

# Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL

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## 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](http://ambo-theodosius@googlegroups.com)

APRIL 14, 2024

FOURTH SUNDAY OF LENT

ST. JOHN CLIMACUS  
(OF THE LADDER)



**The Fourth Sunday of Lent** is dedicated to Saint John Klimakos, the author of *The Ladder of Divine Ascent*. In this book the Igoumen of Saint Katherine's Monastery on Mount Sinai bears witness to the great effort which is required for entry into God's Kingdom (Matthew 10:12). The spiritual struggle of the Christian life is difficult since it is "not against flesh and blood, but against ... the rulers of the present darkness ... the hosts of wickedness in heavenly places ..." (Ephesians 6:12). Saint John encourages the faithful in their efforts for, as the Lord has said, only "he who endures to the end will be saved" (Matthew 24:13).

Saint John was born around the year 525, the son of devout and wealthy parents. He received a very good education, but at the age of sixteen, he forsook the world and went to Mount Sinai, subjecting himself to the spiritual guidance of Elder Martyrios. When he was nineteen years of age,<sup>1</sup> his Elder reposed. Then Saint John entered the arena of hesychasm, visiting the monastic communities of Skētē and Tabénnisē in Egypt. For another forty years, he lived in a cell at Thora in the Sinai Desert, which was a two hour (5 mile) walk from the Monastery of Saint Katherine.

Aflame with indescribable longing for God, he ate everything that was permitted by the monastic Rule, but only in very small quantities, and not unto satiety. By so doing, he overcame the vice of pride; and by eating just a little food, he humbled the stomach, which always wants more. He raised his body from death and paralysis by

the remembrance of death, and he overcame the tyranny of anger with the sword of obedience.

Who can describe the fountain of his tears, which is now to be seen in very few individuals? He slept only as much as was necessary to prevent his mind from being distracted. Before going to sleep he prayed a great deal, and he also wrote books. This was how he subdued despondency. His entire life was spent in unceasing prayer, and incomparable love for God.

After writing *The Ladder* at the request of Igoumen John of Raithu Monastery, and leading a God-pleasing life, Saint John fell asleep in the Lord when he was about seventy-five years old (ca. 603). He is also commemorated on March 30.

The inscription on his icon is from Step 7:2. It reads: "Compunction is a perennial trial of the conscience, which brings about the cooling of the fire of the heart through mental confession. And confession is a forgetfulness of nature, since someone because of this forgot to eat his bread."<sup>2</sup>

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<sup>1</sup> This was his monastic age. He was, in fact, thirty-five years old.

<sup>2</sup> Psalm 101:5 (Septuagint) "Him that speaks privily against his neighbor, him have I driven from me; he that is proud in look and insatiable in heart - with him I have not eaten."

Save the date!

## **His Eminence Archbishop Daniel**

**will visit the Cathedral on October 19th & 20th. He will award Fr. John Zdinak the miter, a synodal award in recognition of his long, faithful, and meritorious service in Christ's holy Church, both in parish life and in the diocesan administration.**

**AXIOS!**

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# 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.

### Saint Herman House Presentation

Kirk Ries will have an update for us on the life and work at St. Herman House on Wednesday, April 17th, after the potluck

### Pascha Candles

The signup sheet for Pascha candles will be on the candle stand starting Sunday, April 14th.

Fully decorated candles are \$70 and the simpler candles are \$35.

### 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 28<sup>th</sup>, 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](http://www.stvladimirscampohio.com) you may also visit our facebook and instagram pages both are St. Vladimir’s Summer Camp.



## PRAYER REQUESTS

as of 4/14/2024

### *Deceased*

**Patriarch Neophyt** of Bulgaria

**Priest Anthony** Karbo

**Antonina** Clos

**Walter** Dimitrijevs

**Andrew** Mytrohovich

**Lori** Harbaruk

**Linda** Smotzer (*wife of Steve Smotzer* )

### *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 **newborn Emery**

**Rose**

**Kevin** Reck (*Stepfather of Cathy Weber* )

**Mark**

**Daniel** (*brother of James* )

**Douglas and Katelyn** Evans and **unborn child**

**Martha** (*friend of Linda* )

Please submit names to the Prayer List by emailing them to Fr. Jan Cizmar  
[st.theodosiuscathedral@gmail.com](mailto: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)

April 7 Joyce & Judy

April 14 Mary & Tammy

(In memory of the Pogorily Family)

April 21 Wayne & Gayle Vidovich & Shawna  
Whitlock

April 28 Lina & Georgi

May 5 HOLY PASCHA

May 12 Event Committee (sponsored by  
William Lynk and John & Patty  
Sankovic)

May 19 Cindy & Nikol

May 26 Event Committee (sponsored by Una  
& John Alexandrovic and anonymous)

June 2 Matushka Jana

June 9 Cathy & Tammy

June 16 Wayne & Gayle Vidovich & Shawna  
Whitlock

June 23 Sarah & Mike Brennan

June 30 Cathy (sponsored by John & Patty  
Sankovic)

### Sunday, April 14

Fourth Sunday of Lent

St. John Climacus (of The Ladder)

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

Coffee Hour

Event Committee Meeting

Panichida for Pogorily Family

### Monday, April 15

Apostles of the Seventy: Aristarchus,  
Pudens and Trophimus (ca. 67)

### Tuesday, April 16

Virgin Martyrs Agape, Irene and Chi-  
onia, in Illyria (304)

6:30 PM Parish Council Meeting

### Wednesday, April 17

Hieromartyr Simeon, Bishop in Persia,  
and those with him: Martyrs Abdechal-  
as and Ananias—Presbyters, Ustha-  
zanes, Fusicus (Pusicius), Ascitrea,  
Azades the Eunuch, and many others  
(344)

4:30 PM Confessions

5:30 PM 9th Hour and Typica

6:00 PM Presanctified Liturgy

Lenten Potluck

St. Herman House Presentation to follow

### Thursday, April 18

Great Canon of St. Andrew of Crete.  
Ven. John, disciple of Ven. Gregory of  
Decapolis (9th c.)

### Friday, April 19

Martyr Theodore and those with him.  
Ven. John of the Ancient Caves in  
Palestine (8th c.)  
4:30 PM Confessions  
5:30 PM 9th Hour and Typica  
6:00 PM Presanctified Liturgy  
Talk to follow  
("The Way of Duty")

### Saturday, April 20

Fifth Saturday of Great Lent  
Memorial Saturday  
5:00 PM Confessions  
5:30 PM Akathist to the  
Most-holy Theotokos  
6:00 PM Great Vespers

### Sunday, April 21

Fifth Sunday of Lent  
St Mary of Egypt  
8:40 AM 3rd and 6th Hours  
9:00 AM Divine Liturgy  
Coffee Hour

## WEEKLY SCHEDULE 2024

