

Diocese of
Los Angeles
and the
West

T
H
E
R
A
V
E
N

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, March 15th, 2026
Third Sunday of Great Lent
Veneration of the Precious & Life-Giving Cross

Tone 7 / Eothinon 7
Epistle: Hebrews 4:14-5:6
Gospel: St. Mark 8:34-9:1
Homilist: Fr. Paul Moses Jaroslaw

OUR PASTOR:

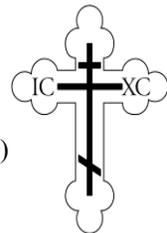
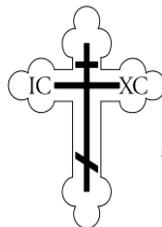
V. Rev. Paul Moses Jaroslaw
107 S Dennis St. / P.O. Box 1210
Ellensburg, Washington 98926
Church: (509) 933-2720. / Pastor: (907) 299-1087
prophetelijahellensburg@gmail.com / www.prophetelijah.net

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

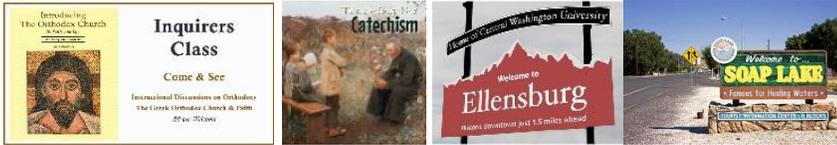
1. Today, Sunday, March 15th: **Sunday of the Veneration of the Cross...**

.....w/ the **Procession of the Cross at the end of Festal Orthros, around 10:00 AM**



@ **1:00 PM**: **Inquirer & Catechism class in Ellensburg** (w/ **Childcare provided**)

@ **5:00 PM**: **Inquirer & Catechism class in Soap Lake at Dorotheos Bragar's home** (284 RD. 18.8 NE 98851)



@ **5:00 PM**: **Mens gathering at the Dyments home in Cle Elum** (340 Power Line Rd.)

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



Orthodox Christian
YOUNG ADULT MINISTRY †
a ministry of the Antiochian Orthodox Christian Archdiocese of North America



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



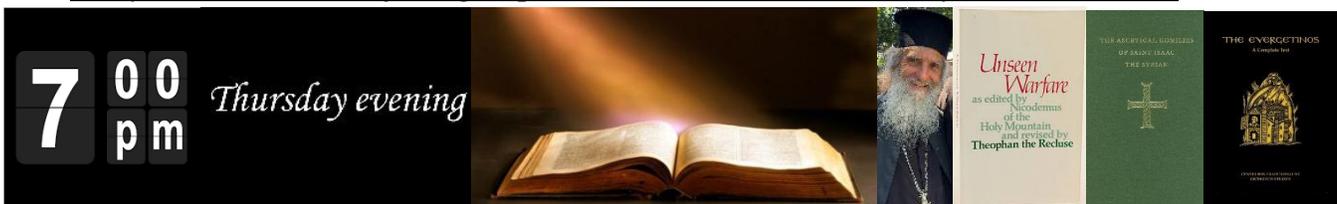
4. This Wednesday & Friday evening at 6 PM: **Presanctified Divine Liturgy** w/ **Soup Supper on Wednesday.**



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")

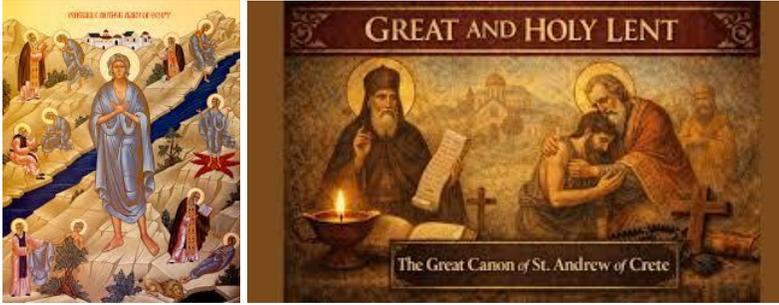
.....**If anyone is interested in joining in, please contact me, and I will send you the Zoom link!**



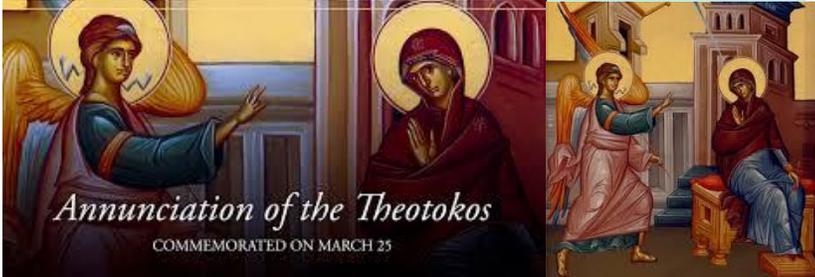
Looking Ahead

1. Monday evening, March 23rd @ 6:00 PM:

Little Compline w/ the Life of St. Mary of Egypt & the Great Canon of Repentance



2. Wednesday March 25th: **The Great Feast of the Annunciation!**



Tuesday evening, March 24th from 5:00 - 8:30 PM:

(Vigil for the Feast / Great Vespers, Festal Orthros & the Divine Liturgy at about 7:00 PM)

3. Sunday, April 5th: **The Great Feast of Palm Sunday**



4. Monday, April 6th – Saturday, April 11th: **Holy Week**



5. Sunday, April 12th: **The Feast of Feasts and Festival of Festivals...PASCHA!!!!**



NORMAL SCHEDULE FOR DAILY SERVICES

SUNDAY

8:45am – Orthros

10:00am – Divine Liturgy

Mon	Tue	Wed	Thu	Fri	Sat
Midnight Divine Liturgy (twice a month)		8:00am Orthros	8:00am Orthros		
	6:00pm Vespers	6:00pm Divine Liturgy	6:00pm Vespers	6:00pm Divine Liturgy	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>
Cuthbert Featherstone	March 20th	St. Cuthbert of Lindisfarne
Photina Pruitt	March 20th	St. Photina the Samaritan Woman

BIRTHDAYS AND ANNIVERSARIES

<i>Member</i>	<i>Day</i>	<i>Celebration</i>
Dn. Basil Hinkle	March 15th	11th Anniversary of Ordination
Herman & Brigid Pyle	March 16th	35th Anniversary
Anthony Frangipani	March 18th	12th Birthday

Spiritual Morsels

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

O! we must labour unceasingly all our life, until death, for future blessedness, for our future union with God.
Righteous John, Wonderworker of Kronstadt

'Shun evil and do good' (Ps. 34:14), that is to say, fight the enemy in order to diminish the passions, and then be vigilant lest they increase once more. Again, fight to acquire the virtues and then be vigilant in order to keep them. This is the meaning of 'cultivating' and 'keeping' (cf. Gen. 2:15). **St Maximos the Confessor**

When there is a respect for small things, there will be an even greater respect towards the bigger things. When there is no respect for small things, then neither will there be for the bigger ones. This is how the Fathers maintained Tradition. **Elder St. Paisios**

To repent is not to look downwards at my own shortcomings, but upwards at God's love, it is not to look backwards with self-reproach but forward with trustfulness, it is to see not what I have failed to be, but what by the grace of Christ I might yet become. **St. John Climacus**

Be as simple as a child, as trustful as a dove, and as wise as a serpent.
Archbishop Seraphim (Sobolev) of Bogucharsk

THE FRUITS OF THE EARTH ARE NOT BROUGHT TO PERFECTION IMMEDIATELY, BUT BY TIME, RAIN AND CARE; SIMILARLY, THE FRUITS OF MEN RIPEN THROUGH ASCETIC PRACTICE, STUDY, TIME, PERSEVERANCE, SELF-CONTROL AND PATIENCE. **ST. ANTHONY THE GREAT**

One of the Fathers said, "The eyes of pigs have a natural conformation which makes them turn toward the ground and they can never look up to heaven, so is the soul of one who lets himself be carried away by pleasure. Once the soul is allowed to slip into the slough of enjoyment, she can no longer get out again."
Wisdom of the Desert Fathers

Be dead in life, and you will not live in death. Let your soul die strenuously, and not live in weakness. Not only those who suffer death for the sake of faith in Christ are martyrs; but also those who die because of their observance of His commandments. - **St. Isaac the Syrian**

Whoever cannot be humbled will not see the Light of God. No ray will come to dwell in his heart, and he will be like the boarded-up house that no light can penetrate. **Gerondissa Makrina (Vassopoulou)**

When you go to your place in church, beseech God, Give me strength to stand until the service is finished, to focus, to experience You, to understand You, and to feel who You are. **Gerondissa Makrina (Vassopoulou)**

Photos of our Parish

Sunday of the Veneration of the Cross

