

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

MAY 2018



Saints Constantine and Helen Greek Orthodox Church

Rev. Father John Beal

Sunday Services 9:00 AM Matins – 10:00 AM Divine Liturgy

43404 30th St. W, Lancaster, California 93536

Website: 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
		1	2 Mid-Pentecost Vespers 5PM Class 6PM	3	4	5
6 The Samaritan Woman John 4:5-42	7	8	9 Vespers 5PM Class 6PM	10	11	12
13 Sunday of the Blind Man John 9:1-38 Mother's Day	14	15	16 Apodosis of Holy Pascha Holy Ascension Great Vespers 6:00 PM	17 Holy Ascension No Service	18	19
20 Fathers of 1 st Ecumenical Council John 17:1-13 Parish Council Saints Constantine & Helen Great Vespers 5:00 PM	21 Saints Constantine & Helen Matins 8:00 AM Liturgy 9:00 AM	22	23 Vespers 5PM Class 6PM	24	25	26 Saturday of Souls John 21:14-25 Matins/Liturgy 9AM/10AM Feed the Hungry 8:30-10:30AM
27 HOLY PENTECOST John 7:37-52; 8:12 Kneeling Prayers Parish Luncheon	28 Monday of the Holy Spirit No service	29	30 Vespers 5PM Class 6PM	31		

CHURCH CALENDAR FOR MAY 2018¹

Fasting rules change throughout the month due to Paschal season (see footnote for guide)

- Tue 1 Holy Prophet Jeremiah. Synaxis of New-martyrs Euthemios, Ignatius, Akakios of Holy Mountain. Our Father among the Saints Panaretos, Abp. of Pafos in Cyprus.
- Wed 2 ← **Mid-Pentecost. Translation of relics of St. Athanasios the Great, Patriarch of Alexandria**
- Thu 3 Holy Martyrs Timothy and Maura. St. Ahmet the Calligrapher †1682. St. Xenia of Kalamata. St. Peter Archbishop of Argonauplion.
- Fri 4 ♦ Virgin-martyr Pelagia of Taurusus. St. Nikephoros the Hesychast †1300. St. Hillary the Wonder-worker.
- Sat 5 Holy and glorious Great Virgin-martyr Irene †384. St. Euthymios, Wonder-worker of Madytus.
- Sun 6 **Sunday of the Samaritan Woman.** Holy Prophet and Patriarch Job, the much suffering. Our holy Father Seraphim of Mt. Dombos
- Mon 7 Commemoration of the appearance of the Cross in the sky on Pentecost, (in Jerusalem, between Golgotha and Gethsemane †356). Martyr Akakios
- Tue 8 **Holy and Glorious Apostle and Evangelist John the Theologian, the beloved disciple [rest from labor].** St. Arsenios the Great. Miracle of Theotokos of Cassiopa
- Wed 9 ♦ Holy Prophet Esaiās (Isaiah). Holy Martyr Christopher †255
- Thu 10 Holy Apostle Simon the Zealot (the Canaanite, Christ honored his wedding in Cana with the first miracle). Righteous Laurentios.
- Fri 11 ♦ **Cyril & Methodios, Apostles to the Slavs.** New-martyr Argyros †1806. Hieromartyr Mocius.
- Sat 12 St. Germanos, Patriarch of CP. St. Epiphanius, Bishop of Cyprus (against Arius and Origen). New-martyr John of Wallachia †1662. Martyr Pancratius of Rome †304
- Sun 13 **Sunday of the blind man.** Virgin-martyr Glykeria †141. Sergios the Confessor. Martyr Alexander
- Mon 14 Great-martyr Isidore of Chios †251. Hieromartyr Therapon. St. Leontios of Jerusalem
- Tue 15 **Our holy Father Pachomios the Great (founder of monasticism †346).** St. Achillios the Wonder-worker, Archbishop of Larissa.
- Wed 16 ← **Apodosis (leave-taking) of Holy Pascha [rest from labor].** Our holy Father Theodore the Sanctified, disciple of St. Pachomios.
- Thu 17 **HOLY ASCENSION OF OUR LORD. [rest from labor]** New-martyr Peter the Aleut. Holy Apostles Andronikos and Junia of the Seventy. St. Athanasios, Bishop of Christianopolis
- Fri 18 ♦ Sts Peter of Lampsakos, Dionysios, Christina, Andrew, Paul, Beneditimus, Paulinos Heraklios.
- Sat 19 Hieromartyr Patrick, Bishop of Prussa, and his priests: Akakios, Menander, and Polyenos.
- Sun 20 **318 Holy Fathers of 1st Ecumenical Synod.** Martyrs Thallelaios and Asterios †284. Niketas, John, Joseph the Righteous of Chios.
- Mon 21 **Great Emperors and Equals-to-the-Apostles Saints Constantine and Helen.**
- Tue 22 Martyr Basiliskus. New-martyrs Demetrios & Paul. Righteous Melchisedek, King of Salem.
- Wed 23 ♦ Our holy Father Michael the Confessor, Bishop of Synnada. St. Euphrosene Princess/Abbess
- Thu 24 **St. Symeon the Stylite of Wondrous Mountain.**
- Fri 25 ♦ **3rd finding of the Head of Holy Prophet, Forerunner and Baptist John. Apodosis (leave-taking) of Holy Ascension.**
- Sat 26 **Saturday of the Souls.** Holy Apostles Karpos & Alphaeus of the Seventy. Great-martyrs Abercius and Helen.
- Sun 27 **HOLY PENTECOST– Descent of the Holy Spirit & Ordination of the Apostles** St. John the Russian, New Confessor †1730. Holy Hieromartyr Helladios.
- All foods permitted the Week of Pentecost from May 27th - June 3rd**
- Mon 28 **Monday of the Holy Spirit.** Holy Hieromartyr Eutybios Bishop of Melitene. St. Andrew the Fool for Christ. St. Zacharias the New Hieromartyr of Prussa.
- Tue 29 Virgin-martyr Theodosia of Tyre. St. Andrew, Newmartyr of Chios.
- Wed 30 Our holy Fr. Issakios the Confessor (against Arianism †140). Martyrs Natalaios and Barlaam.
- Thu 31 Hermias of Cappadocia, Eusebios. Apostle Hermes of the 70.

¹**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