

Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL

733 Starkweather Avenue
Cleveland, Ohio 44113

www.sttheodosius.org

Father Jan Cizmar
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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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Parish Council President

Mary Swit, Parish Secretary
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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)

OCTOBER 22, 2023

20TH SUNDAY OF PENTECOST

SAINT AVERKIOS THE WONDER-
WORKER, BISHOP OF HIEROPOLIS,
EQUAL OF THE APOSTLES



The Holy Hierarch Averkios of Hieropolis lived in Phrygia during the second century. The city of Hieropolis was inhabited by many pagans and very few Christians. The Saint prayed to the Lord for the salvation of their souls, and that they might be numbered among God's chosen flock. An Angel appeared and bade Saint Averkios to destroy the idols in the pagan temple. He obeyed this command with zeal. Hearing that the idol-worshippers wanted to kill him, the Saint went to a place where people had gathered and openly denounced the failure of the pagans when they attempted to seize him.

At that moment three demon-possessed youths in the crowd cried out. The people were dumbfounded as the Hierarch expelled demons from them by his prayers. Seeing the youths restored to normal, the people of Hieropolis asked Saint Averkios to instruct them in the Christian Faith, and then they received Holy Baptism.

After this Saint Averkios went to the surrounding cities and villages, healing the sick and preaching the Kingdom of God. With his preaching he made the rounds of Syria, Cilicia, Mesopotamia, he also visited Rome. Everywhere he went he converted multitudes of people to Christ. For many years he guarded the Church against heretics, confirming Christians in the Faith, and setting the prodigal upon the path of righteousness. He also healed the

sick and proclaimed the glory of Christ. Because of his great works, Saint Averkios is called an "Equal of the Apostles."

Saint Averkios returned home to Hieropolis, where he soon rested from his labors. After his repose, many miracles took place at his tomb. He wrote his own epitaph, and it was carved on his

tombstone, which is now in the Lateran Museum.

The skull of Saint Averkios is located in the Monastery of Most Pure Theotokos on the island of Andros. Fragments from the Holy Relic of Saint Averkios are also found in the Monasteries of Karakalou on the Holy Mountain, at Proussos in Evritania, and Phaneromeni in Salamis.

The holy Martyr Nestor was very young in age, handsome in appearance, and he was known to the holy Great Martyr Demetrios (October 26), for he had instructed Nestor in the faith.

The Emperor was visiting Thessaloniki, and he built a high platform in the midst of the city so that a gigantic barbarian named Lyaaios could wrestle there and be seen by everyone. Beneath the platform many spears and other sharp weapons were placed pointing upward. When Lyaaios defeated his opponents, he threw them down onto the spears and they died. Many Christians were forced to fight Lyaaios, and were killed. When Nestor saw how Emperor Maximian rejoiced over the victories of his champion, he disdained his pride. Seeing the miracles of Saint Demetrios, however, he took courage and went to the prison where the holy Martyr was confined, and fell at his feet.



"Pray for me, O Servant of God Demetrios," he said, "that by your prayers, God may help me to beat Lyaaios, and put an end to him who brings reproach upon the Christians."

The Saint, after sealing Nestor with the Sign of the Cross, told him that he would prevail over Lyaaios, and then suffer for Christ. Nestor mounted the platform without fear and exclaimed: "Help me, O God of Demetrios." After he defeated Lyaaios, he hurled him down onto the spears, where he gave up his wretched soul.

Maximian became enraged and ordered that both Nestor and Demetrios should be put to death. Saint Demetrios was stabbed with spears, and Saint Nestor was beheaded. Thus, by his example Saint Nestor teaches us that in every human challenge we must say with confidence, "The Lord is my helper, and I will not fear what man shall do to me." (Psalm 117/118:6, Hebrews 13:6).

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

Boys' Night Out

Gents, it's once again time for the pre-Nativity fast Boys' Night Out!

Mark your calendars **for Sunday November 12, 5PM, at**

The Treehouse in Tremont

820 College Ave., at the corner of College and Professor, just a short walk from the Cathedral.

PLEASE let Dan Morris know if you plan to make it - we do need a headcount!



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 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

St. Herman House FOCUS Cleveland Presents

ENCOUNTERING CHRIST

On Our Daily Pilgrimage



His Eminence
**ARCHBISHOP
DANIEL**

**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](#)



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.

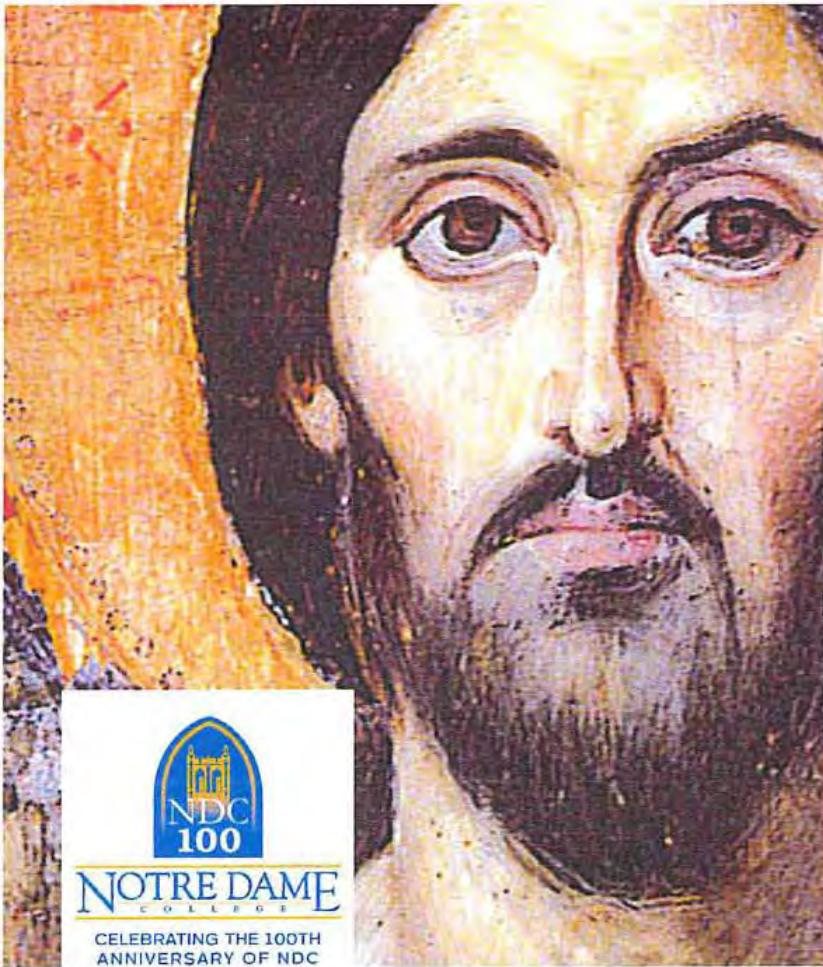
• [A Day in the Life at Saint Tikhon's Seminary](#)

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.

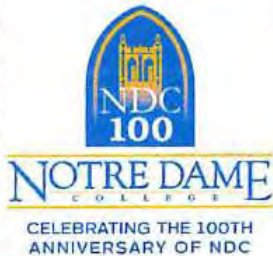
God be with you!

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 10/22/2023

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 waynevidovich@gmail.com

This is the deadline to enter as a contestant making chili, for the rest of us it's just going to be an amazing Coffee Hour! No sign-up needed.



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

Monday, October 23

Holy Apostle James (Jacob), the Brother
of the Lord (ca. 63)

Tuesday, October 24

Martyr Arethas and 4,299 Martyrs with
him (523)
6:00 PM Kievan Chant Troparion Tones

Wednesday, October 25

Martyrs Marcian and Martyrius, the No-
taries of Constantinople (ca. 355)

WEEKLY SCHEDULE 2023



Thursday, October 26

Holy, Glorious Demetrios the Myrrh-
gusher of Thessaloniki (ca. 306)
8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy
11:00 AM Faith Enrichment

Friday, October 27

Martyr Nestor of Thessalonica (ca. 306)

Saturday, October 28

Repose of Ven. Job the Wonderworker,
Abbot of Pochaev (1651)
6:00 PM Great Vespers

Sunday, October 29

21st Sunday after Pentecost
Monastic Martyr Anastasia of Rome
(3rd c.)
8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy
Coffee Hour