

# St. John Orthodox Cathedral

Gregory Palamas  
Tone 6

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Hebrews 1:10-2:3  
Mark 2:1-12

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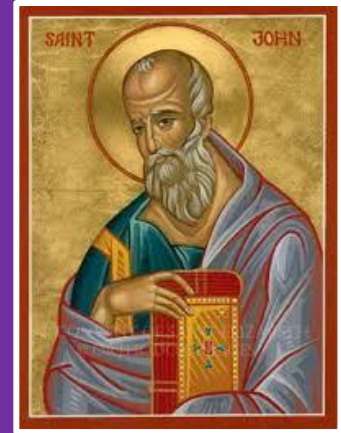
Homily by  
Protodn. Pat Lamb

Epistle Reader  
Steve Templeton

Coffee Hour Hosts:  
Finkler / Lineer

## Weekly Bulletin

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Second Sunday of Lent  
Sunday, March 12, 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.*

## Feast Days and Services



Daylight Savings Time Begins this Sunday  
Turn ahead 1 hour Saturday night.

### Services for the Third Week of Lent

#### This week's schedule.

- Friday - Presanctified Liturgy 6:15pm, Soup Supper (instead of Wednesday – see note below)
- Saturday - Great Vespers 7:15pm

### This Sunday We Will Again 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.

### IMPORTANT NOTE

#### Wednesday Presanctified this Week Will Move to Friday Night Soup Supper Will Move Too

This change will allow Fr. Marc to return from his trip for the School Board Training in Vancouver, WA, in time to serve Presanctified Liturgy on Friday night, which in turn is also helpful for Fr. Robert. So, there will be no service on Wednesday Night this coming week at St. John's. Presanctified Liturgy this Week will be Friday Night, March 17, at 6:15pm, followed by Soup Supper. (The usual Friday Compline and Akathist will be cancelled.)

## Parish Events and News



### 1st Kid's Choir Practice Today

Please join us today, Sunday March 12th at 12:10 in the Nave for our first children's choir practice for Pascha. We will continue to have practices on the following Sundays. All kids ages 4 through high school are welcome. Since there is no Atrium this week, please be sure to pick up your kids at 12:25pm. Please contact Jessica Kies or Cara Fletes if you have any questions. We look forward to singing with you!

### Out of the Church Office...

Fr. Marc and Kh. Betsy left on Wednesday, March 8 to Oahu, Hawaii for a few days and will then travel to Vancouver, WA for school board training. They will return on March 16.

Maris Kelly will be traveling to Kona, Hawaii and will be gone for two weeks, March 9 to March 23. If you have any reimbursements, I will be able to do that on my return. I will continue to check the church email and will be doing the bulletin from Hawaii. John Marc will be in the office if you need someone to contact.

### 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.

### Pancake Feed After Annunciation Liturgy on March 25

The Sisters of Mary and Martha will host a pancake feed after the liturgy for the Annunciation on Saturday March 25. This will be a fundraiser to help replenish our bank account. I am looking to recruit help to make this a wonderful event. Please see me at coffee hour, or text me at 907-632-1064. We need help with someone to oversee everything that day (I will be out of town), shopping for supplies, set up, prep, cooking, serving, and cleaning up. Men and teenagers are encouraged to help also. Thank you - Jennifer Gillquist

### Sisters of Mary and Martha Fundraising Ideas Needed

FUNDRAISING - it seems like a dirty word sometimes, but it needs to be done. I am looking for some creative minds to join me in brainstorming to come up with some fundraising ideas for the Sisters of Mary and Martha. We need to replenish our bank account so we can go back to doing the things we did before COVID limited us on activities. See me at coffee hour or text me at 907-632-1064. Our first brainstorming session will be after Pascha. Thank you – Jennifer Gillquist

### Writings From Our New Metropolitan Saba

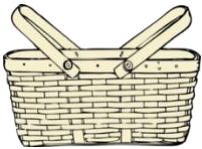
His Eminence is making some of his short writings available to his Antiochian parishes. Reading these can bring us instruction and help us get to know him better. These will be posted on the Resources page of our Cathedral website. Here are links to the first two writings:

[A Letter to the Antiochian Women](#) // [Is Fasting an Obligation?](#)



March 2023 [E-News](#) from the Antiochian Archdiocese

## 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**

**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.



### *Coffee Hour This Sunday - March 12, 2023 Group B - Second Sunday of the Month*

**Hosts Families:** Finkler / Lineer

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

**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 C – March 19 Hosts: Kim Medders / K & J 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.

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## *Local Community News*



### House for Sale on Monastery Drive

The Howell's house at 19106 Monastery Drive, which the school has leased for the past two years, was listed for sale Friday, March 10, for \$390,000. It has five bedrooms and two bathrooms. If anyone from the St. John's Community is interested in it they can contact real estate agent Nani Palmer at Les Bailey and Associates.

## 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)



Congratulations to Charlie and Danielle (and brother Joshua) Stevens on the birth of their new baby, Nathan Edward Stevens. Charlie is one of our catechumens at Saint John's.

## 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

## 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.



## Birthdays This Week



March 12 - David Lindblom  
March 16 - Dwight Stallman  
March 16 - Helen Gillquist  
March 18 - Bill Hightower

March 18 - Margaret Grasse  
March 19 - Al Zink  
March 19 - Daniel Jenkins

*M A N Y   Y E A R S !*



## Remembering in Prayer...

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

*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 !*

### THE SYNAXARION

Gregory Palamas – 2<sup>nd</sup> Lent

On March 12 in the Holy Orthodox Church, we commemorate the Venerable Theophanes the Confessor of Sigriane; Venerable Simeon the New Theologian; and Righteous Phineas, grandson of Aaron the High Priest.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

#### *Verses*

*The Source of light leads us to the glimmer of day in the inner sanctuary.*

*O truly great Gregory, you are a radiant proclaimer of light.*



This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the lavish lifestyle of the palace and gave himself over to asceticism on Mount Athos. He eventually moved to Thessalonica to seek a cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy as an archbishop, tending and caring for his people for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. Many past Saints visited and appeared to him in different times including: The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and other angels of God.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon 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