

St. Mary of Egypt
Tone 5

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Hebrews 9:11-14

Mark 10:32-45

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Homily by
Protodn. Pat Lamb

Epistle Reader:
Steve Templeton

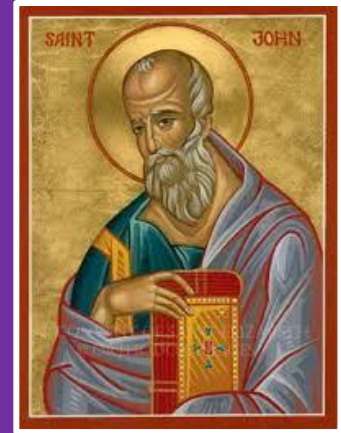
Coffee Hour Hosts:
Hanna / Saur

St. John Orthodox Cathedral

Weekly Bulletin

Sunday, April 21, 2024

And the Days Following



O Apostle John, speaker of Deity, the beloved of Christ our God, hasten to deliver your people powerless in speech, for He on Whose bosom you lean accepts you as an intercessor. Beseech Him, therefore, to disperse the darkness of ignorance and pray for peace and great mercies to be shown upon us.

Feast Days and Services

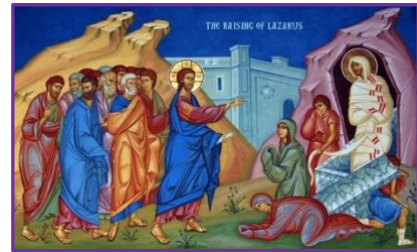
Next Saturday - Lazarus Saturday Services

Friday, April 26

Little Compline with the Canon for Saint Lazarus
(Last day of Lent)

Saturday, April 27

Divine Liturgy of Saint John Chrysostom
and Baptisms/Chrismations



Baptisms: Frederick Bower, Wiley Simon Ray, and Genevieve Lorraine Bower.
Chrismations: Caleb Bower, Victoria Bledsoe, and Jacob Goetz.

This Week and Holy Week

- ❖ Saturday, April 20 – **Cleaning Day** from 9-11am / Great Vespers at 7:15pm
- ❖ Tuesday, April 23 – Parish Council Training at 7pm at the St. James House
- ❖ Wednesday, April 24 – Presanctified Liturgy at 6:15pm, Soup Supper
- ❖ Friday, April 26 – Compline and Cannon for St. Lazarus at 7:15pm
- ❖ Saturday, April 27 – Divine Liturgy for Lazarus Saturday at 9:15am / *Palm workshop at 5pm* / Great Vespers at 7:15pm
- ❖ Sunday, April 28 – Palm Sunday. Matins/Liturgy at **9:00am**
- ❖ Sunday, April 28 – Bridegroom Matins at 7:15pm (*Confession Following*)

Holy Week

- ❖ Holy Monday, April 29 – Bridegroom Matins at 7:15pm (*Confession Following*)
- ❖ Holy Tuesday, April 30 – Bridegroom Matins at 7:15pm (*Confession Following*)
- ❖ Holy Wednesday, May 1 – Holy Unction Service at 7:15pm
- ❖ Holy Thursday, May 2 – Vespertal Liturgy of St. Basil at 6:15pm
- ❖ Holy Friday, May 3 – Matins with 12 Gospels 7:15am // Royal Hours at 12:15pm, 3:15pm
- ❖ Holy Friday, May 3 – Great Vespers at 6:15pm with Veneration of the Shroud
- ❖ Holy Saturday, May 4 – Matins at 7:15am with Lamentations & Procession with the Shroud
- ❖ Holy Saturday, May 4 – Vespertal Liturgy of Saint Basil at 4:15pm

~ *Holy Week Calendars Available on Website and Printed Ones in Narthex ~*
Calendar

Parish Events and News

This Saturday! Cathedral Cleaning Day - 9 to 11am

Join us for the Annual Church Cleaning Day, Saturday April 20, 9am-11pm. Refreshments will be provided. Come let's have fun cleaning together. For questions call Kh. Colleen 907 854-4132



Children's Choir Practice – Sundays at 12:10pm

Children ages 4 through high school are welcome to join the Children's Choir. We will have practice Sundays at 12:10pm. If you have any questions, please contact Jessica Kies.

Catechesis of the Good Shepherd - 12:30pm – 2:00pm

Pussy Willows Needed

Please bring your collected Pussy Willows to the church basement. There will be a bin by the coat closet where you can place them. With all this warm weather, the Pussy Willows will be gone by Lazarus Saturday, so we are hoping to collect them earlier this year. Thank you!

Wednesday Soup Suppers – Bring Bread to Share!



***Bring Bread:** For those who come to Soup Supper bring bread to share if you can.

A thank you to Cooks: Martha Fisher and Mary Ruth Alexander, Clean-up crew: Phoebe Dyal, Rachel Arnold, Lori Mellor, and Tanna Terrell.

Next week's soup supper reminder: Cooks: Laurie Snider & Ann Patras

Clean Up Crew: Marshalls, Lindbloms, Doughertys

Lazarus Saturday Workshop – April 27 at 5pm



We will be binding palms and pussy willows for Palm Sunday and learning how to make palm crosses. Children will get to decorate candles as well! We will provide soup and 'Lazarus Rolls' and other Lenten snacks. The workshop begins at 5pm Saturday, April 27th in the church basement. Adults and children are welcome! Please come get some soup and bread and then choose a station to work at. We will hope to be finished by 7:00pm in time for Great Vespers. We hope to see you! Any questions please contact Cara Fletes!

Job Opportunity: Cleaner of Cathedral Guest Rooms

Our Cathedral Parish has offered hospitality to many guests over the years, and we already have guests asking to use our guest rooms this summer. We have two guest rooms in the Maranatha House and in the summer, we also have two guest rooms at the school.

We need to hire someone to clean these guest rooms as soon as guests leave and have them ready for the next guest or the unexpected guest. The pay is hourly and cleaning supplies are provided. The cleaner would coordinate with Eric and Hannah Johnson who keep the guest calendar. We are looking for someone who has cleaning experience and an eye for making our guest rooms look pleasant and welcoming. Through the summer this might average 4-5 hours per week. If you are interested, please contact Eric Johnson at eric.johnson2114@gmail.com or 907-232-2772. This is a valuable service to our parish and to our guests who come to visit.

Parish Survey

Fill Yours Out Today Online or In-Person at Coffee Hour on Sunday

Macrina Labrecque and Dn. Kevin will be at Coffee Hour on Sunday to help people who have not been able to respond to the Parish Survey yet. As of Wednesday morning, we had 82 responses. Get yours in today.

Dn. Kevin Dougherty initiated the idea of a survey to better know and appreciate the diversity of our parish and our unity with the Orthodox Church around the world. A couple of additional questions will help our Parish Council with some of the re-structuring we are working on. Your input is appreciated. We will keep individual identities anonymous, but plan to share the general results with everyone (*Please fill out one survey per person, ages 15+. The survey will concludes Sunday, April 21.*) [Link to Saint John's Parish Survey - April 2024](#)

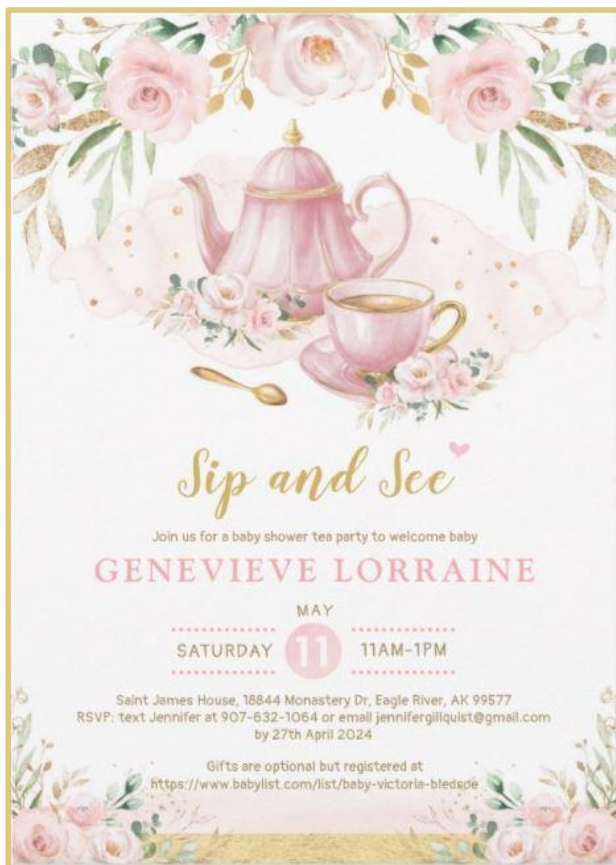
Free Children's Story Books Sunday at Coffee Hour

The Church library is getting rid of some children's story books. These will be placed on a table at Coffee Hour on Sunday for families to look at and take home any they want. Mostly they are paperback Bible stories and stories about saints.

Volunteer Drivers Needed to Bring Oksana to Church

We need drivers for Oksana to attend church with us each Sunday and hope you could help. Please email or text me (Dn. Kevin Dougherty) at doughertykb@yahoo.com or 907-947-5345 for any Sunday that you could volunteer. Please see the list of needed rides below:

April 21 – <i>Need Driver</i>	May 12 – <i>Need Driver</i>
May 26 – <i>Need Driver</i>	May 19 – <i>(covered by Charlie S.)</i>
June 2 – <i>Need Driver</i>	June 9 – <i>Need Driver</i>



Sip and See Baby Shower for Genevieve Lorraine Bower

May 11 – 11:00am to 1:00pm
at the St. James House

RSVP: Text Jennifer Gillquist at 907-632-1064 or email jennifergillquist@gmail.com by April 27th.

Gifts are optional but we are registered [HERE](#).



Coffee Hour This Sunday - April 21 Group C - Third Sunday of the Month

Hosts Families: Hanna / Saur

Snacks: Amundson, Arnold, Clement, Curry, Dunham, Fisher, Greene, Hanna, Hawi, Hunter, E & H Johnson, Kelly, Kendall, Labrecque, Medders Families, Okuley, Polson, Saur, Scherer, Sparks, Stiehr, Taylor, Temple, Wasile

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**Next Sunday – Group D – April 28 Hosts: B & M Johnson / Alexander**

Snacks: Alexander, Arvidson, Clodfelter, Dougherty, Dunaway, Dyal, Fletes, Haines, Hightower, B & M Johnson, Jones, Kies, Lamb, Mee, Moses, Palmer, Parker, Ray, Snider, Stogsdill, I. Temple, Terrell, Van Dyke, Webster

## Sisters of Mary and Martha Outreach Project for Lent



A group of volunteers recently completed our Outreach project for Lent.

Jennifer Saur, Hannah Hanna, and Sydney served dinner at the Downtown Soup Kitchen Hope Center in Anchorage, Alaska. We learned the ropes a bit in preparation for serving a big group for a little over 4 hours.

Natasha Haines, Lily Cowan, Danielle and Charlie Stevens, Josie Stiehr, Megan Rogers, Hannah Hanna,

Ashley Hearn, and

Sydney Ihde worked on crafts, sorted clothing, prepared, and served food, did dishes, cleaned, and took a tour of the center together.

This agency is incredible and offers so much to the community. They currently house around 70 women (*and never turn women away who need a place to sleep*), serves three meals a day (*including a daily meal outside to men*), have a shower house, a culinary and bakery program to train men and women, a food truck to employee teens, a housing complex nearby to house those going through their programs. Over 400+ people list them as their place of residence for PFD's, jobs, housing, and mail, etc.! They do so much for those in our community and rely a lot on volunteer help.

Martha Fisher organized a day for our children to make cards to bring to the Hope center. We gave each one a card with their lunch bags and many of them smiled looking at their cute drawings 😊 Thank you so much for the group that came to the Center, it went so smoothly and was a great way to spend a Friday morning.

**A few of us plan to go monthly for dinner shifts so if you have any interest in going sometime let me know. -Sydney Ihde**

## Upcoming Women's Retreat Sign up by April 20th

We have been working hard on the upcoming Women's Retreat and we have a fantastic line up of speakers and activities planned! We're going to talk about the ins and outs of motherhood - ourselves as mothers, our own mothers, and what we can learn from stories of mothers in the Bible.

The retreat is scheduled for **May 24-25 at Beach Lake lodge**. The cost is \$20. But please don't let the cost be a deterrent from coming. Reach out to Sydney Ihde and we will work something out.

**We are trying to get as accurate of a head count as possible so we can predict what our costs will be. Please text Sydney Ihde at 907-854-5517. Our cutoff for signing up is April 20th. So please let us know you're coming!**

Looking forward to seeing you!

A promotional poster for a 2024 Women's Retreat. At the top left, it says 'THE SISTERS OF MARY & MARTHA present'. The main title '2024 Women's Retreat' is written in a large, white, cursive font against a background of a lake and mountains. Below the title, there are three circular images: a wooden lodge, an interior view of a lodge, and a group of people gathered around a campfire at night. The text 'at Beach Lake Lodge' is written in a cursive font below the images. The dates and times are listed: 'FRIDAY, MAY 24TH 4PM-9PM & SATURDAY, MAY 25TH 8AM-4PM'. Below this, it says 'Please join the Sisters of Mary & Martha for fellowship, friends, and reflections on motherhood.' followed by a bulleted list: 'Meals provided', 'Limited overnight options available', 'Women ages 18+ welcome', and 'Cost is \$20'. At the bottom right, there is a dark blue box with the text 'RSVP TO SYDNEY IHDE 907-854-5517' in white.

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## *News From Our Antiochian Archdiocese*



A short article from Metropolitan Saba will be published each week. These can be found in our Sunday Bulletin each week with a link to the new articles.

Writings by Metropolitan Saba: [On Repentance](#)

## Easter Feast - May 5, 2024

### Sign-Up Sheets

Look for the Easter feast **potluck sign-up sheets at coffee hour this week**. If possible, please sign up to bring two dishes (a salad, side, and/or dessert large enough to serve 12 people). Bring dishes to the church kitchen before the Agape Vespers on Pascha. Empty dishes will be placed on a table outside the kitchen to be collected after the feast. There is a sign up for volunteers to help in the kitchen on the day of the feast as well, so please consider helping in that way if you can. Thank you so much! If you have any questions, please let us know. — Mary Ruth Alexander (907-854-4828) & Hannah Hanna (907-315-7572)

This year Sydney Ihde will be coordinating the Easter Feast, so please reach out to her with any questions at (907) 854-5517. The theme this year is Mexican cuisine/meats with pre-made margaritas.

**BRIGHT MONDAY cleanup team:** Jennifer Gillquist will oversee wax removal upstairs and Hannah Johnson will be in charge in the basement. If you intend to show up, please let us know so we can make sure we have enough people and to give you instructions beforehand.

### The Basic Plan

- ❖ Meats, drinks, appetizers, and ice cream will be provided for everyone by the Cathedral through an organized volunteer effort.
- ❖ Other foods – side dishes, salads, and other desserts – will be provided through a potluck.
- ❖ **\*Each household**, regardless of size is asked to make a suggested contribution of \$20 or more. This can be paid on the church website “[Donate](#)” page by choosing the category “Pascha Feast” or by writing a check and putting it in the tithe box with memo “Pascha Feast”.
- ❖ **Every family** in the Church is asked to participate in bring a dish to the potluck (there will be sign-up sheets for different dishes closer to Pascha downstairs). We also ask those that can help with dish duty in the kitchen to please do so (there will also be a sign-up sheet soon for this). Dish duty has been a big job in the past that often has been carried out by a few core people. The work should be spread out by many and if you can help in this area, please do.

### The Teams

- ❖ Set up tables & decorations: Sydney and Dolph Ihde & the Klatts
- ❖ Children’s Lego area decorations: Ari Stallman
- ❖ Purchase paper products: Laurie Snider
- ❖ Emcee: Joe Dunham
- ❖ Children’s activities: Christine Lindbolm & Jennifer Saur
- ❖ Bouncy house: Katy Ardivinson and Brandon Weaver
- ❖ Folk dancing/sound system: Jessica Kies and Kathleen Sorenson
- ❖ Outdoor set-up: Fr. Marc
- ❖ Potluck coordinator: Hannah Hanna & Mary Ruth Alexander
- ❖ Meat grilling: John Marc & Marshall Alexander
- ❖ Beer & wine: Tim and Tanna Terrell & Sam Lowry
- ❖ Appetizers: Ann Patras, Liz Klatt, and Chloe French
- ❖ Coffee, tea, water, & lemonade: Natasha Haines & Danielle Stevens
- ❖ Ice cream dessert: Ben Labreque & his kids
- ❖ Sunday evening clean up: Brent Davisson (with the help of those in attendance)
- ❖ Bright Monday clean-up: Jennifer Gillquist & Hannah Johnson (with parishioners)
- ❖ Grill clean up: Anthony Fletes and Eric Johnson

\*Please, remember to **contribute** with a suggested donation of \$20 or more as mentioned for each family. It is important for everyone to help in this way so we can continue to make the Easter Feast special and a great memory for our kids and parishioners for years to come. Thank you SO much to the many who have signed up for teams, this will be a great feast and we look forward to celebrating with everyone — Sydney Ihde

## Dates to Remember

### Monday 'Moms with Kids' Reading Group

Please join us for reading group on Mondays at 10 AM. We meet at Saint James House in the living room area.



### Monday Evening Reading Group

The evening reading group will meet Mondays at 6:30pm in the "Reading Room."



### Thursday Reading Group

The Thursday readers will meet this coming week only at JoAnn Webster's home for a documentary on "Is Genesis History", followed by a potluck lunch. Please be on time, so we can start the video promptly. We will not meet for the following week, Holy Week.



### Birthdays This Week

April 21 - Jerry Finkler

April 21 - Kristine Lindblom

April 23 - Kathleen Sorensen

April 23 - Sam Lowry

April 25 - Jessica Kies

April 28 - Brian Okuley

*M A N Y Y E A R S !*



### Clare House Meal - 4th Saturday of Each Month

For the Month of **APRIL** – our scheduled meal that we provide Clare House is:  
**Saturday, April 27.** Contact Cara Fletes to see how you can help.



### Remembering in Prayer...

Janet Hawi

Judi Hoyt

Bill Cook

Gale Armstrong

Eloise Lamb

Elisa Betson

Jennifer Medders

Tisha Dunham

*We will continue to pray for all those suffering in Ukraine  
and for all those suffering in Israel and Gaza, for a quick end to  
war and for peace*



### Remembering Those Who Have Fallen Asleep This Month



\* Kent Allen Ihde - April 13, 2000

\* Herb Enns - April 21, 2003

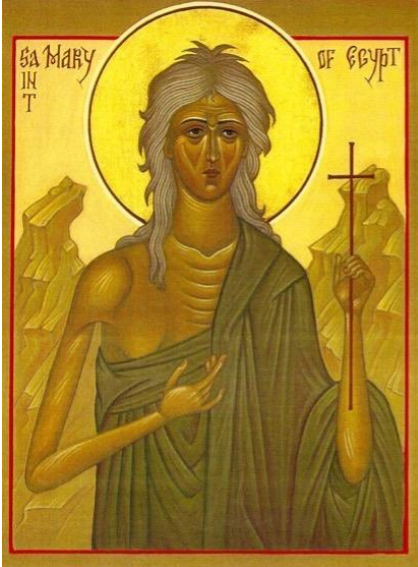
*M E M O R Y E T E R N A L !*

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## THE SYNAXARION

### Mary of Egypt – 5<sup>th</sup> Lent

On April 21, in the Holy Orthodox Church, we commemorate the Hieromartyr Januaros, bishop of Benevento, and his companions, and the Martyr Alexandra the Queen and her companions.



On this day, the Fifth Sunday of Great Lent, we make remembrance of our Godly Mother Mary of Egypt.

#### *Verses*

*The spirit rose up and the flesh melted away.  
Hide, O earth, the worn relics of Mary's body.*

Once, during the fast of Great Lent, the priest-monk Zosimus withdrew into the wilderness beyond the Jordan. Suddenly, he caught sight of a human being with a withered and naked body whose hair was as white as snow. Zosimus tossed his outer garment to her which she wrapped around herself and then showed herself to him. Mary then told Zosimus that she was born in Egypt and at the age of 12 began to live a life of debauchery in Alexandria for 17 years. One day, she went to Jerusalem to enter the church to venerate the Honorable Cross. However, some invisible force restrained her and prevented her from entering. In great fear, she gazed upon the icon of the Theotokos in the vestibule and prayed that she be allowed to enter the church, all the while confessing her sinfulness and uncleanness. She was then permitted to enter the church. Having venerated the Cross, she again entered the vestibule and, before the icon, gave thanks to the Mother of God. At that very moment she heard a voice saying: "If you cross the Jordan, you will find glorious rest!" Mary left for the wilderness and remained there for 47 years in repentance. When she encountered Zosimus, Mary told him of her life story. She asked him to come back in one year with Holy Communion, which he did. The following year, on Holy Thursday, April 1, 522, Zosimus discovered Mary's lifeless body, and buried her. Thus, the Lord glorifies penitent sinners. The Church exalts and exemplifies Mary to the faithful in Great Lent as an incentive for repentance which brings entry into the Heavenly Kingdom.

Through her intercessions, O God, have mercy upon us and save us. Amen.

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#### **Bulletin Announcement Guidelines**

Send announcements to church email address: [stjohnalaska@aol.com](mailto:stjohnalaska@aol.com). Have announcements submitted by Thursday or at very latest Friday 9am. If you have any questions regarding announcements – contact Maris Kelly at the church office. 907-696-2002.

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#### **Saint John Orthodox Cathedral**

P.O. Box 771108 • 18936 Monastery Drive • Eagle River, Alaska, 99577  
(907) 696-2002 • Fax: (907) 696-5555 • Website: [stjohnalaska.org](http://stjohnalaska.org)  
• Diocesan Website: <http://www.antiochianladiocese.org>  
Antiochian Orthodox Christian Archdiocese  
Pastor: Fr. Marc Dunaway • Assistant Priest: Fr. Robert Polson