

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, March 8th, 2026
Second Sunday of Great Lent / Commemoration of
St. Gregory Palamas, Archbishop of Thessalonica

Tone 6 / Eothinon 6
Epistle: Hebrews 1:10-2:3
Gospel: St. Mark 2:1-12
Homilist: Fr. Paul Moses Jaroslaw

OUR PASTOR:

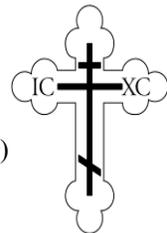
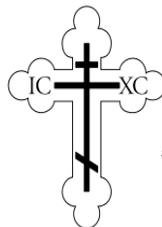
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OUR DEACONS: Rev. Dn. Basil Hinkle & Rev. Dn. Joseph Frangipani

OUR METROPOLITAN:
+Metropolitan SABA

OUR BISHOP: +Bishop ANTHONY

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



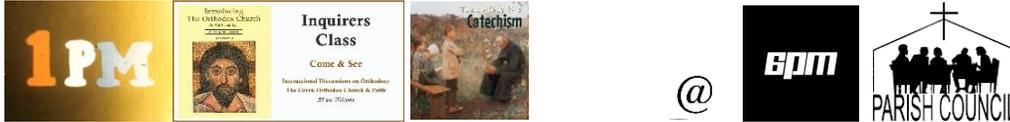
Announcements for the Week

1. Today, Sunday, March 8th: **Sunday of St. Gregory Palamas** & **Less Sleep Sunday!**



@ **1:00 PM:** **Inquirer & Catechism class in Ellensburg** (w/ **Childcare provided**)

@ **6:00 PM:** **Parish Council Meeting**



@ **Midnight:** **Sunday / Monday early morning Presanctified Divine Liturgy!**

Holy 40 Martyrs of Sebaste



2. This Monday evening @ 7:00 PM: **Bible Study with Dn. Basil on Zoom or at Cle Elum**



3. This Tuesday evening @ 6:00 PM @ "The Holy Cross House": **Teaching & Fellowship w/ Dn. Joseph**



4. This Wednesday morning at 10:20 AM @ "The Ark": **Garden of the Heart Children's Gathering.**

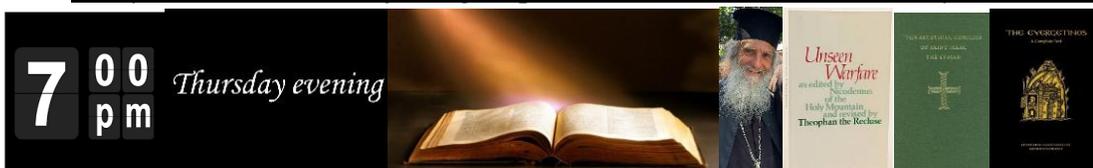


5. This Wednesday & Friday evening at 6 PM: **Presanctified Divine Liturgy** w/ **Soup Supper on Wednesday.**



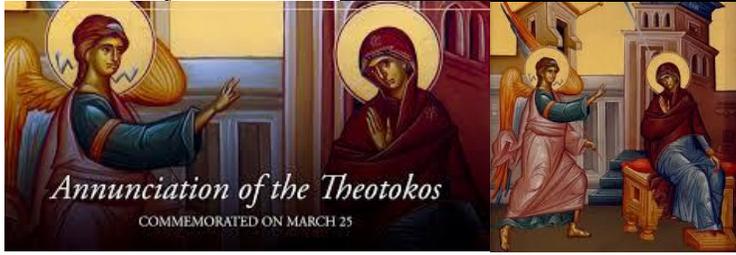
6. This Thursday evening @ 7 PM: **Teaching Time Together w/ Fr. Paul in the Church Office and on Zoom:** **"Pearls of the Spiritual Life"** (using the books: "Unseen Warfare", "The Ascetical Homilies of St. Isaac of Syria" & "The Evergetinos-Sayings of the Desert Fathers")

.....**If anyone is interested in joining in, please contact me, and I will send you the Zoom link!**



Looking Ahead

1. Wednesday March 25th: **The Great Feast of the Annunciation!**



2. Sunday, April 5th: **The Great Feast of Palm Sunday**



5. Sunday, April 12th: **The Feast of Feasts and Festival of Festivals...PASCHA!!!!**



NORMAL SCHEDULE FOR DAILY SERVICES

SUNDAY

8:45am – Orthros

10:00am – Divine Liturgy

Mon	Tue	Wed	Thu	Fri	Sat
Midnight <u>Divine</u> <u>Liturgy</u> (twice a month)		8:00am Orthros	8:00am Orthros		
	6:00pm Vespers	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

Member _____ *Name Day* _____ *Patron Saint* _____

BIRTHDAYS AND ANNIVERSARIES

<i>Member</i>	<i>Day</i>	<i>Celebration</i>
Daniel Hinkle	March 9th	Birthday
Dna. Euphemia Hinkle	March 10th	Birthday
Colman Meyers	March 14th	Birthday

Spiritual Morsels

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

He began to understand, based on his own experience, that being a Christian meant waging a constant and merciless battle against evil and death in one's own heart, a battle with no front lines and no cease-fires, in which the enemy neither sleeps nor tires. **The Life of Elder Thaddeus**

Let us love silence until the world is made to die in our hearts. Let us always remember death, and in this thought draw near to God in our heart - and the pleasures of this world will have our scorn. -- St. Isaac the Syrian

Fasting is an admirable thing, but it is more admirable to forgive insults. Through fasting a man is preparing for charity, but by forgiving insults, a man shows charity. Fasting precedes forgiveness, but fasting alone does not save without forgiveness. – **St. Nicholai of Zhicha**

When fasting is understood in a true, Christian sense and not in a legalistic, pharisaical way, then the forgiving of insults and abstaining from covetousness are a fast, and this the most important fast, or, if you wish, the greatest fruit of fasting. For indeed, there is very little value in abstaining from food without abstinence from the returning of insult for insult and the illusion of earthly riches. - **St. Nicholai of Zhicha** on The Forgiveness Sunday Gospel. (Matt. 6:14-21)

A servant of the Lord is he who in body stands before men, but in mind knocks at heaven with prayer.
St. John Climacus

Moses received the law in a period of abstinence and led his people; and Elijah, when he fasted, closed the heavens. As for the Abrahamite youths, they vanquished by fasting the transgressing usurper. Wherefore, through the same, O Savior, prepare us to meet Thy Resurrection, shouting Holy God! Holy Mighty! Holy Immortal! Have mercy on us! -- **Orthros Doxasticon for the First Sunday of Great Lent**

Grace has been given mystically to those who have been baptized into Christ; and it becomes active within them to the extent that they actively observe the commandments. Grace never ceases to help us secretly; but to do good - as far as lies in our power - depends on us. **St. Mark the Ascetic**

Be dead in life, and you will not live in death. Let your soul die strenuously, and not live in weakness. Not only those who suffer death for the sake of faith in Christ are martyrs; but also those who die because of their observance of His commandments. - **St. Isaac the Syrian**

Photos of our Parish

Gregory Palamas



Every day we should stand in awe of Him, as He is with us, and do what is pleasing before Him. If we are unable now to perceive Him with our physical eyes, we can, if we are watchful, see Him continuously with the eyes of our understanding and not just see Him, but reap great benefits from Him.

AZ QUOTES

The Light of Christ illumines all.

~ Gregory Palamas



AZ QUOTES