Ambo

ST. THEODOSIUS ORTHODOX CATHEDRAL

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- **Archpriest John Zdinak, Dean**

  dean@sttheodosius.org

  Cell: 216. 554. 7282

- **Protodeacon Daniel Boerio**

- **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.**

MARCH 10, 2019
FORGIVENESS SUNDAY
CHEESEFARE SUNDAY

VEN. BENEDICT OF NURSIA

MARCH 14

Saint Benedict, founder of Western monasticism, was born in the Italian city of Nursia in the year 480. When he was fourteen years of age, the saint's parents sent him to Rome to study. Unsettled by the immorality around him, he decided to devote himself to a different sort of life.

At first Saint Benedict settled near the church of the holy Apostle Peter in the village of Effedum, but news of his ascetic life compelled him to go farther into the mountains. There he encountered the hermit Romanus, who tonsured him into monasticism and directed him to live in a remote cave at Subiaco. From time to time, the hermit would bring him food.

For three years the saint waged a harsh struggle with temptations and conquered them. People soon began to gather to him, thirsting to live under his guidance. The number of disciples grew so much, that the saint divided them into twelve communities. Each community was comprised of twelve monks and was a separate skete. The saint gave each skete an igumen from among his experienced disciples, and only the novice monks remained with Saint Benedict for instruction.

The strict monastic Rule Saint Benedict established for the monks was not accepted by everyone, and more than once he was criticized and abused by dissenters.

Finally he settled in Campagna and on Mount Cassino he founded the Monte Cassino monastery, which for a long time was a center of theological education for the Western Church. The monastery possessed a remarkable library. Saint Benedict wrote his Rule, based on the experience of life of the Eastern desert-dwellers and the precepts of Saint John Cassian the Roman (February 29).

The Rule of Saint Benedict dominated Western monasticism for centuries (by the year 1595 it had appeared in more than 100 editions). The Rule prescribed the renunciation of personal possessions, as well as unconditional obedience, and constant work. It was considered the duty of older monks to teach the younger and to copy ancient manuscripts. This helped to preserve many memorable writings from the first centuries of Christianity.

Every new monk was required to live as a novice for a year, to learn the monastic Rule and to become acclimated to monastic life. Every deed required a blessing. The head of this cenobitic monastery is the igumen. He discerns, teaches, and explains. The igumen solicits the advice of the older, experienced brethren, but he makes the final decisions. Keeping the monastic Rule was strictly binding for everyone and was regarded as an important step on the way to perfection.

Saint Benedict was granted by the Lord the gift of foresight and wonderworking. He healed many by his prayers. The monk foretold the day of his death in 547. The main source for his Life is the second Dialogue of Saint Gregory.

Saint Benedict's sister, Saint Scholastica (February 10), also became famous for her strict ascetic life and was numbered among the saints.

BIBLE READINGS FOR THE WEEK OF MARCH 10

Mar. 10 Rom. 13:11-14:4
Matt. 6:14-21

Mar. 11 Genesis 1:1-13
Proverbs 1:1-20

Mar. 12 Genesis 1:14-23
Proverbs 1:20-33

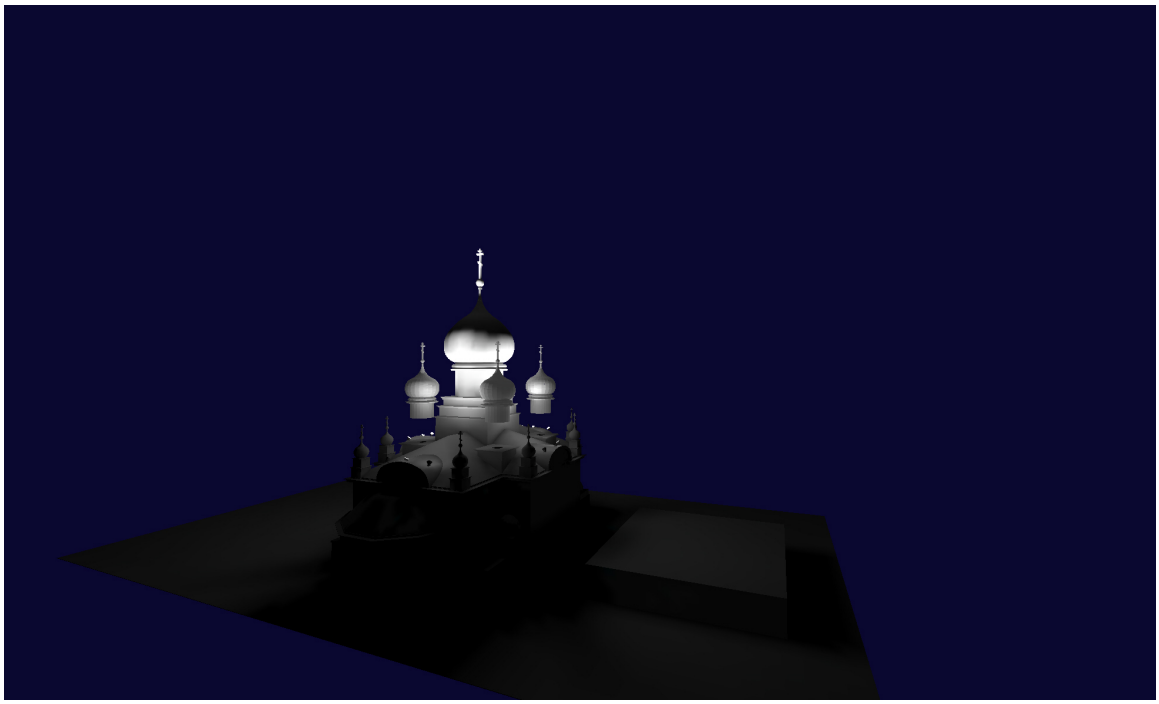
Mar. 13 Genesis 1:24-2:3
Proverbs 2:1-22

Mar. 14 Genesis 2:4-19
Proverbs 3:1-18

Mar. 15 Genesis 2:20-3:20
Proverbs 3:19-34

Mar. 16 Heb. 1:1-12
Mark 2:23-3:5

I wish to thank everyone for their most generous support of St. Vladimir Camp through the purchase of maple syrup. There are a few bottles left. They are available upon request (216-371-1173). Our purpose is to grow the camp in order to enrich the summer options for Orthodox children. - Leon Sheean



We have an update on the status of the proposal to change the existing dome lighting to LED:

We now have pricing for the complete project, including labor and a new time clock, as follows:

PROPOSED PROJECT COST
A total of 12 fixtures approximately $1,500/ea. = $18,000.00
Mounting brackets, a new time clock, labor and 85' lift rental = $18,000.00
TOTAL PROJECT COST: $36,000.00

To-date, we have received donations amounting to $7,000.00. We continue to seek your support. However, we will not begin the project until we have 75% of the funds in-hand. Therefore, we will be taking donations in the form of pledges.
Michael & Joyce Tabeling and Fr. John are available to answer any questions you may have.

(to clarify: the image above is a computer generated image of the proposed new lighting)

PRAYER REQUESTS

Departed:

Susie Jakovljevic (*friend of Leonora Felon*)
02-03-19

Ill Afflicted &
Special Intentions:

Fr. Basil Stoyka
Matushka Susanne Senyo
Matushka Laryssa Hutnyan
Archpriest Theodore Bobosh
Deacon Paul Mitchell (*Tom Mitchell's father*)
Child Katie Repasky (*friend of Fr. John*)
Child Mary Kate Zweidunger
Melissa (*cousin of Mary Ann Kovach*)
Lyndsey (*friend of Melissa McCutcheon*)
Julia
Dan Aleksandrovic
Mollie Aleksandrovic
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
Karen Felon
Don Hinkle
Janet Hostelley
Matthew Hunly (*Phyllis Gindlesperger's brother-in-law*)
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)*
Kathy Kuzmins
Janet Laganiak (*cousin to Pogorily family*)
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
Debra Parhamovich *(Karen Felon's sister*)
Grace Parhamovich (*Karen Felon's mother)*
Jim Paulitzky (*Jerry Czajkowski's son-in-law*)
Tala Pavicic
James Peter Petkac
Anastasia Pogorily
James Marshall Prock
Elena Rich (*Jerry Czajkowski's daughter*)
Joseph Rusynyk
Julia Sankovic *(Child)*
Andrew Sykaluk
Elaine Sudnick *(Joy Pfeiffer's mother)*
Tony Sykaluk (*friend of Lydia Mytrohovich*)
Janice Tkacz
Joanne Theodore (*Pete Theodore's mother*)
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*)

Jeremy (Nisi Pozderac's son) and Yvonne Pozderac & Unborn Child

Michael & Sarah Boerio & Unborn Child

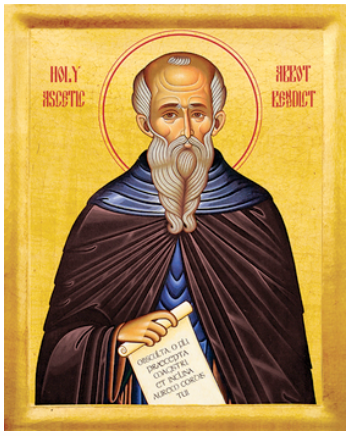
Melissa (Alex & Debbie Wojnicz's daughter) & Yohnathan King & Unborn Child

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.

COFEE HOUR & GREETERS SCHEDULES

	Coffee Hour:	Greeters:
3/10/19	Mat. Cindy Zdinak & Tammy Ponomarenko	Paul Pangrace & Karen Felon
3/17/19	Paul & Deborah Finley	Sonia Vorell & Michael Tabeling
3/24/19	Lauren Miklos & Chanda Czaruk	Karen Felon & Linda Smotzer
3/31/19	Cathy Weber & Mat. Jenn Boerio	Tammy & Eva Ponomarenko
4/7/19	Joyce Tabeling & Judy Schwind	The Eppele Family
4/14/19	Shawna Whitlock & Gayle Vidovich	Mat. Jenn Boerio & Michael Tabeling
4/21/19	Dan & Lavinia Morris	Linda Smotzer & Igor Gajewsky



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 2019 year:

In loving memory of Olga Fritskey

from John & Ruth Fritskey

ICE CREAM SOCIAL
Please plan on joining us for
ice cream and fellowship
as we prepare to begin our
Lenten journey.
Sunday March 10th
St. Theodosius Parish Hall
Following Forgiveness Vespers

EASTERN ORTHODOX WOMEN'S GUILD
OF GREATER CLEVELAND
Unity Through Participation

Saturday, March 23, 2019
10:00 A.M.

Memorial Service in Chapel

Monastery Marcha
5095 Broadview Road
Richfield, OH 44286

Program following Memorial Service

- **Memorial Service:** For deceased EOWG members
- **Mini retreat in house**
- **Lenten Luncheon**
- **Speaker:** Sister Anastasia – **Women in the Orthodox Church Past, Present, Future**

Members of EOWG – no charge
Non-Members – $5 (donated to Orthodox Charities)

March 2019

Let us humble the flesh by abstinence,as we follow the divine path of pure fasting! With prayers and tears let us seek the Lord, Who saves us! Let us put an end to anger, crying out:"Save us for we have sinned against You! Save us, O Christ our King, as You saved the men of Ninevah,//and make us

St. Theodosius Calendar
Feasts & Fasts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 Adamcio Serving Prodigal Son 8:40 AM 3rd & 6th Hours 9:00 AM Divine Liturgy 11:00 AM FOCA Meeting	25	26	27	28	1	2 6:00 PM Great Vespers
3 Meatfare - Last Judgement 8:40 AM 3rd & 6th Hours 9:00 AM Divine Liturgy 11:00 AM Panahida for Pete & Julia Zimmerman 5:00 PM Boy's Night Out	4	5	6	7	8	9 6:00 PM Great Vespers
10 CheesefareSunday/Forgiveness 8:40 AM 3rd & 6th Hours 9:00 AM Divine Liturgy 6:00 PM Forgiveness Ves-pers	11 Great Lent 6:00 PM Great Canon of St. Andrew	12 6:00 PM Great Canon of St. Andrew 7:00 PM PC Meeting	13 6:00 PM Presanctified Liturgy & Potluck	14 6:00 PM Great Canon of St. Andrew	15 6:00 PM Presanctified Liturgy & Potluck	16 Theodore Saturday 9:00 AM Divine Liturgy 6:00 PM Great Vespers
17 Great Lent Triumph of Orthodoxy 8:40 AM 3rd & 6th Hour: 9:00 AM Divine Liturgy	18 NO DAILY VESPERS or Class	19 NO DAILY VESPERS	20 6:00 PM Presanctified Liturgy & Potluck	21 6:00 PM Daily Vespers	22 6:00 PM Presanctified Liturgy & Potluck	23 Soul Saturday 9:00 AM Memorial Divine Liturgy Scheduled: Mar 16, 2019 at 9:00 AM to 11:00 AM 6:00 PM Great Vespers
24 Great Lent St. Gregory Palamas 8:40 AM 3rd & 6th Hours 9:00 AM Divine Liturgy 11:00 AM Parish Annual Meeting	25 Annunciation 6:00 PM Vesperal Liturgy	26 6:00 PM Daily Vespers	27 6:00 PM Presanctified Liturgy & Potluck	28 6:00 PM Daily Vespers	29 6:00 PM Presanctified Liturgy & Potluck	30 Soul Saturday 9:00 AM Memorial Divine Liturgy Scheduled: Mar 16, 2019 at 9:00 AM to 11:00 AM 6:00 PM Great Vespers
31 Great Lent Repose of St. Innocent Veneration of the Cross 8:40 AM 3rd & 6th Hours 9:00 AM Divine Liturgy 11:00 AM FOCA Meeting	1 6:00 PM Daily Vespers & Adult Ed	2 6:00 PM Daily Vespers	3 6:00 PM Presanctified Liturgy & Potluck	4 6:00 PM Daily Vespers	5 6:00 PM Presanctified Liturgy & Potluck	6 Soul Saturday 9:00 AM Memorial Divine Liturgy Scheduled: Mar 16, 2019 at 9:00 AM to 11:00 AM 6:00 PM Great Vespers

Montreal Time Time Zone

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Great Lent Repose of St. Innocent Veneration of the Cross 8:40 AM 3rd & 6th Hours 9:00 AM Divine Liturgy 11:00 AM FOCA Meeting	1 6:00 PM Daily Vespers & Adult Ed	2 6:00 PM Daily Vespers	3 6:00 PM Presanctified Liturgy & Potluck	4 6:00 PM Daily Vespers	5 6:00 PM Presanctified Liturgy & Potluck	6 Soul Saturday 9:00 AM Memorial Divine Liturgy Scheduled: Mar 16, 2019 at 9:00 AM to 11:00 AM 6:00 PM Great Vespers
7 Great Lent Repose of St. Tikhon St.John of the Ladder (Cimacus) 8:40 AM 3rd & 6th Hours 9:00 AM Divine Liturgy	8 6:00 PM Daily Vespers & Adult Ed	9 6:00 PM Daily Vespers	10 6:00 PM Presanctified Liturgy & Potluck	11 6:00 PM Daily Vespers	12 6:00 PM Akathist to the Holy Theotokos	13 Akathist Saturday 9:00 AM Divine Liturgy 6:00 PM Great Vespers
14 Great Lent St. Mary of Egypt 8:40 AM 3rd & 6th Hours 9:00 AM Divine Liturgy	15 6:00 PM Daily Vespers & Adult Ed	16 6:00 PM Daily Vespers	17 6:00 PM Presanctified Liturgy & Potluck	18 6:00 PM Daily Vespers	19 6:00 PM Presanctified Liturgy & Potluck	20 Lazarus Saturdy 9:00 AM Divine Liturgy & Prep of Palms & Church Decorating 6:00 PM Great Vespers
21 Palm Sunday 8:40 AM 3rd & 6th Hours 9:00 AM Divine Liturgy 7:00 PM Bridegroom Matins	22 Great & Holy Monday 4:00 PM Presanctified Liturgy 7:00 PM Bridegroom Matins	23 St. George the Great Martyr Great & Holy Tuesday 4:00 PM Presanctified Liturgy 7:00 PM Bridegroom Matins	24 Great & Holy Wednesday 4:00 PM Presanctified Liturgy 7:00 PM Bridegroom Matins	25 Great & Holy Thursday 4:00 PM Vesperal Divine Liturgy 7:00 PM Matins Great Friday 12 Gospels	26 Great & Holy Friday 1:00 PM Royal Hours 3:00 PM Vespers with Holy Shroud 7:00 PM Matins of Holy Saturday w/procession	27 Great & Holy Saturday 1:00 PM Divine Liturgy of Holy Saturday w/blessing of the loaves 10:30 PM Nocturns and Paschal Vigil
28 PASCHA ... Nocturns and Paschal Vigil	29 Bright Monday 9:00 AM Divine Liturgy	30	1	2	3	4 6:00 PM Great Vespers

Montreal Time Time Zone

Bands

* **March 8th**-The Classics
* **March 15th**-Cool Breeze
* **March 22nd**-First Class
* **March 29th**-Buzzy J and The Verbs
* **April 5th**-Swamp Boogie Band
* **April 12th**-Renegade Gentlemen

Copper Stone
Catering & Event Center

FISH FRY

ROCKIN' FISH FRY SEAFOOD BUFFET

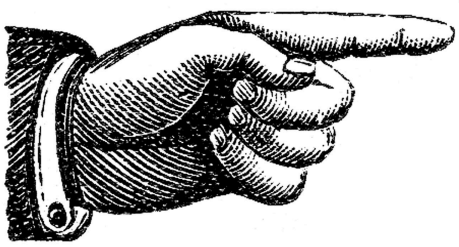
-EVERY FRIDAY DURING LENT-

- **Fabulous Fish Fry Seafood Buffet Served 5 to 8 PM**
- **Assorted Seafood Entrées, Perogies, Pasta, Macaroni & Cheese, and more**
- **Garden Salad Station with Homemade Soups**
- **Mouthwatering Desserts and Sweets Station**
- **Cash Bar Available All Night Long**
- **Listen and Dance to Live Bands (seen left) Each Week 7-10 PM**

ALL OF THIS AND MORE FOR ONLY **$18.95** PER PERSON

Call for Information

4630 RIDGE ROAD • BROOKLYN OHIO 44144 • 216-749-5509



The Annual Meeting is scheduled for Sunday, March 24th, 2019 at 11:00 AM. Any reports to be included in the booklet are due to the office by Friday, March 15th. Thank you.

Retreat with DR. NICOLE ROCCAS

DESPONDENCY AND GREAT LENT:

REDEEMING THE TIME THROUGH HOPE, REPENTANCE, AND THANKSGIVING

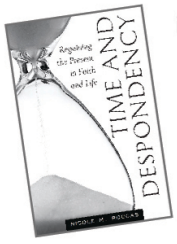
April 5 & 6, 2019, Fri & Sat

Friday, April 5, 7:00 PM - 8:30 PM
"Time, Despondency, and Great Lent"

Saturday, April 6, 9:00 AM - 12 PM
"Redeeming the Past: Remembering "Wasted Time"

Free Admission. Free will offerings welcome.

Dr. Nicole Roccas has been researching and writing about time from both a historical and theological perspective for nearly ten years. She is most well-known for her Ancient Faith blog and podcast, *Time Eternal*, the only online media forum devoted to the interface between Christian faith and the lived experience of time. Her book, *Time and Despondency: Regaining the Present in Faith and Life*, explores the connection between time and the spiritual sickness of despondency (akedia), first identified by Evagrius of Ponticus in the fourth century. In addition to writing and podcasting, Nicole is an adjunct faculty member at the Orthodox School of Theology at Trinity College (Toronto).



Dr. Nicole Roccas' book will be available for sale and Dr. Nicole will be available to sign your copy.

Questions? Contact Fr. Alessandro at fatheralessandro@gmail.com
www.saintinnocent.org | 8526 Usher Rd, Olmsted Falls, OH

ST INNOCENT
ORTHODOX CHURCH

SAVE THE DATE:
SANDBAGGER'S OPEN
SATURDAY, JUNE 22, 2019
Bunker Hill Golf Course
3060 Pearl Road
Medina, OH 44256
Outing Benefits
The St. Theodosius Parish
Hall Improvement Fund
Contact for more information or to learn about sponsorship opportunities:
Jennifer Boerio: 216-513-5667 - janolan23@hotmail.com
Lauren Eppele: 330-840-4399 - lauren.eppele@gmail.com

WEEKLY SCHEDULE

2019

Sunday, Mar. 10
FORGIVENESS SUNDAY
CHEESEFARE SUNDAY
MARTYR QUADRATUS AND THOSE WITH HIM
9:00 AM Divine Liturgy
6:00 PM Forgiveness Vespers
Ice Cream Social in Parish Hall following Forgiveness Vespers

Monday, Mar. 11
ST. SOPHRONIUS, PATRIARCH OF JERUSALEM
6:00 PM Great Canon of St. Andrew

Tuesday, Mar. 12
VEN. THEOPHANES
VEN. SIMEON, NEW THEOLOGIAN
ST. GREGORY DIALOGUS
6:00 PM Great Canon of St. Andrew
7:00 PM Parish Council Meeting

Wednesday, Mar. 13
ST. NICEPHORUS
MARTYR CHRISTINA OF PERSIA
6:00 PM Presanctified Liturgy & Potluck

REMINDER:

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

MARCH
Special Collection
ORTHODOX CHRISTIAN FELLOWSHIP

Thursday, Mar. 14
VEN. BENEDICT OF NURSIA
RT. BLV. ROTISLAV OF SMOLENSK
11:00 AM Faith Enrichment @ Copper Stone
6:00 PM Great Canon of St. Andrew

Friday, Mar. 15
MARTYR AGAPIUS AND THE SEVEN WITH HIM
MARTYR NICANDER
6:00 PM Presanctified Liturgy & Potluck

Saturday, Mar. 16
MARTYR SABINAS OF EGYPT
MARTYR PAPAS
9:00 AM Divine Liturgy
6:00 PM Great Vespers

Sunday, Mar. 17
SUNDAY OF ORTHODOXY
VEN. ALEKSY, MAN OF GOD
ST. PATRICK, BP. OF ARMAGH
9:00 AM Divine Liturgy
5:00 PM Sunday of Orthodoxy Great Vespers @ St. Michael's

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

MARCH