

Holy Forefathers
Eleftherios of Illyria

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2 Timothy 1:8-18  
Luke 14:16-24

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Homily by
Protodn. Pat Lamb

Epistle Reader:
Ben Dunaway

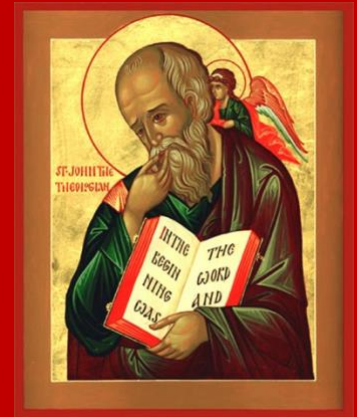
Coffee Hour Hosts:
Dougherty / Cook

St. John Orthodox Cathedral

Weekly Bulletin

Sunday, December 15, 2024

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.

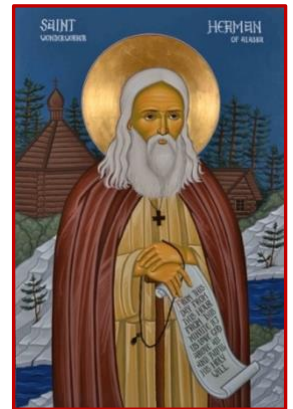
Feast Days and Services



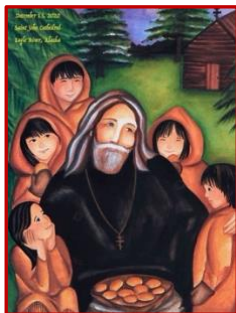
Akathist Hymn to St. Herman Tonight at 6:15pm- Friday, December 13



Following the “Akathist” Hymn there will be hot spiced tea and cookies in the upper parking lot to share around a campfire.



Cookie Exchange



We will also have a “Cookie Exchange and Giveaway” on Saint Herman’s Night. Families are invited to bring 4-dozen holiday cookies divided into small baggies with 3 cookies each. Before the Akathist Hymn begins, these are arranged on tables set up in the Narthex, labelled with the family name and kind of cookie. After the Akathist, one member from each family can go in line along the tables and pick up a bag of cookies of each kind. (Bring your own container.) Even families who do not bring cookies should be able receive cookies to take home. Mary Curry will again help direct the “Cookie Exchange and Giveaway” this year. Please text her at (907) 764-9696 if you have any questions.

Parish Events and News



Bring A Poinsettia to the Church

As a continuing tradition of our church decorating, you may bring a poinsettia plant this week to be placed on the steps before our iconostasis. Please bring covered so they don't die as quickly from cold exposure.



Time to Decorate Our Cathedral – Tomorrow on Saturday December 14th - 11am to 3pm - Your Help is Needed

This Saturday, December 14, we will decorate the Cathedral with garlands and a tree. We especially need young people (under 60) to do ladder work for hanging the garlands in the Nave. We also need a crew to decorate the tree and put up the Nativity scene. I will also need help in getting the décor out of the church attic. Call Lily Cowan for questions (907) 299-1432.



Children's Choir Practice This Sunday at 12:00

Please join us on Sundays at 12:00 in the Nave for our children's choir practice for Christmas. We look forward to singing with you!

2024 Advent Outreach

Christmas Bags for Women Staying at Downtown Soup Kitchen

Thank you everyone for pitching in to the good works basket. Items collected + donations directly go into this year's advent project. Several donated cash donations allowed for the purchase of additional items.



For the 2024 Advent Project **we will be providing 80 drawstring bags to the women staying at the Downtown Soup Kitchen Hope Center.** Tim Mellor, a few new attendees to our church, and the Ihde family are serving Christmas dinner and will give a bag to each lady. Over the past few months, I have been asking the women and staff what they need/want for Christmas.

Here is what will be included in each bag: Toothpaste, toothbrush, ChapStick, pen, journal, hairbrush, pair of socks, hand warmers, candy, emergency blanket, pair of gloves, hand cream, Christmas card made by our kids, and a single full-day bus pass (most requested item from the women).

We were also able to provide a large basket full of urgent general shelter needs from the generosity of a family in our parish **which included bulk of each item:** ibuprofen, shampoo, toothpaste, hair ties, maxi pads, coffee grounds, and body lotion.

I am deeply touched by the generosity and care everyone has shown to this project and over the past year of coming with me to volunteer each week. I have been lucky enough to get to know many of the women staying in the shelter, they are some of the greatest and funniest people. I am so thankful that we can provide this to them.

On Monday December 16th at 6pm I will be in the church basement stuffing each bag. Many hands make light (and hopefully quick!) work so **I would greatly appreciate people coming to help.** And as always if you'd like to volunteer in the future, please contact me. -Sydney Ihde

Thank You to All Who Donated Stuffing

With St. John's help, over 15 local churches worked together to provide full Thanksgiving dinners to 289 local families (including 406 children, 73 seniors, and 20 retired military). We're also appreciative of the 5-6th graders from St. John's School who volunteered to move 3 tons of turkeys in an hour!

—From Love, Inc. of Eagle River



Opening the Door to Orthodox Christianity Classes

Taking a Break for Christmas

Starting This Week – See You in the New Year

Here is a [Link](#) to the Schedule (found on the home page of our website)



Coffee Hour This Sunday - December 15, 2024 Group C - Third Sunday of the Month

Hosts Families: Dougherty / Cook

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

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### Next Sunday – Group D – December 22, 2024

### Hosts: Finkler / Cowan

Snacks: Alexander, Arvidson, Clodfelter, Dougherty, Dunaway, Dyal, Fletes, Haines, Hightower, B & M Johnson, Jones, Kies, Lamb, Mee, Moses, Palmer, Parker, Ray, Snider, Stogsdill, I. Temple, Terrell, Van Dyke, Webster

## “Church Etiquette” Tip of the Week

*When we gather to worship God, Orthodox Christians are “at home” in the environment of the Church gathering and yet at the same time reverent. These tips on “Church etiquette” explain some of the common customs that contribute to the reverent atmosphere of Orthodox worship. They are intended as guidelines to observe, not as a means to judge one another, which by a higher law we are forbidden from doing. (We will be adding a ‘Tip of the Week’ for the next several weeks in the bulletin.)*

### #1: Standing in Worship

The most common posture for worship in the Orthodox Church is to stand. In our services we believe that we are gathered in the presence of God. Standing shows the respect we have for prayer and for God. We do not stand overly casually, then, with our hands in our pockets and leaning against a wall with crossed legs. Rather we stand comfortably and attentively. Standing can also help keep our attention more focused on prayer than sitting does. This is why we are here the deacon say at various moments, “Let us attend,” which in the Greek text literally means, “stand upright.”

Sitting, of course, is necessary sometimes and no one will think differently of you if you do sit. If sitting during the Divine Liturgy, it would be good, if you are able, to stand at these times: when the Liturgy begins and the priest says, “Blessed is the Kingdom...;” during the Gospel reading; anytime the priest or deacon censes the icons and congregation; during the Little and Great Entrances; and at the final Blessing and Dismissal. Also, as a side note, whenever a Bishop is visiting the parish, we usually follow his example by standing and sitting when he does. Other postures for prayer used in the Church include kneeling or making a full prostration. Kneeling is common at weekday Liturgies and prostrations are part of our Lenten prayers.



The Order of  
Saint Ignatius  
of Antioch

## An Invitation - Not Recognition

When you become part of the Order of Saint Ignatius of Antioch, you become part of a ministry. The Order is not a club that you join. It is not a secular status symbol for recognition. It serves as an invitation to share with one another in the greatness of Christ by giving in a manner that is unconditional and quiet.

Supporting the Order's projects, Archdiocese Departments and numerous programs as one group, with Christ in our hearts and minds, is the manner in which this perpetual giving is made.

More information can be found in the flyers in the Narthex, or see Harold Parker

*Let no man's place, or dignity, or riches, puff him up; and let no man's low condition or poverty abase him. For the chief points are faith towards God, hope towards Christ, the enjoyment of those good things for which we look, and love towards God and our neighbor. - Saint Ignatius of Antioch*



## New Phone List Available in Narthex

You can request a phone list by email if you wish. Contact [cathedral@stjohnalaska.org](mailto:cathedral@stjohnalaska.org)

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## St. John's School Weekly News



### St. John School Will Have Their Christmas School Program This Week

Thursday, December 19 at 6:30pm, in the Church Basement

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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)

## Babysitter Needed

I have a friend whose son & wife had a baby boy on November 21st. The woman that they had lined up to watch him had something come up & cannot take on watching a newborn. Do you know of anyone (perhaps a young mom or retired woman) who might be interested in watching baby Summit in the morning (until noon)? They live in Eagle River & can be contacted at: Jason Brooke (907) 223-6036. If you have any questions, you can contact me – Valorie Sparks.

## Dates to Remember

### Monday 'Moms with Kids' Reading Group

Calling all moms with babies and toddlers! Please join us for reading group on Mondays at 10 AM. We meet at Saint James House in the living room area. Natasha Haines at 907-351-4942. (We will be taking a break the 23<sup>rd</sup> and the 30<sup>th</sup> and will resume in January.)



### Thursday Reading Group

The Thursday 10 am reading group will be meeting at the Senior Center.

### Birthdays This Week

December 15 - Charley Stevens

December 20 - Donnie Amundson

December 17 - Jennifer Gillquist

December 20 - Nora Ray

M A N Y Y E A R S !



### Remembering in Prayer...

Gwyn Jones

Nina Potts

Joe Dunham

Helen Gillquist

Oksana Artz

Josphine Hanna & her family

Dwight Stallman

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



\* Thomas Hyde Webster - December 1, 2021

\* Paul Frederick Schanzenbach - December 25, 2016

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



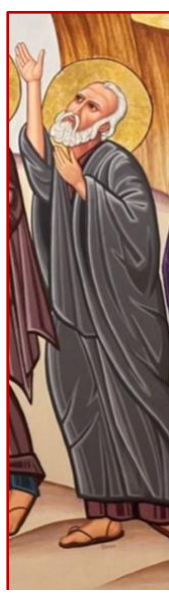
## Who's That Apostle?



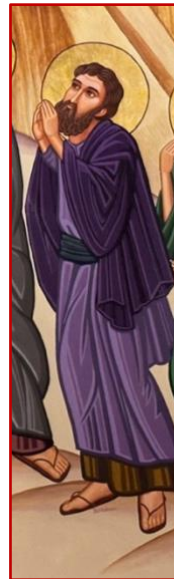
Apostle  
Paul  
Jun 29



Apostle  
Andrew  
Nov 30



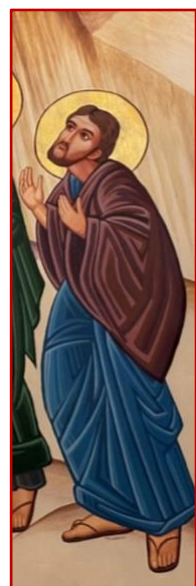
Apostle  
Simon  
May 10



Apostle  
Bartholomew  
(aka. Nathaniel)  
Jun 11, Aug 25



Apostle  
Thomas  
Oct 6



Apostle  
Thaddeus  
Jun 19

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## THE SYNAXARION

### Eleftherios – December 15



On December 15, in the Holy Orthodox Church we commemorate the Venerable Paul of Latria; Stephen, bishop-confessor of Surozh; the Venerable Tryphon of Pechenga; and the holy Hieromartyr Eleftherios, Bishop of Illyria, and his mother, Saint Anthia.

#### Verses

*Eleftherios, being by nature no servant,  
gave no service to error on seeing the broadswords.  
Blades on the fifteenth murdered the Godlike Eleftherios  
and his mother Anthia.*

Anthia heard the Gospel from the great Apostle Paul himself and was baptized by him. Being left a widow early in her life, she entrusted her only son, Eleftherios, to the education and service of the Bishop of Rome, Anacietus. Seeing how greatly Eleftherios was gifted and illumined by the grace of God, the bishop ordained him as bishop of Illyria at age 20. This Godly man kept his flock like a good shepherd, adding to their number from day to day. In the year 120, Emperor Hadrian, a persecutor of Christians, sent a commander, Felix, with soldiers, to seize Eleftherios. Instead, Felix became a Christian, as did the Governor Choribus. They went back to the capitol where all three men were tortured and beheaded. As Anthia held the dead body of her son, she was also beheaded. Their bodies were taken to Valona in Albania, where Eleftherios glorifies the name of Christ to this day by many wonders.

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