

Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL



NOVEMBER 6, 2022

21TH SUNDAY AFTER PENTECOST

SAINT PAUL THE CONFESSOR,
ARCHBISHOP OF CONSTANTINOPLE

733 Starkweather Avenue
Cleveland, Ohio 44113

www.sttheodosius.org

Father Jan Cizmar
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Office Hours MTWTh
10:00AM-2:00PM

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

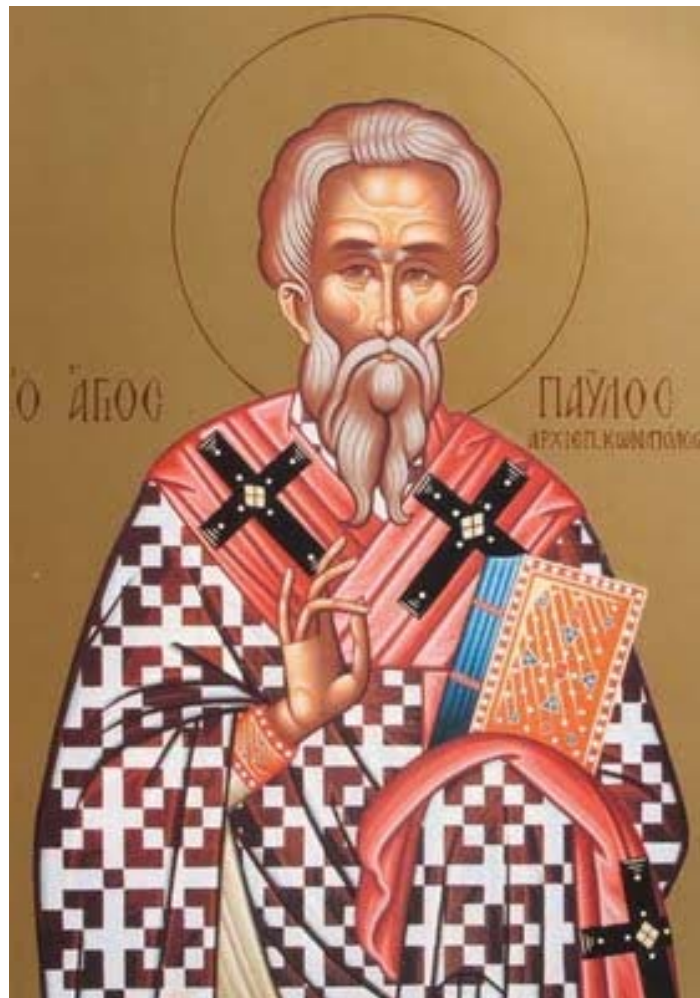
Please check weekly schedule
for specific days (last page).

Previous Ambos on website.

Articles for publication
should be submitted to:

ambo-theodosius

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



Saint Paul the Confessor, Archbishop of Constantinople (Nov 6), was chosen to the patriarchal throne after the death of Patriarch Alexander (+ 340), when the Arian heresy had again flared up. Many of the Arians were present at the Council which selected the new Archbishop of Constantinople. They revolted in opposition to the choice of Saint Paul, but the Orthodox at the Council were in the majority.

The emperor Constantius, ruling over the Eastern half of the Roman Empire, was an Arian. He was not in Constantinople for the election of the Archbishop, and

so it took place without his consent. Upon his return, he convened a council which illegally deposed Saint Paul, and the emperor banished him from the capital. In place of the saint they elevated Eusebius of Nicomedia, an impious heretic. Archbishop Paul withdrew to Rome, where other Orthodox bishops were also banished by Eusebius.

Eusebius did not rule the Church of Constantinople for long. When he died,

Saint Paul returned to Constantinople, and was greeted by his flock with love. But Constantius exiled the saint a second time, and so he returned to Rome. The Western emperor Constans wrote a harsh letter to his Eastern co-ruler, which he sent to Constantinople along with the holy exiled archpastor. The threats worked, and Saint Paul was reinstated upon the archepiscopal throne.

But soon the pious emperor Constans, a defender of the Orthodox, was treacherously murdered during a palace coup. They again banished Saint Paul from Constantinople and this time sent him off in exile to Armenia, to the city of Cucusus, where he endured a martyr's death.

When the Archbishop was celebrating the Divine Liturgy, Arians rushed upon him by force and strangled him with his own omophorion. This occurred in the year 350. In 381, the holy Emperor Theodosius

the Great solemnly transferred the relics of Saint Paul the Confessor from Cucusus to Constantinople. In 1326, the relics of Saint Paul were transferred to Venice.

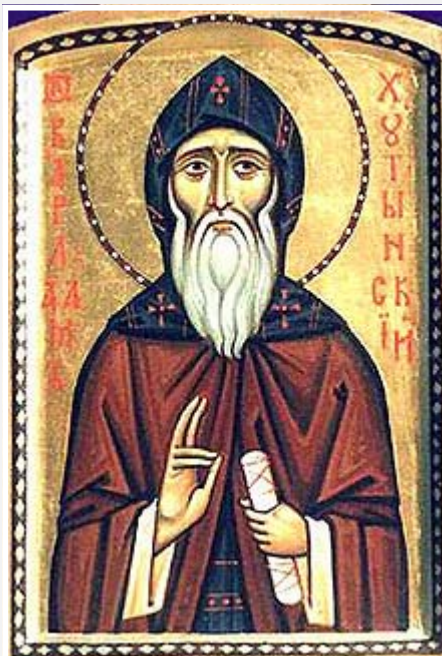
Saint Athanasius the Great, a contemporary of Saint Paul, writes briefly about his exiles, "Saint Paul the first time was sent by Constantine to Pontus, the second time he was fettered with chains by Constantius, and then he was locked up in Mesopotamian Syngara and from there moved to Emesus, and the fourth time to Cappadocian Cucusus in the Taurian wilderness."

Part of the Saint's skull is located in the Holy Monastery of Simonópetra on Mount Athos. The Saint's incorrupt relics are to be found in the Roman Catholic church of Saint George of Greater Venice. A fragment of the Saint's relics is located in the Saint Alexander Nevsky Lavra at Saint Petersburg.

VISITATIONS

Fr. Cizmar would like to know who requires visitation. He is eager to visit those who might have gone a long time without visitation for any reason at all. A key duty of a priest's ministry is to visit the sick and confined, those unable to attend the holy services for any reason. His phone number and email address are printed on the front of every Ambo, and are repeated here: **Father Jan Cizmar - 1(440) 732-8182 - st.theodosiuscathedral@gmail.com**

Saint Barlaam of Khutyn lived in the XII century, and was the son of a noble Novgorodian and spent his childhood in Novgorod. In his youth, retiring to the Lisich Monastery near the city, Barlaam was tonsured as a monk. Then he settled on a secluded hill above Volkhov, in an area called Khutyn, 10 versts from Novgorod. In his seclusion, Saint Barlaam led an austere solitary life, occupying himself with unceasing prayer, and keeping a very strict fast. He was a zealous ascetic in his labors: cutting timber in the forest, chopping firewood, and tilling the soil, fulfilling the words of the Holy Scriptures: "If anyone does not wish to work, neither let him eat" (2 Thessalonians 3:10).



Some of the inhabitants of Novgorod gathered around him, desiring to share the Saint's works and ascetical struggles. Instructing those who came to him, Saint Barlaam said, "My children, beware of all unrighteousness, and do not give in to envy or slander, don't be jealous, do not slander anyone. Refrain from anger, and do not practice usury. Beware of unjust judgment. Do not swear an oath falsely, but rather fulfill it. Do not indulge in carnal appetites. Always be meek and endure all things with love. This virtue is the beginning and the root of all goodness."

Soon a church was built in honor of the Transfiguration of the Lord, and a Monastery was founded. The Lord

granted him the gift of miracles and clairvoyance in order to serve his neighbors. As Saint Barlaam's life was drawing to a close, by God's will, Hieromonk Anthony came from Constantinople. He was the contemporary and friend of Saint Barlaam. The Saint turned to him and said, "My beloved brother, God's blessings rest upon this Monastery. Now I leave it in your hands. Watch over it and care for it. Although in the body I am leaving you, I shall always be with you in spirit."

After giving his final counsels to the brethren, commanding them to preserve the Orthodox Faith, and

to abide in humility, Saint Barlaam fell asleep in the Lord on November 6, 1192.

The Church remembers Saint Barlaam three times during the year: on the day of his blessed repose (November 6), on the first Friday of the Apostles' Fast, and on the third Sunday after Pentecost (Synaxis of the Novgorod Saints).

In Slavonic practice, Saint Barlaam is commemorated during the Proskomedie along with the venerable God-bearing Fathers who have shone forth in asceticism (sixth particle).



ST. THEODOSIUS LADY'S BRUNCH! Ladies of St. Theodosius Parish, it is time for the first **Lady's Brunch** which will take place on November 13th, 2022, at **The South Side at 12:00 PM**. If interested, contact **Erin Zawolowycz** in person or at zombiekitten1213@gmail.com. Please RSVP ASAP, thank you!

WEEKLY AKATHIST AND LECTURE ON THE HOLY THEOTOKOS

The Most Holy Theotokos took the most important place of all of mankind in the incarnation of Christ. In the Nativity hymns we chant:

*The angels offer You a hymn; the heavens, a star;
the Magi, gifts; the shepherds, their wonder;
the earth, its cave; the wilderness, the manger:
and we offer You a Virgin Mother.*

Every week on Wednesday after the Akathists, Fr. Jan will offer a short reflection on the prefigurations of the Mother of God in the Old Testament.

Tonight is Boys' Night Out

Good news, Gentlemen! We are set for a pre-Nativity fast Boys' Night Out! Tonight, Sunday Nov. 6, at 5PM. Heck's Cafe on Bridge Avenue in Ohio City.

Please join us for good food and good fellowship.

Let Dan Morris know if you plan to attend.



The Altar Society Presents: THE ST. THEODOSIUS COOKIE WALK

The Altar Society will be baking cookies for the **annual cookie walk** on November 11 @ 9:30am. All are welcome to join-in! If you are unable to join us please consider a making a monetary donation.

Questions? Ask **Susan Lentz** or **Joyce Tabeling**.

Mark your calendars now. This year's Cookie Walk will be on held on December 9th & 10th.



Theotokos of Vladimir

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

*"O give thanks to the Lord, for he is good, for his steadfast
love endures forever!" Psalm 107:1*

***** **DATE CHANGE** *****

Saturday, November 19, 2022
10:00 A.M.

St. Theodosius Cathedral
733 Starkweather Avenue
Cleveland, OH 44113

- ♥ **Fellowship and Refreshments** Prepared by Ladies of St. Theodosius
- ♥
- ♥ **Distribute gifts** for Nursing Home and shut-in parishioners
- ♥
- ♥ **Book Review:**
- ♥ **"Giver of Life – The Holy Spirit in Orthodox Tradition"**
-- Discussion led by Sub-deacon Leon Felon



PRAYER REQUESTS

as of 11/6/2022

Departed:

John Miklos (*father/father-in-law of David & Lauren Miklos*)

Anthony Sykaluk

Special Intentions:

Deacon Paul Mitchell (*Tom Mitchell's father*)

Subdeacon Theodore Lentz

Reader Paul Pangrace

Reader Frank Tkacz

Reader Ron Latre (*cousin of Felons*)

Daniel Boerio

Jennifer Boerio

Horia Dascalescu (*Lavinia's brother*)

Diane Kearsey (*Janice Tkacz's Sister*)

Janice Tkacz

Eleanor Wachovec (*friend of Karen Felon*)

Rachel Ohlin (*relative of Tatiana*)

Erin Zawolowycz

Michael O'Brien (*friend of Arlene*)

Joseph Czajkowski (*son of Jerry*)

Carol Nielsen (*Paul Pangrace's sister*)

Matthew Ponomarenko

Virginia Medvec

Stephen Chwalyk

Benjamin Udell (*son of Michael and Lacey*)

Jeffrey Parhamovich (*brother of Karen Felon*)

Margaret Parhamovich (*sister-in-law of Karen Felon*)

Margaret Peyton (*Cathy's aunt*)

Kristin Robinson (*friend of Nicholas Kozak*)

Jean Woycitzky Thompson (*Frank's cousin*)

Anna Marie Luvison (*daughter of Matthew & Katie (Ellis) Luvison*)

Martha Musil (*mother of Linda Kovach*)

Debra Parhamovich (*sister of Karen Felon*)

Grace Mary Parhamovich (*mother of Karen Felon*)

Peter

Gayle Vidovich

Emilia (*child of Jeremy & Yvonne*)

Elizabeth Balasz

Christina Hile (*Nisi & Cindy's sister*)

Lonnie Ellis (*Husband to Debra Ellis*)

Robert Martin Prock

Jennifer Humphrey

John Baker

Anna-Marie

Andrew (*Nephew of Deborah Finley*)

Constantine

Please submit names to the Prayer List by emailing them to Fr. Jan

st.theodosiuscathedral@gmail.com

Or calling at 1(440) 732-8182

Names remain on the list for 30 days unless requested otherwise.

BIBLE READINGS FOR THE WEEK

<p>Sunday, November 6 John 21:1-14 Galatians 2:16-20 Luke 8:41-56</p>	<p>Matthew 13:24-30, 36-43 Hebrews 2:2-10 Luke 10:16-21 Colossians 2:20-3:3 Luke 12:42-48</p>	<p>Thursday, November 10 Colossians 4:2-9 Luke 13:1-9</p>	<p>Sunday, November 13 Composite 2 - Proverbs 10, 3, 8 Composite 4 - Proverbs 10; Wisdom of Solomon 6, 7, 8, 9</p>
<p>Monday, November 7 Colossians 2:13-20 Luke 12:13-15, 22-31</p>	<p>Wednesday, November 9 Colossians 3:17-4:1 Luke 12:48-59</p>	<p>Friday, November 11 Colossians 4:10-18 Luke 13:31-35</p>	<p>Composite 5 - Wisdom of Solomon 4, 6, 7, 2 John 21:15-25 Hebrews 7:26-8:2 John 10:9-16 Galatians 6:11-18 Luke 10:25-37</p>
<p>Tuesday, November 8 Joshua 5:13-15 Judges 6:2, 7, 11-24 Isaiah 14:7-20</p>		<p>Saturday, November 12 2 Corinthians 5:1-10 Luke 9:37-43</p>	

ST. THEODOSIUS IS NOW 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>



Sunday, November 6
 Saint Paul the Confessor, Archbishop of Constantinople (350)
 8:40 AM 3rd and 6th Hours read
 9:00 AM Divine Liturgy
 Coffee Hour
 5:00 PM Boy's Night Out (see above)

WEEKLY SCHEDULE 2022

Thursday, November 10
 Apostles of the Seventy: Erastus, Olympas, Herodion, Sosipater, Quartus, and Tertius (1st c.)
 11:00 AM Faith Enrichment

Monday, November 7
 Holy 33 Martyrs of Melitene

Tuesday, November 8
Synaxis of the Archangel Michael and the Other Bodiless Powers
 8:40 AM 3rd and 6th Hours read
 9:00 AM Divine Liturgy

Wednesday, November 9
 Martyrs Onesiphorus and Porphyrius of Ephesus (3rd-4th c.)
 6:00 PM Akathist to the Holy Theotokos
 6:30 PM Movie Night: *Man of God* (refreshments provided)



Friday, November 11
 Martyrs Menas of Egypt (304)

Saturday, November 12
 Saint Varnava (Nastic) (1964)
 5:00 PM Church School
 6:00 PM Great Vespers

Sunday, November 13
 St. John Chrysostom, Archbishop of Constantinople (407)
 8:40 AM 3rd and 6th Hours read
 9:00 AM Divine Liturgy
 Coffee Hour
 12:00 PM Lady's Brunch (see above)