

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

JANUARY 2019



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 Circumcision of our Lord -Saint Basil Matins-Liturgy 9AM/10AM No vespers or class Happy New Year!	2	3	4	5
6 Holy Theophany Matt 3:13-17 Blessing of the Waters	7	8 Vespers 5:30PM Class 6:30PM	9	10	11	12
13 Sunday after Theophany Matt 4:12-17 Parish Council Installation Parish Potluck Blessing of Vasilopita	14	15 Vespers 5:30PM Class 6:30PM	16	17	18	19
20 12th Sunday of Luke Ten Lepers Luke 17:12-19 Parish Council	21	22 Vespers 5:30PM Class 6:30PM	23	24	25	26 Feed the Hungry St. Vincent DePaul 8:30-10:00 AM
27 15th Sunday of Luke Zacchaeus Luke 19:1-10 Stewardship Sunday	28	29 No Vespers No Class	30	31		

CHURCH CALENDAR FOR JANUARY 2019¹

Fasting rules see footnote for guide

Tue	1	Circumcision of our Lord, God and Savior Jesus Christ. Our Father among the Saints Basil the Great, Archbishop of Caesarea. [rest from labor] St. Peter of Peloponnesos
Wed	2	Forefeast of Holy Theophany. St. Sylvester, Pope of Rome(†335). St. Seraphim of Sarov, the Wonder-worker(†1833). St. Sylvester of the Kievan Caves. New-martyr George of Georgia.
Thu	3	Holy Prophet Malachias. St. Gordios the Martyr(†421). Righteous Thomais of Lesbos.
Fri	4	Synaxis of the 70 Holy Apostles. Holy Theoktistos, Abbot of Cucomo Sicily. New-martyr Onuphrios of Chios(†1808). St. Appolinaria.
<i>Sat</i>	5	Holy Theophany Eve [Strict Fast] Holy Syncletiki(†350). Holy Martyrs Theopemptos & Theonas, Theoidus. New-martyr Romanus of Mt. Athos(†1694). St. Phosterios the hermit.
Sun	6	HOLY THEOPHANY OF OUR LORD, GOD, AND SAVIOR JESUS CHRIST [rest from labor, no fasting]
Mon	7	Synaxis of the Holy Prophet, Forerunner, and Baptist John. [rest from labor]
Tue	8	Our holy Mother Domnica of Constantinople. Our holy Father George the Hozevite.
<i>Wed</i>	9	Holy Martyr Polyeuktos. Righteous Eustratios. St. Peter, Bishop of Sevaste in Armenia. Our Father among the saints Philip, Metropolitan of Moscow(†1652).
Thu	10	Our Father among the Saints Gregory, Bishop of Nyssa(†394). St. Dometian of Melitene.
<i>Fri</i>	11	◆ Our holy Father Theodosius, the Cenobiarch(†529).
Sat	12	Holy Virgin-martyr Tatiana of Rome(†≈230).
Sun	13	Holy Martyrs Hermylos & Stratonikos. Our Father among the saints Hilary, Bishop of Poitiers. Holy 38 martyrs of Sinai & Raithu. St. Nina of Georgia, Equal-to-the-Apostles. St. Savvas, Archbishop of Serbia. St. Maximos of Kapsokalyvia. St. James, Bishop of Nisibis
Mon	14	Apodosis of Holy Theophany. Virgin-martyr Agnes.
Tue	15	Our Holy Fathers Paul of Thebes(†341) and John the hut-dweller.
<i>Wed</i>	16	◆ Veneration of the precious chains of the holy and all-praised Apostle Peter. Martyrs Pevsippos, Elasippos, Mesippos & Neonilla, their grandmother. New-Hieromartyr Damaskinos
Thu	17	Our holy and God-bearing Father Anthony the Great(†356) [rest from labor] New-martyr George of Ioannina(†1838). St. Anthony the Roman of Novgorod. St. Anthony the New
<i>Fri</i>	18	◆ Our Fathers Saints Athanasius(†373) & Cyril, Patriarchs of Alexandria. [rest from labor]
Sat	19	Our holy Fathers Macarios of Egypt and Macarios of Alexandria. Our Father among the saints Arsenios of Corfu. Our Father among the saints Mark Eugenicos, Metropolitan of Ephesus.
Sun	20	Our holy and God-bearing Father Efthymios, professor of the desert [rest from labor] St. Laurence the Recluse. New-martyr Zacharias of Patras. St. Euthymios of Kievan Caves.
Mon	21	Our holy Father Maximos the Confessor. Holy Martyrs Neophytos, and Agnes.
Tue	22	Holy Apostle Timothy of the Seventy(†72). Holy hieromartyr Anastasios the Persian. St Joseph the sanctified. Martyr Manuel, George, Peter and the 383 others in Bulgaria.
<i>Wed</i>	23	Holy hieromartyr Clement, Bishop of Ankyra. Martyr Agathangelos. St. Dionysios of Olympus.
Thu	24	Our holy Mother Xenia the Roman. St. Xenia the fool for Christ in St. Petersburg. St. Neophytos the Recluse of Cyprus. Paphserios, Theodotion, Paul monk-martyrs
<i>Fri</i>	25	◆ Our Father among the Saints Gregory the Theologian, Archbishop of Constantinople (†388)[rest from labor]. New-martyr Auxentios(†1720). St. Puplicos the Ascetic(†380)
Sat	26	Our holy Father Xenophon and family. Translation of holy relics of St. Theodore the Studite.
Sun	27	Translation of relics of our Father among the Saints John Chrysostom[rest from labor] Claudinos the monk. New-martyr Demetrios of Constantinople(†1785).
Mon	28	Our holy Fathers Ephraim(†373) & Isaac, the Syrians. Martyr Grace. St. Palladios(†431).
Tue	29	Translation of relics of holy hieromartyr Ignatios the God-bearer. New-martyr Demetrios of Chios(†1802). St. Vevaia. St. Philotheos of the Seven martyrs
<i>Wed</i>	30	◆ Our Fathers among the saints and ecumenical teachers, Basil the Great, Gregory the Theologian, and John Chrysostom[rest from labor]. Finding of the Icon of the Theotokos Evangelistria in Tinos (†1823). New-martyr Hatz-Theodore of Mytilene.
Thu	31	Holy and wonder-working unmercenary healers Cyrus and John. New-martyr Elias(†1686)

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