

29th Sunday after
Pentecost
Tone 5

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Colossians 3:4-11  
Luke 17:12-19

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Homily by
Dn. Joseph Ray

Epistle Reader:
Stan Snider

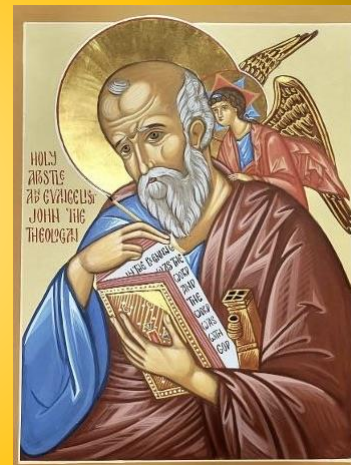
Coffee Hour Hosts:
J & B Dunaway /
Komar

St. John Orthodox Cathedral

Weekly Bulletin

Sunday, January 19, 2025

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.

Parish Events and News

Bake Sale for Women's Retreat Sunday, January 19 – During Coffee Hour

The Women's Retreat committee is hosting a fundraising bake sale Sunday, January 19th during coffee hour. All proceeds will go towards our retreat in February. Bring cash or donate online to Sisters of Mary and Martha on church website. Please consider purchasing some yummy treats to support us, thank you!



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

Notes from the Parish Council Meeting on 12.09.2024

- Update on a stranger who was sleeping in the reading room.
- Received a summary of current tithing.
- Marshall and Bruce provided an update on the Financial Advisory Committee meeting.
- The PC discussed the cupola replacement project.
- Reviewed parish council strategic planning.
- Fr. Marc to propose future visit dates to Bishop Anthony.
- Discussed maintenance needed in the Maranatha House.

For any questions, comments, or suggestions please contact the Parish Council at parishcouncil@stjohnalaska.org

Thursday Night Talks This Week
January 23, St. James House – 6:30pm
Marriage and Monasticism – Local Parish Life at St John's

**West Valley High School RJOTC will be staying at
St. John's this Weekend**

Please know that the West Valley High School JROTC will be staying at the Cathedral this weekend as they are in town for competitions. The students and chaperones will be sleeping in the Church basement and one of the school classrooms Friday and Saturday night. If you have any questions, please contact Tim Mellor at timmellor@stjohnalaska.org.



Coffee Hour This Sunday - January 19, 2025
Group C - Third Sunday of the Month

Hosts Families: J & B Dunaway / Komar

Snacks: Arnold, Curry, Dunham, Fisher, Greene, Hanna, Hawi, Hunter, E & H Johnson, Kelly, Kendall, Labrecque, Medders Families, Okuley, Polson, Saur, Scherer, Sparks, Stiehrs, Taylor, Temple Families, Wasile

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*Next Sunday – Group D – January 26, 2025 Hosts: Haines / Okuley*

*Snacks: Alexander, Arvidson, Clement, Clodfelter, Cowan, Dougherty, FrM & Kh. Betsy Dunaway, Dyal, Fletes, Haines, Goetz, Hightower, B & M Johnson, Jones, Kies, Lamb, Mee, Moses, Palmer, Parker, Ray, Snider, Stogsdill, I. Temple, Terrell, Van Dyke, Webster*

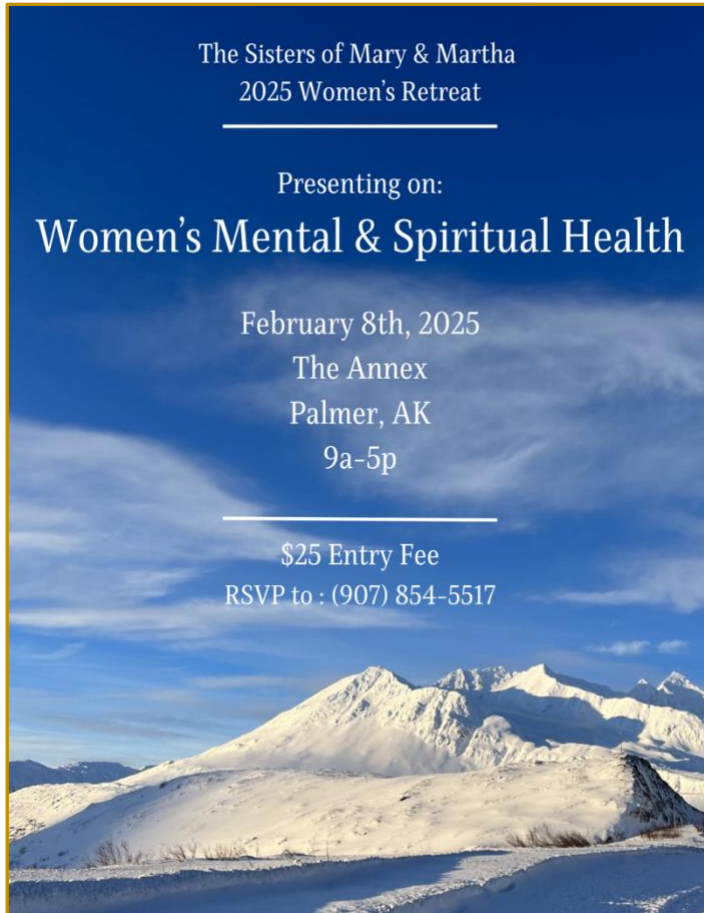


**Thanks to Lily Cowan and  
Crew**

The work of 'Un-decorating' the Cathedral from the holidays was completed in less than an hour on Monday night. Afterward, the crew enjoyed moose chili and other soups in the Cathedral basement. Thank you to all who helped and to Lily Cowan for overseeing the decorating this year.

## Women's Retreat 2025

Please join us for the 2025 Women's Retreat! The theme will be "Women's Mental and Spiritual Health". Check the flyer for additional details. The finalized schedule and presenters will be posted in the following weeks. All meals will be provided. We will be collecting all entry fees (\$25 per person) prior to the event. To pay online on the church website please click "Donate: Sisters of Mary and Martha" or clearly labeled "SMMS Women's Retreat" in the tithe box. Please RSVP soon to (907)854-5517. See you soon!



The Sisters of Mary & Martha  
2025 Women's Retreat

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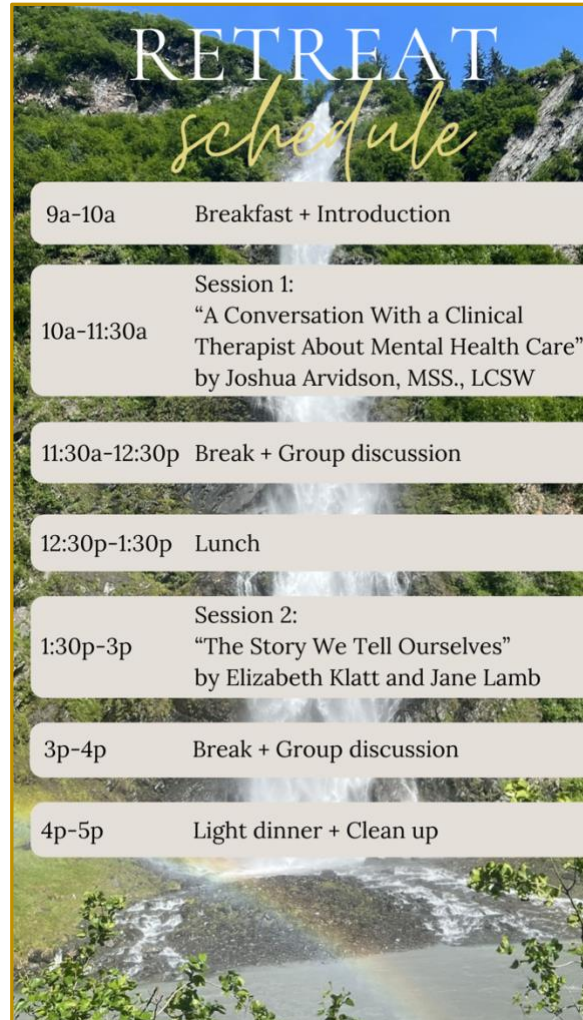
Presenting on:

### Women's Mental & Spiritual Health

February 8th, 2025  
The Annex  
Palmer, AK  
9a-5p

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\$25 Entry Fee  
RSVP to : (907) 854-5517



## RETREAT schedule

|               |                                                                                                                        |
|---------------|------------------------------------------------------------------------------------------------------------------------|
| 9a-10a        | Breakfast + Introduction                                                                                               |
| 10a-11:30a    | Session 1:<br>"A Conversation With a Clinical<br>Therapist About Mental Health Care"<br>by Joshua Arvidson, MSS., LCSW |
| 11:30a-12:30p | Break + Group discussion                                                                                               |
| 12:30p-1:30p  | Lunch                                                                                                                  |
| 1:30p-3p      | Session 2:<br>"The Story We Tell Ourselves"<br>by Elizabeth Klatt and Jane Lamb                                        |
| 3p-4p         | Break + Group discussion                                                                                               |
| 4p-5p         | Light dinner + Clean up                                                                                                |

### "Church Etiquette" Tip of the Week

*When we gather to worship God, Orthodox Christians are "at home" in the environment of the Church gathering and yet at the same time reverent. These tips on "Church etiquette" explain some of the common customs that contribute to the reverent atmosphere of Orthodox worship. They are intended as guidelines to observe, not as a means to judge one another, which by a higher law we are forbidden from doing. (We will be adding a 'Tip of the Week' for the next several weeks in the bulletin.)*

### #5 Venerating Icons

The full and formal way to venerate an icon placed in the Church for veneration is to bow and cross yourself two times in front of the icon, then kiss the icon, then bow and cross yourself once more. In common practice, however, this is often shortened to just bowing and crossing yourself once. In all cases, though, the goal should be reverence more than form, mindfully giving honor to the saint or event depicted.

## News From Our Antiochian Archdiocese

“We are excited for the upcoming Parish Life Conference, marking Bishop ANTHONY’s first as our Diocese Bishop!”



DIOCESE OF LOS ANGELES & THE WEST  
PARISH LIFE CONFERENCE  
JUNE 25 - 29, 2025  
HOSTED BY:  
ST. NICHOLAS ANTIOCHIAN ORTHODOX CHURCH,  
SAN FRANCISCO  
WWW.LAPLC.ORG

**HIGHLIGHTS**

- His Grace Bishop ANTHONY’s first PLC as our Diocesan Bishop
- Morning & Afternoon Workshops
- Young Adult Dinner
- Taco Thursday Welcome Reception
- Organization Meetings
- Bible Bowl
- Ice Cream Social & Teen Dance
- Brunch with Bishop ANTHONY and Awards Presentation
- Oratorical & Choir Festival
- Middle Eastern Dinner and Dance (Hafli)

**HOTEL:**

- Hotel Group Rate: \$179/ night plus local taxes/ fees
- Group rate available 3 days before/ after Conference
- Complimentary shuttle to & from San Francisco airport
- 10% discount at all hotel food outlets



CHECK OUT OUR WEBSITE BY USING THE QR CODE BELOW OR VISITING LAPLC.ORG



## Notes and Pictures from Parishioners

### “Checking In” with Each Other

Is there something you’d like to share? Please email: [cathedral@stjohnalaska.org](mailto:cathedral@stjohnalaska.org)



### Volunteer Drivers for Oksana to Church Needed

We need drivers for Oksana to attend church with us each Sunday and hope you could help. Please email Dn. Kevin or text me at 907-947-5345 for any Sunday that you could volunteer. **Rides Needed for these dates: January 19, January 26, February 2, February 9, February 16, and March 2**

**Even if you can do only one way please volunteer. Thank you.**

### 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.

## 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. Natasha Haines at 907-351-4942.



### Thursday Reading Group

The Thursday 10 am reading group will be meeting at the Senior Center.

### Birthdays This Week

January 21 - Kerry Jones

January 21 - Valorie Sparks

January 21 - Sloan Medders

January 22 - Frederick Bower

January 23 - Harold Davis

January 23 - Sarah Drennan

January 23 - LeLand Scherer

January 25 - Khafani Abel

January 26 - Marcrina Labrecque

*M A N Y Y E A R S !*



### Anniversaries this Week

Michael & Meghan Jones - January 22, 2012

*M A N Y Y E A R S !*



### Remembering in Prayer...

Gwyn Jones  
Joe Dunham  
Sylvia Villafana  
Helen Gillquist  
Kerry Jones

Chris Grasse  
Josphine Hanna & her  
family  
Dwight Stallman  
Elisa Betson

*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



\* Archpriest Harold Dunaway - January 3, 2012

\* Kh. Barbara Ann Dunaway - January 25, 2011

\* Infant Mark David McIlrath - January 25, 1986

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

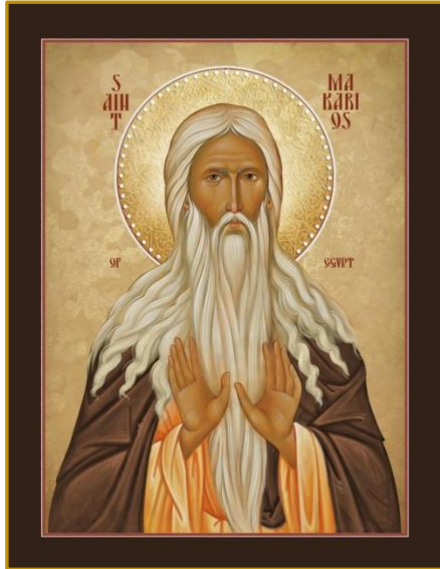
## Clare House Meal - 4th Saturday of Each Month

For the Month of **January** – our scheduled meal that we provide Clare House is:  
**Saturday, Jan 25.** Contact Cara Fletes to see how you can help.



### THE SYNAXARION

## Makarios the Great of Egypt & Makarios of Alexandria – January 19



On January 19, in the Holy Orthodox Church we commemorate our righteous Father Makarios the Great of Egypt, the Anchorite; and our righteous Father Makarios of Alexandria.

#### Verses

*The pair of divine men named Makarios now dying,  
they partake of a life exceedingly blessed.*

*On the nineteenth, the Makarios men obtained the land of  
the blessed.*

Both men were the contemporaries of Anthony the Great. Makarios the Great withdrew into the wilderness where he spent 60 years in labor and struggle, both internally and externally for the Kingdom of Heaven. So much did he succeed in cleansing his mind and heart of evil that God bestowed upon him the abundant gift of miracle-working; he even raised the dead. Makarios often told his disciple Paphnutius: “Do not judge anyone and you will be saved.” Nine days before his death, St. Anthony, St. Pachomius and a cherub revealed to him that he would enter the Kingdom of Heaven. Makarios lived to be 97 years old and died in the year 390. The younger Makarios also entered the monastic life to fight demonic temptations. Once, a brother saw him fill a basket with sand, carry it uphill and empty it. Astonished, the brother asked him, “What are you doing?” Makarios answered, “I am tormenting my tormentor, the devil”. He died in the year 393, well past the age of 100.

On this day, we also commemorate the Venerable Arsenios, bishop of Kerkyra; and Venerable Mark Eugenikos, Metropolitan of Ephesus, pillar of Orthodoxy. By their intercessions, O Christ God, have mercy upon us. Amen.

### 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.antiochianadiocese.org>  
Antiochian Orthodox Christian Archdiocese  
Pastor: Fr. Marc Dunaway • Assistant Priest: Fr. Robert Polson