

*Forgiveness Sunday*  
*Tone 4*

~~~~~

*Romans 13:11-14:4*  
*Matthew 6:14-21*

~~~~~

*Homily by*  
*Dn. Kevin Dougherty*

*Epistle Reader:*  
*Russell Clodfelter*

*Coffee Hour Hosts:*  
*Jenkins / N. Kelley*

# *St. John Orthodox Cathedral*

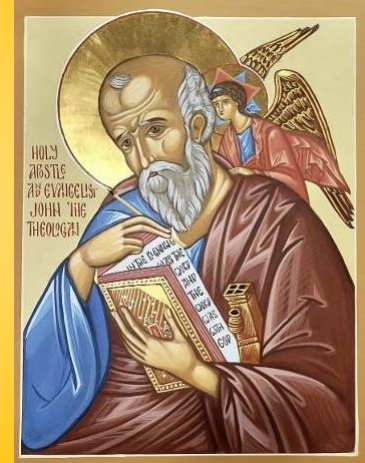
~~~~~

## *Weekly Bulletin*

*Forgiveness Sunday*  
*Sunday, March 2, 2025*

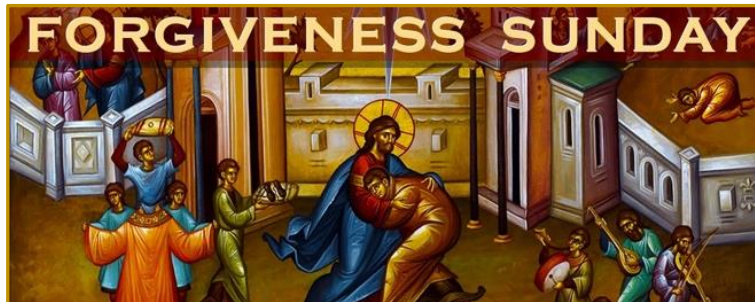


*And the Days Following*



*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*



### **Forgiveness Sunday Vespers Sunday, March 2, at 6:15pm**

Forgiveness Sunday Vespers brings us into to the journey of Lent. The altar cloths are changed from gold to purple, the lights are dimmed and the music changes. We take this journey as individuals, but also as a community together. After the Vespers service we will ask forgiveness of one another as we have learned and done for many years, and as it is prescribed in the Lenten service books. (Many people say something like the following: "Will you forgive me?" – "Yes, I forgive you, will you forgive me?")

Childcare will be available in the Church Basement following Forgiveness Sunday Vespers (ages 2 years-5th grade). **Children in grades 3-5** will participate in a forgiveness circle in the middle of the Nave with Natasha Haines and Mary Curry. Then they have the option to go to the church basement for activities with Andrew Haines. **Children in grades Kindergarten - 2nd grade** will participate in a forgiveness circle downstairs in the church basement and then there will be activities available for them to do. **Children aged 2 - preschool** will go directly down to the church basement. When the adults have finished with the forgiveness circle upstairs, please come downstairs to take your child/ren and all are welcome to take Lenten passports on their way out as well! Please contact Cara Fletes with any questions ([caramia1984@gmail.com](mailto:caramia1984@gmail.com)). Thank you!

## Lent Begins - Clean Monday, March 3

*The Lenten Fast begins by fasting more strictly this week than the other weeks in Lent.  
The Lenten Calendar and Fasting Guidelines are on our Website under Bulletins*

This week's schedule is as follows:

- Monday, March 3 (Clean Monday) – Compline & Canon of St. Andrew at 7:15pm
- Tuesday, March 4 – Compline & Canon of St. Andrew at 7:15pm
- Wednesday, March 5 – Presanctified Liturgy at 6:15pm, Soup Supper
- Thursday, March 6 – Compline & Canon of St. Andrew at 7:15pm
- Friday, March 7 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 8 – Great Vespers at 7:15pm
- Sunday, March 9 – Orthodoxy Sunday, Matins at 9am, Divine Liturgy at 10am with Procession of Icons

## Parish Events and News



### Atrium News

We will be taking a break from Atrium for the next 3 Sundays:

March 2 – For Forgiveness Sunday

March 9 and March 16 – For Spring Break

We will resume on March 23.

### From St. Vladimir's Seminary

Great Lent is a time of prayer, fasting, and almsgiving. It is a spiritual journey we all undertake as we prepare for the fulfillment of Pascha.

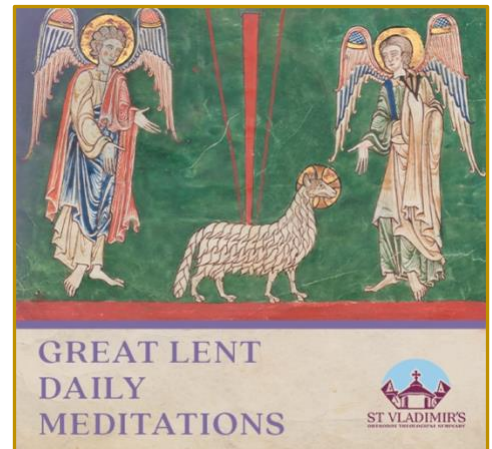
Unfortunately, we can become distracted by the world around us, which is why the Church invites us to meditate on the significance of Pascha.

As you prepare for Great Lent, take time to reflect, pray, fast, attend services, and praise God for the miracle of the Resurrection of our Lord and Savior Jesus Christ, and the salvation it means for us.

St Vladimir's Seminary would like to present you with a gift to help you focus on your own Lenten journey.

**Great Lent Meditations** is a collection of daily spiritual writings and scriptural readings that we have prepared for you. Sign up now, and you'll receive daily meditation emails March 2 through April 20.

Once you sign up, please forward this email to friends and family who might also find encouragement in the meditations. Click [HERE](#) to sign up to receive Meditations.



**Happy 50<sup>th</sup> Anniversary to  
Bill and Mary Alice Cook**

**Congratulations! Married March 1, 1975**

There will be cake downstairs at Coffee Hour to celebrate this milestone in life.



## Food For Hungry People

It is time for our Archdiocese yearly focus on Food for Hungry People.

Pick up your Food For Hungry People Box today and start collecting.

[Archdiocese Food for Hungry FFHP Bulletin Insert: “The rich man is not one who has much, but one who gives much.” —St. John Chrysostom]

### Soup Suppers Start this Wednesday – March 5

#### Please Bring Bread to Share



And with Lent comes our wonderful community tradition of providing soup suppers on Wednesday evenings. We are asking that each family/individual who regularly comes to soup suppers, sign up for one evening to stay a little later and help clean up. We are also 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’.)

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

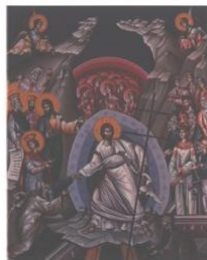
**Cooks: Budget per meal – No more than \$100.00**

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

**Reminder:** March 5 - Cooks: Hannah Johnson & Ann Patras. Clean-up crew: Labrecque’s, Mary Ruth Alexander and Jennifer Saur.

**Still needed:** March 12 - 1 cook; March 19 - 1 cook and 3-4 families for clean-up crew; March 26 – **No** Soup Supper; April 2 - 2 cooks and 3-4 families for clean-up crew; April 9 - 2 cooks and 2-3 families for clean-up crew. Thank you!

PASCHA  
PASSPORT



MY LENTEN JOURNEY

### Lenten Passports Available in the Narthex

Parents of kids age 2 through 8th grade please pick up your Lenten Passport on the table in the Narthex. There are younger kid passports for age 2 through 1st grade and older ones for 2nd through 8th grade. Enjoy the journey!

### Coffee Hour This Sunday - March 2 Group A - First Sunday of the Month



**Hosts Families: Jenkins / N. Kelley**

Snacks: Abel, Bower, Cook, Davis, Dozier, Gillquist Families, Haley, Jenkins, Justus, Lindblom, Macalino, Mellor, Northey O’Fallon, Patras, Sorensens Stallman’s, Templeton, Tysver, VanDewater, Weaver, Wells

~~~~~

**Next Sunday – Group B – March 9 Hosts: N & M Ray / Alvarez**

Snacks: Agnew, Alvarez, Betson, Cain, Davisson, Drennan, B & D Dunaway, J & B Dunaway, Finkler, Grasse, Hoyt, Ihde, Keener, Klatt, Komar, Lineer, Lowry, Moffatt, Peters, Ray, Schlicting, Sluz, Sturdevant, Villafana



## Upcoming Church Family Meeting and Parish Council Membership

The Parish Council is thinking about a time to have our annual Church Family Meeting. At this annual Meeting, one thing we usually attend to is the selection and appointment of two new Parish Council members.

According to our Church constitution the length of term for each Parish Council member is three years, and two terms can be served successively, after which a member must step down for at least one year. Due to the extensive training and re-structuring our Parish Council has worked on during the last year, however, it was my suggestion this year that we keep the present membership for one more year and then return to our normal means of rotation next year. All the Parish Council members agreed to this suggestion. I believe the progress being made will serve our parish very well in the future.

We will schedule a Church Family Meeting in the near future where we can share things that are going on and have an open time for broader discussion. - Fr. Marc

Current Parish Council Members are: Bruce Johnson and Martha Fisher, Co-Chairs, Sydney Ihde, Secretary, Marshall Alexander, Treasurer, Laurie Snider, Jennifer Gillquist, David Lindblom, Anne Patras, John Marc Dunaway, Facilities Manager and Youth Group, Tim Mellor, Parish Administrator, Fr. Marc Dunaway, Pastor, Fr. Robert Polson, Assistant Priest.

---

## *News From Our Antiochian Archdiocese*



Writings by Metropolitan Saba: [Reflections on Forgiveness](#)

You can find a number of resources on the Archdiocese website's [Great Lent page](#): an overview of this holy season, explanations of its Sundays and other important days, opportunities for almsgiving, and podcasts.

---

## *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)

## 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 2 and March 9**. Even if you can do only one way please volunteer. Thank you.



## Photos from Tonga

Myles Kelly and Jana Jenkins are currently in Tonga, helping the Jones's family with their mission work.



## 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.



### Thursday Reading Group

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



### Anniversaries this Week

Bill & Mary Alice - March 1, 1975  
**M A N Y Y E A R S !**

## *Birthdays This Week*

March 2 - Josh Arvidson  
March 2 - Michael Jones  
March 4 - Mark Agnew  
March 4 - Mary Ruth Alexander  
March 6 - Cecilia Scherer

March 6 - Skylynn Lineer  
March 6 - Edmund Justus  
March 7 - Bill Cook  
March 8 - Genevieve Bower  
March 9 - Karina Lindblom

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



## *Remembering in Prayer...*

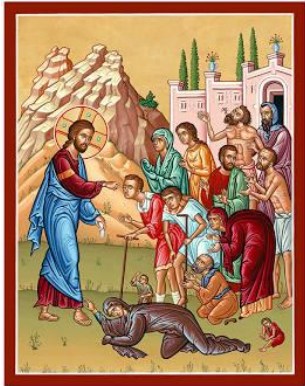
*Gwyn Jones  
Joe Dunham*

*Kerry Jones  
Elisa Betson*

*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*

*Chris Grasse  
Josphine Hanna & her  
family*

*Sylvia Villafana  
Helen Gillquist*



## *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.





---

## THE SYNAXARION

### Forgiveness Sunday – 4<sup>th</sup> PreLent

On March 2, in the Holy Orthodox Church, we commemorate the Martyr Hesychios the Senator; Theodotos, bishop of Cyrene in Cyprus; Virgin-martyr Euthalia of Sicily; and Arsenios, bishop of Tver in Russia.



On this day, we commemorate the exile of the first created Adam, from the Paradise of delight.

#### *Verses*

*Let the world, today along with ages past, mourn bitterly.  
As by giving in to sweet desires, it has fallen along with  
mankind.*

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the remembrance of Adam's exile from Paradise on this day, at the beginning of Great Lent, to show us by word and deed how great the benefit is that man gains from fasting and repenting; and, on the contrary, how great the harm is that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden. The Church reminds us of this event, to encourage us to return to that ancient glory and primeval happiness, by means of fasting and obedience to God and His commandments.

By Your indescribable compassion, O Christ our God, make us worthy of the Paradise of delight and have mercy on us, for You alone are the Lover of mankind. 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**

P.O. Box 771108 • 18936 Monastery Drive • Eagle River, Alaska, 99577  
(907) 696-2002 • Fax: (907) 696-5555 • Email [cathedral@stjohnalaska.org](mailto:cathedral@stjohnalaska.org) -  
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