

Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL



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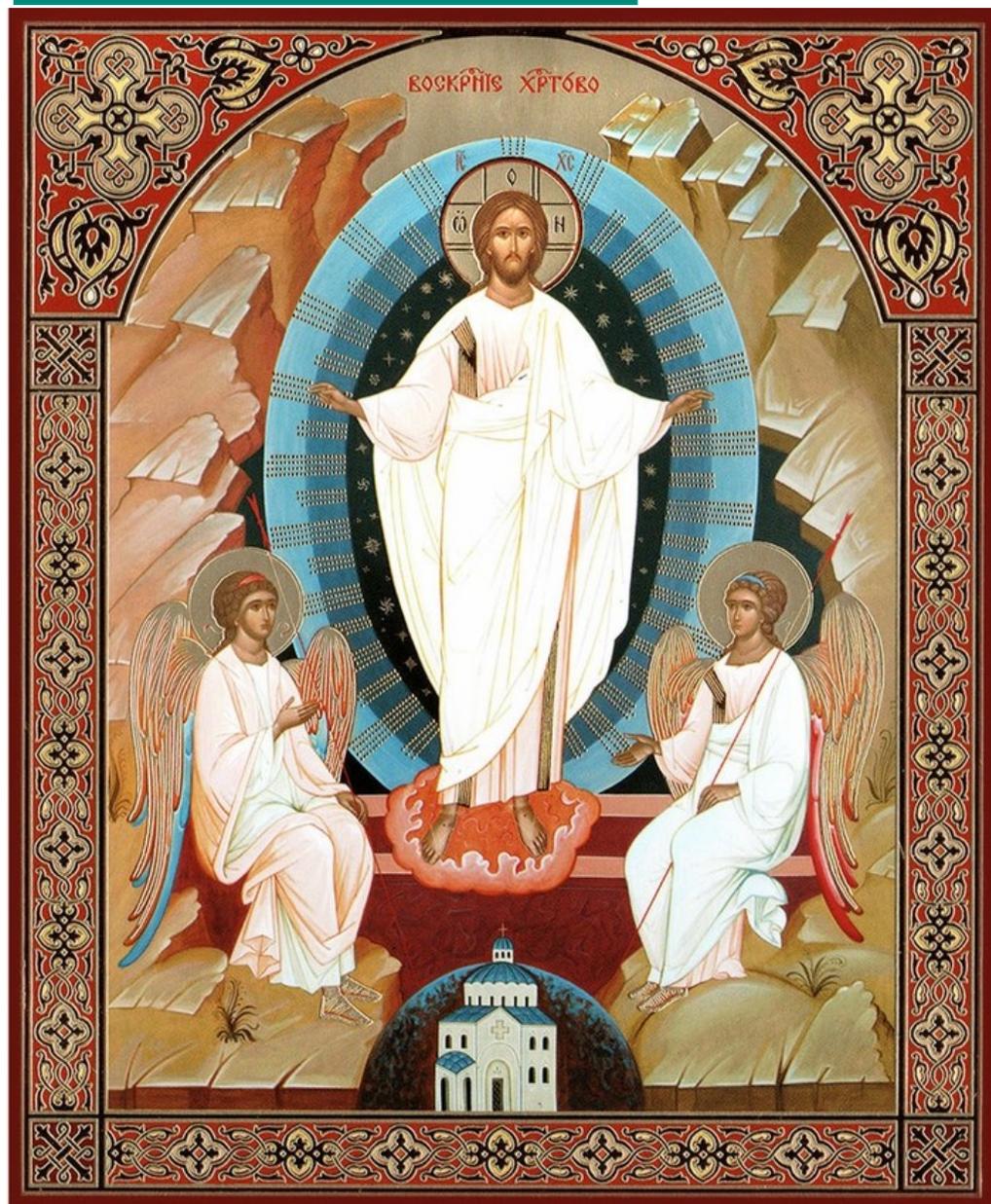
Erin Zawolowycz
Ambo Editor

Divine Services:

See inside for Streaming
Schedule

AMBO: Articles for publica-
tion should be submitted to:
[ambo-theodosius
@googlegroups.com](mailto:ambo-theodosius@googlegroups.com)
by Wednesday of each week
before noon.

APRIL 19, 2020
HOLY PASCHA



THE RESURRECTION OF OUR LORD AND SAVIOR JESUS CHRIST

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Saint John Chrysostom, Archbishop of Constantinople

The Paschal Sermon

The Catechetical Sermon of St. John Chrysostom is read during Matins of Pascha.

If any man be devout and love God, let him enjoy this fair and radiant triumphal feast. If any man be a wise servant, let him rejoicing enter into the joy of his Lord. If any have labored long in fasting, let him now receive his recompense. If any have wrought from the first hour, let him today receive his just reward. If any have come at the third hour, let him with thankfulness keep the feast. If any have arrived at the sixth hour, let him have no misgivings; because he shall in nowise be deprived thereof. If any have delayed until the ninth hour, let him draw near, fearing nothing. If any have tarried even until the eleventh hour, let him, also, be not alarmed at his tardiness; for the Lord, who is jealous of his honor, will accept the last even as the first; He gives rest unto him who comes at the eleventh hour, even as unto him who has wrought from the first hour.

And He shows mercy upon the last, and cares for the first; and to the one He gives, and upon the other He bestows gifts. And He both accepts the deeds, and welcomes the intention, and honors the acts and praises the offering. Wherefore, enter you all into the joy of your Lord; and receive your reward, both the first, and likewise the second. You rich and

poor together, hold high festival. You sober and you heedless, honor the day. Rejoice today, both you who have fasted and you who have disregarded the fast. The table is full-laden; feast ye all sumptuously. The calf is fattened; let no one go hungry away.

Enjoy ye all the feast of faith: Receive ye all the riches of loving-kindness. Let no one bewail his poverty, for the universal kingdom has been revealed. Let no one weep for his iniquities, for pardon has shown forth from the grave. Let no one fear death, for the Savior's death has set us free. He that was held prisoner of it has annihilated it. By descending into Hell, He made Hell captive. He embittered it when it tasted of His flesh. And Isaiah, foretelling this, did cry: Hell, said he, was embittered, when it encountered Thee in the lower regions. It was embittered, for it was abolished. It was embittered, for it was mocked. It was embittered, for it was slain. It was embittered, for it was overthrown. It was embittered, for it was fettered in chains. It took a body, and met God face to face. It took earth, and encountered Heaven. It took that which was seen, and fell upon the unseen.

O Death, where is your sting? O Hell, where is your victory? Christ is risen, and you are overthrown. Christ is risen, and the demons are fallen. Christ is risen, and the angels rejoice. Christ is risen, and life reigns. Christ is risen, and not one dead remains in the grave. For Christ, being risen from the dead, is become the first fruits of those who have fallen asleep. To Him be glory and dominion unto ages of ages. Amen.

ON WASHING HANDS...

If you need a bit of help as to how long to wash your hands according to CDC directives: recite Psalm 23 – The Lord is my Shepherd!

A Hopeful Epistle

*It is the worst of times; it is the best of times. It is time of fear and panic; a time of faith and love.
(With apologies to Charles Dickens)*

Dear Faithful Parish Family of St. Theodosius Cathedral,

Glory to Jesus Christ!

With the above being said, I wish to write to you all during this time of crisis to assure you of my prayers for you all!

A few weeks ago, I commented on my desire to serve you by celebrating the public liturgical services until directed otherwise personally by either His Beatitude, Metropolitan TIKHON, or His Grace, Bishop PAUL. Well that indeed has happened! Following the directives of His Beatitude, the Chancellor of the Orthodox Church in America, and now, His Grace, we are under obedience not to gather for public services.

This is a difficult directive to follow. But, under obedience to our hierarchs, we will not gather at our beloved Cathedral until the crisis has stopped. We don't know when this will be, but it imperative that we not succumb to fear and panic. This is perhaps the most difficult obstacle we face. It is so very important for us to remain calm, and open to the Grace of the Holy Spirit.

However, there is a spiritual dimension which the secular authorities and press cannot address. Living in faith in our Lord, God, and Saviour Jesus Christ, placing our trust in Him, we have an opportunity to not only survive the pandemic, but to come out stronger and more faithful.

There is very little we can do about the crisis around us. Seldom do we control the situations around us. But we can control our reactions to these outside stimuli. We cannot control others, but we can strive to control our own emotions thereby being an example of faith and love to others. Perhaps we can take this opportunity of enforced confinement to reflect on our own lives and how we relate to our families, community, and outside world.

The Answer is simple: our Lord Jesus Christ! It is only in the Church that we can find solace, help, and peace! With men this is impossible; but with God all things are possible!

First and foremost, we trust in our Lord Jesus Christ! We must not give into fear and panic! With all the dire news in the secular media, we have to control our thoughts and not be sucked into the doom and despair being reported. Indeed, these are challenging times fraught with temptations leading fear. But these are also the best of times when we are able to medically combat the virus and illnesses with the best hospitals, medical staffs, and technology! It may be safe to say that if this had happened just fifty years ago, the numbers would be much worse. Our Lord Himself tells us: *"Why are you afraid? Have you no faith?" (Mark 4:40)*

Next, we must increase our own prayer life, repenting, asking for forgiveness, and forgiving. During this time of the Great Fast we have this opportunity to do so. We should continue to fast as much as we can, reading Scripture and spiritual works.

Take time to call, skype, video chat with family and neighbors when you can. Stream the Orthodox services on the internet. Pray!

Let us listen to and uphold the words of St. Paul writing to the Christians in Rome who were undergoing persecutions:

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit Who has been given to us. (Romans 5:1-5)

Indeed these times of trial, tribulation, and crisis can overwhelm us and tempt us to fear, but hear the words of the Psalmist:

He who dwells in the shelter of the Most High, who abides in the shadow of the Almighty, will say to the Lord, "My refuge and my fortress; my God, in Whom I trust." For He will deliver you from the snare of the fowler and from the deadly pestilence; He will cover you with His pinions, and under His wings you will find refuge. (Psalm 91:1-4)

If we follow our Lord, trusting in Him, the Psalm becomes more meaningful to us:

Because he cleaves to me in love, I will deliver him; I will protect him, because he knows my name. When he calls to me, I will

answer him; I will be with him in trouble, I will rescue him and honor him. With long life I will satisfy him, and show him My salvation. (Psalm 91:14-16)

The Psalmist David puts things into perspective when he writes:

Even though I walk through the valley of the shadow of death, I fear no evil; for You art with me! (Psalm 23:4)

As the Holy Orthodox Church prepares us for the difficulties of Passion Week, we hear the beautiful, uplifting words of the Epistle of St. Paul to the Philippians which both challenge and comfort us:

Rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.

Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.....and the God of peace will be with you. (Philippians 4:4-9)

Brothers and Sisters, let us live in hope and love, not in fear!

Sincerely yours in Christ,

Archpriest John S. Adamcio

BIBLE READINGS FOR THE WEEK OF Apr 19

Apr 19

Acts 1:1-8

John 1:1-17

Apr 20

John 20:19-25

Matt 28:1-20

Mark 16:1-8

Luke 24:1-12

John 20:1-10

Luke 24:36-53

Acts 1:12-17. 21-26

John 1:18-28

Apr 21

Acts 2:14-21

Luke 24:12-35

Apr 22

Acts 2:22-36

John 1:35-51

Apr 23

Isa 43:9-14

Wis 3:1-9

Wis 4:7-15

Luke 12:2-12

Acts 12:1-11

John 15:17-16:2

Acts 2:38-43

John 3:1-15

Apr 24

Phil 2:5-11

Luke 10:38-42; 11:27-28

Acts 3:1-8

John 2:12-22

Apr 25

James 1:1-12

James 1:13-27

James 2:1-13

Luke 10:1-15

1 Peter 5:6-14

Mark 6:7-13

Acts 3:11-16

John 3:22-33

Apr 26

Matt 28:16-20

Acts 5:12-20

John 20:19-31



PRAYER REQUESTS



Departed:

Gwen Hasselquist
Anastasia Pogorily

Special Intentions:

Deacon Paul Mitchell (*Tom Mitchell's father*)
Subdeacon Theodore Lentz
Reader Paul Pangrace

Child Mary Kate Zweidunger

Child Vivian Sherer

Melissa (*cousin of Mary Ann Kovach*)

Lyndsey (*friend of Melissa McCutcheon*)

Elizabeth (Betty) Balasz

Marie Borland

Sandra Brello

Elsie Conrad

Horia Dascalescu

Debra Ellis

Gregory Galan

Aleksei Green

Virginia Haupt (*Lisa Theodore's mother*)

Don Hinkl

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

Diane Kearsey (*Janice Tkacz's sister*)

Lacey Udell (*wife of Michael Udell*)

Mara Kilbane (*Melissa McCutcheon's granddaughter*)

Annamarie Luvison (*Daughter of*

Kaite Ellis-Luvison)

Chris Magee (*Erin Zawolowycz's brother*)

Melissa McCutcheon

Christopher McCutcheon (*son of Michael & Melissa*)

Michael McCutcheon

Marguerite Mihal (*Paul Mihal's mother*)

Paul Mihal

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

Andrew Mytrohovich

Annie Mytrohovich

Debra Parhamovich (*Karen Felon's sister*)

Grace Parhamovich (*Karen Felon's mother*)

Jim Paulitzky (*Jerry Czajkowski's son-in-law*)

James Peter Petkac

Susan Reese (*friend of Jerry & Arlene Czajkowski and Betty Balasz*)

Elena Rich (*Jerry Czajkowski's daughter*)

Joseph Rusynyk

Andrew Sykaluk

Elaine Sudnick (*Joy Pfeiffer's mother*)

Tony Sykaluk (*friend of Lydia Mytrohovich*)

Janice Tkacz

Joanne Theodore (*Lisa Theodore's*

mother-in law)

Gayle Vidovitch

Eleanor Wachovec (*friend of Karen Felon*)

Robert Walsh (*friend of the Felons*)

Colleen Walsh (*friend of the Felons*)

Erin Zawolowycz

Susan Yurik

Kristin Robinson

Janet Budko (*sister-in-law of Arlene Neale*)

Laurie Budko (*niece of Arlene Neale*)

Alex Ponomarenko

Mary Kay Weber

Mirta Szewczyk (*friend of Tatiana*)

Mickey O'Brien (*friend of Arlene*)

Elisa Seddon (*wife of Eric*)

David Sacco (*friend of Frank*)

Dominic & Megan Theodore and unborn child

Nicholas & Erin Reidy and newborn daughter Nina

David & Jessie Jacobson and unborn child

Jeremy & Yvonne Pozderac and unborn child.

Michael & Lacey Udell and unborn child

Three exciting opportunities to work with us! ZOE Women's Center is looking for a part-time Executive Director, and a radiologist to read scans. We are also seeking someone to help with grant writing. If you or someone you know is interested, please contact Cindy George



PLEASE SUPPORT
Chris Weber
 and
TEAM IOCC
at the Pittsburgh
Marathon Weekend
May 2, 2020



In accordance with the Bishop's message, we will be streaming services. A link will be sent out a short time prior to the beginning of the service (to include the reading the Hours when appropriate). The link will be sent via the Ambo Mailing List, and can be forwarded to anyone. Schedule details below:

Sunday, Apr 19

HOLY PASCHA
THE RESURRECTION OF OUR LORD
AND SAVIOR JESUS CHRIST

WEEKLY
SCHEDULE

Friday, Apr 24

Bright Friday
 The "Lifegiving Spring" Icon of the
Most Holy Theotokos

Monday, Apr 20

Bright Monday
Icon of the Mother of God of Mt. Athos,
"Sweet Kissing"

BRIGHT
WEEK
2020

Saturday, Apr 25

Bright Saturday
Holy Apostle and Evangelist Mark

Tuesday, Apr 21

Bright Tuesday
Ven. Theodore of Sanaxar

Sunday, Apr 26

ANTIPASCHA
SECOND SUNDAY OF PASCHA
St. Thomas Sunday
 Streaming of Hours Begins at ~ 9:40 AM
 Liturgy Begins 10:00 AM*

Wednesday, Apr 22

Bright Wednesday
St. Theodore the Sykeote, Bishop
Of Anastasiopolis

Thursday, Apr 23

Bright Thursday
Holy Glorious Greatmartyr, Victorybearer
And Wonderworker George

*Note the unusual start time