

St. Gregory Palamas  
Tone 2

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Hebrews 1:10-2:3  
Mark 2:1-12

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Homily by  
Fr. Marc Dunaway

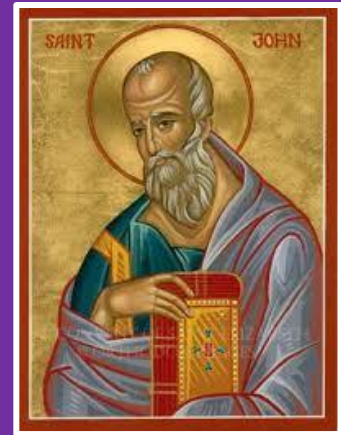
Epistle Reader:  
Jennifer Medders

Coffee Hour Hosts:  
Okuley / Lindblom

# St. John Orthodox Cathedral

## Weekly Bulletin

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Sunday, March 31, 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.*

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## Feast Days and Services

### Services and Events for the Upcoming Week

#### This week's schedule.

- Friday, March 29 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 30 – Great Vespers at 7:15pm
- Sunday, March 31 – Matins/Liturgy at 9:15/10am
- Tuesday, April 2 – Youth Group at 6:00pm at the St. James House
- Wednesday, April 3 – Presanctified Liturgy at 6:15pm, Soup Supper
- Thursday, April 4 – Thursday Night Talks – Great Lent at 6:30pm at the St. James House
- Friday, April 5 – Compline with Akathist Hymn at 7:15pm
- Saturday, April 6 – Great Vespers at 7:15pm

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## Parish Events and News



### 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**



## 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 10 -3 more on the clean-up crew, April 17 - 2 more on the clean- up crew, and April 24- 2 cooks and 4 on the clean-up crew.

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!

**\*Thank you to last week’s crew:** Cooks- Laurie Snider and Ann Patras, Clean-up crew - Sydney Ihde, Doreen Dougherty, Cara Fletes, Liz Klatt and Labrecque Family

**\*Next week’s reminder:** Cooks - Beth Dunaway and Macrina Ray, Clean-up crew- Lindblom family, Beth and John Marc Dunaway, Saur Family, Haines Family, Labrecque Family



## 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!

## New Phone List Soon

If know of any changes that needs to be made on the phone list – please contact Maris Kelly at the church office at [stjohnalaska@aol.com](mailto:stjohnalaska@aol.com) this week. Thank you.

## Volunteer Drivers Needed to Bring Oksana to Church

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. Fortunately, 3 volunteers have signed up to cover some days. Please see the list of needed rides below:

March 31 (covered by Parkers),

April 7 (covered by Allison J)

April 14 (covered by Allison J)

April 28 – *Need Driver*

May 12 – *Need Driver*

May 19 – *Need Driver*

May 26 – *Need Driver*

June 2 – *Need Driver*

June 9 – *Need Driver*



## Coffee Hour This Sunday - March 31 Fifth Sunday of the Month

**Hosts Families: Okuley / Lindblom**

Everyone Brings Snacks and Helps Clean Up

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**Next Sunday – Group A – April 7      Hosts: 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*



## Arty Party – Calling All Kids

The Sisters of Mary and Martha are sponsoring an event next 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.

## Upcoming Women’s Retreat

The retreat will be held at Beach Lake Lodge in Chugiak, Alaska on May 24<sup>th</sup> and 25<sup>th</sup>. 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



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## News From Our Antiochian Archdiocese



A short article from Metropolitan Saba will be published each week. These can be found in our Sunday Bulletin each week with a link to the new articles.

Writings by Metropolitan Saba: [On Lent](#) // [The One Pascha](#)

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## Notes and Pictures from Parishioners

### “Checking In” with Each Other

Is there something you’d like to announce or share? Please email [stjohnalaska@aol.com](mailto:stjohnalaska@aol.com)



## Save the Date for Baby Shower for Baby Genevieve Lorraine Bower

Saturday May 11, 2024 11 am - 1 pm

St. James House

More details to come



**CROSSROAD**  
INSTITUTE

Don't miss this once-in-a-lifetime experience that is amazing fuel for your soul! Limited availability for CrossRoad **Northern California** (June 18-28) and CrossRoad **Chicago** (July 6-16).

High school juniors and seniors, spend 10 incredible days:

- deepening your personal sense of life purpose
- asking hard questions about faith and life to incredible Orthodox college faculty
- meeting Orthodox peers from across North America
- connecting with our beautiful theological and spiritual tradition in a deep and meaningful way.
- Extensive financial aid is available.

As you prepare for the rest of your life, take time to fuel your soul! [crossroadinstitute.org](http://crossroadinstitute.org)

### Dear Fellow Parishioner, Family, and Friends

I will be participating in Project Mexico traveling with the Youth Group of Saint John the Baptist Greek Orthodox Church. Any donations would be greatly appreciated. Donations can be made via PayPal or credit card. I have included a QR code below. The link to pay online can also be found on the church's website <https://stjohngoc.org/>. *On the right side of the website home page click on "Stewardship/Donate" then click "donate". When donating online please select 'Project Mexico' from the drop-down menu. On the next page please put my name, Macrina Labrecque, in the 'Write a note' section.*



More importantly I am asking for your prayers for myself and the group as we travel to Mexico and put our faith into action. Thank you for your consideration.

In Christ, *Macrina Labrecque*

## 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

We will meet Thursday at the Chugiak Senior Center at 10am



### 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.



## *Birthdays This Week*

April 1 - Doreen Dougherty  
April 2 - Elyse Klatt  
April 4 - Will Klatt  
April 4 - Joshua Stevens

April 5 - Joachim Labrecque  
April 7 - Shelley Finkler  
April 7 - Lance Hawi



*M A N Y   Y E A R S !*



## *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*

## *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 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 !*

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## THE SYNAXARION

### Gregory Palamas – 2<sup>nd</sup> Lent

On March 31, in the Holy Orthodox Church, we commemorate of our father among the saints Hypatios the wonderworker, bishop of Gangra; Venerable Akakios the Confessor, bishop of Melitene; and the Prophet Joel; and the repose of Innocent, metropolitan of Moscow, enlightener of the Aleuts and apostle to America; and Jonah, metropolitan of Moscow.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

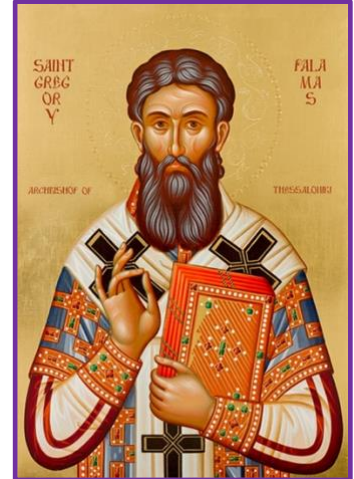
#### *Verses*

*The Source of light leads us to the glimmer of day in the inner sanctuary.*

*O truly great Gregory, you are a radiant proclaimer of light.*

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the lavish lifestyle of the palace and gave himself over to asceticism on Mount Athos. He eventually moved to Thessalonica to seek a cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy as an archbishop, tending and caring for his people for 13 years. He is glorified as an ascetic, a theologian, a hierarch, and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. Many past Saints visited and appeared to him in different times including: The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and other angels of God.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.



#### **Bulletin Announcement Guidelines**

Send announcements to church email address: [stjohnalaska@aol.com](mailto: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.

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

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(907) 696-2002 • Fax: (907) 696-5555 • 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