

Sunday of the Last Judgment (Meatfare)

~~~~~

I Cor. 8:8-9:2

Mathew 25:31-46

~~~~~

Homily by

Fr. Marc Dunaway

Epistle Reader:

Russell Clodfelter

Coffee Hour Hosts:

E & H Johnson

St. John Orthodox Cathedral

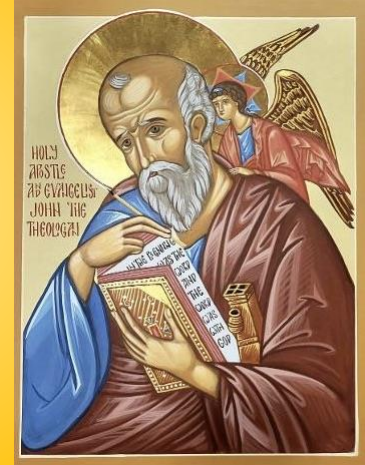
~~~~~

## Weekly Bulletin

Sunday, February 23, 2025

And the Days Following

~~~~~



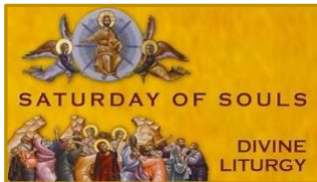
O Apostle John, speaker of Deity, the beloved of Christ our God, hasten to deliver your people powerless in speech, for He on Whose bosom you lean accepts you as an intercessor. Beseech Him, therefore, to disperse the darkness of ignorance and pray for peace and great mercies to be shown upon us.

Feast Days and Services

Saturday of Souls - Commemoration of the Departed

Vespers – Friday, February 21 at 7:15pm

Divine Liturgy - Saturday, February 22 at 9:15am



Please remember to fill out or update your list of departed family members, Orthodox and non-Orthodox. Your previous forms will be in your mail-box folder in the Narthex and new forms will be available on the table. *(They will be available this weekend.)* Please place your completed forms in the basket provided and have this done

before Divine Liturgy Saturday morning.

Parish Events and News

“Meatfare Week” – A Warm-up to Fasting

February 24 – March 1

In many ways the Church invites us to think ahead and be intentional about our spiritual journey through the season of Lent. One of these is this coming week before the fast of Lent begins. During this week the Church asks us to fast from meat only as a kind of warm-up to the full fasting that begins on “Clean Monday.” **Fish, wine, oil and dairy are allowed everyday of this week.** I realize that for some fasting from meat is the extent of their Lenten fasting and that even this in our culture today is quite a remarkable effort. Still, I encourage everyone to be mindful in some way of this “Meatfare Week” and to use it to prepare your family for the effort of Lent.

2025 Lenten Calendars Now Available

The 2025 [Lenten Calendars](#) are available in the Narthex as well and online along with [Fasting Guidelines](#).

From the Archdiocese: “In less than two weeks, Great Lent begins on Monday, March 3. 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.”

See the “Blast from the Past” for a look at a 1987 Lenten Calendar later in this Bulletin ©



Catechesis of the Good Shepherd (Atrium) **12:30pm – 2:00pm**

Thursday Night Talks – February 27 - 7-8:30

This will be our last class for the season.

This week's topic will be on Spiritual Growth – Part 2

Soup Suppers for Lent



It's hard to believe, but it's almost time for Lent to begin. 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.

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](#).

Forgiveness Sunday Vespers and Forgiveness Circle

Next Sunday, March 2

More details will be in next week's Sunday Bulletin. Childcare will be provided for Forgiveness Sunday for ages 2 years old- 5th grade.

“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 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.)

Receiving Holy Communion

The reception of Holy Communion is the high point of the Divine Liturgy. The following tips will help both the clergy and the faithful carry out the distribution of Holy Communion with reverence and dignity.

- While in line, cross your arms over your chest, right arm over left. By doing this, there is no need to make the sign of the cross at the chalice or hold the communion cloth.
- Step close to the chalice.
- Wait for the priest or deacon to finish the prayer before stepping away.
- It is best to hold an infant or toddler cradled in your right arm when bringing them forward for communion. By doing so, it is easier for the right-handed clergy to serve them communion.

Handling the Blessed Bread (Antidoron, Greek)

Try not to drop crumbs from the antidoron (blessed bread) that we receive after communion (often given out after kissing the cross). The fewer the crumbs on the floor, the less there is to vacuum. It is also appropriate to share the blessed bread with visitors. It is blessed — not consecrated Communion — and as such is a gift to all who wish to partake of it.



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

Hosts Families: E & H Johnson

Snacks: Alexander, Arvidson, Clement, Clodfelter, Cowan, Dougherty, Fr. M & 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

~~~~~

*Next Sunday - Group A - March 2 Hosts: Jenkens / N. Kelley*

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

## News From Our Antiochian Archdiocese



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

### Lent \* Holy Week \* Easter

| Sun                                | Mon                  | Tue                                     | Wed                                        | Thu                                                        | Fri                                                             | Sat                                                  |
|------------------------------------|----------------------|-----------------------------------------|--------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------|
| <b>March 1987</b>                  |                      |                                         |                                            |                                                            |                                                                 |                                                      |
| 1<br>Forgiveness<br>Sunday         | 2<br>Clean<br>Monday | 3<br>OT Studies<br>Big House<br>7:45pm  | 4                                          | 5                                                          | 6                                                               | 7<br>Saturday<br>Liturgies<br>will be at<br>9:15am   |
| <b>1st Week of Lent</b>            |                      |                                         |                                            |                                                            |                                                                 |                                                      |
| 8<br>Triumph<br>of Ortho-<br>doxy  | 9                    | 10<br>OT Studies<br>Big House<br>7:45pm | 11                                         | 12<br>NT Studies<br>Big House<br>7:45pm                    | 13                                                              | 14<br>↓                                              |
| <b>2nd Week of Lent</b>            |                      |                                         |                                            |                                                            |                                                                 |                                                      |
| 15<br>St. Gregory<br>Palamas       | 16                   | 17<br>OT Studies<br>Big House<br>7:45pm | 18                                         | 19<br>NT Studies<br>Big House<br>7:45pm                    | 20<br>Special Play<br>"Damian"<br>Ch. Basement<br>After Vespers | 21                                                   |
| <b>3rd Week of Lent</b>            |                      |                                         |                                            |                                                            |                                                                 |                                                      |
| 22<br>Adoration<br>of the<br>Cross | 23                   | 24<br>OT Studies<br>Big House<br>7:45pm | 25<br>(The An-<br>nunciation)              | 26<br>NT Studies<br>Big House<br>7:45pm                    | 27                                                              | 28                                                   |
| <b>4th Week of Lent</b>            |                      |                                         |                                            |                                                            |                                                                 |                                                      |
| 29<br>St. John<br>of the<br>Ladder | 30                   | 31                                      | <b>April</b>                               |                                                            |                                                                 |                                                      |
| <b>5th Week of Lent</b>            |                      |                                         | <b>** Metropolitan PHILIP'S visit **</b>   |                                                            |                                                                 |                                                      |
|                                    |                      |                                         | Ordinations,<br>Liturgy &<br>Reception 7pm |                                                            |                                                                 |                                                      |
| 5<br>St. Mary<br>of Egypt          | 6                    | 7<br>OT Studies<br>Big House<br>7:45pm  | 8                                          | 9<br>NT Studies<br>Big House<br>7:45pm                     | 10                                                              | 11<br>Lazarus<br>Saturday                            |
| <b>6th Week of Lent</b>            |                      |                                         |                                            |                                                            |                                                                 |                                                      |
| 12<br>Palm<br>Sunday               | 13                   | 14                                      | 15                                         | 16<br>Holy<br>Thursday<br>7:15 Vespers<br>& Divine Liturgy | 17<br>Holy<br>Friday<br>7:15 Vespers                            | 18<br>Holy<br>Saturday<br>7:15 Vespers<br>& Midnight |
| <b>Holy Week</b>                   |                      |                                         |                                            |                                                            |                                                                 |                                                      |
| 19<br>Easter<br>"Pascha"           | 20                   | 21                                      | 22                                         | 23                                                         | 24                                                              | 25                                                   |
| <b>Bright Week</b>                 |                      |                                         |                                            |                                                            |                                                                 |                                                      |

**Just for Fun - Blast from the  
Past...  
...Making Lenten Calendars  
Since 1987**

## 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)



### Update on Josephine Hanna

Josephine Hanna's heart surgery on Wednesday went as well as everyone was hoping for, and she is now recovering. The Hanna's appreciate everyone's prayers and well wishes!

### 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: **February 23, March 2 and March 9.** Even if you can do only one way please volunteer. 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.



### Thursday Reading Group

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

### Birthdays This Week

February 24 - Nathan Stevens

February 27 - Owen Kies

February 25 - Lily Cowan

March 1 - Noah Curry

February 27 - Jim Patras

March 2 - Josh Arvidson

February 27 - Katya Mee

**M A N Y   Y E A R S !**



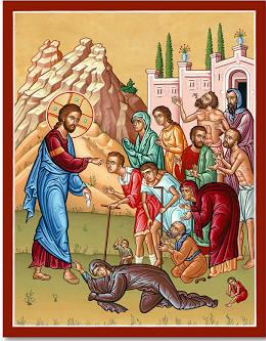




### *Anniversaries this Week*

Fr. Marc & Kh. Betsy Dunaway - February 25, 1984  
Jim & Ann Patras - February 25, 1989

*M A N Y   Y E A R S !*



### *Remembering in Prayer...*

*Gwyn Jones  
Joe Dunham*

*Chris Grasse  
Josphine Hanna & her  
family*

*Kerry Jones  
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*

*Sylvia Villafana*

### *Remembering Those Who Have Fallen Asleep This Month*



- \* Steven Theodore Primis - February 3, 2001
- \* Archpriest Jack Norman Sparks - February 8, 2010
- \* Phyllis Isabel Webster - February 12, 1992
- \* Lynn Ellen Guio - February 17, 2019
- \* Dn. Christian Timothy Sorensen - February 23, 2000

*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.



#### **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.

---

## THE SYNAXARION

### Last Judgment – 3<sup>rd</sup> PreLent

On February 23, in the Holy Orthodox Church, we commemorate the Hieromartyr Polycarp, bishop of Smyrna; Venerable Gorgonia, sister of Gregory the Theologian; Venerable Zebinas, Polychronios, Moses and Damian near Cyrrhus in Syria; and Venerable Damian of a Monastery on Mount Athos.

Today, we commemorate the Second and impartial Coming of our Lord Jesus Christ.

#### *Verses*

*When the Judge of all sits to judge the earth,  
I entreat You: May You judge me with mercy, worthy of Your voice!*



It is the Sunday of the Last Judgment – also known as Meat Fare Sunday – which is the lesson that we read in today’s Holy Gospel. Jesus illustrates to us God’s indescribable goodness and His great love for mankind. And so, lest some who are lazy, loiter and spend their time in the pursuit of sin, rather than spending their time appropriately to their salvation, and then be suddenly

overtaken by death, the divine Fathers decided that on this day the remembrance of the Second Appearance of Christ is to be celebrated. The intention is to remind us all, that God is good and loves mankind, but He is also a very righteous Judge Who rewards each of us according to our deeds. Our Lord teaches us that when we minister to our brother or sister, we really minister to Him. This brings us righteousness and life eternal.

By Your indescribable love for mankind, O Christ God, make us worthy of Your devoted voice, number us among Your righteous ones and have mercy on us. Amen

---

#### **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