

5th Sunday of Lent
St. Mary of Egypt
Tone 1

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

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Homily by
Dn. Joseph Ray

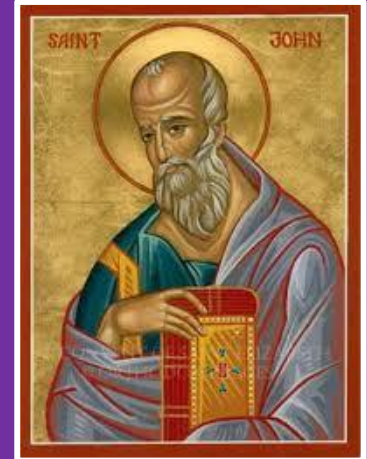
Epistle Reader:
Steve Templeton

Coffee Hour Hosts:
Mellor

St. John Orthodox Cathedral

Weekly Bulletin

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Sunday, April 6, 2025  
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

Next Saturday - Lazarus Saturday Services

Friday, April 11

Little Compline with the Canon for Saint Lazarus
(Last day of Lent)

Saturday, April 12

Divine Liturgy of Saint John Chrysostom
and Baptisms/Chrismations



Chrismations: Joshua and Nicole Unser, Zachary and Nellie Doss

Baptisms: Natalie Doss, Age 1

This Week and Holy Week

- ❖ Wednesday, April 9 – Presanctified Liturgy at 6:15pm, Soup Supper
- ❖ Friday, April 11 – Compline and Cannon for St. Lazarus at 7:15pm
- ❖ Saturday, April 12 – Divine Liturgy for Lazarus Saturday at 9:15am
- ❖ Saturday, April 12 – Great Vespers at 7:15pm (Palm assembly 5-7pm, Soup & bread provided)



Sunday, April 13 – Palm Sunday. Matins/Liturgy - 9:00am / 10am

- ❖ Sunday, April 13 – Bridegroom Matins at 7:15pm (Confession Following)
- ❖ Holy Monday, April 14 – Bridegroom Matins at 7:15pm (Confession Following)
- ❖ Holy Tuesday, April 15 – Bridegroom Matins at 7:15pm (Confession Following)
- ❖ Holy Wednesday, April 16 – Holy Unction Service at 7:15pm
- ❖ Holy Thursday, April 17 – Vesperal Liturgy of St. Basil at 6:15pm
- ❖ Holy Friday, April 18 – Matins with 12 Gospels 7:15am // Royal Hours at 12:15pm, 3:15pm
- ❖ Holy Friday, April 18 – Great Vespers at 6:15pm with Veneration of the Shroud
- ❖ Holy Saturday, April 19 – Matins at 7:15am with Lamentations & Procession with the Shroud
- ❖ Holy Saturday, April 19 – Vesperal Liturgy of Saint Basil at 4:15pm

Parish Events and News

Men's Retreat This Weekend
Friday, April 4 – Cathedral Basement – 6pm
Saturday, April 5 – 8:30am at Beach Lake Lodge



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 beginning today at 12:05pm in the Nave. Hope to see you!

Catechesis of the Good Shepherd (Atrium)
Sunday, 12:30pm – 2:00pm



Folk Dance Practice for Pascha
This Sunday Evening, April 6 at 6:30pm

Please join us this Sunday the 6th at 6:30pm in the church basement to learn and refresh folk dances for the Pascha feast! Please feel free to bring a snack or dessert to share. If you have any questions, please ask Jessica Kies or Kathleen Sorensen.



Last Soup Supper - this Wednesday – April 9
Please Bring Bread to Share



Pussy Willows and Palms - Lazarus Saturday Workshop
Saturday, April 12 from 5-7pm - Soup and Bread Provided

Please join in binding palms and Pussy Willows on Lazarus Saturday evening (April 12) from 5pm-7 pm. We will also be making palm crosses and there will be a small children's art project for Pascha. Soup and bread will be provided! Many hands make light work so please consider coming even if it is for just a half hour. Thanks so much and please reach out with any questions! — Cara Fletes



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](#)

All Things Pascha

Easter Feast – April 20, 2025

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



Sign Up

"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 keep collecting for the FFHP. (You can also donate to this cause on our website, just make sure you mention Food for Hungry People.)

["Let us fill up what is lacking in our fasting with almsgiving for the poor. St. Leo the Great"]

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.
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Cleaning Day Photos
Thanks to Everyone Who Came Out to Help



Cleaning Day 2025



Bridal Shower
Honoring Kathleen Sorensen



Coffee Hour This Sunday - April 6, 2025 Group A - First Sunday of the Month

Hosts Families: Mellor

Snacks: Abel, Bower, Cook, Davis, Dozier, Gillquist Families, Haley, Jenkins, Justus, Lindblom, Macalino, Mellor, Northey O'Fallon, Patras, Sorensens Stallmans, Templeton, Tysver, VanDewater, Weaver, Wells

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### *Next Sunday - Group B - April 13 Hosts: Stallman / Weaver*

*Snacks: Agnew, Alvarez, Betson, Cain, Davisson, Drennan, B & D Dunaway, J & B Dunaway, Finkler, Grasse, Hoyt, Ihde, Keener, Klatt, Komar, Lineer, Lowry, Moffatt, Peters, Ray, Schlicting, Sluz, Sturdevant, Villafana*

### **Please Note:**

I am starting to work on a new schedule for May-August - if you know you will not be here on a particular Sunday, you can text me at (907)632-1064 or email [jennifergillquist@gmail.com](mailto:jennifergillquist@gmail.com) with the dates. Thank you to all who participate in our coffee hour ministry. - Jennifer Gillquist

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## *News From Our Antiochian Archdiocese*



Writings by Metropolitan Saba: [Father Lev Gillet: A Monk of the Eastern Church, Part Two](#)

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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: [cathedral@stjohnalaska.org](mailto:cathedral@stjohnalaska.org)

### **Volunteer Drivers for Oksana to Church Needed**

We need drivers for Oksana. Please email Dn. Kevin or text me at 907-947-5345 for any Sunday that you could volunteer.

Rides Needed for these dates: **April 6 and April 13.**



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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.



## *Birthdays This Week*

April 7 - Shelley Finkler

April 7 - Lance Hawi

April 9 - Maris Kelly

April 10 - Peter Gillquist

*M A N Y   Y E A R S !*



## *Remembering in Prayer...*

*Gwyn Jones  
Joe Dunham*

*Chris Grasse  
Josphine Hanna & her  
family*

*Kerry Jones  
Elisa Betson*

*Sylvia Villafana  
Helen Gillquist*

*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*



\* 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 26, 2025**. Contact Cara Fletes to see how you can help.



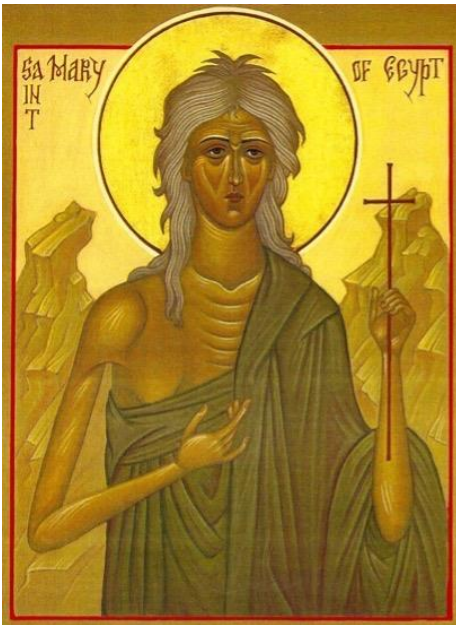
### **Bulletin Announcement Guidelines**

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.

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## THE SYNAXARION

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



On April 21, in the Holy Orthodox Church, we commemorate the Hieromartyr Januaros, bishop of Benevento, and his companions, and the Martyr Alexandra the Queen and her companions.

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