

Diocese of  
Los Angeles  
and the  
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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, April 26<sup>th</sup>, 2026**  
**Sunday of the Myrrh-Bearing Women,**  
**Pious Joseph of Arimathaea & Righteous Nicodemus**

***Tone 2 / Eothinon 4***  
**Epistle: Acts 6:1-7**  
**Gospel: St. Mark 15:43-16:8**  
**Homilist: Fr. Paul Moses Jaroslaw**

### OUR PASTOR:

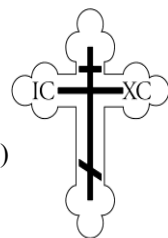
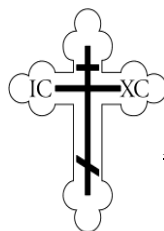
V. Rev. Paul Moses Jaroslaw  
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Ellensburg, Washington 98926  
Church: (509) 933-2720. / Pastor: (907) 299-1087  
prophetelijahellensburg@gmail.com / www.prophetelijah.net

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

OUR METROPOLITAN:  
+Metropolitan SABA

OUR BISHOP: +Bishop ANTHONY

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



# Announcements for the Week

1. Today, Sunday, April 26<sup>th</sup>: **NO Coffee Hour today!!!!**.....

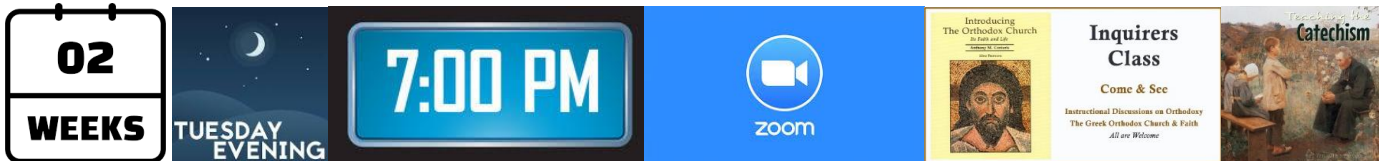


**..... Don't bring food!**

**.....BECAUSE @ 4:00 PM: The Wedding of Raphael Benjamin Lindner & Paisia Journey Forester.....**



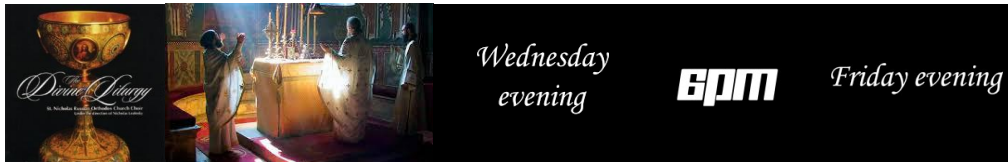
2. This Tuesday evening @ 7:00 PM: **Zoom Catechism / Inquirers Class for..... 2 more weeks.**



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



4. This **Wednesday & Friday** evening @ 6:00 PM: **Divine Liturgy**

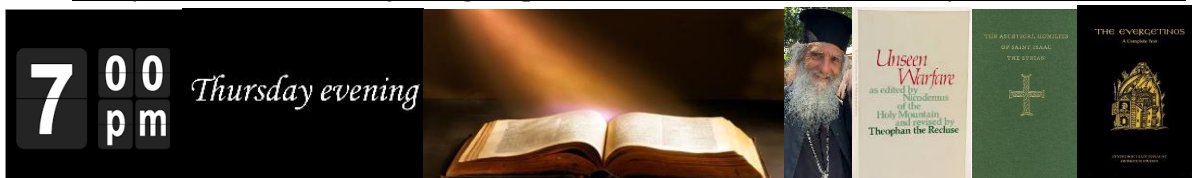


5. This Thursday morning @ 11:00 AM: **The Wedding of Rd. John Raymond & Cori Mariam**



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. NEXT Sunday, May 3<sup>rd</sup> @ 4:00 PM: **The Wedding of Coleman Meyers & Molly Veronica Stitt**



2. Tuesday, May 19<sup>th</sup> – Wednesday, May 27<sup>th</sup>: **Fr. Paul & Kh. Thekla in Asheville for Parents 102<sup>nd</sup> Birthday**



3. Thursday, May 21<sup>st</sup>: **Great Feast of the Ascension of Christ**



4. Sunday, May 31<sup>st</sup>: **The Great Feast of Pentecost .....&.....We will take an all Parish Photograph**



**NORMAL SCHEDULE FOR DAILY SERVICES**

**SUNDAY**

8:45am – Orthros

**10:00am – Divine Liturgy**

| Mon  | Tue                      | Wed                                    | Thu                      | Fri                                    | Sat                            |
|--|--------------------------|--|--------------------------|--|--------------------------------|
| <b>Midnight</b><br><b>Divine</b><br><b>Liturgy</b> (once or twice a month) |                          | <b>8:00am</b><br>Orthros               | <b>8:00am</b><br>Orthros |  |                                |
|  | <b>6:00pm</b><br>Vespers | <b>6:00pm</b><br><b>Divine Liturgy</b> | <b>6:00pm</b><br>Vespers | <b>6:00pm</b><br><b>Divine Liturgy</b> | <b>6:00pm</b><br>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>          |
|-----------------------|---------------------------|------------------------------|
| <b>Matrona Schoos</b> | <b>May 2<sup>nd</sup></b> | <b>St. Matrona of Moscow</b> |

**BIRTHDAYS AND ANNIVERSARIES**

| <u>Member</u>       | <u>Day</u>                   | <u>Celebration</u>              |
|---------------------|------------------------------|---------------------------------|
| <b>Mamas Nedrow</b> | <b>April 27<sup>th</sup></b> | <b>23<sup>rd</sup> Birthday</b> |

# ***Spiritual Morsels***

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

DO NOT BE IRRITATED EITHER WITH THOSE WHO SIN OR THOSE WHO OFFEND; DO NOT HAVE A PASSION FOR NOTICING EVERY SIN IN YOUR NEIGHBOR, AND FOR JUDGING HIM, AS WE ARE IN THE HABIT OF DOING. EVERYONE SHALL GIVE AN ANSWER TO GOD FOR HIMSELF. EVERYONE HAS A CONSCIENCE; EVERYONE HEARS GOD'S WORD, AND KNOWS GOD'S WILL EITHER FROM BOOKS OR FROM CONVERSATION WITH OTHER PEOPLE. ESPECIALLY DO NOT LOOK WITH EVIL INTENTION UPON THE SINS OF YOUR ELDERS, WHICH DO NOT REGARD YOU; "TO HIS OWN MASTER HE STANDETH OR FALLETH." CORRECT YOUR OWN SINS, AMEND YOUR OWN LIFE. **ST. JOHN OF KRONSTADT**

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"But I say to you," the Lord says, "love your enemies, do good to those who hate you, pray for those who persecute you." Why did he command these things? So that he might free you from hatred, sadness, anger, and grudges, and might grant you the greatest possession of all, perfect love, which is impossible to possess except by the one who loves all equally in imitation of God. **St. Maximus the Confessor**

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Do not despond in the time of violent temptations, afflictions, or sicknesses, or at obstacles arising from the disturbance of the enemy; all this is the reproof and chastisement of the righteous Lord, Who trieth the hearts and reins, for your cleansing, arousing, and correction, for burning out the thorns of carnal passions. And therefore do not complain if you sometimes suffer greatly. Do not think of the suffering, but of the blessed consequences of this chastisement, and the health of the soul. **Righteous John, Wonderworker of Kronstadt**

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Bad habits entangle me like snares, and I rejoice at being thus bound. I sink to the very depths of evil, and this delights me. Daily the enemy gives me new shackles, for he sees how this variety of bonds pleases me. The fact that I am bound by my own desires should provoke weeping and lamentation, shame and disgrace. **St. Ephraim the Syrian**

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Therefore one must so conduct and direct the developing powers of the soul and body so as not to give them over into captivity to enjoyments of the flesh, to curiosity, to self-will and self-centered pleasures—for this would be a sinful captivity—but on the contrary, one must train the child how to separate himself from them and master them, and thus as much as possible to render them powerless and harmless. This is the chief thing in the beginning. **St. Theophan the Recluse, bishop of Tambov**

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Compel yourselves; say the prayer; stop idle talk; close your mouths to criticism; place doors and locks against unnecessary words. Time passes and does not come back, and woe to us if time goes by without spiritual profit. **Elder Ephraim of Philotheou**

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As wax cannot take the imprint of a seal unless it is warmed or softened thoroughly, so a man cannot receive the seal of God's holiness unless he is tested by labours and weaknesses. **St. Diadochus, bishop of Photike in Epirus**

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Personal labor, personal effort, or what is called struggle, are absolutely necessary for victory in unseen warfare. **Archbishop Averky (Taushev)**

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...everything that happens is in some way connected to the unfathomable Providence and will of the Lord. **Archimandrite Tikhon (Shevkunov)**

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# *Photos of our Parish*

RAPHAEL & PAISIA WILL BE WEDDED THIS SUNDAY!

