

*First Sunday in Lent
Orthodoxy Sunday*

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

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*Homily by
Fr. Robert Polson*

*Epistle Reader:
Stan Snider*

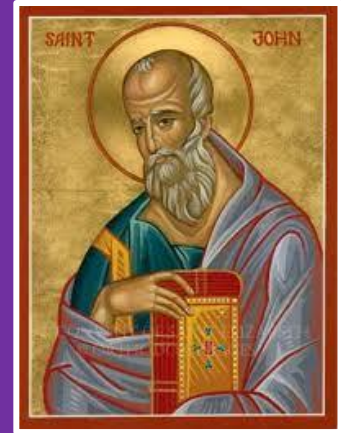
*Coffee Hour Hosts:
Cook / Lindblom*

St. John Orthodox Cathedral

Weekly Bulletin

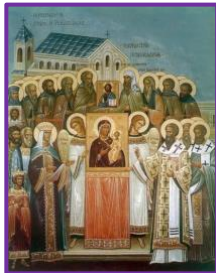
Sunday, March 5, 2023

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



Orthodoxy Sunday

Celebrating the Use of Icons in the Church

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.

Services for the Second Week of Lent

This week's schedule.

- Monday – Great Compline 7:15pm
- Wednesday - Presanctified Liturgy 6:15pm, Soup Supper
- Friday - Compline with Akathist Hymn 7:15pm
- Saturday - Great Vespers 7:15pm
- Sunday early morning -Daylight Saving – Turn your clock forward

Note: “Reader's Matins” the Next Two Sundays

Regular Times 9am/10am

These next two Sundays we will do Matins as a “Reader's Service.” This means the service is completely done from the Chanter's stand without a priest. The purpose of this is to let the deacons and the chanters become familiar with the order of this service.

If it happened some Sunday that there was no priest able to serve, due perhaps to a combination of travel and sickness, then the main Sunday morning service would begin at 10am. This would be a Reader's Matins combined with a short service called the “Typika.” Also doing a “Reader's Matins” can be one way to lessen the load on a single priest on a Sunday morning, such as is the case the Sunday after this, when I will be traveling to attend the School Board Training in Vancouver, WA.

Parish Events and News

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:** Suggested donation will be \$5 per person or \$12 for a household. You can pay online on the Church's web page and tag "Soup Suppers" ([Donate](#)) or pay by cash or check on Wednesday nights. Make the checks out to St. John Orthodox Cathedral.

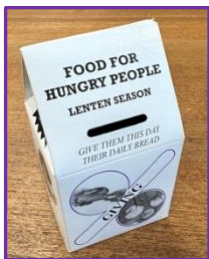
A big thank you to Ann Patras and Laurie Snider for cooking two amazing soups! Also thank you to the clean-up crew who stayed late (9pm) to clean the kitchen and church basement

Pascha Feast Teams

Thank you to everyone who volunteered to lead/co-lead one of the 15 Pascha feast teams!

We only need one more team leader - Potluck coordinator.

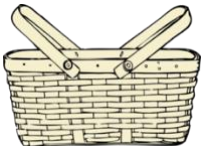
If you are interested contact Anna Potts (859) 740- 2992 or annaandbryanpotts@gmail.com.



Food For Hungry People

It is time for our Archdiocese yearly focus on Food for Hungry People.
Pick up your Food For Hungry People Box today and start collecting.

Good Works Basket – Refugee Assistance & Immigration Services



Refugee Assistance & Immigration Services (RAIS) is a program that provides a bridge for refugees from their former home and life experiences to new locations and opportunity where they are able to acquire knowledge and skills needed for success in the United States. Focusing on economic self-sufficiency, community integration, a respect for unique cultures and historic traditions RAIS creates an environment of compassion and encouragement for refugees to flourish. Anchorage has become a home for refugees of various family compositions from Africa, Afghanistan, and other parts of Asia, and now most recently from Ukraine. Catholic Social Services through the Community Engagement Manager, Kelly, expressed sincere gratitude in advance for any help St. John's can offer.

As you can imagine their "wish list" of provisions needed is quite lengthy, but when asked what was most needed the answer without hesitation was:

Comforters for warmth and sheets - twin and queen size.

Right now, they have no sheets and very few Comforters.

The RAIS staff have been handing out 10-15 sets a week to help newly arrived clients settle into their new homes (*perhaps consider teaming up with several others as an option to help purchase the bigger ticket items if interested*)

Other items needed:

Soap, Shampoo, Paper Towels and Toilet Paper.



Men's Lenten Retreat

A men's retreat is being planned for March 31-April 1. Contact Charley Peyton for more details.

Antiochian Women's Educational Grant

Available for women to help with the cost of education or training, which they have undertaken to improve their circumstances or those of their families.

Click [HERE](#) for the letter with all the information and copies of the Application. It is also posted on the Narthex bulletin board along with a few applications.

Sisters of Mary and Martha General Meeting Minutes

Reading by Elisa Betson - The life of Saint Elesa of Kythera

Treasurer's report

Gifts given to both priests

We are under \$3,000.00

Old Business:

Cookbook report given by Jennifer Gillquist - goal is to have all recipes formatted by Pascha

Vestment report (needing new baptismal gowns, all sizes)

New business:

Improving communication (goals to reach before Pascha)

- Developing a SMMS email group
- Regular bulletin announcements
- SMMS info posted on downstairs bulletin board
- Website info updated to include minutes, ministries of SMMS, photos, links and other relevant info
- Developing a survey to identify when/where is most convenient for women to attend meetings

Soup suppers

- Sign-ups going well,
- Needing more clean-up helpers and
- Kids at the school potentially able to help set up tables for soup supper

One half of the donations for soup supper going to support the Earthquake victims in Turkey and Syria

Review of Lenten jobs

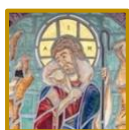
- Church cleaning day (Elisa Betson with Kh. Colleen organizing)
- Easter Feast sign up (Anna Potts looking for volunteers, more information to follow in Church Bulletin)
- Saturday of Souls (Jennifer Gillquist made boiled wheat)
- Baby room/toddler area downstairs in need of cleaning/sanitizing
- Women's retreat (Looking for volunteers to plan a spring retreat for the women, reach out to Katy Arvidson if interested)
- Pussy willow and palm branches set up – Natasha Haines
- Annunciation Pancake breakfast fundraiser (3/25)
 - Jennifer Gillquist and potentially one other person in charge
 - Looking for others to volunteer to help set-up/cook/clean up

Memorial Wheat demonstration by Jennifer Gillquist (what a treat!)

Need for Clare House substitutes for bringing food and driving (Contact Cara Fletes)

Archdiocese Collection to Help Earthquake Victims in Turkey and Syria

Saint John's will send money from our charity account to help these victims. If you wish to add to this offering, please designate your contribution "Earthquake Relief" and we will add it to our contribution. Here's the online link to donate as you wish. Antiochian.org/earthquake



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



Coffee Hour This Sunday - March 5
Group A - First Sunday of the Month

Hosts Families: Cook / Lindblom

Snacks: Abel, J. Alvarez, Baker, Cook, Dozier, Eckert, Gillquist, Haley, Hoxie, Jenkins, Justus, Lindblom, Mellor, Northey, O'Fallon, Patras, Sorensen, Stallman, Templeton.

Lenten Fast - Please bring snacks according to the Fast to serve at least 4 families.

Please set aside three trays of snacks for the choir and clergy and leave them in the kitchen. There are signs to place on them to let others know who they are reserved for.

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**Next Sunday – Group B - June 12, 2022      Hosts: Finkler / Lineer**

Snacks: Agnew, S. Alvarez, Betson, Coverdell, B & D Dunaway, J & B Dunaway, Finkler, Grasse, Hoyt, Keener, Klatt, Komar, Lineer, Moffatt, Parker, Peters, Peyton, N & M Ray, Schlicting, Sturdevant, Villafana.

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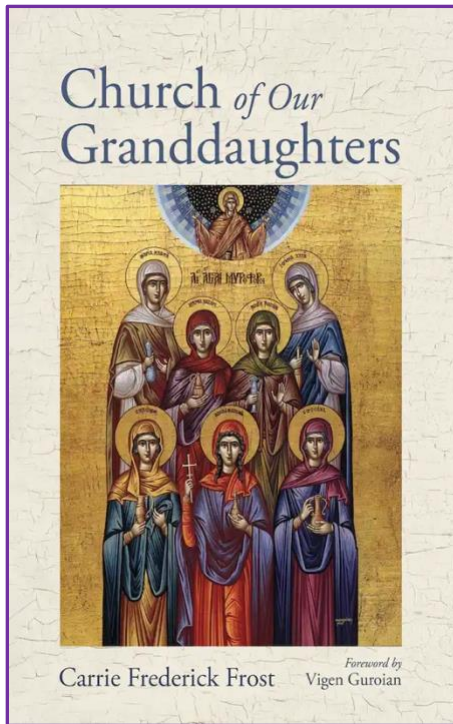
## *Local Community News*

### **Volunteer Opportunities from the Chugiak/Eagle River Senior Center**

- Dishwasher / bussers for Easter Bruch on April 9 from 9:30am to 1:30pm
- Coffee Barista on Mondays and/or Wednesdays from 9am to 12:30pm
- Servers / Dishwashers for fundraising events. These events are held once a month on Saturday evenings.

If you are interested, please contact Heather at [cscact@mtaonline.net](mailto:cscact@mtaonline.net) or call CERSC at 907-688-2685.

## New Book – “Church of Our Granddaughters”



Dear friends and colleagues - I write to let you know that my new book Church of Our Granddaughters is now available from the publisher and from major booksellers. I wrote this book out love and hope: love for my ancestral faith of Orthodoxy and hope that it will welcome and appreciate women in a manner commensurate with its teachings of the infinite value of the person and the liberating message of the Gospel. With blessings and appreciation - Carrie Frederick Frost

*As described by the publisher:*

*“Church of Our Granddaughters” is a visionary work of theology and ethics that looks hopefully and lovingly two generations into the future, imagining the Orthodox Church’s practices and realities rightfully aligned with its core theological teachings and truths regarding women. This reverent but bold work offers the necessary insight and inspiration to create a community which welcomes all its members, our granddaughters as well as our grandsons, thus allowing the Orthodox Church to better incarnate its mission of service and transfiguration.*

## 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)



### House for Sale on Monastery Drive

The Howells' house at 19106 Monastery Drive, which the school has leased for the past two years, will be listed for sale on Friday March 10 for \$390,000. It has five bedrooms and two bathrooms. If anyone from the St. John community is interested in it before it hits the open market then they can contact real estate agent Nani Palmer at Les Bailey and Associates.



### Photos from Brandon Weaver

Beautiful Northern Lights and Jupiter and Venus ‘kissing’ above the Church



**Elizabeth Jones, Now Sister Thaisa**  
(Chris & Michael Jones' Mom) from Kodiak

## *Dates to Remember*



### *Thursday Reading Group*

“JoAnn Webster is back home, so the Thursday readers will meet at her home this coming week, March 9th, at 10 am, followed by a potluck lunch. Time to decide what to read next! Hope to see some new and old friends”

## *Birthdays This Week*



March 6 - Cecilia Scherer  
March 6 - Skylynn Lineer  
March 6 - Samuel Gillquist  
March 6 - Edmund Justus

March 7 - Bill Cook  
March 9 - Karina Lindblom  
March 10 - Elisa Betson  
March 12 - David Lindblom

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

## *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 !*

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

For the Month of **MARCH** – our scheduled meal that we provide Clare House is:  
**Saturday, March 25.** Contact Cara Fletes to see how you can help.





## Remembering in Prayer...

Janet Hawi  
Jeff Hunter  
Preston Collier  
Dan Kendall  
Jan Northey  
Kh. Rita Molloy

Al Zink  
Eloise Lamb  
Gwyn Jones  
Margaret Grasee  
Kh. Sally Howell  
Fr. Michael Molloy

## THE SYNAXARION



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

On March 5 in the Holy Orthodox Church, we commemorate the Hieromartyr Konon of Isauria; Martyrs Archelaos and his 152 companions in Egypt; and New-martyr John the Bulgarian.

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.

### 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.

### 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