

3rd Sunday after
Pascha
Paralytic

Acts 9:32-42
John 5:1-15

Homily by
Protodn. Pat Lamb

Epistle Reader:
Steve Templeton

Coffee Hour Hosts:
M & M Jones / Moses

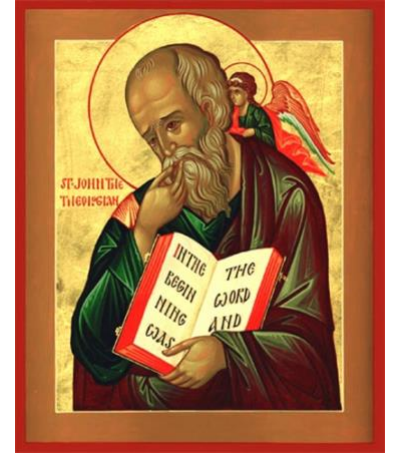
St. John Orthodox Cathedral

Weekly Bulletin

May

Sunday, May 3, 2026

And the Days Following



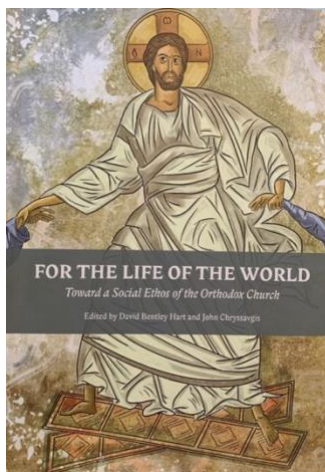
O Apostle John, speaker of Deity, the beloved of Christ our God, hasten to deliver your people powerless in speech, for He on Whose bosom you lean accepts you as an intercessor. Beseech Him, therefore, to disperse the darkness of ignorance and pray for peace and great mercies to be shown upon us.

Parish Events and News

Save the Date!

**Saint John's Eagle River Institute
August 1-5, 2026 - Our 30th Year!**

A Note from Fr. Marc - For several years I have looked forward to this summer's topics and to these presenters being with us. We will be joined by Dr. Irina Paert from the University of Tartu in Estonia, Dn. Perry Hamalis from Holy Apostles' Greek Orthodox Church in Westchester, IL and professor at North Central College, and a friend and previous ERI presenter, Dr. Gayle Woloschak from Northwestern University. Dn. Perry and Gayle will introduce us to the landmark document, "For the Life of the World:



Toward a Social Ethos of the Orthodox Church," commissioned by Patriarch Bartholomew and published in 2018. In general, the study of ethics deals with how we conduct our life in this world and for our purposes this summer how our life is guided by the beliefs of the Christian Faith and the traditions of the Orthodox Church. This document addresses topics such as politics and social responsibility; marriage and family life; poverty, wealth and justice; war and violence; ecumenical relations; human rights; and science and technology. I am sure the discussions will be engaging and practical. At the same time, Irina will share stories of three Orthodox heroes from recent times: St. Sophrony (Sakharov), Met. Anthony (Bloom) of Sourozh, and Composer, Arvo Pärt. Further details will soon be updated on the [Eagle River Institute](https://www.eagle-river-institute.org) website. So, save the date and make plans to attend this summer.

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](#).



Dr. Irina Paert, Estonia



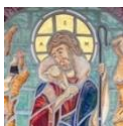
Fr. Dn. Perry Hamalis, PhD



Dr. Gayle Woloschak

04/21/26 Parish Council Meeting Summary

- The PC members all shared a highlight from Pascha.
- Tim gave a church family meeting debrief.
- The Strategic Planning Committee scheduled their first meeting.
- The PC would like feedback and discussion regarding the cemetery inclusion guidelines. We will reserve the last 30 minutes of our upcoming PC meeting (May 19th from 8-8:30pm) to discuss the proposed guidelines with parishioners who are interested. Please look for an email to be sent out with more information.
- Derick and John Marc will get started on the sound reduction project for the church basement.
- Fr. Marc asked about having coffee hour outside for summer. The PC agreed it would be a good idea.
- Fr. Marc discussed the upcoming ERI. He has speakers Irine Paert, Fr. Deacon Perry Hamalis, PhD and Dr. Gayle Woloschak
- The PC was updated that there is currently a family staying in the Maranatha House.
- Tim Mellor provided an update on the school, sharing about its upcoming fundraiser on May 8th.
- A second Pascha feast meats team has signed up to cover the 2027 feast, it will be Josh Unser, Sean Fisher and Marshall Alexander
- The PC reviewed the cost of the Pascha Feast. It cost the church \$4500. \$1000 was contributed from church members. The PC decided to increase the Pascha Feast contribution to \$20/individual and \$40/family starting in 2027.
- Please send any comments/questions/suggestions to the Parish Council at parishcouncil@stjohnalaska.org



Catechesis of the Good Shepherd (Atrium)
Sundays from 12:30 – 2:00pm

St. John's Youth Corps



Each summer the Cathedral hires several young adults (14+) to do the work needed at the Cathedral, surrounding buildings, and their ~55-acre campus. We call this group our Summer Youth Corps, and their tasks vary widely based on what is needed that year. This might include everything from hauling firewood, finishing decks and siding, cleaning carpets, building fences, maintaining trails and much more! You can be part of a long tradition that takes pride in the upkeep of St. John's campus while making money and gaining work experience. More information and applications are available online at www.stjohnalaska.org/youth-corps Applications are due May 25.



Coffee Hour This Sunday - May 3, 2026 Group Matthew (1) - First Sunday of the Month

Hosts Families: M & M Jones / Moses

Snacks: Abel, Amundson, Betson, Clodfelter, Culton, Curry, Dozier, J & B Dunaway, Finkler, G & J Gillquist, H Gillquist, Grasse, G & A Ihde, Haley, Hightower, D & A Jenkins, K & G Jones, Kelly, Klatt, Lamb, Lineer, K & J Medders, Mee, Moffatt, Okuley, Patras, N & M Ray, Sluz, Stallman, Stogsdill, J. Temple, Terrell, Webster

Next Sunday - Group Luke (2) - May 10 - Hosts: Alexander / Palmer

Snacks: Agnew, Arnold, Bower, Davisson, Drennan, Dunham, Durand, Fisher, Hanna, Hoyt, J. Jenkins, M & M Jones, D & M Kendall, Komar, Layton, Lindblom, K Medders, L & M Mellor, G. Moses, Oliveria, Peters, Saur, Snider, Sturdevant, N. Temple, Tysver, Vermeylon, Villafanna, Wells

GROUP	May 2026	June 2026	July 2026	August 2026
MATTHEW (1)	May 3 Jones, Michael & Meghan Moses, Georgiana	June 7 Dunaway, John & Bethany Jenkins, Jena	July 5 Lineer, Chris & Allison Griffith, Rebecca & Michael	August 2 Stiehr, Jesse & Andrea Hawi, Mel & Janet
LUKE (2)	May 10 Alexander, Marshall & Mary Ruth Palmer, Dan	June 14 Haley, Keith & Anna Johnson, Monica	July 12 Medders, Kim & Oscar Wolkoff, Shirley	August 9 Scherer, Cecilia & Raymond Grasse, Chris & Margaret
MARK (3)	May 17 Weaver, Brandon & Arianna Van Dyke, Teri	June 21 Dougherty, Dr. Kevin & Doreen Hightower, Bill	July 19 Temple, Alex & James Alvarez, Jennifer	August 16 Palmer, Dan Fisher, Sean & Marita
JOHN (4)	May 24 Clodfelter, Russell & Rhonda Lowry, Sam <i>Coffee Hour Begins Outside</i>	June 28 Dunaway, Ben & Danielle Tysver, Judy	July 26 Ray, Dr. Joseph & Denise Alvarez, Sbdn. Steven	August 23 Parker, Harold & Barbara Ray, Nate & Macrina
5th Sunday	May 31 <i>ALL Bring Snacks Help Clean Up</i> Cook, Bill & Mary Alice Mee, Michael & Katya			August 30 <i>ALL Bring Snacks Help Clean Up</i> Goetz, Jacob & Alyssa Gillquist, Peter

New Coffee Hour Hosts List May through August

Please note: If you can't host on the week you are scheduled, please find your own substitute and then contact jennifergillquist@gmail.com

[Here is the link](#)

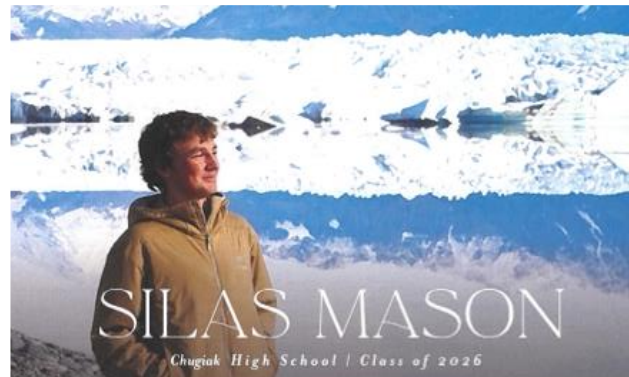
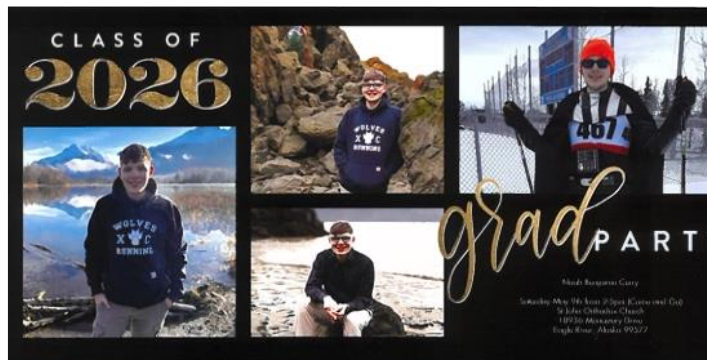
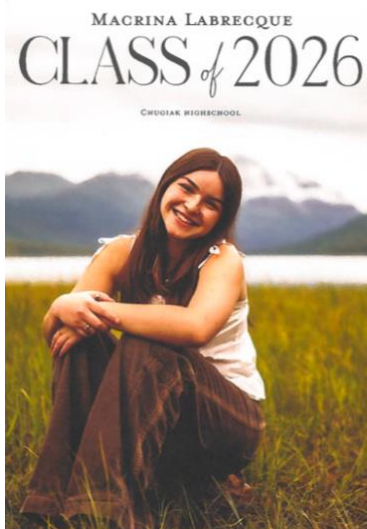
Next Sunday (May 10)...



**The church will honor those graduating during Coffee Hour
on Sunday, May 10**

High School Graduates: Macrina Labrecque, Noah Curry and Silas Mason

College Graduate: Sloan Medders, who is graduating with a bachelor's degree from Indiana University. *"We celebrate this accomplishment and the hard work, dedication and perseverance it represents. Please join us in congratulation Sloan and keeping her in your prayers as she begins her next chapter". —Kim Medders*



ST. JOHN ORTHODOX CHURCH
2026

Summer Day Camp

**ALL ABOUT:
THE SAINTS OF ALASKA**

JUNE 3-5
9:30am-12:40pm
Ages 2-12 Welcome
Cost is \$15/camper

LEARN, PRAY, & PLAY
Join us to learn about the lives of St. Herman, St. Olga, and St. Innocent through crafts, storytelling, games, and fun.

FAMILY CAMP OUT
On Friday night, join us for a family camp out on the church lawn. Details to follow.

QUESTIONS?
Contact Cara Fletes
caramia1984@gmail.com



Pay Registration Fee Here



SUMMER DAY CAMP

If you are interested in St. John Orthodox Day Camp, please make sure you have filled out the registration form and paid the “Day Camp” fee online! We have a stellar set of teachers already planning fun activities all to do with “Saints of Alaska”. We are hoping to have registration forms completed soon so we can begin organizing classes.

** This year we have a \$15.00 registration fee to help us cover our camp expenses. You can also decide to sponsor a child or several children by covering their camp fees.

You can pay online via the church website. Under the “Other” tab on the drop-down menu, please label your fee “Day Camp”.

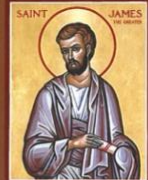

Here is the QR code you can scan to access the site.



Thank you so much to those who have already registered and be sure to look in the bulletin in the following weeks for any camp updates! Thank you so much and please call or email with any questions! —Cara Fletes - caramia1984@gmail.com

St. James House Weekly News


St. James Café
COFFEE, PASTRIES,
and COMMUNITY!


Come Sit And Enjoy A Cup Of Coffee and Catch Up With Friends

TUES & THURS
8 AM - 9 AM

- Drip Coffee
- Wild Iris Pastries
- Great Conversation



Saint James House



St. John's School Weekly News

BETTER THAN
CRACKER
BARREL

SAINT JOHN'S SCHOOL
**BBQ & COUNTRY STORE
FUNDRAISER**

FRIDAY, MAY 8 | 5:30 - 7:30 PM

BBQ DINNER

\$20 - Ages 12+
\$10 - Ages 6-11
Free 5 and under

RAFFLE - \$20 PER TICKET

☆ 1st PRIZE: Two Alaska Airlines Mileage Tickets
(Max 50,000 miles each or 100,000 miles total)

☆ 2nd PRIZE: Two Alaska Railroad Tickets to Denali
(Round Trip | Adventure Class)

Games for All Ages
Cake Walk
Square Dancing

BBQ DINNER TICKETS
Scan QR Code to
purchase online.

**RAFFLE TICKETS &
VOLUNTEERS**
Call Kali Macalino
907-696-3920

**Join us for a Fun-filled
Evening at St. John's
School's Annual
Fundraiser on May 8!**

This year's theme is
*"Better Than Cracker Barrel
Country Store and BBQ"*

Hello Everyone,

We are ready to go shopping and start cooking soon. So **please purchase your tickets right away** so we can get a good head count. Go to: sjocs.org to reserve your spot.

Our official start is 5:30pm, but you can come early at 5pm to shop our "Cracker Barrel Gift Store."

Enjoy great food, community, and a fun, family-friendly evening.

News From Our Antiochian Archdiocese



Writings by Metropolitan Saba: [The Sanctifying Dimension, Part Two](#)

Notes and Pictures from Parishioners

“Checking In” with Each Other

Is there something you'd like to share? Please email cathedral@stjohnalaska.org



SAVE THE DATE: Graduation Party

For Macrina Labrecque and Noah Curry

Saturday, May 9 – Come and Go from 2-5pm

New Beginnings

Marshall and Mary Ruth Alexander, holding their children Blaise and Rose, stand in front their recently purchased property on Darby Road as the demolition of the old house is ready to begin. This old house began as a workshop for the Darby family who lived in a trailer on the property in the 1970's. In 1986 Dn. Pat and Jane Lamb purchased the property and converted the shop into a simple home.



In 2000 this was sold to Vik and Laura Temple, whose family lived there until this year. Marshall and Mary Ruth have plans to build a new home on the property next year. May God bless this new beginning!

A Note from Lily Cowan...

Dear, beloved St. John's community!

“I moved away from the community in July 2025. I lived in and served the community for 3 years by singing in the church choir, liturgical decor and various other small things.

I am expecting my first baby, a boy- Oz Moses, any day now. Some of you know that I have an Amazon baby registry and have already generously donated. Thank you so much ♡

I have only a few remaining items. It would mean so much to have the last filled, as all help is needed.

Here is the link: <https://www.amazon.com/baby-reg/lily-cowan-may-2026-ocala/1POTIACWSMFI4>

Thank you so much. I miss you all and keep you all in my prayers 🙏” —Lily Cowan

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

The Men's Book Club will be reading *On the Incarnation* by St. Athanasius. For questions, please contact 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



Anniversaries This Week

David & Kristine Lindblom - May 3, 2002



Birthdays This Week

May 4 - Henry Ihde

May 8 - Jeff Hunter

May 5 - Mary Greene

May 9 - Bethany Dunaway

May 5 - Riley Hanna

May 10 - Michael Saur

M A N Y Y E A R S !





Remembering in Prayer...

*Matt Komar
Zoie (Oksana's Mom)
Dirk Moffatt
Jan Northey
Shirley Wolkoff*

*Jennifer Stogsdill
Joyce Arvidson
Sally Eckert
Justin Clodfelter*

*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



- * Infant Lazarus Frizelle - May 1, 2008
- * Abner Picon - May 1, 2016
- * Presbyter Garland Peters - May 6, 19979
- * Eloise Mae Lamb - May 10, 2024
- * Infant Benjamin Ray - May 12, 2022

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

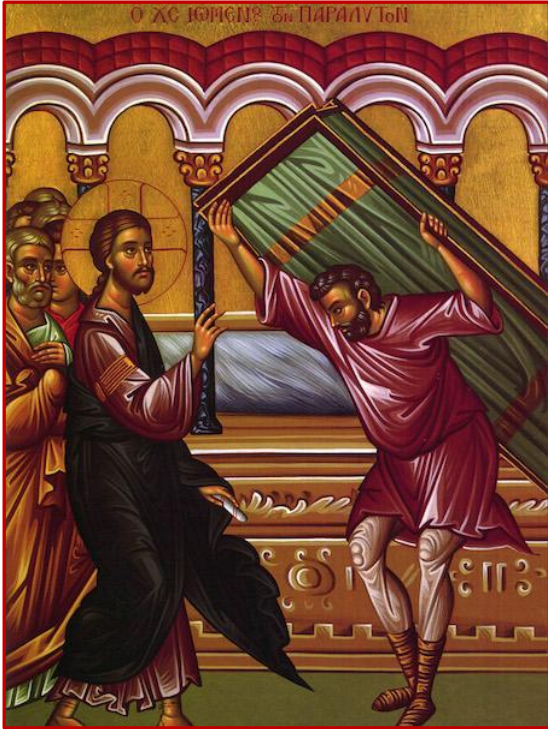
Clare House Meal - 4th Saturday of Each Month

For the Month of **MAY** – our scheduled meal that we provide Clare House is:
Saturday, May 23. Contact Cara Fletes to see how you can help.



THE SYNAXARION

On May 3, in the Holy Orthodox Church, we commemorate the Martyrs Timothy the reader and his wife Maura of Egypt; Peter, archbishop of Argolis; Ekumenios, bishop of Trikala; Venerable Luke of Mt. Stirion; and Venerable Theodosios of the Kiev Caves, founder of Russian monasticism.



Paralytic

On May 11, in the Holy Orthodox Church, we commemorate the Hieromartyr Mokios, priest in Macedonia; Cyril and Methodios, equals-to-the-Apostles and enlighteners of the Slavs; New-martyr Argyros of Thessalonica; Venerable Martyr Olympia of Karyes in Mytilene; and Martyr Joseph of Astrakhan.

On this, the third Sunday after Pascha, we make commemoration of the Paralytic, and we rightly celebrate the miracle bestowed on him.

Verses

*The Word of Christ was strength for the paralytic.
And this Word alone was his healing.*

Jesus healed the Paralytic at the Sheep Pool, located near the Sheep's Gate of Jerusalem, where people sacrificed their beasts and washed their insides. The pool had five sides, with a porch and arch on each. A number of people, afflicted with various diseases, passed through them, waiting at the water for an angel to come down and stir it. Once it moved, whoever stepped into the water first was instantly healed. One poor man, whose story is recounted in today's Gospel in the Divine Liturgy, waited 38 years for someone to lower him into the water, because he was unable to move into the water himself. However, the Savior merely commanded the man to get up and walk, and he was healed.

By Your boundless mercy, O Christ our God, have mercy on us. Amen.

Bulletin Announcement Guidelines

Send announcements to church email address: 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.

Saint John Orthodox Cathedral

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Parish Council Email parishcouncil@stjohnalaska.org • Website: stjohnalaska.org
• Diocesan Website: <http://www.antiochianladiocese.org>
Antiochian Orthodox Christian Archdiocese
Pastor: Fr. Marc Dunaway • Assistant Priest: Fr. Robert Polson