

*Sunday of the Cross
Tone 6*

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*Hebrews 4:14-5:6  
March 8:34-9:1*

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*Homily by
Fr. Robert Polson*

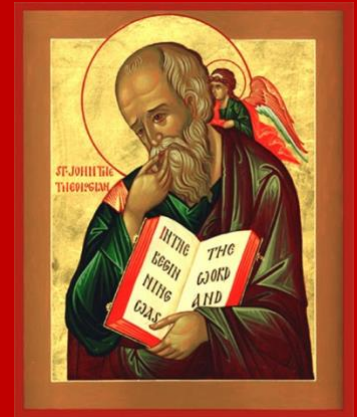
*Epistle Reader:
Ben Dunaway*

*Coffee Hour Hosts:
B & M Johnson /
Stogsdill*

St. John Orthodox Cathedral

Weekly Bulletin

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*Sunday, March 23, 2025  
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



The Annunciation of the Mother of God Tuesday Evening, March 25 Potluck to Follow

Readers' Vespers for the Feast – Monday, March 24 at 7:15pm
Vespereal Divine Liturgy – Tuesday Evening, March 25 at 6:15pm
Fish, Wine and Oil are allowed

There will be a “potluck” meal in the Cathedral basement following the Evening Liturgy for the Feast of the Annunciation on Tuesday, March 25. Please bring a Lenten fish or seafood dish to share and a side dish or salad. The Church will provide bread, dessert, and drinks.

Services and Events for the Upcoming Week

This week's schedule. *(Please note: Presanctified moved from Wednesday to Friday this week. There will not be a Soup Supper provided.)*

- Friday, March 21 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 22 – Great Vespers at 7:15pm
- Sunday, March 23 – Matins/Liturgy at 9:15/10am – 3rd Sunday of Lent / Sunday of the Cross with Procession of the Cross after the Great Doxology. Liturgy begins as we venerate the Cross.
- Monday, March 24 – Readers' Vespers for the Feast at 7:15pm
- Tuesday, March 25 – Vespereal Liturgy for the Annunciation, 6:15pm, Potluck to follow
- Friday, March 28 – Presanctified Liturgy at 6:15pm – **No** soup supper
- Saturday, March 29 – Cleaning Day 9:00am to Noon
- Saturday, March 29 – Great Vespers at 7:15pm



Parish Events and News

See Below for New About Pascha 2025



Cathedral Cleaning Day Saturday, March 29 9 to Noon

Win Prizes
Full of Easter Goodies

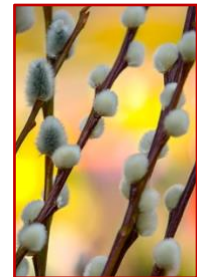
Join us for the Annual Church Cleaning Day, Saturday March 29, 9am-Noon. There will be a basket for men, women, teens, girls, and boys and draws all during cleaning. Refreshments will be provided. Come let's have fun cleaning together. For questions call Kh. Colleen 907 854-4132



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

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



It is time for our Archdiocese yearly focus on 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.)

["He who loves God will certainly love his neighbor as well. Such a person cannot hoard money, but distributes it in a way befitting God, being generous to everyone in need.] —St. Maximos the Confessor



Coffee Hour This Sunday - March 23, 2025 Group D - Fourth Sunday of the Month

Hosts Families: B&M Johnson / Stogsdill

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

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*5<sup>th</sup> Sunday of the Month – Snider / P. Gillquist  
Everyone Brings Snacks and Helps Clean Up*



## 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!



## Saint John Men's Retreat

The Orthodox Way to Grow Closer to God

April 4-5, 2025

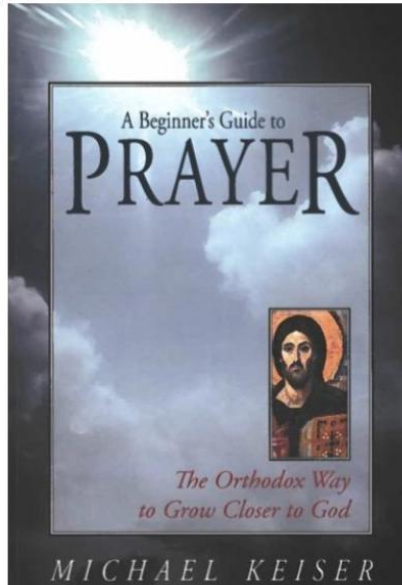
### April 4, 2025 (Cathedral Basement)

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



## Men's Retreat Book

For those attending the Men's retreat on April 4<sup>th</sup> and 5<sup>th</sup>, Fr. Michael Keiser's book, **A Beginner's Guide to Prayer: The Orthodox Way to Grow Closer to God**, is available on Amazon if you would like to bring your own copy.

If you have any questions, please contact Tim Mellor at [timmellor@stjohnalaska.org](mailto:timmellor@stjohnalaska.org).



- 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)



## 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)

### Looking for Used Car to Purchase



I am looking for an affordable used car if anyone in the congregation is selling one. Please call me if you might have one or know of one. Thank You! —Sam Lowry 616-928-5181.



## **AXIOS! To Alexis Clodfelter**

By the Grace of God and through the laying on of hands, the servant of God Deacon Alexis Clodfelter will be ordained to the Priesthood by Archbishop Daniel on Saturday, March 22, 2025 at the Protection of the BirthGiver of God Ukrainian Orthodox Cathedral in Allentown, PA.—Delany Clodfelter

### **Collecting Funds for Vestments**

Dan Kendall is collecting funds to help Alexis's purchase vestments. He will be available at Coffee Hour for you to give him any donation you are able. Thank you!



## *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 25 - Sbdn. Chris Kies      March 28 - Keith Haley  
March 26 - Brittany Sturdevant      March 30 - Sam Stogsdill

*M A N Y   Y E A R S !*



### *Remembering in Prayer...*

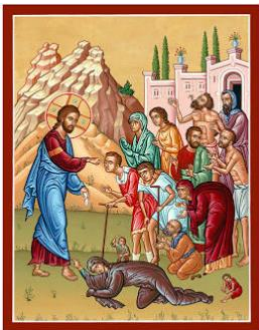
*Gwyn Jones  
Joe Dunham*

*Chris Grasse  
Josphine Hanna & her  
family*

*Kerry Jones  
Elisa Betson*

*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*



## *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 22.** Contact Cara Fletes to see how you can help.



## 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 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 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

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## THE SYNAXARION



### Sunday of the Cross

On March 23, in the Holy Orthodox Church, we commemorate the Venerable-martyr Nikon of Sicily and with him 199 disciples; and the Venerable-martyr Luke of St. Anne Skete on Athos.

On this day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-giving Cross.

#### *Verses*

*Let the whole entire world venerate Your Cross  
through which the world will come to know how to  
worship You, O Word.*

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work as Great Lent. For the effort in this struggle brings with it fatigue which makes the accomplishment of the rest of this Season difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother, the Holy Orthodox Church, thought it fit to elevate the Holy Cross as the joy of the world and the power of the faithful to help us carry on with the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and count us worthy to worship Your divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as You alone are good and the Lover of mankind. Amen.

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#### **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