

# St. John Orthodox Cathedral

*Sunday before the  
Cross*

*Lv-taking Dormition*

*Tone 3*

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*Epistle: Gal. 6:11-18*

*Gospel: John 3:13-17*

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*Homily by Dn.*

*Kevin Dougherty*

*Epistle Reader:*

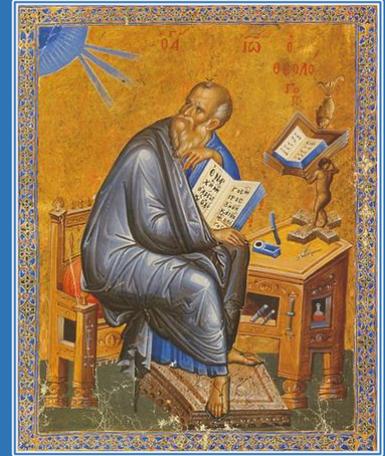
*Stan Snider*

## Weekly Bulletin

*Sunday, September 12*

*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*



### **Elevation of the Cross – Feast Day is September 14**

Great Vespers Monday, September 13 at 7:15pm.

Divine Liturgy Tuesday, September 14 at 6:15pm.

The Procession of the Cross  
with the 500 Lord Have Mercy's  
chanted in English, Greek and Arabic

This is a strict fast day and no food at all should be eaten until  
after the evening Liturgy, when a light, fasting meal is permitted.

Oil and wine are permitted.

## *Parish Events and News*

### **ERI/Pilgrimage Photo Album**

There is a new photo album on the Cathedral website. If you have a good photo from this summer's Institute, please send it to Fr. Marc to have it added to the album. Email: [frmarcd@aol.com](mailto:frmarcd@aol.com) - Link to the new photo album [HERE](#).

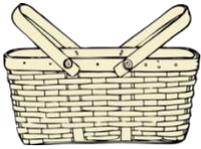
### **News About Coffee Hour**

Coffee Hour outside after Liturgy will continue through the month of September. The Parish Council will meet on September 23 with the goal of finalizing plans to begin Coffee Hour indoors. In the meantime, please expect an email or bulletin notice from the Sisters of Mary and Martha requesting your cooperation and input to organize this.

## Needs for Clare House

We are in need of someone to bake 25 potatoes for Clare House on the 4<sup>th</sup> Saturday of each month. If you are able, please contact Cara Fletes for more details. Thank you!

## Good Works Basket



Did you know that September is “Hunger Action Month” in America? This movement was established in 2008 by Feeding America when it was decided it was time for a nationwide push to get involved with the hunger crisis across the country. As you know, St John has responded to this ongoing need through participation in the Archdiocese *Food for Hungry People Program* during Lent. It has also been our tradition to offer our generous support to the Chugiak Eagle River Food Pantry with canned and dried goods and other basic life essentials and home care products. Together with the support of other Chugiak/Eagle River churches along with private and organizational help the Food Pantry is able to provide temporary, emergency food assistance to the neighbors in our community. During the month of September please consider picking up a few of the items listed below to help meet the Pantry’s current needs.

- Canned Meat, Tuna, Vienna Sausage
- Cereals
- Fruit: Peaches, Mandarin Oranges
- Soups: Ramen (various flavors)
- Pasta and Pasta Mixes: Ravioli
- Condiments/Other: Saltine Crackers
- Personal Care: Tooth Brushes/Paste; Shampoo, Bath/Face/Hand Soaps
- Other: Laundry Soap; Dish Soap

Volunteers are also needed. For information on how to get involved call (907)694-5228.

For more information about Chugiak/Eagle River Food Pantry go to:

<https://umcchugiak.org/missions/chugiakeagle-river.org>

If you would like to learn more *Hunger Action Day* on Friday, September 17, 2021 or *Hunger Action Month* please visit:

<https://www.feedingamerica.org>

<https://www.commuityfoodshare.org>

## Atrium Classes Begin October 3

**Attention: All Saint John's Children - Ages 3 years through 6th Grade**

NEW! We are going to try a new format by having our classes on Sunday afternoons following Liturgy. Below is what a schedule will look like. More information will come soon, including a link to register. Questions or comments? Please share with Shelley Finkler at [shelleyfinkler@gmail.com](mailto:shelleyfinkler@gmail.com).

11:30 Liturgy is over

11:35 Coffee Hour begins with usual light snacks

Atrium children eat a sack lunch prepared by their parents

11:45 Atrium children can play outside in the upper parking lot/sledding hill.

12:15 A bell rings and parents find their children and escort them to atrium locations.

12:30 Atrium classes begin

Parents are free to shop, have lunch, visit, etc.

2:00 Atrium classes end. Parents pick up their children.

## *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)

#### **A Letter to Fr. Marc from the Longmires**



Hi Father!

How are you and your family doing? We wanted to reach out and share the good news about second son, Aedan, baptism today!

We also wanted to thank you for helping us get started on this wonderful journey into Orthodoxy. It has meant so much to us and we think of everyone at St John's often. Please tell everyone we said Hi!

## *Dates to Remember*

### **Wednesday Reading Group**



The Wednesday readers will meet this Wednesday at 10am at JoAnn Webster's home. Everyone is invited. JoAnn

## *Birthdays This Week*

September 12 - Sean Fisher  
September 12 - Amara Finkler  
September 15 - Kasey Medders  
September 17 - Hannah Johnson

September 18 - Stan Snider  
September 18 - Melinda Kendall  
September 19 - Majorie Ihde



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

## *Anniversaries This Week*

Fr. Thomas & Kh. Laura Frizelle - September 14, 1997

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



## *Remembering Those Who Have Fallen Asleep This Month*



- \* - Priest Thomas Moffatt - September 2, 2008
- \* - Dorothy Keating - September 11, 2012
- \* - Laura Scott - September 13, 2014
- \* - Agileen Lund - September 17, 1983
- \* - Infant Mary Elizabeth Dunaway - September 20, 1984
- \* - Russell Labrecque - September 30, 1986



## *Remembering in Prayer...*

*Tisha Dunham  
Eloise Lamb  
Helen Gillquist  
Laura Temple  
Tom Johnson*

*Anna Haley  
Preston Collier  
Gwyn Jones  
Mother Galina*

*Those Suffering with Covid*

### **Note on Preston Collier**

Preston is still at the Providence Extended Care facility. He enjoys and does well on phone conversations visits. You can reach him at #212-9200.

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

For the Month of **September** – our scheduled meal that we provide Clare House is:  
**Saturday, September 25<sup>th</sup>**. Contact Cara Fletes to see how you can help.



## Donations Requested for Hurricane Ida Relief.

Please see the important letter below from our Metropolitan JOSEPH regarding efforts to assist with Hurricane Ida relief. Several of our parishes have been impacted by this devastating storm. St. John Cathedral will be sending \$500 from our charity fund, and we request that if you have any additional funds you would like to add to this donation, please make your check payable to St. John Orthodox Cathedral and earmark it, "Hurricane Ida Relief." We will then combine all the donations and send it to the Archdiocese as one check. 100% of all donations given will go directly to the families impacted by this terrible storm. Thank you for your generosity and your prayers on behalf of our brothers and sisters in need.

His Eminence  
The Most Reverend  
Metropolitan JOSEPH



Archbishop of New York and  
Metropolitan of  
All North America

### ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

September 7, 2021

Dear Reverend Clergy and Esteemed Members of our Parish Councils,

Grace and peace to you in the Name of Christ Jesus our Lord!

We have all watched with concern and sadness as Hurricane Ida cut a path of destruction across our land. From the pounding winds and rain of its landfall in Louisiana to the recent flooding in New York and New Jersey, this storm has led to much suffering. Homes and businesses have been damaged, and lives have been tragically cut short. Let us all pray fervently to our good and saving God for the affected families and communities, that they might "find hope under His wings" (Ps. 90:4).

The Apostle John, the beloved disciple, exhorts us: "If anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or speech but in deed and in truth" (1 John 3:17-18). It is incumbent upon us as servants of God, who "is love" (1 John 4:8), to demonstrate love in a practical way to those who are suffering.

This duty is all the more pressing when those suffering are part of our spiritual family, our brothers and sisters in the Orthodox faith, members of our Archdiocese. We have received word that our parish in Metairie (New Orleans) has sustained some damage and that some of its parishioners have even lost their homes. Therefore, I call upon all our parishes to take a special collection for those who have suffered losses from this storm. Once you have had a chance to collect all donations, please forward one check from your parish to the Archdiocese (memo: "Hurricane Relief")—in any event, no later than end of this month. All donations will go directly to those in need.

Asking God's blessings upon your generosity and His preservation of you and your families, I remain prayerfully,

Your Father in Christ,



**+JOSEPH**

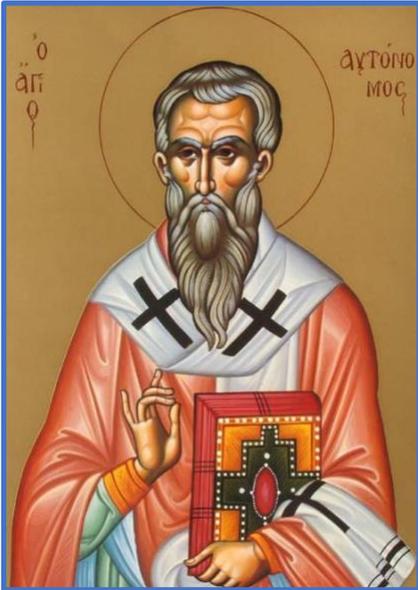
Archbishop of New York and Metropolitan of all North America

*"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

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## THE SYNAXARION



Autonomus, Bishop from Italy – September 12

### **THE SYNAXARION (Plain Reading)**

On September 12 in the Holy Orthodox Church, we take leave of the celebration of the Nativity of the Most-holy Theotokos, and we commemorate the precious staves and contest of the holy Hieromartyr Autonomos, bishop from Italy, who was slain in Bithynia.

#### *Verses*

*As a sacrifice set upon Your altar, O Savior,  
is Autonomos Your sacrificer, slain by stoning.*

*On the twelfth Autonomos was beaten to death with staves  
(sticks) and stones.*

In Soreoi, Autonomos brought many to the Christian faith and built them a church dedicated to the Archangel Michael. Not far away was a place called Limnae, entirely inhabited by pagans. Autonomos went to this place and quickly brought many of them to the light by the Gospel of Christ. This roused the other pagans, and they hurried to Archangel Michael Church and, during divine service, slew Autonomos on the altar, killing also many other Christians in the church. Two hundred years after his death, Autonomos appeared to a soldier called John. This soldier dug up the saint's relics and found them to be completely uncorrupt, and many of the sick received healing from them.

On this day, we also commemorate the Hieromartyr Coronatos of Iconium; and Venerable Daniel of Thasios. By the intercessions of Your Saints, O Christ God, have mercy upon us. Amen.

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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 Priests: Fr. Robert Polson / Fr. Thomas Frizelle