

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, June 8th, 2025
The Great Feast of Pentecost

Tone / Eothinon
Epistle: Acts 2:1-11
Gospel: St. John 7:37-52; 8:12
Homilist: Fr. Paul Moses Jaroslaw

OUR PASTOR:

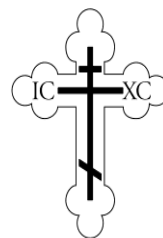
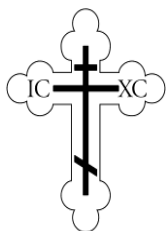
V. Rev. Paul Moses Jaroslaw
107 S Dennis St. / P.O. Box 1210
Ellensburg, Washington 98926
Church: (509) 933-2720. / Pastor: (907) 299-1087
prophetelijahellensburg@gmail.com / www.prophetelijah.net

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

OUR METROPOLITAN:
+Metropolitan SABA

OUR BISHOP: +Bishop ANTHONY

Attached Clergy: Rev. Fr. Andrew Bardwell



Announcements for the Week

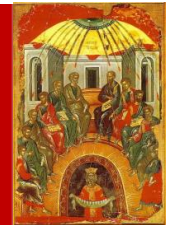
1. Today, Sunday, June 8th: **The Great Feast of Pentecost!**
.....w/ Kneeling Great Vespers directly following Liturgy!



We will take a small 10 minute break at the end of the Divine Liturgy, to give the children a chance to have a little snack.....and... ..for some adultswho might need a cup of coffee!! 😊

2. **NO Catechism & Inquirers Class for the next 2 weeks!**

3. **There is NO fasting this whole week, in celebration of the Great Feast of Pentecost!**



4. This Sunday afternoon, (after Kneeling Prayers) June 8th - Saturday afternoon, June 14th:
Fr. Paul & Kh. Thekla on vacation (State of Washington) to celebrate their 49th Anniversary on June 13th.



5. NEXT Sunday, June 15th: **Father's Day Softball Game at nearby Rotary Parkafter Coffee Hour!**



Looking Ahead

1. NEXT Monday, June 16th: **The Apostles Fast begins!**



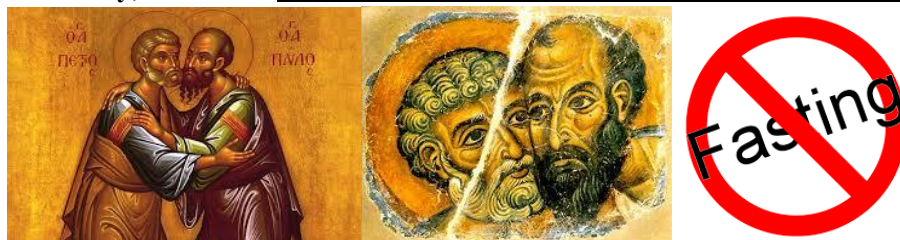
2. Tuesday, June 24th: **Goldendale Monastery Feast Day!** (See attached PDF flyer)



3. Wednesday, June 25th – late night, Friday, June 27th: **Fr. Paul in San Francisco for Parish Life Conference**



4. Sunday, June 29th: **Feast of SS. Peter & Paul, and the end of the Fast!**



NORMAL SCHEDULE FOR DAILY SERVICES

SUNDAY

8:45am – Orthros

10:00am – Divine Liturgy

Mon	Tue	Wed	Thu	Fri	Sat
Midnight <u>Divine Liturgy</u> (temporarily postponed)		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 & 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>
Nathaniel Phelps	June 11 th	Apostle Nathaniel

BIRTHDAYS AND ANNIVERSARIES

<u>Member</u>	<u>Day</u>	<u>Celebration</u>
Brigid Pyle	June 10 th	Birthday
George Paine	June 11 th	Birthday
Fr. Paul & Kh. Thekla	June 13 th	49 th Anniversary
Joseph Vlassopoulos	June 13 th	6 th Birthday
Samuel Pyle	June 14 th	26 th Birthday

Spiritual Morsels

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

Censure from men afflicts the heart; but if patiently accepted it generates purity. **St. Mark the Ascetic**

It is patience that reveals every grace to you, and it is through patience that the saints received all that was promised to them. **St. Pachomius**

It is written, "Be wise as serpents and innocent as doves" (Mt. 10:16). Being like serpents means not ignoring the attacks and wiles of the devil. Like is quickly shown to like. The simplicity of the dove denotes purity of action. **Amma Syncletica- Sayings of the Desert Fathers**

If we had no one to reproach us, to insult and persecute us, we would never have come to love our enemies. This is required of us by the Gospels, being the highest commandment among them all, given us regarding love of our neighbors. **St. Ignatius Brianchaninov**

No Christian ought to think of himself as his own master, but each should rather so think and act as though given by God to be slave to his like minded brethren (cf. I Cor. 9:19). **St. Basil the Great**

Take as an example the wisdom of Joseph and his submission. Do battle in chastity and service until you make yourself a king (cf. Gen. 41). **St. Pachomius**

If the words of God are uttered merely as verbal expressions, and their message is not rooted in the virtuous way of life of those who utter them, they will not be heard. But if they are uttered through the practice of the commandments, their sound has such power that they dissolve the demons and dispose men eagerly to build their hearts into temples of God through making progress in works of righteousness. **St. Maximos the Confessor**

St. Paisios of Mt. Athos:

Geronta, while I have understood how very helpful the Jesus Prayer is, I am unable to say it continuously"

"When you have difficulty saying the Prayer, you should chant softly. Psalmody is prayer too. Psalmody imparts a kind of gentleness to the heart; it sweetens it and warms it with spiritual calories. Thus, psalmody creates the best prerequisites for one to say the Prayer earnestly. For me, the right buttons to push for the spiritual life are these: a short but intense study, the Jesus Prayer, prostrations and Psalmody... Psalmody is contempt for the devil."

"The Church is suffering today, because divine illumination is missing; and each person understands things as he wishes. The human element gets involved, passions are aroused, and the devil comes in and roams all over. This is why people that are governed by their passions should not seek to govern."

Photos of our Parish

Some more Spiritual Morsels!

death to the world It was said concerning Abba Agathon that some monks came to find him having heard tell of his great discernment. Wanting to see if he would lose his temper they said to him 'Aren't you that Agathon who is said to be a fornicator and a proud man?' 'Yes, it is very true,' he answered. They resumed, 'Aren't you that Agathon who is always talking nonsense?' 'I am.' Again they said 'Aren't you Agathon the heretic?' But at that he replied 'I am not a heretic.' So they asked him, 'Tell us why you accepted everything we cast you, but repudiated this last insult.' He replied 'The first accusations I take to myself for that is good for my soul. But heresy is separation from God. Now I have no wish to be separated from God.' At this saying they were astonished at his discernment and returned, edified.

The old men said to Abba Agathon to Abba Elias, in Egypt, 'He is a good Abba.' The old man answered them, 'In comparison with his own generation, he is good.' They said to him, 'And what is he in comparison with the ancients?' He gave them this answer, 'I have said to you that in comparison with his generation he is good but as to that of the ancients, in Scetis I have seen a man who, like Joshua the son of Nun could make the sun stand still in the heavens.' At these words they were astounded and gave glory to God.

Abba Agathon said, "I consider no other labor as difficult as prayer. When we are ready to pray, our spiritual enemies interfere. They understand it is only by making it difficult for us to pray that they can harm us. Other things will meet with success if we keep at it, but laboring at prayer is a war that will continue until we die." less