

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, May 31st, 2026
The Great Feast of Pentecost

Tone / Eothinon
Epistle: Acts 2:1-11
Gospel: St. John 7:37-52; 8:12
Homilist: Fr. Paul Moses Jaroslaw

OUR PASTOR:

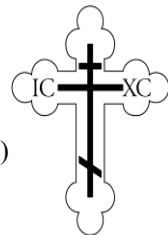
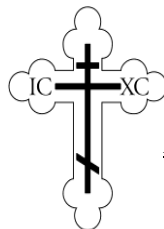
V. Rev. Paul Moses Jaroslaw
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Church: (509) 933-2720. / Pastor: (907) 299-1087
prophetelijahellensburg@gmail.com / www.prophetelijah.net

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. Sunday, May 31st: **The Great Feast of Pentecost / All Parish Photograph after Divine Liturgy**

..... followed by: **Coffee Hour / and then: Great Vespers with "The Kneeling Prayers"**



And then: **after Great Vespers: A somewhat short Parish Council meeting!**

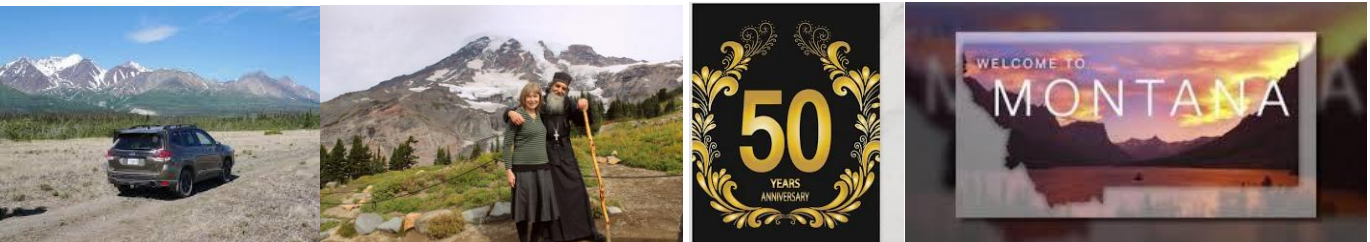


2. **There is NO fasting for the whole week after the Great Feast of Pentecost!**



3. Tomorrow, Monday, June 1st – Tuesday, June 9th:

Fr. Paul & Kh. Thekla driving to Montana for their 50th Wedding Anniversary Celebration! (June 13th, 1976)



Looking Ahead

1. Monday, June 8th: **The Apostles Fast begins!** <https://orthochristian.com/62493.html>



2. Sunday, June 14th: **Midnight Divine Liturgy!** (12:00 AM)



.....**"THE GATES OF PARADISE OPEN AT MIDNIGHT!"**

3. Sunday, June 21st: **Fathers Day Picnic & Softball Game at Rotary Park next door!** (after Divine Liturgy)



4. Wednesday, June 24th: **Goldendale Monastery Feast Day!** (Vigil the night before)



5. Monday, June 29th: **Feast of SS. Peter & Paul** / **Wedding of Arseny Lynch & Katherine Pyle**



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> (once or 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> |
|----------------------|----------------------------|-----------------------------|
| Sophia Dymant | June 4th | St. Sophia of Thrace |

BIRTHDAYS AND ANNIVERSARIES

| <u>Member</u> | <u>Day</u> | <u>Celebration</u> |
|---------------|------------|--------------------|
|---------------|------------|--------------------|

Spiritual Morsels

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

The Holy Spirit, out of compassion for our weakness, comes to us even when we are impure. And if only He finds our intellect truly praying to Him, He enters it and puts to flight the whole array of thoughts and ideas circling within it, and He arouses it to a longing for spiritual prayer. **Evagrius the Solitary**

LOVE DOES NOT REFLECT. LOVE IS SIMPLE. LOVE NEVER MISTAKES. LIKewise BELIEVE AND TRUST WITHOUT REFLECTION, FOR FAITH AND TRUST ARE ALSO SIMPLE; OR BETTER: GOD, IN WHOM WE BELIEVE AND IN WHOM WE TRUST, IS AN INCOMPLEX BEING, AS HE IS ALSO SIMPLY LOVE. **ST. JOHN OF KRONSTADT**

He who wants to cross the spiritual sea is long-suffering, humble, vigilant and self-controlled. If he impetuously embarks on it without these four virtues, he agitates his heart, but cannot cross. **St Mark the Ascetic**

Since Christ is the light of the world, those who do not see Him, who do not believe in Him, are all most certainly blind. Conversely, all who strive to practice the commandments of Christ walk in the light; they confess Christ and venerate and worship Him as God. Whoever confesses Christ and regards Him as his Lord and God is strengthened by the power of the invocation of His name to do His will. But if he is not strengthened, it is evident that he confesses Christ only with his mouth, while in his heart he is far from Him. **Elder Ephraim of Arizona**

I have consciousness of my sinfulness, but I live with hope. It is bad to despair, because someone who despairs becomes embittered and loses his willingness and strength. Someone who has hope, on the contrary, advances forward. **Saint Porphyrios**

A Christian is meant to be a container of extraordinarily exalted powers which are ready to be poured out upon him from the source of all good things, if only he will not put himself into disorder. **St. Theophan the Recluse, bishop of Tambov**

The devil is well aware of the benefits which are borne from prayer. For this reason, he attempts to contaminate it. **Hiermonk Benedict of Holy Mount Athos**

[The Church] is the bedrock of virtue and the school of spiritual life. You need only set foot on the threshold of a church and at once you are liberated from the cares of daily life. - **St. John Chrysostom**

Beguiling and deceptive is the life of the world, fruitless its labor, perilous its delight, poor its riches, delusive its honors, inconstant, insignificant; and woe to those who hope in its seeming goods: because of this many die without repentance. **Elder Nazarius**

'Captivity' is the automatic attraction of our heart towards the thought, or the constant allowance for it to dwell in ourselves, that is, uniting with it, which impairs our good disposition. **Archbishop Averky (Taushev)**

Beware of the spirit of despondency, for it gives birth to every evil. A thousand temptations come from it: agitation, rage, blame, complaint against one's fate, profligate thoughts, constant change of place. The soul then avoids people, believing them to be the cause of its trouble, and does not understand that the cause of the illness is within itself. **St. Seraphim of Sarov**

Photos of our Parish

The world has now become fit only for those who live in sin. For this reason, people will separate themselves - the sheep will be separated from the goats. Those who want to live a spiritual life will eventually find that they are not able to do it in this world; they will be searching to find people like themselves, people of God.

St. Paisios of Mount Athos

