

St. John's Sunday Bulletin

*March 22, 2020 * Third Sunday of Lent
Sunday of the Cross*

*Hebrews 4:14-5:6 * Mark 8:34-9:1 * Tone 7
Homily by: Protodeacon Pat Lamb*

*Livestreaming Every Week
Sunday Matins/Liturgy Beginning at 9am
Friday Akathist Beginning at 7:15pm*

*Also Livestreaming - The Feast of the Annunciation -
Wednesday, March 25 at 6:15pm*

This Sign is Now Posted Outside the Cathedral Doors

**Please Read
Before Entering the Cathedral
For Services**

Adjusted Service Schedule Due to Coronavirus Precautions.

In cooperation with the efforts of our civil authorities to limit the spread of the coronavirus, and at the direction of our Bishop, Metropolitan Joseph, Saint John's will be cancelling all social functions and public services.

Two services, Friday night and Sunday morning (with limited clergy and choir), will be live-streamed so that those at home can participate in this way. A link to these videos is at the top of the home page on our website.

stjohnalaska.org

Outside of these services you are welcome to come and be in the Cathedral to sit quietly. The Cathedral is open from 9am to 9pm.

Email Updates

If you are not getting church emails and would like to, please email the church to update your information at stjohnalaska@aol.com.

Dear Faithful and Friends of St. John's

This week we received important guidelines from Metropolitan Joseph about how our Churches will cooperate with the mandates of civil authorities trying to limit the spread of the coronavirus. His letter is on our website.

A basic summary is this:

1. All social functions and meetings at our Cathedral will be cancelled for now.
2. The only liturgical services that we will hold and will be livestreamed are as follows:
 - Compline and Akathist on Friday night at 7:15pm
 - Matins and Liturgy on Sunday morning at 9am and 10am.
 - We will also have Vespers Liturgy next Wednesday night for the Feast of the Annunciation at 6:15pm.

Hymn sheets for these services can be found on our website under the drop down Sunday Bulletin menu.

3. HERE IS THE REALLY HARD PART. The only ones who will be at these services are a designated number of clergy, chanters and choir members (a maximum of 10). So that means the rest of us should not attend while the strict measures mandated by our authorities are in place.

4. The Church will be left open during the day as usual, (from 9am to 9pm) and you are welcome to come and sit by yourself in the Church and pray as you wish. (We will keep the main areas of the Church disinfected.)

Please see Metropolitan's full letter on our website.

OTHER IMPORTANT THINGS FOR OUR PARISH.

As difficult as these measures seem, they also can provide us with different ways to continue our Lenten journey and to pray. So please think not only about what new Netflix shows you can watch (I am speaking to myself here too.) but also how you can find new ways to pray at home. To help with this, there are several liturgical texts that can be used at home in addition to the things found in the usual prayer books. One is a simple way of doing Vespers at home, which we used on our Wednesday Family Nights at the adult classes. Also, Little Compline can be read at home with a few minor changes. These two texts are on our website home page under the Sunday Bulletin drop down menu.

If you have questions about any of this, please do not hesitate to ask me at my personal email address: frmaced@aol.com. You can also text me at 907-317-9770. I know that these measures come with some sadness, but God is with us always and everywhere. He will not abandon us now.

Please take care of yourselves and your families.

—Fr. Marc

Community News and Personal Notes

Cabin Available to Rent on Monastery Dr.

Dn. Pat has a cabin to rent located at 19011 B. Monastery (between the Lambs and the Polsons.) It is good for 1-2 persons. Contact him at 862-4154.

"One Accord"

Excerpts from Christian Writers Past and Present

"Do not fear the conflict, do not flee it. Where there is no struggle, there is no virtue. Where faith and love are not tested, it is not possible to be sure if they are really present. They are proved and revealed in adversity." -- St. John of Kronstadt

"With you, Lord, I will flee, that I may gain in You life in every place. The prison with You is no prison, for in You man goes up into Heaven: the grave with you is no grave, for You are the Resurrection!" -- St. Ephraim the Syrian



Birthdays This Week

March 22 - Charley Peyton

March 27 - Indy Arvidson

March 24 - Antony Alvarez

March 28 - Keith Haley

March 25 - Christopher Kies

March 29 - Cassie Forestal

March 25 - Samuel Longmire

M A N Y Y E A R S !



Clare House Meal Fourth Saturday of Each Month

Clare House Meal will be taken care of by one person purchasing frozen meals this month.

Saint John Orthodox Cathedral

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Antiochian Orthodox Christian Archdiocese • Pastor: Fr. Marc Dunaway
Assistant Priests: Fr. Robert Polson / Fr. Thomas Frizelle / Fr. John Rogers