

# 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](mailto:ambo-theodosius)

[@googlegroups.com](mailto:ambo-theodosius@googlegroups.com)

JANUARY 18, 2026

32ND SUNDAY AFTER PENTECOST

SS. ATHANASIUS THE GREAT  
AND CYRIL



**Saints Athanasius and Cyril** were Archbishops of Alexandria. These wise teachers of truth and defenders of Christ's Church share a joint Feast in recognition of their dogmatic writings which affirm the truth of the Orthodox Faith, correctly interpret the Holy Scripture, and censure the delusions of the heretics.

Saint Athanasius took part in the First Ecumenical Council when he was still a deacon. He surpassed everyone there in his zeal to uphold the teaching that Christ is consubstantial (homoousios) with the Father, and not merely a creature, as the Arians proclaimed.

This radiant beacon of Orthodoxy spent most of his life in exile from his See, because of the plotting of his enemies. He returned to his flock as he was approaching the end of his life. Like an evening star, he illumined the Orthodox faithful with his words for a little while, then reposed in 373. He is also commemorated on May 2 (the transfer of his holy relics).

# Apostle Timothy of the Seventy

The Holy Apostle Timothy was from the Lycaonian city of Lystra in Asia Minor. Saint Timothy was converted to Christ in the year 52 by the holy Apostle Paul (June 29). When the

Apostles Paul and Barnabas first visited the cities of Lycaonia, Saint Paul healed one crippled from birth. Many of the inhabitants of Lystra then believed in Christ, and among them was the future Saint Timothy, his mother Eunice and grandmother Loida (Lois) (Acts 14:6-12; 2 Tim. 1:5).

The seed of faith, planted in Saint Timothy's soul by the Apostle Paul, brought forth abundant fruit. He became Saint Paul's disciple, and later his constant companion and co-worker in the preaching of the Gospel. The Apostle Paul loved Saint Timothy and in his Epistles called him his beloved son, remembering his devotion and fidelity with gratitude.

He wrote to Timothy: "You have followed my teaching, way of life, purpose, faith, longsuffering, love, and patience" (2 Tim. 3:10-11). The Apostle Paul appointed Saint Timothy as Bishop of Ephesus, where the saint remained for fifteen years. Finally, when Saint Paul was in prison and awaiting

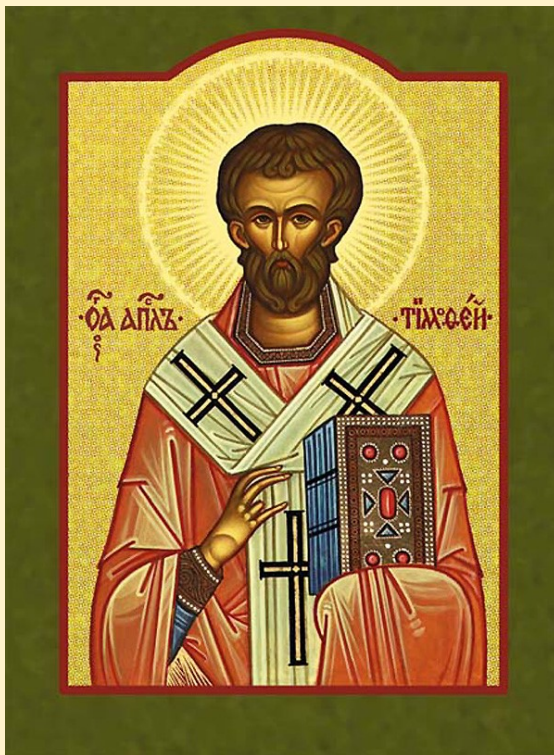
martyrdom, he summoned his faithful friend, Saint Timothy, for a last farewell (2 Tim. 4:9).

Saint Timothy ended his life as a martyr. The pagans of Ephesus celebrated a festival in honor of their idols, and used to carry them through the city, accompanied by impious ceremonies and songs. Saint Timothy, zealous for the glory of God, attempted to halt the procession and reason with the spiritually blind idol-worshipping people, by preaching the true faith in Christ.

The pagans angrily fell upon the holy apostle, they beat him, dragged him along the ground, and finally, they stoned him. Saint Timothy's martyrdom occurred in the year 93.

In the fourth century the holy relics of Saint Timothy were transferred to Constantinople and placed in the church of the Holy Apostles near the tombs of Saint Andrew (November 30) and Saint Luke (October 18). The Church honors Saint Timothy as one of the Apostles of the Seventy.

In Russian practice, the back of a priest's cross is often inscribed with Saint Paul's words to Saint Timothy: "Be an example to the believers in speech and conduct, in love, in faith, in purity" (1 Tim. 4:12).



Dear Brothers and Sisters in Christ,

Beloved parishioners of St. Theodosius Orthodox Cathedral,

From the depths of our hearts, Fr. Jan and Matushka Jana extend our most sincere and loving thank you for the beautiful baby shower you organized for our twins who are on the way.

While we are deeply thankful for every generous gift and the many practical blessings you bestowed upon us, what touches us most is the abundant **love, prayers, and support** that surrounded us throughout the celebration and this journey. In your faces, kind words, embraces, and prayers we felt the living warmth of our parish family.

We are so grateful to God for placing us among such a caring and faithful community. Your love strengthens us as we prepare to welcome these little ones (first name? Tikhon and Nikolaj Innocent) into the life of the Church.

May the Lord richly bless each of you, your families, and all your good intentions. We continue to keep you in our daily prayers.

With love, appreciation, and gratitude in Christ,

Fr. Jan Matushka Jana (and the twins still safely nestled in prayer)



January 25, 2026

01/006

To the clergy, monastics, and faithful of the Orthodox Church in America, beloved children in the Lord:

Glory to Jesus Christ!

During these winter months, the Church celebrates a number of feasts dedicated to the appearing of the Lord in the flesh.

At his Nativity, he is born an infant, with all the needs of an infant; he requires his Mother's nourishment, warmth, and care, and also his foster-father's protection.

At his Baptism, he enters into the rushing waters of this world, into the cascading elements of creation, into the onrushing flow of life, into the change and flux of the present age.

At his Meeting in the temple, he enters into the religious and cultural life of his people while also already showing himself to be the Fulfillment of their deepest religious yearnings, the Salvation for whom they have longed.

Our Lord and God and Savior Jesus Christ, becoming incarnate and appearing in the world, did so in order to fill every aspect of our life with himself. He has willed to be present in our basic weakness and our everyday needs; to be present among all the changes and cycles of nature and history that swirl around us; to be present in the highest aspirations of human culture, which reach beyond this life and grasp at the undying life of the age to come.

In the midst of this luminous season of feasts, we also mark our annual Sanctity of Life Sunday. Reflecting on the meaning of the sanctity of life in light of the great feasts that we have celebrated and will soon celebrate, we realize that the Lord has come so that we might have life and have it more abundantly, not just in the age to come, but in this present age as well.

Therefore, every moment of human life, from conception to natural death, is infinitely precious, because every moment of human life, every facet of human existence—except for sin—has been hallowed by the presence of the Lord. Every phase of life, every circumstance, is an opportunity to encounter the Lord.

Our Orthodox Christian understanding of the sanctity of all human life is not, therefore, a cold and abstract principle, but an affirmation of the love of the living God revealed in Jesus Christ. This is a love that opens up the fullness of life's possibilities at every moment, fills the world with meaning, and offers the promise of renewal for individuals, communities, and entire cultures.

Therefore, as we mark this Sanctity of Life Sunday, we pray not just for legal protections for all human beings, from conception to natural death. We also pray that our entire culture would be oriented toward the physical and spiritual well-being of all people in all phases of life so that, without undue fear or trouble, in peace and health, all of us may experience this life as a place of encounter with the radiant and life-giving Love of God, Jesus Christ incarnate in human flesh.

To him who gave us life in the beginning, who sustains our life in this world and desires to fill it with himself, and who willed to save us and lead us to everlasting life in the age to come, our Lord and God and Savior Jesus Christ, be all thanks and adoration, together with his Father and his All-holy Spirit: now and ever and unto ages of ages. Amen.

Yours in Christ,

+Tikhon  
Archbishop of Washington  
Metropolitan of All America and Canada

**PRAYER REQUESTS**  
1/18/2026

**Deceased:**

**Kyra** Kopestonsky

**Donna** Spencer

**Special Intentions:**

**Subdeacon Theodore** Lentz

**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*)

**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

**Ivan** Lavrisiuk

**Elisabeth** Lavrisiuk

**Phyllis** Gindlesperger

**Jerry** Czajkowski

**Christopher** Magee (*Brother of Erin Z*)

**Barbara** Sheean

**Tamara** Ponomarenko

**Paige** Benjamin (*Niece of Una Alexandrovic*)

**Sara** Wilmot (*friend of Tim Clos*)

**Catherine** (*niece of Judy Schwind*)

**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 Quarter 1 2026

Questions/Concerns/volunteer? call Cathy Weber (412-215-1928)

January 4 Mary (anonymous sponsor)	February 8 Cathy & Tammy	March 8 ( <i>Great Lent</i> ) Heather Openshaw
January 11 Sarah & Mike Brennan	February 15 ( <i>Meatfare</i> ) Wayne, Gayle, & Shawna (anonymous sponsor)	March 15 ( <i>Great Lent</i> ) Cathy & Tammy
January 18 Joyce & Judy	February 22 ( <i>Cheesefare</i> ) <b>Parish Potluck</b>	March 22 ( <i>Great Lent</i> ) Wayne, Gayle, & Shawna
January 25 Nikol	March 1 ( <i>Great Lent</i> ) Joyce & Judy	March 29 ( <i>Great Lent</i> ) Chris & Emiko Strah
February 1 Mary		

## BIWEEKLY SCHEDULE 2026

### Sunday, January 18

32nd Sunday after Pentecost  
Ss. Athanasius the Great (373)  
and Cyril (444)  
8:40 AM 3rd and 6th Hours  
9:00 AM Divine Liturgy  
Coffee Hour

### Monday, January 19

Ven. Macarius the Great of Egypt (390-391)

### Tuesday, January 20

Ven. Euthymius the Great (473)  
6:30 Parish Council Meeting

### Wednesday, January 21

Ven. Maximus the Confessor (662)  
6:00 PM Daily Vespers

### Thursday, January 22

Apostle Timothy of the Seventy (96)

### Friday, January 23

Hieromartyr Clement,  
Bishop of Ancyra, and Martyr  
Agathangelus (312)

### Saturday, January 24

Ven. Xenia of Rome and her two  
female servants (5th c.)  
5:00 PM Confessions  
6:00 PM Great Vespers

### Sunday, January 25

33rd Sunday after Pentecost  
Sunday of Zacchaeus  
New Martyrs and Confessors of  
Russia. St. Gregory the Theologian, Archbishop  
of  
Constantinople (389)  
8:40 AM 3rd and 6th Hours  
9:00 AM Divine Liturgy  
Coffee Hour



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. He did not leave his aged parents, thus fulfilling the commandment to honor one's parents.

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### Monday, January 26

Ven. Xenophon, his wife, Mary, and their two sons, Arcadius and John, of Constantinople (5th-6th c.)

### Tuesday, January 27

Translation of the Relics of St. John Chrysostom, Archbishop of Constantinople (438)

### Wednesday, January 28

Ven. Ephraim the Syrian (373-379)

### Thursday, January 29

Translation of the Relics of Hieromartyr Ignatius the Godbearer, Bishop of Antioch (107)  
6:00 PM Great Vespers for the Three Holy Hierarchs

### Friday, January 30

Synaxis of the Ecumenical Teachers and Hierarchs: Basil the Great, Gregory the Theologian, and John Chrysostom

### Saturday, January 31

Holy Wonderworkers and Unmercenaries Cyrus and John, and with them Martyrs Athanasia and her daughters: Theoctiste, Theodotia, and Eudoxia, at Canopus in Egypt (311)  
5:00 PM Confessions  
6:00 PM Great Vespers

### Sunday, February 1

34th Sunday after Pentecost  
Sunday of the Publican and the Pharisee  
Forefeast of the Meeting  
Martyr Tryphon of Lampsacus near Apamea in Syria (250)  
8:40 AM 3rd and 6th Hours  
9:00 AM Divine Liturgy  
Coffee Hour  
Informational meeting to follow