

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, July 19th, 2026
Sunday of the Holy Fathers of the Fourth Ecumenical Council
& *The Prophet Elijah, (transferred to this Sunday)*

Tone 6 / Eothinon 7
Epistle: St. James 5:10-20 (Prophet Elijah)
Gospel: St. St. Luke 4:22-30 (Prophet Elijah)
Homilist: Fr. Paul Moses Jaroslaw

OUR PASTOR:

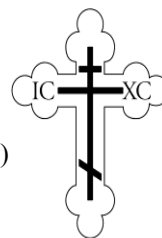
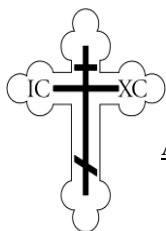
V. Rev. Paul Moses Jaroslaw
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Church: (509) 933-2720. / Pastor: (907) 299-1087
prophetelijahellensburg@gmail.com / www.prophetelijah.net

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

OUR METROPOLITAN:
+Metropolitan SABA

OUR BISHOP: +Bishop ANTHONY

Attached Clergy: Rev. Fr. Andrew Bardwell (Retired)



Announcements for the Week

1. TODAY, Sunday, July 19th: **Patronal Feast Day Celebration for our Church, Prophet Elijah**

*Transferred from Monday, July 20th because Fr. Paul has to fly to Asheville tomorrow to prepare to move his parents to Ellensburg **Festal Orthros beginning @ 8:30 AM! Divine Liturgy @ 10:00 AM** (as normal)*



2. Tomorrow, Monday, July 20th – Tuesday, July 28th:

Fr. Paul in Asheville, NC preparing to move his 102 year old parents to Ellensburg, WA. to live with them!



Looking Ahead

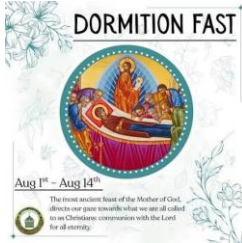
1. Next Sunday, July 26th: **Orthodox Christian Prison Ministry Sunday:**

<https://youtu.be/krE59GCFtnI?is=XJUKo77uXeLi53gy>

2. Saturday, August 1st: **The Dormition Fast begins!**

&

The Feast of the procession of the Cross!

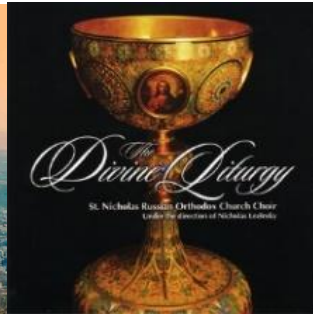
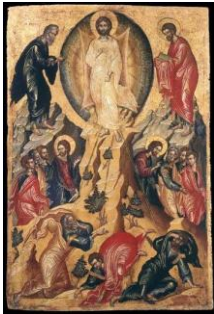


3. Thursday, August 6th: **The Great Feast of the Transfiguration of Christ**

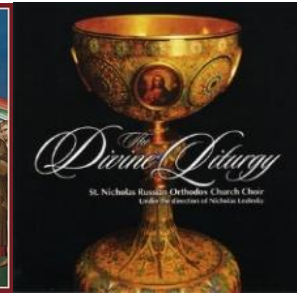
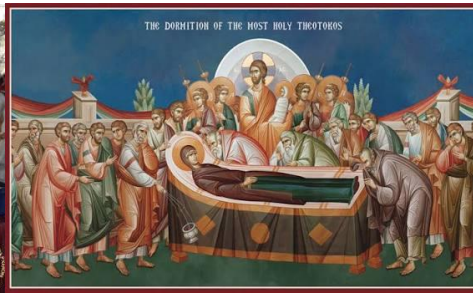
On Wednesday evening, August 5th:

The Vigil for the Feast

5:00 PM: Great Vespers / 6:00 PM: Festal Orthros / 7:15 PM: **Divine Liturgy for the Feast**



4. Saturday, August 15th: **The Dormition of the Theotokos**

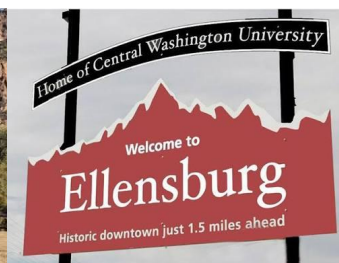


Friday evening, August 14th The Vigil for the Feast

6:00 PM: The Lamentation Service.....followed by the Divine Liturgy!

5. Saturday, August 15th – Tuesday, August 25th:

Fr. Paul (and Dn. Basil) gone to drive his parents across the country to live in Ellensburg with them!



NORMAL SCHEDULE FOR DAILY SERVICES

SUNDAY

8:45am – Orthros

10:00am – Divine Liturgy

Mon	Tue	Wed	Thu	Fri	Sat
Midnight <u>Divine Liturgy</u> (once a month)		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, during & 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

<i>Member</i>	<i>Name Day</i>	<i>Patron Saint</i>
Elijah (Sampson) Horton	July 20th	Prophet Elijah
Efpraxia Pruitt	July 25th	Virgin Martyr Efpraxia

BIRTHDAYS AND ANNIVERSARIES

<i>Member</i>	<i>Day</i>	<i>Celebration</i>
Sophia Potts	July 20th	4th Birthday
Kathryn Thompson	July 24th	Birthday
Anthony Horton	July 24th	Birthday
Efpraxia Pruitt	July 25th	Birthday
Xenia Pruitt	July 25th	Birthday

Spiritual Morsels

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

The Patriarch Theophilus of Alexandria (385-412 A.D.) once visited the monks in the Nitrian Desert (El Wadi Natroun). The monks begged **Abba Pambo**, saying: "Give the patriarch an edifying word, which would be of benefit to him." The quiet Pambo replied: "If he does not benefit by my silence, he will not benefit by my word."

Be extremely careful not to offend anyone in word or deed, for it is a grave sin. When someone is offended, God, Who loves the man, is also offended, for there can be no offending man without offending God.
St. Tikhon of Zadonsk

He who busies himself with the sins of others, or judges his brother on suspicion, has not yet even begun to repent or to examine himself so as to discover his own sins... **St. Maximos the Confessor**

"What saves and makes for good children is the life of the parents in the home. The parents need to devote themselves to the love of God. They need to become saints in their relations to their children through their mildness, patience, and love." **St. Porphyrios of Kavsokalyvia**

Until such time as the soul is mature enough to receive the Lord, He will only sometimes allow it to see and sense that He is present everywhere and fills all things. These are moments of indescribable joy. But after that, the Lord hides Himself from us once again in order that we might yearn for Him and seek Him with all our heart.
Elder Thaddeus(Strabulovich) of Vitovnica

Struggle to the very end. The whole point of the struggle is not to be delivered from the struggle, as it will go on forever. The reason to struggle is that the more you do, the better chances you have of being successful in your struggle.
Elder Sergei of Vanves

Living simply means not judging. Do not judge anyone. For example, here comes Elikonida. She passed by, and that is all. This is what thinking simply means. Otherwise, at seeing Elikonida passing by, you could think about her bad side: she is such and such, her character is thus and so. That is not simple.
Elder Ambrose of Optina

Our enemy attacks either directly or else indirectly, through other people. And so we fight—according to the Lord's providence—and we gradually come to our senses. Without misfortune there is no prayer to God.
Elder Thaddeus(Strabulovich) of Vitovnica

The means for confirming and strengthening Christian hope in us are—prayer, especially frequent sincere prayer, the confession of our sins, the frequent reading of the Word of God, and, above all, the frequent communion of the Holy Life-giving Mysteries of the Body and Blood of Christ. **Righteous John, Wonderworker of Kronstadt**

For anything that is quickly obtained is also easily lost, whereas everything found with toil is also kept with careful watching. **St. Isaac the Syrian**

Photos of our Parish

RD. ARSENIOS ON HIS 82ND BIRTHDAY LAST SUNDAY



David John Potts and some from the Youth Group on a rock climbing adventure!

