

*Sunday of the Cross
Tone 3*

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

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*Homily by
Protodn. Pat Lamb*

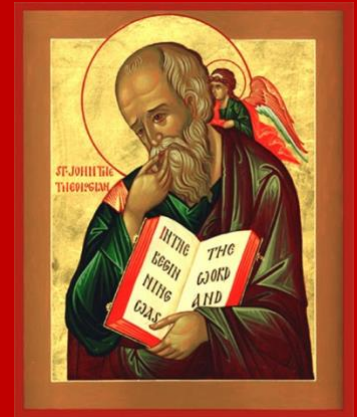
*Epistle Reader:
Russell Clodfelter*

*Coffee Hour Hosts:
Mellor / O'Fallon*

St. John Orthodox Cathedral

Weekly Bulletin

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*Sunday, April 7, 2024  
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

Services and Events for the Upcoming Week

This week's schedule.

- Friday, April 5 – Compline with Akathist Hymn at 7:15pm
- Saturday, April 6 – SMMS – ‘Arty Party’ Event 10-12 / Great Vespers at 7:15pm
- Sunday, April 7 – 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.
- Tuesday, April 9 – Parish Council Training at 7pm - at the St. James House
- Wednesday, April 10 – Presanctified Liturgy at 6:15pm, Soup Supper
- Friday, April 12 – Compline with Akathist Hymn at 7:15pm
- Saturday, April 13– Great Vespers at 7:15pm

Parish Events and News

Wednesday Soup Suppers – Bring Bread To Share!



***Bring Bread:** For those who come to Soup Supper bring bread to share if you can.

* **Still need people to Sign up for:** April 17th and April 24th.

Click [HERE](#) to sign up to help.

***Cost:** \$5 per person or \$12 for a household. You can bring cash or check to the church basement during Soup Supper or donate online on the Saint John's website, by tagging “soup suppers”. Checks should be made out to Sisters of Mary and Martha. Thank you for all your support!

A thank you to Cooks: Bethany and Macrina Dunaway, Clean-up crew: Lindblom family, Haines family, Labrecque family, Saur Family, and Bethany and John Mark Dunaway

Next week's soup supper reminder: Cooks: Jerry Wasile and Cara Fletes, Clean-up crew: Sydney Ihde, Cecelia Scherer, St James House crew, and Brittany Sturdevant

Help still needed: 4/17 - 2 on clean-up crew, 4/24 - 2 cooks and 4 on clean-up crew.



Children's Choir Practice – Sundays at 12:10pm

Children ages 4 through high school are welcome to join the Children's Choir. We will have practice Sundays at 12:10pm. If you have any questions, please contact Jessica Kies. We hope to see you!

Catechesis of the Good Shepherd 12:30pm – 2:00pm



Pussy Willows Needed



If you are out hiking and you come across Pussy Willows, please bring them to the church basement. There will be a bin by the coat closet where you can place them. With all this warm weather, the Pussy Willows will be gone by Lazarus Saturday, so we are hoping to collect them earlier this year. Thank you!



Arty Party – Calling All Kids This Saturday, April 6, 10am-12pm in the Church Basement

The Sisters of Mary and Martha are sponsoring an event Saturday that will allow children to participate in our Sisterhood's Community Outreach. This event is geared towards kids, but anyone is welcome to participate. Snacks will be provided.

Folk Dance Practice for Pascha!

Please join us in the church basement Sunday the 7th of April at 6:00 to practice folk dances for Pascha! If you would like to bring an appetizer style fast-friendly food to share that would be most welcome. Hope to see you!



Cathedral Cleaning Day Saturday, April 20 9 to 11am

Win Prizes
Full of Easter Goodies

Join us for the Annual Church Cleaning Day, Saturday April 20, 9am-11pm. Each job gets a ticket so the more jobs you can do the greater the chances to win. There will be a basket for men, women, teens, girls, and boys and draws all during cleaning. If you bring your mom and dad, you'll get a ticket. Refreshments will be provided. Come let's have fun cleaning together. For questions call Kh. Colleen 907 854-4132



Coffee Hour This Sunday - April 7 First Sunday of the Month

Hosts Families: Mellor / O'Fallon

Snacks: Abel, Baker, Bowman, Cook, Davis, Dozier, Gillquist Families, Haley, Hoxie, Jenkins, Justus, Lindblom, Macalino, Mellor, Northey O'Fallon, Patras, Sorensen, Stallman, Templeton, Tysver, VanDewater, Wells



Next Sunday - Group B - April 14 Hosts: B & D Dunaway / Sturdevant

Snacks: Agnew, Alvarez, Betson, Davison, Davisson, Drennan, B & D Dunaway, J & B Dunaway, Finkler, Grasse, Hoyt, Ihde, Keener, Klatt, Komar, Lineer, Lowry, Moffatt, Peters, Ray, Schlicting, Stevens, Sturdevant, Villafana

Lazarus Saturday Workshop - April 27 at 5pm

This year the Sisters of Mary and Martha are hosting a Lazarus Saturday Workshop. This workshop will include binding palms and pussy willows for Palm Sunday service and learning how to make palm crosses. Children will get to decorate candles as well! We will provide soup and 'Lazarus Rolls' and other Lenten snacks. We will begin the workshop at 5pm Saturday, April 27th in the church basement. Adults and children are welcome! Please come get some soup and bread and then choose a station to work at. We will hope to be finished binding all the palms and pussy willows by 7 o'clock in time for Great Vespers. We hope to see you! Any questions please contact Cara Fletes!

Upcoming Women's Retreat

The retreat will be held at Beach Lake Lodge in Chugiak, Alaska on May 24th and 25th. Details can be found on the flyer (thank you Stephanie Davisson). We have very limited spots for people to stay overnight (mostly in sleeping bags with a few cots available). Please if you have interest sleeping over RSVP to me as soon as possible, this will be first come first serve and is already filling up. We are hoping to get a head count soon of people coming to the retreat on Friday and Saturday since we will be purchasing some fun goodies for everyone and providing great food. We have a great line up of women from our church speaking on motherhood and their journeys We will be posting more info about the speakers and topics in a few weeks. Please let me know via text soon if you plan on attending and we look forward to spending the weekend with you all. —Sydney Ihde (907)854-5517

THE SISTERS OF MARY & MARTHA present
2024 Women's Retreat
at Beach Lake Lodge

FRIDAY, MAY 24TH 4PM-9PM &
SATURDAY, MAY 25TH 8AM-4PM

Please join the Sisters of Mary & Martha for fellowship, friends, and reflections on motherhood.

- Meals provided
- Limited overnight options available
- Women ages 18+ welcome
- Cost is \$20

RSVP TO SYDNEY IHDE
907-854-5517

Announcing Eagle River Institute 2024, August 1-5

Below you will find information about our annual summer Eagle River Institute. Please mark your calendars to save these dates and attend as you can. We always want our Institute to be interesting and practical. I am confident that will be the case with both of our presenters this year. I know both men personally and I think it will be delightful to have them with us.

It has been some time since we directly addressed the topic of Orthodox spirituality, and I am looking forward to Dr. Paul Ladouceur's talks about this. He is very much aware about the importance of this topic

for each Christian, but also aware of the confusion some over-zealous converts have caused as they misappropriated monastic traditions indiscreetly imposing them into parish life. I am looking forward to the historic foundations he wants to provide.

Also Fr. John Jillions will address two topics: First, what he is titling "Divine Guidance in America." He will talk about American history and its various spiritual visions and how this fits with Orthodox spirituality. The fourth lecture will address a topic he thinks about and has written on recently. This is the topic of "Tradition and Change." This is important for all Christians to think about, especially in our rapidly changing world. I strongly encourage you to take advantage of this opportunity to attend these this summer. Look at eagleriverinstitute.org for more information and to register. - Fr. Marc

Announcing...

Eagle River Institute, August 1-5, 2024



Divine Guidance in America

V. Rev. Dr. John Jillions

- 1 American Theocracy?
- 2 A More Perfect Union?
- 3 Orthodoxy, Evangelicalism, and the American State
- 4 *Special Lecture: Tradition and Change in the Orthodox Church*

Biography: Fr. John Jillions helped found [The Institute for Orthodox Christian Studies \(IOCS\)](#) in Cambridge, England. He has degrees from McGill University, St Vladimir's Seminary, and Aristotle University of Thessaloniki. He has taught at St. Paul University, the University of Ottawa in Canada, St. Vladimir's Seminary and is currently an adjunct instructor at Fordham University in New York. He has been an Orthodox priest for forty years, serving parishes in Australia, Greece, England, Canada, and the US. He is married to Denise and they have three sons, two daughters-in-law, and two grandchildren. They live in Hartford, Connecticut.

Course Description: The first three look will look at how faith and doubt shaped American life from the 1600's to the present. We will highlight key figures in this history who are examples of integrity, seeking God's direction, perseverance, service, and pursuit of truth and the common good. This connects to current events and how we might make sense of our national life in this election year. The final lecture will look at the Orthodox experience of tradition and change in a time of rapid social change. Throughout history, the people of God have reacted in various ways to external events. What can we learn from this? What elements are essential for Church life and what could and should be changed?



Living in the Spirit: Orthodox Spirituality for Modern Times

Dr. Paul Ladouceur

1. The origins and nature of Orthodox spirituality
2. The book of life: The Philokalia and the Philokalic revival of modern times
3. The universal spirituality of St Silouan
4. An activist and rebel saint: St Maria of Paris

Biography: Paul Ladouceur teaches at the Orthodox School of Theology at Trinity College and at the Montreal Institute of Orthodox Theology. His most recent books are *Modern Orthodox Theology* (2019), and, with Brandon Gallaher as co-editor, *The Patristic Witness of Georges Florovsky: Essential Theological Writings* (2019). His major current research interests are modern Orthodox theology and spirituality, Sergius Bulgakov, the theology of religious diversity, and the theology of human rights. Dr. Ladouceur participates in the Canadian Council of Churches and is Orthodox Co-Chair of the Orthodox-Pentecostal Academic Dialogue.

Course Description: Orthodox spirituality has two principal thrusts, the communal and the personal. The communal is our participation in the prayer and worship of the Orthodox Church. The personal is the application of our commitment to the Orthodox tradition, to the "life in Christ" by each member of the Church, ordained or not ordained, living in the dedication of a monastic life, or witnessing to Christ in the society in which we live - "in the world." The underlying basis of Orthodox spirituality is the same for all, aimed at theosis, union with God in Christ through the Holy Spirit, but its application varies according to our calling and situation in life.



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](#).

Visit eagleriverinstitute.org for more details, registration, schedule, and pilgrimage information.

News From Our Antiochian Archdiocese



Video - His Wisdom: An Interview with Metropolitan Saba (Isper) - Part 1

Upon the first anniversary of his arrival in North America (April 7, 2023), His Eminence Metropolitan Saba shares the successes he has seen across the Archdiocese and his vision for building upon them. The interview was recorded at Holy Resurrection Church of Tucson, Arizona.



In this first of two parts of his [video interview](#) with Deacon Peter Samore, the Director of Communications of the Antiochian Archdiocese, Sayidna Saba also discusses his immediate ministry goals for the clergy and laity, activating the “royal priesthood” of all believers.

Notes and Pictures from Parishioners

Fasting Foods to Share

Charlie Stevens found this website as help for Lenten fasting. Seemed like a good one to share.
<https://www.veganeasy.org/30-day-challenge/30-day-menu/>

Dates to Remember

Monday 'Moms with Kids' Reading Group

Please join us for reading group on Mondays at 10 AM. We meet at Saint James House in the living room area.





Monday Evening Reading Group

The evening reading group will meet Mondays at 6:30pm in the "Reading Room."



Thursday Reading Group

The Thursday readers will meet at JoAnn Webster's home at 10am.

Birthdays This Week

April 7 - Shelley Finkler

April 7 - Lance Hawi

April 9 - Maris Kelly

April 10 - Peter Jon Gillquist

April 13 - Alison Lineer

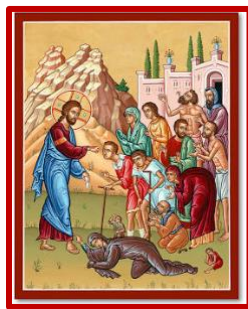
April 14 - John Marc Dunaway

M A N Y Y E A R S !



Clare House Meal - 4th Saturday of Each Month

For the Month of **APRIL** – our scheduled meal that we provide Clare House is:
Saturday, April 27 Contact Cara Fletes to see how you can help.



Remembering in Prayer...

Janet Hawi

Judi Hoyt

Bill Cook

Gale Armstrong

Eloise Lamb

Elisa Betson

Matt Komar

Tisha Dunham

*We will 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



* Kent Allen Ihde - April 13, 2000

* Herb Enns - April 21, 2003

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

THE SYNAXARION

Sunday of the Cross – 3rd Lent

On April 7, in the Holy Orthodox Church, we commemorate the Martyr Kalliopios of Cilicia; Venerable George, bishop of Mitylene; and Tikhon, patriarch of Moscow and Enlightener of North America.



On this day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-giving Cross.

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.

Bulletin Announcement Guidelines

Send announcements to church email address: stjohnalaska@aol.com. 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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(907) 696-2002 ◦ Fax: (907) 696-5555 ◦ Website: stjohnalaska.org

◦ Diocesan Website: <http://www.antiochianladiocese.org>

Antiochian Orthodox Christian Archdiocese

Pastor: Fr. Marc Dunaway ◦ Assistant Priest: Fr. Robert Polson