

*Sunday of the Last
Judgement
Tone 7*

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*1 Corinthians 8:8-9:2  
Matthew 25: 31-46*

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*Homily by
Dn. Joseph Ray*

*Epistle Reader:
Ben Dunaway*

*Coffee Hour Hosts:
Ihde / Davisson*

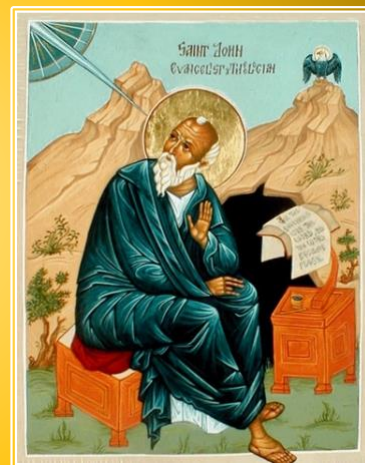
St. John Orthodox Cathedral

Weekly Bulletin

Sunday, March 10, 2024

And the Days Following

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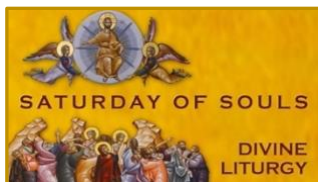
*O Apostle John, speaker of Deity, the beloved of Christ our God, hasten to deliver your people powerless in speech, for He on Whose bosom you lean accepts you as an intercessor. Beseech Him, therefore, to disperse the darkness of ignorance and pray for peace and great mercies to be shown upon us.*



Daylight Savings Time Begins this Sunday  
Turn your clocks ahead 1 hour Saturday night.

## *Feast Days and Services*

### **Saturday of Souls - Commemoration of the Departed**



Services: Tonight, Friday, March 8 at 7:15pm – Vespers

Saturday, Tomorrow, March 9 at 9:15am – Divine Liturgy

Please remember to fill out or update your list of departed family members, Orthodox and non-Orthodox. Your previous forms will be in your mail-box folder in the Narthex and new forms will be available on the table. Please place your completed forms in the basket provided and have this done before Divine Liturgy Saturday morning.

## *Parish Events and News*

### **“Meatfare Week” – A Warm-up to Fasting**

**March 11 – March 16**

In many ways the Church invites us to think ahead and be intentional about our spiritual journey through the season of Lent. One of these is this coming week before the fast of Lent begins. During this week the Church asks us to fast from meat only as a kind of warm-up to the full fasting that begins on “Clean Monday.” **Fish, wine, oil and dairy are allowed everyday of this week.** I realize that for some fasting from meat is the extent of their Lenten fasting and that even this in our culture today is quite a remarkable effort. Still, I encourage everyone to be mindful in some way of this “Meatfare Week” and to use it to prepare your family for the effort of Lent.



### **Children's Choir Practice – Sundays at 12:00**

Children ages 4 through high school are welcome to join the Children's Choir. We will begin practice this Sunday at 12:00. If you have any questions, please contact Jessica Kies. We hope to see you!

## Soup Suppers for Lent



It's hard to believe, but it's almost time for Lent to begin. And with Lent comes our wonderful community tradition of providing soup suppers on Wednesday evenings. It used to be that the soup supper cooks would stay and clean up after an already long day of cooking for everyone. We are transitioning away from this practice. Instead, we are asking that each family/individual who regularly comes to soup suppers, sign up for one evening to stay a little later and help clean up.

We are also asking that everyone clean up their own tables and empty their own trays to make it a bit easier for those who are staying later. Unfortunately, if we don't have enough people signed up to help clean, we will have soup available to take home. But we will not be gathering together in fellowship as a community.

**Please take a moment to sign up on our Sign-Up Genius using this [LINK](#).**

Many hands make light work. Katy A- President of SMMS



**Atrium – Taking a Break for Spring Break – March 10th  
and Forgiveness Sunday – March 17th.**

**Atrium Will Resume on March 24th**

## Thursday Night Talks - March 14

### Getting Ready for Great Lent

This coming Thursday we will take a slight departure from reading articles on various topics and read together two sections of the book "Great Lent" by Fr. Alexander Schmemmann. How can we profitably enter the Lenten journey without preparing? This book is one of the best sources available to remind us and inspire us about the meaning of Lent. Everyone is welcome to attend this session at our usual time of 6:30pm at the Saint James House. Texts will be posted online soon. We will also have one other Thursday Night Talk on April 4 to take one more selection from the book Great Lent.

## Forgiveness Sunday Vespers and Forgiveness Circle

Details about the Forgiveness Sunday Vespers and any adjustments in our accommodations for young children during the Forgiveness circle will be provided in next week's bulletin.



## *Coffee Hour This Sunday - March 10, 2024 Group B - Second Sunday of the Month*

**Hosts Families: Ihde / Davisson**

Snacks: Agnew, Alvarez, Betson, Davison, Davisson, Drennan, B & D Dunaway, J & B Dunaway, Finkler, Grasse, Hoyt, Ihde, Keener, Klatt, Komar, Lineer, Lowry, Moffatt, Peters, Ray, Schlichting, Stevens, Sturdevant, Villafana

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Next Sunday – Group C - March 17 Hosts: Okuley / Labrecque

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

St. John's School Weekly News



Spring Break - March 11-15

News From Our Antiochian Archdiocese



Metropolitan Saba and our Archdiocese are trying to improve communications to parishes and give people a better understanding of our Archdiocese ministries and programs. A regular series of articles will be made available to highlight different Archdiocese departments and ministries. Also 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: [Destructive Criticism](#)

Notes and Pictures from Parishioners

"Checking In" with Each Other

Is there something you'd like to share? Please email stjohnalaska@aol.com

New Phone Number

Rachel Arnold has a new number – 907-691-7129.

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. If you have any questions, please contact Natasha Haines at 907-351-4942.



Monday Evening Reading Group

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



Thursday Reading Group

We will meet Thursday at the Chugiak Senior Center at 10am

Birthdays This Week

March 10 - Elisa Betson
March 12 - David Lindblom

March 16 - Dwight Stallman
March 16 - Helen Gillquist

M A N Y Y E A R S !



Remembering in Prayer...



*Gwyn Jones
Janet Hawi
Judi Hoyt
Jan Northey
Gale Armstrong*

*Eloise Lamb
Tisha Dunham
Elisa Betson
Matt Komar
Maris Kelly*

*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



*Helen Primis - March 14, 1999

* Clyde Clarence Jones - March 29, 2002

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

Clare House Meal - 4th Saturday of Each Month

For the Month of **MARCH** – our scheduled meal that we provide Clare House is:
SATURDAY, MARCH 23, 2024. Contact Cara Fletes to see how you can help.



THE SYNAXARION

Last Judgment – 3rd PreLent

On March 10, in the Holy Orthodox Church, we commemorate the Martyr Kodratos of Corinth and his five companions; Anastasia the patrician of Alexandria; and New-martyr Michael of Thessalonica.

Today, we commemorate the Second and impartial Coming of our Lord Jesus Christ.

Verses

*When the Judge of all sits to judge the earth,
I entreat You: May You judge me with mercy, worthy of Your voice!*



It is the Sunday of the Last Judgment – also known as Meat Fare Sunday – which is the lesson that we read in today's Holy Gospel. Jesus illustrates to us God's indescribable goodness and His great love for mankind. And so, lest some who are lazy, loiter and spend their time in the pursuit of sin, rather than spending their time appropriately to their salvation,

and then be suddenly overtaken by death, the divine Fathers decided that on this day the remembrance of the Second Appearance of Christ is to be celebrated. The intention is to remind us all, that God is good and loves mankind, but He is also a very righteous Judge Who rewards each of us according to our deeds. Our Lord teaches us that when we minister to our brother or sister, we really minister to Him. This brings us righteousness and life eternal.

By Your indescribable love for mankind, O Christ God, make us worthy of Your devoted voice, number us among Your righteous ones and have mercy on us. Amen.

Bulletin Announcement Guidelines

Send announcements to church email address: 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.

Saint John Orthodox Cathedral

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• Diocesan Website: <http://www.antiochianladiocese.org>

Antiochian Orthodox Christian Archdiocese

Pastor: Fr. Marc Dunaway • Assistant Priest: Fr. Robert Polson