

*Sunday of Last
Judgment
(Meatfare)*
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*I Cor. 8:8-9:2  
Mathew 25:31-46*  
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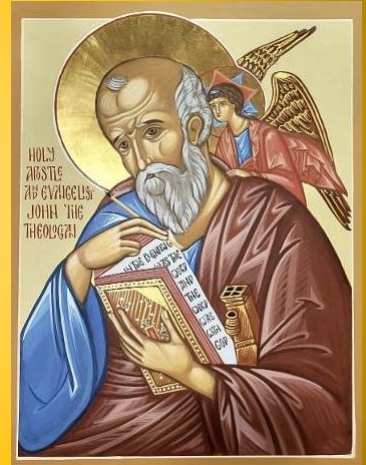
*Homily by
Subdn. Tim Mellor*

*Epistle Reader:
Russell Clodfelter
Coffee Hour Hosts:
Jenkins, Watson,
Arnold*

St. John Orthodox Cathedral

Weekly Bulletin

*Sunday, February 15, 2026
And the Days Following*
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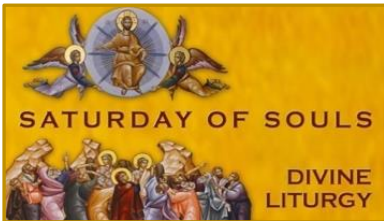
*O Apostle John, speaker of Deity, the beloved of Christ our God, hasten to deliver your people powerless in speech, for He on Whose bosom you lean accepts you as an intercessor. Beseech Him, therefore, to disperse the darkness of ignorance and pray for peace and great mercies to be shown upon us.*

### *Feast Days and Services*

#### **Saturday of Souls - Commemoration of the Departed**

**Divine Liturgy - This Saturday - February 14 at 9:15am**

***No Vespers on Friday***



Please remember to fill out or update your list of departed family members, Orthodox and non-Orthodox. Your previous forms will be in your mail-box folder in the Narthex and new forms will be available on the table. (*They will be available Friday and Saturday morning.*) Please place your completed

forms in the basket provided and have this done before Divine Liturgy this Saturday morning.

For those new to our Church, I want to say something about the service on Saturday morning and encourage you to come to this, if you can. It is the Orthodox custom to have a special service each year on the Saturday of this week to remember our departed loved ones. This Saturday precedes the Sunday in which we remember the Last Judgment at the end of the world. We are compelled to pray for our departed because we love them. We commend them in our prayers to God, Who is beyond time and is merciful and loves all humankind. The service on Saturday morning begins at 9:15am. In the Narthex (entry) there will be slips of paper on which you can write the first names of your departed loved ones from your family. This is not meant to be a list of all your ancestors, but simply those whom you know and carry in your heart. We will read all these names aloud at the end of Liturgy. Also, we will share Koliva (a sweetened boiled wheat) at the end of Liturgy. This makes us think of the words of our Lord in John 12:24, "Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain." —Fr. Marc

## *Parish Events and News*

### **“Meatfare Week” – A Warm-up to Fasting February 16 – February 22**

In many ways the Church invites us to think ahead and be intentional about our spiritual journey through the season of Lent. One of these is this coming week before the fast of Lent begins. During this week the Church asks us to fast from meat only as a kind of warm-up to the full fasting that begins on “Clean Monday.” **Fish, wine, oil and dairy are allowed everyday of this week.** For some fasting from meat is the extent of their Lenten fasting and that even this in our culture today is quite a remarkable effort. Still, I encourage everyone to be mindful in some way of this “Meatfare Week” and to use it to prepare your family for the effort of Lent.

### **Opening the Door to Orthodox Christianity Tonight’s (Friday) Class is Cancelled**

**Next Class - Thursday February 19, 6-7:30pm at the St. James House**

Due to my travel schedule and other services and meetings over the weekend I need to cancel our Friday, night class this week. I am afraid I was over optimistic about this schedule and did not realize I had other meetings for the next four nights following. We will still meet next Thursday night as our final class before Lent begins.

I apologize for cancelling the class, but I look forward to taking up the topic of spiritual struggle next Thursday night. In this class we will talk about how God helps us overcome our broken habits, addictions, and selfish ways and grow toward what He calls us to be, a holy people. We will also talk about the season of Great Lent and its call to repentance.

### **Soup Suppers for Lent**



It’s hard to believe, but it’s almost time for Lent to begin. And with Lent comes our wonderful community tradition of providing soup suppers on Wednesday evenings. We are asking that each family/individual who regularly comes to soup suppers, sign up for one evening to stay a little later and help clean up. We are also asking that everyone clean up their own tables and empty their own trays.

**Costs: Families - \$15.00 per meal // Individuals - \$7.00**

**Cooks: Budget per meal – No more than \$100.00**

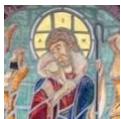
**Please take a moment to sign up on our Sign-Up Genius using this**

<https://m.signupgenius.com/#!/showSignUp/805054CAFA922A1FC1-62124416-soup>

### **Forgiveness Sunday Vespers and Forgiveness Circle Next Sunday, February 22 – 6:15pm**

This year during Forgiveness Sunday Vespers, there is childcare available in the church basement right after the Forgiveness Sunday Service. Children two years old through fifth grade are welcome to attend. Children kindergarten through fifth grade will participate in a short Forgiveness Sunday circle downstairs and then do some fun activities afterwards. Please contact Cara Fletes with any questions.

More details will be in next week’s Sunday Bulletin



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

## Clergy Seminar



Fr. Marc and Tim Mellor attended the West Coast Clergy Seminar in Alhambra, California this week. Bishop Anthony shared with the clergy his readings about modern society and how people have become disillusioned and are seeking stability, security and spirituality. This is in contrast to the powerful people in the world who seek to control society by military, money and media. Bishop Anthony loves

alliteration. Fr. Marc had a personal conversation with HIs Grace in which he shared news about Saint John's. Bishop Anthony would like to visit but still no time has been set.

## Summer Day Camp Announcement

It's only February and already we are thinking about St. John Day Camp! We are planning to hold a day camp for children ages 2 -12 on June 3rd, 4th and 5th. There will also be a campout the night of June 5. Registration paperwork and more information to follow! This year, we are focusing on Saints of Alaska. We hope your children can attend!

## Women's Retreat



The women of St. John's enjoyed a full Saturday at their retreat at Whimsy Station in Chugiak Alaska. About fifty women attended and started the morning listening to guest speaker Matushka Xenia on the life of Saint Olga of Alaska. Ann Patras and Doreen Dougherty finished the day off by sharing their journeys to Orthodoxy and their lives growing up in the St John community. Thank you all for attending and participating in our 2026 women's retreat -*Sydney Ihde*



## Video on Women's Retreat

"Please enjoy this video that I made for the women's retreat last weekend about our dear community. It is unlisted on my YouTube so that we can share with one another but please don't share the video on social media as to respect the privacy of the children included in the video. Thank you!  
<https://youtu.be/w4RnJnqwt2w> —Nicole Unser"



### *Coffee Hour This Sunday - February 15, 2026* *Group Mark (3) - Third Sunday of the Month*

#### **Hosts Families: Jenkins, Watson, Arnold**

Snacks: Alexander, Artz, Burkowske, Cook, Doss, B & D Dunaway, Dyal, Espino, Fletes, P. Gillquist, Griffith, Hattenburg, Hunter, E & H Johnson, Justus, Kendall, Labrecque, Lowry, Marcus, O Medders, T & L Mellor, Northey, Palmer, Polson, Scherer, Sorensen, J & A Stiehr, A & J Temple, V. Temple, Unser, Wasile, Wolkoff

#### **Next Sunday – Group John (4) – February 22 - Hosts: Saur / Gillquist / Burton**

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

## 2025 Advent Project

Thank you all who donated shelf stable food to support the Downtown Hope Soup Kitchen daily lunches and the Homestead Elementary's Weekend Bag Program to help feed local Eagle River children that do not have much access to food on the weekends. We dropped off dozens of bags of food at both locations. A reminder that if you wish to get involved with the soup kitchen, please contact me. We serve dinner once a week for forty-five minutes at the soup kitchen. Henry Ihde is pictured waving and serving dessert at a recent dinner. Thank you! -Sydney Ihde (907)854-5517



## Summer Camp Financial Assistance - 2026 Order of St. Ignatius –

If you have a child attending an Antiochian summer camp this Summer, including Antiochian Village, there may be financial assistance available from the Order of St. Ignatius to help with costs. Those interested need to contact Tim Mellor, Parish Administrator, at the Church office. You can visit [www.orderofstignatius.org](http://www.orderofstignatius.org) for additional information.

## Online - A 7-Week Lenten Group Coaching Program with Nicole Roccas

Nicole Roccas, who spoke at our Eagle River Institute last summer about trauma is offering a series of online, group sessions during this Lent: "[Joyful Sorrow: A Journey through the Paradoxes of Life and Lent.](#)" There is a fee to participate, since this is her source of income. If you are interested, you can read more by clicking on the link.

### Update: Catechumen Riley Layton

Riley lives in Wasilla and does not have transportation. He has found it more convenient under these circumstances to attend St. Juvenaly Church in Wasilla, and so will be attending there for the time being. I support his decision entirely and asked him to keep us updated on his progress. - Fr. Marc

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## St. James House Weekly News



### St. James House 'Coffee House' Tuesdays and Thursdays 8-9:30am

St. James House is hosting a new "Coffee House" time every Tuesday and Thursday morning 8-9:30am. Come enjoy some coffee and company along with pastries from Wild Iris Baking Co. (*John Marc & Bethany's business*). Open to all who want to come.



### Game Night – February 20 – 6-8pm at the St. James House

Clear your schedule ... or cancel something less fun! The Unsers and Lindbloms are hosting a **Game Night** at the St. James House on **Friday, February 20th, from 6–8pm**. There will be chili, cornbread, games, and questionable levels of competitiveness. But no worries, Forgiveness Sunday is right around the corner! Don't like games? No problem. Come eat, laugh, judge the games from the couch, and chat anyway.

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## News From Our Antiochian Archdiocese



Writings by Metropolitan Saba: "[God, Where is the Wound?](#)"

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## Notes and Pictures from Parishioners



### Bridal Shower for Alyssa Espino Saint James House – Sunday, March 1st at 4pm All Are Welcome!

In preparation for the matrimony of Jacob Goetz and Alyssa Espino there will be a bridal shower hosted at Saint James House on March 1 at 4pm. There will be games and crafts. Food will consist of Lenten friendly snacks; anyone is welcome to bring a dish.

Please RSVP, send questions to (909) 848-0480 or emailing [ejanetworks@gmail.com](mailto:ejanetworks@gmail.com)

Here is the [Link](#) to the Registry

## 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*

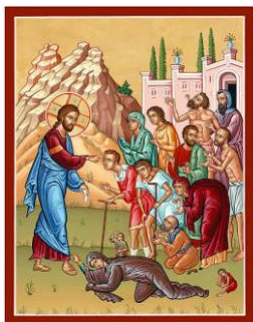
February 15 - Ronan Hanna

February 15 - Denise Ray

February 18 - Mia Fletes

February 21 - Benjamin Dunaway

*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*

*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*



- Steven Theodore Primis - February 2, 2001
- Archpriest Jack Norman Sparks - February 8, 2010
- Phyllis Isabel Webster - February 12, 1992
- Lynn Ellen Guio - February 17, 2019
- Dn. Christian Timothy Sorensen - February 23, 2000

*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 **February** – our scheduled meal that we provide Clare House is:  
**Saturday, February 28.** Contact Cara Fletes to see how you can help.



### **THE SYNAXARION**

#### **Last Judgment – 3<sup>rd</sup> PreLent**

On February 15, in the Holy Orthodox Church, we commemorate the Apostle Onesimos of the Seventy; Venerable Eusebios of Syria; the Martyr Major of Gaza; and Venerable Dalmatos of Siberia.



It is the Sunday of the Last Judgment – also known as Meat Fare Sunday – which is the lesson that we read in today's Holy Gospel. Jesus illustrates to us God's indescribable goodness and His great love for mankind. And so, lest some who are lazy, loiter and spend their time in the pursuit of sin, rather than spending their time appropriately to their

salvation, and then be suddenly overtaken by death, the divine Fathers decided that on this day the remembrance of the Second Appearance of Christ is to be celebrated. The intention is to remind us all, that God is good and loves mankind, but He is also a very righteous Judge Who rewards each of us according to our deeds. Our Lord teaches us that when we minister to our brother or sister, we really minister to Him. This brings us righteousness and life eternal.

By Your indescribable love for mankind, O Christ God, make us worthy of Your devoted voice, number us among Your righteous ones and have mercy on 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.

#### **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