

Great Martyr
Demetrios

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2 Timothy 2:1-10  
Luke 8:26-39

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Homily by
Subdn. Tim Mellor

Epistle Reader:
Steve Templeton

Coffee Hour Hosts:
E & H Johnson /
Burton

St. John Orthodox Cathedral

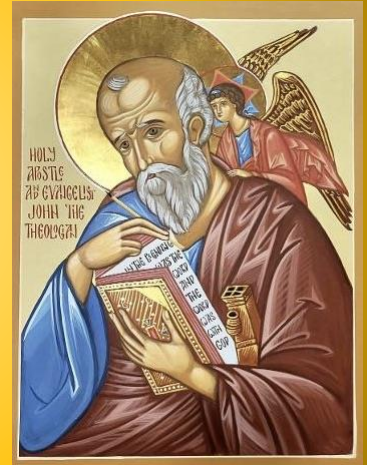
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## Weekly Bulletin

Sunday, October 26, 2025

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.

Parish Events and News

Opening the Door to Orthodox Christianity

No Class this Thursday, October 30 [Schedule](#)

2025 Eagle River Institute Lectures Now Available on Online

eagleriverinstitute.org

The screenshot shows the Eagle River Institute website with a header featuring the ERI logo and navigation links: ATTEND, LIBRARY, ABOUT. Below the header is a search bar and filters for 'Show: All Media' and 'Sort: Date Added'. Two lecture listings are visible:

- THE SACRAMENT OF DAILY LIFE** by Dr. Phil Mamalakis. Description: In this series Dr. Philip Mamalakis draws from his many years of experience in family counseling and from his best selling book, Parenting Toward the Kingdom (2016), to explain how Christ is present and active in all of our relationships. This is an excellent place to begin if looking for help in marriage communication and parenting advice. Dr. Mamalakis explains that in marriage, parenting, and daily life we can apply our Orthodox Christian values to have better relationships. Through reflection on listening, love, and the challenges of raising children, we will discover how the Sacramental life of the Church shapes the way we relate to one another and opens our hearts to Christ in every encounter. This series of lectures was offered at the 2025 Eagle River Institute. (4 Podcasts)
- REMEMBERING ALL THESE THINGS: TRAUMA AND HEALING AS MYSTERY** by Nicole Roccas, PhD. Description: Trauma confronts and complicates some of the most essential theological questions: Who is God in suffering? What does it mean to be a person wounded by the world? What is salvation when harm occurs at the level of identity and relationship? Rather than seeing trauma as a threat to theology, the second talk explores how it can illuminate, challenge, and even deepen Orthodox understandings of sin, incarnation, healing, and theosis, offering a distinct response to trauma that complements and critiques broader Christian theological models. This series was offered at the 2025 Eagle River Institute. (4 Podcasts)



Catechesis of the Good Shepherd (Atrium)

12:30pm – 2:00pm

Parents – please provide your children with a lunch.

Sisters of Mary & Martha Fellowship Meeting Coming Up Tuesday, November 11 from 6-8pm – Church Basement

We'd like to invite all women who attend our Parish to the upcoming Sisters of Mary & Martha Fellowship Meeting on Tuesday, Nov 11 from 6-8 pm in the church basement. Childcare will be available. Some light snacks will be provided. If you'd like, bring a small snack to share.

For those women who are new to our parish, or have never attended a Mary and Martha event, we would love to have you! Mary and Martha focuses on fellowship opportunities, serving our parish and our community. All women and young women are welcome to attend.

Youth Group-Tuesday Nights-6:30-8pm at the St. James House

We'll have dinner together at the 'big table' starting at 6:30pm with a discussion and activities in the living room wrapping up at 8pm. —John Marc and Bethany Dunaway (907) 317-9549.



Thanksgiving Offering 200 Individual Boxes of Stuffing



Love INC of Eagle River and its member churches are once again coordinating this year's Thanksgiving Blessing Project. A complete (uncooked) turkey dinner with all the fixings will be provided to an anticipated 400 local families in need.

We are signed up to collect 200 (*individual*) boxes of stuffing before the scheduled delivery to Joy Lutheran on Sunday, November 23rd. Thanksgiving food boxes will be assembled for distribution the following day. Anyone wishing to volunteer with the assembly or distribution should contact Dn. Kevin.



Coffee Hour This Sunday - October 26, 2025 Group D - Fourth Sunday of the Month

Hosts Families: E & H Johnson / Burton

Snacks: Alexander, Arvidson, Clodfelter, Dougherty, Fr. M & Kh. B Dunaway, Dyal, Fletes, Haines, Goetz, Hightower, M. Johnson, Jones, Kies, Lamb, Mee, Moses, Palmer, Parker, Ray, Snider, Stogsdill, Terrell, Webster

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***Next Sunday - Group A - November 2 - Hosts: Jenkins / Mee***

*Snacks:* Abel, Bower, Cook, Dozier, Gillquist, Haley, Jenkins, Justus, Lindblom, Macalino, Mellor, Northey, Patras, Sorensen, Stallman, Templeton, Tysver, VanDewater, Weaver, Wells

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## *Local Community News*

### **Beans Café is Preparing Meals for Evacuees in Anchorage (and sending kits to the villages for those who remain there)**

**They are collecting the following items:**

- Rice and beans (bulk amounts if possible)
- Meat (fresh, frozen, canned, or pouched)
- Shelf-stable foods (canned proteins, soups, vegetables, pasta, boxed meals, etc.)
- Family staples (peanut butter, cereal, oatmeal, granola bars)

**If you would like to donate to this much needed cause – Jennifer Gillquist has volunteered to collect donated items and deliver them to Bean's Café on Mondays. Donated items can be brought to the Church Narthex for collection on Sunday mornings or during the week.**

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## *St. John's School Weekly News*



**'Trunk – or – Treat' This Friday,  
October 31**

**6:00-7:00pm**

*(Clean Up 7:00 to 7:15pm)*



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## *News From Our Antiochian Archdiocese*



Writings by Metropolitan Saba – [On Spiritual Fatherhood](#)

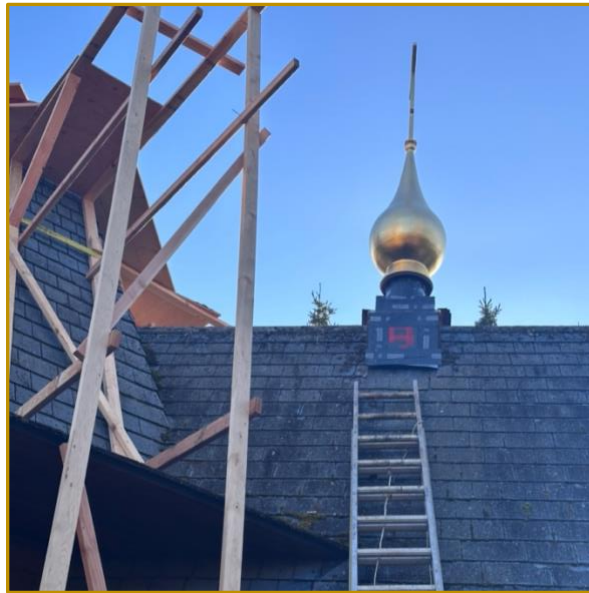
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## *Notes and Pictures from Parishioners*

### **“Checking In” with Each Other**

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

### **Some Photos of the Installation of the Small Cupola on St. Sergius Chapel This Week**



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## *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**

### ***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*

October 26 - Chris Grasse

October 26 - Ryan Hattenburg

October 27 - Gwyn Jones

November 1 - Robert Amundson

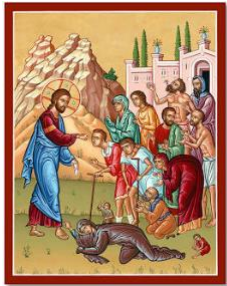
November 1 - Silas Mee

November 1 - Veronica Stiehr

November 2 - Celyn Griffith

November 2 - Elliot Jones

*M A N Y   Y E A R S !*



## *Remembering in Prayer...*

*Helen Gillquist*

*Zoie (Oksana's Mom)*

*Jay Keener*

*Krya & Skylynn Lineer*

*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*



- Fr. John Downing - October 4, 2024
- Kh. Nancy Downing - October 19, 2002
- Helen Grace Edzards Peters - October 23, 1998
- Isabella Joy Fletes - October 24, 2019
- Mary Margaret Simmons - November 1, 2007

*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 **November** – our scheduled meal that we provide Clare House is:  
**Saturday, Nov. 22.** Contact Cara Fletes to see how you can help.



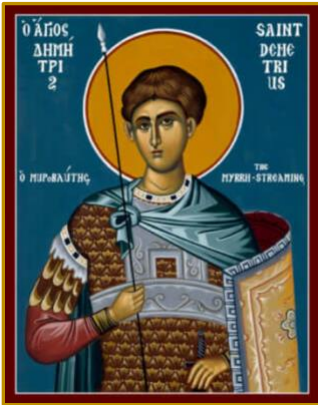
### **Bulletin Announcement Guidelines**

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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## THE SYNAXARION

### Demetrius the Myrrh-Streaming – October 26



On October 26, in the Holy Orthodox Church we commemorate the holy, glorious, and right-victorious Great-Martyr Demetrius, the Wonderworker and Myrrh-Streaming.

#### *Verses*

*O Christ my Savior, spears have pierced Demetrius,  
Who emulated Your pierced side in Your Passion.  
On the twenty-sixth spears did away Demetrius.*

His father was the military commander of Salonica, and, when he died, the Emperor Maximian made Demetrius commander in his place. In doing this, the Emperor, an opponent of Christ, particularly recommended him to persecute and exterminate the Christians in Salonica. Demetrius not only disobeyed the Emperor, but he openly confessed and preached Christ the Lord in the city. The enraged Emperor cast him into prison. Knowing what awaited him, Demetrius gave his goods to his faithful servant, Lupus, to give to the poor, and went off to prison, rejoicing that suffering for Christ was to be his lot. After several days, the Emperor sent soldiers to the prison to kill Demetrius. They came upon the saint at prayer and ran him through with their spears. Christians secretly took his body and gave it burial, and there flowed from it myrrh by which many of the sick were healed. Demetrius entered the heavenly mansions in the year 306.

On this day, we also remember the great and terrible earthquake in Constantinople in 740. This was a terrifying and long-lasting disaster in the time of Leo the Isaurian, the first of the iconoclast emperors. The people realized that this was God's punishment for their sins and entreated the most holy Mother of God and St. Demetrius with great penitence, until God had mercy and ended the earthquake.

On this day, we also commemorate the Venerable-martyr Joasaph of Dionysiou monastery on Athos. By the intercessions of Your Saints, O Christ God, have mercy upon us. Amen.

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### Saint John Orthodox Cathedral

P.O. Box 771108 • 18936 Monastery Drive • Eagle River, Alaska, 99577  
(907) 696-2002 • Fax: (907) 696-5555 • Email [cathedral@stjohnalaska.org](mailto:cathedral@stjohnalaska.org) -  
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