

Orthodox Sunday
40 Martyrs of
Sebaste

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Heb. 12:1-10  
John 1:43-51

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Homily by
Subdn. Tim Mellor

Epistle Reader:
Jennifer Medders

Coffee Hour Hosts:
N & M Ray /
Alvarez

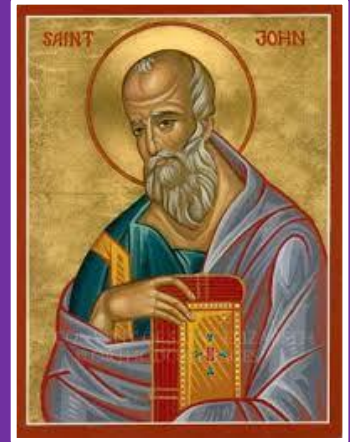
St. John Orthodox Cathedral

Weekly Bulletin

Sunday, March 9, 2025

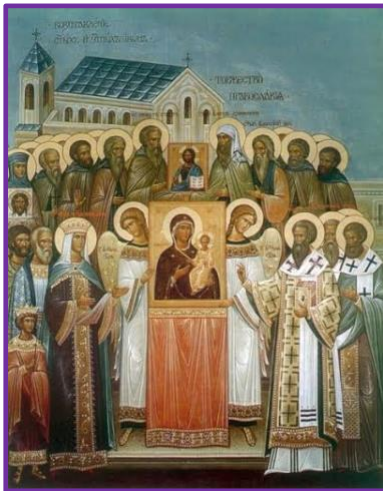


And the Days Following



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



This Sunday, March 9 is Orthodoxy Sunday Celebrating the Use of Icons in the Church

Remember to bring an Icon to Liturgy this Sunday to hold in the procession as we celebrate Icons in the Orthodox Church. We will bless these Icons at the end of Liturgy.

Services for the Upcoming Week

This week's schedule.

- Friday, March 7 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 8 – Great Vespers at 7:15pm
- Sunday, March 9 – Matins / Divine Liturgy with procession of icons
- Wednesday, March 12 - Presanctified Liturgy at 6:15pm, Soup Supper
- Friday, March 14 - Compline with Akathist Hymn at 7:15pm
- Saturday, March 15 - Great Vespers at 7:15pm

Parish Events and News



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!

2025 Order of St. Ignatius – Summer Camp Financial Assistance

If you have a child attending an Antiochian summer camp this Summer, including Antiochian Village, there may be financial assistance available from the Order of St. Ignatius to help with costs. Those interested need to contact the Parish Office by March 26, 2025. Please contact Tim Mellor or visit www.orderofstignatius.org for additional information.



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 amount we give is not judged by the largeness of our gifts but the largeness of our hearts.”—St. John Chrysostom]

Soup Supper this Wednesday – March 12

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 12 – Cook: Laurie Snider. Clean-up crew: Labrecque’s, Mary Ruth Alexander and Brittany Sturdevant.

Parish Council Meeting Summary – Feb. 25, 2025

- Tim Mellor presented the Brothers of Lazarus ministry and shared their mission statement. This completed the ministry presentations that were started back in November.
- John Marc debriefed the PC on the different handicapped accessible options for the St. James house. We will continue to explore the possibility of a residential elevator/lift.
- Marshall and Tim debriefed the PC on the process of the legal separation of the church and school.
- The PC discussed the remaining Fr. John Downing monies and reviewed the proposed monument for Fr. John Downing and Kh. Nancy Downing. The remaining monies (after the monument) will be earmarked for new gold vestments, the cemetery fund, and the charity fund.
- The PC retreat after Pascha will be at the Dunaway Cabins.
- Sydney Ihde will lead the Pascha feast again this year.
- Macrina Ray-Dunaway and Tim and Lori Mellor will be trained in the prepare/enrich premarital counseling.
- The Maranatha house is in the process of getting repairs and remodeling done.

If you have comments/suggestions/questions or would like to present to the Parish Council in person, please email the Parish Council at parishcouncil@stjohnalaska.org.



Coffee Hour This Sunday - March 9, 2025 Group B - Second Sunday of the Month

Hosts Families: B & D Dunaway / Alvarez

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

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*Next Sunday – Group C – March 16, 2025, Hosts: Arnold / Saur*

*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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## *St. John's School Weekly News*



**Spring Break - March 10-14**



Saint John Orthodox Cathedral  
Eagle River, Alaska  
Antiochian Archdiocese

# Saint John Men's Retreat

The Orthodox Way to Grow Closer to God

April 4-5, 2025

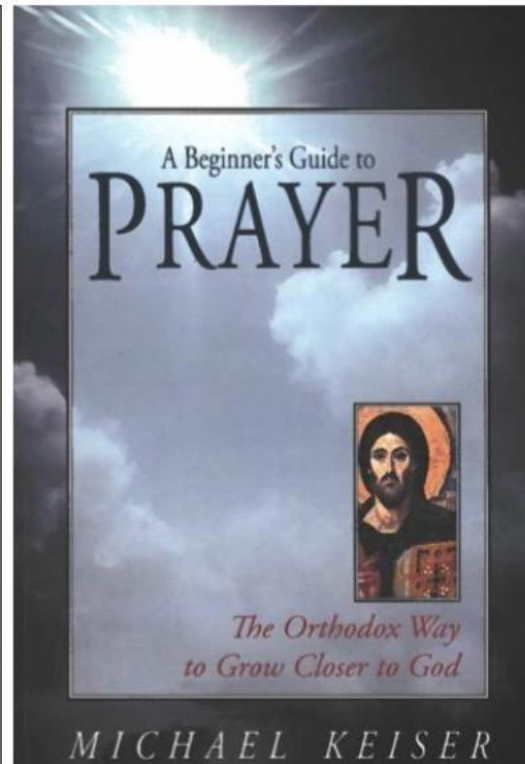
## April 4, 2025 (Cathedral Basement)

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



- 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)



## News From Our Antiochian Archdiocese

- **Writings by Metropolitan Saba:** [On the Interpretation of the Holy Bible, Part One](#)
- [Monthly Newsletter](#)
- **Scholarships Available:** Tens of thousands of dollars in scholarships are available from generous benefactors to qualified students in the Antiochian Archdiocese: graduating high schoolers, college students, youth workers, continuing education, clergy families and more. Application information is posted [online](#). Contact the benefactors provided in the hyperlink directly for rules, qualifications and deadlines for their scholarships.

His Eminence  
The Most Reverend  
Metropolitan SABA

The Right Reverend  
Bishop ANTHONY



Archbishop of New York and  
Metropolitan of  
All North America

Diocese of Los Angeles  
And the West

March 3, 2025  
First Day of the Great Fast

### **BISHOP ANTHONY'S LENTEN MEDITATION FOR 2025 TO BE READ IN CHURCH AND DISTRIBUTED TO THE FAITHFUL**

The Lenten season gives meaning to the seasons of our lives. The prayers and services that frame time bring out the picture of each one of us. If we are aware of ourselves, especially at this time, the Lord will show us that the past—so vivid in our memories—has brought us into our present with all its blessings and disappointments. They are all arranged in graceful order for our future.

We should not wish to forget the hurt and trauma of life, those moments of soul wounds. Nor should we shelter away in the comfortable rooms of present happiness. We must go on and encounter what seems uncertain and what we think will make us vulnerable. Let us have faith for tomorrow, not fear of the future.

Lent fortifies our faith.

Because God created us, and God is good, each of us wants to be and to do good. In this life-project, we want to give others our unique and distinctive gifts, in whatever form they come. We want our own goodness to contribute to the good creation and please our Lord.

We cannot do this alone, in isolation. We cannot do this as individuals, where we select who our friends are and who are not and how long we will befriend them. Self-centered lives get lost in temporary interludes of contentment.

The marvelous technology around us often seduces us into planning our own course in life. It results not in a give-and-take with others in community but a willful taking from others what they can give. We fall away from the God who loves us and from the people who love us, and we get into the trap of self-love. If no one is with us, what is the object of loving?

Who we are, our special self, the "I" of "me" whom people love, is expressed in unity with my neighbor—all of my neighbors.

*"The disciples were first called Christians in Antioch" (Acts 11: 26)*

Chancery of Los Angeles and the West  
454 South Lorraine Boulevard  
Los Angeles, California 90020

## *Notes and Pictures from Parishioners*

### **“Checking In” with Each Other**

Is there something you'd like to announce or share? Please email: [cathedral@stjohnalaska.org](mailto:cathedral@stjohnalaska.org)



### **The Cooks Celebrating Their 50<sup>th</sup> Anniversary Last Sunday**



### **Some of Our New Catechumens - February 23**

## Dates to Remember

### Birthdays This Week

March 9 - Karina Lindblom

March 10 - Elisa Betson

March 12 - David Lindblom

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

March 16 - Dwight Stallman

March 16 - Helen Gillquist



### 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.



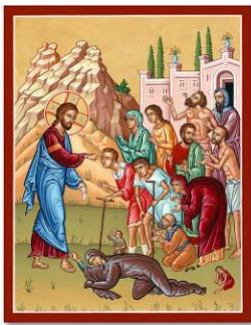
### Remembering in Prayer...

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

### Orthodoxy Sunday – 1<sup>st</sup> Lent

#### Forty Martyrs of Sebaste – March 9

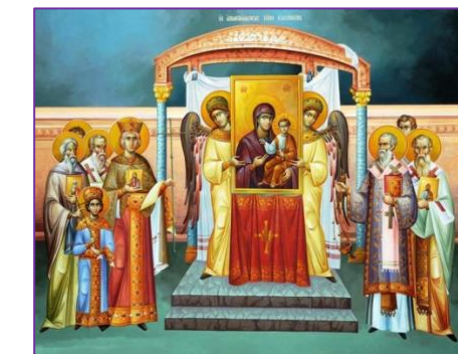
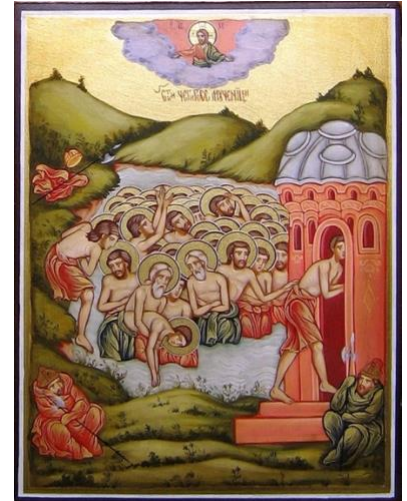
On March 9, in the Holy Orthodox Church, we commemorate the Holy and Great Forty Martyrs, who were martyred at Sebaste in Palestine.

##### *Verses*

*We enter into Your sufferings, O Savior,  
for behold, the lives of us forty men are presented as an offering to  
You.*

*On the ninth, the forty men's bones were broken and received by the  
Lord.*

All of these martyrs were Roman soldiers. When their commander discovered that they were Christians, he threatened to strip them of their ranks if they did not renounce their faith. One of them responded, "Not only strip us of the honor of being soldiers, but take away our bodies, for nothing is more dear or honorable to us than Christ our God." The angry torturers bound all of the 40 holy martyrs and tossed them into the freezing lake. They were told that if they denied Christ, they would be given warmth. The torturers even heated a bath by the lake in sight of the frozen men as a temptation. One lost his courage, gave in and entered the warm bath. In a short while, an extraordinary light appeared from Heaven and 39 wreaths descended upon their heads. Upon seeing this, one of the guards on the shore removed his clothes, confessed the name of the Lord Jesus and entered the lake so that he could become worthy of the fortieth wreath, which indeed descended upon him. The local bishop, Peter, with his clergy went out into the dark of night and beheld the martyrs shining brightly in the water. Bishop Peter honorably buried them in the year 320.



On this same day, the First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Rulers of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor.

##### *Verses*

*The icons were formerly and unfittingly banished.  
I rejoice, as I see them properly revered.*

This restoration was accomplished in the year 842. Theodora's husband was vehemently against icons. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches.

O eternal and unchanging Icon of the Father, Christ our God, through the intercessions of Your holy Confessors, have mercy on us. Amen.