

Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL



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- Subdeacon Theodore
Lentz, Sacristan
- Reader Julius Kovach,
Ecclesiarch & Choirmaster
- Reader Paul Pangrace,
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

* AMBO: Articles for
publication should be
submitted to:
sttheocemetery@yahoo.com
by Wednesday of each week
before noon.

* CALENDAR: Event dates
must be submitted by the
15th of each month.

NOVEMBER 11, 2018

**MARTYRS MENAS, VICTOR,
VINCENT & STEPHANDIA**

ST. GREGORY PALAMAS



NOVEMBER 14

Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. Saint Gregory's father became a prominent dignitary at the court of Andronicus II Paleologos (1282-1328), but he soon died, and Andronicus himself took part in the raising and education of the fatherless boy. Endowed with fine abilities and great diligence, Gregory mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But Gregory, barely twenty years old, withdrew to Mount Athos in the year 1316 (other sources say 1318) and became a novice in the Vatopedi monastery under the guidance of the monastic Elder Saint Nicodemus of Vatopedi (July 11). There he was tonsured and began on the path of asceticism. A year later, the holy Evangelist John the Theologian appeared to him in a vision and promised him his spiritual protection. Gregory's mother and sisters also became monastics.

After the demise of the Elder Nicodemus, Saint Gregory spent eight years of spiritual struggle under the guidance of the Elder Nicephorus, and after the latter's death, Gregory transferred to the Lavra of Saint Athanasius (July 5). Here he served in the trapeza, and then became a church singer. But after three years, he resettled in the small skete of Glossia, striving for a greater degree of spiritual perfection. The head of this monastery began to teach the young man the method of unceasing prayer and mental activity, which had been cultivated by monastics, beginning with the great desert ascetics of the fourth century: Evagrius Pontikos and Saint Macarius of Egypt (January 19).

Later on, in the eleventh century, Saint Simeon the New Theologian (March 12) had provided detailed instruction in mental activity for those praying in an outward manner, and the ascetics of Athos put it into practice. The experienced use of mental prayer (or prayer of the heart), requiring solitude and quiet, is called "Hesychasm" (from the Greek "hesychia" meaning calm, silence), and those practicing it were called "hesychasts."

During his stay at Glossia the future hierarch Gregory became fully imbued with the spirit of hesychasm and adopted it as an essential part of his life. In the year 1326, because of the threat of Turkish invasions, he and the brethren retreated to Thessalonica, where he was then ordained to the holy priesthood.

Saint Gregory combined his priestly duties with the life of a hermit. Five days of the week he spent in silence and prayer, and only on Saturday and Sunday did he come out to his people. He celebrated divine services and preached sermons. For those present in church, his teaching often evoked both tenderness and tears. Sometimes he visited theological gatherings of the city's educated youth, headed by the future patriarch, Isidore. After he returned from a visit to Constantinople, he found a place suitable for solitary life near Thessalonica the region of Bereia. Soon he gathered here a small community of solitary monks and guided it for five years.

In 1331 the saint withdrew to Mt Athos and lived in solitude at the skete of Saint Sava, near the Lavra of Saint Athanasius. In 1333 he was appointed Igumen of the Esphigmenou monastery in the northern part of the Holy Mountain. In 1336 the saint returned to the skete of Saint Sava, where he devoted himself to theological works, continuing with this until the end of his life.

In the 1330s events took place in the life of the Eastern Church which put Saint Gregory among the most significant universal apologists of Orthodoxy, and brought him great renown as a teacher of hesychasm.

About the year 1330 the learned monk Barlaam had arrived in Constantinople from Calabria, in Italy. He was the author of treatises on logic and astronomy, a skilled and sharp-witted orator, and he received a university chair in the capital city and began to expound on the works of Saint Dionysius the Areopagite (October 3), whose

“apophatic” (“negative”, in contrast to “kataphatic” or “positive”) theology was acclaimed in equal measure in both the Eastern and the Western Churches. Soon Barlaam journeyed to Mt Athos, where he became acquainted with the spiritual life of the hesychasts. Saying that it was impossible to know the essence of God, he declared mental prayer a heretical error. Journeying from Mount Athos to Thessalonica, and from there to Constantinople, and later again to Thessalonica, Barlaam entered into disputes with the monks and attempted to demonstrate the created, material nature of the light of Tabor (i.e. at the Transfiguration). He ridiculed the teachings of the monks about the methods of prayer and about the uncreated light seen by the hesychasts.

Saint Gregory, at the request of the Athonite monks, replied with verbal admonitions at first. But seeing the futility of such efforts, he put his theological arguments in writing. Thus appeared the “Triads in Defense of the Holy Hesychasts” (1338). Towards the year 1340 the Athonite ascetics, with the assistance of the saint, compiled a general response to the attacks of Barlaam, the so-called “Hagiorite Tome.” At the Constantinople Council of 1341 in the church of Hagia Sophia Saint Gregory Palamas debated with Barlaam, focusing upon the nature of the light of Mount Tabor. On May 27, 1341 the Council accepted the position of Saint Gregory Palamas, that God, unapproachable in His Essence, reveals Himself through His energies, which are directed towards the world and are able to be perceived, like the light of Tabor, but which are neither material nor created. The teachings of Barlaam were condemned as heresy, and he himself was anathemized and fled to Calabria.

But the dispute between the Palamites and the Barlaamites was far from over. To these latter belonged Barlaam’s disciple, the Bulgarian monk Akyndinos, and also Patriarch John XIV Kalekos (1341-1347); the emperor Andronicus III Paleologos (1328-1341) was also inclined toward their opinion. Akyndinos, whose name means “one who inflicts no harm,” actually caused great harm by his heretical teaching. Akyndinos wrote a series of tracts in which he declared Saint Gregory and the Athonite monks guilty of causing church disorders. The saint, in turn, wrote a detailed refutation of Akyndinos’ errors. The patriarch supported Akyndinos and called Saint Gregory the cause of all disorders and disturbances in the Church (1344) and had him locked up in prison for four years. In 1347, when John the XIV was replaced on the patriarchal throne by Isidore (1347-1349), Saint Gregory Palamas was set free and was made Archbishop of Thessalonica.

In 1351 the Council of Blachernae solemnly upheld the Orthodoxy of his teachings. But the people of Thessalonica did not immediately accept Saint Gregory, and he was compelled to live in various places. On one of his travels to Constantinople the Byzantine ship fell into the hands of the Turks. Even in captivity, Saint Gregory preached to Christian prisoners and even to his Moslem captors. The Hagarenes were astonished by the wisdom of his words. Some of the Moslems were unable to endure this, so they beat him and would have killed him if they had not expected to obtain a large ransom for him. A year later, Saint Gregory was ransomed and returned to Thessalonica.

Saint Gregory performed many miracles in the three years before his death, healing those afflicted with illness. On the eve of his repose, Saint John Chrysostom appeared to him in a vision. With the words “To the heights! To the heights!” Saint Gregory Palamas fell asleep in the Lord on November 14, 1359. In 1368 he was canonized at a Constantinople Council under Patriarch Philotheus (1354-1355, 1364-1376), who compiled the Life and Services to the saint.



BIBLE READINGS FOR THE WEEK OF NOVEMBER 11

Nov. 11 Eph. 2:14-22
Luke 10:25-37

Nov. 13 2 Thess. 1:10-2:2
Luke 14:25-35

Nov. 16 2 Thess. 3:6-18
Luke 16:15-18,
17:1-4

Nov. 12 2 Thess. 1:1-10
Luke 14:12-15

Nov. 14 2 Thess. 2:1-12
Luke 15:1-10

Nov. 17 Gal. 1:3-10
Luke 9:57-62

Nov. 15 2 Thess. 2:13-3:5
Luke 16:1-9

Copper Stone
Catering & Event Center

Cordially invites you to join us for

Thanksgiving Day Buffet

Thursday, Nov. 22, 2018 • 11am-3pm
Serving all your traditional favorites:

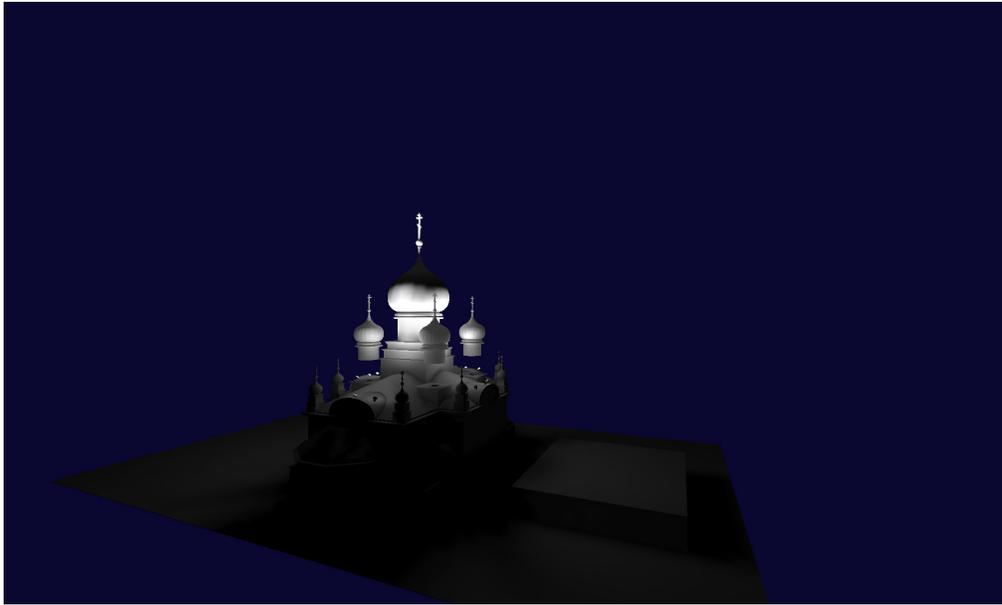
- Fabulous Turkey Station with All the Trimmings
- Honey Glazed Baked Virginia Ham
- Variety of Dinner Entrees to choose from
- 24-Foot Soup and Garden Salad Bar
- South of the Border Mexican Station
- Pasta Bar with Creations of Your Choice
- Mouthwatering Dessert and Sweets Table
- And much more for only **\$24.95**
Children 6-11 only **\$12.95**

For details and reservations:
4630 Ridge Road, Brooklyn, OH 44144
216.749.5509
info@copperstonecatering.com

Reserve your Holiday party today!!

Call
216.749.5509
www.Copperstonecatering.com

For further details, follow us on Facebook, Twitter, and Instagram



We are proposing to change the dome lighting on the Cathedral from standard fixtures to LED fixtures.

There are many advantages of LED fixtures over standard ones. LEDs are difficult to damage with external shock. LEDs have a significantly longer lifespan when compared to traditional lighting solutions. The average LED lasts 50,000 to 100,000 operating hours or more. Less frequent replacement means two big things: lower maintenance costs in terms of labor and lower costs for replacement parts. To change any existing lamp that has burnt out, we are required to rent a lift AND hire an operator adding additional cost to the life of the existing fixtures. LEDs generally consume very low amounts of power. Most LED lighting retrofit projects result in a 60-75% improvement in the overall energy efficiency of the facility's lighting.

We are working on getting pricing for installation. The cost for the 12 new fixtures is just under \$18,000. This includes mounting the fixtures at the existing location (off of a single point mounting with a horizontal bracket on which will be mounted three fixtures per side of dome). PLEASE NOTE: lead-time for fixtures is 6 weeks from date order is placed. This cost, as stated above, does NOT include costs for installation.

We are looking for contributions to accomplish this LED project. One idea that has been suggested is to break the cost down into a per fixture cost to aid those considering making a donation. For example, each fixture will be approximately \$1,500. Perhaps a family could go in together and further break it down into smaller portions. The possibilities are endless!

As always we consider donations as did the widow and her mite: Christ, in commenting on her unselfish contribution, was looking not at how much she gave, but on how much she had left over.

Both Michael Tabeling and Fr. John are available to answer any questions you may have.



PRAYER REQUESTS

Departed:

Ill Afflicted & Special Intentions:

Fr. Basil Stoyka

Matushka Susanne Senyo

Matushka Laryssa Hutnyan

Archpriest Theodore Bobosh

Child Katie Repasky (*friend of Fr. John*)

Melissa (*cousin of Mary Ann Kovach*)

Julia

Christopher Baymiller (*friend of Paul Pangrace*)

Paula Baymiller (*friend of Paul Pangrace*)

Debbie Bazelides (*Judy Schwind's cousin*)

Carol Bohurjak

Marie Borland

Sandra Brello

Gregory Cervo

Elsie Conrad

Arlene Czajkowski

Jerry Czajkowski

Horia Dascalescu (*Lavinia Morris's brother*)

Debra Ellis

Gregory Galan

Joseph Gammalo

Aleksei Green

Don Hinkle

Matthew Hunly (*Phyllis Gindlesperger's brother-in-law*)

Tom Jacobson

Joy Jahans (*friend of Paul Pangrace*)

Stephen Jahans (*friend of Paul Pangrace*)

Diane Kearsey (*Janice Tkacz's sister*)

Lacey Kihn (*friend of Michael Udell*)

Mara Kilbane (*Melissa McCutcheon's granddaughter*)

John Kovalski (*friend of Paul Pangrace*)

Chris Magee (*Erin Zawolowycz's brother*)

Melissa McCutcheon

Michael McCutcheon

Marguerite Mihal (*Paul Mihal's mother*)

Paul Mihal

Natalya Miller (*Arlene Neale's great-niece*)

Andrew Mytrohovich

Bert Nielsen (*Paul Pangrace's brother-in-law*)

Carol Nielsen (*Paul Pangrace's sister*)

Daniel O'Donnell

Pat O'Donnell

Patricia Owens

Debra Parhamovich (*Karen Felon's sister*)

Grace Parhamovich (*Karen Felon's mother*)

James Peter Petkac

Anastasia Pogorily

James Marshall Prock

Elena Rich (*Jerry Czajkowski's daughter*)

Julia Sankovic (*Child*)

Andrew Sykaluk

Elaine Sudnick (*Joy Pfeiffer's mother*)

Tony Sykaluk (*friend of Lydia Mytrohovich*)

Janice Tkacz

Gregory Verbick (*friend of Paul Pangrace*)

Eleanor Wachovec (*friend of Karen Felon*)

Robert Walsh (*friend of The Felons*)

Colleen Walsh (*friend of the The Felons*)

Elisabeth Wright (*friend of Paul Pangrace*)

Malcolm Wright (*friend of Paul Pangrace*)

Erin Zawolowycz

Theodore Zolikoff (*Nick Zolikoff's father*)

Welcome Visitors

Our parish welcomes you and thanks you for joining us at today's Divine Liturgy. While only Orthodox Christians may approach the chalice for Holy Communion, everyone is welcome to partake of the Holy Bread after Liturgy. You are also invited to join us for fellowship in the Parish Hall following Liturgy.

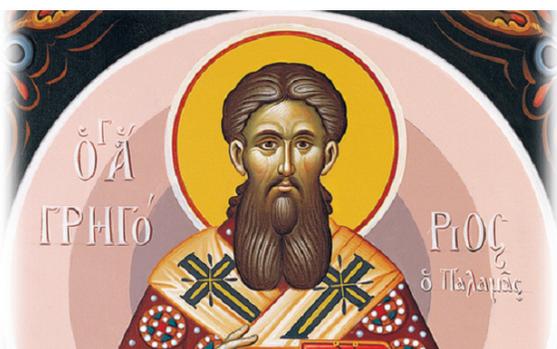
COFFEE HOUR & GREETERS SCHEDULES

Coffee Hour:

11/11/18	Michael Tabeling & Michael Udell
11/18/18	Joyce Tabeling & Judy Schwind
11/25/18	Paul & Deborah Finley
12/2/18	Mat. Cindy Zdinak & Tammy Ponomarenko
12/9/18	Lauren Miklos & Chanda Czaruk
12/16/18	Cathy Weber & Mat. Jenn Boerio
12/23/18	Shawna Whitlock & Gayle Vidovich

Greeters:

Nina & Elizabeth Antonik
Tammy & Eva Ponomarenko
Michael Tabeling & Paul Pangrace
Mat. Jenn Boerio & Karen Felon
Igor Gajewsky & Linda Smotzer
Sonia Vorell & Virginia Medvec
Tammy & Eva Ponomarenko



FOOD PANTRY

Our Food Pantry ministry continues through Merrick House. They currently use the bags in their Moms First program. We can always use your help by "sponsoring a bag". Envelopes are in the foyer, \$10 fills a bag. Thank you and God bless you for helping those in need. - Dan Morris



Dome Lighters

Donations to offset the cost of lighting the domes can be made for *The Health Of* or *In Memory Of* your loved ones. Contact the Parish Office if you are interested.

For the entire 2018 year:

In loving memory of Olga Fritskey

from John & Ruth Fritskey



St. Vladimir Campground & Retreat Center
2795 Wakefield Creek Road
Farmdale, OH 44417

Maple Syrup Fund Raiser

Leon is selling maple syrup harvested by a commercial processor;
a close neighbor of St. Vladimir Camp.

\$15/two 8oz. Bottles
Keep one & give one for the holidays

Thank you for your consideration

Dear Brothers and Sisters: We are looking for Greeters to add to our Ministry. Please prayerfully consider joining us as we greet those who are brought to us by Christ Himself! We will provide the training which is as simple as a smile and a warm welcome! If you are interested or have questions please see Michael Tabeling or any of the greeters you meet at the front door of the Cathedral.





Fr. John will be conducting a teaching series on the Divine Liturgy for the Sundays of the Nativity Fast beginning Sunday November 18th. The teaching sessions will be conducted during the Liturgy at points corresponding with the day's teaching. This is offered in hope that our Catechumens and all of us will gain a better understanding of what we do when we gather on Sunday mornings.

A five week series on Orthodox Worship will also take place beginning on Monday, November 12 at 7:00 PM. It will be conducted every Monday through December 10th.





Theotokos of Vladimir

EASTERN ORTHODOX WOMEN'S GUILD
OF GREATER CLEVELAND
UNITY THROUGH PARTICIPATION

Monday, November 12, 2018
6:00 P.M.

Buna Vestire
7140 Fitch Road
Olmsted Falls, OH 44138



Guided Tour: Fr. John Gherman

Cathedral Cookie Bakers!

**Dust off your rolling pins and get ready for the
2018 Christmas Cookie Walk!**

**This year's cookie walk will be held in conjunction
with December's Walkabout Tremont
Friday, December 14th from 6:00-9:00 PM
Saturday, December 15th from 11:00 AM-2:00 PM**

**Cookies will need to be dropped off by 5:00 PM on
Friday, December 14th
Freezer space is available for those who
wish to bake early
Please see Susan Lentz for more information**





BOOK YOUR HOLIDAY PARTY!

Holiday Buffet Includes: mixed greens salad, warm rolls and butter, two entrée(s), two side dishes, water, coffee, tea, soft drinks, house linen service and centerpieces.

ENTREES

- Sausage and Peppers Marinara
- Beer Battered Cod
- Keilbasa and Sauerkraut
- Hand Breaded Fried Cod
- Chicken Caprese
- Breaded Chicken Breast Cutlet
- Chicken Parmesan
- Sliced Roast Sirloin of Beef
- Pot Roast with Gravy
- Chicken Marsala
- Roast Pork and Pan Gravy
- Stuffed Cabbage Rolls
- Honey Baked Ham
- Chicken Paprikash
- Lemon Cod Amandine

SIDE DISHES

- Green Beans
- Honey Glazed Carrots
- Broccoli and Cauliflower Au Gratin
- Seasonal Vegetable Medley
- Herb Roasted Vegetables
- Oven Roasted Redskin Potatoes
- Mashed Potatoes
- Au Gratin Potatoes
- Wild and White Rice Pilaf
- Penne Marinara

DESSERTS

- Display of assorted Holiday Cookies


216 -749-5509
\$ 18.95 per person
Plus 20% Service Chg
8% Tax

A very heartfelt thanks to everyone who volunteered to tend the church grounds this past year. Your help was greatly appreciated and your hard work kept everything looking beautiful. Thank you again!



WEEKLY SCHEDULE

2018

Sunday, Nov. 11
MARTYRS MENAS, VICTOR,
VINCENT & STEPHANIDA
9:00 AM Divine Liturgy

Monday, Nov. 12
ST. JOHN THE MERCIFUL
VEN. NILUS THE FASTER
6:00 PM EOWG Meeting @
Buna Vestire
7:00 PM Orthodox Worship
series @ Parish Hall

Tuesday, Nov. 13
ST. JOHN CHRYSOSTOM
ABP. OF CONSTANTINOPLE

Wednesday, Nov. 14
HOLY APOSTLE PHILIP
ST. JUSTINIAN, EMPEROR
ST. GREGORY PALAMAS
6:00 PM Pan-Orthodox Holy
Unction @ Buna Vestire

REMINDER:



Please be sure
that cell phones
are turned off
before entering
the temple.

NOVEMBER
Special Collection
**CHRISTMAS
CHARITY**



Thursday, Nov. 15
MARTYRS GURIAS,
SAMONAS AND ABIBUS
OF EDESSA
11:00 AM Faith Enrichment @
Copperstone

Friday, Nov. 16
HOLY APOSTLE AND
EVANGELIST MATTHEW

Saturday, Nov. 17
ST. GREGORY THE
WONDERWORKER
VEN. NIKON OF RADONEZH
6:00 PM Great Vespers

Sunday, Nov. 18
MARTYRS PLATON
AND ROMAN
9:00 AM Divine Liturgy

Nativity Fast
Nov. 15th - Dec. 24th

St. Theodosius Orthodox Cathedral
733 Starkweather Avenue
Cleveland, Ohio 44113

NOVEMBER