

# 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:

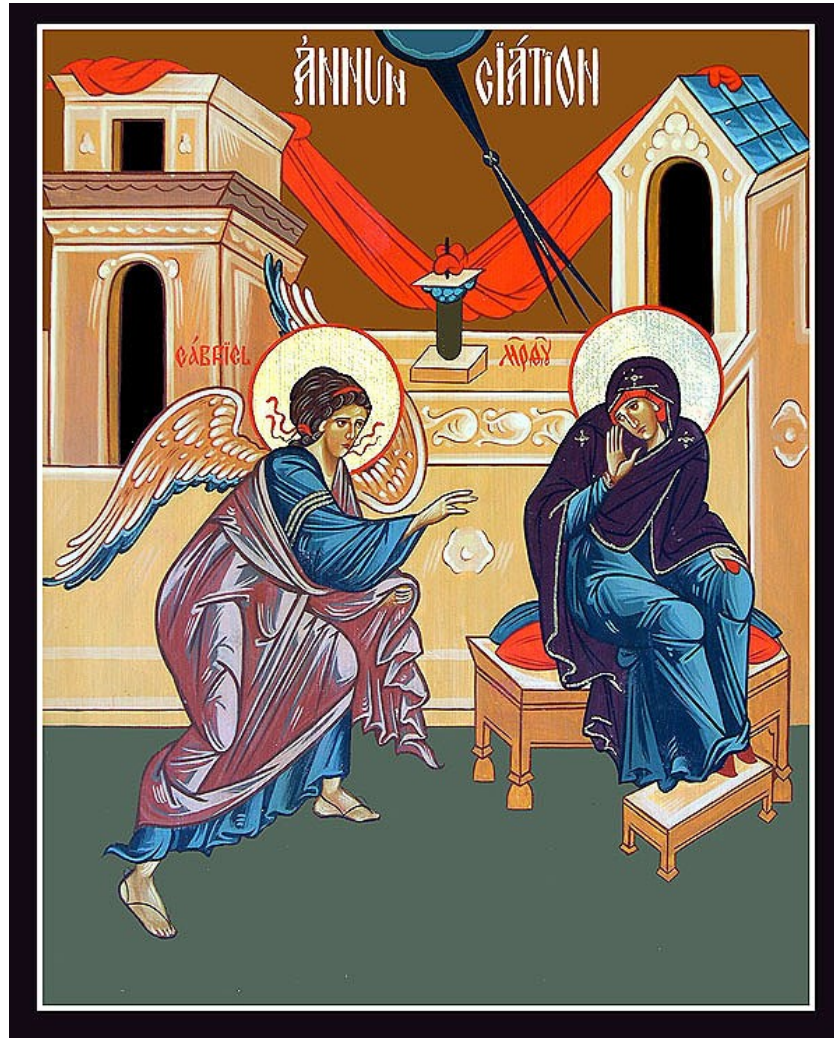
[ambo-theodosius](http://ambo-theodosius)

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MARCH 22, 2026

FOURTH SUNDAY OF LENT

ST. JOHN CLIMACUS  
OF THE LADDER



The Feast of the Annunciation is one of the earliest Christian feasts, and was already being celebrated in the fourth century. There is a painting of the Annunciation in the catacomb of Priscilla in Rome dating from the second century. The Council of Toledo in 656 mentions the Feast, and the Council in Trullo in 692 says that the Annunciation was celebrated during Great Lent.

The Greek and Slavonic names for the Feast may be translated as "good tidings." This, of course, refers to the Incarnation of the Son of God and the salvation He brings. The background of the An-

nunciation is found in the Gospel of Saint Luke (1:26-38). The troparion describes this as the "beginning of our salvation, and the revelation of the eternal mystery," for on this day the Son of God became the Son of Man.

There are two main components to the Annunciation: the message itself, and the response of the Virgin. The message fulfills God's promise to send a Redeemer (Genesis 3:15): "I will put enmity between you and the woman, between your seed and her seed; he shall crush your head, and you shall lie in wait for his heel." The Fathers of the Church understand "her seed" to refer to Christ. The prophets hinted at His coming, which they saw dimly, but the Archangel Gabriel

now proclaims that the promise is about to be fulfilled.

We see this echoed in the Liturgy of Saint Basil, as well: “When man disobeyed Thee, the only true God who had created him, and was deceived by the guile of the serpent, becoming subject to death by his own transgressions, Thou, O God, in Thy righteous judgment, didst send him forth from Paradise into this world, returning him to the earth from which he was taken, yet providing for him the salvation of regeneration in Thy Christ Himself.”

The Archangel Gabriel was sent by God to Nazareth in Galilee. There he spoke to the undefiled Virgin who was betrothed to Saint Joseph: “Hail, thou who art highly favoured, the Lord is with thee: blessed art thou among women. And, behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call his name Jesus. He shall be great, and shall be called the Son of the Most High: and the Lord God shall give unto him the throne of his father David: And he shall reign over the house of Jacob for ever; and of his kingdom there shall be no end.”

In contrast to Eve, who was readily deceived by the serpent, the Virgin did not immediately accept the Angel’s message. In her humility, she did not think she was deserving of such words, but was actually troubled by them. The fact that she asked for an explanation reveals her sobriety and prudence. She did not disbelieve the words of the angel, but could not understand how they would be fulfilled, for they spoke of something which was beyond nature.

Then said Mary unto the angel, “How shall this be, seeing I know not a man?” (Luke 1:34).

“And the angel answered and said unto her, ‘The Holy Ghost shall come upon thee, and the power of the Most High shall overshadow thee: therefore also that which shall be born of thee shall be called the Son of God. And, behold, thy cousin Elisabeth hath also conceived a son in her old age: and this is the sixth month with her, who was called barren. For with God nothing shall be impossible.’ And Mary said, ‘Behold the handmaid of the Lord; be it unto me according to thy word.’ And

the angel departed from her.” (Luke 1: 35-38)

In his Sermon 23 on the day of the Annunciation, Saint Philaret of Moscow boldly stated that “the word of the creature brought the Creator down into the world.” He explains that salvation is not merely an act of God’s will, but also involves the Virgin’s free will. She could have refused, but she accepted God’s will and chose to cooperate without complaint or further questions.

The icon of the Feast shows the Archangel with a staff in his left hand, indicating his role as a messenger. Sometimes one wing is upraised, as if to show his swift descent from heaven. His right hand is stretched toward the holy Virgin as he delivers his message.

The Virgin is depicted either standing or sitting, usually holding yarn in her left hand. Sometimes she is shown holding a scroll. Her right hand may be raised to indicate her surprise at the message she is hearing. Her head is bowed, showing her consent and obedience. The descent of the Holy Spirit upon her is depicted by a ray of light issuing from a small sphere at the top of the icon, which symbolizes heaven. In a famous icon from Sinai, a white dove is shown in the ray of light.

There are several famous icons of the Annunciation. One is in the Moscow Kremlin in the church of the Annunciation. This icon appeared in connection with the rescue of a prisoner by the Mother of God during the reign of Ivan the Terrible. Another is to be found in the Dormition Cathedral in Moscow (July 8). It was originally located in Ustiug, and was the icon before which Saint Procopius the fool (July 8) prayed to save the city from destruction in 1290. One of the most highly revered icons in Greece is the Tinos icon of the Annunciation (January 30).

The Annunciation falls during Lent, but it is always celebrated with great joy. The Liturgy of Saint Basil or Saint John Chrysostom is served, even on the weekdays of Lent. It is one of the two days of Great Lent on which the fast is relaxed and fish is permitted (Palm Sunday is the other).

## 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	March 15 ( <i>Great Lent</i> ) Cathy & Tammy
January 18 Joyce & Judy	(anonymous sponsor)	March 22 ( <i>Great Lent</i> ) Wayne, Gayle, & Shawna
January 25 Nikol	February 22 ( <i>Cheesefare</i> ) <b>Parish Potluck</b>	March 29 ( <i>Great Lent</i> ) Chris & Emiko Strah
February 1 Mary	March 1 ( <i>Great Lent</i> ) Joyce & Judy	

# REAL BREAK 2026

# A JOURNEY TO GEORGIA

May 19-29, 2026

Led by His Grace Bishop Gerasim of Fort Worth



College students and young adults (ages 18–25) are invited on a pilgrimage to Georgia, one of the world's oldest Christian nations, led by HG Bishop Gerasim of Fort Worth. Over ten days, we will venerate the relics of St. Nina, pray at Svetitskhoveli Cathedral where the Holy Robe of Christ is kept, and visit countless other sacred sites along the way.



**SCHOLARSHIPS ARE AVAILABLE!  
SCAN TO LEARN MORE**

# Koinonia Akron

## Inter Parish Young Adults Group

(ages 18 to 35 encouraged to attend)



Join us for our first  
**young adults** get together.

- ◆ Meeting at The Nature Realm:  
1828 Smith Rd. Akron  
March 21st @ 10:00AM
- ◆ Lunch at Aladdin's  
782 West Market St. Akron
- ◆ Enjoy easy hiking and fellowship.



For Questions Email Joshua Wherley: [josh.wherley@gmail.com](mailto:josh.wherley@gmail.com)

**PRAYER REQUESTS**  
3/22/2026

*Deceased*

**Kathleen Spickler**

*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

**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*)

**Elena** Rich

**Donald & Catherine & unborn child**

**Quinn** (*niece of John Alexandrovic*)

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>



## BIWEEKLY SCHEDULE 2026

### Sunday, March 22

*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

*Event Committee Meeting to follow*

10:45 Molieben for the beginning of the restoration of our cathedral

3:00 PM A Concert of Sacred Music of Lenten and Paschal Hymns

*@Holy Trinity Orthodox Church*

*6822 Broadview Rd, Parma*

### Monday, March 23

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

### Tuesday, March 24

*Forefeast of the Annunciation*

Ven. Zachariah the Recluse. St. Artemius (Artemon), Bishop of Seleucia (1st-2nd c.)

5:00 PM Confessions

6:00 PM Vespers for the Annunciation

### Wednesday, March 25

#### **The Annunciation of our Most Holy Lady, Theotokos and Ever-Virgin Mary**

5:30 PM Typika

6:00 PM Great Vespers & Divine Liturgy

*Festal Potluck Meal to follow*

*With fish courtesy of the Altar Society*

### Thursday, March 26

Great Canon of St. Andrew of Crete

*Leavetaking of the Annunciation*

Synaxis of the Archangel Gabriel

### Friday, March 27

Martyr Matrona of Thessalonica

(3rd-4th c.)

4:30 PM Confessions

5:30 PM 9th Hour & Typica

6:00 PM Presanctified Liturgy

### Saturday, March 28

*Fifth Saturday of Great Lent*

Saturday of the Akathist to the Most-holy Theotokos

5:00 PM Confessions

5:30 PM Akathist

6:00 PM Great Vespers



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).

### Sunday, March 29

*Fifth Sunday of Great Lent*

#### **St. Mary of Egypt**

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

Coffee Hour

*Holy Unction Mission Service @*

*St. Nicholas in Mogadore*

*755 S. Cleveland Ave, Mogadore OH*

### Monday, March 30

Ven. John Climacus of Sinai, author of The Ladder (6th c.)

### Tuesday, March 31

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

6:00 PM Deaner Presanctified Liturgy

*@St. Innocent Orthodox Church in Olmstead Falls*

### Wednesday, April 1

Ven. Mary of Egypt (522)

4:30 PM Confessions

5:30 PM 9th Hour & Typica

6:00 PM Presanctified Liturgy

### Thursday, April 2

Virgin Martyr Theodora of Tyre

### Friday, April 3

Ven. Niketas the Confessor,

Abbot of Medikion (824)

4:30 PM Confessions

5:30 PM 9th Hour & Typica

6:00 PM Presanctified Liturgy

### Saturday, April 4

#### **Lazarus Saturday**

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

*Church School to follow*

5:00 PM Confessions

5:30 PM Akathist

6:00 PM Vigil

(Vespers + Matins)

### Sunday, April 5

#### **ENTRY OF OUR LORD INTO JERUSALEM**

#### **Palm Sunday**

8:40 AM 3rd and 6th Hours

9:00 AM Divine Liturgy

6:00 PM Bridegroom Matins for

Great & Holy Monday