

7th Sunday after
Pentecost
Tone 6

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Romans 15:1-7  
Matthew 9:27-35

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Homily by
Protodn. Pat Lamb

Epistle Reader:
Steve Templeton

Coffee Hour Hosts:
Jenkins / Justus

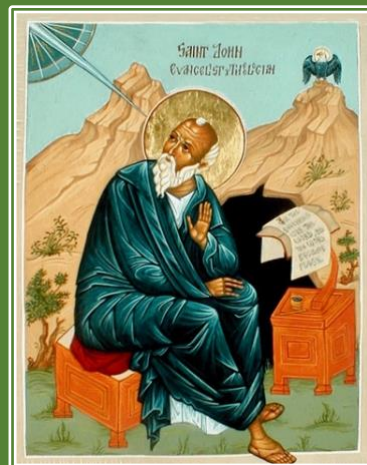
St. John Orthodox Cathedral

Weekly Bulletin

Sunday, July 31, 2022

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.*

## Feast Days and Services

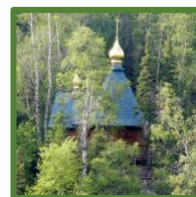
### Paraklesis to the Mother of God – Sunday Evening – 6:15pm

### The “Dormition” Fast - August 1-15

This short fasting season centers around two summer Feast Days: The Transfiguration of Our Lord on August 6 and the Falling-Asleep, “Dormition,” of the Mother of God on August 15. As with every fasting season, the aim is to help us spiritually focus and prepare to celebrate these Feast Days. For us at Saint John’s this fast has also become part of our Eagle River Institute week. The fasting during this season, strictly speaking, is the same as the Lenten Fast, with some lessening on weekends and the Feast Days. ([Fasting Calendar for 2022](#)).

### Morning Liturgy at the Chapel

We will have an early morning Liturgy at St. Sergius Chapel on Wednesday, August 3 at 7:45am.



### Feast of the Transfiguration Great Vespers & Matins / Divine Liturgy

We will have Great Vespers Friday evening at 7:15pm and Matins on Saturday morning at 8:45am followed by Liturgy at 9:15am. There will not be a potluck this year. Fish, wine and oil are permitted on this day.

## Parish Events and News

### The Eagle River Institute Highlights



Sunday, July 31, 6:15pm - Paraklesis Prayer Service

**Monday through Thursday, August 1-4 - ERI Sessions, 5-6:30pm & 7:30-9pm. Meals will be served between sessions.**

Wednesday, August 3, 7:45am - Morning Liturgy at Saint Sergius Chapel (Leave Cathedral at 7:30am to walk)

Thursday, August 4, 3pm - Tea at Saint James House

Friday, August 5, 7:15pm - Great Vespers for the Feast of Transfiguration

Saturday, August 6, 8:45 Matins - 9:15am - Divine Liturgy for the Feast of Transfiguration

The full schedule can be seen [here](#). There is no fee for attending, but donations may be made online at the Cathedral website [here](#).

### Ladies' Tea

During the Eagle River Institute there will be a "ladies' tea" on Thursday, August 4 at 3 pm at the St. James house. Please bring a plate of cookies or fruit to share.



### GOOD WORKS BASKET

#### Children's School Supplies

The local 'Love In the Name of Christ (INC) of Eagle River' is collecting **school supplies for low-income families**. (18 local churches will collect together.)

Supplies needed from St. John's are: 10 Backpacks, 10 Tissue boxes, 10 Rulers, 10 Composition booklets, 25 Glue sticks, 75 color markers, 10 binders, 20 Notebook paper packs, 2 kid's coats.

Call Dn. Kevin for any questions. Thank you!



*Coffee Hour This Sunday - July 31, 2022*

*All Groups - 5<sup>th</sup> Sunday of the Month*

*Coffee Hour Will Be Outside Today*

*Fifth Sunday - July 31: Hosts: Jenkins / Justus*

The Church will provide snacks. You may bring snacks if you like. Please bring them ready to serve and on disposable plates to make clean-up easier. All help clean up.

- If you cannot host on your assigned Sunday, please find your own replacement and inform Jennifer Gillquist of your change - as she is in charge of the hosting lists.

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Next Sunday - Group A - August 7, 2022 - Hosts: Patras / O'Fallon & Kylie Williams

Snacks: Abel, J. Alvarez, Baker, Cook, Davis, Dozier, Eckert, Gillquist, Haley, Hoxie, Jenkins, Justus, Lindblom, Macalino, Mellor, Northey, O'Fallon, Patras, Sorensen, Stallman, Streff, Templeton, Tysver, Wells, Zink

Farewell to the Frizelles

On Sunday, July 24, we said a tearful farewell to Fr. Tom Frizelle after 17 years of faithful service to our parish. We all will miss him and his family immensely. Fr. Tom and his daughter, Elizabeth, and their dog, *Juni*, drove away Monday in a U-Haul truck headed for Missouri. There, Fr. Tom will help his sister care for their aging parents. He will also enroll in a Chaplain-training program at St. Luke's Hospital in Kansas City. In August he and Laura will make future plans for their family. Fr. Tom was presented with an Icon as a gift from our parish from Fr. Michael and Fr. Marc. Deborah Stallman also prepared the canvas photo with parishioners' signatures on the back.



James leaves early on Saturday the 23rd



*Presentation of gifts by Fr. Michael & Fr. Marc
Icon - St. Thomas & St. John with our Lord
Canvas Photo - St. John Orthodox Cathedral*



Elizabeth & Juni in the U-Haul ready to go



Goodbye to the Darby Rd. House



Part of the Sunday Clean-Up Crew

Notes and Pictures from Parishioners

“Checking In” with Each Other

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



Congratulations to Andrew, Mary & Christopher Stallman

Barbara Faye was born Wednesday, July 27 at 7:12 am. 7lbs 15oz. 19.5 inches,
in Salt Lake City, Utah. Many years!



Frizelles in Canada

Fr. Tom has made it almost to Calgary. They traveled through Jasper and Banff National Parks on Thursday. James is at the University of Washington meeting with the staff, investigating a future transfer to the school. Safe travels!



Dates to Remember

Birthdays This Week

August 3 - Kyra Lineer
August 4 - Kh. Laura Frizelle
August 5 - Laurie Snider

August 5 - Kyle Hawi
August 7 - Georgianna Moses



M A N Y Y E A R S !

Anniversaries This Week



August 4, 1979 - Kerry & Gwyn Jones
August 6, 1977 - Sam & Jenny Stogsdill
August 6, 2006 - Brian & Sylvia Okuley

M A N Y Y E A R S !

Remembering in Prayer...



*Karina Lindblom
Eloise Lamb
Gwyn Jones
Phebe Dyal*

*Nicholas Guio
Preston Collier
Jaye Keener
Jan Northey*

Remembering Those Who Have Fallen Asleep This Month



- * Warren Wasile - August 12, 2001
- * Richard Eckert - August 29, 2013

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 **August** – our scheduled meal that we provide Clare House is:
Saturday, August 27. Contact Cara Fletes to see how you can help.



THE SYNAXARION

Eudokimos of Cappadocia – July 31



On July 31, in the Holy Orthodox Church we commemorate the holy and just Eudokimos, Military Commander of Cappadocia.

Verses

*Since Godly Eudokimos laughed at the vain pleasures of this life,
Translating him from life is the good pleasure of the Godhead.
On the thirty-first, the tomb welcomes Eudokimos.*

Born of devout parents, Eudokimos served as a young military officer in the time of the Emperor Theophilus. He endeavored with his whole heart to live according to the precepts of the Gospel. He kept his purity unstained and avoided all interaction with any woman except his mother. He was generous to the poor, diligent in reading holy books and yet even more diligent in prayer to God. He avoided and fled vain chatter and idle talk. The Emperor made Eudokimos military governor of Cappadocia because of his high virtues. By God's providence, he died early, at the age of 33, and his relics were found to be miraculous. An insane man touched his tomb and was healed, and a paralytic child stood upright and was made whole. After 18 months, his mother opened his coffin, and found his body as though still alive, with no mark of corruption, and a wonderful fragrance arose from the saint's body. His relics were later translated to Constantinople and buried in the new church built by his parents.

On this day, we also commemorate the Righteous Joseph of Arimathea; and Germanos, bishop of Auxerre.

By their intercessions, O Christ God, have mercy upon us. Amen.

Saint John Orthodox Cathedral

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Assistant Priest: Fr. Robert Polson