

# JULY 2017

Let them praise the  
Name of the LORD!  
For His Name alone is exalted!



**Saints Constantine and Helen Greek Orthodox Church**

**Fr. John Alexandres**

**Services on Saturday morning**

43404 30<sup>th</sup> St. W, Lancaster, California 93536

Website: [www.stsch.org](http://www.stsch.org) – Church Phone: 661-945-1212

For confirmation on any event, please phone or text Sylva Robinson at 661-794-8307

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> <b>Sts Cosmas &amp; Damian</b>  Matins Divine Liturgy 9AM/10AM
<b>2</b> <b>4<sup>th</sup> Sunday of Matthew</b>  No service	<b>3</b>	<b>4</b>  Independence Day	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> <b>Great Martyr Prokopios</b>  Matins Divine Liturgy 9AM/10AM
<b>9</b> <b>5<sup>th</sup> Sunday of Matthew</b>  No service	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>  Matins Divine Liturgy 9AM/10AM  <b>Parish Council</b>
<b>16</b> <b>Holy Fathers of the 4<sup>th</sup> Ecumenical Council</b>  No service	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>  Holy Prophet Elias  No service	<b>21</b>	<b>22</b> <b>St. Mary Magdalene</b>  Matins Divine Liturgy 9AM/10AM
<b>23</b> <b>7<sup>th</sup> Sunday of Matthew</b>  No service	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>  Great Martyr Panteleimon  No service	<b>28</b>	<b>29</b>  Matins Divine Liturgy 9AM/10AM
<b>30</b> <b>8<sup>th</sup> Sunday of Matthew</b>  No service	<b>31</b>					

## CHURCH CALENDAR FOR JULY 2017<sup>1</sup>

**Normal fasting rules this month: see footnote for fasting guide**

Sat 1	<b>Saints Kosmas and Damianos of Rome, the Unmercenary Healers.</b>
Sun 2	<b>Deposition of the Precious Robe of our Most Holy Theotokos at Vlacherne.</b>
Mon 3	Martyrs Hyacinthos, St. Anatolios, Patriarch of Constantinople
Tue 4	St. Andrew the Hymnographer, Bishop of Crete. Royal Martyrs of Russia (Tsar Nicolas II and his family †1918). Martyr Kyprilla. St. Martha, mother of St. Symeon
<i>Wed 5</i>	St. Athanasios, Founder of Great Lavra Monastery on Holy Mt. Athos. St. Lampados the Wonder-worker. New-martyrs Grand-duchess Elizabeth and Barbara (nun and friend)
Thu 6	Sisoes the Great. Virginmartyr Loukia
<i>Fri 7</i>	Great-martyr Kyriaki the Virgin. St. Thomas of Maleo
Sat 8	<b>Great-martyr Procopius.</b> St. Procopius of Ustiug, the Fool for Christ's sake. Synaxis of the Kazan Icon of the Theotokos. Righteous Theophilus
Sun 9	Hieromartyr Pankratios, Bishop of Tauromena, Sicily. St. Dionysios the Orator and St. Metrophanes of Holy Mt. Athos
Mon 10	Sts. Leontios, Maurice, Daniel, Anthony and the 45 Holy Martyrs of Nicapolis, Armenia. St. Anthony of the Kievan Caves. St. Gregory, Bishop of Assos
Tue 11	Great-martyr Euphemia. St. Olga, Princess of Kiev and Equal-to-the-Apostles. New-martyrs Nicodemus of Albania †1722, and Nectarios the Athonite
<i>Wed 12</i>	Greatmartyrs Proklus and Hilarion. St. Veronica Equal-to-the-Apostles. St. Michael of Maleinus
Thu 13	Synaxis of the Archangel Gabriel. St. Steven the Gatekeeper of the Mar Sava Monastery
<i>Fri 14</i>	Apostle Aquila of the 70. St. Nikodemos the Hagiorite (of Holy Mountain). St. Joseph, Archbishop of Thessalonike
Sat 15	St. Vladimir the Prince, Equal-to-the-Apostles. Martyrs Kerykos and Julietta. St. Matrona
Sun 16	St. Hieromartyr Athenogenes, Bishop of Pidathoe and his 10 disciples. Martyr Phaustus
Mon 17	<b>Great Virgin-martyr Marina (Margaret)</b>
Tue 18	Martyrs Emilian, Paul, Thea & Wallentini. St. Pambo the Egyptian, Hermit and Confessor
<i>Wed 19</i>	Righteous Macrina, sister of St. Basil the Great. Recovery of Relics of St. Seraphim of Sarov
Thu 20	<b>Holy Prophet Elias (Elijah) the Thesbite. [rest from labor]</b>
<i>Fri 21</i>	St. Simeon, Fool for Christ's Sake, and St. John, his fellow Ascetic. St. Parthenios
Sat 22	<b>St. Mary Magdalene, Myrrh-Bearer and Equal-to-the-Apostles.</b> <b>St. Markella Virgin-martyr of Chios</b>
Sun 23	Holy Prophet Ezekiel. Hieromartyr Phocas. Miraculous Icons of the Mother of God: of Pochaev; and of the "Joy of All Who Sorrow"
Mon 24	Great Virgin-martyr Christina. Prince-martyrs Boris and Gleb, the passion bearers
Tue 25	<b>Dormition of Righteous Anna the Mother of the Theotokos.</b> St. Eupraxia of Alexandria. St. Olympias the Deaconess. St. Macarios of Zheltovod
<i>Wed 26</i> ♦	<b>Righteous Martyr Paraskevi. Hieromartyrs Hermolaos, Hermippus and Hermocrates</b> St. Moses the Hungarian. St. Gerontius of St. Anne's Skete.
Thu 27	<b>Great Martyr and Healer, St. Panteleimon [rest from labor]</b>
<i>Fri 28</i>	Holy Apostles and Deacons Prokoros, Nicanor, Timon & Parmenas of the 70. St. Irene, Abbess of Holy Monastery Chrysovalantou
Sat 29	Holy Martyr Kalliniko; Virgin-Martyr Theodota
Sun 30	Apostles Silas, Sylvanus, Creskes, Epenetos & Andronikos of 70. St. Angelina, of Serbia
Mon 31	Forefeast of the procession of the precious and life-giving Cross. St. Joseph of Arimathea. Translation of the relics of St. Philip the Apostle. St. Germanus of Auxerre in Gaul. St. Eudokimos.

<sup>1</sup>**Fasting key:** Plain font Mon xx = no fasting. *Bold Font Mon xx* = fast day: no meat, eggs, dairy products, fish, oil or wine (alcohol).

**Exceptions:** ♦ = oil, shellfish, wine permitted. ◀ = fish, oil and wine (alcohol) permitted. ☪ = Dairy, eggs, fish, oil, wine permitted. Please see Fr. John if you have any questions regarding the fasting discipline of the Holy Orthodox Church