

*Sunday of the Cross  
Divine Liturgy of  
St. Basil*

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*Hebrews 4:14-5:6  
Mark 8:3-9:1*

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*Homily by  
Fr. Marc Dunaway*

*Epistle Reader:  
Russell Clodfelter*

*Coffee Hour Hosts:  
K & J Medders / K  
Medders*

# *St. John Orthodox Cathedral*

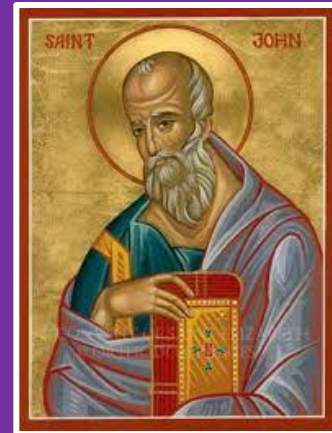
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## *Weekly Bulletin*

*Third Sunday of Lent  
Sunday, March 19, 2023*

*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.*

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## *Feast Days and Services*

**Reminder – Presanctified Liturgy Tonight (Friday)  
At 6:15pm, Soup Supper to Follow**

### *The Annunciation of the Mother of God Saturday, March 25*



Great Vespers for the Feast – Friday, March 24 at 7:15pm

Divine Liturgy – Saturday, March 25 at 9:15am

*Fish, Wine, and Oil (There will be no Compline with Akathist for the Mother of God on Friday Evening March 14<sup>th</sup>)*

### **Pancake Feed After Annunciation Liturgy Canceled**

We are sorry to announce the Annunciation pancake breakfast is being canceled. While it was a wonderful idea, it just did not come to fruition. Perhaps it is something we can do in the future. Liturgy will still be held at the same time. –Sisters of Mary and Martha

### **Services for the Fourth Week of Lent**

#### **This week's schedule.**

- Monday - Great Compline 7:15pm
- Wednesday – Presanctified Liturgy 6:15pm, Soup Supper
- Friday – Great Vespers for the Feast 7:15pm
- Saturday – Divine Liturgy for the Annunciation 9:15am
- Saturday – Great Vespers at 7:15pm

## Parish Events and News

### Cathedral Cleaning Day – Saturday, March 18

#### Come one, come all....



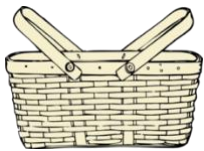
All church cleaning day is Saturday March 18 from 9a.m.-12p.m. All and any help is much appreciated. There will be snacks and drinks provided. If you are unable to come and want to help, please contact Elisa Betson at (907) 863-0377 by text for tasks remaining after Saturday. Kh. Colleen Polson will be available during cleaning for any assistance. Elisa will be there part of the time for assistance. Thank you.

### Kid's Choir Practice On Sundays



We will continue to have practices on Sundays. All kids ages 4 through high school are welcome. Please contact Jessica Kies or Cara Fletes if you have any questions. We look forward to singing with you!

### 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.

**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.



### Coffee Hour This Sunday - March 19, 2023 Group C - Third Sunday of the Month

**Hosts Families: K & J Medders / K Medders**

*Snacks: Amundson, Clement, Curry, Dunham, Fisher, Greene, Hawi, Hunter, Johnson, Kelly, Kendall families, Labrecque, Medders Families, Okuley, Polson, Saur, Scherer, Sparks, Stiehr, Temple, Wasile*

**Lenten Fast - bring snacks to serve at least 4 families.**

**Note: Please reserve some trays of snacks for the choir and leave them in the kitchen.**

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**Next Sunday – Group D – March 26, 2023 Hosts: Clodfelter / Snider**

*Snacks: Alexander, Arvidson, Clodfelter, Dougherty, Fr. M & Kh. B Dunaway, Dyal, Fletes, Haines, Hightower, Idhe, B & M Johnson, Jones, Kies, Lamb, Mee, Moses, Palmer, Potts, Dn. J & D Ray, Snider, Stogsdill, Terrell, Webster*

## Help Needed for Clean Up After Soup Suppers

We need help cleaning up after soup suppers! (Especially for this upcoming Wednesday, 3/22). Please sign up on the sign-up genius link:

<https://m.signupgenius.com/#!/showSignUp/805054cafa922a1fc1-soup>

Or there is a physical sign-up sheet downstairs right by the church kitchen. The more people that sign up, the faster the clean-up will go. Thanks so much and let me know if you have questions!

Cara Fletes

## Fundraising Ideas Needed

I am still looking for more brilliant minds to help with fundraising ideas for the sisters of Mary and Martha. My team can include men to offer ideas and input. Our first meeting will be after Pascha. —Jennifer Gillquist 907-632-1064



### Men's Lenten Retreat

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



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

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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 [stjohnalaska@aol.com](mailto:stjohnalaska@aol.com)

### Jane Lamb's Dad Passed Away

On Wed. March 15th Jane Lamb's dad, Zygmund “Mike” Kowalewski, passed away in his apartment at the Senior Center with one of his attendants standing by.

He was under Hospice care, and they had kept him as comfortable as possible until the end. Fr. Arthur Roraff, pastor of St. Andrew's, anointed him Sunday afternoon. A memorial service is planned for Friday April 7th at 3pm in the dining room of the Senior Center, with interment at the Ft. Rich National Cemetery this coming summer.

### Help Needed for Al Zink

Al Zink is currently living in the cabin beside the Lamb's on Monastery. He is dealing with declining health and needs low intensity live-in support. Housing would be provided at no cost and there would be a car available for your use. There are in-home caregivers who come in for about 8 hours a day. We are looking for someone to be available to support him at the other times.

If interested call Martha Fisher at (907) 538-9851 to discuss specifics related to schedule and compensation.

## *Dates to Remember*



### *Thursday Reading Group*

The Thursday readers will meet at JoAnn Webster's home at 10am. Everyone's welcome, bring a snack! JoAnn

## *Birthdays This Week*



March 19 - Al Zink

March 19 - Daniel Jenkins

March 21 - Darlene Hunter

March 22 - Charley Peyton

March 25 - Christopher Kies

March 26 - Brittany Sturdevant

*M A N Y   Y E A R S !*



## *Anniversaries This Month*

Harold & Barbara Parker - May 20, 1976

*M A N Y   Y E A R S !*



## *Remembering in Prayer...*

*Janet Hawi  
Gwyn Jones  
Preston Collier  
Jan Northey  
Kh. Rita Molloy  
Mary Fletes*

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

## *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.



### THE SYNAXARION

Sunday of the Cross – 3<sup>rd</sup> Lent



On March 19 in the Holy Orthodox Church, we commemorate the Martyrs Chrysanthos, Daria, and those with them of Rome; Martyr Pancharios of Nicomedia; New-martyr Demetrios the joiner of Constantinople; and Venerable Innocent of Komel.

On this day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-giving Cross.

#### *Verses*

*Let the whole entire world venerate Your Cross  
through which the world will come to know how to  
worship You, O Word.*

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work as Great Lent. For the effort in this struggle brings with it fatigue which makes the accomplishment of the rest of this Season difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother, the Holy Orthodox Church, thought it fit to elevate the Holy Cross as the joy of the world and the power of the faithful to help us carry on with the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and count us worthy to worship Your divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as You alone are good and the Lover of mankind. Amen.

### Saint John Orthodox Cathedral

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Antiochian Orthodox Christian Archdiocese  
Pastor: Fr. Marc Dunaway • Assistant Priest: Fr. Robert Polson