

Athanasius & Cyril

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*Hebrews 13:17-25*

*Luke 17:12-19*

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*Homily by
Subdn. Tim Mellor*

*Epistle Reader:
Steve Templeton*

*Coffee Hour Hosts:
Okuley / Stogsdill*

St. John Orthodox Cathedral

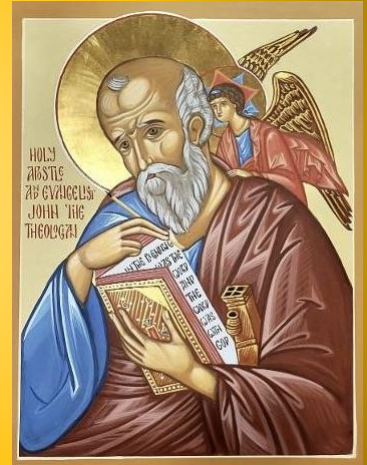
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## *Weekly Bulletin*

*Sunday, January 18, 2026*

*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.

Parish Events and News



Time to “Un-Decorate”

**Come join the fun in taking down the
Christmas decorations.**

Saturday, January 17th, 10am

Pastries provided for all those who come to help.

Everything will be set up and ready to go.

*(If you come to help, we will get this done quickly and we
can enjoy this time together. Thank you.)*

Coffee Making Training

Jennifer Gillquist will be putting on coffee making training. For those of you coming to help take down Christmas decorations, consider coming a little earlier to see a demonstration on how to operate the coffee pots. We are making coffee to help get us energize for the work anyway so this will be a good time for those who have not learned how to use it. We will start making the coffee at 9:40am.



Catechesis of the Good Shepherd (Atrium)

Sundays from 12:30 – 2:00pm

Folk Dancing Nights

**Join us Sunday Evenings through January 25 for a Joyful Season of Folk Dancing! We'll Gather
from 5:00–7:00 PM in the Church Basement.**

Enjoy live music performed by our local folk band, The Rock Badgers, along with guided dance instruction—perfect for beginners and seasoned dancers alike! These evenings are family-friendly and open to everyone. Feel free to bring a snack to share; punch and water will be provided.

**Opening the Door to Orthodox Christianity Next Class Will Be
Thursday, February 5, 6-7:30pm at the St. James House
“Personal Prayer”**

[Updated Schedule for January, February - Opening the Door to the Orthodox Christian Faith](#)



**Youth Group-Tuesday Nights-6:30-8pm
at the St. James House**

We'll have dinner together at 6:30pm with a discussion and activities in the living room wrapping up at 8pm. —John Marc and Bethany Dunaway (907) 317-9549.



***Coffee Hour This Sunday - January 18, 2026
Group C - Third Sunday of the Month***

Hosts Families: Okuley / Stogsdill

Snacks: Arnold, Curry, Dunham, Fisher, Hanna, Hawi, Hunter, E & H Johnson, Kelly, Kendall, Labrecque, Medders Families, Okuley, Polson, Saur, Scherer, Sparks, Stiehrs, Temple Families, Wasile

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***Next Sunday – Group D – January 25 Hosts: Klatt / Ihde / A. Ihde***

*Snacks: Alexander, Arvidson, Clodfelter, Dougherty, Fr. M & Kh. Betsy Dunaway, Dyal, Fletes, Haines, Goetz, Hightower, M Johnson, Jones, Kies, Lamb, Mee, Moses, Palmer, Parker, Ray, Snider, Stogsdill, I. Temple, Terrell, Van Dyke, Webster*

**Some Thoughts about the Importance of Coffee Hour from Fr. Marc and  
the Parish Council**

**Dear Brothers and Sisters,**

Fr. Marc was recently asked by the Parish Council to share some thoughts on “Sunday Coffee Hour” and why it matters. These thoughts were subsequently discussed and expanded to include the Parish Council’s thoughts also. We want to share these thoughts with all the beloved and faithful members of our Parish.

**Purpose**

To begin, Coffee Hour provides a helpful refreshment after the Divine Liturgy, especially since those who receive Holy Communion have been fasting since waking. This practical benefit is important, and yet Coffee Hour serves an even greater purpose too: It helps build community within our parish. Coffee Hour gives us a regular opportunity to connect with one another, catch up, and strengthen relationships. It also offers visitors a chance to meet parish members in a welcoming and informal setting. In all these ways, Coffee Hour helps us live out our shared life in Christ and strengthens our parish community.

**Here’s a Problem**

For many years at St. John’s, we have organized Coffee Hour by dividing parish families into four groups. Each group is assigned one Sunday per month to provide food and assist with setup and cleanup. In addition, two (or three) families are designated each Sunday to “host” and ensure that Coffee Hour runs smoothly. Recently, however, we have encountered some challenges that have caused a disproportionate amount of the work to fall on the host families. [Read more....](#) —Fr. Marc and the Parish Council – January 2026 [Coffee Hour Thoughts 2026](#)



## Ladies Tea – Saturday, January 24 10am to Noon

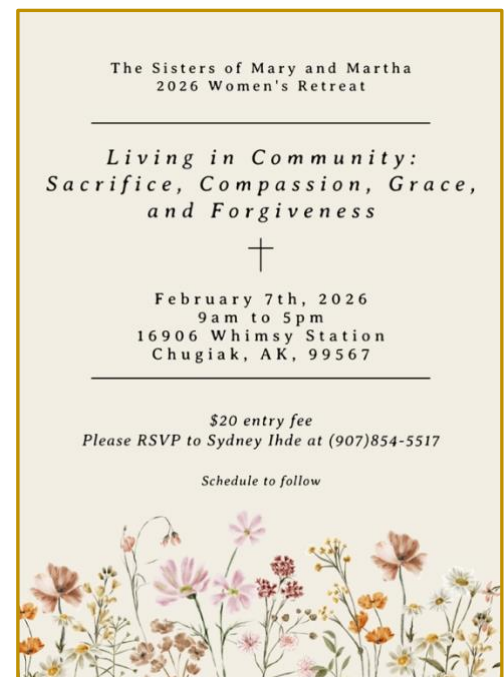
Kristine Lindblom and Sydney Ihde are hosting a women's teatime Saturday, January 24th from 10am to 12pm in the church basement. This is an open invite, and the details can be found on the flyer. Please bring a dish to share! Coffee and tea will be provided.

## Women's Retreat 2026

Our annual women's retreat is quickly approaching! All meals for the day will be provided. Parking should not be too much of an issue, but we suggest carpooling. If you have a small and quiet craft project, you're working on, feel free to bring it to work on during the retreat! Please RSVP to Sydney Ihde within the next two weeks so we know the head count for food and chairs. A schedule of events will be posted soon.

There is a \$20 entry fee. This can be paid on the church website under the donate link and as "other" with SMMS written in the description. Payments can also be given directly to Natasha Haines or Sydney Ihde. If the fee is preventing you from coming, please contact Sydney and it will get sorted out. Thanks!

-Sydney Ihde (907) 854-5517



## Support for Ukraine

I'm infinitely grateful each member our church for support Ukraine. Lord bless you for kindness and help to Ukrainian people! They are with desperate courage, fighting for freedom and democracy, and the right to live on their own land. (Our parish raised a little over \$2,900.00.)

—Oksana Artz

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## *Local Community News*

Hello all! I was contacted by my work (Alaska Adoption Services) for assistance with their community diaper pantry that serves Eagle River and Anchorage. They provide free diapers for children ages newborn to four years of age and have distributed almost one million free diapers since opening in 2021. They provide 50 diapers and one pack of wipes to each family in need per month. Food stamps and WIC do not cover assistance for diapers and wipes, and this can be a huge financial stress for many families with young children. Volunteers assist in wrapping the diaper packs to help this service continue to run.

**On Wednesday January 21<sup>st</sup> at 5:30pm St. Johns will be hosting a diaper wrapping event in the church basement to benefit the diaper pantry.**

**Message me if you can come —Sydney Ihde (907) 854-5517**

If we get enough volunteers, this should take 1.5 hours, possibly 2 hours. Please join us as we help support this important service that benefits many people in our community!

We do not need to bring diapers and wipes. They will be bringing that and all the wrapping supplies for us so if you can come, just show up and be ready to help!

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## *Notes and Pictures from Parishioners*

### **“Checking In” with Each Other**

Is there something you'd like to share? Please email: [cathedral@stjohnalaska.org](mailto:cathedral@stjohnalaska.org)

### **Looking for a newer car to buy**

Anna Sluz is looking for a newer car to buy. If you or someone you trust is in the market to sell, text Anna at 907-360-4810.

### **Rides Needed for Oksana Atrz to Get to Church**

**The church is looking for volunteer drivers to take Oksana to church for Sunday Divine Liturgy.**

Please let Dn. Kevin Dougherty know which dates you can cover at [doughertykb@yahoo.com](mailto:doughertykb@yahoo.com) or 907-947-5345.

**The following are the dates Oksana will need a ride: January 18, 25 and February 1, 8, 15, 22**

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## *Dates to Remember*

### ***‘Moms with Little Ones’ Reading Group – Wednesdays 10am***

We will meet at the St. James House If you have any questions, contact Natasha Haines at 907-351-4942.



### ***Men's Book Club – Wednesdays 7-8pm***

We will meet at the St. James House. If you have any questions, you can text Sam Lowry at 616-928-5181.





## *Women's Reading Group - Thursdays at 10am*

We meet at 10am at the Senior Center Meeting Room, in the HUD building on the second floor. Hope to see you there! —Ann Patras

## *Birthdays This Week*

January 18 - Sarah Curry

January 18 - Hayley Komar

January 21 - Kerry Jones

January 21 - Sloan Medders

January 21 - Valorie Sparks

January 22 - Frederick Bower

January 23 - Sarah Drennan

January 23 - Leland Scherer

January 25 - Khafani Abel

January 25 - Will Oliveria

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

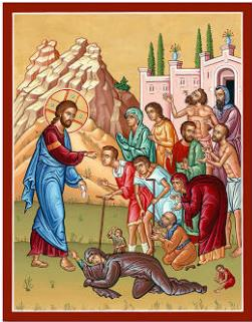


## *Anniversaries this Week*

Michael & Meghan Jones - January 22, 2012

Caleb & Victoria Bower - January 18, 2020

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



## *Remembering in Prayer...*

Mary Greene  
Zoie (Oksana's Mom)

Arlo Northey

Gwyn Jones

Jay Keener

Krya & Skylynn Lineer

Jan Northey

Myles & Maris Kelly

*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*



\* Archpriest Harold Dunaway - January 3, 2012

\* Kh. Barbara Ann Dunaway - January 25, 2011

\* Infant Mark David McIlrath - January 25, 1986

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

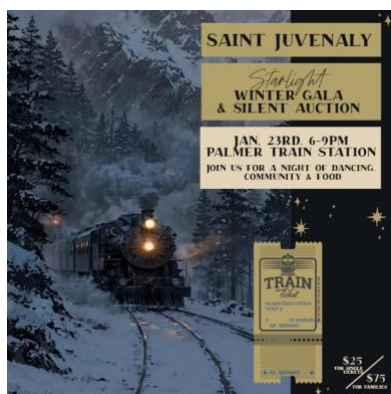
## *Clare House Meal - 4th Saturday of Each Month*

For the Month of **January** – our scheduled meal that we provide Clare House is:  
**Saturday, January 24.** Contact Cara Fletes to see how you can help.



*Members of Saint John's in Eagle River are invited to...*

### **St. Juvenaly's First Annual Starlight Winter Gala & Silent Auction January 23rd from 6–9 PM at the Palmer Train Station (550 W Arctic Ave, Palmer, AK)**



St. Juvenaly & His Companion Orthodox Mission warmly invites you to attend our first annual Starlight Winter Gala and Silent Auction on January 23rd from 6–9 PM at the Palmer Train Station (550 W Arctic Ave, Palmer, AK).

Join us for an elegant winter evening featuring dinner, traditional folk dancing and other classic dances, and a silent auction showcasing generously donated items from our community. This event is designed to bring Alaska Orthodox families and friends together for fellowship, celebration, and support of our parish.

For more information and to purchase tickets please visit [stjuvenalywasilla.org/st-juvenalys-starlight-winter-gala/](http://stjuvenalywasilla.org/st-juvenalys-starlight-winter-gala/)

#### **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

Athanasius & Cyril, Patriarchs of Alexandria – January 18



On January 18, we commemorate our Fathers among the Saints Athanasius and Cyril, Patriarchs of Alexandria.

### *Verses*

*Athanasius has died, yet we call him living,  
for the righteous live, though they be taken by death.  
On the eighteenth they buried Athanasius' body.*

*Today we commemorate the exile of Cyril,  
but not his ever-memorable death.*

These wise teachers of truth and defenders of Christ's Church share a joint Feast in recognition of their dogmatic writings which affirm the truth of the Orthodox Faith, correctly interpret the Holy Scripture, and denounce the delusions of the heretics. Athanasius took part in the First Ecumenical Council when he was still a deacon. He surpassed everyone there in his zeal upholding the teaching that Christ is consubstantial with the Father, and not merely a created being, as was taught by the Arians. This radiant beacon of Orthodoxy spent most of his life in exile from his diocese, because of the plotting of his enemies. He returned to his flock as he was approaching the end of his life. Like an evening star, he illumined the Orthodox faithful with his words for a little while and then reposed in 373.

Cyril was the nephew of Patriarch Theophilus of Alexandria, who educated him from his youth. He succeeded to his uncle's position in 412 but was deposed through the plotting of the Nestorian heretics. However, he later resumed his position as Patriarch. Cyril presided at the Third Ecumenical Council in 441, which successfully denounced the Nestorian blasphemy against the Most Holy Theotokos. His wise words demonstrated the error of their false doctrine. Cyril departed to the Lord in 444.

On this day, we also commemorate the Martyr Theodoula of Anazarbus and her companions, and Maximos, the Serbian ruler.

By their intercessions, O Christ God, have mercy upon 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