



Birthdays This Week

March 10 - John Morrison March 16 - Dwight Stallman
 March 10 - Elisa Betson March 16 - Helen Gillquist
 March 12 - David Lindblom March 16 - Solomon Frizelle
 March 15 - Rose Finkler

M A N Y Y E A R S !

St. John's Reading Group

Wednesday Readers: 10am to 11:30am in Reading Room.



2nd Sunday (3/10) - 'G' through 'K'
 Hosting - John & Anjali Haley & Eric & Hannah Johnson
 3rd Sunday (3/17) - 'L' through 'R'
 Hosting - John & Lesa Morrison & Harold & Barbara Parker



Clare House Meal Fourth Saturday of Each Month

For the Month of MARCH our scheduled meal is 3/23. – Sign up on the Downstairs Bulletin Board.

Saint John Orthodox Cathedral

P.O. Box 771108 • 18936 Monastery Drive • Eagle River, Alaska, 99577
 (907) 696-2002 • Fax: (907) 696-5555 • Website: stjohalaska.org
 • Diocesan Website: <http://www.antiochianladiocese.org>
 Antiochian Orthodox Christian Archdiocese • Pastor: Fr. Marc Dunaway
 Assistant Priests: Fr. John Downing / Fr. Robert Polson
 Fr. Thomas Frizelle / Fr. John Rogers

Schedule of Regular Services: Saturdays: Great Vespers-7:15pm

Sundays: Matins-9am/Divine Liturgy-10am

Wednesdays: Vespers 7:15pm / Thursdays: Divine Liturgy 8:15am (On School Days)

Wednesdays and Fridays 6th Hour Prayers – 12:30pm (On School Days)

Confession Times: Fr. Marc, Fr. Robert & Fr. Thomas after Great Vespers on Saturdays

St. John's Sunday Bulletin

March 10, 2019 * *Forgiveness Sunday (Cheesefare)*

*Romans 13:11-14, 14:1-4 * Matthew 6:14-21 * Tone 8*

Reader: Tim Terrell

Homily by: Fr. Marc Dunaway

*Forgiveness Sunday Vespers
 Tonight at 6:15pm*

Lent Begins Tomorrow, March 11

The Lenten Fast begins by fasting more strictly this week than the other weeks in Lent.

This week's schedule is as follows:

Monday - Compline & Canon of St. Andrew 7:15pm

Tuesday - Compline & Canon of St. Andrew 7:15pm

Wednesday - Presanctified Liturgy 6:15pm, Soup Supper

Thursday - Compline & Canon of St. Andrew 7:15pm

Friday - Compline with Akathist Hymn 7:15pm

Saturday - Great Vespers 7:15pm

Sunday - Orthodoxy Sunday Vespers 5:00pm at St. Innocent Orthodox Cathedral in Anchorage

Bring Bread for Wednesday's Soup Suppers

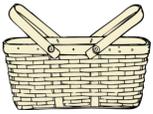
On Wednesday we will have our first Soup Supper immediately following Presanctified Liturgy. The cost is \$3.50 per person or \$15 per family. Please remember to bring a loaf of your favorite bread or a bag of rolls to share at the Soup Suppers after Presanctified Liturgy on Wednesday nights.

Sunday of Orthodoxy - Next Sunday, March 17

Remember to bring your icons to Church next Sunday. We will bless icons here at St. John's after Divine Liturgy.

Driver Needed for Clare House - March 23

We need a driver for the Clare House meal for March 23. If you are able, please sign up on the downstairs bulletin board. Thank you —Cara Fletes



Good Works Basket – Family Disability Services

Family Disability Services provides needed assistance for both children and adults with developmental disabilities, as well as a support system for their families.

Saint John's can help support this very important work by providing the program with some of the basics they are currently in need of. When donating from the list provided in the Narthex GWB table, please remember that items should be new or gently used. These items will not only support those in need but also empower them.

Don't let the small poster board sign stop you from seeing the BIG need that Family Disability Services has in providing care to their clients. With less than 3 weeks left for this "campaign" let us try to have our GWB overflowing by the end of the month.

Local Community News and Personal Notes

Good Lecture Series on Anger - by Fr. Ted Pulcini Given at the Clergy Meeting this February

Fr. Marc and Fr. Tom mentioned these lectures in the church office and I recently listened to them. I really enjoy these lectures and you might too. — Maris Kelly

Here is the link: https://www.antiochianladiocese.org/seminar_audio.html

On Forgiveness Sunday, by Met. Anthony Bloom

“...Today we will ask forgiveness from one another. This is totally unrealistic if we imagine that we can approach each of those who have hurt us, wounded us, at times destroyed our lives, and say, ‘Let us agree that the horror that you have brought into my life does not exist. I forgive you. Go in peace.’

We are not mature enough for this. The martyrs were capable of this; we are not. But a thing which we can do, which each of us can do, is to say, ‘Because you are so loved of God, so loved by Christ, that He became man, lived, taught and died for you, and not only for me, I accept you as you are. Indeed, I would be so happy if you were different, if you were not a cross on my shoulders, a wound in my heart, a terror in my life, a humiliation. But there is still time ahead of us, and for the moment I accept you as you are and I shall carry you, this acceptance, on my shoulders. As St. Paul says, ‘Carry one another’s burdens, because it is the way in which you will have fulfilled the law of Christ.’ And carrying the burden upon our shoulders means primarily to accept my neighbor as he is, hoping that things will change, praying for him or for her that the grace of God should transform, transfigure this person – but also me, because what judge am I of another’s sins while I am a sinner, while I am a temptation, a wound in the life of so many others? So, let us make this attempt. When we come to one another and say, ‘Forgive me’ if you answer ‘Yes I do’ it means ‘I accept you as you are, sinful, a wound in my flesh, a wound in my heart, a problem in my life – but I accept you and I will carry this acceptance, and you, throughout my life, and pray for God’s blessing to be on you and pray for God to heal both of us, that I should become such that I do not lead you into temptation, be the cause of your own fall...’”

—Fasting is an admirable thing, but it is more admirable to forgive insults. Through fasting a man is preparing for charity, but by forgiving insults, a man shows charity. Fasting precedes forgiveness, but fasting alone does not save without forgiveness. — St. Nicholai of Zica

Summary of Church Family Meeting March 2, 2019

The Soup Supper Signup is available online at signupgenius.com. Please note that cleanup helpers are also needed to sign up. 4 families each night. — Kim

Coffee Hour: Please note that if you are on the list to contribute or oversee Coffee Hour on a certain Sunday, everyone is counting on you to take part, even if you normally don't come to Coffee Hour.

Anthony Fletes would like to help the Cathedral be better prepared as an emergency shelter. If you would like to help him in this effort, please let him know. — Anthony

Sisters of Mary and Martha: Jennifer Medders gave an update about the activities of the Sisters of Mary and Martha Society for the past year. A brief report was given about recent meetings, as well as activities participated in throughout the year, to include the Advent Outreach Project and last summer's picnic. A breakdown of the finances was presented. Plans for the future year were also mentioned, such as the Post-Pascha Retreat planning being in full swing, and the FOCUS and Antiochian Women's Projects. Cara Fletes was drawn as a new Leadership Committee member, and Jennifer Gillquist was appointed to be the other member and will be serving her second term.

Eagle River Institute 2019 – Fr. Marc said that we will be taking a year off from hosting our annual Eagle River Institute this summer. The main reason for this is to think about and re-set our goals for this Institute so that it can better serve our parish and others who benefit from listening to the lectures online. More will be discussed about this later.

Saint James House – As Abraham and Anna prepare to move out of the Saint James House this summer and end their valuable service there as the House overseers, Bryan and Anna Potts have said they would like to take their place. The Parish Council is very grateful to both couples and are eager to help Bryan and Anna establish themselves here.

The total cost of the new Moveable Wall was 28,000. Everyone seems very happy with its ease of use and the feel of the room it creates.

“Sister Church” in Damascus: Our St John St George (Damascus) Sister Parish committee, as approved by Met. Joseph, is communicating well together and just starting our shared Facebook page draft. Our committee is Katya Jenkins, Mel Hawi and Dn Kevin.

Summer Youth Corps Supervisor: Last year's Summer Youth Corps Supervisor was Stephen Peyton, but Stephen will not be available this summer. We are looking for a new person to head up our Youth Corps this summer. The work is usually four days per week for eight weeks. The job is to oversee three to five teens who do summer work for the Church. The pay is hourly and based on work experience. Please let Fr. Marc know as soon as possible if you are interested.

New Parish Council Member: Charley Peyton was selected to serve as a new member and Denise Ray was appointed to serve a second term.