

*Sunday of the Cross
3rd Sunday of Lent*

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*Hebrews 4:14-5:6  
Mark 8:34-9:1*

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*Homily by
Fr. Marc Dunaway*

*Epistle Reader:
Ben Dunaway*

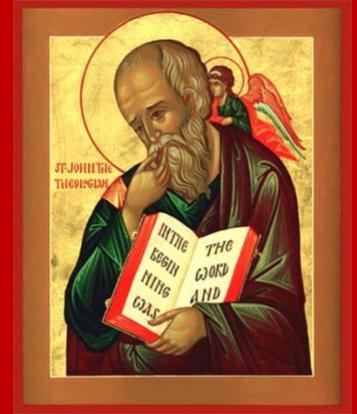
*Coffee Hour Hosts:
Hanna / Vermeylon*

St. John Orthodox Cathedral

Weekly Bulletin

Sunday, March 15, 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



Services and Events for the Upcoming Week

- _____ Friday, March 13 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 14 – Men’s Retreat 9am – 2pm – Church Basement
- Saturday, March 14 – Great Vespers at 7:15pm
- Sunday, March 15 – Matins/Liturgy at 9:15/10am – 3rd Sunday of Lent / Sunday of the Cross with Procession of the Cross after the Great Doxology. Liturgy begins as we venerate the Cross.
- Monday, March 16 – Great Compline at 7:15pm
- Tuesday, March 17 – Youth Group at 6pm
- Wednesday, March 18 – Presanctified Liturgy at 6:15pm with Soup Supper
- 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

Parish Events and News

Food For Hungry People



It is time for our Archdiocese yearly focus on 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.)

[“He who loves God will certainly love his neighbor as well. Such a person cannot hoard money, but distributes it in a way befitting God, being generous to everyone in need.”] —St. Maximos the Confessor



Men's Lenten (MINI) Retreat

Saturday, March 14th

St. James House

Join us for a half day of fellowship, teaching, and reflection as we explore what it means to live virtuously in today's world. We will be joined by Phd.

Mark Carr, presenting a lecture on virtue ethics and will help us discuss Christian ethical tradition and how they shape faithful living, family life, and everyday decisions.



Schedule

9:00am- 9:30 - Gather & Visit.

9:30 - Morning Prayer

9:45-11:15- Introduction & presentation #1

11:15-1130- Break

11:30-11:45 pm- Prayers

11:45 - 12:15- Lunch

12:15-1:30- Mark Carr presentation #2

1:30-2:00 Questions,
Discussion and Closing



Dr. Mark F. Carr serves as Alaska Region Director of Ethics at Providence Hospital. A scholar trained at the University of Virginia and former professor and ethics chair at multiple institutions, he specializes in moral decision-making, virtue ethics, and the application of Christian ethical tradition to modern life.

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 beginning today 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](#)

Church Family Meeting - March 21, 2026

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.



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

Hosts Families: Hanna / Vermeylon

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

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**Next Sunday - Group John (4) - March 22 - Hosts: Stallman / VanDewater**

Snacks: Alvarez, Arvidson, Barrios, Burton, Cooley, Dougherty, FrM & KhB Dunaway, Forbes, Goetz, Gressett, 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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## *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

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### *Men's Book Club - Thursday (for now) 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**.

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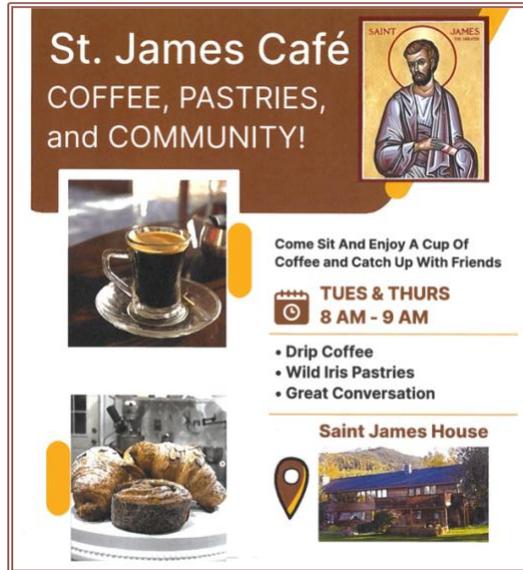
## *News From Our Antiochian Archdiocese*



Writings by Metropolitan Saba: [The Orthodox Liturgy: Its Theology and Spirituality, Part Three](#)

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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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## St. John's School Weekly News



**Saint John's  
summer  
program**

June 8-July 24  
9am-2pm  
Monday-Thursday  
\$200 per week  
Before and After Care  
8am-4pm

Registration is open!  
PreK-8th Grade  
Single Day and  
Single Week options

<https://www.sjocs.org/programs>

### 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 main 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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## Notes and Pictures from Parishioners

### Looking for Housing

Looking for housing (apartment, cabin or mobile home) for a family of 4 (Mom, 2 boys & a girl). 2 bedrooms will work. If any info or ideas, please call or text Dn. Pat Lamb at 907-862-4154.

Thank you.

## *Dates to Remember*

### *Birthdays This Week*

March 16 - Dwight Stallman  
March 16 - Helen Gillquist  
March 18 - Bill Hightower

March 18 - Margaret Grasse  
March 19 - Daniel Jenkins  
March 21 - Darlene Hunter



*M A N Y   Y E A R S !*



**Happy 50<sup>th</sup> Anniversary to  
Harold & Barbara Parker  
March 20, 1976**



### *Remembering in Prayer...*

*Mary Greene  
Zoie (Oksana's Mom)  
Arlo Northey  
Gywn Jones  
Matt Komar*

*Jay Keener  
Krya & Skylynn Lineer  
Jan Northey  
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 - 4<sup>th</sup> Saturday of Each Month*

For the Month of **March** – our scheduled meal that we provide Clare House is:  
**Saturday, March 21.** Contact Cara Fletes to see how you can help.



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## THE SYNAXARION



### Sunday of the Cross

On March 15, in the Holy Orthodox Church, we commemorate the Martyr Agapios and his Companions; Manuel the New Martyr of Crete; and Holy Apostle Aristobulos of the Seventy, Bishop of Britain.

#### *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.

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#### **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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Parish Council Email [parishcouncil@stjohnalaska.org](mailto:parishcouncil@stjohnalaska.org) ◦ Website: [stjohnalaska.org](http://stjohnalaska.org)  
◦ Diocesan Website: <http://www.antiochianladiocese.org>  
Antiochian Orthodox Christian Archdiocese  
Pastor: Fr. Marc Dunaway ◦ Assistant Priest: Fr. Robert Polson