

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 22nd, 2025
Sunday of All Saints of America (& Antioch)
& Second Sunday of Matthew

Tone 1 / Eothinon 2
Epistle: Acts 11:19-30
Gospel: St. Matthew 4:18-23
Homilist: Fr. Paul Moses Jaroslaw

OUR PASTOR:

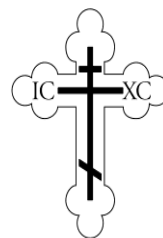
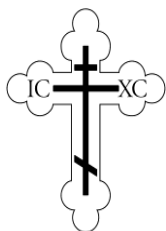
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prophetelijahellensburg@gmail.com / www.prophetelijah.net

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

OUR METROPOLITAN:
+Metropolitan SABA

OUR BISHOP: +Bishop ANTHONY

Attached Clergy: Rev. Fr. Andrew Bardwell

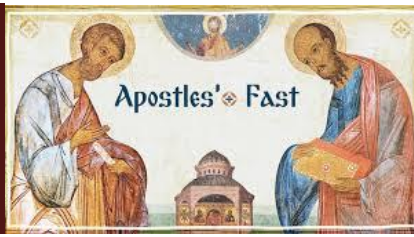
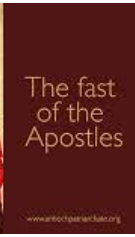


Announcements for the Week

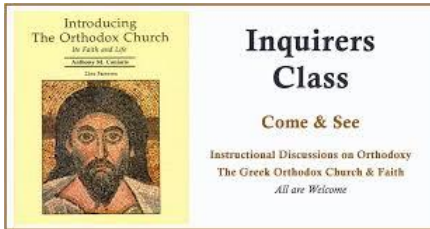
1. Today, Sunday, June 22nd:

The Apostles Fast continues!

Fish is blessed on weekends



2. **Continuation of Inquirers / Catechism class @ 1:00 PM after Coffee Hour.**



3. This Tuesday, June 24th: **Goldendale Monastery Feast Day!**

(See attached PDF flyer)

Vigil Monday evening 6:00 PM-10:30 PM

Divine Liturgy on Tuesday 8:30 AM-11:30 AM

(followed by lunch)



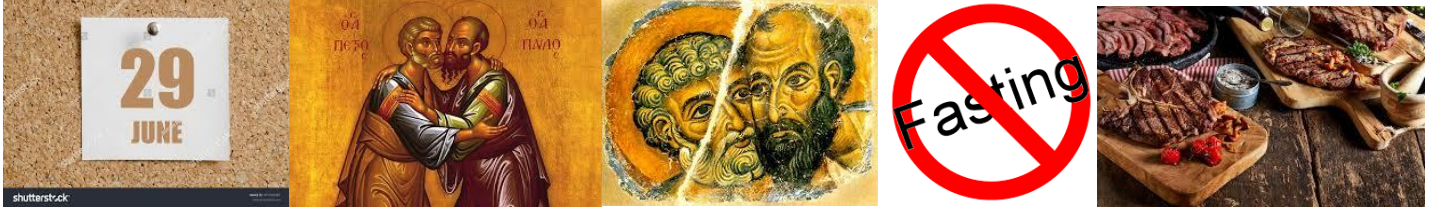
4. This Wednesday, June 25th – Friday, June 27th: **Fr. Paul in San Francisco for Parish Life Conference**

.....**Fr. Paul will be in Seattle Tuesday night, to catch an early flight**

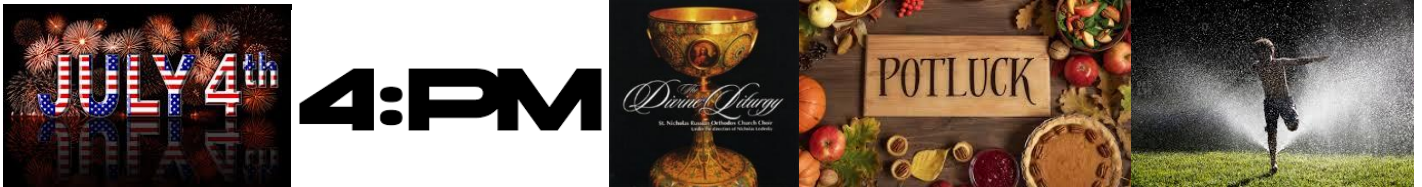


Looking Ahead

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



2. Friday July 4th: **Divine Liturgy @ 4:00 PM, followed by a Pot-Luck fasting meal, and fun & games for the kids!**



3. Saturday, July 5th @ 10:00 AM: **Baptism of Ellena Phelps**



4. Saturday, July 12th @ 9:30 AM: **Feast of St. Paisios of Mt. Athos / Baptism of 4 Catechumens**



5. Thu. July 17th @ 3:00 PM in Yakima: **Sacrament of Marriage for Phanouria Phelps & Isaac Colyar**



6. Sunday, July 20th: **Prophet Elijah Patronal Feast Day & Baptism of 5 Catechumens**



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>
David Young	June 26 th	St. David of Thessaloniki

BIRTHDAYS AND ANNIVERSARIES

<u>Member</u>	<u>Day</u>	<u>Celebration</u>
Gabriela Smith	June 22 nd	Birthday
Victoria Helen Phelps	June 23 rd	Birthday

Spiritual Morsels

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

I think there is no greater labor than that of prayer to God. For every time a man wants to pray, his enemies, the demons, want to prevent him, for they know that it is only by turning him from prayer that they can hinder his journey. Whatever good work a man undertakes, if he perseveres in it, he will attain rest. But prayer is warfare to the last breath. **Abba Agathon- Sayings of the Desert Fathers**

You should secretly give from what you have to those in need, so that you receive from God, Who sees in secret, a hundred times more, as well as life eternal in the age to come (cf. Mt. 6:4; Mk. 10:30).

St. Gregory Palamas

Each hour of every day we should note and weigh our actions and in the evening we should do what we can to free ourselves from the burden of them by means of repentance if, that is, we wish, with Christ's help, to overcome wickedness. **St. Hesychios the Priest**

Godliness is perfection that is never complete. **St. Philotheos of Sinai**

When you are ascending Golgotha, it is impossible not to fall. The cross is heavy: many times you will fall to your knees, but why do you listen to the tempter? In the end, he will be defeated. **St. Joseph the Hesychast**

If I were allowed to see my sins, three or four men would not be enough to weep for them.

Abba Dioscorus- Sayings of the Desert Fathers

THE LORD ARRANGES EVERYTHING FOR OUR BENEFIT AND SPIRITUAL INSTRUCTION, ACCORDING TO HIS MERCY AND WISDOM, BUT WE, DUE TO OUR WEAKNESS AND PASSIONATE HABIT, UNDERSTAND POORLY, LIKE INFANTS. **ST. LEO**

*"Most people today have not tasted the joy of sacrifice, and are not fond of toil. An easy going, lazy life and much comfort have taken center stage. Gone are **philotimo**(*) and sacrifice. People consider it a great achievement, when they succeed in something without making an effort — when they are easily accommodated. But when they have to make an effort, they are unhappy. If they were approaching life spiritually, things would be different: the mere opportunity to struggle would give them joy."* **St. Paisios of Mt. Athos**

(*) - **Philotimo**, is the spontaneous, self-sacrificing love shown by humble people, from whom every trace of self has been filtered out, full of gratitude towards God and their fellow man. Philotimo comes from a deep, abiding connection with God, so that one is constantly moved to do and seek that which is good, right and honorable.

Fasting is a means and not an end. It is "a tool for training those who desire self-restraint." Without fasting, it is almost impossible to conquer the passions and attain dispassion.

You must not fool yourself. You will not escape from Pharaoh—that is, the devil—and you will not see the heavenly Passover unless you constantly eat bitter herbs and unleavened bread, the bitter herbs of toil and hard fasting, and the unleavened bread of a mind made humble. **Based on Saint John of the Ladder**

Photos of our Parish

The few photos someone took from a Father's Day Softball Game after coffee hour last week!



