

# JULY 2018

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



**Saints Constantine and Helen Greek Orthodox Church**  
**Rev. Father John Beal**  
**Sunday Services 9:00 AM Matins – 10:00 AM Divine Liturgy**  
 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> 5 <sup>th</sup> Sunday of Matthew Matt 8:28-9:1	<b>2</b>	<b>3</b>	<b>4</b> Independence Day	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> 6 <sup>th</sup> Sunday of Matthew Matt 9:1-8	<b>9</b>	<b>10</b>	<b>11</b> Vespers & Class 5PM	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> Holy Fathers of the 4 <sup>th</sup> Ecumenical Council Matt 5:14-19 Parish Council	<b>16</b>	<b>17</b>	<b>18</b> Vespers & Class 5PM	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b> 8 <sup>th</sup> Sunday of Matthew Matt 14:14-22	<b>23</b>	<b>24</b>	<b>25</b> Vespers & Class 5PM	<b>26</b>	<b>27</b>	<b>28</b> Feed the Hungry 8:30-10:30AM
<b>29</b> 9 <sup>th</sup> Sunday of Matthew Matt 14:22-34	<b>30</b>	<b>31</b>				

## CHURCH CALENDAR FOR JULY 2018<sup>1</sup>

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

Sun	1	<b>Saints Kosmas and Damianos of Rome, the Unmercenary Healers.</b>
Mon	2	<b>Deposition of the Precious Robe of our Most Holy Theotokos at Vlacherne CP.</b>
Tue	3	Martyrs Hyacinthos, St. Anatolios, Patriarch of Constantinople
Wed	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
Thu	5	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)
Fri	6	Sisoës the Great. Virginmartyr Loukia
Sat	7	Great-martyr Kyriaki the Virgin. St. Thomas of Maleo
Sun	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
Mon	9	Hieromartyr Pankratios, Bishop of Tauromena, Sicily. St. Dionysios the Orator and St. Metrophanes of Holy Mt. Athos
Tue	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
Wed	11	Great-martyr Euphemia. St. Olga, Princess of Kiev and Equal-to-the-Apostles. New-martyrs Nicodemus of Albania †1722, and Nectarios the Athonite
Thu	12	Greatmartyrs Proklus and Hilarion. St. Veronica Equal-to-the-Apostles. St. Michael of Maleinus
Fri	13	Synaxis of the Archangel Gabriel. St. Steven the Gatekeeper of the Mar Sava Monastery
Sat	14	Apostle Aquila of the 70. St. Nikodemos the Hagiorite (of Holy Mountain). St. Joseph, Archbishop of Thessalonike
Sun	15	St. Vladimir the Prince, Equal-to-the-Apostles. Martyrs Kerykos and Julietta. St. Matrona
Mon	16	St. Hieromartyr Athenogenes, Bishop of Pidathoe and his 10 disciples. Martyr Phaustus
Tue	17	<b>Great Virgin-martyr Marina (Margaret)</b>
Wed	18	Martyrs Emilian, Paul, Thea & Wallentini. St. Pambo the Egyptian, Hermit and Confessor
Thu	19	Righteous Macrina, sister of St. Basil the Great. Recovery of Relics of St. Seraphim of Sarov
Fri	20	◆ <b>Holy Prophet Elias (Elijah) the Thesbite. [rest from labor]</b>
Sat	21	St. Simeon, Fool for Christ's Sake, and St. John, his fellow Ascetic. St. Parthenios
Sun	22	<b>St. Mary Magdalene, Myrrh-Bearer and Equal-to-the-Apostles.</b> <b>St. Markella Virgin-martyr of Chios</b>
Mon	23	Holy Prophet Ezekiel. Hieromartyr Phocas. Miraculous Icons of the Mother of God: of Pochaev; and of the "Joy of All Who Sorrow"
Tue	24	Great Virgin-martyr Christina. Prince-martyrs Boris and Gleb, the passion bearers
Wed	25	◆ <b>Dormition of Righteous Anna the Mother of the Theotokos.</b> St. Eupraxia of Alexandria. St. Olympias the Deaconess. St. Macarios of Zheltovod
Thu	26	<b>Righteous Martyr Paraskevi. Hieromartyrs Hermolaos, Hermippus and Hermocrates</b> St. Moses the Hungarian. St. Gerontius of St. Anne's Skete.
Fri	27	◆ <b>Great Martyr and Healer, St. Panteleimon [rest from labor]</b>
Sat	28	Holy Apostles and Deacons Prokoros, Nicanor, Timon & Parmenas of the 70. St. Irene, Abbess of Holy Monastery Chrysovalantou
Sun	29	Holy Martyr Kalliniko; Virgin-Martyr Theodota
Mon	30	Apostles Silas, Sylvanus, Creskes, Epenetos & Andronikos of 70. St. Angelina, of Serbia
Tue	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. Dionysios if you have any questions regarding the fasting discipline of the Holy Orthodox Church