

Diocese of  
Eagle River  
and the  
Pacific  
Northwest

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# PROPHET ELIJAH

*Antiochian Orthodox Mission*



## **Apolytikion / Troparion** (Tone 4)

*The incarnate Angel, and  
the Prophet's summit and boast,  
the second forerunner of the  
coming of Christ our God,  
Elijah, the glorious, from above  
sent down his grace upon Elisha;  
he doth cast out sickness  
and also cleanse lepers,  
and unto all that honor him,  
he poureth forth streams of cures.*

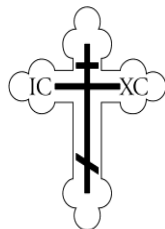
Our Mission is dedicated to the Prophet Elijah,  
Patron and protector of our community.

**Sunday January 10<sup>th</sup>, 2021**  
**Sunday after the Theophany of Christ**

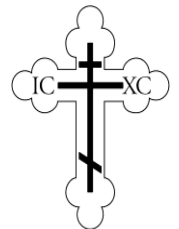
**Tone 6 / Eothinon 9**  
**Epistle: Ephesian 4:7-13**  
**Gospel: St Matthew 4:12-17**  
**Homilist: Fr. Paul Moses Jaroslaw**

## **OUR PASTOR:**

V. Rev. Paul Moses Jaroslaw  
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**OUR BISHOP:**  
His Eminence, Metropolitan JOSEPH  
Diocese of Los Angeles and the West  
& The Pacific Northwest  
[www.antiochianladiocese.org](http://www.antiochianladiocese.org)



# Announcements for the Week

1. Today, Sunday, January 10<sup>th</sup>: God-willing, we will celebrate....

**"The Indoor Great Blessing of the Water"!**

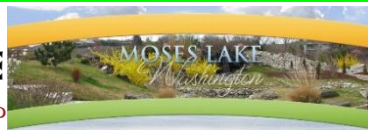


2. Coffee Hour after Liturgy is OUTSIDE, under the open-air, "heated" tent!

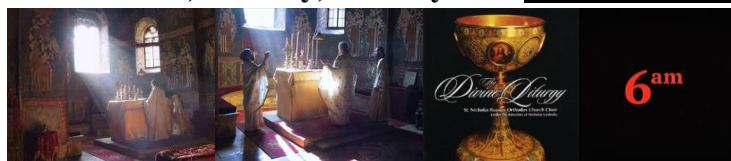
(Please come prepared!)



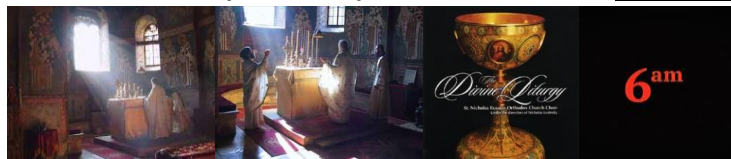
3. Tonight @ 5:00 PM: **Moses Lake Orthodox Fellowship Zoom Catechism** (With Dn. Basil & Fr. Paul)



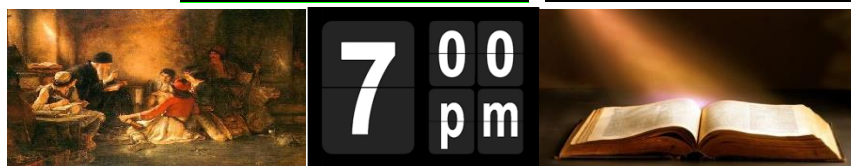
4. Tomorrow, Monday, January 11<sup>th</sup>: **Early morning Divine Liturgy @ 6:00 AM**



5. This Thursday, January 14<sup>th</sup> @ 6:00 AM: **Early morning Divine Liturgy!**



@ 7:00 PM: **Teaching Time Together!** ('Zoom' & Church office!)



6. This Friday, January 15<sup>th</sup> @ 7:00 PM: **The Fellowship of the Cross:**

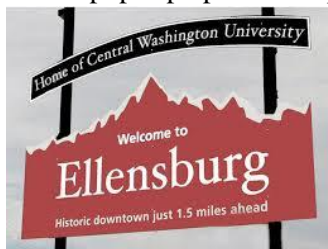


7. This Saturday, January 16<sup>th</sup> @ 9:00 AM: **Divine Liturgy!** (Orthros @ 8:00 AM)



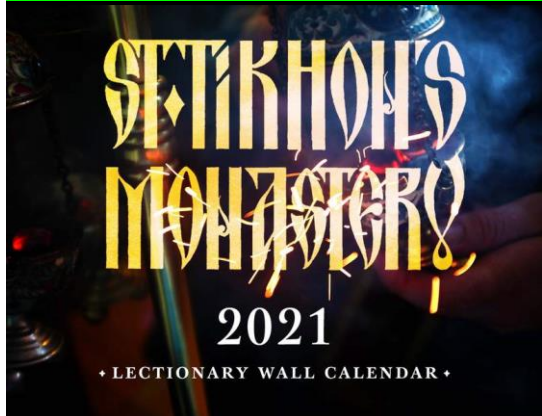
# *Looking Ahead*

1. **FISH Food Bank:** Now that cold weather is here, please remember to bring your donations for the FISH Food Bank. The collection tub is under the large table in the trapeza. Canned soups, tuna, PB, etc. are helpful. Cans that have a pop-top option for opening are good choices. Thanks!



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2. New 2021 Church Calendar available @ the Bookstore, either free, or for a \$5.00 donation!



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3. **Theophany Home Blessings** ...for any of you who wish, I will set an appointment with you to do a Home Blessing, sometime within the next couple of months, God-willing before Lent begins on March 15<sup>th</sup> !

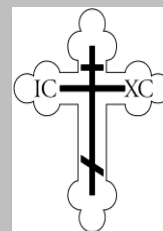


## **NORMAL SCHEDULE FOR DAILY SERVICES**

### **SUNDAY**

8:45am – Orthros

**10:00am – Divine Liturgy**



Mon	Tue	Wed	Thu	Fri	Sat
<b>6:00am</b> <b>Divine Liturgy</b>	<b>7:00am</b> Orthros	<b>7:00am</b> Orthros	<b>6:00am</b> <b>Divine Liturgy</b>	<b>7:00am</b> Orthros	<b>9:00am</b> <b>Divine Liturgy</b>
	<b>6:00pm</b> Vespers	<b>6:00pm</b> Vespers	<b>6:00pm</b> Vespers	<b>6:00pm</b> Paraklysis	<b>6:00pm</b> Great Vespers

*(Fr. Paul hears confessions on Saturday after Vespers, & by appointment!)*

*On Sunday, "We should encourage the people to come to Orthros from the very beginning. In the Six Psalms of Orthros, we find all the Christian advice, wisdom, and morality. We cannot come to the Divine Liturgy and receive the Holy Communion without preparation. Orthros is about how to prepare for Divine Liturgy."*

**Metropolitan JOSEPH**

## **NAME DAYS**

<u>Member</u>	<u>Name Day</u>	<u>Patron Saint</u>
<b>Nina Beck</b>	<b>January 14<sup>th</sup></b>	<b>St. Nina, Enlightener of Georgia</b>
<b>Nina Sautter</b>	<b>January 14<sup>th</sup></b>	<b>St. Nina, Enlightener of Georgia</b>

## **BIRTHDAYS AND ANNIVERSARIES**

<u>Member</u>	<u>Day</u>	<u>Celebration</u>
<b>Michael Hammond</b>	<b>January 14<sup>th</sup></b>	<b>Birthday</b>
<b>Eleni Beck</b>	<b>January 14<sup>th</sup></b>	<b>Birthday</b>

## *Spiritual Morsels*

To stand guard over the heart, to stand with the mind in the heart, to descend from the head into the heart - all these are one and the same thing. The core of the work lies in the concentration of attention and the standing before the invisible Lord, not in the head but within the chest, close to the heart and in the heart. When the divine warmth comes, all this will be clear. -- **St. Theophan the Recluse**

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"Say the prayer and all thoughts will leave you, everything will leave you. You will see a wonder; you'll see the demons outside messing up the world, and inside saying the prayer composed, "Lord Jesus Christ, have mercy on me a sinner." -**Gerondissa Makrina**

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A Christian must be courteous to all. His words and deeds should breathe with the grace of the Holy Spirit, which abides in his soul, so that in this way he might glorify the name of God. He who regulates all of his speech also regulates all of his actions. He who keeps watch over the words he is about say also keeps watch over the deeds he intends to do, and he never goes out of the bounds good and benevolent conduct. The graceful speech of a Christian is characterized by delicateness and politeness. This fact, born of love, produces peace and joy. On the other hand, boorishness gives birth to hatred, enmity, affliction, competitiveness, disorder and wars. **St. Nektarius of Aegina**

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...even at the very Cup the enemy sets his snares for you and disturbs you by various thoughts, against which you must fight, or else, knowing that you have wished for a long, long time to find rest in God, the enemy will not allow it. **St. John of Kronstadt**

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A man who rejoices can instantly ascend to Heaven. But he who grieves, languishes and despairs, can neither pray nor remember Christ. Why do you exhaust your heart? How will you enter Paradise in such a state? Let us say "rejoice" to ourselves and others. And the more the things of this world change, the more joyful and peaceful we will be. Why? Because death is slain and Heaven is ours. Death has always been a problem for man. But death has been swallowed up, and now we can march to eternal life with joy and peace, together with the Church. Prayer will help us in this. The temptations we face in life will strengthen our faith. Sorrows and difficulties are our plea bargain. We give a few farthings, that is, we labor, we wear ourselves out, we endure trouble, we suffer infirmities - and we receive millions in return. Thus, our life turns into unspeakable joy. **Elder Aimilianos**

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Food is not evil, but gluttony is. Childbearing is not evil, but fornication is. Money is not evil, but avarice is. Glory is not evil, but vainglory is. Indeed, there is no evil in existing things, but only in their misuse. **St. Maximus the Confessor**

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Adorn yourself with truth, try to speak truth in all things; and do not support a lie, no matter who asks you. If you speak the truth and someone gets mad at you, don't be upset, but take comfort in the words of the Lord: Blessed are those who are persecuted for the sake of truth, for theirs is the Kingdom of Heaven (Matt. 5:10). **St. Gennadius of Constantinople**

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"The soul should be provided with the word of God. For the word of God, as Gregory the Theologian says, 'is the bread of angels, which feeds the soul that is hungry for God. But, above all, one should read the New Testament and the Psalter. From this proceeds illumination of the mind...' -- **St. Seraphim of Sarov**

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One mustn't be fooled by the politeness he may encounter. Worldly politeness can be very harmful because it contains hypocrisy. **St. Paisios the Athonite**



## *Photos of our Mission*

A group from "The Fellowship of the Cross" made a Christmas break Pilgrimage to St. Anthony's Moastery in Arizona for a week. This is a photo from the Prophet Elijah Chapel at the top of the hill:



