

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 9, 2025

1ST SUNDAY OF LENT
SUNDAY OF
ORTHODOXY



The Forty Holy Martyrs of Sebaste (March 9) In the year 313 Saint Constantine the Great issued an edict granting Christians religious freedom, and officially recognizing Christianity as equal with paganism under the law. But his co-ruler Licinius was a pagan, and he decided to stamp out Christianity in his part of the Empire. As Licinius prepared his army to fight Constantine, he decided to remove Christians from his army, fearing mutiny.

One of the military commanders of that time in the Armenian city of Sebaste was Agricola, a zealous champion of idolatry. Under his command was a company of forty Cappadocians, brave soldiers who had distinguished them-

selves in many battles. When these Christian soldiers refused to offer sacrifice to the pagan gods, Agricola locked them up in prison. The soldiers occupied themselves with prayer and psalmody, and during the night they heard a voice saying, "Persevere until the end, then you shall be saved."

On the following morning, the soldiers were again taken to Agricola. This time the pagan tried flattery. He began to praise their valor, their youth and strength, and once more he urged them to renounce Christ and thereby win themselves the respect and favor of their emperor.

Seven days later, the renowned judge Licius arrived at Sebaste and put the sol-

diers on trial. The saints steadfastly answered, "Take not only our military insignia, but also our lives, since nothing is more precious to us than Christ God." Licius then ordered his servants to stone the holy martyrs. But the stones missed the saints and returned to strike those who had thrown them. One stone thrown by Licius hit Agricola in the face, smashing his teeth. The torturers realized that the saints were guarded by some invisible power. In prison, the soldiers spent the night in prayer and again they heard the voice of the Lord comforting them: "He who believes in me, though he die, yet shall he live (John 11:25). Be brave and fear not, for you shall obtain imperishable crowns."

On the following day the judge repeated the interrogation in front of the torturer, but the soldiers remained unyielding.

It was winter, and there was a severe frost. They lined up the holy soldiers, threw them into a lake near the city, and set a guard to prevent them from coming out of the water. In order to break the will of the martyrs, a warm bath-house was set up on the shore. During the first hour of the night, when the cold had become unbearable, one of the soldiers made a dash for the bath-house, but no sooner had he stepped over the threshold, then he fell down dead.

During the third hour of the night, the Lord sent consolation to the martyrs. Suddenly there was light, the ice melted away, and the water in the lake became warm. All the guards were asleep, except for Aglaius, who was keeping watch. Looking at the lake he saw that a radiant crown had appeared over the head of each martyr. Aglaius counted thirty-nine crowns and realized that the soldier who fled had lost his crown.

Aglaius then woke up the other guards, took off his uniform and said to them, "I too am a Christian," and he joined the martyrs. Standing in the water he prayed, "Lord God, I believe in You, in Whom these soldiers believe. Add me to their number, and make me worthy to suffer with Your servants." Then a fortieth crown

appeared over his head.

In the morning, the torturers saw with surprise that the martyrs were still alive, and their guard Aglaius was glorifying Christ together with them. They led the soldiers out of the water and broke their legs. During this horrible execution the mother of the youngest of the soldiers, Meliton, pleaded with her son to persevere until death.

They put the bodies of the martyrs on a cart and committed them to fire. Young Meliton was still breathing, and they left him on the ground. His mother then picked up her son, and on her own shoulders she carried him behind the cart. When Meliton drew his last breath, his mother put him on the cart with the bodies of his fellow sufferers. The bodies of the saints were tossed in the fire, and their charred bones were thrown into the water, so that Christians would not gather them up.

Three days later the martyrs appeared in a dream to Saint Peter, Bishop of Sebaste, and commanded him to bury their remains. The bishop together with several clergy gathered up the relics of the glorious martyrs by night and buried them with honor.

There is a pious custom of baking "skylarks" (pastries shaped like skylarks) on this day, because people believed that birds sing at this time to announce the arrival of spring. Forty "skylarks" are prepared in honor of the Forty Martyrs.

The names of the forty martyrs are: Cyrion (or Quirio), Candidus, Domnus, Hesychius, Heraclius, Smaragdus, Eunocius (Or Eunicus), Valens, Vivianus, Claudius, Priscus, Theodulus, Euty chius, John, Xanthius, Helianus, Sisinius, Aglaius, Aetius, Flavius, Acacius, Ecdicius, Lysimachus, Alexander, Elias, Gorgonius, Theophilus, Dometian, Gaius, Leontius, Athanasius, Cyril, Sacerdon, Nicholas, Valerius, Philoctimon, Severian, Chudion, Aglaius, and Meliton.

Coffee Hour Quarter 1 2025

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

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| <p>January 5 Tammy & Mary</p> <p>January 12 Wayne Vidovich & Shawna Whitlock</p> <p>January 19 Joyce Tabeling & Judy Schwind</p> <p>January 26 Mat. Zdinak & Nikol Gammalo</p> | <p>February 2 Mat. Jana, (sponsored by Una & John Alexandrovic)</p> <p>February 9 Sarah & Mike Brennan</p> <p>February 16 Cathy & Tammy</p> <p>February 23 (Meatfare) Shawna Whitlock (Sponsored by William Lynk)</p> | <p>March 2 PARISH POTLUCK</p> <p>March 9 Sarah & Mike Brennan</p> <p>March 16 Georgi & Tsvetelina Galevi (Sponsored by William Lynk)</p> <p>March 23 Joyce Tabeling & Judy Schwind</p> <p>March 30 Mat. Jana</p> |
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Orthodox Church in America
DIOCESE OF THE MIDWEST

Monday, 3 March 2025
Monday of the First Week of Lent
№. 025

ARCHPASTORAL GREETINGS OF ARCHBISHOP DANIEL
ON THE FIRST DAY OF GREAT LENT

*“Let us begin the fast with joy!
Let us prepare ourselves for spiritual efforts!
Let us purify our soul and cleanse our flesh!
Let us fast from every passion as we fast from food!
Let us rejoice in virtues of the Spirit and fulfill them in love,
that we all may see the most sacred Passion of Christ our God,
and rejoice in spirit at the Holy Pascha!”*
(Sticheron at Vespers, Monday of the First Week of Lent)

Beloved Fathers, Sisters, and Brothers in the Lord,

As we enter the spirit of prayer and repentance today, please know that I am remembering all of you with love and gratitude. On this first day of the Great Fast, I pray with you and for you that the Lord will grant us all a grace-filled forty days. May our shared Lenten journey bring all of us to also share in the fullness of Christ’s joy as we celebrate Pascha, the glorious Feast of Feasts!

With love in Christ our Savior,

DANIEL
Archbishop of Chicago and the Midwest

SPRING YOUNG ADULT RETREAT



THIS RETREAT IS PRESENTED BY THE AMERICAN
CARPATHO-RUSSIAN ORTHODOX DIOCESE, THE
GREEK ORTHODOX METROPOLIS OF
PITTSBURGH Y2AM, THE ORTHODOX CHURCH IN
AMERICA, AND THE UKRAINIAN ORTHODOX
CHURCH OF THE USA.

SPEAKER: FR. TIMOTHY PAPROSKI

AT CAMP NAZARETH

“LIVING THE LITURGY”

JOIN FR. TIMOTHY AND OTHER YOUNG ADULTS
(AGES 18-35) AS WE DISCUSS: WHY IS THE DIVINE
LITURGY SO IMPORTANT IN THE ORTHODOX
SPIRITUAL LIFE? HOW CAN WE “LIVE THE LITURGY”
OUTSIDE THE WALLS OF OUR CHURCHES AND
SHARE THE KINGDOM WITH OTHERS?



RETREAT DETAILS

MARCH 14TH – 16TH, 2025

CAMP NAZARETH, 339 PEW ROAD, MERCER, PA 16137

REGISTER NOW!

<https://tinyurl.com/2z7kjpyh>

PRAYER REQUESTS

as of 3/9/2025

Deceased

Daniela Raisovich

Vincent (*friend of Gabriel & Nicholas*)

Special Intentions:

Archpriest Jason Kappanadze

Subdeacon Theodore Lentz

Subdeacon Roger Pinta

Subdeacon Leon Felon

Subdeacon Peter Zolikoff

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*)

Debra Parhamovich

(*sister of Karen Felon*)

Robert Martin Prock

Valentina Zawolowycz (*mother of Paul Z*)

Child McKenna Kranek

Betty Balasz

Jeremy, Yvonne, and Unborn Child

Herman Leslie Levin

Russell Schafer

Sonia Vorell

Ivan Lavrasiuk

Elisabeth Lavrasiuk

Phyllis Gindlesperger

Alexander Medvec

Mary Ann Reck

Lenore Miroewski

(*Sister-in-law to Barbara Clos*)

Michael Weaver

Mary (*friend of Henry*)

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>



ALTAR SOCIETY

2nd Sunday of each month:

3/9, 4/13, 5/11, 6/8

JOIN THE ALTAR SOCIETY!

\$10 Membership

See Joyce Tabeing for details



Sunday, March 9

First Sunday of Great Lent

Sunday of Orthodoxy

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

Coffee Hour

5:00 PM *Sunday of Orthodoxy at St. Sava Serbian Orthodox Church (6306 Broadview Rd, Parma)*

Monday, March 10

Martyr Quadratus and those with him

Tuesday, March 11

St. Sophronius, Patriarch of Jerusalem (638-644)

Wednesday, March 12

Ven. Theophanes the Confessor, of Sigriane (818)

5:00 PM Confessions

5:30 PM 9th Hour & Typica

6:00 PM Presanctified Liturgy

Thursday, March 13

Translation of the relics of St. Nikephoros, Patriarch of Constantinople (846)

Friday, March 14

Ven. Benedict of Nursia (543)

5:30 PM 9th Hour & Typica

6:00 PM Presanctified Liturgy

Saturday, March 15

Memorial Saturday

Martyrs Agapius, Publius (Pausis), Timolaus, Romulus, two named Dionysius, and two named Alexander, at Caesarea in Palestine (303)

5:00 PM Memorial Saturday Panichida

5:20 PM Confessions

6:00 PM Great Vespers

Sunday, March 16

Second Sunday of Great Lent

St. Gregory Palamas

Synaxis of the Venerable Fathers of the Kiev Caves Lavra.

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

Coffee Hour

BIWEEKLY SCHEDULE 2025



The first Sunday of Great Lent is called the **Sunday of Orthodoxy** because it commemorates the restoration of the Holy Icons and the triumph of the Orthodox Faith against the terrible heresy of the Iconoclasts, i.e. those heretics who refused to honor the Holy Icons. For more than a hundred years the Church was disturbed by the evil doctrine of iconoclasm.

Monday, March 17

Ven. Aleksey (Alexius) the Man of God (411)

Tuesday, March 18

Repose of St. Nikolai of Zhicha (1956)

Wednesday, March 19

Martyrs Chrysanthus and Daria, and those with them at Rome: Claudius, Hilaria, Jason, Maurus, Diodorus the Presbyter, and Marianus the Deacon (283)

5:00 PM Confessions

5:30 PM 9th Hour & Typica

6:00 PM Presanctified Liturgy

Thursday, March 20

The Holy Fathers who were slain at the Monastery of St. Savva: Ven. John, Sergius, Patrick, and others (796)

9:00 AM *Akathist to St. Herman (At St. Herman House 4410 Franklin Blvd Cleveland)*

Friday, March 21

St. James (Jacob, Iago) the Confessor, Bishop of Catania (8th-9th c.)

5:30 PM 9th Hour & Typica

6:00 PM Presanctified Liturgy

Saturday, March 22

Memorial Saturday

Hieromartyr Basil of Ancyra (362-363)

5:00 PM Memorial Saturday Panichida

5:20 PM Confessions

6:00 PM Great Vespers

Sunday, March 23

Third Sunday of Great Lent

Veneration of the Cross

Martyr Nikon and 199 disciples with him in Sicily (251)

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

Coffee Hour