

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, September 14th, 2025

Elevation (Exaltation) of the Holy Cross

(We will ALL be in Yakima today, NO Liturgy in Ellensburg!!!!)

Tone / Eothinon 2

Epistle: 1st Corinthians 1:18-24

Gospel: St. John 19:6-11, 13-20, 25-28, 30-35

Homilist: Bishop ANTHONY

OUR PASTOR:

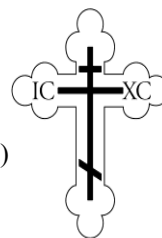
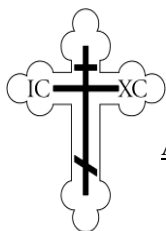
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OUR DEACONS: Rev. Dn. Basil Hinkle & Rev. Dn. Joseph Frangipani

OUR METROPOLITAN:
+Metropolitan SABA

OUR BISHOP: +Bishop ANTHONY

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



Announcements for the Week

1. Today, Sunday, September 14th: **There are NO services this Sunday in Ellensburg...we will all be in Yakima this Sunday, to be with our Bishop ANTHONY, and the Church of Holy Cross on their Patronal Feast Day!**

In Yakima: The Great Feast of the Elevation of the Cross & Patronal Feast Day for the Church in Yakima, and a visit from our Bishop ANTHONY!

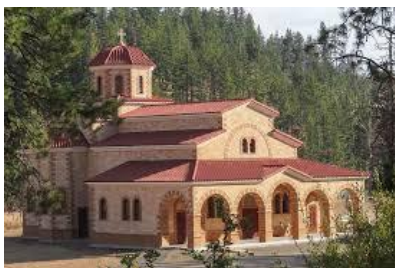
8:15 AM Festal Orthros / 9:30 AM Hierarchical Divine Liturgy



We will close down the Church in Ellensburg this Sunday, and gather around our Bishop Anthony, as we celebrate this Feast with our brethren in Yakima!..... At least 90 of us coming!

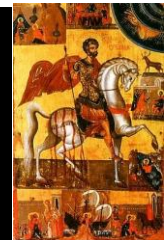
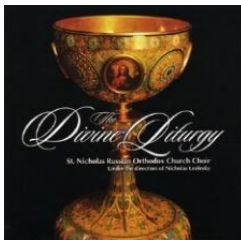
2. THIS Monday, September 15th - Thursday, September 18th:

Pacific Northwest Deanery Retreat @ Goldendale Monastery with our Bishop ANTHONY



3. This **Friday** evening, September 19th @ 6:00 PM: **Divine Liturgy:**

(Commemorating the Great-Martyr Eustathios & his family, for the next day, September 20th)

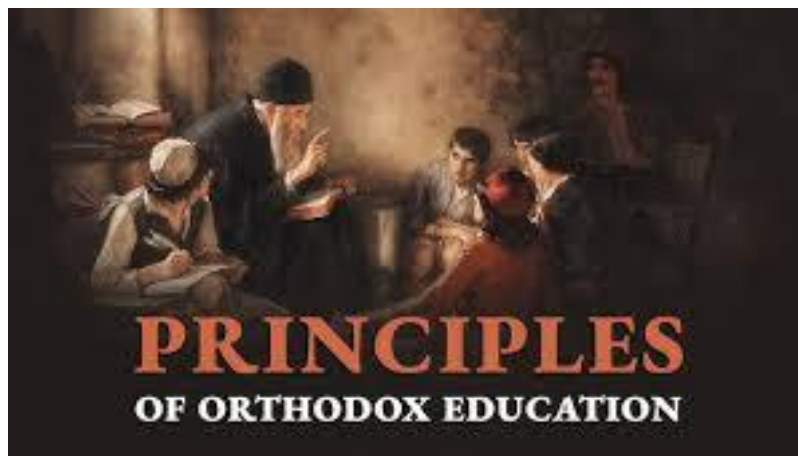


Looking Ahead

TEACHING TIMES BEGINNING AGAIN!!!

NEXT WEEK: The week beginning Monday, September 22nd: **Teaching times beginning again!**

- A. Monday evenings @ 7 PM- **Bible Study in Cle Elum** & on Zoom w/ Dn. Basil Hinkle
- B. Tuesday evenings @ 6 PM- **Teachings @ The Holy Cross House** for college age (and anyone) w/ Dn. Joseph
- C. Thursday evenings @ 7 PM- **Teachings @ the Church Office & 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") w/ Fr. Paul +
- D. Sunday's @ 1 PM (after Coffee Hour) @ the Church / **Inquirers & Catechism Class** w/ Fr. Paul+
- E. Sunday evenings from 5:00-7:00 PM **in Soap Lake** (we have 15 people from the **Moses Lake** area interested) **Inquirers / Catechism Class** w/ Fr. Paul & Fr. Andrew... alternating with Dn. Basilevery other Sunday.



NORMAL SCHEDULE FOR DAILY SERVICES

SUNDAY

8:45am – Orthros

10:00am – Divine Liturgy

Mon	Tue	Wed	Thu	Fri	Sat
Midnight <u>Divine Liturgy</u> (Once a month, for now)		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 & 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>
Dna. Euphemia Hinkle	September 16 th	St. Euphemia the Great-Martyr
Sofia Tomulty	September 17 th	Martyr Sophia of Rome
Sophia Paine	September 17 th	Martyr Sophia of Rome

BIRTHDAYS AND ANNIVERSARIES

<u>Member</u>	<u>Day</u>	<u>Celebration</u>
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Spiritual Morsels

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

God sends us trials out of His mercy, so that after we have suffered these ordeals we may be crowned by Him. Without temptation, no one has ever been crowned. **St. Nilos of Sora**

A certain father said, "If you are captivated by carnal beauty, go to a cemetery and see what the end of such beauty is." **Elder Sergei of Vanves**

Why are you concealed? Why do you avoid Him Whom you once longed to see? A guilty conscience is so burdensome that it punishes itself without a judge, and wishes for covering, and yet is bare before God. **St. Ambrose Milan**

The goal is to rise spiritually, not simply to avoid sin. **Elder Paisios of Mount Athos**

Don't sit, glued to the television....Guard yourselves from the means of mass blinding. **St. Epiphanius of Athens**

The big secret of the spiritual life is to live by the strength of God and not by our own strengths, to have Christ in ourselves. **Elder Sergei of Vanves**

You should continually and unceasingly call to mind all the blessings which God in His love has bestowed on you in the past, and still bestows for the salvation of your soul. You must not let forgetfulness of evil or laziness make you grow unmindful of these many and great blessings, and so pass the rest of your life uselessly and ungratefully. **St. Mark the Ascetic**

"Whoever wishes to bear spiritual fruit, let him patiently wage prolonged warfare against sin — so full of various upheavals and troubles. Only he who nourishes the fruit of the Spirit - so holy and gentle! - will see this fruit on the tree of his soul, but only after great and courageous endurance. Let us listen to the wise one again: 'At first, she [wisdom] will walk with him on disturbing paths; and bring fear and dread upon him. And she will torment him with her discipline, until she can trust his soul and test him with her ordinances. Then she will come straight back to him, and will gladden him, and reveal her secrets to him' [Sirach 4:17-18]. Days, months, years pass; and God's time comes: 'the times or seasons which the Father has put in His own authority' [Acts 1:7], and the tree planted by the waterside begins to bear fruit. This fruit is the palpable communion of the Holy Spirit, promised by the Son of God to all who truly believe in Him. Wondrous is this fruit of the Spirit! It transforms the whole man. The Holy Scripture is transferred from the page to the soul. What occurs with this person was promised by the Son of God: 'Out of his heart will flow rivers of living water. But this He spoke concerning the Spirit, Whom those believing in Him would receive' [John 7:38-39]. This is how the beloved disciple of the Saviour - the confidant of wisdom and the recipient of her theology - explains the Lord's words." **St. Ignatius Brianchaninov**

Photos of our Parish

From last years Deanery Retreat at the Goldendale Monastery:

