

*John of the Ladder
Tone 4*

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*Hebrews 6:13-20*

*Mark 9:17-31*

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*Homily by
Fr. Marc Dunaway*

*Epistle Reader:
Ben Dunaway*

*Coffee Hour Hosts:
B & D Dunaway
Sturdevant*

St. John Orthodox Cathedral

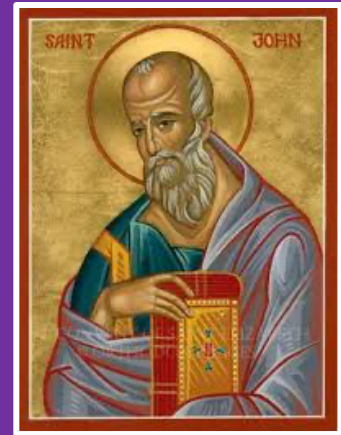
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## *Weekly Bulletin*

*Sunday, April 14, 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

Services and Events for the Upcoming Week

This week's schedule.

- Friday, April 12 – Compline with Akathist Hymn at 7:15pm
- Saturday, April 13 – Great Vespers at 7:15pm
- Sunday, April 14 – Matins/Liturgy at 9:15/10am – 4th Sunday of Lent / St. John of the Ladder
- Tuesday, April 16 – Youth Group at 6pm at the St. James House
- Wednesday, April 17 – Presanctified Liturgy at 6:15pm, Soup Supper
- Thursday, April 18 – Little Compline and Reading of the Life of Mary of Egypt at 7:15pm



- Friday, April 19 – Compline with Akathist Hymn at 7:15pm
- Saturday, April 20 – Cathedral Cleaning from 9 to 11am
- Saturday, April 20 – Great Vespers at 7:15pm

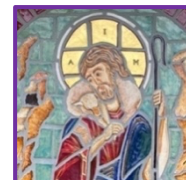
Parish Events and News



Children's Choir Practice – Sundays at 12:10pm

Children ages 4 through high school are welcome to join the Children's Choir. We will have practice Sundays at 12:10pm. If you have any questions, please contact Jessica Kies.

Catechesis of the Good Shepherd 12:30pm – 2:00pm



Pussy Willows Needed

If you are out hiking and you come across Pussy Willows, please bring them to the church basement. There will be a bin by the coat closet where you can place them. With all this warm weather, the Pussy Willows will be gone by Lazarus Saturday, so we are hoping to collect them earlier this year. Thank you!



Wednesday Soup Suppers – Bring Bread To Share!



***Bring Bread:** For those who come to Soup Supper bring bread to share if you can.

A thank you to Cooks: Jerry Wasile and Cara Fletes, Clean-up crew: Sydney Ihde, Cecelia Scherer, St James House crew, and Brittany Sturdevant

Next week's soup supper reminder: Cooks: Martha Fisher and Mary Ruth Alexander, Clean-up crew: Phoebe Dyal, Rachel Arnold, Lori Mellor, and Tanna Terrell

Help still needed: 2 on clean-up crew.

Cathedral Cleaning Day Saturday, April 20 9 to 11am



Win Prizes
Full of Easter Goodies

Join us for the Annual Church Cleaning Day, Saturday April 20, 9am-11pm. Each job gets a ticket so the more jobs you can do the greater the chances to win. There will be a basket for men, women, teens, girls, and boys and draws all during cleaning. If you bring your mom and dad, you'll get a ticket. Refreshments will be provided. Come let's have fun cleaning together. For questions call Kh. Colleen 907 854-4132



Coffee Hour This Sunday - April 14 Second Sunday of the Month

Hosts Families: B & D Dunaway / Sturdevant

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

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**Next Sunday – Group C – April 21 Hosts: Hanna / Saur**

*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

*I am about to make a new schedule for May-August - if you know you will be out of town, please let me know soon so I can consider that when making the schedule. - Jennifer Gillquist at [jennifergillquist@gmail.com](mailto:jennifergillquist@gmail.com)*

## Lazarus Saturday Workshop – April 27 at 5pm



This year the Sisters of Mary and Martha are hosting a Lazarus Saturday Workshop. This workshop will include binding palms and pussy willows for Palm Sunday service and learning how to make palm crosses. Children will get to decorate candles as well! We will provide soup and 'Lazarus Rolls' and other Lenten snacks. We will begin the workshop at 5pm Saturday, April 27th in the church basement. Adults and children are welcome! Please come get some soup and bread and then choose a station to work at. We will hope to be finished binding all the palms and pussy willows by 7:00pm in time for Great Vespers. We hope to see you! Any questions please contact Cara Fletes!

## Upcoming Women's Retreat Sign up by April 20th

We have been working hard on the upcoming Women's Retreat and we have a fantastic line up of speakers and activities planned! We're going to talk about the ins and outs of motherhood - ourselves as mothers, our own mothers, and what we can learn from stories of mothers in the Bible.

The retreat is scheduled for **May 24-25 at Beach Lake lodge**. The cost is \$20. But please don't let the cost be a deterrent from coming. Reach out to Sydney Ihde and we will work something out.

**We are trying to get as accurate of a head count as possible so we can predict what our costs will be. Please text Sydney Ihde at 907-854-5517. Our cutoff for signing up is April 20th. So please let us know you're coming!**  
Looking forward to seeing you!

A promotional poster for the 2024 Women's Retreat. At the top left, it says 'THE SISTERS OF MARY & MARTHA present'. The main title is '2024 Women's Retreat' in a large, white, cursive font. Below the title, there are three circular images: a wooden cabin in a forest, an interior view of a lodge with a fireplace, and a group of people sitting around a campfire at night. The text 'at Beach Lake Lodge' is written in a cursive font across the bottom of the images. Below the images, the dates and times are listed: 'FRIDAY, MAY 24TH 4PM-9PM & SATURDAY, MAY 25TH 8AM-4PM'. A small paragraph follows: 'Please join the Sisters of Mary & Martha for fellowship, friends, and reflections on motherhood.' Below this is a bulleted list: '• Meals provided', '• Limited overnight options available', '• Women ages 18+ welcome', and '• Cost is \$20'. At the bottom right, there is a dark blue box with white text: 'RSVP TO SYDNEY IHDE 907-854-5517'.

## News From Our Antiochian Archdiocese



In lieu of his teaching this week, His Eminence Metropolitan Saba presents the [second half of his video interview](#) with the Department of Communications. Sayidna Saba addresses important topics for the future of the Archdiocese, including the establishment of monasteries and the addition of more auxiliary bishops.

### Food For Hungry People Quotes

Do not let pass any opportunity to pray for anyone, either at their request or at the request of their relatives, friends, of those who esteem them, or of their acquaintances. The Lord looks favorable upon the prayer of our love, and upon our boldness before Him. Besides this, prayer for others is very beneficial to the one who prays for others; it purifies the heart, strengthens faith and hope in God, and enkindles our love for God and our neighbor. When praying, say: 'Lord, it is possible for You to do this or that to this servant of Yours; do this for them, for Your name is the Merciful Love of All and the Almighty.' —St. John of Kronstadt

## 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)

### Help Needed for Katy Arvidson

I am looking for a full time (35 hours) female care giver who likes dogs (we have 2 sweet tempered, but very large, dogs). Job duties include helping me transfer from bed to wheelchair, showering, dressing, laundry, housekeeping, running errands, and taking me to doctors' appointments. Most importantly, I need someone who is reliable. I'm pretty independent and like to spend time in my happy place (craft room), so there's a fair amount of crafting and fun happening. If you know someone who knows someone who knows anyone, please contact me at 907-242-4869. —Katy Arvidson

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## Easter Feast - May 5, 2024



The Easter Feast following Agape Vespers on Pascha is an important tradition of our Parish that has been established over many years. We look forward to it as a relaxed time of food and fellowship to celebrate Pascha and the end of the journey of Lent and Holy Week. However, to provide a meal for 250 people requires a combined and organized effort of many people. This year Sydney Ihde will be coordinating the Easter Feast, so please reach out to her with any questions at (907) 854-5517.

This year we are doing Mexican cuisine/meats with pre-made margaritas.

### The Basic Plan

- ❖ Meats, drinks, appetizers, and ice cream will be 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 “Pascha Feast”.
- ❖ **Every family** in the Church is asked to participate in bring 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 soon for this). Dish duty has been a big job in the past that often has been carried out by a few core people. The work should be spread out by many and if you can help in this area, please do.

### The Teams

- ❖ Set up tables & decorations: Sydney and Dolph Ihde & the Klatts
- ❖ Children’s Lego area decorations: Ari Stallman
- ❖ Purchase paper products: Laurie Snider
- ❖ Emcee: Joe Dunham
- ❖ Children’s activities: Christine Lindbolm & Jennifer Saur
- ❖ Bouncy house: Katy Ardivinson and Brandon Weaver
- ❖ Folk dancing/sound system: Jessica Kies and Kathleen Sorenson
- ❖ Outdoor set-up: Fr. Marc
- ❖ Potluck coordinator: Hannah Hanna & Mary Ruth Alexander
- ❖ Meat grilling: John Marc & Marshall Alexander
- ❖ Beer & wine: Tim and Tanna Terrell & Sam Lowry
- ❖ Appetizers: Ann Patras, Liz Klatt, and Chloe French
- ❖ Coffee, tea, water, & lemonade: Natasha Haines & Danielle Stevens
- ❖ Ice cream dessert: Ben Labreque & his kids
- ❖ Sunday evening clean up: Brent Davisson (with the help of those in attendance)
- ❖ Bright Monday clean-up: Jennifer Gillquist & Hannah Johnson (with parishioners)
- ❖ Grill clean up: Anthony Fletes and Eric Johnson

\*Please, remember to **contribute** with a suggested donation of \$20 or more as mentioned for each family. It is important for everyone to help in this way so we can continue to make the Easter Feast special and a great memory for our kids and parishioners for years to come. Thank you SO much to the many who have signed up for teams, this will be a great feast and we look forward to celebrating with everyone — Sydney Ihde

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**Announcing...**

## **Eagle River Institute, August 1-5, 2024**



### **Divine Guidance in America**

**V. Rev. Dr. John Jillions**

- 1 American Theocracy?
- 2 A More Perfect Union?
- 3 Orthodoxy, Evangelicalism, and the American State
- 4 ***Special Lecture: Tradition and Change in the Orthodox Church***

**Biography:** Fr. John Jillions helped found [The Institute for Orthodox Christian Studies \(IOCS\)](#) in Cambridge, England. He has degrees from McGill University, St. Vladimir's Seminary, and Aristotle University of Thessaloniki. He has taught at St. Paul University, the University of Ottawa in Canada, St. Vladimir's Seminary and is currently an adjunct instructor at Fordham University in New York. He has been an Orthodox priest for forty years, serving parishes in Australia, Greece, England, Canada, and the US. He is married to Denise, and they have three sons, two daughters-in-law, and two grandchildren. They live in Hartford, Connecticut.

**Course Description:** The first three sessions will look at how faith and doubt shaped American life from the 1600's to the present. We will highlight key figures in this history who are examples of integrity, seeking God's direction, perseverance, service, and pursuit of truth and the common good. This connects to current events and how we might make sense of our national life in this election year. The final lecture will look at the Orthodox experience of tradition and change in a time of rapid social change. Throughout history, the people of God have reacted in various ways to external events. What can we learn from this? What elements are essential for Church life and what could and should be changed?



### **Living in the Spirit: Orthodox Spirituality for Modern Times**

**Dr. Paul Ladouceur**

1. The origins and nature of Orthodox spirituality
2. The book of life: The Philokalia and the Philokalic revival of modern times
3. The universal spirituality of St. Silouan
4. An activist and rebel saint: St. Maria of Paris

**Biography:** Paul Ladouceur teaches at the Orthodox School of Theology at Trinity College and at the Montreal Institute of Orthodox Theology. His most recent books are *Modern Orthodox Theology* (2019), and, with Brandon Gallaher as co-editor, *The Patristic Witness of Georges Florovsky: Essential Theological Writings* (2019). His major current research interests are modern Orthodox theology and spirituality, Sergius Bulgakov, the theology of religious diversity, and the theology of human rights. Dr. Ladouceur participates in the Canadian Council of Churches and is Orthodox Co-Chair of the Orthodox-Pentecostal Academic Dialogue.

**Course Description:** Orthodox spirituality has two principal thrusts, the communal and the personal. The communal is our participation in the prayer and worship of the Orthodox Church. The personal is the application of our commitment to the Orthodox tradition, to the "life in Christ" by each member of the Church, ordained or not ordained, living in the dedication of a monastic life, or witnessing to Christ in the society in which we live – "in the world." The underlying basis of Orthodox spirituality is the same for all, aimed at theosis, union with God in Christ through the Holy Spirit, but its application varies according to our calling and situation in life.



**Mission Statement:** The Eagle River Institute is hosted annually by the members of Saint John Cathedral to provide a forum for Orthodox scholars to address lay people on topics relevant to everyday, Christian life. The Institute also contributes to the greater, educational needs of

the Church by publishing its lectures and other materials in its [Media Library](#).

Visit [eagleriverinstitute.org](http://eagleriverinstitute.org) for more details, registration, schedule, and pilgrimage information.

## 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.



### Monday Evening Reading Group

The evening reading group will meet Mondays at 6:30pm in the "Reading Room."



### Thursday Reading Group

The Thursday readers will meet at the Chugiak Senior Center at 10am.

### Birthdays This Week

April 14 - John Marc Dunaway

April 15 - Fr. John Downing

April 15 - Fr. Robert Polson

April 20 - Anastasia Jones

April 21 - Jerry Finkler

April 21 - Kristine Lindblom

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



### Remembering in Prayer...

*Janet Hawi*

*Judi Hoyt*

*Bill Cook*

*Gale Armstrong*

*Eloise Lamb*

*Elisa Betson*

*Jennifer Medders*

*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



\* 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: **Saturday, April 27**. Contact Cara Fletes to see how you can help.



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## THE SYNAXARION

### John of the Ladder – 4<sup>th</sup> Lent

On April 14, in the Holy Orthodox Church, we commemorate the Apostles Aristarchos, Pudens and Trophymos of the Seventy; Martyr Thomais of Alexandria; and New-martyr Demetrios of the Peloponnesos.

On this, the Fourth Sunday of Great Lent, we make remembrance of our godly father, John Climacus, the author of *The Ladder of Divine Ascent*.

#### *Verses*

*John, dead in the flesh and also living, lives eternally,  
even though appearing dead and without breath.  
Leaving his words as a ladder for the journey upwards,  
he shows his pursuit of the journey upwards.*

The Church also commemorates him on March 30 when he reposed. The celebration of his feast on this day probably arose from the custom prevalent in the honorable monasteries of starting the Great Lent with the reading of his book of sermons, in which John describes the method of elevating the soul to God, as ascending a ladder. John

of the Ladder came to Mount Sinai as a 16-year-old boy and remained there, first as a novice under obedience, and afterwards as a recluse, and finally as abbot of Sinai until his eightieth year. One time, Moses, a disciple of his, fell asleep under the shade of a very large boulder. John, in prayer in his cell, saw that his disciple was in danger of the boulder toppling over on him and prayed to God for him. Later on, when Moses returned, he fell on his knees and gave thanks to his spiritual father for saving him from certain death. He related how, in a dream, he heard John calling him and he jumped up and, at that moment, the boulder tumbled. Had he not jumped, he would have been crushed. John Climacus died around the year 563 A.D.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon 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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Antiochian Orthodox Christian Archdiocese  
Pastor: Fr. Marc Dunaway • Assistant Priest: Fr. Robert Polson