

*Forgiveness Sunday
Cheesefare
Tone 8*

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*Romans 13:11-14:4  
Matthew 6:14-21*

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*Homily by
Fr. Marc Dunaway*

*Epistle Reader:
Stan Snider*

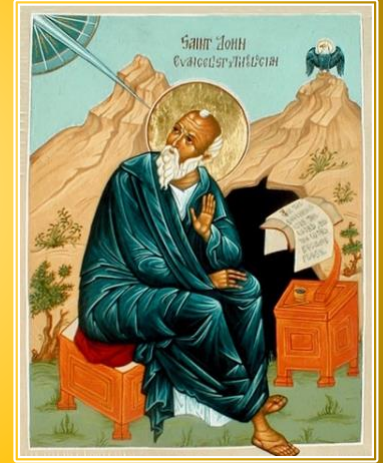
*Coffee Hour Hosts:
Labrecque / Gillquist*

St. John Orthodox Cathedral

Weekly Bulletin

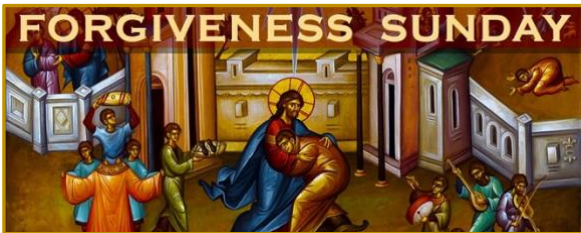
*Sunday, March 17, 2024
And the Days Following*

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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.*

## *Feast Days and Services*



### **Forgiveness Sunday Vespers Sunday, March 17, at 6:15pm**

Forgiveness Sunday Vespers brings us into to the journey of Lent. The altar cloths are changed from gold to purple, the lights are dimmed and the music changes. We take this journey as individuals, but also as a community together.

After the Vespers service we will ask forgiveness of one another as we have learned and done for many years, and as it is prescribed in the Lenten service books. There will be children's activities after Vespers, during the forgiveness time, for children ages preschool through 5th grade. Parents can keep their children with them, if they prefer, using their own discretion to facilitate this with other adults. More details about these activities will be posted or announced after the Vespers.

### **Lent Begins - Clean Monday, March 18**

*The Lenten Fast begins by fasting more strictly this week than the other weeks in Lent.*

*The Lenten Calendar and Fasting Guidelines are on our Website under Bulletins.*

This week's schedule is as follows:

Monday, March 18 – Compline & Canon of St. Andrew at 7:15pm

Tuesday, March 19 – Compline & Canon of St. Andrew at 7:15pm

Wednesday, March 20 – Presanctified Liturgy at 6:15pm, Soup Supper

Thursday, March 21 – Compline & Canon of St. Andrew at 7:15pm

Friday, March 22 – Compline with Akathist Hymn at 7:15pm

Saturday, March 23 – Great Vespers at 7:15pm

Sunday, March 24 – Orthodoxy Sunday, Matins at 9am, Divine Liturgy at 10am with Procession of Icons

Sunday, March 24 – Great Vespers for the Feast of the Annunciation at 6:15pm

Monday, March 25 – Vespersal Liturgy for the Feast of the Annunciation at 6:15pm

## Parish Events and News

### Parish Administrator Position Filled

A Hiring/Interview Committee chaired by Bruce Johnson and consisting of Greg Gillquist, John Marc Dunaway, Katy Arvidson, and Deborah Stallman interviewed on Monday the two applicants from our Parish who applied for this position, Tim Mellor, and David Lindblom. I am personally grateful for this committee's careful and serious procedure in taking on this task. I am even more grateful for the two men who applied and their willingness to serve our Parish. As I have said, I considered both qualified and worthy of taking on this role. The committee felt also similarly after the interviews, but in the end their recommendation was that Tim Mellor should be offered this position at this time. I have accepted their recommendation, and we will soon move forward in integrating Tim into our office staff. Thank you all for your encouragement and support during this process. - Fr. Marc



### 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!

### St. John's Financial Report Now Available on Narthex Table

There are now copies available of the Summary of Income & Expense for 2023 with the Projected Budget of 2024. If anyone would like to see a more detailed Financial Report it is available in the church office upon request.

### Correction to Lenten Calendar

The correction is on April 12 and April 13. Instead of Great Vespers for the Feast, it is Compline with Akathist Hymn at 7:15pm. The updated Lenten Calendar is posted on the website under Bulletins and are available in the Narthex.

### Soup Suppers for Lent – Slots Still Need Filling!



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. 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 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 Arvidson, President of SMMS



### Coffee Hour This Sunday - March 17, 2024 Group C - Third Sunday of the Month

#### Hosts Families: Labrecque & Gillquist

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

#### Next Sunday – Group D – March 24, 2024 Hosts: Fletes & Mee

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

## News From Our Antiochian Archdiocese



The Patriarchate's Orthodox Youth Movement celebrates Orthodox Youth Day every March 17, the day of its founding in the 1940s.

Writings by Metropolitan Saba: [Letter to the Youth](#)

### Food For Hungry People

Thought for this Week:

*The amount we give is not judged by the largeness of our gifts but the largeness of our hearts. —St. John Chrysostom*



His Eminence  
The Most Reverend  
Metropolitan SABA



Archbishop of New York  
and Metropolitan of  
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE  
OF NORTH AMERICA

Prot. no.: 049/2024

Great Lent, 2024

#### TO BE READ FROM THE PULPIT AND PRINTED IN THE BULLETIN

Beloved Hierarchs, Clergy, and Faithful of our Archdiocese,

Greetings in the name of our great God and Savior Jesus Christ!

During this holy season of repentance, we strive with renewed focus to live rightly, being “doers of the word and not just hearers” (James 1:22). Along with increasing our prayers and abandoning self-indulgence, we especially focus on caring for the needs of others. As we hear on Meatfare Sunday, we will be judged by God on how we have responded to the sufferings of the “least of these” (Matthew 25), so we must strive to give attention to their needs as we would to Christ’s.

Although our Lord Jesus Christ taught and exemplified this law of love in the most perfect way, it is also beautifully stated in the Old Law, where God commands, “If one of your brothers happens to be in need . . ., you will not harden your heart nor shut your hand to your needy brother. You will surely open your hands to him” (Deuteronomy 15:7–8). Such giving is not just some humanitarian project but a relational act: opening our hearts and hands to our brothers and sisters. It is a determination to actually see the homeless woman we pass on the street and to remember the friend or acquaintance who has fallen on hard times. Although the magnitude of suffering in the world tempts us to insulate ourselves against the needs of others, the law of love reminds us that each person is a treasure and that his need is not a problem but an opportunity to embrace him.

As we have for 50 years now, we again encourage you to open your hearts and hands to the needy by contributing to our Food for Hungry People program this Lent. We appeal to your well-known generosity and ask the blessing of Almighty God on all who participate in this worthy effort.

With prayers for an edifying and enriching Great Lent and a glorious celebration of Pascha, I remain,

Your Father in Christ,

✠ SABA

Archbishop of New York and Metropolitan of All North America

*“The disciples were first called Christians in Antioch” (Acts 11: 26)*

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238  
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

## *Notes and Pictures from Parishioners*

### **“Checking In” with Each Other**

Is there something you'd like to share? Please email [stjohnalaska@aol.com](mailto:stjohnalaska@aol.com)

### **Congratulations Caleb & Victoria**

Catechumens Caleb Bower and Victoria Bledsoe recently welcomed their second child. Genevieve Lorraine Bower was born on 3/8/24 at 9:43 AM weighing 8lbs, 1oz. All is well and Freddie is excited to be a big brother!



Dear Fellow Parishioner, family, and friends

God has presented me with an amazing opportunity this summer to participate in Project Mexico. I would have the privilege of traveling to Tijuana, Mexico to help construct a home for a family in need as well as interact with the orphans of Saint Innocent Orphanage sharing our faith. More information about Project Mexico can be found at <https://www.projectmexico.org/>. I will be traveling with the Youth Group of Saint John the Baptist Greek Orthodox Church in Beaverton, OR. To attend this missionary trip, I need to raise \$1,300.00 which pays for all travel, food and lodging from Portland, OR. I still need additional funds to get from Anchorage to Portland.

Any donations would be greatly appreciated. Donations can be made via PayPal or credit card. I have included a QR code below. The link to pay online can also be found on the church's website <https://stjohngoc.org/>. When donating online please select 'Project Mexico' from the drop-down menu. On the next page please put my name, Macrina Labrecque, in the 'Write a note' section.



More importantly I am asking for your prayers for myself and the group as we travel to Mexico and put our faith into action. Thank you for your consideration.

In Christ,

*Macrina Labrecque*

## *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

### *Clare House Meal - 4th Saturday of Each :*

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



## *Birthdays This Week*

March 18 - Bill Hightower

March 19 - Daniel Jenkins

March 18 - Margaret Grasse

March 21 - Darlene Hunter

*M A N Y   Y E A R S !*



## *Anniversaries this Week*

Harold & Barbara Parker - March 20, 1976

*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*

*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 !*

## THE SYNAXARION

### Forgiveness Sunday – 4<sup>th</sup> PreLent

On March 17, in the Holy Orthodox Church, we commemorate the Venerable Alexios the “Man of God”; Patrick, bishop of Armagh and enlightener of Ireland; Venerable Theosteriktos the Confessor of the Pelecete Monastery; and Venerable Makarios of Kalyazin.



Also, on this day, we commemorate the exile of the first created Adam, from the Paradise of delight.

#### Verses

*Let the world, today along with ages past, mourn bitterly;  
As by giving in to sweet desires, it has fallen along with mankind.*



It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today’s lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the remembrance of Adam’s exile from Paradise on this day, at the beginning of Great Lent, to show us by word and deed how great the benefit is that man gains from fasting and repenting; and, on the contrary, how great the harm is that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve’s banishment from Paradise because they disobeyed God by eating from the tree which He had forbidden. The Church reminds us of this event, to encourage us to return to that ancient glory and primeval happiness, by means of fasting and obedience to God and His commandments.

By Your indescribable compassion, O Christ our God, make us worthy of the Paradise of delight and have mercy on us, for You alone are the Lover of mankind. Amen.

#### 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.

#### 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