

Diocese of
Los Angeles
and the
West

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PROPHET ELIJAH

Antiochian Orthodox Church



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, October 18th, 2026
The Holy Apostle and Evangelist Luke

Tone 3 / Eothinon 9
Epistle: Colossians 4:5-11, 14-18
Gospel: St. Luke 10:16-21
Homilist: Dn. Joseph Frangipani

OUR PASTOR:

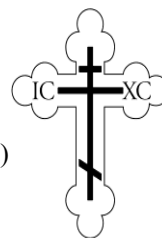
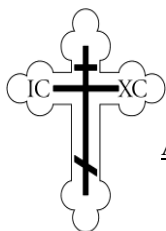
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OUR DEACONS: Rev. Dn. Basil Hinkle & Rev. Dn. Joseph Frangipani

OUR METROPOLITAN:
+Metropolitan SABA

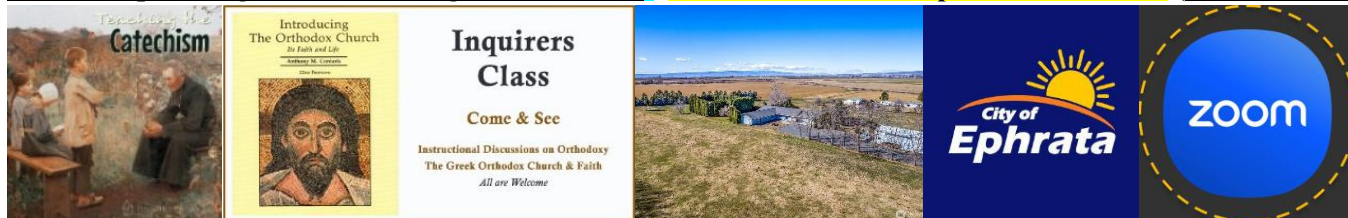
OUR BISHOP: +Bishop ANTHONY

Attached Clergy: Rev. Fr. Andrew Bardwell (Retired)



Announcements for the Week

1. Today, Sunday, Oct. 18th (5:00 – 7:00 PM): **Inquirer & Catechism classes continue in the Columbia River Basin in Ephrata @ Dorotheos Bragar's new home: 8729 Road 7.6 NW, Ephrata, WA 98823 (and on Zoom)**



2. This Thursday morning, October 22nd at 10:15 AM @ "The Ark":

Garden of the Heart Children's Gathering's continue!



3. Thursday evening, Oct. 15th @ 7:00 PM: **Teaching Time Together w/ Fr. Paul continues in the Church Office and on Zoom: (If anyone is interested in joining in, please contact me, and I will send you the Zoom link!)**



4. This **Friday** evening @ 6:00 PM: **Divine Liturgy** (No Liturgy this Wednesday)



5. This Saturday, October 24th @ 1:00 PM at the Ark: **Mothers Blessing for Mary Smith**



Looking Ahead

1. Sunday, November 1st: **Daylight Saving Times ends... "More sleep Sunday"!**



2. Sunday, November 8th: **Feast before the Fast!**



3. Sunday, November 15th: **The Nativity Fast begins!**



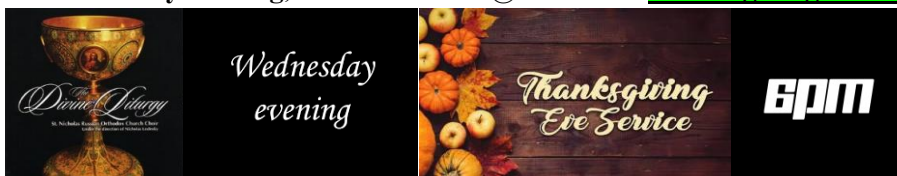
4. Saturday, November 21st: **The Great Feast of the Entrance of the Theotokos into the Temple!**



5. Sunday, November 22nd: **All Church Family Meeting w/ Election of 2 Parish Council Members**



6. Wednesday evening, November 25th @ 6:00 PM: **Thanksgiving Eve Divine Liturgy**



UPDATED SCHEDULE FOR DAILY SERVICES

SUNDAY

8:45am – Orthros

10:00am – Divine Liturgy

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
		8:00am Orthros	8:00am Orthros		
		6:00pm <u>Divine Liturgy</u>	6:00pm Vespers	6:00pm <u>Divine Liturgy</u>	6:00pm Great Vespers

(Fr. Paul hears confessions on Saturday's before, during & 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."

(former) **Metropolitan JOSEPH**

NAME DAYS

<u>Member</u>	<u>Name Day</u>	<u>Patron Saint</u>
Loukia Ullman	October 18th	St. Luke the Evangelist

BIRTHDAYS AND ANNIVERSARIES

<u>Member</u>	<u>Day</u>	<u>Celebration</u>
Gracie Pryor	October 23rd	Birthday

Spiritual Morsels

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

Re-creation begins in baptism when the seed of Grace is planted in our spirit; and then, if we will cultivate the seed, recreation continues, step by step. It is a process of dying and being reborn, dying and being reborn. With each step, painful for the ego, we are re-created in part. Our spirits are transformed by the Light; they become chalices to receive the Energy of God. **Hieromonk Damascene (Christensen)**

Tremble with awe, O men! The insults God suffered for the sake of our salvation you too must endure! God is slapped on the face by the basest of slaves (Jn. 18:22). He gives you an example of victory, yet do you refuse to undergo this at the hands of a man of like passions as yourself? You are ashamed of becoming an imitator of God (Eph. 5:1), how then will you reign with Him and share in His glory in the kingdom of heaven if you do not endure that man? **St. Symeon the New Theologian**

If God's grace leaves my heart and my mind I become as the dust carried away by the wind, without; any moral stability, with an inclination to every possible evil; both my mind and my heart become empty, trivial, dark, and powerless.

Afflictions and misfortunes are very, very advantageous to us, for they reveal to us the wounds of our heart, which we had not seen nor felt before. **Righteous John, Wonderworker of Kronstadt**

If you wish that your surroundings should change, change yourself, and educate your heart. This is what Christianity teaches. **Father I. Vinogradov**

"After our love for God comes sacrifice. And when there is sacrifice, without any trace of selfishness, then one begins to be blessed with divine events. I must make a sacrifice for no other reason than for God, Who created the universe and provides us with so many blessings... People don't believe, and so they don't sacrifice themselves. All of our indifference stems from this. One blasphemes and curses the holy and sacred things, while another half-believes and is tormented. For one to have spiritual joy, he must have faith and love. If a man is to stop being tormented, he must believe in what Jesus Christ said: **"Apart from Me, you can do nothing"** [John 15:5]. This means that man must lose hope in himself, in a good sense, and put his faith and trust in God. When someone loses hope in himself, again in the good sense, it is then that he finds God... Even the most spiritual people do not have their life secured, and that is why they keep themselves constantly in the security of God — entrusting themselves to God, and giving up any hope in their own ego. For it is the ego that brings every spiritual misfortune to man." **St. Paisios of Mt. Athos**

"Not trusting in yourself and not acting according to your own will and understanding is the path to humility. Without this, even though we may do good, it is not pleasing to God." -- **St. Macarius of Optina**

Evil thoughts which arise against our will are accompanied by remorse, and so they soon disappear; but when they are freely chosen, they are accompanied by pleasure, and so they are hard to get rid of. **St Mark the Ascetic**

Photos of our Parish

The Placing & Blessing of the Cross by the former Metropolitan Joseph

