

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 30, 2025

4TH SUNDAY OF LENT

ST. JOHN CLIMACUS
(OF THE LADDER)



Repose of Saint Innocent, Metropolitan of Moscow, Enlightener of the Aleuts, Apostle to the Americas (March 31). Saint Innocent

(Veniaminov), Metropolitan of Moscow and Kolomensk (August 26, 1797—March 31, 1879), was glorified by the Russian Orthodox Church on October 6, 1977. He was born in the village of Anginsk in the Irkutsk diocese. The Apostle of America and Siberia proclaimed the Gospel “even to the ends of the earth”: in the Aleutian islands (from 1823), in the six dialects of the local tribes on the island of Sitka (from 1834), among the Kolosh (Tlingit);

in the remotest settlements of the extensive Kamchatka diocese (from 1853); among the Koryak, Chukchei, Tungus in the Yakutsk region (from 1853) and North America (in 1857); in the Amur and the Usuriisk region (from 1860).

Having spent a large part of his life in journeys, Saint Innocent translated a Catechism and the Gospel into the Aleut language. In 1833, he wrote in this language one of the finest works of Orthodox missionary activity INDICATION OF THE WAY TO THE KINGDOM OF HEAVEN.

In 1859, the Yakut first heard the Word of God and divine services in their native language. Twice (in 1860 and 1861) Saint Innocent met with Saint Nicholas the Apostle to Japan (February 3), sharing with him his spiritual experience.

A remarkable preacher, Saint Innocent said, "Whoever abounds in faith and love, can have mouth and wisdom, and the heart cannot resist their serving it."

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 for-

Having begun his apostolic work as a parish priest, Saint Innocent completed it as Metropolitan of Moscow (January 5, 1868—March 31, 1879). He obeyed the will of God all his life, and he left behind a theme for the sermon to be preached at his funeral: "The steps of a man are rightly ordered by the Lord" (Ps 36/37:23).

Saint Innocent is also commemorated on October 5 (Synaxis of the Moscow Hierarchs) and on October 6 (his glorification).



sook the world and went to Mount Sinai, subjecting himself to the spiritual guidance of Elder Martyrios. When he was nineteen years of age,¹ his Elder reposed. Then Saint John entered the arena of hesychasm, visiting the monastic communities of Skété 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."²

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

² 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."

ALTAR SOCIETY

2nd Sunday of each month: 3/9, 4/13, 5/11, 6/8

JOIN THE ALTAR SOCIETY! \$10 Membership, see Joyce Tabeling

Coffee Hour Quarter 1 2025

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

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

PRAYER REQUESTS

as of 3/30/2025

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

Infant Jeremiah Patrick

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*)

Matushka Ludmila Timko

Mitchell "Dale" Peek (*friend of Igor*)

Matthew Hunley

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>



Thank you Paul

A special thanks to the late Paul Pangrace, who left us \$110,000.00 to be distributed over ten years, \$11,000.00 per year. We miss you Paul, Memory Eternal

Sunday, March 30

Fourth Sunday of Great Lent

St. John Climacus (of The Ladder)

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

Coffee Hour

FOCA Meeting to follow

Monday, March 31

Repose of St. Innocent, Metropolitan of Moscow, Enlightener of the Aleuts and Apostle to the Americas (1879)

Tuesday, April 1

Ven. Mary of Egypt (522)

Wednesday, April 2

Virgin Martyr Theodora of Tyre.

Ven. Titus the Wonderworker (9th c.)

5:00 PM Confessions

5:30 PM 9th Hour & Typica

6:00 PM Presanctified Liturgy

Presentation for St. Herman House to follow

Thursday, April 3

Great Canon of St. Andrew of Crete.

Ven. Niketas the Confessor, Abbot of Medikion (824)

Friday, April 4

Ven. Joseph the Hymnographer (883)

5:30 PM 9th Hour & Typica

6:00 PM Presanctified Liturgy

Saturday, April 5

Saturday of the Akathist to the Most-holy Theotokos

Martyrs Agathopodes the Deacon and Theodulus the Reader at Thessalonica (ca. 303)

5:00 PM First Holy Confession

6:00 PM Great Vespers

Sunday, April 6

Fifth Sunday of Great Lent

St Mary of Egypt

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

Coffee Hour

5:00 PM Holy Unction

(at St. Nicholas Orthodox Church,
755 S Cleveland Ave, Mogadore, OH 44260)

BIWEEKLY SCHEDULE 2025



The appearance of the Mother of God to Emperor Leo Marcellus occurred on April 4, 450. In addition to this day, on Friday of Bright Week, the Church remembers the rebuilding of the church of the Life-giving Fountain at Constantinople, and the great miracles which took place in that church in the past.

Monday, April 7

Repose of St. Tikhon, Patriarch of Moscow and All Russia and Enlightener of North America
6:30 PM *Cleveland Deanery Presanctified Liturgy*
at St. Andrew 16029 Maple Park Dr
Maple Heights

Tuesday, April 8

Holy Apostles of the Seventy: Herodion, Agabus, Asyncritus, Rufus, Phlegon, Hermes, and those with them (1st c.)

Wednesday, April 9

Martyr Eupsyichius of Caesarea in Cappadocia (362)
5:00 PM Confessions
5:30 PM 9th Hour & Typica
6:00 PM Presanctified Liturgy

Thursday, April 10

Martyrs Terence, Pompeius, Africanus Maximus, Zeno, Alexander, Theodore, Macarius, and 33 others, beheaded at Carthage (3rd c.)

Friday, April 11

Hieromartyr Antipas, Bishop of Pergamum, disciple of St. John the Theologian (92)
5:30 PM 9th Hour & Typica
6:00 PM Presanctified Liturgy

Saturday, April 12

Lazarus Saturday

St. Basil the Confessor, Bishop of Parium (8th c.)
8:00 AM Chrismation
8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy
5:00 PM Panichida for Pogorily Family
5:20 PM Confessions
6:00 PM Great Vespers

Sunday, April 13

ENTRY OF OUR LORD INTO JERUSALEM

Palm Sunday

8:40 AM 3rd and 6th Hours
9:00 AM Divine Liturgy
Coffee Hour
6:00 PM Bridegroom Matins for
Great and Holy Monday