


Let them praise the Name of the LORD! For His Name alone is exalted!		<h1>MAY 2019</h1>				
		Saints Constantine and Helen Greek Orthodox Church Rev. Father John Beal Sunday Services 8:50 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 Renewal Wednesday	2 Renewal Thursday Life-giving Spring of Theotokos Vespers 6:00 PM	3 Renewal Friday	4 Renewal Saturday
5 Thomas Sunday John 20:19-31 Philoptochos Elections	6	7	8	9	10	11
12 Holy Myrrh- Bearers Mark 15:43-16:8 Mother's Day	13	14	15	16 Vespers 5PM Class 6PM	17	18
19 The Paralytic John 5:1-15 Parish Council	20 Saints Constantine & Helen Great Vespers 6:00 PM	21 Saints Constantine & Helen Matins/Liturgy 8/9 AM Great Vespers 3:00 PM	22 Mid- Pentecost	23 Vespers 5PM Class 6PM	24	25
26 The Samaritan Woman John 4:5-42 Parish Festal Luncheon	27	28	29	30 Vespers 5PM Class 6PM	31	

CHURCH CALENDAR FOR MAY 2019¹

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

RENEWAL OF CREATION (BRIGHT) WEEK all fasting abolished 28 April – 4 May

- Wed 1 **Renewal Wednesday.** Holy Prophet Jeremiah. Synaxis of New-martyrs Euthemios, Ignatius, Akakios of Holy Mount. Our Father among the Saints Panaretos, Abp. of Pafos in Cyprus.
- Thu 2 **Renewal Thursday. Translation of relics St. Athanasios the Great, Patriarch Alexandria**
- Fri 3 **Renewal Friday - Life Giving Spring of the Theotokos.** Holy Martyrs Timothy and Maura. St. Ahmet the Calligrapher †1682. St. Xenia of Kalamata. St. Peter Archbishop Argonauplion.
- Sat 4 **Renewal Saturday.** Virgin-martyr Pelagia of Taurusus. St. Nikephoros the Hesychast †1300. St. Hillary the Wonder-worker.
- Sun 5 **Thomas Sunday.** Holy and glorious Great Virgin-martyr Irene †384. St. Euthymios, Wonder-worker of Madytus.
- Mon 6 Holy Prophet and Patriarch Job, the much suffering. Our holy Father Seraphim of Mt. Dombos
- Tue 7 Commemoration of the appearance of the Cross in the sky on Pentecost, (in Jerusalem, between Golgotha and Gethsemane †356). Martyr Akakios
- Wed 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
- Thu 9 Holy Prophet Esai'as (Isaiah). Holy Martyr Christopher †255
- Fri 10 ♣ Holy Apostle Simon the Zealot (the Canaanite, Christ honored his wedding in Cana with the first miracle). Righteous Laurentios.
- Sat 11 **Cyril & Methodios, Apostles to the Slavs.** New-martyr Argyros †1806. Hieromartyr Mocius.
- Sun 12 **Sunday of the Holy Myrrh-bearers.** St. Germanos, Patriarch of CP. St. Epiphanius, Bp of Cyprus. New-martyr John of Wallachia. Martyr Pancratius of Rome †304
- Mon 13 Virgin-martyr Glykeria †141. Sergios the Confessor. Martyr Alexander
- Tue 14 Great-martyr Isidore of Chios †251. Hieromartyr Therapon. St. Leontios of Jerusalem
- Wed 15 ♣ **Our holy Father Pachomios the Great (founder of monasticism †346).** St. Achillios the Wonder-worker, Archbishop of Larissa.
- Thu 16 Our holy Father Theodore the Sanctified, disciple of St. Pachomios.
- Fri 17 ♣ New-martyr Peter the Aleut. Holy Apostles Andronikos and Junia of the Seventy. St. Athanasios, Bishop of Christianopolis
- Sat 18 Sts Peter of Lampsakos, Dionysios, Christina, Andrew, Paul, Benedimus, Paulinos Heraklios.
- Sun 19 **Sunday of the Paralytic.** Hieromartyr Patrick, Bishop of Prussa, and his priests: Akakios, Menander, and Polyenos.
- Mon 20 Martyrs Thallelaios and Asterios †284. Niketas, John, Joseph the Righteous of Chios.
- Tue 21 **Great Emperors and Equals-to-the-Apostles Saints Constantine and Helen.**
- Wed 22 ♣ **Mid-Pentecost.** Martyr Basiliskus. New-martyrs Demetrios & Paul. Righteous Melchisedek, King of Salem.
- Thu 23 Our holy Father Michael the Confessor, Bishop of Synnada. St. Euphrosene Princess/Abbess
- Fri 24 ♣ **St. Symeon the Stylite of Wondrous Mountain.**
- Sat 25 **3rd finding of the Head of Holy Prophet, Forerunner and Baptist John.**
- Sun 26 **Sunday of the Samaritan Woman.** Holy Apostles Karpos & Alphaeus of the Seventy. Great-martyrs Abercius and Helen.
- Mon 27 St. John the Russian, New Confessor †1730. Holy Hieromartyr Helladios.
- Tue 28 Holy Hieromartyr Eutybios Bishop of Melitene. St. Andrew the Fool for Christ. St. Zacharias the New Hieromartyr of Prussa.
- Wed 29 ♣ Virgin-martyr Theodosia of Tyre. St. Andrew, Newmartyr of Chios.
- Thu 30 Our holy Fr. Issakios the Confessor (against Arianism †140). Martyrs Natalaios and Barlaam.
- Fri 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