

4<sup>th</sup> Sunday of Lent  
John of the Ladder  
Tn. 7

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Hebrews 6:13-20  
Mark 9:17-31

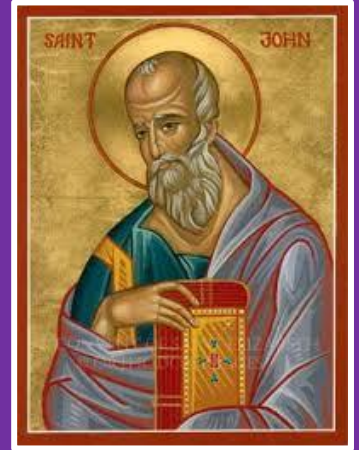
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Homily by  
Fr. Marc Dunaway

Epistle Reader:  
Jerry Finkler

Coffee Hour Hosts:  
Snider / P. Gillquist

# St. John Orthodox Cathedral Weekly Bulletin

Sunday, March 30, 2025  
And the Days Following




*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 28 – Presanctified Liturgy 6:15pm (no soup supper)
  - Saturday, March 29 – Cleaning Day 9:am to Noon
  - Saturday, March 29 – Great Vespers at 7:15pm
  - Sunday, March 30 – Matins/Liturgy at 9:15/10am – 4th Sunday of Lent / St. John of the Ladder
  - Tuesday, April 1 – Youth Group at 6pm at the St. James House
  - Wednesday, April 2 – Presanctified Liturgy at 6:15pm, Soup Supper
  - Thursday, April 3 – Little Compline and Reading of the Life of Mary of Egypt at 7:15pm
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- Friday, April 4 – Compline with Akathist Hymn at 7:15pm
  - Friday – Saturday April 4-5 – Men's Retreat
  - Saturday, April 5 – Great Vespers at 7:15pm

## Parish Events and News

### Cathedral Cleaning Day Saturday, March 29 9 to Noon

Win Prizes  
Full of Easter Goodies



Join us for the Annual Church Cleaning Day, Saturday March 29, 9am-Noon. There will be a basket for men, women, teens, girls, and boys and draws all during cleaning. Refreshments will be provided. Come let's have fun cleaning together. For questions call Kh. Colleen 907 854-4132.



## 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 12:05pm in the Nave. Hope to see you!

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




## Youth Group - Tuesday, April 1

The Youth Group will meet Tuesday night, April 1, 6:00pm at the St. James House


## Men's Retreat This Coming Weekend

### April 4 – Cathedral Basement / April 5 – Beach Lake Lodge

You can register online on our website or by holding your phone on the QR Code below. If you have any questions, please contact Tim Mellor at [timmellor@stjohnalaska.org](mailto:timmellor@stjohnalaska.org).



Saint John Orthodox Cathedral  
Eagle River, Alaska  
Antiochian Archdiocese



## Saint John Men's Retreat

The Orthodox Way to Grow Closer to God

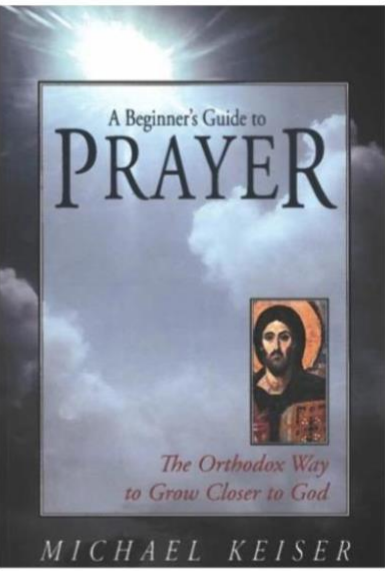
**April 4-5, 2025**


**April 4, 2025 (Cathedral Basement)**

6:00PM – Gathering and Opening Prayer  
6:45PM – Session 1 (Fr. Marc Dunaway)  
7:15PM – Small Group Discussion  
7:45PM – Large Group Discussion  
8:15PM – Compline with Akathist Hymn


**April 5, 2025 (Beach Lake Lodge)**  
**20100 Beach Lake Rd, Chugiak, AK, USA**

8:30AM – Visit Over Continental Breakfast  
9:15AM – Morning Prayers  
9:30AM – Session 2 (Tim Mellor)  
10:00AM – Small Group Discussion  
10:30AM – Large Group Discussion  
10:45AM – A Time for Silence and Reflection  
12:15PM – Sixth Hour Prayers  
12:30PM – Lunch  
1:15PM – Session 3 (Ben Dunaway)  
1:45PM – Small Group Discussion  
2:15PM – Large Group Discussion  
3:00PM – Closing Prayer and Clean Up





- All are welcome
- Located at St. John's Cathedral Basement on the 4th And at Beach Lake Lodge on the 5th
- Cost is \$25 scan to pay online Or Check/Cache in Tithe Box
- RSVP to [timmellor@stjohnalaska.org](mailto:timmellor@stjohnalaska.org)



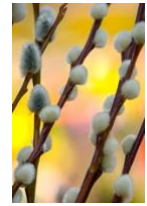
Scan Here To Pay

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# All Things Pascha

## Time to Think about Pussy Willows

With this unseasonably warm weather, keep an eye out for pussy willows. If you are out hiking and see pussy willows, please consider gathering some for Palm Sunday. You can bring them to the church basement. There will be a labeled bin. Thank you!



## Food For Hungry People

Remember to keep collecting for the FFHP. (You can also donate to this cause on our website, just make sure you mention Food for Hungry People.)

*["It is pointless for someone to say that he has faith in God if he does not have the works which go with faith...namely, deeds of love and compassion." —St. Gregory Palamas]*



## Easter Feast – April 20, 2025

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 sheet 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 Arianna Stallman
- ❖ Purchase paper products: Laurie Snider
- ❖ Emcee: Elisa Betson
- ❖ Children’s activities: Christine Lindblom & Jennifer Saur
- ❖ Bouncy house: Katy Arvidson & Brandon Weaver
- ❖ Folk dancing/sound system: Jessica Kies & Kathleen Sorenson

- ❖ Outdoor set-up: Fr. Marc
- ❖ Potluck coordinator: Mary Ruth Alexander & Lori Mellor
- ❖ Meat grilling: John Marc & crew
- ❖ Beer & wine: Tanna Terrel & Sam Lowry
- ❖ Appetizers: Liz Klatt & Nicole Unser
- ❖ Coffee, tea, water, & lemonade: Natasha Haines and Nelly Dela Cruz
- ❖ Ice cream dessert: Ben Labreque & his kids
- ❖ Sunday evening clean up: Brothers of Lazarus
- ❖ Bright Monday clean-up: Jennifer Gillquist & Hannah Johnson (with parishioners)
- ❖ Grill clean up: Eric Johnson & Chris Kies

\*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

### **Parish Council Meeting Summary 03/18/25**

- Bruce suggested we revise our elevator pitch to be 30 seconds to one-minute tops. All members will share their revision at our next meeting and use it when appropriate.
- Tim presented a welcome booklet to the PC to include church info, contact information, history of the church, etc. These are to distribute to catechumens or visitors who are repeat attenders. The booklets would cost about \$5 and be kept in a designated area.
- John Marc discussed updates about the ramp vs. lift installment at the St. James House. The PC agrees that the lift seems more practical. John Marc will continue to discuss the best options with Josh Arvidson as he has experience in this area.
- There is roughly \$79,000 accumulated PFD tithes for this project and the possibility of access to grant money. The plan is to ensure the lift max will accommodate 1,000 pounds. Safety concerns are the priority. We will discuss the lift vs. ramp options at the next church family meeting.
- The PC will review the church constitution. Fr. Marc, Martha Fisher, Jennifer Gillquist, and Sydney Ihde will begin looking at any necessary adjustments needed. Proposed changes will be presented at the next Parish Council meeting and church family meeting.
- The Financial Report by Marshall was moved to the next PC meeting due to Marshall being unavailable.
- We plan for the next church family meeting to take place from 5:30p to 7p on May 17, 2025. Church members will be given a summary of what will be discussed at least one week prior to the family meeting.
- A PC retreat will take place on July 12, 2025, at the Dunaway's cabin.



- The PC revisited the question around "closed meetings," and decided to return to the policy previously in place. PC meetings are open for any parishioners to attend and listen.
- School Status: Tim updated the PC on the school. The school is doing well implementing training from the Murdoc Foundation. The school will hold an outdoor BBQ May 9th instead of an end of year program. The School and Parish will continue to work hand in hand.
- Cupola Status: Tim updated the status of the chapel cupola project and bids. For installation, \$3,000 for helicopter installation and \$12,000 for the ground crew. Ground crew would include installation, building/removal of scaffolding, and roof inspection. Myles and Sam to begin Cupola construction and assembly.

John Marc updates.

- John Marc updated the PC on the Maranatha House renovation. It is going well but has gone over the projected budget and work time. They unexpectedly had to cut out mold, rewire lighting, change plumbing, and update the shower floor, etc. He also updated the PC on the Parish Home maintenance. It is a work in progress but going well.
- \$250 was approved to be donated to Alexis Clodfelter's new clergy vestments.
- Next PC meeting: April 29, 2025, 7:00p to 8:30p in the church basement.
- If you have comments/suggestions/questions about Parish Council matters, please send an email to parishcouncil@stjohnalaska.org. If you want to speak at a meeting and be on the agenda, please contact one of the co-chairs, Bruce Johnson or Martha Fisher.



*Coffee Hour This Sunday - March 30, 2025  
Fifth Sunday of the Month*

**Hosts Families: Snider / P. Gillquist**  
**Everyone Brings Snacks and Helps Clean Up**

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*Next Sunday – Group A – April 6, 2025      Hosts: Mellor*

*Snacks: Abet, Baker, Bowman, Cook, Davis, Dozier, Gillquist Families, Haley, Hoxie, Jenkins, Justus, Lindblom, Macalino, Mellor, Northey O'Fallon, Patras, Sorensen, Stallman, Templeton, Tysver, VanDewater, Wells*

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*News From Our Antiochian Archdiocese*



Writings by Metropolitan Saba: [Fr. Lev Gillet: A Monk of the Eastern Church, Part One](#)

## 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)

### Volunteer Drivers for Oksana to Church Needed

We need drivers for Oksana. Please email Dn. Kevin or text me at 907-947-5345 for any Sunday that you could volunteer.

Rides Needed for these dates: **March 30, April 6 and April 13.**



## 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.



### Birthdays This Week

March 30 - Sam Stogsdill

April 1 - Doreen Dougherty

April 2 - Elyse Klatt

April 4 - Will Klatt

April 4 - Joachim Labreque

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



### Remembering in Prayer...

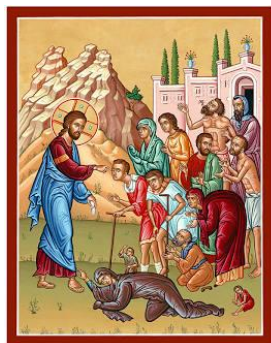
Gwyn Jones  
Joe Dunham

Kerry Jones  
Elisa Betson

Chris Grasse  
Josphine Hanna & her  
family

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*



### Clare House Meal - 4th Saturday of Each Month

For the Month of **APRIL** – our scheduled meal that we provide Clare House is:  
**April 26, 2025.** Contact Cara Fletes to see how you can help.



### Remembering Those Who Have Fallen Asleep This Month



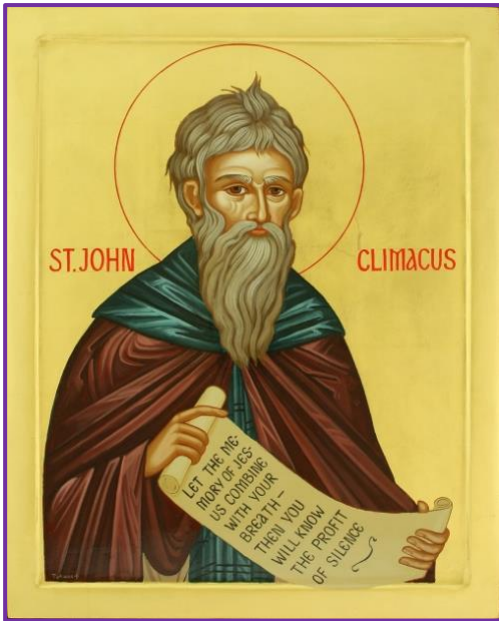
\* Kent Allen Ihde - April 13, 2000

\* Herb Enns - April 21, 2003

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

## THE SYNAXARION

### John of the Ladder – 4<sup>th</sup> Lent



On March 30, in the Holy Orthodox Church, we commemorate the New Hieromartyr Zachariah, metropolitan of Corinth; and Sophronios, bishop of Irkutsk.

On this, the Fourth Sunday of Great Lent, we make remembrance of our godly father, John Climacus, the author of *The Ladder of Divine Ascent*.

#### *Verses*

*John, dead in the flesh and also living, lives eternally,  
even though appearing dead and without breath.*

*Leaving his words as a ladder for the journey upwards,  
he shows his pursuit of the journey upwards.*

The Church also commemorates him on March 30 when he reposed. The celebration of his feast on this day probably arose from the custom prevalent in the honorable monasteries of starting the Great Lent with the reading of his book of sermons, in which John describes the method of elevating the soul to God, as ascending a ladder. John of the Ladder came to Mount Sinai as a 16-year-old boy and remained there, first as a novice under obedience, and afterwards as a recluse, and finally as abbot of Sinai until his eightieth year. One time, Moses, a disciple of his, fell asleep under the shade of a very large boulder. John, in prayer in his cell, saw that his disciple was in danger of the boulder toppling over on him and prayed to God for him. Later, when Moses returned, he fell on his knees and gave thanks to his spiritual father for saving him from certain death. He related how, in a dream, he heard John calling him and he jumped up and, at that moment, the boulder tumbled. Had he not jumped, he would have been crushed. John Climacus died around the year 563 A.D.

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.

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

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• Diocesan Website: <http://www.antiochiandiocese.org>  
Antiochian Orthodox Christian Archdiocese  
Pastor: Fr. Marc Dunaway • Assistant Priest: Fr. Robert Polson