

John of the Ladder
4th Sunday of Lent

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*Hebrews 6:13-20*  
*Mark 9:17-31*

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Homily by
Protodn. Pat Lamb

Epistle Reader:
Russell Clodfelter

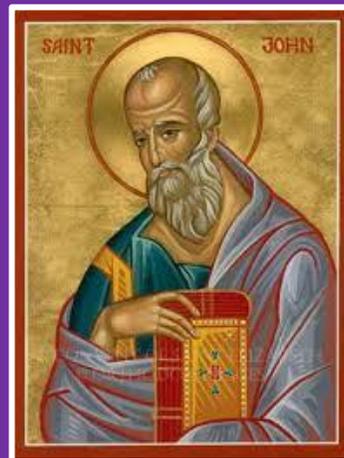
Coffee Hour Hosts:
Stallman /
VanDewater

St. John Orthodox Cathedral

Weekly Bulletin

Sunday, March 22, 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.

Feast Days and Services



The Annunciation of the Mother of God *Wednesday Evening, March 25* *Potluck to Follow*

Great Vespers for the Feast – Tuesday, March 24 at 7:15pm
Divine Liturgy – Wednesday Evening, March 25 at 6:15pm
Potluck following - Fish, Wine and Oil are allowed

This year the feast of the Annunciation falls on Wed, March 25. Fish, wine, and oil are allowed on this day, so after the evening Divine Liturgy at 6:15pm we will have a potluck fish/seafood dinner. All families are asked to bring two dishes if they can, a main dish and side dish or dessert. Please look for sign-up sheets in the church basement at the bottom of the stairs. There will also be sign-ups to help set up and clean up. The church will provide wine. If you have any questions, please reach out to Hannah Hanna. 907-315-7572 Sbdn. Steven Alvarez has organized a small group to perform The Magnificat (The Song of Mary).

Services and Events for the Upcoming Week

This week's schedule.

- Friday, March 20 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 21 – Church Family Meeting at 5:45pm
- Saturday, March 21 – Great Vespers at 7:15pm
- Sunday, March 22 – 4th Sunday of Lent / St. John of the Lader / Matins & Divine Liturgy 9:15am
- Monday, March 23 – Little Compline Reading of Life of Mary of Egypt 7:15pm
- Tuesday, March 24 – Great Vespers for the Feast at 7:15pm
- Wednesday, March 25 – Divine Liturgy and Potluck at 6:15pm
- Friday, March 27 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 28 – Cleaning Day 9:00am to Noon
- Saturday, March 28 – Great Vespers at 7:15pm



Parish Events and News

Church Family Meeting – This Saturday, March 21, 2026, at 5:45pm

The Church Family Meeting will be Saturday, March 21st at 5:45pm in the church basement. Here are a few of the agenda items to be discussed:

Financial Review, Endowment Fund, Ministry leader presentations, News and updates from the last year of Parish Council work, Comments/Questions/Looking forward, And more! Hope to see you there.



Kid's Choir Practice

Kids aged 4 through high school are invited to come join the Kid's Choir. We will practice for the Pascha Season Sundays at 12:10pm in the Nave. Hope to see you!

Soup Supper this Wednesday – March 11

Please Bring Bread to Share

We are asking that everyone clean up their own tables and empty their own trays. (Ways to Pay: Give money the night of the Soup Supper Meal / Pay online on our ['donate'](#) page and select the category 'Lenten soup supper', there will also be a QR code available to scan that takes you to our donate page directly)



Please take a moment to sign up on our Sign-Up Genius using this [Link](#)



Coffee Hour This Sunday - March 22, 2026 Group John (4) - Fourth Sunday of the Month

Hosts Families: Stallman / VanDewater

Snacks: Alvarez, Arvidson, Barrios, Burton, Cooley, Dougherty, FrM & KhB Dunaway, Forbes, Goetz, Gresset, Haines, Hawi, D & S Ihde, M Johnson, Keener, Kies, Macalino, Mason, Minea, J Northey, Parker, DnJ & D Ray, Schlicting, Sparks, J. Stiehr, I. Temple, Templeton, Van Dyke, Watson, Weaver, VanDewater

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*Next Sunday - 5<sup>th</sup> Sunday of the Month – Kies / Stiehr / Culton  
Everyone Brings Snacks and Helps Clean Up*

*Notes From Jennifer Gillquist, Coffee Hour Coordinator*

*\*Please use the Mountain Cabin coffee set out by the coffee maker / \*set up can be done the night before.*

*For all: if you cannot host, please find your own replacement then let me know of the changes*



### Catechesis of the Good Shepherd (Atrium)

Sundays from 12:30 – 2:00pm



### Cathedral Cleaning Day

Saturday, March 28

9:am to Noon

Join us for the Annual Church Cleaning Day, Saturday March 28, 9am-Noon. There will be a basket for men, women, teens, girls, and boys and draws all during cleaning. Refreshments will be provided. Come let's have fun cleaning together. For questions call Kh. Colleen 907 854-4132.

Win Prizes  
Full of Easter Goodies

## SUMMER DAY CAMP

This year the Saint John Orthodox Day Camp will be June 3rd, 4th and 5th with a campout the night of the 5th. Our theme this year is Saints of Alaska! We will explore the lives of Saint Herman, Saint Innocent, and Saint Olga. Children ages 2-12 are welcome! More information on the camp, volunteer opportunities and registration paperwork will be available in the Narthex. There will be a file folder in the Narthex where you can turn in your registration forms. Questions? Contact Cara Fletes ([Caramia1984@gmail.com](mailto:Caramia1984@gmail.com)).

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## St. John's School Weekly News



### Attention: Saint John's School Summer Program Enrolling Now

Our Saint John's School has a Summer Program that runs for 6 weeks in June and July for ages preschool through middle school. The program runs Monday through Thursday, and the focus is outdoor activities, art projects, science projects and lots of fun. This is not "summer school." The enrollment is open now and it is open all children.

See the [flyer](#) for details or check out the summer program at [sjocs.org](http://sjocs.org).

## St. John's School Enrollment – 2026 - 2027

St. John's School will be starting enrollment soon for the **2026–2027 school year**. If you are interested or planning to send your child, please contact the school office to be added to the list. You can email [office@sjocs.org](mailto:office@sjocs.org) or call 907-696-3920.

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## 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**

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## News From Our Antiochian Archdiocese



Writings by Metropolitan Saba: [On Intercommunion](#)

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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: [cathedral@stjohnalaska.org](mailto:cathedral@stjohnalaska.org)

### Note from Nichole Unser...

“Hello everyone, our monthly Inkwell Locals meeting will be this Sunday March 22 at 2pm at the Big House. Inkwell is a creative gathering for both men and women similar to the Inklings group of C.S. Lewis and J.R.R. Tolkien. We meet to spur each other along in our creative endeavors and find community in our creative callings. If you're wondering if this group is for you, feel free to chat with me at church, shoot me an email at [nicole@nicoleunser.com](mailto:nicole@nicoleunser.com), or text/call me at 509-362-1685. We'd love to have you there!” - Nicole Unser

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### Easter Feast - April 12, 2026



The “Easter Feast” following the “Agape” Vespers on Pascha is an important tradition of our Parish. It is a relaxed time of food and fellowship to celebrate Pascha and the end of the journey of Lent and Holy Week. However, providing a meal for 250+ people require a combined and organized effort from many people. **Sydney Ihde** will be coordinating the Easter feast again this year so please reach out to her with any questions at (907) 854-5517.

### The Basic Plan

*(Please Read this Part)*

- ❖ Have meats, drinks, appetizers, and ice cream provided for everyone by the Cathedral through an organized volunteer effort.
- ❖ Other foods – side dishes, salads, and other desserts – will be provided through a Potluck.
- ❖ **\*Each household, regardless of size,** is asked to make a suggested contribution of **\$20 or more**. This can be paid on the church website “[Donate](#)” page by choosing the category “Pascha Feast” or by writing a check and putting it in the tithe box with memo “Easter Feast”.
- ❖ Every family in the Church is asked to participate in bringing a dish to the potluck (there will be sign-up sheets for different dishes closer to Pascha downstairs). We also ask those that can help with dish duty in the kitchen to please do so (there will also be a sign-up sheet near Pascha for this). Dish duty is a big job, and the work should be spread out between many people.
- ❖ Please also keep an eye out for the sign-up sheets for Bright Monday clean up.
- ❖ Contact Sydney if you are interested in helping (even for a small role) and she will direct you to a task.

### The Teams

- ❖ Decorations: Sydney Ihde and friends
- ❖ Table/Chair set-up: David Sorensen & Bradley Forbes
- ❖ Purchase paper products: Laurie Snider

- ❖ Emcee: Elisa Betson
- ❖ Children’s activities: Kristine Lindblom & Jennifer Saur
- ❖ Bouncy house: Katy Arvidson & Brandon Weaver
- ❖ Folk dancing/sound system: Jessica Kies & Kathleen Cooley
- ❖ Outdoor set-up: Fr. Marc
- ❖ Potluck coordinator: Mary Ruth Alexander
- ❖ Meat grilling: John Marc & crew
- ❖ Beer & wine: Tanna Terrell, Arianna & Brandon Weaver, & Sam Lowry
- ❖ Appetizers: Liz Klatt, Michelle Mellor, & Ashley Ihde
- ❖ Coffee, tea, water, & lemonade: Natasha Haines and family
- ❖ Ice cream dessert: Ben Labreque & his children
- ❖ Sunday evening clean up: Tim Mellor, Derick Hanna, Eric Johnson (Brothers of Lazarus)
- ❖ Bright Monday clean-up: Jennifer Gillquist & Hannah Johnson (with parishioners)
- ❖ Grill clean up: Chris Kies & Zach Doss

\*Please remember to **contribute** with the suggested donation as mentioned so we can continue to make the Easter Feast special for our children and parishioners for many years to come. Thank you so much to all who have signed up for teams, and we look forward to celebrating with everyone. -Sydney Ihde



### Food For Hungry People

Remember to keep collecting for the FFHP. (You can also donate to this cause on our website; just make sure you mention Food for Hungry People.)

*["It is pointless for someone to say that he has faith in God if he does not have the works which go with faith...namely, deeds of love and compassion." —St. Gregory Palamas]*

## Dates to Remember



### Men’s Book Club - (Thursday) 7-8pm

The Men’s Book Club will be reading *The Lenten Spring* by Fr. Thomas Hopko throughout Great Lent. The book contains 40 devotional reflections—one for each day of Lent. Participants will read the reflections on their own and gather weekly to discuss the previous week’s readings together.

Due to Presanctified Liturgy, we will meet on **Thursdays from 7:00–8:00 PM** at the **St. James House**.

### Birthdays This Week

March 25 - Christopher Kies

March 28 - Keith Haley

March 26 - Brittany Sturdevant

March 30 - Sam Stogsdill

March 27 - Virginia Oliveria

**M A N Y   Y E A R S !**





### *Remembering in Prayer...*

*Matt Komar  
Zoie (Oksana's Mom)  
Dirk Moffatt*

*Jennifer Stogsdill  
Joyce Arvidson*

*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*



- \* 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 28.** Contact Cara Fletes to see how you can help.



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## THE SYNAXARION

On March 22, in the Holy Orthodox Church, we commemorate the Hieromartyr Basil of Ancyra; Martyr Kallinika of Rome; and Venerable-martyr Euthymios of Prodromou Skete on Athos.

### John of the Ladder – 4<sup>th</sup> Lent

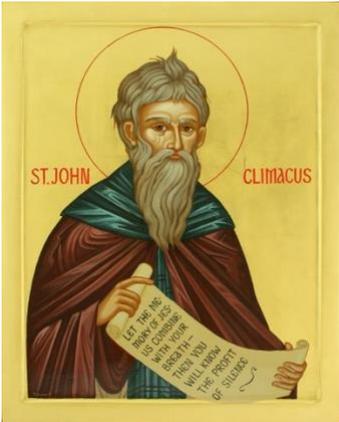
On this, the Fourth Sunday of Great Lent, we make remembrance of our godly father, John Climacus, the author of *The Ladder of Divine Ascent*.

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#### Verses

*John, dead in the flesh and also living, lives eternally,  
even though appearing dead and without breath.*

*Leaving his words as a ladder for the journey upwards,  
he shows his pursuit of the journey upwards.*



The Church also commemorates him on March 30 when he reposed. The celebration of his feast on this day probably arose from the custom prevalent in the honorable monasteries of starting the Great Lent with the reading of his book of sermons, in which John describes the method of elevating the soul to God, as ascending a ladder. John of the Ladder came to Mount Sinai as a 16-year-old boy and remained there, first as a novice under obedience, and afterwards as a recluse, and finally as abbot of Sinai until his eightieth year. One time, Moses, a disciple of his, fell asleep under the shade of a very large boulder. John, in prayer in his cell, saw that his disciple was in danger of the boulder toppling over on him and prayed to God for him. Later, when Moses returned, he fell on his knees and gave thanks to his spiritual father for saving him from certain death. He related how, in a dream, he heard John calling him and he jumped up and, at that moment, the boulder tumbled. Had he not jumped, he would have been crushed. John Climacus died around the year 563 A.D.

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

#### 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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### 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