

Mary of Egypt
5th Sunday of Lent

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Hebrews 9:11-14  
Mark 10:32-45

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Homily by
Subdn. Tim Mellor

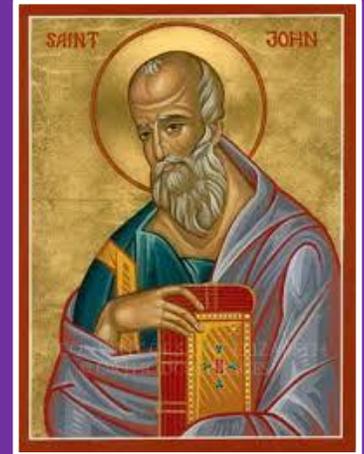
Epistle Reader:
Jennifer Medders

Coffee Hour Hosts:
Kies / Stiehr/ Culton

St. John Orthodox Cathedral

Weekly Bulletin

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Sunday, March 29, 2026  
And the Days Following



*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

#### Saturday - Lazarus Saturday Services

**Friday, April 3:** Little Compline with the Canon for Saint Lazarus

**Saturday, April 4:** Divine Liturgy of Saint John Chrysostom



**Chrismations:** Hans & Pinja Culton  
**Baptisms:** Alyssa Espino, Silas Mason, Olivia Gressett, Andrew, Amelia, and Harlan Watson, Kaisla & Sigurd Culton, Rose Elizabeth Bower



#### Services and Events for this Week and Holy Week...

- ❖ Friday, March 27 – Compline with Akathist Hymn at 7:15pm
- ❖ Saturday, March 28 – Cathedral Cleaning Day – 9:00am to Noon
- ❖ Wednesday, April 1 – Presanctified Liturgy at 6:15pm, Soup Supper
- ❖ Friday, April 3 – Compline and Cannon for St. Lazarus at 7:15pm
- ❖ Saturday, April 4 – Baptisms/Chrismations at 9:00am (60 min.) / Divine Liturgy of St. John Chrysostom for Lazarus Saturday at 10:00am (90 min. + Conclusions of Baptisms and Chrismations)
- ❖ Saturday, April 4 – Great Vespers at 7:15pm (**Due to a lack of pussy willows there not be a binding party this year.**)



Sunday, April 5 – Palm Sunday. Matins/Liturgy - **9:00am / 10am**

- ❖ Sunday, April 5 – Bridegroom Matins at 7:15pm (Confession Following)
- ❖ Holy Monday, April 6 – Bridegroom Matins at 7:15pm (Confession Following)
- ❖ Holy Tuesday, April 7 – Bridegroom Matins at 7:15pm (Confession Following)
- ❖ Holy Wednesday, April 8 – Holy Unction Service at 7:15pm
- ❖ Holy Thursday, April 9 – Vespertal Liturgy of St. Basil at 6:15pm
- ❖ Holy Friday, April 10 – Matins with 12 Gospels at 7:15am // Royal Hours at 12:15pm, 3:15pm
- ❖ Holy Friday, April 10 – Great Vespers at 6:15pm with Veneration of the Shroud
- ❖ Holy Saturday, April 11 – Matins at 7:15am with Lamentations & Procession with the Shroud
- ❖ Holy Saturday, April 11 – Vespertal Liturgy of Saint Basil at 4:15pm

## Parish Events and News



### Cathedral Cleaning Day This Saturday, March 28 9:00am to Noon

Win Prizes  
Full of Easter Goodies

Join us for the Annual Church Cleaning Day, Saturday March 28, 9am-Noon. There will be a basket for men, women, teens, girls, and boys and draws all during cleaning. Refreshments will be provided.  
**Come let's have fun cleaning together. For questions call Kh. Colleen 907 854-4132.**



### Kid's Choir Practice

Kids aged 4 through high school are invited to come join the Kid's Choir. We will practice for the Pascha Season Sundays at 12:10pm in the Nave. Hope to see you!



### Catechesis of the Good Shepherd (Atrium) Sundays from 12:30 – 2:00pm

### Soup Supper this Wednesday – April 1, 2026

#### *Last Soup Supper for Lent*

***Please Bring Bread to Share***

We are asking that everyone clean up their own tables and empty their own trays.  
(**Ways to Pay:** Give money the night of the Soup Supper Meal / Pay online on our '[donate](#)' page and select the category 'Lenten soup supper', there will also be a QR code available to scan that takes you to our donate page directly)



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



Holy Week Calendars Available in the Narthex and on Our Website- [Calendar Link](#)  
Also on Our Website is a Great Liturgical Explanation of Holy Week by Fr. Alexander Schmemmann - [Explanation Link](#)

Note the correct and new times in red for Lazarus Saturday and for the Pascha Service



### Coffee Hour This Sunday - Date Fifth Sunday of the Month

**5<sup>th</sup> Sunday of the Month – Hosts: Kies / Stiehr / Culton**  
Everyone Brings Snacks and Helps Clean Up

**Next Sunday – Group Matthew (1) – April 5, 2026    Hosts: Temple / Haines / Marcus**  
Snacks: Abel, Amundson, Betson, Clodfelter, Culton, Curry, Dozier, J & B Dunaway, Finkler, G & J Gillquist, Grasse, G & A Ihde, Haley, Hightower, D & A Jenkins, K & G Jones, Kelly, Klatt, Lamb, Lineer, K & J Medders, Mee, Moffatt, Okuley, Patras, N & M Ray, Sluz, Stallman, Stogsdill, J. Temple, Terell, Webster

## Folk Dance Practice

Please join us for a folk dance practice for Pascha this Sunday the 29th 5:30-7:00 in the church basement. People age 12 and up are invited to come early at 5:00 if you would like to learn “The Really Fast One”. Please bring a fast-friendly food item to share. If you have any questions please contact Jessica Kies or Kathleen Cooley.

## Alaskan Orthodox-Evangelical Dialogue Website

Over the past three years our parish has participated in a series of conferences seeking to build on the dialogue opened by the Lausanne-Orthodox Initiative (LOI) to foster understanding and build bridges between Orthodox Christians and Protestant Evangelicals across Alaska. The Alaskan Orthodox-Evangelical Dialogue now has a website providing information, resources and updates. Please visit the website to learn more about this ongoing mission. [www.alaskan-orthodox-evangelical-dialogue.com](http://www.alaskan-orthodox-evangelical-dialogue.com)

ST. JOHN ORTHODOX CHURCH  
2026

Summer Day Camp

ALL ABOUT:  
**THE SAINTS OF ALASKA**

**JUNE 3-5**  
9:30am-12:40pm  
Ages 2-12 Welcome  
Cost is \$15/camper

**LEARN, PRAY, & PLAY**  
Join us to learn about the lives of St. Herman, St. Olga, and St. Innocent through crafts, storytelling, games, and fun.

**FAMILY CAMP OUT**  
On Friday night, join us for a family camp out on the church lawn. Details to follow.

**QUESTIONS?**  
Contact Cara Fletes  
caramia1984@gmail.com

Pay Registration Fee Here



Please fill out your registration forms and turn them in. These are located on the Narthex Table. Thank you.

## St. James House Weekly News

We will be taking a break during Holy Week.

St. James Café  
COFFEE, PASTRIES,  
and COMMUNITY!

Come Sit And Enjoy A Cup Of  
Coffee and Catch Up With Friends

**TUES & THURS**  
8 AM - 9 AM

- Drip Coffee
- Wild Iris Pastries
- Great Conversation

Saint James House

# News From Our Antiochian Archdiocese

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.: 135/2026

The Annunciation, March 25, 2026

To the Beloved Hierarchs, Clergy, and Faithful of our God-Protected Archdiocese:

As we walk together through the Great and Holy Fast, the Church calls us to deepen our repentance, strengthen our prayer, and express Christ's love through compassionate action. In this spirit, I write to you with a pastoral appeal on behalf of our brothers and sisters in the Antiochian Archdioceses of Mount Lebanon and Zahle, who are facing a severe humanitarian crisis.

Ongoing instability in Lebanon has forced many families—including numerous Christian households—to flee their homes with only the most basic necessities. In response, the Archdioceses of Mount Lebanon and Zahle have opened their churches, monasteries, and institutions to provide shelter, food, medical care, and pastoral support, and above all, the dignity of being received with love.

Their Eminences Metropolitan Silouan and Metropolitan Antonios—both of whom sacrificed their own time by leaving their flocks to serve our Archdiocese faithfully during times of transition—now labor tirelessly to care for the displaced. We also offer our fervent prayers for His Eminence Metropolitan Elias of Tyre and Sidon, whose archdiocese includes many of the areas affected by forced displacement, and for all who have been impacted by this crisis. We pray for the swift restoration of peace and for the safe return of families to their homes.

During this holy season, we are blessed with the opportunity to respond with generosity and love. I therefore ask every parish, mission, family, and individual to prayerfully consider making a financial offering to support these urgent relief efforts.

Donations may be made through the Archdiocese's [online giving platform](#) and [Antiochian.org](#).

May our Lord Jesus Christ bless your compassion, reward your generosity, and grant lasting peace to Lebanon.

Yours in the service of Christ,

A handwritten signature in blue ink that reads "T. Saba". The signature is stylized and appears to be written in a cursive or semi-cursive script.

+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, Englewood, NJ 07631-5238  
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

## Local Community News

### Coming Up....

#### Mother's Day Brunch Event to Benefit our Eagle River-Pregnancy Resource Center - May 10th

Celebrate motherhood and pamper the moms in your life at brunch buffet complete with a chocolate fountain. This special charitable event features live music and inspirational entertainment, photo booth, fresh flowers and chair massages for moms. Hosted in the exclusive upper level of Jalapeños' beautiful new location, the venue offers patio seating available. All proceeds benefit Heart to Heart Pregnancy Resource Center and babies & children in need.

Get your tickets now by holding your phone camera over the QR code below and following the link, or by clicking this [link](#) to secure online ticket purchase. Our local Pregnancy center is a pro-life mission that provides compassionate Christian care and help to local families and their children.

## Dates to Remember



### Men's Book Club - (Thursday) 7-8pm

The Men's Book Club will be reading *The Lenten Spring* by Fr. Thomas Hopko throughout Great Lent. The book contains 40 devotional reflections—one for each day of Lent. Participants will read the reflections on their own and gather weekly to discuss the previous week's readings together.

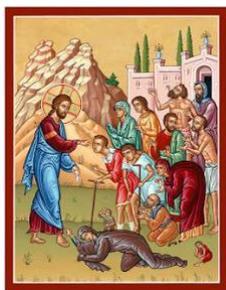
Due to Presanctified Liturgy, we will meet on **Thursdays from 7:00–8:00 PM** at the **St. James House**.

## Birthdays This Week

March 30 - Sam Stogsdill  
April 1 - Doreen Dougherty  
April 2 - Elyse Klatt

April 4 - Will Klatt  
April 5 - Joachim Labrecque

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



## Remembering in Prayer...

*Matt Komar  
Zoie (Oksana's Mom)  
Dirk Moffatt*

*Jennifer Stogsdill  
Joyce Arvidson*

*We 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
- \* Kent Allen Ihde - April 13, 2000
- \* Herb Enns - April 21, 2003

*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 **APRIL** – our scheduled meal that we provide Clare House is:  
**April 25, 2026.** Contact Cara Fletes to see how you can help.



### Bulletin Announcement Guidelines

Send announcements to church email address: [cathedral@stjohnalaska.org](mailto:cathedral@stjohnalaska.org) 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.

## All Things Pascha



### Easter Feast – April 12, 2026

The “Easter Feast” following the “Agape” Vespers on Pascha is an important tradition of our Parish. It is a relaxed time of food and fellowship to celebrate Pascha and the end of the journey of Lent and Holy Week. However, providing a meal for 250+ people require a combined and organized effort from many people.

**Sydney Ihde** will be coordinating the Easter feast again this year so please reach out to her with any questions at **(907) 854-5517**.

### Easter Feast Potluck Sign-Up Sheets

"Please look for the Easter feast potluck sign-up sheets at coffee hour this week and sign up to bring a dish, or two if possible (salad, side dish, or dessert, enough to serve 12 people). You can bring your dishes to the church kitchen before the Agape Vespers on Pascha and pick them up from the tables outside the kitchen as you leave the feast. There is also a sign up for volunteers to help in the kitchen on the day of the feast. Thank you so much!" Contact Mary Ruth Alexander (907-854-4828) with any questions."



### Food For Hungry People

*~Remember to Turn In Your 'Food For Hungry Boxes' This Week~  
You can leave them in the Narthex and the office will pick them up daily.*

### The Basic Plan

- ❖ Have meats, drinks, appetizers, and ice cream provided for everyone by the Cathedral through an organized volunteer effort.
- ❖ Other foods – side dishes, salads, and other desserts – will be provided through a Potluck.

- ❖ **\*Each household, regardless of size, is asked to make a suggested contribution of \$20 or more.** This can be paid on the church website “[Donate](#)” page by choosing the category “Pascha Feast” or by writing a check and putting it in the tithe box with memo “Easter Feast”.
- ❖ Every family in the Church is asked to participate in bringing a dish to the potluck (there will be sign-up sheets for different dishes closer to Pascha downstairs). We also ask those that can help with dish duty in the kitchen to please do so (there will also be a sign-up sheet near Pascha for this). Dish duty is a big job, and the work should be spread out between many people.
- ❖ Please also keep an eye out for the sign-up sheets for Bright Monday clean up.
- ❖ Contact Sydney if you are interested in helping (even for a small role) and she will direct you to a task.

## Pascha Egg Hunt

We will have the Pascha Egg Hunt immediately following Agape Vespers (and the Procession to the Cemetery) on Pascha afternoon. All children through 6th Grade are welcome! Meet outside the upstairs main church entrance where kids will be divided into groups according to age/grade. Hopefully, weather and outside conditions will allow for outdoor egg hunting, so dress accordingly! Also, bring baskets or bags for collecting eggs. If you have any questions, feel free to contact Kristine Lindblom (907-887-3398) or Jennifer Saur (907-726-7389).



## The Teams

- ❖ Decorations: Sydney Ihde and friends
- ❖ Table/Chair set-up: David Sorensen & Bradley Forbes
- ❖ Purchase paper products: Laurie Snider
- ❖ Emcee: Elisa Betson
- ❖ Children’s activities: Kristine Lindblom & Jennifer Saur
- ❖ Bouncy house: Katy Arvidson & Brandon Weaver
- ❖ Folk dancing/sound system: Jessica Kies & Kathleen Cooley
- ❖ Outdoor set-up: Fr. Marc
- ❖ Potluck coordinator: Mary Ruth Alexander
- ❖ Meat grilling: John Marc & crew
- ❖ Beer & wine: Tanna Terrell, Arianna & Brandon Weaver, & Sam Lowry
- ❖ Appetizers: Liz Klatt, Michelle Mellor, & Ashley Ihde
- ❖ Coffee, tea, water, & lemonade: Natasha Haines and family
- ❖ Ice cream dessert: Ben Labreque & his children
- ❖ Sunday evening clean up: Tim Mellor, Derick Hanna, Eric Johnson (Brothers of Lazarus)
- ❖ Bright Monday clean-up: Jennifer Gillquist (with parishioners). Please note: Sydney is looking for a team leader for Bright Monday Clean-up. Let her know if you are interested.
- ❖ Grill clean up: Chris Kies & Zach Doss

**\*Please remember to contribute with the suggested donation as mentioned so we can continue to make the Easter Feast special for our children and parishioners for many years to come. Thank you so much to all who have signed up for teams, and we look forward to celebrating with everyone. -Sydney Ihde**

## Church Family Meeting Summary – March 22, 2026

The church family meeting was well attended! Fr. Marc introduced the current parish council members and explained the term lengths.

Marshall presented the 2025 financial report and compared 2025 expenses with the projected budget for 2026. Parish members were encouraged to regularly tithe and continue supporting the church. St Johns has eleven ministries, and each ministry leader gave a short update and read their mission statements. We are grateful for the faithful service of all who contribute to these ministries.

Fr. Marc and Sydney Ihde presented the newly formed cemetery committee and upcoming projects. The committee would like to receive feedback to the parish council email on the [Cemetery Guidelines](#) draft before finalizing the document.

Fr. Marc, Sydney Ihde, and John Marc explained the upcoming Pascha feast. Every church member is expected to participate by bringing potluck dishes, helping with a task, and contributing a suggested \$20 per family ([Donate](#)). John Marc is looking for a team of experienced cooks to be a second “meat team” to cook every other year for the Pascha feast. If you are interested, please message John Marc.

Fr. Marc spoke about three pastoral concerns. These are listed below. Tim presented the [Cathedral Endowment Fund](#) which is now up and running. The Church contributed \$30,000 to the start-up fund and encourages parishioners to consider the endowment fund when donating and writing wills.

Derick presented the basement noise reduction plan to install acoustic panels. Please email the parish council with any questions, comments, concerns, and feedback on the cemetery guidelines draft at [parishcouncil@stjohnalaska.org](mailto:parishcouncil@stjohnalaska.org) thank you! – Sydney Ihde, Parish Council Secretary

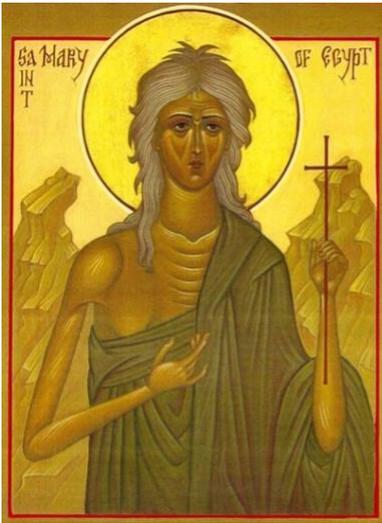
Pastoral Reminders from Fr. Marc:

- 1) Conversations in the Nave: Before and after Church services it is important that the “Nave” (i.e. where we gather for Liturgy) is respected as a holy space. Quiet and brief conversations or greetings may take place there, but lengthy conversations should be moved to the Narthex or into one of the side rooms. This will allow those who want to sit quietly to do so.
- 2) “Easter Feast”: Our celebration together after Agape Vespers on Pascha is intended for all of us who have journeyed together through the services of Great Lent and Holy Week. So please use discernment in inviting family and friends since a large number of guests alters the feel of things.
- 3) Standing during Communion: When we receive Holy Communion in the Divine Liturgy, the expectation of the Church is that we all remain standing together during this time, even after receiving Communion. This is not always easy since by this time we have been standing for a while. If you are able to stand, this witnesses to the “community” aspect of this joyful moment rather than seeing it as something done individually.

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## THE SYNAXARION

### Mary of Egypt – 5<sup>th</sup> Sunday in Lent



On March 29, in the Holy Orthodox Church, we commemorate the Martyr Mark, bishop of Arethusa, Martyr Cyril the deacon of Heliopolis and those with them; Martyrs Jonah and Barachisios of Persia and those with them; and Eustathios the Confessor, bishop of Bithynia.

On this day, the Fifth Sunday of Great Lent, we make remembrance of our Godly Mother Mary of Egypt.

#### *Verses*

*The spirit rose up and the flesh melted away  
Hide, O earth, the worn relics of Mary's body.*

Once, during the fast of Great Lent, the priest-monk Zosimus withdrew into the wilderness beyond the Jordan. Suddenly, he caught sight of a human being with a withered and naked body whose hair was as white as snow. Zosimus tossed his outer garment to her which she wrapped around herself and then showed herself to him. Mary then told Zosimus that she was born in Egypt and at the age of 12 began to live a life of debauchery in Alexandria for 17 years. One day, she went to Jerusalem to enter the church to venerate the Honorable Cross. However, some invisible force restrained her and prevented her from entering. In great fear, she gazed upon the icon of the Theotokos in the vestibule and prayed that she be allowed to enter the church, all the while confessing her sinfulness and uncleanness. She was then permitted to enter the church. Having venerated the Cross, she again entered the vestibule and, before the icon, gave thanks to the Mother of God. At that very moment she heard a voice saying: "If you cross the Jordan, you will find glorious rest!" Mary left for the wilderness and remained there for 47 years in repentance. When she encountered Zosimus, Mary told him of her life story. She asked him to come back in one year with Holy Communion, which he did. The following year, on Holy Thursday, April 1, 522, Zosimus discovered Mary's lifeless body, and buried her. Thus, the Lord glorifies penitent sinners. The Church exalts and exemplifies Mary to the faithful in Great Lent as an incentive for repentance which brings entry into the Heavenly Kingdom.

Through her intercessions, O God, have mercy upon us and save us. Amen.

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#### **Saint John Orthodox Cathedral**

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Parish Council Email [parishcouncil@stjohnalaska.org](mailto:parishcouncil@stjohnalaska.org) • 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