

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

FEBRUARY 15, 2026

SUNDAY OF
MEATFARE

THE AWESOME JUDGMENT



Today's Gospel reading is Matthew 25:31-46, the parable of the Last Judgment. It reminds us that while trusting in Christ's love and mercy, we must not forget His righteous judgment when He comes again in glory. If our hearts remain hardened and unrepentant, we should not expect the Lord to overlook our transgressions simply because He is a good and loving God. Although He does not desire the death of a sinner, He also expects us to turn from our wickedness and live (Ezek. 33:11). This same idea is expressed in the prayer read by the priest after the penitent has confessed his or her sins (Slavic practice).

The time for repentance and forgiveness is now, in the present life. At the Second Coming, Christ will appear as the righteous Judge, "Who will render to every man according to his deeds" (Rom. 2:6). Then the time for entreating God's mercy and forgiveness will have passed.

As Father Alexander Schmemmann reminds us in his book GREAT LENT (Ch. 1:4), sin is the absence of love, it is separation and isolation. When Christ comes to judge the world, His criterion for judgment will be love. Christian love entails seeing Christ in other people, our family, our friends, and everyone else we may encounter in our lives. We shall be judged on whether we have loved, or not

loved, our neighbor. We show Christian love when we feed the hungry, give drink to the thirsty, clothe the naked, visit those who are sick or in prison. If we did such things for the least of Christ's brethren, then we also did them for Christ (Mt.25:40). If we did not do such things for the least of the brethren, neither did we do them for Christ (Mt.25:45).

Today is the last day for eating meat and meat products until Pascha, though eggs and dairy products are permitted every day during the coming week. This limited fasting prepares us gradually for the more intense fasting of Great Lent.

The Holy Great Martyr Theodore the Recruit was a soldier in the city of Amáseia in Pontus (Asia Minor) on the coast of the Euxine (Black) Sea, under the command of the Praepositus (regimental commander) Brincus. Saint Theodore was ordered to offer sacrifice to idols, but he proclaimed his faith in Christ the Savior in a loud voice. Brincus gave him a few days to think it over, during which time the Saint prayed. Theodore was accused of setting a pagan temple on fire and destroying the idol of Rhea, and so he was thrown into prison to be starved to death. The Lord Jesus Christ appeared to him there, comforting and encouraging him. When he was brought before the Governor Publius, Theodore boldly confessed his faith, for which he was subjected to new torments and condemned to be burnt alive. The Great Martyr Theodore mounted an enormous pyre, and after he made the Sign of the Cross, the wood was lit, but the Holy Spirit cooled the flames. Saint Theodore stood in the flames, praising and glorifying God. Then he gave his holy soul into God's hands, and the on-lookers saw his soul ascending to Heaven, according to the author of his Life, who was also an eyewitness. This occurred in about the year 306 under the Roman Emperor Galerius (305-311). Unharmed by the fire,



Saint Theodore's body was buried under a widow's house in the city of Eukháita, not far from Amáseia. Later, his relics were transferred to Constantinople, to the church which bears his name. His head is in the city of Gaeto, Italy. Fifty years after the Saint Theodore's martyrdom, Emperor Julian the Apostate (reigned 361-363), planned to commit an out-

rage upon the Christians during the first week of Great Lent. He ordered the city magistrate of Constantinople to sprinkle all the food in the marketplaces with blood which had been offered to idols. Saint Theodore appeared to Archbishop Eudoxios in a dream, and told him to inform all the Christians that no one

should buy anything in the marketplaces, but to eat boiled wheat with honey (kolyva) instead.

In remembrance of this occurrence, the Orthodox Church commemorates the holy Great Martyr Theodore the Recruit each year on the first Saturday of Great Lent. On Friday evening, at the Divine Liturgy of the Presanctified Gifts, after the prayer at the Ambo, the Canon to the Holy Great Martyr Theodore, composed by Saint John of Damascus, is sung. After this, kolyva is blessed and distributed to the faithful. The celebration of the Great Martyr Theodore on the first Saturday of Great Lent was established by Patriarch Nektarios of Constantinople (381-397).

The Troparion to Saint Theodore is very similar to the Troparion for the Prophet Daniel and the Three Holy Youths (on the Sunday Before the Nativity of the Lord). The Kontakion to Saint Theodore, who suffered martyrdom by fire, reminds us that he also had faith as his breastplate

(see I Thessalonians 5:8).

In iconography, Saint Theodore the Recruit is depicted in four different ways: either alone in military garb, battling a large snake, or together with Saint Theodore the Commander, standing upright or riding horses. He always wears his military uniform.

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



The Greater Cleveland Slavonic Chorus

will present a Concert of Sacred Music
of Lenten and Paschal Hymns
Sunday, March 22, 2026
3:00 pm.

Holy Trinity Orthodox Church
6822 Broadview Road, Parma
A free-will offering will be taken
towards the continued restoration of
St. Theodosius Cathedral

Musical Director: Michael Pilat
milo4451@gmail.com

Business Manager: Kenneth Kovach
coachicbc@gmail.com

Bringing America Back to Life *Convention*



Scott Klusendorf
Friday, March 13th



Lara Logan
Saturday, March 14th

Registration is Now Open!
bringingamericabacktolife.org



ST. GREGORY CLASSICAL ACADEMY

Gifts That Shape Souls

HELP US BUILD A SCHOOL THAT SINGS, MOVES, AND READS

At St. Gregory Classical Academy, we believe beauty, discipline, and joy are essential to a child's education. Through music, physical education, and great books, we are forming students in mind, body, and soul. We invite you to partner with us in this joyful work.

MUSIC PROGRAM

Music is central to a classical education. It trains the ear, forms the soul, and cultivates harmony, memory, and reverence.

Our current music needs include:

- Classroom xylophones
- Hand chimes



Estimated total cost: \$10,000

GYM EQUIPMENT

Training the Body with Purpose and Discipline. Physical education is an essential part of classical formation—supporting health, teamwork, and perseverance.

Our immediate gym needs include:

- Basic physical education equipment
- Supplies to support structured movement and play



Estimated cost: \$1,500

LIBRARY BOOKS:

A strong library is the heart of a classical school. Our carefully curated reading list introduces students to timeless stories, virtuous heroes, and beautiful language.

How you can help:



- Purchase books directly from our Amazon Library Wish List
- Scan the QR code on this flyer to view and select books
- Every donated book becomes part of our permanent school library

➡ *Simply scan the QR code to give the gift of great books.*



To support this initiative, donate through our [website](#) and designate your gift for the Music & Gym Enrichment Campaign. Or call the school at 330-333-6680

THANK YOU FOR SUPPORTING THE MISSION OF ST. GREGORY CLASSICAL ACADEMY. PLEASE KEEP OUR STUDENTS, FACULTY, AND FOUNDING FAMILIES IN YOUR PRAYERS.

GriefShare®



Grief Support Group

*Help and encouragement
after the death of a loved one*

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. At this 12-week group, you'll receive valuable guidance and tips, leading you to relief, comfort, and peace of mind.

**All Orthodox Christians
are invited to participate**

Register Today

<http://tinyurl.com/GriefShareSTP>

or call 440.237.8998

**Tuesdays 11:00 AM- 1:00 PM
February 17 - May 12, 2025***

**sessions will not be held March 3 or April 7*

St Paul Greek Orthodox Church
4548 Wallings Road
North Royalton OH 44133

St Paul Greek Orthodox Church | North Royalton OH

PARISH LENTEN RETREAT

*The Missing Piece: Reclaiming
the Importance of Service*

March 7, 2026
10:00 AM



Steven Christoforou

Executive Director - Focus North America
(creator of "Be the Bee" video series)

\$10.00 - Refreshments & Lunch Included

RSVP Required at
<https://tinyurl.com/ParishRetreatSTP>

GUEST SPEAKER

St. Paul Greek Orthodox Church
4548 Wallings Road
North Royalton OH 44133



PRAYER REQUESTS
2/15/2026

Deceased

Ivan Lavrisyuk

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*)

Kathleen Spickler

Elena Rich

**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>



Special Restoration Informational Meeting on February 22:

After Divine Liturgy on February 22nd we will have a more in-depth informational meeting regarding the restoration of the cathedral. We will discuss the restoration and go over the budget, and walk through the overall process.

Sunday, February 15

Sunday of Meatfare

Sunday of the Last Judgment

Apostle of the Seventy Onesimus (ca. 109)

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

Coffee Hour

Monday, February 16

Martyrs Pamphilius—Presbyter, Valens—Deacon, Paul, Seleucus, Porphyrius, Julian, Theodulus, Elias, Jeremiah, Isaiah, Samuel, and Daniel, at Caesarea in Palestine (307-309)

Tuesday, February 17

Great Martyr Theodore the Tyro (Recruit)

("the Recruit"—ca. 306)

6:30 Parish Council Meeting

Wednesday, February 18

St. Leo the Great, Pope of Rome (461). Ven

Cosmas of Yakhromsk (1492)

6:00 PM Daily Vespers

Thursday, February 19

Apostles of the Seventy Archippus (Arkhipp) and Philemon, and Martyr Apphia (1st c.)

Friday, February 20

St. Leo, Bishop of Catania in Sicily (ca. 780)

Saturday, February 21

Saturday of Cheesefare

Commemoration of All Departed Righteous Monastics

Saint Makarios of Glinsk Hermitage (19th c.)

5:00 PM Confessions

6:00 PM Great Vespers

Sunday, February 22

Sunday of Cheesefare

The Expulsion of Adam and Eve from Paradise

Uncovering of the Relics of the Holy Martyrs at the Gate of Eugenius at Constantinople (395-423)

8:40 AM 3rd and 6th Hours

BIWEEKLY SCHEDULE 2026



On February 21, we commemorate all the righteous and God-bearing Fathers and Mothers, both known and unknown, who shone forth in asceticism. With these two weeks of Meatfare and Cheesefare, the Church gradually eases us into the full fasting which begins on Monday. The holy acetics are virtuous men and women who contended against the devil and their own passions. By examining their lives and their struggles against the Enemy, we take courage from the victory they have achieved, and are inspired to imitate their God-pleasing conduct. They also teach us that fasting is not merely abstinence from food, but involves refraining from inappropriate speech and unseemly actions.

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9:00 AM Divine Liturgy
Coffee Hour

Restoration Meeting to follow

5:45 PM Panichida for Paul Pangrace

6:00 PM Forgiveness Vespers

Monday, February 23

Great Lent Begins

Hieromartyr Polycarp, Bishop of Smyrna (167)

6:00 PM Great Canon of St. Andrew of Crete

Tuesday, February 24

First (4th c.) and Second (452) Finding of the Honorable Head of the Holy Glorious Prophet, Forerunner and Baptist John

6:00 PM Great Canon of St. Andrew of Crete

Wednesday, February 25

St. Tarasius, Archbishop of Constantinople (806)

5:30 PM 9th Hour & Typica

6:00 PM Presanctified Liturgy

Thursday, February 26

"Mezhetsk" Icon of the Mother of God St. Porphyrius, Bishop of Gaza (420)

6:00 PM Great Canon of St. Andrew of Crete

Friday, February 27

Repose of St. Raphael, Bishop of Brooklyn (1915)

5:30 PM 9th Hour & Typica

6:00 PM Presanctified Liturgy

Saturday, February 28

First Saturday of Great Lent

Commemoration of St. Theodore the Recruit and the Miracle of the Boiled Wheat

5:00 PM Confessions

6:00 PM Great Vespers

Sunday, February 29

First Sunday of Great Lent

Sunday of Orthodoxy

Martyr Eudokia of Heliopolis (ca. 160-170)

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

Coffee Hour