

*Sunday of Orthodoxy
Tone 1*

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*Heb. 11:24-26, 32-40  
John 1:43-51*

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*Homily by
Dn. Kevin Dougherty*

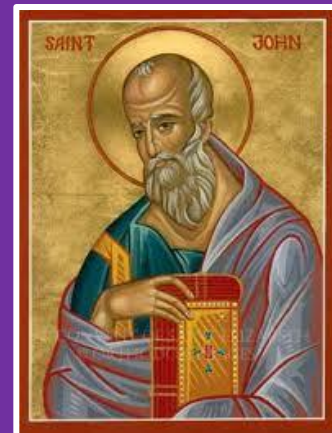
*Epistle Reader:
Jerry Finkler*

*Coffee Hour Hosts:
Fletes / Mee*

St. John Orthodox Cathedral

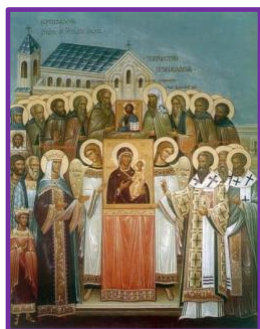
Weekly Bulletin

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*Sunday, March 24, 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



This Sunday, March 24 is Orthodoxy Sunday Celebrating the Use of Icons in the Church

Remember to bring an Icon to Liturgy this Sunday to hold in the procession as we celebrate Icons in the Orthodox Church. We will bless these Icons at the end of Liturgy.

The Annunciation of the Mother of God Monday Evening, March 25

Great Vespers for the Feast – Sunday, March 24 at 6:15pm
Vespers Divine Liturgy – Monday Evening, March 25 at 6:15pm
Fish, Wine and Oil are allowed



Services for the Upcoming Week

This week's schedule.

- Friday, March 22 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 23 – Great Vespers at 7:15pm
- Sunday, March 24 – Great Vespers for the Feast at 6:15pm
- Monday, March 25 – Feast of the Annunciation, Vespers Liturgy at 6:15pm
- Wednesday, March 27 - Presanctified Liturgy at 6:15pm, Soup Supper
- Friday, March 29 - Compline with Akathist Hymn at 7:15pm
- Saturday, March 30 - Great Vespers at 7:15pm

Parish Events and News



Children's Choir Practice – Sundays at 12:00

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

Wednesday Soup Suppers



***Bring Bread:** For those who come to Soup Supper bring bread to share if you can.
***Sign Up to Help:** Also, the cook and clean-up sign-up list is filling up, but there are a few more slots that need filled. **Ideally, we need at least 3-4 families helping Clean-up!** Thank you to everyone for serving our parish this way.

Click [HERE](#) to sign up to help.

***Cost:** \$5 per person or \$12 for a household. You can bring cash or check to the church basement during Soup Supper or donate online on the Saint John's website, by tagging "soup suppers". Checks should be made out to Sisters of Mary and Martha. Thank you for all your support!

Thank you to last week's Cook (Ann Patras), Cook Helper (Natasha Haines) and Clean Up Crew (Kies Family, Marshall & Mary Ruth Alexander, Chole French, and Charlie Stevens).

Next week – Cook (Laurie Snider and Ann Patras) and Clean Up Crew (Sydney Ihde, Cara Fletes, Elizabeth Klatt and Doreen Dougherty).



Coffee Hour This Sunday - March 24 Group D - Fourth Sunday of the Month

Hosts Families: 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

Lenten Fast - bring snacks according to the fasting guidelines.

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*5<sup>th</sup> Sunday of the Month – March 31 – Okuley / Lindblom  
Everyone Brings Snacks and Helps Clean Up*



### Catechesis of the Good Shepherd (Atrium)

**12:30pm – 2:00pm**

*Parents – please provide your children with a lunch.*

## Hello Women of St. Johns

We are once again hosting a women's retreat! A group of us have been hard at work bouncing around ideas, finding locations, figuring out dates, finding speakers, etc. for the past couple months. We have a great line up of women from our church speaking on motherhood and their journeys. The retreat will be held at Beach Lake Lodge in Chugiak, Alaska on May 24<sup>th</sup> and 25<sup>th</sup>. Details can be found on the flyer (thank you Stephanie Davisson). We have very limited spots for people to stay overnight (mostly in sleeping bags with a few cots available). Please if you have interest sleeping over RSVP to me as soon as possible, this will be first come first serve and is already filling up. We are hoping to get a head count soon of people coming to the retreat on Friday and Saturday since we will be purchasing some fun goodies for everyone and providing great food. We will be posting more info about the speakers and topics in a few weeks. Please let me know via text soon if you plan on attending and we look forward to spending the weekend with you all.

-Sydney Ihde (907)854-5517



FRIDAY, **MAY 24TH** 4PM-9PM &  
SATURDAY, **MAY 25TH** 8AM-4PM

Please join the Sisters of Mary & Martha for fellowship,  
friends, and reflections on motherhood.

- Meals provided
- Limited overnight options available
- Women ages 18+ welcome
- Cost is \$20

RSVP TO SYDNEY IHDE  
907-854-5517

## 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: [To the Youth](#)

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.: 117/2024

The Sunday of Orthodoxy  
March 24, 2024

Venerable Hierarchs, Reverend Clergy, and beloved Faithful in Christ,

Greetings to you as we celebrate this glorious Sunday of the Triumph of Orthodoxy. We have just completed the difficult first week of Lent. In many ways, this one week is a microcosm of the challenges we face throughout our Christian lives, as we try to live faithfully despite weaknesses within us and trials around us. However, the Lord's words to St. Paul are a comfort to us in every season of our lives: "My grace is sufficient for you, for My strength is made perfect in weakness" (2 Cor. 12:19).

Each year on the Sunday of Orthodoxy, we remember our seminarians, who are studying at residential seminaries and through the Antiochian House of Studies. They are preparing to take up the Cross and follow our Lord on the difficult but rewarding road of priestly ministry. Those whom God calls to ordination will become pastors in our parishes, working with the children, the elderly, and all the faithful, leading them on their journey to the heavenly kingdom. They will stand before the holy altar and offer prayers to the All-Holy Trinity on behalf of us all. They will bring divine grace into all the joys and sorrows of our earthly lives. Therefore, it is our duty to provide them with the best possible education and preparation for this sacred ministry.

Today we ask you to support our dedicated seminarians through your prayers and by making a financial gift toward their theological education. Among the Orthodox in America, our archdiocese is a leader in seminarian support. We strive to provide full scholarships to these qualified men who are studying for the priesthood, and your generous contribution will help to ensure a well-prepared clergy for our future while not burdening our future pastors with excessive debt.

Fervently praying that your Lenten journey will be filled with growth in Christ, I remain,

Yours in Christ,



✠ SABA

Archbishop of New York and Metropolitan of All North America

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

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(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

*St. John's Contributes \$400 to this Fund Raiser on behalf of the Parish.*

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## =Notes and Pictures from Parishioners

### “Checking In” with Each Other

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



### Update on Fr. Tom Frizelle

Fr. Tom sent me a brief update from Saint Luke's Hospital in Kansas City. He says he is busy with his chaplaincy training, working towards his Board Certification. He is also continuing to take care of his elderly parents. He said he remembers and prays for our community and included the following picture. - Fr. Marc

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 St. John the Baptism Greek Orthodox 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*

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## 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*

We won't be meeting Monday Evening due to the Feast of the Annunciation.



## *Thursday Reading Group*

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

## *Birthdays This Week*

March 25 - Sbdn. Chris Kies

March 28 - Keith Haley

March 26 - Brittany Sturdevant

March 28 - Sam Stogsdill

*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*

*Matt Komar*

*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*



\*Helen Primis - March 14, 1999

\* Clyde Clarence Jones - March 29, 2002

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

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## THE SYNAXARION

### Orthodoxy Sunday – 1<sup>st</sup> Lent

On March 24, in the Holy Orthodox Church, we commemorate Venerable Father Zachariah the recluse and Artemon, bishop of Seleucia; and New-hieromartyr Parthenios, patriarch of Constantinople.



On this same day, the First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Rulers of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor.

#### *Verses*

*The icons were formerly and unfittingly banished.  
I rejoice, as I see them properly revered.*

This restoration was accomplished in the year 842. Theodora's husband was vehemently against icons. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches.

O eternal and unchanging Icon of the Father, Christ our God, through the intercessions of Your holy Confessors, have mercy on 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**

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◦ Diocesan Website: <http://www.antiochianladiocese.org>  
Antiochian Orthodox Christian Archdiocese  
Pastor: Fr. Marc Dunaway ◦ Assistant Priest: Fr. Robert Polson