

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.*

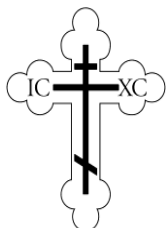
Our Mission is dedicated to the Prophet Elijah,
Patron and protector of our community.

Sunday, March 19th, 2023
Third Sunday of Great Lent
The Veneration of the Precious and 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:

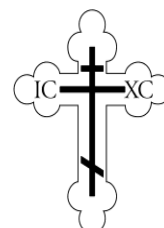
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Ellensburg, Washington 98926
Church: (509) 933-2720. / Pastor: (907) 299-1087
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OUR DEACONS: Rev. Dn. Basil Hinkle & Rev. Dn. Joseph Frangipani



OUR BISHOP:
+Metropolitan SABA

Archbishop of New York and Metropolitan
of All North America



Announcements for the Week

1. Today, Sunday, March 19th: **The Veneration of the Precious & Life-Giving Cross!!!**



2. **CONTINUES!**

Please see the **ATTACHED PDF** for **“The Lenten Daily Service Schedule”!**

3. This Sunday evening through Wednesday afternoon: **Fr. Paul & Kh. Thekla Out of Town!** ... (God-willing!)



4. This **Wednesday evening**, March 22nd @ **6:00 PM**: **Lenten Presanctified Divine Liturgy** (w/ **Soup Supper**)

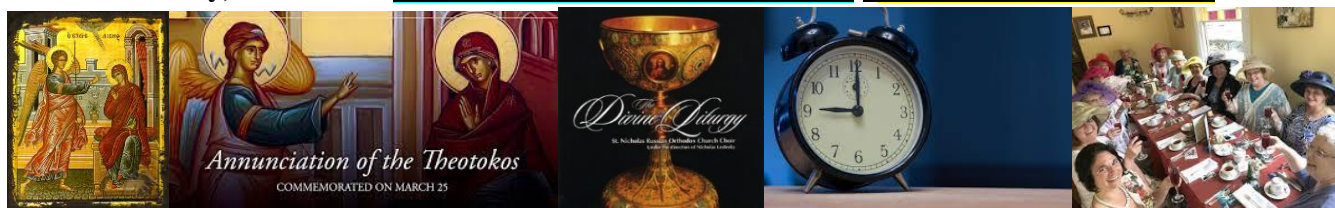


5. This Thursday, March 23rd @ 7:00 PM: **Teaching Time Together!** (‘Zoom’ & Church office)



6. This Friday evening, March 24th @ **6-8:30 PM**: **Vigil for the Feast** **(No Fellowship of the Cross)**

7. This Saturday, March 25th: **The Great Feast of the Annunciation!** **Divine Liturgy @ 9:00 AM**



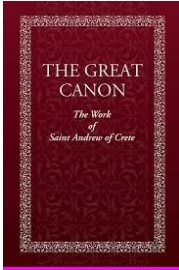
followed by: **WOMEN'S TEA @ 2:00 PM**

Looking Ahead

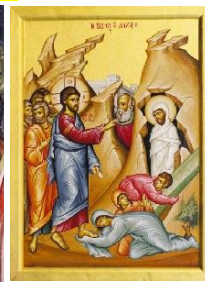
1. Next Monday, March 27th @ 10:00 AM: **Church Yard & Lawn Clean-Up Day!**



2. Wednesday evening, March 29th from 6-8:30 PM: **Canon of St. Andrew of Crete w/ Life of St. Mary of Egypt**



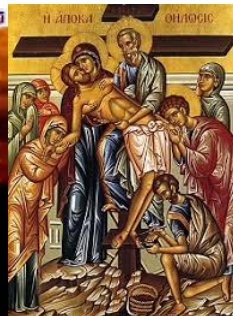
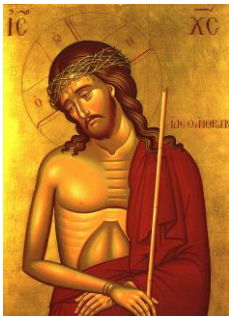
3. Saturday, April 8th: **Lazarus Saturday**



4. Sunday, April 9th: **Palm Sunday / The Entrance of the Lord into Jerusalem**



5. Monday, April 10th – Saturday, April 15th: **Great & Holy Week**



NORMAL SCHEDULE FOR DAILY SERVICES

SUNDAY

8:45am – Orthros

10:00am – Divine Liturgy

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
	6:00am Divine Liturgy	7:00am Orthros	7:00am Orthros	8:00am Orthros	8:00am Divine Liturgy
	6:00pm Vespers	6:00pm Vespers	6:00pm Vespers	6:00pm Paraklysis	6:00pm Great Vespers

(Fr. Paul hears confessions on Saturday 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."

Metropolitan JOSEPH

NAME DAYS

<u>Member</u>	<u>Name Day</u>	<u>Patron Saint</u>
Selena Mary Young	March 25th	The Theotokos
Evangelos Bronkhorst	March 25th	Feast of the Annunciation

BIRTHDAYS AND ANNIVERSARIES

<u>Member</u>	<u>Day</u>	<u>Celebration</u>
Matthew & Bonnie Schoos	March 22nd	Anniversary

Spiritual Morsels

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

A wise man is one who pays attention to himself and is quick to separate himself from all defilement.
St Thalassios the Libyan

"Today, beloved brethren, you will repent. I would like to instill in you, as it is my duty as a pastor, with what is expected of the person who comes to confession, so that his confession will be true, pleasing to God, and bring salvation to his soul. Namely, what is required of a repentant person is: compunction for his sins; the intention to correct his life; faith in Christ; and hope in His mercy. And so, first of all, it is required to feel compunction for your sins. However, this is something that we - as father confessors - do not see in our spiritual children."

"A great number of people come to confession with complete indifference in their souls. And if they were not asked anything, they would either say nothing or would speak very generally about how they 'are sinful, spiritual father — having committed every sin.' If only they said that in sincere recognition of their [sin]. But no, what is worse, they say it without any conscience of their sins, and often do it so that confession will be over quickly. Beloved! Let us not turn God's deed of extreme mercy into an occasion for God's wrath. Why are we so insensitive? Have we nothing to regret during confession? Not only are we sinful, but even if we spend our entire lives grieving over our sins, it would not be anything special, but only what we should in fact do. Ah! If one of us ever said that he is without sins, then he would be fooling himself, and finding the truth in him would be pointless."

"Can you not see your sins? Pray to God, so that He will grant you to see them. It is not in vain that you have often repeated after the priest in Church: 'Lord! Grant me to see my failings!' Let us now - at least, through our common efforts - try to see our sins, so that... during confession we will confess them with heartfelt compunction. And so, our first most important sin is that we, being great sinners, do not feel that we are sinners, who are deserving not of God's mercy, but of His punishment! Let us first of all condemn ourselves for this insensitivity, and let us say to the Lord with our whole soul: 'Lord and Master of my life, I am an insensitive sinner. I am the greatest sinner, and I cannot feel my sins. This must be because my sins have multiplied more than the sands, and I am filled completely with sins ... I repent before You, my Lord and God, of my insensitivity with all my heart. And I pray to You: Let me feel with all my heart how much I have angered - and continue to anger - You.' Oh! This imaginary, pharisaical righteousness of ours, how much it has ruined - and continues to run - people! And to our ruin, it strikes our hearts especially during our time of preparation — during the very act of confession, and before the mystery of Holy Communion."

"Finally, a repentant person must have faith in Christ and hope in His mercy. Every person who approaches confession must believe that Christ Himself, during the Mystery, stands invisibly; and receives his confession. He must believe that only Christ can forgive sins, since He - through His suffering, through His Most-Pure Blood, and through His death - obtained for Himself, from the Heavenly Father, the right to forgive us all our transgressions without insulting divine justice; and that He, according to His mercy, is always ready to forgive our every sin, if only we confess them with heartfelt compunction, and have the intention to be better from now on, and to have faith in Him in our hearts. **'Your faith has made you well. Go in peace'** [Mark 5:34]. He speaks within each person, who repents as he should, after receiving absolution from the priest. Let us repent with pure hearts; let us all care to correct our lives; let us bring to God the fruits of repentance. Amen."

SEASON OF REPENTANCE, by St. John of Kronstadt

Photos of our Parish

Memory Eternal! Leonidas Notaras Papadopoulos

