

13<sup>th</sup> Sunday after  
Pentecost - Tone 4

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1 Cor. 16:13-24  
Luke 5:1-11

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Homily by  
Dn. Joseph Ray

Epistle Reader:  
Steve Templeton

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Coffee Hour Hosts:  
Haines / Okuley

# St. John Orthodox Cathedral

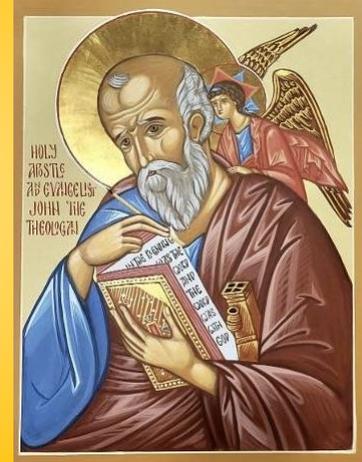
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## Weekly Bulletin

Sunday, September 22, 2024

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.*

### Parish Events and News

#### **PFD Project Focus 2024 for St John's Parish St. James House Upgrades**

It's that time of year again when we are all blessed with a PFD gift from the State of Alaska. This year it is projected that each Alaskan will receive \$1702.00.

The Parish Council proposes that this year we put all PFD tithing toward several well overdue upgrades to the St. James House. The priority will be making the SJH handicap accessible. At the same time, we will replace the back deck to make it more usable for all, as well as upgrade the back steps.

For many years the tithe and donations from the PFD has allowed our Parish to accomplish some important projects. Providing handicap access to the Saint James House has long been on our wish list. This will be accomplished by building a long ramp from the parking lot to the back door into the dining room.

Please donate to this much needed improvement and mark your PFD tithe or more for this project so we can all continue to enjoy the St James house facilities. - *Martha Fisher and Bruce Johnson, Co-chairs of the Parish Council*



#### **Catechesis of the Good Shepherd (Atrium)**

**12:30pm – 2:00pm – Begins this Sunday, September 22**

Last Sunday, Sep 15, seven Level 1 children had their orientation. We will have orientation for four remaining children starting at 12 noon on Sunday, September 22.

**Our first full day of atrium for the school year for all levels  
starts this coming Sunday, 12:30 to 2pm**

Please be sure your child has had a nutritious snack before coming to atrium and pick your kids up promptly at 2. We are all looking forward to working with your children this year and appreciate you entrusting us with them. Please direct any Level 2 and 3 questions to Rhonda Clodfelter. Questions for Level 1 can go through Jennifer Gillquist.



## **Mary & Martha Fellowship Meeting Tuesday, October 1 from 6-8pm– In the Church Basement**

Please join us for our Mary & Martha Fellowship Meeting, (*formerly known as the M&M General Meeting*) Tuesday, October 1st from 6-8 in the church basement. Childcare will be provided along with some snacks.

This is an important meeting to attend as we'll be reviewing our new Mission Statement and setting priorities for the direction M&M will take over the next few years. Please attend and let your opinions be heard.

—Katy Arvidson, President of M&M

## **“Thursday Night Talks” to Resume Thursday, October 10, 6:30-8pm at the Saint James House**

### **Beginning with a Series on “Family and Parenting in the Modern World”**

The general purpose of these “Thursday Night Talks” is to provide a place for discussion and casual conversation around the living room fireplace, about topics all Christians are challenged with in our modern world.

One of these topics is the role of social media and technology in the lives of children. However, before we can dive into this important topic, it will be important to spend at least a couple of sessions talking about family life and parenting in general. To do this we will draw excerpts from two well-known child psychologists from two different generations: Dr. Phil Mamalakis and Dr. James Dobson. Our goal at first will be to examine some basic goals and approaches to parenting. I believe we will see some common principles in these two authors and at the same time look for any significant differences. After this we can look at some suggested guidelines for disciplining younger children in an effective, respectful and loving way. Then we can turn to the challenges of the teenage years and take up the discussion about social media and technology. I believe these sessions will provide some good conversation starters and I hope parents will consider attending.

If you plan to attend these sessions on “Family and Parenting in the Modern World,” please sign up on the following link so we can prepare. Here you can also indicate if you need childcare to be provided.

— Fr. Marc [Sign-up for Thursday Night Talks](#)

## **Opening the Door to Orthodox Christianity**

Are you, or someone you know, interested in a series of classes aimed at understanding the basics of Orthodox Christian beliefs and practices? These classes will be positive, not polemical. They will be practical, not theoretical. They will engage modern questions, not parrot past answers. Most of all they will aim to open the door to knowing the real God as He revealed through Jesus Christ and known in the scriptures and the Orthodox way. These classes are for inquirers and seekers, “nones” or Church-goers, non-Orthodox or Orthodox who want to understand their faith better. This would be a series of about ten 90-minute sessions beginning in the near future. Interested?

Please send an email to Fr. Marc, [frmarc@stjohalaska.org](mailto:frmarc@stjohalaska.org).



## Coffee Hour This Sunday - September 22 Fourth Sunday of the Month

**Hosts Families: Haines / Okuley**

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

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**5<sup>th</sup> Sunday of the Month, September 29 – Fletes / Taylor**  
*Everyone Brings Snacks and Helps Clean Up*

### **Maris Kelly - Working from Home**

Due to my ankle injury, I am unable to get to the church office for a bit while I mend. But, due the ‘miracle’ of working from home, I’m still able to perform my job of bookkeeping, the bulletin, as well as most all my other duties. As usual, bulletin announcements can be sent to [cathedral@stjohnalaska.org](mailto:cathedral@stjohnalaska.org). Reimbursements can either be placed in the tithe box (which Tim Mellor gathers and brings to me) or emailed to the church’s email. (*A special thanks to everyone who has provided meals to Myles and me and for everyone’s prayers – it means a lot and is much appreciated.*) —Maris Kelly

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## *St. John’s School Weekly News*

*It’s time for Saint John’s Annual*

**“Stone Soup” Sale!**

***and Farmers Market***

***Tuesday, September 24, 2:30-3:15pm***



- This year 5<sup>th</sup> and 6<sup>th</sup> grades will make the traditional “Stone Soup.”
- Other classes will have farm and fall items for sale.
- Bring your dollars or checkbook at the end of School on Thursday next week.
- Bring your own pot if you want to take home “Stone Soup” for dinner.

### **SOME REALLY IMPORTANT INFO:**

**ON THE DAY OF THE SALE, BETWEEN 2:30PM AND 3:15PM,  
ALL PARENTS SHOULD PARK AND THEN COME FIND THEIR CHILD.**  
You can park in the School area, or in the Dunaway’s parking area. The “Stone Soup” Sale will take place up by the playground. Note: Parents who only have a preschooler to pick up can meet them at the end of the sidewalk as usual or park and join us for the sale.

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## Local Community News



### Acquiring the Orthodox Mindset

A retreat with Dr. Jeannie Constantinou  
*noted scholar, author and podcaster*

Saturday, Sept. 21, 2024

Holy Transfiguration  
Greek Orthodox Church  
2800 O'Malley Road, Anchorage

#### Retreat Schedule

Session 1 ~ 10:00-11:00

Session 2 ~ 11:15-12:15

~ Lunch Break ~

Session 3 ~ 1:00-2:00

Session 4 ~ 2:15-3:15

Great Vespers ~ 5:00

Q & A with Dr. Jeannie ~ 6:00-7:00

Presvytera Jeannie Constantinou, Ph.D., is a New Testament scholar, host of the "Search the Scriptures" podcast, author of "Thinking Orthodox", and "The Crucifixion of the King of Glory". She makes "the Bible come alive" with her knowledge of the scriptures and their historical context.

Questions? Email [holytransfigurationanc@gmail.com](mailto:holytransfigurationanc@gmail.com)

### Acquiring the Orthodox Mindset A special retreat with Dr. Jeannie Constantinou

**This Saturday, Sep 21**

Noted scholar, author, and podcaster.

No Registration or fee required

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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)



### Single Family Home – Available to Rent after October 5

3 beds, 2 bath, single family home, with detached single car garage in Chugiak. Approx 1,200sq ft. Pets allowed with deposit. Fenced yard for pets. 1/3-acre lot. 2,200/month water and trash service included. Gas and electric are not included.

12–24-month lease preferred

Email Paul Gillquist at [Paul.gillquist@gmail.com](mailto:Paul.gillquist@gmail.com) for more details and an application.

## Dates to Remember

### Monday 'Moms with Kids' Reading Group

Monday morning reading group for moms with little ones 10 AM in St. James House living room. If you have any questions, please contact Natasha Haines.



### Thursday Reading Group

The Thursday 10 am reading group will be meeting at the Senior Center. I will also send out a text message reminder. — Ann Patras.



### Birthdays This Week

September 22 - Myles Kelly

September 23 - Dirk Moffatt

September 23 - Janet Hawi

September 24 - Ann Patras

September 24 - Ben Labrecque

September 25 - JD Curry

September 27 - Fr. Marc Dunaway

September 28 - Kim Medders

September 28 - Jana Jenkins

September 29 - Evelyn Stiehr

*M A N Y   Y E A R S !*



### Remembering in Prayer...

Gwyn Jones

Nina Potts

Laura Temple

Oksana Artz

Maris Kelly

Infant Josephine Hanna

*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



- \* Priest Thomas Moffatt - September 2, 2008
- \* Dorothy Calberg Keating - September 11, 2012
- \* Alan John Zink - September 12, 2023
- \* Laura Bell Scott - September 13, 2014
- \* Agileen Lund - September 17, 1983
- \* Infant Mary Elizabeth - September 20, 1984
- \* Russell Raoul Labrecque - September 30, 1986

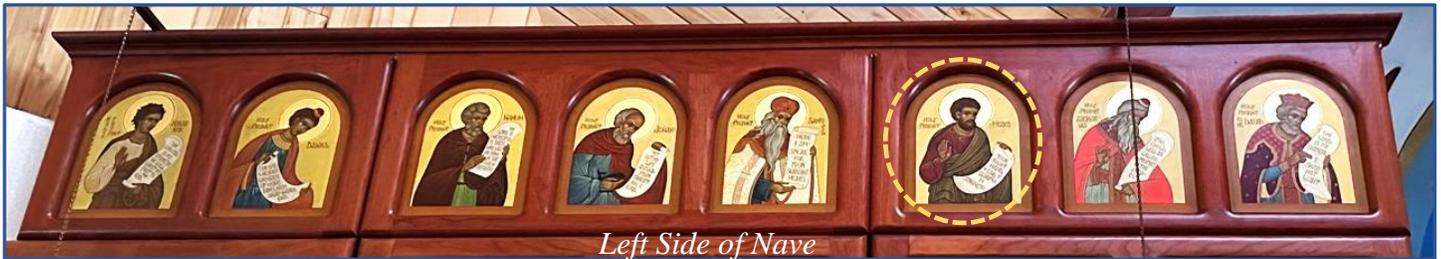
*M E M O R Y   E T E R N A L !*

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

For the Month of **SEPTEMBER** – our scheduled meal that we provide Clare House is:  
**Saturday, Sep 28.** Contact Cara Fletes to see how you can help.



*Who is that Prophet on the Iconostasis?  
Answers to this question will be highlighted in the bulletin each Sunday*



Left Side of Nave



### Holy Prophet Moses Feast Day – September 4

*“Your right-hand O God is glorified in strength”*

The Holy Prophet and God-Seer Moses was of the tribe of Levi, the son of Abram and Jochabed (Exodus 6:20). His life is described in the Bible (Exodus 2 through Deuteronomy 34:12).

Moses was born in Egypt around 1689 B.C. When Pharaoh ordered all male children of the Hebrew slaves to be killed (Exodus 1:22), Moses' mother placed him in a basket of papyrus coated with pitch and set him adrift on the Nile. Pharaoh's daughter found him and raised him as her own son.

At the age of eighty, Moses fled to Midian, where he spoke to God in the Burning Bush on Mt. Horeb (Exodus 3:2). God chose Moses to lead His people from the slavery of Egypt. They crossed the Red Sea as if it were dry land, and for forty years they wandered in the desert.

Arriving in the land of Moab, Moses went to the top of Mt. Nabau, or Nebo (Deuteronomy 32:49), which is called Phasga (Deut. 34:1). There, according to the will of God, he died in 1569 B.C. at the age of 120 without entering the Promised Land.

The holy Prophet Moses performed many miracles during his lifetime, and after his death. He appeared on Tabor with the Prophet Elias at the Transfiguration of the Lord (August 6).

On the day that Saint John of the Ladder (March 30) was installed as abbot of Mt. Sinai, the Prophet Moses was seen going around and giving orders to the cooks, stewards, and servants. When the guests had gone and the monks were sitting at table, they wondered what had become of the stranger who had been giving orders. Saint John said, “Our Lord Moses does nothing strange by serving in the place which belongs to him.”

## THE SYNAXARION

### Phocas, Bishop of Sinope – September 22

On September 22, in the Holy Orthodox Church we commemorate the Holy Hieromartyr Phocas, bishop and wonderworker of Sinope. He was perfected in martyrdom by being terribly burned in a bathhouse in the reign of Trajan.



#### Verses

*O Phocas, receive the all-cleansing laver,  
for it is laver of victory, not of washing.  
On the twenty-second the cleansing bath received  
Phocas within.*

Phocas was bishop of his birthplace, the town of Sinope on the Black Sea, which is located in modern Turkey. He strengthened the faith of the true believers and converted many idol-worshipers to the true Faith. This enraged the hard-hearted pagans. In a vision from the Lord, Phocas saw a white dove fly down from heaven carrying a wreath of flowers in its beak and lowered it onto his head. And Phocas heard a voice, saying: “Your cup is full, and you should drink it!” With gratitude toward God, he prepared himself for suffering. The torturers beat and wounded his whole body, and then threw Phocas into boiling water. Phocas entered into the joy of his Lord in the year 102. His companion, the Martyr Phocas the Gardener, suffered for Christ later on this same day in the year 120.

On this day, we also commemorate the Apostle Quadratos of Magnesia of the Seventy. By their intercessions, O Christ 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.antiochianladiocese.org>  
Antiochian Orthodox Christian Archdiocese  
Pastor: Fr. Marc Dunaway • Assistant Priest: Fr. Robert Polson