case with your own parishes, it is very helpful for the seminary to have a more accurate gage on its expected monthly income; this allows proper planning and the appropriate allocation of funds, which includes supporting the students themselves.

We are all asked to donate to many causes, and we give as we are able. Today, we humbly ask that if you are not already doing so, you add Saint Tikhon's to your list. Please join us as sustainers of Saint Tikhon's. No amount is too small, nor too large. Consider the impact we can collectively make if each household donates even just \$10, \$15, \$25, or

\$50 a month. Or, in recognition of the 85th Anniversary, perhaps \$85 a month (or more)! Donations can be made simply using a credit card or direct debit from a bank account by visiting www.stots.edu/donate.

If you would like to see how the seminary itself impacts the lives of those who give up everything to heed God's call, we encourage you to watch these videos:

• [My Heart Began to Soften](#): John and Michelle weren't sure about coming to seminary. But visiting Saint Tikhon's began a period of discernment that has transformed their lives.

• [A Keen Instructor](#): Joseph and Rachel took a leap of faith and came to Saint Tikhon's without visiting first. After they arrived, they received very unexpected news.

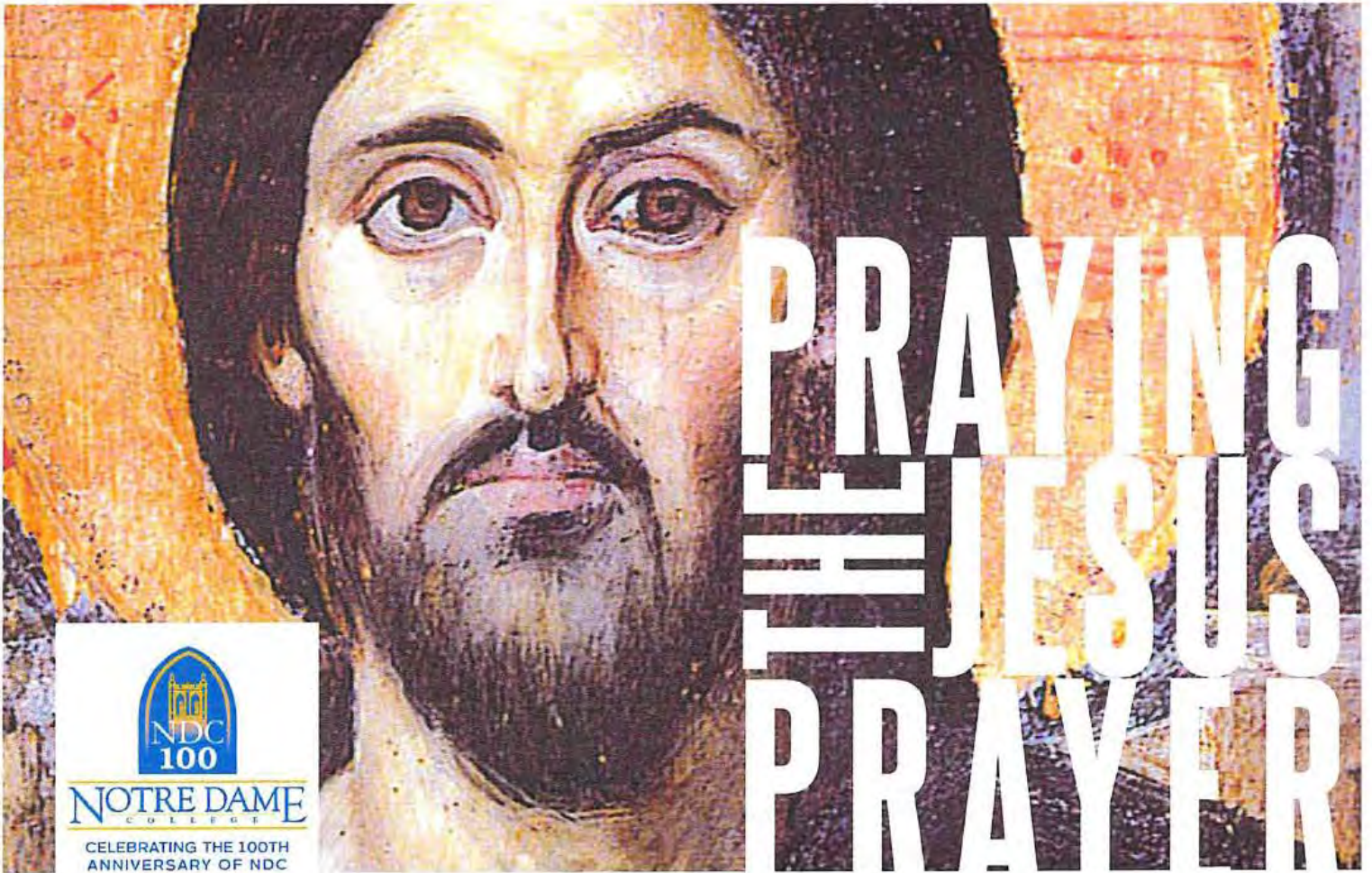
• [A Day in the Life at Saint Tikhon's Seminary](#)

To learn more about Saint Tikhon's Orthodox Theological Seminary, you are encouraged to visit the seminary in person, but more information can also be found here. Should you have questions or want additional information, please contact Fr. Peter Simko at frsimko@gmail.com or 330-519-8970; or reach out to Lara Herzak at lherzak@yahoo.com or 917-922-4712. We humbly and sincerely thank you for your time and consideration. Please join us by visiting www.stots.edu/donate.

God be with you!

In Christ,

Fr. Peter Simko (STOTS 2021) & Lara Herzak



PRAYING THE JESUS PRAYER



In this seminar, **FREDERICA MATHEWES-GREEN** presents insights into the ancient desert prayer that tunes the heart to God. The Jesus Prayer "has historically been passed on face-to-face, from one Christ-loving person to the next, down the generations ever since the desert saints... As you form the habit of saying this prayer in the back of your mind all the time, it soaks into you, like dye into cotton, and colors the way you encounter every person and circumstance you meet."

Frederica Mathewes-Green is a wide-ranging author of eight books, including The Illumined Heart, The Open Door, and Mary as Early Christians Knew Her. She is the khouria (spiritual mother) of Holy Cross Orthodox Church near Baltimore.



DONATIONS TO THE EASTERN CHURCH SEMINAR ARE WELCOMED
NOTE: THIS PRESENTATION WILL BE VIDEOTAPED BEFORE A LIVE AUDIENCE FOR FUTURE VIEWING ON YOUTUBE THROUGH COLLABORATION WITH NOTRE DAME COLLEGE OF OHIO

THIS EVENT IS FREE
PRE-REGISTRATION IS REQUIRED

FOR MORE DETAILS VISIT NDC WEBSITE AT
WWW.NOTREDAMECOLLEGE.EDU

NOTRE DAME COLLEGE + CO-SPONSORS PRESENT
**THE 38TH ELEANOR MALBURG
EASTERN CHURCHES SEMINAR**

SATURDAY
OCT. 28

10:30 A.M. - 12:30 P.M.

ST. MARY ROMANIAN ORTHODOX CATHEDRAL
3256 WARREN ROAD, CLEVELAND, OH 44111

DOORS OPEN AT 10:00 A.M.
10:30 A.M. - 11:30 A.M. PRESENTATION
11:30 A.M. - 12:00 NOON - Q&A WITH THE PRESENTER
12:00 NOON - TOURS OF THE ROMANIAN ETHNIC ART MUSEUM

PRAYER REQUESTS

as of 10/15/2023

Deceased

Matushka Priscilla Shirley

George (*cousin of N. Cambouris*)

Irene Hrywko

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*)

Mark

Michael Kapeluck (*friend of Cathy*)

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*)

Paul Epele (*father-in-law of Lauren Epele*)

Elena Rich (*Jerry Czajkowski's daughter*)

Aaron and Nadine Drummond (Ellis) & unborn child

Wasył Miroewski (*Uncle of Tim Closs*)

Amelia Thombs (*Sister of Ethan*)

Milan Shumkaroff (*friend of Cindy Zdinak*)

Bernadette Seddon (*daughter of Eric and Elisa*)

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>



UPCOMING SOCIAL EVENTS

- November 5th—Chili Cook Off
- December 17th—Annual Christmas Choir Concert



REMINDER: FAITH ENRICHMENT BOOK STUDY

Faith Enrichment is covering the book *Orthodox Christian Reflections on the Wisdom of Sirach* Thursdays at the Parish Hall at 11:00 AM on these dates: 10/5, 10/12, 10/19, 10/26, 11/2, 11/9



St Theodosius Chili Cook-off November 5th!

Last day to enter the cook-off is October 29th.

To enter contact Wayne Vidovich

waynevidovich@gmail.com

This is the deadline to enter as a contestant making chili, RSVP date for attendees TBD



Sunday, October 15

19th Sunday after Pentecost
Ven. Euthymius the New
of Thessalonica, Monk of Mt. Athos
(889)
8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy
Coffee Hour

Monday, October 16

Martyr Longinus the Centurion, who
stood at the Cross of the Lord

Tuesday, October 17

Martyr Susanna, Princess of Georgia
(5th c.)
6:00 PM Kievan Chant Troparion Tones

Wednesday, October 18

Holy Apostle and Evangelist Luke
8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy
7:00 PM Choir Rehearsal

WEEKLY SCHEDULE 2023



Thursday, October 19

Prophet Joel (ca. 800 B.C.)
11:00 AM Faith Enrichment

Friday, October 20

Greatmartyr Artemius at Antioch (362)

Saturday, October 21

Memorial Soul Saturday
Ven. Hilarion the Great (371-372)
6:00 PM Great Vespers

Sunday, October 22

20th Sunday after Pentecost
Holy Equal-to-the-Apostles Abercius the
Wonderworker, Bishop of Hieropolis
(ca. 167)
8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy
Coffee Hour