

Diocese of  
Los Angeles  
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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 31<sup>st</sup>, 2024**  
**Second Sunday of Great Lent (Commemoration of**  
**Gregory Palamas, Archbishop of Thessalonica)**

***Tone 2 / Eothinon 10***  
**Epistle: Hebrews 1:10-2:3**  
**Gospel: St. Mark 2:1-12**  
**Homilist: Fr. Paul Moses Jaroslaw**

### OUR PASTOR:

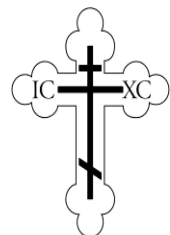
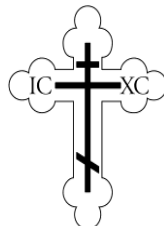
V. Rev. Paul Moses Jaroslaw  
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Ellensburg, Washington 98926  
Church: (509) 933-2720. / Pastor: (907) 299-1087  
prophetelijahellensburg@gmail.com / www.prophetelijah.net

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

### OUR BISHOP:

+Metropolitan SABA

Archbishop of New York and Metropolitan  
of All North America



# Announcements for the Week

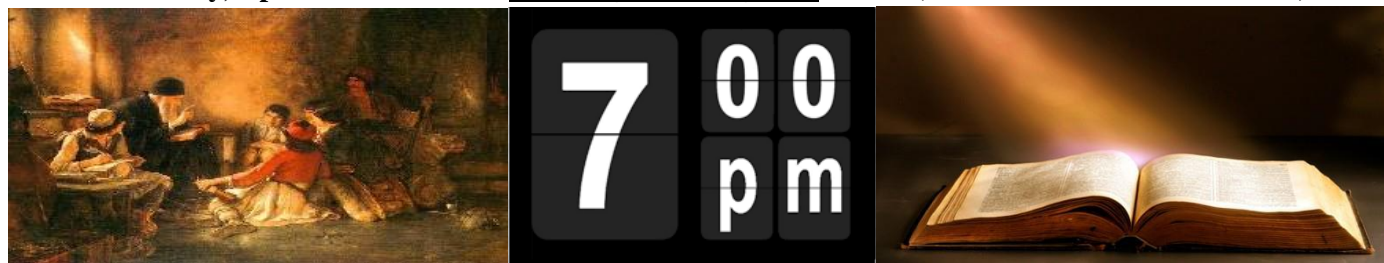
1. Today, Sunday March 31<sup>st</sup>: **Sunday of St. Gregory Palamas & St. Innocent of Alaska & Portaisa Icon**



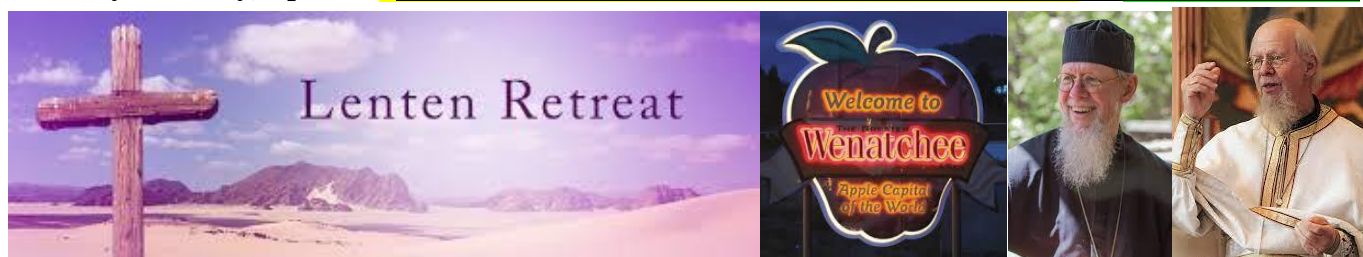
2. This Wednesday & Friday evening @ 6:00 PM: **Presanctified Divine Liturgy** (w/ Soup Supper on Wednesday)



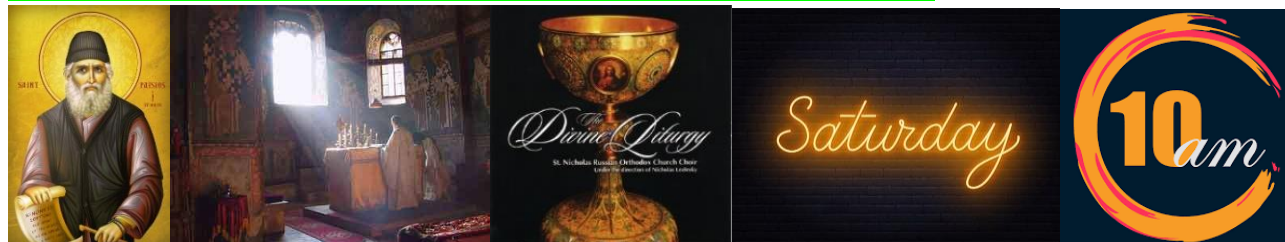
3. This Thursday, April 4<sup>th</sup> @ 7:00 PM: **Teaching Time Together** (Church office and on "Zoom")



4. Friday-Saturday, April 5-6: **Lenten Retreat in Wenatchee w/ Fr. John Bethancourt** (see attached PDF)



5. This Saturday, April 6<sup>th</sup> @ 10:00 AM: **Divine Liturgy in Moses Lake** (Readers Orthros @ 9:00 AM)  
**St. Paisios of Mt. Athos Antiochian Orthodox Mission in Moses Lake, WA.**





# Looking Ahead

1. **The Lenten Season & Preparing for Pascha: An Invitation & Request:** This is an open invitation to everyone, but especially to those of you who are new to our parish family. There is much to be done throughout the coming weeks as we prepare for Pascha and we want everyone to feel welcome to join in as we work side by side to get ready for the Feast of Feasts. Spring cleaning, sprucing up the grounds, children's activities, the Pre-Sanctified Soup Suppers, the Palm Sunday Bar-b-que, the Children's egg hunt, extra weekly cleaning because of extra services, help with the remodel of Rdr. Arsenios' apartment, etc, etc. there are lots of places to put your hand to the plow. Please let us know if you are interested in helping out!

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2. NEXT Sunday, April 7<sup>th</sup>: **Sunday of the Veneration of the Cross**



3. Sunday, April 14<sup>th</sup>: **Sunday of St. John of the Ladder**



4. Sunday, April 21<sup>st</sup>: **Sunday of St. Mary of Egypt**



5. Saturday, April 27<sup>th</sup>: **Lazarus Saturday w/ Baptism**



## **NORMAL SCHEDULE FOR DAILY SERVICES (For Lent)**

### **SUNDAY**

8:45am – Orthros

**10:00am – Divine Liturgy**

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

*(Fr. Paul hears confessions on Saturday's before & 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>
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## **BIRTHDAYS AND ANNIVERSARIES**

<u>Member</u>	<u>Day</u>	<u>Celebration</u>
<b>Fr. Paul Moses Jaroslaw</b>	<b>April 2<sup>nd</sup></b>	<b>37<sup>th</sup> Anniversary of Orthodox Priesthood</b>
<b>Matronna Schoos</b>	<b>April 4<sup>th</sup></b>	<b>Birthday</b>
<b>Sophia Paine</b>	<b>April 4<sup>th</sup></b>	<b>2<sup>nd</sup> Birthday</b>

# *Spiritual Morsels*

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

No passion is worse than an uncontrolled tongue, because it is the mother of all passions.

**Abba Agathon**

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If someone were very specially dear to me, but I realized that he was leading me to do something less good, I should put him away from me. **Abba Agathon**

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*"Long ago, wretched Adam was deceived by this trick. With one snare, he cripples all men by this eating. Therefore, as one undisciplined, he was thrown on earth in the midst of miseries. He did not endure fasting — which was fitting, and which would have helped him from being overcome by incontinence. All the families of Christians are urged to inure [condition] themselves to fasting, and to vie with the angels — hoping thereby to claim forgiveness and eternal life."*

*"Fasting is powerful; it was Adam's lot long ago. For our father had the enjoyment of the fruit trees alone, but he was without restraint. Now there is the enjoyment of food of every kind: the very most delightful of fish, birds and four-footed beasts; the many colored plants and seeds; the magic of great delicacies; the graciousness of tables that moves us to longing for the gluttony, which takes away eternal life."*

**St. Romanos the Melodist - On Fasting**

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A FISH THAT IS ALIVE SWIMS AGAINST THE FLOW OF WATER. ONE THAT IS DEAD FLOATS DOWN WITH THE WATER. A TRUE CHRISTIAN GOES AGAINST THE CURRENT OF SINFUL AGE. A FALSE ONE IS SWEEPED AWAY BY ITS SWIFTNESS. **ST. PHILARET OF MOSCOW**

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Our Lord Christ Himself strikes down our enemies through us, or in company with us. For he who eats Christ's flesh and drinks His blood abides with Christ and He in him. Therefore, when we overcome the enemies, it is the blood of Christ which overcomes, as it is written in Revelation: 'and they overcame him by the blood of the Lamb' (Rev. 12:11). **Lorenzo Scupoli- Unseen Warfare**

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"Do not fear the conflict, do not flee it. Where there is no struggle, there is no virtue. Where faith and love are not tested, it is not possible to be sure if they are really present. They are proved and revealed in adversity."

**- St. John of Kronstadt**

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"Of course it would be easier to get to paradise with a full stomach, all snuggled up in a soft feather-bed, but what is required is to carry one's cross along the way, for the Kingdom of God is not attained by enduring one or two troubles, but many!" **-Elder Anthony of Optina**

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THOSE WHO ENTER INTO THE GOOD FIGHT KNOW THAT IT IS HARD AND NARROW, AND MUST LEAP INTO THE FIRE IF THEY DESIRE THE CELESTIAL FIRE TO DWELL WITHIN THEM. **ST. JOHN CLIMACUS**

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# *Photos of our Parish*

## *Forgiveness Sunday All Church Photo*



