

Gregory Palamas
2nd Sunday of Lent
Tone 6

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

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Homily by
Dn. Joseph Ray

Epistle Reader:
Bradley Forbes

Coffee Hour Hosts:
Terrell/Sturdevant

St. John Orthodox Cathedral

~Daylight Savings Time~

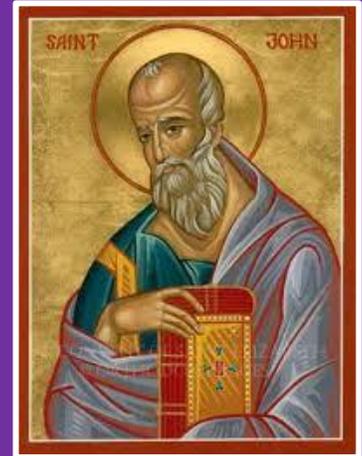
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## *Weekly Bulletin*

*Sunday, March 8, 2026*

*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.

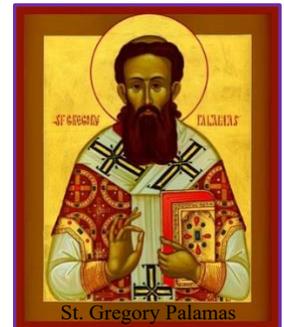


Feast Days and Services

Services and Events for the Upcoming Week

This week's schedule.

- Friday, March 6 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 7 – Great Vespers at 7:15pm
- Sunday, March 8 – Matins/Liturgy at 9:15/10am
- Wednesday, March 11 – Presanctified Liturgy at 6:15pm, Soup Supper
- Friday, March 13 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 14 – Great Vespers at 7:15pm



Parish Events and News



Catechesis of the Good Shepherd

**There will be no Atrium on March 8 and March 15 – taking a
‘Spring Break’
We will resume on March 22**



Coffee Hour This Sunday - March 8, 2026 Group Luke (2) - Second Sunday of the Month

Fasting Snacks

Hosts Families: Terrell / Sturdevant

Snacks: Agnew, Arnold, Bower, Davisson, Drennan, Dunham, Durand, Fisher, Hanna, Hoyt, J. Jenkins, M & M Jones, D & M Kendall, Komar, Layton, Lindblom, K Medders, L & M Mellor, G. Moses, Oliveria, Peters, Saur, Snider, Sturdevant, N. Temple, Tysver, Vermeylon, Villafanna, Wells

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**Next Sunday - Group Mark (3) - March 15 - Hosts: D&H Hanna / D Sorensen / Vermeylon**

Snacks: Alexander, Artz, Burkowske, Cook, Doss, B & D Dunaway, Dyal, Espino, Fletes, P. Gillquist, Griffith, Hattenburg, Hunter, E & H Johnson, Justus, Kendall, Labrecque, Lowry, Marcus, O Medders, T & L Mellor, Northey, Palmer, Polson, Scherer, Sorensen, J & A Stiehr, A & J Temple, V. Temple, Unser, Wasile, Wolkoff



## **Kid's Choir Practice**

Kids aged 4 through high school are invited to come join the Kid's Choir. We will practice for the Pascha Season Sundays beginning today at 12:10pm in the Nave. Hope to see you!

## **Soup Supper this Wednesday - March 11**

***Please Bring Bread to Share***

We are asking that everyone clean up their own tables and empty their own trays. (Ways to Pay: Give money the night of the Soup Supper Meal / Pay online on our [donate](#) page and select the category 'Lenten soup supper', there will also be a QR code available to scan that takes you to our donate page directly)



**Suggested Donation: Families - \$15.00 per meal // Individuals - \$7.00**

**Cooks: Budget per meal - No more than \$100.00**

**Please take a moment to sign up on our Sign-Up Genius using this [Link](#)**

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



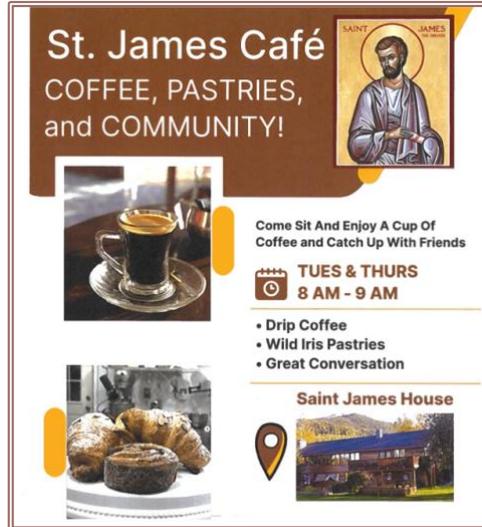
**Spring Break - March 9-13**

## **St. John's School Enrollment - 2026 - 2027**

St. John's School will be starting enrollment soon for the **2026-2027 school year**. If you are interested or planning to send your child, please contact the school office to be added to the list. You can email [office@sjocs.org](mailto:office@sjocs.org) or call 907-696-3920.

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## *St. James House Weekly News*



**St. James Café**  
COFFEE, PASTRIES,  
and COMMUNITY!



Come Sit And Enjoy A Cup Of  
Coffee and Catch Up With Friends

**TUES & THURS**  
8 AM - 9 AM

- Drip Coffee
- Wild Iris Pastries
- Great Conversation

**Saint James House**



### **Upcoming Church Family Meeting - March 21, 2026**

The Church Family Meeting will be Saturday, March 21<sup>st</sup> at 5:45pm in the church basement. Here are a few of the agenda items to be discussed:

Financial Review  
Endowment Fund  
Ministry leader presentations  
News and updates from the last year of Parish Council work  
Comments/Questions/Looking forward  
And more!

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## *News From Our Antiochian Archdiocese*



Writings by Metropolitan Saba: [The Orthodox Liturgy: Its Theology and Spirituality, Part Two](#)

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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: [cathedral@stjohnalaska.org](mailto:cathedral@stjohnalaska.org)

### **Looking for Housing**

Looking for housing (apartment, cabin or mobile home) for a family of 4 (Mom, 2 boys & a girl) 2 bedroom will work. If any info or ideas, please call or text Dn. Pat Lamb at 907-862-4154.  
Thank you.

## Dates to Remember



Men's Book Club

### Men's Book Club - Wednesdays 7-8pm

The Men's Book Club will be reading *The Lenten Spring* by Fr. Thomas Hopko throughout Great Lent. The book contains 40 devotional reflections—one for each day of Lent. Participants will read the reflections on their own and gather weekly to discuss the previous week's readings together.

Due to Presanctified Liturgy, we will meet on **Thursdays from 7:00–8:00 PM** at the **St. James House**. *The Lenten Spring* is available for purchase on Amazon or through St. Vladimir's Seminary Press. A free version is also available on [Archive.org](http://Archive.org).

### Birthdays This Week

March 8 - Genevieve Bower

March 9 - Karina Lindblom

March 10 - Elisa Betson

March 12 - David Lindblom

March 12 - Joshua Unser

March 13 - Elliot Dunaway

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

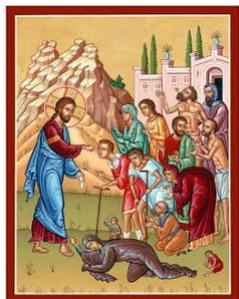


### Remembering in Prayer...

Mary Greene  
Zoie (Oksana's Mom)  
Arlo Northey  
Gywn Jones  
Matt Komar

Jay Keener  
Krya & Skylynn Lineer  
Jan Northey  
Jennifer Stogsdill

*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



- Helen Primis - March 14, 1999
- Clyde Clarence Jones - March 29, 2002

**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 **March** – our scheduled meal that we provide Clare House is:  
**Saturday, March 28**. Contact Cara Fletes to see how you can help.



## Easter Feast – April 12, 2026



The “Easter Feast” following the “Agape” Vespers on Pascha is an important tradition of our Parish. It is a relaxed time of food and fellowship to celebrate Pascha and the end of the journey of Lent and Holy Week. However, providing a meal for 250+ people require a combined and organized effort from many people. **Sydney Ihde** will be coordinating the Easter feast again this year so please reach out to her with any questions at **(907) 854-5517**.

### The Basic Plan

*(Please Read this Part)*

- ❖ Have meats, drinks, appetizers, and ice cream provided for everyone by the Cathedral through an organized volunteer effort.
- ❖ Other foods – side dishes, salads, and other desserts – will be provided through a Potluck.
- ❖ **\*Each household, regardless of size, is asked to make a suggested contribution of \$20 or more.** This can be paid on the church website “[Donate](#)” page by choosing the category “Pascha Feast” or by writing a check and putting it in the tithe box with memo “Easter Feast”.
- ❖ Every family in the Church is asked to participate in bringing a dish to the potluck (there will be sign-up sheets for different dishes closer to Pascha downstairs). We also ask those that can help with dish duty in the kitchen to please do so (there will also be a sign-up sheets near Pascha for this). Dish duty is a big job, and the work should be spread out between many people.
- ❖ Please also keep an eye out for the sign-up sheets for Bright Monday clean up.
- ❖ Contact Sydney if you are interested in helping (even for a small role) and she will direct you to a task.

### The Teams

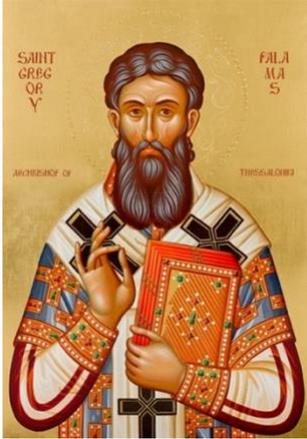
- ❖ Decorations: Sydney Ihde and friends
- ❖ Table/Chair set-up: David Sorensen & Bradley Forbes
- ❖ Purchase paper products: Laurie Snider
- ❖ Emcee: Elisa Betson
- ❖ Children’s activities: Kristine Lindblom & Jennifer Saur
- ❖ Bouncy house: Katy Arvidson & Brandon Weaver
- ❖ Folk dancing/sound system: Jessica Kies & Kathleen Cooley
- ❖ Outdoor set-up: Fr. Marc
- ❖ Potluck coordinator: Mary Ruth Alexander
- ❖ Meat grilling: John Marc & crew
- ❖ Beer & wine: Tanna Terrell, Arianna & Brandon Weaver, & Sam Lowry
- ❖ Appetizers: Liz Klatt, Michelle Mellor, & Ashley Ihde
- ❖ Coffee, tea, water, & lemonade: Natasha Haines and family
- ❖ Ice cream dessert: Ben Labreque & his children
- ❖ Sunday evening clean up: Tim Mellor, Derick Hanna, Eric Johnson (Brothers of Lazarus)
- ❖ Bright Monday clean-up: Jennifer Gillquist & Hannah Johnson (with parishioners)
- ❖ Grill clean up: Chris Kies & Zach Doss

\*Please remember to **contribute** with the suggested donation as mentioned so we can continue to make the Easter Feast special for our children and parishioners for many years to come. Thank you so much to all who have signed up for teams and we look forward to celebrating with everyone. -Sydney Ihde

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## THE SYNAXARION

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



On March 8, in the Holy Orthodox Church, we commemorate our righteous father Theophylact the Confessor, bishop of Nicomedia; and the Apostle Hermas of the Seventy.

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: [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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#### **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.antiochianladiocese.org>  
Antiochian Orthodox Christian Archdiocese  
Pastor: Fr. Marc Dunaway ◦ Assistant Priest: Fr. Robert Polson