

Be exalted above  
the heavens, O God,  
and Your glory over all the earth

# JUNE 2023



**Saints Constantine and Helen Greek Orthodox Church**  
**Rev. Father John Beal**  
**Sunday Services 8:50 AM Matins – 10:00 AM Divine Liturgy**  
 43404 30<sup>th</sup> St. W, Lancaster, California 93536  
[orthodoxlancaster.org](http://orthodoxlancaster.org) – Church Phone: 661-945-1212  
 For confirmation on any event, please phone or text Sylva Robinson at 661-899-8833

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	1	2	3  <b>Saturday of Souls</b> John 21:14-25  Matins/Liturgy 9AM/10AM <b>Memorials</b>
4  <b>HOLY PENTECOST</b> John 7:37-52; 8:12 <b>Kneeling Prayers</b>	5  No Fasting 5-11 June	6	7	8	9	10
11  <b>Sunday of All Saints</b> Matthew 10:32-33; 37-38; 19:27-30  <b>Parish Assembly</b>	12  <b>Holy Apostles Fast</b>  12-28 June	13	14	15	16	17
18  <b>2<sup>nd</sup> Sunday of Matthew</b> 4:18-23  <b>Father's Day</b>	19	20	21	22	23	24
25  <b>3<sup>rd</sup> Sunday of Matthew</b> 6:22-33  <b>Parish Council</b>	26	27	28	29  <b>Holy Apostles Peter &amp; Paul</b> Matins/Liturgy 8AM/9AM	30	

# CHURCH CALENDAR FOR JUNE 2023<sup>1</sup>

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

- Thu 1 ➡ Martyr Justin the Philosopher. Hieromartyr Pyrrhos
- Fri 2 ♦ **Apodosis (leave-taking) of Holy Ascension**  
Erasmus of Ochrid & his companions St. Nikephoros the Confessor, Patriarch of CP †843
- Sat 3 **Saturday of the Souls.** Martyrs Lucillianus, Claudius, Hypatios, Dionysios, Paul and Paula
- Sun 4 **HOLY PENTECOST– Descent of the Holy Spirit & Ordination of the Apostles**  
Sts. Martha and Mary, sisters of St. Lazarus. St. Metrophanes Abp. of Constantinople †326
- All foods permitted the Week of Pentecost from June 4<sup>th</sup> – 11<sup>th</sup>**
- Mon 5 **Monday of the Holy Spirit.** Hieromartyr Dorotheus of Tyre †363  
Great-martyrs Nicander, Gorgus & Apollon
- Tue 6 Righteous Hilarion the New, of Dalmatus in Constantinople  
Attalos the Wonderworker. Bessarion the Wonderworker of Egypt
- Wed 7 Hieromartyr Theodotos, Bishop of Ankyra. Martyr Zenais. Martyrs Tarasios & John  
Righteous Hilarion of Cappadocia (against the iconoclasts). Martyr Potamiane of Alexandria
- Thu 8 ♦ **Removal of relics of Great-martyr Theodore the Commander**  
Melania the Righteous. Martyr Calliope. New-martyr Theophanes †1559. NM Anastasios
- Fri 9 Three Virgin Martyrs of Chios. St. Cyril, Patriarch of Alexandria (against Nestorius †444)
- Sat 10 **Apodosis of Holy Pentecost.** Great-martyr Alexander, Antonina. Timothy Bishop of Prussa  
Righteous Theophanes and Pansemne. Gregory Bp of Assos
- Sun 11 **Sunday of All Saints. Holy Apostles Bartholomew of the 12, and Barnabas of the 70.**  
**Synaxis of miraculous icon of the Theotokos “Axion Esti”**

## Holy Apostle’s Fast June 12-28<sup>th</sup>

- Mon 12 ➡ St. Onuphrios the Great of Egypt. St. Peter (founder of Mt. Athos monastic community)
- Tue 13 ➡ Virgin-martyr Akylina of Syria †298. St. Triphyllius, Bishop of Lefkosia, Cyprus
- Wed 14 Holy Prophet Elisha. St. Methodios the Confessor, Patriarch of CP. St. Niphon of Mt. Athos
- Thu 15 ➡ Prophet Amos. Righteous Jerome. Achikos, Stephanas and Fortunatos of 70 Apostles
- Fri 16 St. Tychon the Wonderworker. 40 Martyrs of Rome. Mark the Just of Apollonia
- Sat 17 ➡ Martyrs Manuel, Samel and Ishmael et al in Persia †362
- Sun 18 ➡ Martyr Leontios of Argos. Martyrs Leontius, Hypatios, Theodoulos of Syria †72
- Mon 19 ➡ Apostle Jude, the Lord’s Brother (kinsman). Paisios the Great  
John Maximovitch the Wonderworker, of San Francisco †1966. Martyr Zosima.
- Tue 20 ➡ Hieromartyr Methodios of Olympus. St. Nicholas Cabasilas. Kallistos I, Patriarch of CP
- Wed 21 Martyr Julianos of Tarsus Egypt. New-martyr Niketas of Nisyros. Terentios of Iconium
- Thu 22 ➡ Hieromartyr Eusebios the Confessor, Bp. of Samosata †380.  
Martyrs Zenon and Zenas. Martyr Alban of Britain. St. Paulinas of Nola
- Fri 23 Agrippina, Hieromartyr Aristocles, Demetrianos and Athanasios †303
- Sat 24 ➡ **Nativity of the Holy, Glorious Prophet, Forerunner and Baptist John [rest from labor].** Synaxis of the Righteous Zachariah and Elizabeth (parents of St. John)
- Sun 25 ➡ Virgin-martyr Fevronia of Palmyra. St. Dionysios (founder of Dionisiou monastery).  
St. Orentios and 6 others with him. St. George the New-Martyr †1823. New martyr Prokopios
- Mon 26 ➡ St. David of Thessaloniki †540. Righteous Anthion. Newmartyr David of St Anne’s Skete
- Tue 27 ➡ St. Sampson the Glorious Innkeeper (and physician †540). Joanna the Myrrh-bearer
- Wed 28 Translation of Relics of Holy Unmercenaries Cyrus and John, Wonder-workers of Egypt
- Thu 29 **Holy Apostles Peter and Paul [rest from labor]**
- Fri 30 ♦ **Synaxis of the 12 Holy, Glorious and All-famed Apostles [rest from labor]**  
New-martyr Michael of Athens. St. Sophronius of Irkutsk.

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<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. John if you have any questions regarding the fasting discipline of the Holy Orthodox Church