

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, May 19th, 2024
Sunday of the Myrrh-Bearing Women,
Pious Joseph of Arimathea & Righteous Nicodemus

Tone 2 / Eothinon 4
Epistle: Acts 6:1-7
Gospel: St. Mark 15:43-16:8
Homilist: Dn. Basil Hinkle

OUR PASTOR:

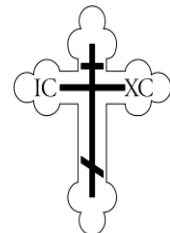
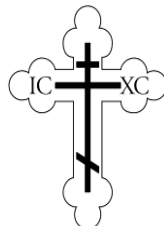
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OUR DEACONS: Rev. Dn. Basil Hinkle & Rev. Dn. Joseph Frangipani

OUR BISHOP:

+Metropolitan SABA

Archbishop of New York and Metropolitan
of All North America



Announcements for the Week

1. This Tuesday, May 21st – Wednesday, May 29th (w/ a night in Seattle Monday evening) :

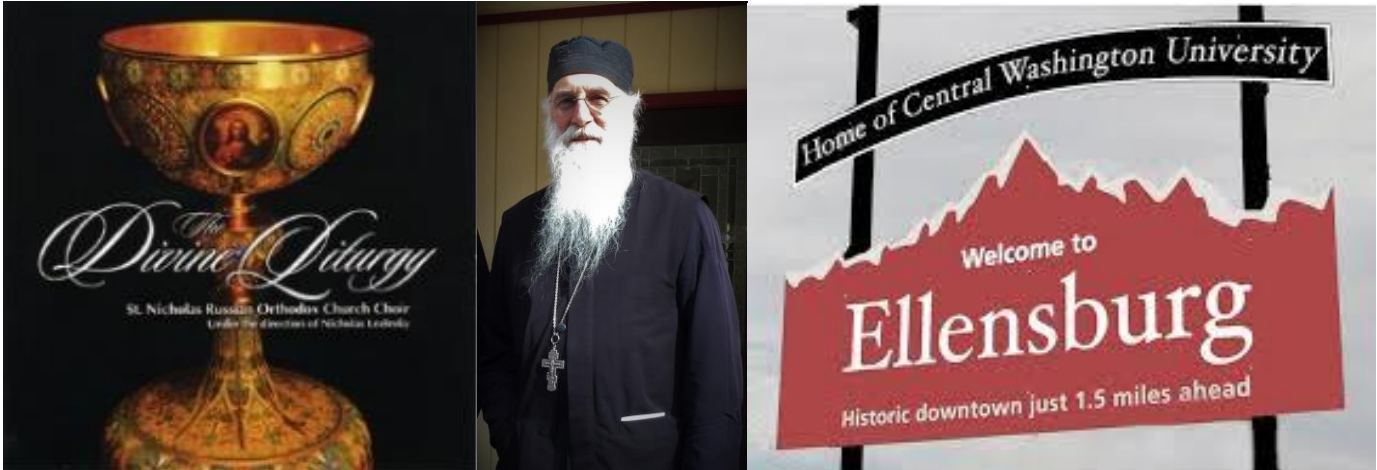
The whole Jaroslaw family in Asheville, North Carolina to celebrate Fr. Paul's parent's 100th Birthday's!!!

.....(Mom: Adele May 22nd / Dad: Eugene May 26th)



3. This NEXT Sunday, May 26th:

Fr. Joseph Copeland will be in Ellensburg to serve Divine Liturgy (& Orthros) in Fr. Paul's absence



Looking Ahead

1. Thursday, June 13th: **The Great Feast of the Ascension of Christ**



2. Sunday, June 23rd: **The Great Feast of Pentecost!**



3. Saturday, June 29th: **Celebration of Goldendale Monastery Feast Day.....and Feast of SS. Peter & Paul!!!**



4. Monday, July 1st- Friday, July 5th: **Fr. Paul in Tucson, Arizona for Antiochian Parish Life Conference**



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>
	9:00am Orthros	9:00am Orthros	9:00am Paraklysis (or Akathist)	9:00am 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 & 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>
Susanna Frangipani	May 19th	Susanna the Myrrh-Bearer
Helen Victoria Phelps	May 21st	St. Helen

BIRTHDAYS AND ANNIVERSARIES

<u>Member</u>	<u>Day</u>	<u>Celebration</u>
Moses Tomulty	May 20th	12th Birthday
Paisios & Xenia Pruitt	May 23rd	26th Anniversary
Atticus Ignatius Schoos	May 24th	12th Birthday

Spiritual Morsels

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

Abba Ammonas was asked, 'What is the "narrow and hard way?' (Matt. 7.14) He replied, 'The "narrow and hard way" is this, to control your thoughts, and to strip yourself of your own will, for the sake of God. This is the meaning of the sentence, "Lo, we have left everything and followed you."' (Matt. 19.26) (p 28) Sayings of the Desert Fathers

Death itself, which once was man's chiefest terror, has been overthrown, and now that which was once the object of hate and loathing is preferred to life. These are the achievements of Christ's presence: these are the tokens of His power. For it was not one people that He saved, as when through Moses He divided the sea and delivered Israel out of Egypt and the bondage of Pharaoh (cf. Ex. 14:16); nay, rather He rescued all mankind from the corruption of death and the bitter tyranny of sin: not leading them by force to virtue, not overwhelming them with earth or burning them with fire, or ordering the sinners to be stoned, but persuading men by gentleness and long-suffering to choose virtue and vie with one another and find pleasure in the struggle to attain it. **St. John of Damascus**

A gift free from trials is a disaster to the receiver. If you do something good before God, and He makes you a gift, pray Him to teach you humility, as much as is good for you, or to appoint a guardian over the gift, or to take it away from you, lest it prove the cause of your ruin. For keeping riches is not useful for every man. **St Isaac the Syrian**

If you find that there is no love in you, but you want to have it, then do deeds of love, even though you do them without love in the beginning. The Lord will see your desire and striving and will put love in your heart. **Saint Ambrose of Optina**

You should know that the young people today who remain pure will be counted among the martyrs of our Church on the day of judgment. **St. Paisios of Mt. Athos**

"In the beginning, passion and pain were not created together with the body; nor forgetfulness and ignorance together with the soul; nor the ever-changing impressions in the shape of events with the mind. All these things were brought about in man by his disobedience." -- St. Maximos the Confessor

Photos of our Parish

Extending the windbreak at our Outdoor Eating Area



