

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, October 12th, 2025
Sunday of the Holy Fathers of the Seventh Ecumenical Council
& Fourth Sunday of Luke
Tone 1 / Eothinon 7

Epistle: St. Titus 3:8-15
Gospel: St. Luke 8:5-15
Homilist: Dn. Joseph Frangipani

OUR PASTOR:

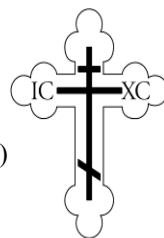
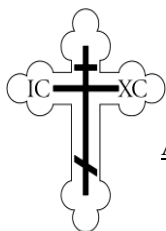
V. Rev. Paul Moses Jaroslaw
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Ellensburg, Washington 98926
Church: (509) 933-2720. / Pastor: (907) 299-1087
prophetelijahellensburg@gmail.com / www.prophetelijah.net

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)

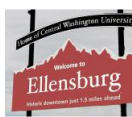
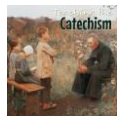
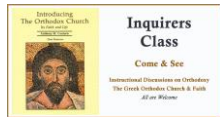


Announcements for the Week

1. TODAY, Sunday, October 12th: **Inquirer & Catechism classes in Ellensburg & Soap Lake:**

@ **1:00-2:00 PM at the Church in Ellensburg...** (See note below)

@ **5:00-7:00 PM at Dorotheos Bragar's home in Soap Lake** (284 RD. 18.8 NE 98851)



(Instead of the Catechism Class in Ellensburg above)

.....**A Presentation by Gerontissa (Mother) Nina on the Romanian Saints & Prisons! ALL are Invited!!!**



ROMANIAN PRISON SAINTS

2. This Monday evening, October 13th @ 6:30 PM: **WOMEN'S CRAFT NIGHT @ the Phelps home:**

3191 W. Dry Creek Rd. / For more info, call or text Victoria Helen Phelps @ (720) 527-9063

Also, this Monday evening @ 7:00 PM: **Bible Study with Dn. Basil on Zoom or at his home in Cle Elum**

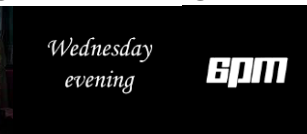
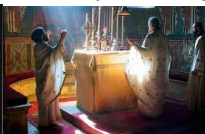
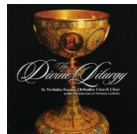


(Email him for the Zoom link)

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

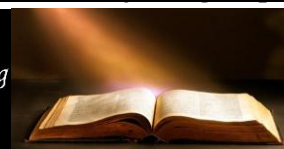


4. This **Wednesday** evening, October 15th @ 6:00 PM: **Divine Liturgy**

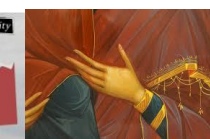
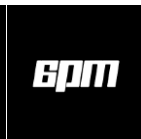
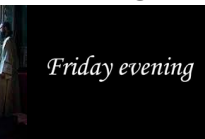
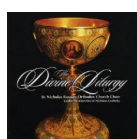


5. This Thursday evening @ 7 PM: **Teaching Time Together w/ Fr. Paul in the Church Office and on Zoom:**
"Pearls of the Spiritual Life" (using the books: "Unseen Warfare", "The Ascetical Homilies of St. Isaac of Syria" & "The Evergetinos-Sayings of the Desert Fathers")

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



6. This **Friday** evening, October 17th @ 6:00 PM: **Divine Liturgy**



7. This Saturday night, October 18th at Great Vespers @ 6:00 PM: **The Hand of St. Anna, the Mother of the Mother of God...** will visit us in **Ellensburg**, God-willing! **Please see the attached PDF**

Looking Ahead

1. NEXT Sunday, October 19th : **Parish Council Meeting after Coffee Hour** &



Midnight Divine Liturgy



2. Sunday evening, October 26th: **Next Mens Gathering...more info. to follow!**



3. Wednesday, October 29th: **Dyments, Pruitts & Gerondissa Nina leave for Pilgrimage to Georgia & Greece**

4. Monday, November 3rd – Tuesday, November 11th:

Fr. Paul & Kh. Thekla in Asheville, North Carolina visiting his 101 year old parents



5. Sunday, November 9th: **Feast before the Fast!** (*following the Divine Liturgy*)

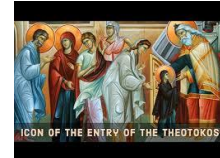


6. Friday-Saturday, November 14-15th: **Fr. Paul in Lynnwood, WA. @ St. Paul Church to lead a Retreat:**

"St. Innocent of Alaska and the Way of the Cross"



7. Saturday, November 15th: **The beginning of the Nativity Fast!**



8. Friday, November 21st:

The Great Feast of the Entrance of the Theotokos into the Temple!

9. Sunday, November 30th: **Annual All Church Meeting after Coffee Hour!**



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, 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>
Loukia Ullman	October 18 th	St. Luke, Apostle & Evangelist

BIRTHDAYS AND ANNIVERSARIES

<u>Member</u>	<u>Day</u>	<u>Celebration</u>
Maria (Lucia) Horton	October 17 th	Birthday

Spiritual Morsels

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

"IF A PERSON EARNESTLY SEEKS SALVATION WITH HIS WHOLE HEART, GOD WILL LEAD HIM TO A TRUE INSTRUCTOR. DO NOT WORRY, EACH WILL FIND THE ONE WHO IS JUST RIGHT FOR HIM." – **ST. LEO OF OPTINA**

Do not believe brother, that inner thoughts can be controlled without the control of the body. Fear bad habits more than devils. **St. Ignatius Brianchaninov**

"Not trusting in yourself and not acting according to your own will and understanding is the path to humility. Without this, even though we may do good, it is not pleasing to God." -- **St. Macarius of Optina**

The saints fled from the towns and avoided meeting a large number of people, for they knew that the company of corrupt men is more destructive than a plague. **Venerable Nilus the Faster of Sinai**

It is said that in the life to come the angels and saints ever increase in gifts of grace and never abate their longing for further blessings. No lapse or veering from virtue to vice takes place in that life. **St. Gregory of Sinai**

"God Himself lives in that man who has a peaceful heart. Above all: consider yourself worse than everyone, seek neither love nor honor from anyone, but have them yourself for everyone - thus you will obtain peace. But as soon as you want others to notice the goodness and virtue in you, then say good-bye to spiritual peace." -- **St. Anatoly of Optina**

Let us pass all the hours of the day in the guarding of the intellect, for by doing this we shall with God's help and with a certain forcefulness be able to quell and reduce the evil in us. For the spiritual life, through which the kingdom of heaven is given, does indeed require a certain forcefulness (cf. Matt. 11:12). **St. Hesychius the Theologian of Jerusalem, disciple of St. Gregory the Theologian**

So it is with the soul; first it must cut off all its old tendencies and bad habits. **St. Dorotheos of Gaza**

Faith is not an issue of great knowledge and learning but humble submission not to the prevailing knowledge but to the truth of the Church, timeless and eternal. **Protopresbyter Theodore Zissis**

"BOTH HONOR AND DISHONOR, BOTH LIFE AND DEATH — ALL ARE THE SAME TO HIM WHO SEEKS THE HEAVENLY KINGDOM." — **SS. SERGIUS AND BACCHUS**

The existence of the soul continues beyond the grave, and with the soul there continues all that to which the soul has become accustomed in its temporal life. The soul takes with it that frame of mind, those principles and tendencies which it used to have on earth. While the soul is connected with the body and forms one man with it, it is where the body is. But as soon as this union is dissolved, the location of the soul in recognizable space becomes impossible; any close connection of it to a place disappears, for location is necessary for the body, but not for the spirit.

Photos of our Parish

IN ELLENSBURG, NEXT SATURDAY NIGHT, OCTOBER 18TH FOR GREAT VESPERS!

The Relics of St. Anna

FROM SKETE OF ST. ANNA, MOUNT ATHOS



The Hand of St. Anna

With the blessing of Elder Father Cherouveim Apostolou from the Theophileon Kellion, Skete of St. Anna Mount Athos, we will be traveling the West Coast to Orthodox parishes with the relics of the Grandmother of our Lord, the Mother of the Theotokos for prayer and veneration.

Theophileon Brotherhood

As we travel with the holy relics, we are helping to raise funds for the renovations needed at the Theophileon Kellion. From this holy monastery, St. Anthimos of St. Anna's Skete labored. If you feel led, please consider joining us in this holy task by donating.



Please make donations
payable to:
**Fr. Cherouveim Gregory
Apostolou**

For more information, please
contact Elijah Ammon:
elijahbammon@gmail.com