

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 1st, 2026
First Sunday of Great Lent (Sunday of Orthodoxy)

Tone 5 / Eothinon 5
Epistle: Hebrews 11:24-26, 32-40
Gospel: St. John 1:43-51
Homilist: Dn. Joseph Frangipani

OUR PASTOR:

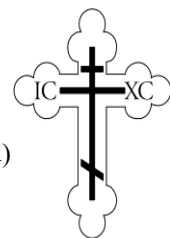
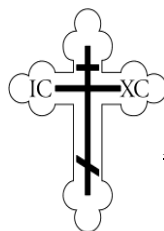
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OUR DEACONS: Rev. Dn. Basil Hinkle & Rev. Dn. Joseph Frangipani

OUR METROPOLITAN:
+Metropolitan SABA

OUR BISHOP: +Bishop ANTHONY

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

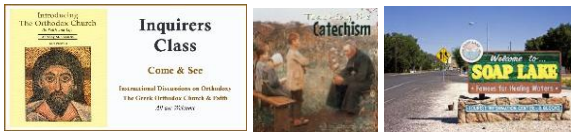


Announcements for the Week

1. Today, Sunday, March 1st: **Orthodoxy Sunday**... it is our custom to make a **Procession of Icons** around the Church, at the end of the Liturgy, and then read the **Synodikon of Orthodoxy**
Please bring a favorite Icon with you this Sunday, that you can carry around the Church during the Procession!



2. TODAY, Sunday, March 1st: **Inquirer & Catechism class in Soap Lake:** **No Ellensburg class**
@ 5:00-7:00 PM at Dorotheos Bragar's home in Soap Lake (w/ Fr. Paul & Fr. Andrew) (284 RD. 18.8 NE 98851)



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



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



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



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



7. 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

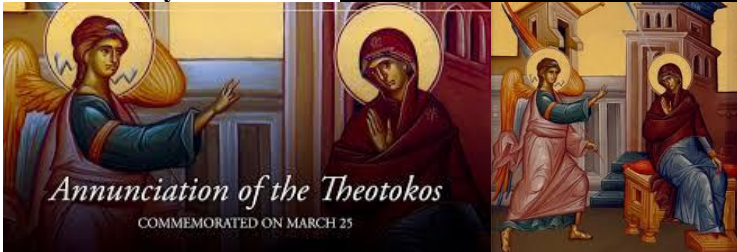
1. Friday-Saturday, March 6-7th: **Lenten Retreat in Walla Walla with Fr. John Bethancourt** (See attached PDF)



2. NEXT Sunday, March 8th: **Less Sleep Sunday!**



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



4. 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 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

<u>Member</u>	<u>Name Day</u>	<u>Patron Saint</u>
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BIRTHDAYS AND ANNIVERSARIES

<u>Member</u>	<u>Day</u>	<u>Celebration</u>
Emmalia Paine	March 1st	9th Birthday
Anastasia Potts	February 29th / Celebrated March 1st	Birthday
Sophia Dymant	March 1st	Birthday
Dn. Joseph & Dna. Rachel	March 3rd	13th Anniversary
John Ian Pyle	March 3rd	21st Birthday
Mary Selena Young	March 6th	Birthday

Spiritual Morsels

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

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**

There is no greater love than that a man lays down his life for his neighbor. When you hear someone complaining and you struggle with yourself and do not answer him back with complaints; when you are hurt and bear it patiently, not looking for revenge; then you are laying down your life for your neighbor. **Abba Poemen, Sayings of the Desert Fathers**

If there is any rest for us in this world, then it consists only in purity of the conscience and patience. This is a harbor for us who sail upon the sea of life... **St. Tikhon of Zadonsk**

The proud man thinks he can comprehend everything with his mind. The Lord does not manifest Himself to the proud soul. Pride is difficult to detect in oneself, but the Lord leaves the proud to be tormented by their impotence until they humble themselves. -- **St. Silouan of Mt. Athos**

Provided they live a worthy life, both those who choose to dwell in the midst of noise and hubbub and those who dwell in monasteries, mountains and caves can achieve salvation. Solely because of their faith in Him God bestows great blessings on them. Hence those who because of their laziness have failed to attain salvation will have no excuse to offer on the day of judgment. For He who promised to grant us salvation simply on account of our faith in Him is not a liar. **St. Symeon the New Theologian**

It is of great significance if there is even one person who truly prays in a family. Prayer attracts God's Grace and all the members of the family feel it. **Elder Thaddeus**

Christians who live in the world must not touch advanced monastic exercises, especially the exercise of silence. And the Lord Himself commanded: Nor do they put new wine into old wineskins (Matt 9:17). New wine will burst old wineskins, overflowing and destroying them; spiritual exercises of monastics, when taken up by laypersons, can lead to their self-destruction and bring spiritual destruction to others. **St. Ignatius Brianchaninov**

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**

THERE IS HARM NOT ONLY IN TRYING TO GAIN WEALTH BUT ALSO IN EXCESSIVE CONCERN WITH EVEN THE MOST NECESSARY THINGS.

IT IS NOT ENOUGH TO DESPISE WEALTH, BUT YOU MUST ALSO FEED THE POOR AND, MORE IMPORTANTLY, YOU MUST FOLLOW CHRIST. **ST. JOHN CHRYSOSTOM**

If a day goes by and one does not enjoy and feel God's presence, the day is wasted; everything else is worthless. The day should not pass in grumbling which makes a person dissatisfied and harms the soul. A day should not escape us without spiritual communication with God, because this communication makes one holy, a god by grace. **Gerondissa Makrina (Vassopoulou)**

There are people who desire the destruction, the torment in hell-fire of their enemies, or the enemies of the Church. They think like this because they have not learned divine love from the Holy Spirit, for he who has learned the love of God will shed tears for the whole world. – **St. Silouan the Athonite**

Photos of our Parish

Orthodoxy Sunday from 13 years ago!

