

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, December 4th, 2022
Great Martyr Barbara of Syria & Tenth Sunday of Luke
Venerable John of Damascus

Tone 8 + Eothinon 3
Epistle: Galatians 3:23-4:5
Gospel: St. Luke 13:10-17
Homilist: Dn. Joseph Frangipani

OUR PASTOR:

V. Rev. Paul Moses Jaroslaw
107 S Dennis St. / P.O. Box 1210
Ellensburg, Washington 98926
Church: (509) 933-2720. / Pastor: (907) 299-1087
prophetelijahellensburg@gmail.com / www.prophetelijah.net

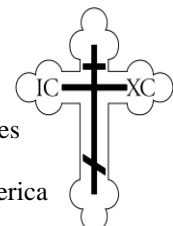
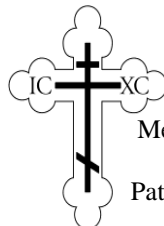
OUR DEACONS: Rev. Dn. Basil Hinkle & Rev. Dn. Joseph Frangipani

OUR LOCUM TENENS BISHOP:

+Metropolitan ANTONIOS

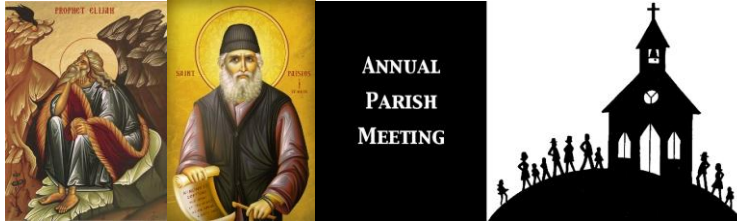
Metropolitan of Zahle and Baalbek and Dependencies

Patriarchal Vicar of New York and of All North America



Announcements for the Week

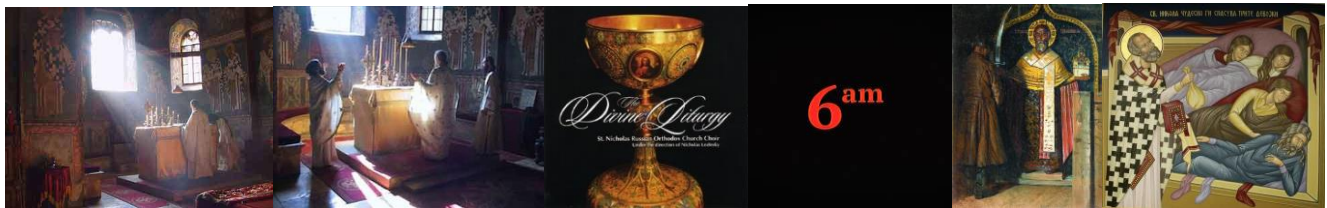
1. Today, Sunday, December 4th: **Annual Church Meeting**...(right after Coffee Hour) **Everyone is invited!**



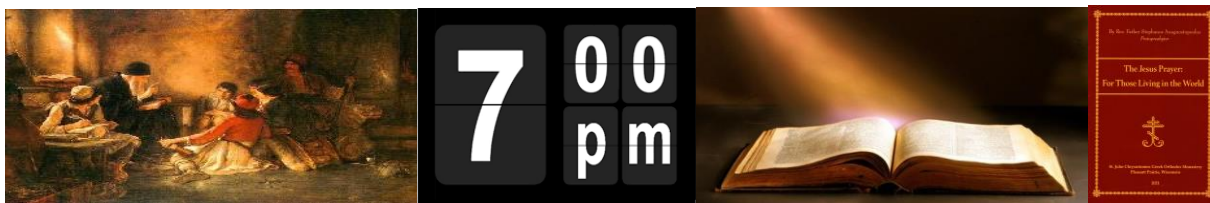
2. **The Nativity Fast Continues!**.....(See attached PDF for explanation of this fast)



3. This Tuesday morning, December 6th @ **6:00 AM: Early morning Divine Liturgy** / **St. Nicholas**



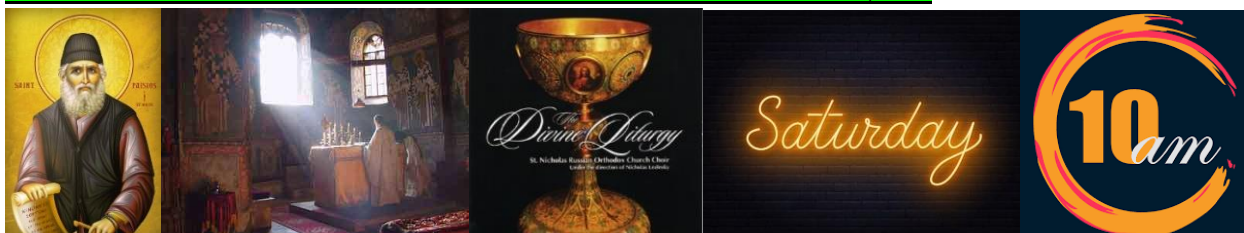
4. This Thursday, December 8th @ 7:00 PM: **Teaching Time Together!** ('Zoom' & Church office!)



5. This Friday & Saturday, December 9-10th: **Yakima @ Holy Cross Church. Fr. Josiah Trenham Teaching.**



6. This Saturday, December 10th @ **10:00 AM: Divine Liturgy in Moses Lake** (Readers Orthros @ 9:00 AM)
St. Paisios of Mt. Athos Antiochian Orthodox Mission in Moses Lake, WA.



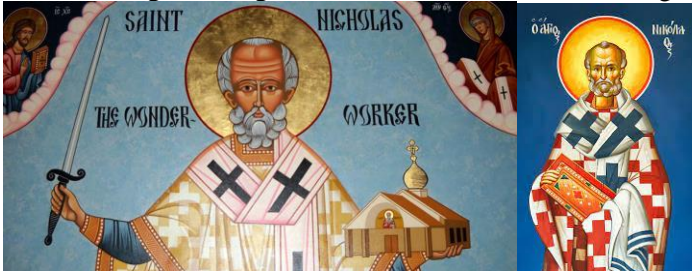
Looking Ahead

1. NEXT Sunday, December 11th: **ST. NICHOLAS FESTIVITIES.**

.....For this Sunday's festivities please bring the following:
*For children 14 and under, please bring a **stocking labeled with their name.**

*Please bring **30 small stocking stuffers** for kid's stockings. Little items like mandarin oranges, pencils, stickers, ornaments, small toys, candy canes, packages of snack type foods - nuts, crackers, etc. **It makes it easier for the people stuffing the stockings if the items are all the same.**

*Please bring a fasting dessert - homemade or store bought for adults to share.



2. Sunday, December 18th: **St. LUCIA FESTIVITIES..... and decoration of the Church for Christmas ...**

For this week's festivities we will provide **St. Lucia buns**. If you would like to help bake them, please let Maria Smith know.We will share the story of St. Lucia and possibly a song.

Mothers....we would like to ask some of the younger girls to pass out the **St. Lucia buns**, so please talk with them about it ahead of time. Thank you!

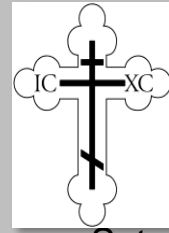


4. Sunday, December 25th: **The Great Feast of the Nativity of Christ / Christmas! / MIDNIGHT LITURGY**



See the attached PDF for Service Schedule!

NORMAL SCHEDULE FOR DAILY SERVICES



SUNDAY

8:45am – Orthros

10:00am – Divine Liturgy

Mon	Tue	Wed	Thu	Fri	Sat
6:00am Divine Liturgy	7:00am Orthros	7:00am Orthros	7:00am Orthros	7:00am Orthros	8:00am Divine Liturgy
	6:00pm Vespers	6:00pm Vespers	6:00pm Vespers	6:00pm Paraklysis	6:00pm 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

<i>Member</i>	<i>Name Day</i>	<i>Patron Saint</i>
Nicole Pruitt	December 6th	St. Nicholas the Wonderworker
Nilus Pruitt	December 7th	St. Nilus of Stolbensk Lake

BIRTHDAYS AND ANNIVERSARIES

<i>Member</i>	<i>Day</i>	<i>Celebration</i>
Zachary Bronkhorst	December 9th	Birthday
Kh. Thekla Jaroslaw	December 10th	Birthday

Spiritual Morsels

("If the world is against truth, then I am against the world!" St Athanasius the Great)

BE CAREFUL. WATCH OUT FOR YOUR SOUL! TURN YOUR THOUGHTS AWAY FROM WHAT WILL SOON PASS AWAY AND TURN THEM TOWARDS WHAT IS ETERNAL. HERE YOU WILL FIND THE HAPPINESS THAT YOUR SOUL SEEKS, WHAT YOUR HEART THIRSTS FOR. **ST JOHN MAXIMOVITCH**

Evil walks with small steps. If it were to come all at once, we would not be deceived. **St Paisios the Athonite**

There will come a time when not the persecutions, but money and the goods of this world will take people far from God. Then many more souls will be lost than in the time of the persecutions. On the one hand, they will be putting gold on the domes and will put the crosses on them and, on the other hand, everywhere evil and falsehood will reign. The true Church will always be persecuted. They who want to be saved will be saved with illnesses and afflictions. The way in which the persecutions will occur will be very sly and it will be very difficult for one to foresee the persecutions. Dreadful will be that time; I pity those who will be living then. **St. Seraphim of Vritsa**

Fasting is a means and not an end. It is "a tool for training those who desire self-restraint." Without fasting, it is almost impossible to conquer the passions and attain dispassion.

You must not fool yourself. You will not escape from Pharaoh—that is, the devil—and you will not see the heavenly Passover unless you constantly eat bitter herbs and unleavened bread, the bitter herbs of toil and hard fasting, and the unleavened bread of a mind made humble. **Based on Saint John of the Ladder**

The complaint of St. Nektarios: St. Nektarios once appeared to a most-pious cleric and complained: "It's as if we Saints are in retirement...The people don't pray to us, don't entreat us, don't ask us for anything, don't give us any handiwork to do. They don't give us the opportunity to pray to God for them..."

When we show our wounds to the doctor, we mention our pains, our troubling, our illnesses without hiding anything, thus also in confession. We strip our soul, we reveal our wounds, we confess our illness and our personal pain. If this does not occur, we will remain unhealed. Our wounds will grow, the pollution and rotting will advance, the illness will continue undermining our being and sooner or later will lead us to death. *Archimandrite Nektarios Antonopoulos*

Pray simply. Do not expect to find in your heart any remarkable gift of prayer. Consider yourself unworthy of it. Then you will find peace. Use the empty cold dryness of your prayer as food for your humility. Repeat constantly: I am not worthy; Lord, I am not worthy! But say it calmly, without agitation. **St. Macarius of Optina**

Let us always guard our tongue; not that it should always be silent, but that it should speak at the proper time. **Saint John Chrysostom**

Photos of our Missions

Continuing work on the cedar wood ceiling project



A beautiful Pantocrator Icon & Polyelos Chandelier will hang from the ceiling, after we build a wooden platform in the center of the ceiling as a foundation... which should be done this week!

