


Let them praise the Name of the LORD! For His Name alone is exalted!		<h1>APRIL 2019</h1>				
		Saints Constantine and Helen Greek Orthodox Church Rev. Father John Beal Sunday Services 8:45 AM Matins – 10:00 AM Divine Liturgy 43404 30 th 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 Psalm Reading Group 10:30AM	3 Pre- Sanctified Liturgy 6:00 PM	4	5 4th Salutations to the Theotokos 7:00 PM	6
7 4 th Sunday St. John of the Ladder Mark 9:17-31	8	9 Psalm Reading Group 10:30AM	10 Pre- Sanctified Liturgy 6:00 PM	11 Great Canon St. Andrew of Crete 8:00 AM	12 Akathist Hymn to the Theotokos 7:00 PM	13
14 5 th Sunday St. Mary of Egypt Mark 10:32-45 Parish Council	15	16 Psalm Reading Group 10:30AM	17 Pre- Sanctified Liturgy 6:00 PM	18	19 Pre- Sanctified Liturgy 6:00 PM	20 Lazarus Saturday Matins Divine Liturgy 9:00/10:00 AM
21 PALM SUNDAY John 12:1-18 Fish Luncheon Holy Week Begins Bride Groom Matins 7:00 PM	22 HOLY MONDAY Bride Groom Matins 7:00 PM	23 HOLY TUESDAY Bride Groom Matins 7:00 PM	24 HOLY WEDNESDAY Blessing of the Oil (Unction) 7:00 PM	25 HOLY THURSDAY Vesperal Liturgy 9:00 AM Crucifixion 12 Passion Gospels 7:00 PM	26 HOLY FRIDAY Decorate 8:30 AM Taking Down from Cross Vespers 5:00 PM Lamentation Matins 7:00 PM	27 HOLY SATURDAY Vesperal Liturgy 9:00 AM HOLY PASCHA Resurrection Matins/Liturgy 11:30 PM Anastasis Meal in the hall, after!
28 HOLY AND GREAT PASCHA John 1:1-17 Agape Vespers 12 noon Agape Meal 12:45 PM	29 Renewal Monday Fast Free Week	30 Renewal Tuesday				

CHURCH CALENDAR FOR APRIL 2019¹

Fasting rules change throughout the month due to Great Lent (see footnote for guide)

<i>Mon</i> 1	Our Holy Mother Mary of Egypt. Martyr Gerontios, Canonarch of the Kievan Caves
<i>Tue</i> 2	St. Titus the Wonder-worker (†303). Virgin-martyr Theodora; St. Gregory of Nikomedia
<i>Wed</i> 3	St. Niketas the Confessor. St. Joseph the Hymnographer, New-martyr Paul the Russian
<i>Thu</i> 4	St. George of Mt. Maleon; St. Zosimos who found St. Mary of Egypt
<i>Fri</i> 5	4th Salutations to the Theotokos. Martyrs Claudius, Diodorus et al; Righteous Theodora; New-martyr George of Ephesus
<i>Sat</i> 6 ♦	St. Eutychios, Patriarch of Constantinople (†582); St. Gregory of Sinai. 120 Martyrs of Persia.
<i>Sun</i> 7 ♦	4th Sunday – St. John, Author of the Ladder of Divine Ascent Holy Martyr Calliopius; St. George, Bishop of Mytilene; Deacon-Martyr Rufinus
<i>Mon</i> 8	Sts. Agabos, Herodion, Rufus, Asyncritos, Phlegon, Hermes of the 70
<i>Tue</i> 9	Martyr Eupsychios of Caesarea (†360)
<i>Wed</i> 10	St. Gregory 5 th , Patriarch of CP (†1821). Martyrs Terence, Pompey and those with them
<i>Thu</i> 11	Great Canon of St. Andrew of Crete. Hieromartyr Antipas, Bishop of Pergamum
<i>Fri</i> 12	Akathist Hymn to the Theotokos. St. Basil the Confessor; Anthusa of Constantinople
<i>Sat</i> 13 ♦	St. Martin the Confessor, Pope of Rome (†656). New-martyr Demetrios
<i>Sun</i> 14 ♦	5th Sunday – St. Mary of Egypt. Holy Apostles Aristarchus, Pudens, Trophimus of 70
<i>Mon</i> 15	St. Crescens Martyr of Myra. Hieromartyr Leonidas of Athens
<i>Tue</i> 16	Virgin-martyrs Agape, Irene & Chionia. New-martyr Michael
<i>Wed</i> 17	Martyr Simeon, Bishop of Persia. St. Macarios, Bishop of Corinth St. Agapetos, Pope of Rome (†536)
<i>Thu</i> 18	Martyr John of Ioanina (†1562). St. John of Decapolis. St. Athanasia the Wonder-worker St. Akakios, Bishop of Melitene
<i>Fri</i> 19	Martyr Theodore of Pergia. Hieromartyr Paphnutios of Egypt
<i>Sat</i> 20 ♦	Saturday of Lazarus. St. Athanasios, of Meteora. Apostle Zacchaeus, the Publican. St. Theodore (Hair Shirt)
<i>Sun</i> 21 ←	PALM SUNDAY - Triumphal Entry of our Lord and Savior Jesus Christ into Jerusalem St. Anastasios of Sinai. Hieromartyr Januarius and companions. Martyr-Empress Alexandra

HOLY AND GREAT WEEK

<i>Mon</i> 22	Holy and Great Monday – Joseph the all-virtuous. Parable of the Fig Tree Theodore of Sykeon, Bishop of Anastasioupolis. Holy Apostle Nathaniel
<i>Tue</i> 23	Holy and Great Tuesday – Parable of Ten Virgins Holy Great Martyr George the Trophy Bearer [moved to Bright Monday]
<i>Wed</i> 24	Holy and Great Wednesday – Betrayal of Christ – Blessing of the Oil [Unction] Elizabeth the Wonder-worker. New-martyr Doukas, from Mytilene (†1564) Holy martyr Savvas, the Commander
<i>Thu</i> 25	Holy and Great Thursday – The Mystical Supper Holy Apostle and Evangelist Mark [moved to Bright Tuesday]. Martyr Nike
<i>Fri</i> 26	Holy and Great Friday – The Crucifixion, Descent from the Cross Hieromartyr Basil, Bishop of Amasia. Righteous Nestor. St. Stephen 1st Bishop of Perm
<i>Sat</i> 27	Holy and Great Saturday [strict fast] – Burial of the Lord, the harrowing of Hades Hieromartyr Apostle Simeon, Kinsman of Lord. Eulogios the Innkeeper of Constantinople
<i>Sun</i> 28	HOLY AND GREAT PASCHA - Glorious Resurrection of our Lord and Savior Jesus Christ Nine Holy Martyrs of Kyzikos. Righteous Memnon Wonder-worker

RENEWAL OF CREATION (BRIGHT) WEEK

all fasting abolished April 29-5 May

<i>Mon</i> 29	Renewal Monday. Apostles Jason and Sosipater. Great Martyr George the Trophy Bearer
<i>Tue</i> 30	Renewal Tuesday. Saints Rafael, Nicholas and Irene of Mytilene Holy Apostle James (the Greater †44), Holy Apostle and Evangelist Mark

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