

4th Sunday after
Pascha
Samaritan Woman

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Acts 11:19-30  
John 4:5-42  
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Homily by
Fr. Marc Dunaway

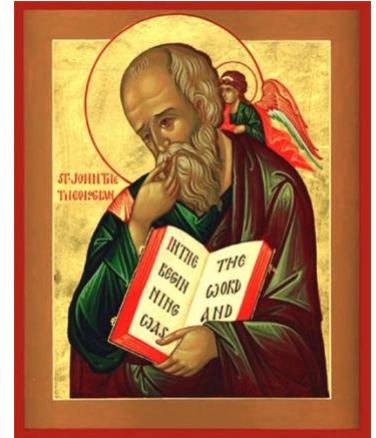
Epistle Reader:
Jennifer Medders

Coffee Hour Hosts:
J & B Dunaway /
Komar / Burton

St. John Orthodox Cathedral

~~~~~ Weekly Bulletin

Sunday, May 18, 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



### Annual Church Family Meeting This Saturday, May 17 - 5:30pm to 7pm

The following items will be on the agenda...

- Parish Council training and committee membership update
- Church constitution review
- Presentations from ministry leaders
- Yearly financial report
- PFD tithe project/St. James House handicap accessibility access
- And more... Babysitting and snacks will be provided!

### Parish Council Meeting Summary – April 20, 2025

The PC members all presented their 30 second “elevator pitch” on why they are an Orthodox Christian, and they were encouraged to use them whenever possible.

Marshall and Maris reviewed the financial year end summary and proposed budget for 2025. Both will be shared and reviewed at the upcoming (May 17th) Church Family Meeting.

The PC discussed how to move forward with financial reviews and decision making with the goal of transferring some of the workload off the priest and onto the church staff, PC and Financial Advisory Committee. This discussion will be ongoing at future meetings.

It was unanimously decided to sell the 26-passenger van that the church currently owns.

The PC discussed the upcoming Church Family Meeting and decided on agenda items.

The meeting concluded with a visit to see the proposed lift site at the St. James House and the newly renovated Maranatha House.

Please send all comments/suggestions/questions to the Parish Council to [parishcouncil@stjohnalaska.org](mailto:parishcouncil@stjohnalaska.org)

## Folk Dance Evening – May 18

Please join us on Sunday May 18th from 5-7pm in the church basement to folk dance with live music! Please bring a potluck dish to share. We will learn dances from 5:00 to 6:00. From 6:00 to 7:00 we will dance. If you have any questions, please ask Jessica Kies.

## Catechesis of the Good Shepherd (Atrium) Sunday, 12:30pm – 2:00pm Last class for the season



## St. John's Youth Corps



Each summer the Cathedral hires several young adults (14+) to do the work needed at the Cathedral, surrounding buildings, and their ~55-acre campus. We call this group our Summer Youth Corps, and their tasks vary widely based on what is needed that year. This might include everything from hauling firewood, finishing decks and siding, cleaning carpets, building fences, maintaining trails and much more! You can be part of a long tradition that takes pride in the upkeep of St. John's campus while making money and gaining work experience. More information and applications are available online at [www.stjohnalaska.org/youth-corps](http://www.stjohnalaska.org/youth-corps) Applications are due May 25th.



## Coming Soon – Summer Day Camp, June 3, 4 & 5

### Please Take the Time to Register Now

The camp will run from 9:30pm - 12:40pm and is open to children ages 2-12. We have a wonderful set of volunteers to help lead the camp.

If you are interested in registering for Day Camp, please find the forms on the Narthex table. Please return to Cara Fletes' mail-box folder. Thank you! Please call Cara Fletes or Jessica Kies with any questions!



## Coffee Hour This Sunday - May 18, 2025 Group C - Third Sunday of the Month

### Hosts Families: B & D Dunaway / Komar / Burton

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

### Next Sunday, May 25 – Group D - Haines Hosts: 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

At Coffee Hour on May 25 - We Will be honoring our Graduates and Myles & Maris Kelly's 50<sup>th</sup> Anniversary

**Announcing...**

## **Eagle River Institute, August 1-5, 2025**



### ***The Sacrament of Daily Life***

#### **Dr. Phil Mamalakis**

1. The Sacrament of Listening
2. The Sacrament of Married Life
3. Parenting Toward the Kingdom...in the Heat of the Moment
4. Parenting from the Outside, In

**Biography:** Dr. Philip Mamalakis with his wife, Georgia, have seven children and two grandchildren and live in Boston, Massachusetts. Dr Mamalakis is the Associate Professor of Pastoral Care at Holy Cross Greek Orthodox School of Theology where he teaches classes on pastoral care, marriage and family, grief, death and dying, mental health, and pastoral counseling. He has a Master of Divinity from Holy Cross Greek Orthodox School of theology and a Ph.D. from Purdue University in child development and family studies, specializing in marriage and family therapy. Together with Fr. Charles Joanides, Dr. Mamalakis has published the 2<sup>nd</sup> Edition of, *The Journey of Marriage*, (GOA 2023) a resource for couples preparing for marriage in the Orthodox Church and is the author of *Parenting Toward the Kingdom*, Ancient Faith Publishing's bestselling Orthodox parenting book (Ancient Faith Publishing, 2016). He has just published, "The Companion Guide to Parenting Toward the Kingdom," (Ancient Faith Publishing, 2024) for parents to gather for support and guidance. In addition to his teaching and writing, he was the founding Vice-Chair of the Assembly of Canonical Bishops of America Mental Health Ministries and the former President of OCAMPR, the Orthodox Christian Association of Medicine Psychology, and Religion. He enjoys offering lectures, seminars, and retreats throughout the United States and internationally on intimacy, relationships, marriage, parenting, and family life as well as Orthodoxy and psychology.

**Course Description:** 1) Few things are more challenging in relationships than listening, and few things build intimacy and connection more. In the first session we will dive into the heart of listening to discover Christ, and how listening, as an ascetic act of love, is intimately connected to our own spiritual life in Christ through the Sacramental life of the Church. 2) In a marriage relationship it is easy to lose sight of God's ongoing working within the mundane struggles of daily life. So, in the second talk we will explore how Christ is present and inviting us to turn toward Him in each of the interactions we have in our married lives. As a model for our own relationship with Christ, understanding marriage can help us understand all our relationships in the home, in the Church, and in our communities. 3) The last two talks will build off Ancient Faith Publishing's best-selling book, "Parenting Toward the Kingdom." We will explore how to live out these principles in parenting, especially when our kids misbehave, talk back, or overwhelm us. We will discuss four specific steps we can take in any parenting struggle. 4) In the final session we will explore a variety of specific strategies for responding to our children when we feel overwhelmed and when it is hard to think clearly about all the variety of responses available to us. Understanding our long-term goals of parenting can open us up to an array of choices we have in each parenting moment.



## **"Remembering all these things": Trauma and Healing as Mystery**

### **Nicole Roccas, PhD**

1. What Is Trauma? An Orthodox Christian Perspective
2. Toward an Orthodox Theology of Trauma
3. Spiritual Trauma and Religious Abuse in Orthodox Contexts
4. Becoming Healing Communities: Trauma-Informed Orthodoxy in

Practice +Q&A

**Biography:** Nicole Roccas, PhD, is a trauma-informed coach, writer, and speaker specializing in the intersections of Orthodox Christianity, trauma, and personal transformation. She holds a doctorate in European history and brings over a decade of experience in theological research, spiritual writing, and group facilitation. Nicole is the author of several books, including *Time and Despondency: Regaining the Present in Faith and Life*, and regularly speaks and teaches on themes of healing, spiritual struggle, and post-traumatic growth through an Orthodox lens. She is passionate about helping individuals and communities become more whole, honest, and hopeful in the face of suffering. A Wisconsin native, she is based in Southern Ontario.

**Course Description:** 1) The opening session introduces the origins and frameworks of contemporary trauma theory (psychological, neurological, and sociocultural) before engaging them through the lens of Orthodox theological anthropology. What does it mean to be human in light of trauma? How might a liturgical and patristic vision of the human soul and healing offer fresh insight into the experience of rupture and the path toward restoration? 2) 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. 3) Spiritual trauma—often intertwined with religious abuse—is a form of wounding that emerges when sacred relationships or beliefs are used to harm rather than to heal. The third session explores the contours of spiritual trauma, including how coercion, silence, clericalism, legalism, and distorted teachings can cause lasting psychological and spiritual damage. With careful attention to the unique ecclesial, liturgical, and cultural dimensions of Orthodoxy, we'll examine how these wounds manifest and what faithful pastoral, communal, and theological responses might entail. 4) The fourth and final session explores practical ways Orthodox parishes and ministries can embody trauma-informed care: fostering safety, empowering survivors, cultivating repentance and reconciliation, and aligning pastoral practices with both therapeutic and sacramental wisdom. Drawing from trauma-informed frameworks and Orthodox spiritual tradition, this talk offers guiding principles for building communities that do not merely avoid causing harm but allow for some measure of healing to occur. The latter portion will be dedicated to extended Q&A and discussion.



## Eagle River Institute

of Orthodox Christian Studies

**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](http://eagleriverinstitute.org) for more details, registration, schedule, and pilgrimage information.

The Eagle River Institute is held each summer on the fixed dates of August 1-5, culminating in the celebration of the Feast of the Transfiguration on August 6.

This is year we are very pleased to have with us Dr. Philip Mamalakis and his wife Georgia. For most Christians the daily life of being married and raising children is the context in which we grow in our spiritual life. Capturing a vision for this life is more vital than ever for Christian families today. Dr. Mamalakis will discuss the many ways to practice Orthodox spiritual principles in family life and provide steps and strategies for raising healthy children. The second theme of this year's Institute looks at the reality of pain and trauma that is also part of our world and touches every person. Nicole Roccas will bring her own experience and training to address from an Orthodox Christian perspective issues surrounding trauma. I am confident all attendees will be able to take away something to illumine their own internal struggles with pain, suffering and trauma. I am glad that Nicole is also able to travel to Alaska accompanied by her husband Lawren.

One of the most enjoyable parts of our week together during the Institute is the opportunity to visit informally with our presenters. We love to have guests join us for this Institute. I hope you will think about it this summer. You can learn more about our parish, Saint John Orthodox Cathedral, on the Cathedral website: [stjohnalaska.org](http://stjohnalaska.org). Please call or write, if you have any questions.

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## *News From Our Antiochian Archdiocese*



Writings by Metropolitan Saba: [Between Reality and the Ideal](#)

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

### **Hello St. John's School Families, School Board, Staff and Students,**

Thank you for helping make our "Better Than Texas" B.B.Q. such a huge success! It was truly a team effort — from selling raffle tickets and baking cakes for the cake walk, to buying dinner tickets, grilling, smoking meat, washing dishes, cleaning up, and everything in between.

Thanks to your incredible support, we raised a little over \$12,000!

Congratulations to Sarah Curry, whose name was drawn in the kids' raffle — she won a Cold Stone party for her 3rd grade class!



On a personal note, I have to admit I'm mad that Mrs. Raso's Moose earned the most money. No matter what competition we have at school, Rebecca always beats me!

Thank you again for your generosity, time, and spirit. Sincerely, Kh. Betsy



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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)

#### ***A Note from Katy Arvidson...***

It's hard to believe. In just under two months, I'll be headed to Ohio for the Ms. Wheelchair USA pageant. God has opened some incredible doors for me this year that I was not expecting. I'm working with Stone Soup Group, a local nonprofit, to help parents identify when their children may need professional mental health support. Stone Soup Group provides support to parents of children with developmental disabilities and complex medical needs. And I've been collaborating with the Pompe Alliance and National Organization for Rare Diseases to spread information about mental health for people with disabilities and rare disorders. I'm working with Alaska officials to add Pompe's disease to our state infant screening program, so other Alaskan babies receive treatment much earlier in life than I did. And that is just the tip of the iceberg! It's been a whirlwind and I'm incredibly grateful for the outpouring of support from St. Johns. If you'd like to donate to help with some of my pageant related expenses (hotel, food, dress, etc.), you can click the link below and scroll until you see my name. I'm beyond excited and grateful!

<http://www.thedanefoundation.org/eventsprograms/sponsormwusafinalists.html>

—Katy Arvidson

## *Dates to Remember*

### *Birthdays This Week*

May 19 - Kali Macalino

May 19 - Olivia Fletes

May 19 - Martha Fisher

May 21 - Ruth Templeton

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



### *Anniversaries This Week*



Stephen & Valorie Sparks - May 19, 2002

Dolph & Sydney Ihde - May 21, 2017

James & Mary Curry - May 22, 2005

Katya & Michael Mee - May 22, 2022

### *Remembering in Prayer...*



*Oksana Artz*

*Sylvia Villafana*

*Helen Gillquist*

*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*



\* Presbyter Garland Peters - May 6, 1979

\* Abner Picon - May 1, 2016

\* Infant Lazarus Frizelle - May 2, 2018

\* Eloise Mae Lamb - May 10, 2024

\* Infant Benjamin Ray - May 12, 2022

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

### *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.



### *Thursday Reading Group*

Thursday Readers will meet at the Chugiak Senior Citizen Center at 10am



## *Clare House Meal - 4<sup>th</sup> Saturday of Each Month*

For the Month of **MAY** – our scheduled meal that we provide Clare House is:  
**Saturday, May 24.** Contact Cara Fletes to see how you can help.



### **THE SYNAXARION**

#### **Samaritan Woman – 4<sup>th</sup> Pascha**

On May 18, in the Holy Orthodox Church, we commemorate the Martyrs Peter, Dionysios, Andrew, Paul, Christina, Heraklios, Paulinos and Benedimos, and Stephen the New, patriarch of Constantinople.

On this day, the fourth Sunday after Pascha, we celebrate the feast of the Samaritan Woman.

#### *Verses*

*When you came to obtain corruptible water, O woman,  
You drew forth living water that washes away the stain of the  
soul.*



The Samaritan woman -- the holy and glorious Great-martyr Photeini -- met Jesus at midday at Jacob's Well, which was in the city of Sychar. Being tired from travel and the heat, Jesus sat at Jacob's Well. A little while later, the Samaritan woman came to draw water and had a long conversation with Him. This is the longest recorded discourse between Christ and a single person in the entire Bible. Photeini did not want to talk to Jesus, because the Samaritans did not have any dealings with Jews; Jews considered her people heretics because Samaritans kept only the first five books of the Old Testament. However, the Lord talked with her anyway, read her heart, revealed her secrets and gave her drink of the "Living Water," that is, the grace of the Holy Spirit that leads to eternal life and flows to all humanity. Photeini immediately ran throughout the city to proclaim Christ. Through her, many other Samaritans believed in Jesus.

By the intercessions of Your Martyr, Photeini, O Christ God, have mercy on us. Amen.

#### **Saint John Orthodox Cathedral**

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Antiochian Orthodox Christian Archdiocese  
Pastor: Fr. Marc Dunaway • Assistant Priest: Fr. Robert Polson