

Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL

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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

MARCH 31, 2024

SECOND SUNDAY OF LENT

ST. GREGORY
PALAMAS



This Sunday was originally dedicated to Saint Polycarp of Smyrna (February 23). After his glorification in 1368, a second commemoration of **Saint Gregory Palamas** (November 14) was appointed for the Second Sunday of Great Lent as a second "Triumph of Orthodoxy."

Saint Gregory Palamas, Archbishop of Thessalonica, was

born in the year 1296 in Constantinople. Saint Gregory's father became a prominent dignitary at the court of Andronicus II Paleologos (1282-1328), but he soon died, and Andronicus himself took part in the raising and education of the fatherless boy. Endowed with fine abilities and great diligence, Gregory mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But Gregory, barely twenty years old, withdrew to Mount Athos in the year 1316 (other sources say 1318) and became a novice in the Vatopedi monastery under the guidance of the monastic Elder Saint Nikódēmos of Vatopedi (July 11). There he was tonsured and began on the path of asceticism. A year later, the holy Evangelist John the Theologian appeared to him in a vision and

promised him his spiritual protection. Gregory's mother and sisters also became monastics.

After the demise of the Elder Nikódēmos, Saint Gregory spent eight years of spiritual struggle under the guidance of the Elder Nikēphóros, and after the latter's death, Gregory transferred to the Lavra of Saint Athanasius (July 5). Here he served in the trapeza, and then became a church singer. But after three years, he resettled in the small skete of Glossia, striving for a greater degree of spiritual perfection. The head of this monastery began to teach the young man the method of unceasing prayer and mental activity, which had been cultivated by monastics, beginning with the great desert ascetics of the fourth century: Evagrius Pontikos and Saint Macarius of Egypt (January 19).

Later on, in the eleventh century Saint Simeon the New Theologian (March 12) provided detailed instruction in mental activity for those praying in an outward manner, and the ascetics of Athos put it into practice. The experienced use of mental prayer (or prayer of the heart), requiring solitude and quiet, is called "Hesychasm" (from the Greek "hesychia" meaning calm, silence), and those practicing it were called "hesychasts."

During his stay at Glossia the future hierarch Gregory became fully imbued with the spirit of hesychasm and adopted it as an essential part of his life. In the year 1326, because of the threat of Turkish invasions, he and the brethren retreated to Thessalonica, where he was then ordained to the holy priesthood.

Saint Gregory combined his priestly duties with the life of a hermit. Five days of the week he spent in silence and prayer, and only on Saturday and Sunday did he come out to his people. He celebrated divine services and preached sermons. For those present in church, his teaching often evoked both tenderness and tears. Sometimes he visited theological gatherings of the city's educat-

ed youth, headed by the future patriarch, Isidore. After he returned from a visit to Constantinople, he found a place suitable for solitary life near Thessalonica the region of Bereia. Soon he gathered here a small community of solitary monks and guided it for five years.

In 1331 the saint withdrew to Mt. Athos and lived in solitude at the skete of Saint Savva, near the Lavra of Saint Athanasius. In 1333 he was appointed Igumen of the Esphigmenou monastery in the northern part of the Holy Mountain. In 1336 the saint returned to the skete of Saint Savva, where he devoted himself to theological works, continuing with this until the end of his life.

About the year 1330 the learned monk Barlaam had arrived in Constantinople from Calabria, in Italy. He was the author of treatises on logic and astronomy, a skilled and sharp-witted orator, and he received a university chair in the capital city and began to expound on the works of Saint Dionysius the Areopagite (October 3), whose "apophatic" ("negative", in contrast to "kataphatic" or "positive") theology was acclaimed in equal measure in both the Eastern and the Western Churches. Soon Barlaam journeyed to Mt. Athos, where he became acquainted with the spiritual life of the hesychasts. Saying that it was impossible to know the essence of God, he declared mental prayer a heretical error. Journeying from Mount Athos to Thessalonica, and from there to Constantinople, and later again to Thessalonica, Barlaam entered into disputes with the monks and attempted to demonstrate the created, material nature of the light of Tabor (i.e. at the Transfiguration). He ridiculed the teachings of the monks about the methods of prayer and about the uncreated light seen by the hesychasts.

Saint Gregory, at the request of the Athonite monks, replied with verbal admonitions at first. But seeing the futility of such efforts, he put his theological arguments in writing. Thus appeared the "Triads in Defense of the Holy Hesy-

chasts" (1338). Towards the year 1340 the Athonite ascetics, with the assistance of the saint, compiled a general response to the attacks of Barlaam, the so-called "Hagiorite Tome." At the Constantinople Council of 1341 in the church of Hagia Sophia Saint Gregory Palamas debated with Barlaam, focusing upon the nature of the light of Mount Tabor. On May 27, 1341 the Council accepted the position of Saint Gregory Palamas, that God, unapproachable in His Essence, reveals Himself through His energies, which are directed towards the world and are able to be perceived, like the light of Tabor, but which are neither material nor created. The teachings of Barlaam were condemned as heresy, and he himself was anathemized and fled to Calabria.



But the dispute between the Palamites and the Barlaamites was far from over. To these latter belonged Barlaam's disciple, the Bulgarian monk Akyndinos, and also Patriarch John XIV Kalekos (1341-1347); the emperor Andronicus III Paleologos (1328-1341) was also inclined toward their opinion. Akyndinos, whose name means "one who inflicts no harm," actually caused great harm by his heretical teaching. Akyndinos wrote a series of tracts in which he declared Saint Gregory and the Athonite monks guilty of causing church disorders. The saint, in turn, wrote a detailed refutation of Akyndinos' errors. The patriarch supported Akyndinos and called Saint Gregory the cause of all disorders and disturbances in the Church (1344) and had him locked up in prison for four

years. In 1347, when John the XIV was replaced on the patriarchal throne by Isidore (1347-1349), Saint Gregory Palamas was set free and was made Archbishop of Thessalonica.

In 1351 the Council of Blachernae solemnly upheld the Orthodoxy of his teachings. But the people of Thessalonica did not immediately accept Saint Gregory, and he was compelled to live in various places. On one of his travels to Constanti-

nople the Byzantine ship fell into the hands of the Turks. Even in captivity, Saint Gregory preached to Christian prisoners and even to his Moslem captors. The Hagarenes were astonished by the wisdom of his words. Some of the

Moslems were unable to endure this, so they beat him and would have killed him if they had not expected to obtain a large ransom for him. A year later, Saint Gregory was ransomed and returned to Thessalonica.

Saint Gregory performed many miracles in the three years before his death, healing those afflicted with illness. On the eve of his repose, Saint John Chrysostom appeared to him in a vision. With the words "To the heights! To the heights!" Saint Gregory Palamas fell asleep in the Lord on November 14, 1359. In 1368 he was canonized at a Constantinople Council under Patriarch Philotheus (1354-1355, 1364-1376), who compiled the Life and Services to the saint.

ST. THEODOSIUS ORTHODOX CHRISTIAN CATHEDRAL

JOURNEY TO HEAVEN

ACCORDING TO ST. TIKHON OF ZADONSK

March 22 The fall of Adam

March 29 Remember the love of God

April 5 The way of salvation

April 12 Spiritual struggles

April 19 The way of duty

April 26 The Last Judgment

Each class will be about 15min long and will follow a 6pm
Presanctified liturgy

MEMORIAL SATURDAYS

With the coming of Great Lent it is again time to submit names for Memorial Saturdays.

We ask for the names of your departed, to be remembered in prayer.

We also invite you to join us in prayer for the departed. The Ambo schedule will list each Memorial Saturday service.

Parish Directories Available

If you would like a hard copy of our recently updated Parish Directory, please contact Fr. Jan Cizmar or the church office. Thank you!

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.

St. Theodosius Orthodox Cathedral



Made by members of our Altar Society and parishioners

NUT - POPPY SEED - APRICOT

ROLLS @ \$15.00 each

For sale and pick-up on
Palm Sunday, April 28th, 2024



Pre-orders can be made by contacting:

Susan Lentz (216) 258-8048

or

Joyce Tabeling (216) 408-7187

Session 1:

June 30 – July 6, 2024
ages 8-12

Session 2:

July 7 – July 13, 2024
FOCA “Sports Week”
ages 10-18

Session 3:

July 14 – July 20, 2024
Ages 13-18

St. Vladimir’s Summer Camp



Matthew 19:14 -
Jesus said, “Let the
little children come
to me, and do not
hinder them, for the
kingdom of heaven
belongs to such as
these.”

Due to increasing costs for the first time in over 5 years we have to increase the camp tuition. We have also changed the payment method as well, all fees are due upon registration. There are scholarships and some financial aid available if needed, please contact Matushka Catrina Kovalak if you need such assistance. Some parishes also have programs in place to help off set the tuition price so, please check with your parish priest.

The new tuition prices are as follows:

- \$450 for first child / week
- \$400 for second child / week
- \$375 for each additional children / weeks



Session 1 & 3

These sessions are more service based camping experiences. These weeks also include craft projects daily along with learning sessions with the resident clergy.



Session 2
FOCA JUNIOR OLYMPICS

This week takes sports and orthodoxy and combines them. The campers have a different sport everyday with both individual and team events. The campers also have learning sessions with the resident clergy.



Please visit the camp website to register and pay tuition. You may also make a donation to camp there too. www.stvladimirscampohio.com you may also visit our facebook and instagram pages both are St. Vladimir’s Summer Camp.



PRAYER REQUESTS

as of 3/31/2024

Deceased

Patriarch Neophyt of Bulgaria

Reader Paul Pangrace

Priest Anthony Karbo

Antonina Clos

Walter Dimitrijevs

Andrew Mytrohovich

Special Intentions:

Fr. Micah Chisholm

Subdeacon Theodore Lentz

Subdeacon Roger Pinta

Subdeacon Leon Felon

Reader Frank Tkacz

Stephan Chwalyk

Horia Dascalescu (*Lavinia's brother*)

Diane Kearsy (*Janice Tkacz's Sister*)

Janice Tkacz

Eleanor Wachovec (*friend of Karen Felon*)

Rachel Ohlin (*relative of Tatiana*)

Erin Zawolowycz

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*)

Lonnie Ellis (*Husband to Debra Ellis*)

Robert Martin Prock

Valentina Zawolowycz (*mother of Paul Z*)

Justina Zolikoff

Melissa and Yohnathan King and **unborn child**

Kevin Reck (*Stepfather of Cathy Weber*)

Mark

Gazzilo Family

Daniel (*brother of James*)



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>



Coffee Hour Sign-Up

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

Jan 7 Gayle and Wayne	Feb 18 Sponsored by William Lynk (Mike and Sarah Brennan to host)
Jan 14 Sponsored by Mat. Ludmila Timko (Mat. Jana to host)	Feb 25 Georgi and Lina
Jan 21 Cindy and Nikol	Mar 3 Sarah and Mike Brennan
Jan 28 Sponsored by William Lynk (Joyce & Judy to host)	Mar 10 (Meatfare) Cathy and Tammy
Feb 4 Sponsored by Greg Born (Georgi and Lina to host)	Mar 17 (Cheesefare) Dan & Lavinia
Feb 11 Shawna	Mar 24 (Great Lent) Jana
	Mar 31 Joyce & Judy

Sunday, March 31

Second Sunday of Lent
St. Gregory Palamas
8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy
Coffee Hour
11:00 AM FOCA Meeting
11:15 AM Panichida for Paul Pangrace 40 Days

Monday, April 1

Ven. Mary of Egypt (522)

Tuesday, April 2

Virgin Martyr Theodora of Tyre.
Ven. Titus the Wonderworker (9th c.)

Wednesday, April 3

Ven. Niketas the Confessor, Abbot of Medikion (824)
4:30 PM Confessions
5:30 PM 9th Hour and Typica
6:00 PM Presanctified Liturgy
Lenten Potluck to follow

Thursday, April 4

Ven. Joseph the Hymnographer (883)

WEEKLY SCHEDULE 2024



Synaxis of the Venerable Fathers of the Kiev Caves Lavra (March 31)

Friday, April 5

Martyrs Agathopodes the Deacon and Theodulus the Reader at Thessalonica (ca. 303)
4:30 PM Confessions
5:30 PM 9th Hour and Typica
6:00 PM Presanctified Liturgy
Talk to follow
("The Way of Salvation")

Saturday, April 6

Third Saturday of Great Lent
Memorial Saturday
St. Eutychius, Patriarch of Constantinople (582)
5:00 PM Memorial Saturday
Panichida
5:30 PM Confessions
6:00 PM Great Vespers

Sunday, April 7

Third Sunday of Lent
Veneration of the Cross. Repose of St. Tikhon, Patriarch of Moscow and All Russia and Enlightener of North America
8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy