

Gregory Palamas
2nd Sunday of Lent
Tone 5

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Hebrews 1:10-2:3  
Mark 2:1-12

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Homily by
Fr. Marc Dunaway

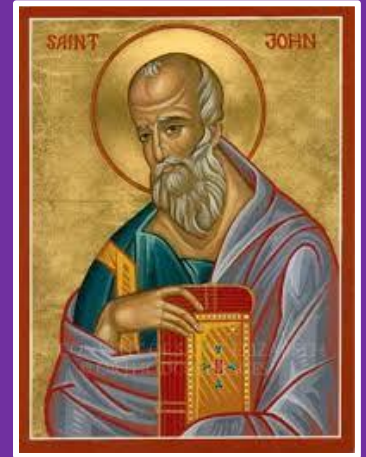
Epistle Reader:
Jennifer Medders

Coffee Hour Hosts:
Arnold / B & D
Dunaway

St. John Orthodox Cathedral

Weekly Bulletin

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Sunday, March 16, 2025  
And the Days Following



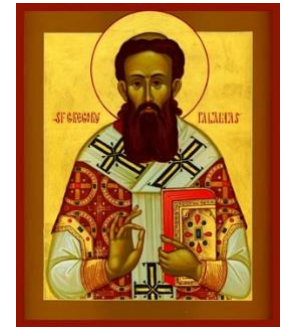
*O Apostle John, speaker of Deity, the beloved of Christ our God, hasten to deliver your people powerless in speech, for He on Whose bosom you lean accepts you as an intercessor. Beseech Him, therefore, to disperse the darkness of ignorance and pray for peace and great mercies to be shown upon us.*

## Feast Days and Services

### Services and Events for the Upcoming Week

#### This week's schedule.

- Friday, March 14 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 15 – Great Vespers at 7:15pm
- Sunday, March 16 – Matins/Liturgy at 9:15/10am
- Tuesday, March 18 – Youth Group at 6:00pm at St. James House
- Wednesday, March 19 – Presanctified Liturgy at 6:15pm, Soup Supper
- Friday, March 21 – Compline with Akathist Hymn at 7:15pm
- Saturday, March 22 – Great Vespers at 7:15pm



St. Gregory of Palamas

## Parish Events and News

### Coming Up Next Week...

## Annunciation of the Theotokos

March 25<sup>th</sup> – Vesperal Liturgy 6:15pm with Fish Potluck after Liturgy

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.

## Soup Supper this Wednesday – March 19

*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, to 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 19 – Cooks: Jane Lamb / Anna Sluz, Clean-up crew: Haines / Lindblom / Goetz



## Cathedral Cleaning Day

**Saturday, March 29**

**9 to Noon**

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



## Lost and Found – Last Chance to Claim - This Sunday

Please take a look of things left behind on the table in the church basement, under the bulletin boards. These items have been available to claim for a while now.

**So...Claim your items this Sunday – because as of Monday, everything will be donated to charity.**



## Coffee Hour This Sunday - March 16, 2025 Group C - Third Sunday of the Month

**Hosts Families: Arnold / B & D Dunaway**

Snacks: Arnold, Curry, Dunham, Fisher, Greene, Hanna, Hawi, Hunter, E & H Johnson, Kelly, Kendall, Labrecque, Medders Families, Okuley, Polson, Saur, Scherer, Sparks, Stiehrs, Taylor, Temple Families, Wasile

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Next Sunday – Group D – March 23, 2025 - Hosts: 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



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

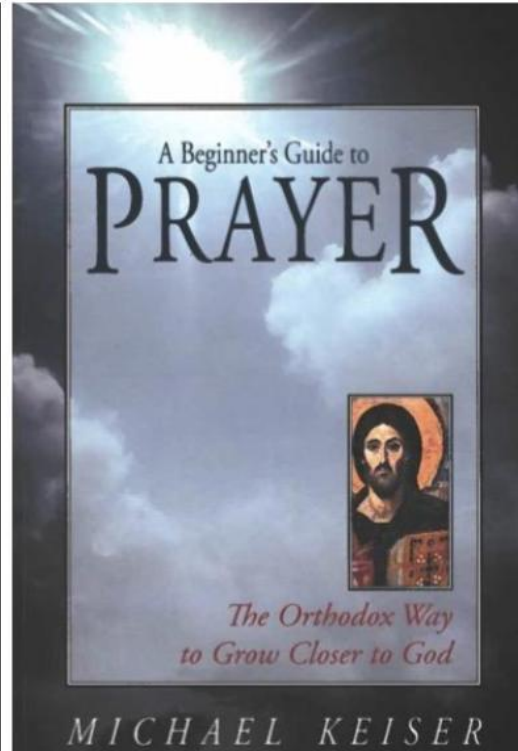
April 4, 2025 (Cathedral Basement)

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



News From Our Antiochian Archdiocese



In his homily on the Sunday of Orthodoxy, March 9, His Beatitude appealed to the president of Syria to "put an immediate end to these massacres. Stop them at once and restore a sense of security and stability for all Syrians, regardless of their affiliations."

Joint Statement by the Patriarchs in Syria Damascus, 8 March 2025

In recent days, Syria has witnessed a dangerous escalation of violence, brutality, and killings, resulting in attacks on innocent civilians, including women and children. Homes have been violated, their sanctity disregarded, and properties looted—scenes that starkly reflect the immense suffering endured by the Syrian people.

The Christian Churches, while strongly condemning any act that threatens civil peace, denounce and condemn the massacres targeting innocent civilians, and call for an immediate end to these horrific acts, which stand in stark opposition to all human and moral values.

The Churches also call for the swift creation of conditions conducive to achieving national reconciliation among the Syrian people. They urge efforts to establish an environment that facilitates the transition to a state that respects all its citizens and lays the foundation for a society based on equal citizenship and genuine partnership, free from the logic of vengeance and exclusion. At the same time, they reaffirm the unity of Syrian territory and reject any attempts to divide it.

The Churches call on all concerned parties within Syria to assume their responsibilities, put an end to the violence, and seek peaceful solutions that uphold human dignity and preserve national unity.

We pray that God may protect Syria and its people, and that peace may prevail throughout the land.

JOHN X

Greek Orthodox Patriarch of Antioch and All the East

MOR IGNATIUS APHREM II

Syriac Patriarch of Antioch and All the East, and Supreme Head of the Universal

Syriac Orthodox Church

YOUSSEF ABSI

Melkite Greek Catholic Patriarch of Antioch and All the East

Food For Hungry People – Letter from Metropolitan Saba

"In the midst of a very severe trial, their overflowing joy and their extreme poverty welled up in rich generosity. For I testify that they gave as much as they were able, and even beyond their ability." 2 Corinthians 8:2-3



For 51 years, Food For Hungry People has collected and distributed millions of dollars in alms for the poor and needy, thanks to the generosity of our clergy and laity who deposit their coins and dollar bills into the famous boxes during Great Lent. Attached is His Eminence's annual letter, which is also found [online](#) with resources for ways we can give alms via FFHP during this holy season.

Wednesday, March 12, 2025

Beloved Hierarchs, Clergy, and Faithful of our Archdiocese, Greetings in the name of our great God and Savior Jesus Christ!

During this holy season of Great Lent, we are encouraged by the prompt of our Holy Church to be transformed into a “New Man” through repentance, which is the reformation and the changing of our way of life, attitude, and reaction to our daily surroundings and struggles.

The Holy Orthodox Church invites and encourages us to increase our daily prayers at our church community and at home. We are shown through the example of many luminary figures from the life of the Church how to break the bondage of our attachment to the hollow enticement of this world.

The “Journey” of Great Lent is a holy adventure of gaining more acute sensitivity in regard of reaching better detection of our sins, raising our sense of gratitude, and being more mindful of others’ needs, pain, and sufferings. Every year new calamities strike in our midst, and we find more people that are in need to be comforted emotionally and physically. The Food for Hungry People Program is one of the ways that can bring hope to people by revealing to them that there are people who care about them even though they do not know who they are.

This program that has been inspired and effected for more than 50 years by the name and the power of Jesus Christ will continue to happen and transform lives through your generosity that stems from your Christian faith and love.

We encourage you to do as you have done in the past, to open your hearts and to extend a generous hand to those that are deprived and need your love. Comfort and encourage them by contributing to this program during this year’s Great Lent.

May the blessing of the Almighty God come upon you, all those who support this worthy effort, and all the recipients of its benefit who will see the face of Jesus Christ through your offering of love, care, and thoughtfulness.

With prayers for an edifying and enriching Great Lent and a glorious celebration of Pascha, I remain,

Yours in the Service of Christ,

+SABA

Archbishop of New York and Metropolitan of all North America

Writings by Metropolitan Saba: [Destructive Criticism](#)

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



A Note from Kerry Jones

“On February 3rd for my right ankle surgery I became “famous “in Alaska for being the first person to have a 3D Printed metal medical device implanted into my body, for a destroyed talus bone joint! For no bigger than it is it's very heavy!” —Kerry Jones

Missing Book

“About 4 or 5 weeks ago, I left a book downstairs at church and can't seem to locate it now. It was on the little table near the children's blocks next to Kh. Barb's reading room. The book is *Revelation Vol. IV* by Archimandrite Athanasios Mitilinaios. It has a dark blue cover with an icon on the front. Please call me if you've seen it. I left it there for friends to take home, but they left it there; and it disappeared! Please call me at the phone number on the church phone list if you have any info on it. Thanks” —Sally Eckert

Learning Opportunity From St. Vladimir's School of Theology

How do we, as Christians, confront suffering with faith and hope in Christ? This course explores the human experience of suffering—spiritual, physical, social, and psychological—through the lens of Christian faith, drawing from Orthodox theological and liturgical traditions.

Lecture 1: “Be Not Afraid”: Suffering, Illness, and Hope

Lecture 2: “I Die Daily”: The Denial and Remembrance of Death

Lecture 3: “A Christian Ending”: A Vision for End-of-Life Medical Care

Lecture 4: “Close to the Broken-Hearted”: Living with Grief as Orthodox Christians

Click [HERE](#) to learn more.

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 16 - Dwight Stallman

March 16 - Helen Gillquist

March 18 - Bill Hightower

M A N Y Y E A R S !

March 18 - Margaret Grasse

March 19 - Daniel Jenkins

March 21 - Darlene Hunter

*Happy
Birthday!*





Anniversaries This Week

Harold & Barbara Parker - March 20, 1976

M A N Y Y E A R S !



Remembering in Prayer...

*Gwyn Jones
Joe Dunham*

*Chris Grasse
Josephine 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.



THE SYNAXARION

Gregory Palamas – 2nd Lent



On March 16, in the Holy Orthodox Church, we commemorate the Martyr Sabinos of Egypt; and Venerable Christodoulos the wonderworker of Patmos.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

Verses

The Source of light leads us to the glimmer of day in the inner sanctuary.

O truly great Gregory, you are a radiant proclaimer of light.

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the lavish lifestyle of the palace and gave himself over to asceticism on Mount Athos. He eventually moved to Thessalonica to seek a cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy as an archbishop, tending and caring for his people for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. Many past Saints visited and appeared to him in different times including: The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and other angels of God.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.

Bulletin Announcement Guidelines

Send announcements to church email address: 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 -
Parish Council Email parishcouncil@stjohnalaska.org • Website: stjohnalaska.org
• Diocesan Website: <http://www.antiochianladiocese.org>
Antiochian Orthodox Christian Archdiocese
Pastor: Fr. Marc Dunaway • Assistant Priest: Fr. Robert Polson