

# Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL

733 Starkweather Avenue  
Cleveland, Ohio 44113

[www.sttheodosius.org](http://www.sttheodosius.org)

Archpriest Jan Cizmar  
1(440) 732-8182  
[st.theodosiuscathedral@gmail.com](mailto: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  
[dpozderac.tlc@gmail.com](mailto:dpozderac.tlc@gmail.com)  
Parish Council President

Mary Swit  
Parish Secretary  
1(216) 574-4886  
[StTheodosiusCathedral@protonmail.com](mailto:StTheodosiusCathedral@protonmail.com)  
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](http://ambo-theodosius)

[@googlegroups.com](https://www.google.com/groups)

JANUARY 19, 2025

30TH SUNDAY AFTER PENTECOST

VEN. MACARIUS THE GREAT  
OF EGYPT



Saint Macarius the Great of Egypt was born in the early fourth century in the village of Ptinapor in Egypt. At the wish of his parents he entered into marriage, but was soon widowed. After he buried his wife, Macarius told himself, "Take heed, Macarius, and have care for your soul. It is fitting that you forsake worldly life."

The Lord rewarded the saint with a long life, but from that time the memory of death was constantly with him, impelling him to ascetic deeds of prayer and penitence. He began to visit the church of God more frequently and to be more deeply absorbed in Holy Scripture, but he did not leave his aged parents, thus fulfilling the commandment to honor one's parents.

Until his parents died, Saint Macarius used his remaining substance to help them and he began to pray fervently that the Lord might show him a guide on the way to salvation. The Lord sent him

an experienced Elder, who lived in the desert not far from the village. The Elder accepted the youth with love, guided him in the spiritual science of watchfulness, fasting and prayer, and taught him the handicraft of weav-

ing baskets. After building a separate cell not far from his own, the Elder settled his disciple in it.

The local bishop arrived one day at Ptinapor and, knowing of the saint's virtuous life, ordained him to the diaconate against his will. Saint Macarius was overwhelmed by this disturbance of his silence, and so he went secretly to another place. The Enemy of our salvation began a tenacious struggle with the ascetic, trying to terrify him, shaking his cell and suggesting sinful thoughts. Saint Macarius repelled the attacks of the devil, defending himself with prayer and the Sign of the Cross.

Evil people slandered the saint, accusing him of seducing a woman from a nearby village. They dragged him out of his cell and jeered at him. Saint Macarius endured the temptation with great humility. Without a murmur, he sent the money that he got for his baskets for the support of the pregnant woman.

The innocence of Saint Macarius was manifested when the woman, who suffered torment for many days, was not able to give birth. She confessed that she had slandered the hermit, and revealed the name of the real father. When her parents found out the truth, they were astonished and intended to go to the saint to ask forgiveness. Though Saint Macarius willingly accepted dishonor, he shunned the praise of men. He fled from that place by night and settled on Mt. Nitria in the Pharan desert.

Thus human wickedness contributed to the prospering of the righteous. Having dwelt in the desert for three years, he went to Saint Anthony the Great, the Father of Egyptian monasticism, for he had heard that he was still alive in the world, and he longed to see him. Abba Anthony received him with love, and Macarius became his devoted disciple and follower. Saint Macarius lived with him for a long time and then, on the advice of the saintly abba, he went off to the Skete monastery (in the northwest part of Egypt). He so shone forth in asceticism that he came to be called "a young Elder," because he had distinguished himself as an experienced and mature monk, even though he was not quite thirty years old.

Saint Macarius survived many demonic attacks against him. Once, he was carrying palm branches for weaving baskets, and a devil met him on the way and wanted to strike him with a sickle, but he

was not able to do this. He said, "Macarius, I suffer great anguish from you because I am unable to vanquish you. I do everything that you do. You fast, and I eat nothing at all. You keep vigil, and I never sleep. You surpass me only in one thing: humility."

When the saint reached the age of forty, he was ordained to the priesthood and made the head of the monks living in the desert of Skete. During these years, Saint Macarius often visited with Saint Anthony the Great, receiving guidance from him in spiritual conversations. Abba Macarius was deemed worthy to be present at the death of Saint Anthony and he received his staff. He also received a double portion of the Anthony's spiritual power, just as the prophet Elisha once received a double portion of the grace of the prophet Elias, along with the mantle that he dropped from the fiery chariot.

Saint Macarius worked many healings. People thronged to him from various places for help and for advice, asking his holy prayers. All this unsettled the quietude of the saint. He therefore dug out a deep cave under his cell, and hid there for prayer and meditation.

Once, while he was praying, Saint Macarius heard a voice: "Macarius, you have not yet attained such perfection in virtue as two women who live in the city." The humble ascetic went to the city, found the house where the women lived, and knocked. The women received him with joy, and he said, "I have come from the desert seeking you in order to learn of your good deeds. Tell me about them, and conceal nothing."

The women answered with surprise, "We live with our husbands, and we have not such virtues." But the saint continued to insist, and the women then told him, "We married two brothers. After living together in one house for fifteen years, we have not uttered a single malicious nor shameful word, and we never quarrel among ourselves. We asked our husbands to allow us to enter a women's monastery, but they would not agree. We vowed not to utter a single worldly word until our death."

Saint Macarius glorified God and said, "In truth, the Lord seeks neither virgins nor married women, and neither monks nor laymen, but values a person's free intent, accepting it as the deed itself. He grants to everyone's free will the grace of

the Holy Spirit, which operates in an individual and directs the life of all who yearn to be saved.”

During the years of the reign of the Arian emperor Valens (364-378), Saint Macarius the Great and Saint Macarius of Alexandria were subjected to persecution by the followers of the Arian bishop Lucius. They seized both Elders and put them on a ship, sending them to an island where only pagans lived. By the prayers of the saints, the daughter of a pagan priest was delivered from an evil spirit. After this, the pagan priest and all the inhabitants of the island were baptized. When he heard what had happened, the Arian bishop feared an uprising and permitted the Elders to return to their monasteries.

The meekness and humility of the monk transformed human souls. “A harmful word,” said Abba Macarius, “makes good things bad, but a good word makes bad things good.” When the monks asked him how to pray properly, he answered, “Prayer does not require many words. It is needful to say only, “Lord, as Thou wilt and as Thou

knowest, have mercy on me.” If an enemy should fall upon you, you need only say, “Lord, have mercy!” The Lord knows that which is useful for us, and grants us mercy.”

Abba Macarius spent sixty years in the wilderness, being dead to the world. He spent most of his time in conversation with God, often in a state of spiritual rapture. But he never ceased to weep, to repent and to work. The saint’s profound theological writings are based on his own personal experience. Fifty Spiritual Homilies and seven Ascetic Treatises survive as the precious legacy of his spiritual wisdom. Several prayers composed by Saint Macarius the Great are still used by the Church in the Prayers Before Sleep and also in the Morning Prayers.

The miracles and visions of Blessed Macarius are recorded in a book by the presbyter Rufinus, and his Life was compiled by Saint Serapion, bishop of Tmuntis (Lower Egypt), one of the renowned workers of the Church in the fourth century. His holy relics are in the city of Amalfi, Italy.



### Women's Social Night

Tuesday, February 18, 2025

Michelangelo's Winery

5515 Broadview Road, Richfield

6:30pm

Please contact Sarah Brennan to let her know you'll be joining!

Txt 330-620-0365 or sarah.e.brennan.1@gmail.com

### Coffee Hour Quarter 1 2025

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

January 5	February 2	TBA)
Tammy & Mary	Mat. Jana, (sponsored by	March 9
January 12	Una & John Alexandrovic)	Sarah & Mike Brennan
Wayne Vidovich & Shawna	February 9	March 16
Whitlock	Sarah & Mike Brennan	Georgi & Tsvetelina
January 19	February 16	Galevi (Sponsored by
Joyce Tabeling & Judy	Cathy & Tammy	William Lynk)
Schwind	February 23 (Meatfare)	March 23
January 26	Shawna Whitlock	Joyce Tabeling & Judy
Mat. Zdinak &	(Sponsored by William	Schwind
Nikol Gammalo	Lynk)	March 30
	March 2	Mat. Jana
	PARISH POTLUCK (details	

# PRAYER REQUESTS

as of 1/19/2025

## *Deceased*

**Jose** Cortes

**Eugene**

**Valentine** Winnyk

**Donna** Jacak

**Stephan** Chwalyk

**Robert** Starr

## *Special Intentions:*

**Archpriest Jason** Kappanadze

**Subdeacon Theodore** Lentz

**Subdeacon Roger** Pinta

**Subdeacon Leon** Felon

**Reader Frank** Tkacz

**Reader Daniel** Morris

**Horia** Dascalescu (*Lavinia's brother*)

**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*)

**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*)

**Child McKenna** Kranek

**Elizabeth** and **Michael** Prendergast and their **unborn child**

**Betty** Balasz

**Jeremy, Yvonne, and Unborn Child**

**Herman** Leslie Levin

**Russell** Schafer

**Sonia** Vorell

**Ivan** Lavrasiuk

**Elisabeth** Lavrasiuk

**Elena** Rich

**Phyllis** Gindlesperger

**Daniela** Raisovich

**Alexander** Medvec

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>



*ZOE for Life!*<sup>®</sup>

ZOE for Life! is once again offering an Akathist to our Sweet Lord Jesus with special prayers for the Unborn. This will

be held at **St Matthew Orthodox Church in North Royalton on January 26 at 6:00pm**. Fr. Andrew Harmon will be the speaker at the coffee hour immediately following the service. Please join us for this special event. Thank you.

+Very Rev. Fr. Fred Shaheen



THE LAMENT OF RACHEL

**Sunday, January 19**  
30th Sunday after Pentecost  
Ven. Macarius the Great of Egypt (390-391)  
8:40 AM 3rd and 6th Hours  
9:00 AM Divine Liturgy  
Coffee Hour

**Monday, January 20**  
Ven. Euthymius the Great (473)

**Tuesday, January 21**  
Ven. Maximus the Confessor (662)  
6:30 PM Parish Council Meeting

**Wednesday, January 22**  
Apostle Timothy of the Seventy (96)  
7:00 PM Panichida for Stephen Chwalyk  
at Mallchok Funeral Home

**Thursday, January 23**  
Hieromartyr Clement, Bishop of Ancyra,  
and Martyr Agathangelus (312)  
10:00 AM Funeral for Stephen Chwalyk  
At Holy Trinity Orthodox Church

**Friday, January 24**  
Ven. Xenia of Rome and her two female  
servants (5th c.)

**Saturday, January 25**  
St. Gregory the Theologian, Archbishop of  
Constantinople (389)  
6:00 PM Great Vespers

**Sunday, January 26**  
31st Sunday after Pentecost  
New Martyrs and Confessors of Russia  
8:40 AM 3rd and 6th Hours  
9:00 AM Divine Liturgy  
Coffee Hour  
FOCA Meeting to follow

## BIWEEKLY SCHEDULE 2025



Saint Xenia of Rome, in the world Eusebia, was the only daughter of an eminent Roman senator. From her youth she loved God, and wished to avoid the marriage arranged for her. She secretly left her parental home with two servants devoted to her, and set sail upon a ship. Through the Providence of God she met the head of the monastery of the holy Apostle Andrew in Milassa, a town of Caria (Asia Minor). She besought him to take her and her companions to Milassa. She also changed her name, calling herself Xenia

**Monday, January 27**  
Translation of the Relics of St. John Chrysostom, Archbishop of Constantinople (438)

**Tuesday, January 28**  
Ven. Ephraim the Syrian (373-379)

**Wednesday, January 29**  
Translation of the Relics of Hieromartyr Ignatius the Godbearer, Bishop of Antioch (107)  
6:00 PM Akathist to the Theotokos

**Thursday, January 30**  
Synaxis of the Ecumenical Teachers and Hierarchs: Basil the Great, Gregory the Theologian, and John Chrysostom

**Friday, January 31**  
Holy Wonderworkers and Unmercenarys Cyrus and John, and with them Martyrs Athanasia and her daughters: Theoctiste, Theodotia, and Eudoxia, at Canopus in Egypt (311)

**Saturday, February 1**  
Forefeast of the Meeting  
Martyr Tryphon of Lampsacus near Apamea in Syria (250)  
4:45 PM Church School  
6:00 PM Great Vespers

**Sunday, February 2**  
32nd Sunday after Pentecost  
Sunday of Zacchaeus  
**The Meeting of our Lord and Savior, Jesus Christ, in the Temple**  
8:40 AM 3rd and 6th Hours  
9:00 AM Divine Liturgy  
Coffee Hour  
Informational Meeting to Follow