

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, January 18th, 2026
Athanasius and Cyril, Patriarchs of Alexandria
& Twelfth Sunday of Luke

Tone 7 / Eothinon 10
Epistle: Hebrews 13:7-16
Gospel: St. Luke 17:12-19
Homilist: Fr. Paul Moses Jaroslaw

OUR PASTOR:

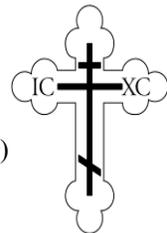
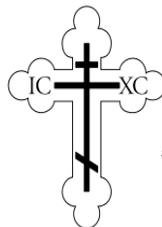
V. Rev. Paul Moses Jaroslaw
107 S Dennis St. / P.O. Box 1210
Ellensburg, Washington 98926
Church: (509) 933-2720. / Pastor: (907) 299-1087
prophetelijahellensburg@gmail.com / www.prophetelijah.net

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)

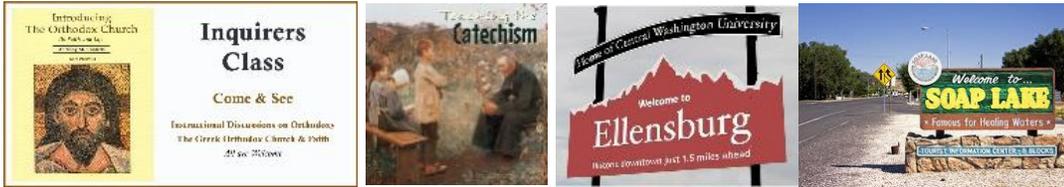


Announcements for the Week

1. Today, Sunday, January 18^h: **Inquirer & Catechism classes in Ellensburg & Soap Lake:**

@ **1:00-2:00 PM at the Church in Ellensburg** (w/ Fr. Paul)

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



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



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



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

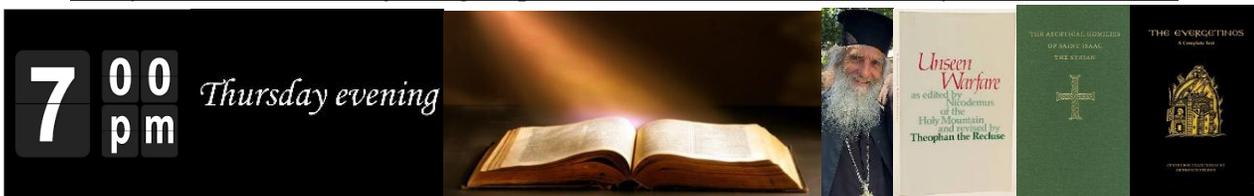
(St. Maximos the Confessor)



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 @ 6:00 PM: **Divine Liturgy**

(for St. Xenia of St. Petersburg, January 24th)



Looking Ahead

1. The Blessing of homes continues after the Feast of Theophany!

(If you are interested in having your home blessed this year, please contact Fr. Paul)



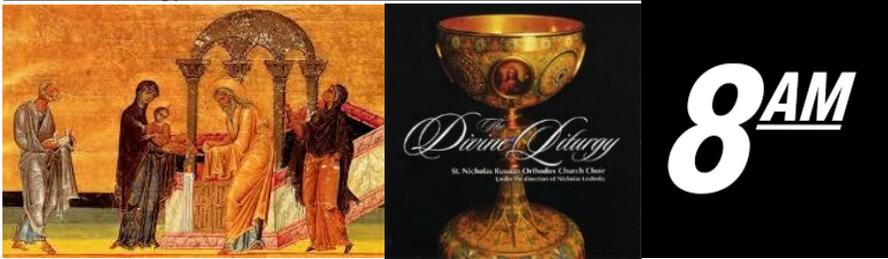
2. Thursday evening, January 29th: Patronal Feast celebration of Three Holy Hierarchs Church in Wenatchee!

Great Vespers @ 5:00 PM / Divine Liturgy @ 6:00 PM!



3. Monday, February 2nd @ 8:00 AM:

Divine Liturgy for the Great Feast of the Presentation of Christ in the Temple!



4. Monday, February 9th – Thursday, February 12th: Diocese of the West Clergy Symposium in Los Angeles



5. Monday, February 23rd: Great Lent begins!!!!



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

<i>Member</i>	<i>Name Day</i>	<i>Patron Saint</i>
Xenia Pruitt	January 24th	St. Xenia of St. Petersburg
Xenia Ramsey	January 24th	St. Xenia of St. Petersburg

BIRTHDAYS AND ANNIVERSARIES

<i>Member</i>	<i>Day</i>	<i>Celebration</i>
Andrew & Tabitha Bronkhorst	January 22nd	31st Anniversary
David & Mary Young	January 23rd	38th Anniversary
Daniel Hill	January 23rd	Birthday
Christopher Tomulty	January 24th	Birthday

Spiritual Morsels

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

St. Anthony the Great rebukes those who refuse to receive back penitents: "A ship suffered shipwreck and lost its cargo, and only with great difficulty did that boat reach the harbor – and you want to sink even that which was saved from sinking!" "Be fearful that you do not become famous because of some work that you do. If they begin to praise you because of your work, do not rejoice or take delight in it, but keep your works secret as much as you can, and do not allow anyone to speak about them."

Carelessness is a sin. In every task, everything must be done carefully.

Gerondissa Makrina (Vassopoulou)

"The Kingdom of Heaven is peace and Joy in the Holy Spirit. Acquire inward peace, and thousands around you will find their salvation." - **St. Seraphim of Sarov**

It is better to eat meat and drink wine and not to eat the flesh of one's brethren through slander.

Abba Hyperechius

We grow cold within when our heart is distracted, when it cleaves to something other than God, worrying about different things, getting angry and blaming someone, when we are discontented and pander to the flesh, wallowing in luxury and wandering thoughts. Guard against these things, and the coldness will diminish.

St. Theophan the Recluse

Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Ghost, and raises man to Heaven.

St. Ephraim the Syrian

In Job there was no trace of avarice; therefore, when he lost everything, he remained undisturbed.

St. John Climacus

When the judge-torturer Sevirus asked the young **holy martyr Peter Apselamus**: "Of what lineage are you?" Peter replied: "I am a Christian."

"Resist the devil, and he will flee from you," said the holy Apostle James [Jas. 4:7]. Another Apostle says: 'Take the shield of faith, with which you will be able to quench all the fiery darts of the wicked one' [Eph. 6:16]. Through the power of faith, let us raise our mind's eye to eternity — to the unspeakable blessedness that awaits the righteous in eternity; and to the equally unspeakable tortures that await the unrepentant and stubborn followers of the serpent. Such contemplation is only possible for us: when our body has been brought into order, and kept in order, through fasting; when, in the pure prayer that is only possible through fasting, we cleave to the Lord and become 'one spirit with Him' [I Cor. 6:17]. 'The serpent always crawls on the earth, in accordance with the sentence pronounced on him from on High,' says St. John Chrysostom. 'If you want to be safe from the poisonous bite, be always higher than the earth.' Then, you will be able to resist him. And he - in his pride, unable to endure opposition - will run away from you."

St. Ignatii Brianchaninov

Photos of our Parish

Some Chanters from a LONG time ago...still meeting in the living room!

