

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, February 15th, 2026
Sunday of the Last Judgment (Meat Fare)

Tone 3 / Eothinon 3
Epistle: 1st Corinthians 8:8-9:2
Gospel: St. Matthew 25:31-46
Homilist: Fr. Paul Moses Jaroslaw

OUR PASTOR:

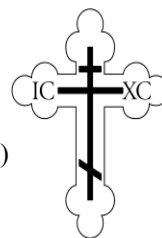
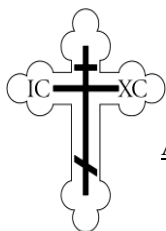
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OUR DEACONS: Rev. Dn. Basil Hinkle & Rev. Dn. Joseph Frangipani

OUR METROPOLITAN:
+Metropolitan SABA

OUR BISHOP: +Bishop ANTHONY

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

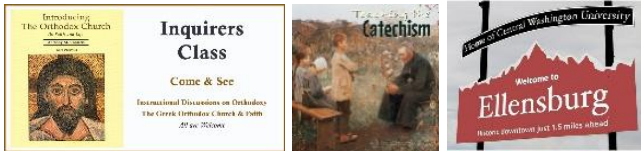


Announcements for the Week

1. Today, Sunday, February 15th: **Meatfare Sunday!!!** (Fish, Cheese & Dairy products blessed all week!)



Inquirer & Catechism class in Ellensburg from 1:00-2:00 PM (w/ Fr. Andrew & Dn. Joseph)



2.



This week.....

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



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

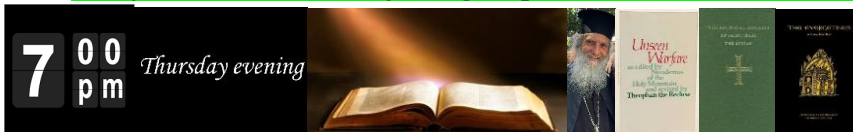


5. This **Wednesday** evening @ 6:00 PM: **Divine Liturgy**



6. 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!**



7. This **Friday** evening @ 6:00 PM: **Divine Liturgy**



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)

Getting close to Done!!!!



2. Soup Supper sign ups needed for Wednesday evening Presanctified Divine Liturgies, beginning February 25th



3. NEXT Sunday, February 22nd: Forgiveness Sunday / Cheesefare Sunday



5. Monday, February 23rd: Great Lent begins!!!! (SEE the ATTACHED SCHEDULE for the 1st Week of Lent)



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> |
|---------------|---------------------------|---------------------------|
| Colman Meyers | February 18 th | St. Colman of Lindisfarne |

BIRTHDAYS AND ANNIVERSARIES

| <u>Member</u> | <u>Day</u> | <u>Celebration</u> |
|-------------------------|---------------------------|---------------------------|
| Fr. Paul Moses Jaroslaw | February 18 th | 73 rd Birthday |
| Maria Pruitt | February 21 st | 3 rd Birthday! |

Spiritual Morsels

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

Thus it is clear that our whole fight is against the passions within. Once these have been extirpated from our heart by the grace and help of God, we will readily be able to live not simply with other men, but even with wild beasts.

St. John Cassian

PRAYER, FASTING, VIGILS, AND ALL OTHER CHRISTIAN PRACTICES, HOWEVER GOOD THEY MAY BE IN THEMSELVES, CERTAINLY DO NOT CONSTITUTE THE AIM OF OUR CHRISTIAN LIFE: THEY ARE BUT THE INDISPENSABLE MEANS OF ATTAINING THAT AIM. FOR THE TRUE AIM OF THE CHRISTIAN LIFE IS THE ACQUISITION OF THE HOLY SPIRIT OF GOD. AS FOR FASTS, VIGILS, PRAYER AND ALMSGIVING, AND OTHER GOOD WORKS DONE IN THE NAME OF CHRIST, THEY ARE ONLY THE MEANS OF ACQUIRING THE HOLY SPIRIT OF GOD. NOTE WELL THAT IT IS ONLY GOOD WORKS DONE IN THE NAME OF CHRIST THAT bring us the fruits of the Spirit. **St. Seraphim of Sarov**

Master your senses and protect them from corrosion by rust as a warrior protects his weapons

Venerable Ephraim the Syrian

The graceful speech of a Christian is characterized by delicateness and politeness. **St. Nectarios of Aegina**

Enduring his tortures at the age of 113, the **Hieromartyr Charalampus** said to the emperor's soldiers, "Thank you, my brethren, for in scraping my old body you renew my spirit for a new eternal life."

In love did He bring the world into existence; in love does He guide it during this its temporal existence; in love is He going to bring it to that wondrous transformed state, and in love will the world be swallowed up in the great mystery of Him who has performed all these things; in love will the whole course of the governance of creation be finally comprised. And since in the New World the Creator's love rules over all rational nature, the wonder at His mysteries that will be revealed then will captivate to itself the intellect of all rational beings whom He has created so that they might have delight in Him, whether they be evil or whether they be just."

St. Isaac of Syria

The soul of man cannot remain empty and devoid of everything. If passions have been eradicated, then the opposing virtues must immediately be planted in their stead. Otherwise, the passions will return and, not having received gratification for an extensive time, they will begin to torment the person even more intensely, as if seven demons had entered instead of one. **Archbishop Averky (Taushev)**

Theoden: "I will not risk open war."

Aragorn: "Open war is upon you, whether you would risk it or not."

-The Lord of the Rings: The Two Towers

What times have come! It used to be that if someone sincerely repented of his sins, then he would change his sinful life and become good. But now, people come and tell their sins in detail, then go back to the same

thing. **St. Ambrose of Optina**

Photos of our Parish

Diocese of Los Angeles and the West Clergy Symposium / February 2026 / Los Angeles

