

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

# MARCH 2024



**Saints Constantine and Helen Greek Orthodox Church**  
**Very Rev. Father John Beal**  
**Sunday Services 8:45 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
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<b>3</b> 17 <sup>th</sup> Sunday of Luke Prodigal Son Luke 15:11-32	<b>4</b> Metropolis Clergy-Laity Assembly	<b>5</b> Clergy-Laity Assembly Clergy Retreat	<b>6</b> Metropolis Clergy Retreat	<b>7</b>	<b>8</b> Daylight Savings Time 10 March Holy 40 Martyrs	<b>9</b> Saturday of Souls Matins/Liturgy 8/9 AM Memorials
<b>10</b> Sunday of the Final Judgment Matt 25:31-46 Meatfare Luncheon	<b>11</b> Cheesefare Week	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Souls of our Holy Ascetic Fathers and Mothers Matins/Liturgy 8/9 AM Memorials
<b>17</b> Forgiveness Sunday Matt 6:14-21 Cheesefare Potluck Forgiveness Vespers 12:45 PM	<b>18</b> Clean Monday Holy & Great 40-Day Fast (Lent) begins Psalm Reading 10 AM	<b>19</b>	<b>20</b> 9 <sup>th</sup> Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	<b>21</b>	<b>22</b> Salutations to the Theotokos 7:00 PM	<b>23</b> Feed the Hungry 8:30-10:30 AM
<b>24</b> 1 <sup>st</sup> Sunday of Great Lent Triumph of Orthodoxy John 1:43-51 Parish Council	<b>25</b> Annunciation to the Theotokos Matins/Liturgy 8/9 AM	<b>26</b>	<b>27</b> 9 <sup>th</sup> Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	<b>28</b>	<b>29</b> Salutations to the Theotokos 7:00 PM	<b>30</b>
<b>31</b> 2 <sup>nd</sup> Sunday of Great Lent St. Gregory Palamas Mark 2:1-12						

# CHURCH CALENDAR FOR MARCH 2024<sup>1</sup>

**Fasting rules see footnote for guide**

Fri	1	Holy Martyr Eudokia the Samaritan (†107), Markellos, Antonina. Archbishop David ( <b>no fasting</b> )
Sat	2	Holy Martyr Hesychius (†303) Hieromartyr Theodotos of Cyprus. Virgin-martyr Euthalia
Sun	3	<b>Prodigal Son.</b> St. Piamun of Egypt. Holy Martyrs Eutropios, Cleonicus, Basiliscus. Hieromartyr Theodoretus.
Mon	4	Our holy father Gerasimos of Jordan (†470), Martyrs Paul and Juliana. St. Gregory of Assos
Tue	5	Martyr Konon, St. Mark the Ascetic, New-martyr John Bulgarian †1784
Wed	6	Holy 42 Martyrs of Amorion. Finding of Cross by St. Helen St. Hesychios the Miracle-Worker
Thu	7	Holy Hieromartyr Bishops of Cherson: Basil, Ephraim, Eugene, Kapiton, Aetherios, Agathodoros, Elpidios and Laurentios. St. Paul the simple (exorcist)
Fri	8	Our holy father Theophylactos the Confessor, Abp. of Nicomedia. Apostle Hermas of 70
Sat	9	<b>Saturday of the Souls. Holy Forty Martyrs at Lake Sebasteia (frozen to death) [rest from labor]</b>
Sun	10	<b>Sunday of Final Judgment (expulsion of Adam &amp; Eve from Paradise - Meatfare)</b> St. Anastasia the Patrician. Holy Martyr Kodratos of Corinth and his companions. New-martyr Michael of Thessalonike (†1544)
Mon	11	<b>Cheesefare Monday.</b> Saint Sophronios Abp of Jerusalem. Queen Theodora. St. George of Sinai
Tue	12	St. Symeon the New Theologian (†1022) Our holy father Theophanes the Confessor of Mt. Sigrian. Gregory the Great, Pope of Rome.
Wed	13	Translation of relics of father among the Saints Nikiphoros Patriarch of Constantinople Martyrs Alexander of Macedonia, Christina of Persia. Hieromartyr Puplios of Athens (†175)
Thu	14	Our holy father Benedict of Nursia. St. Euschemon the Confessor, Bishop of Lampsacos
Fri	15	Apostle Aristobulus of the 70 (Bishop of Cornwall, Britain) Holy Martyr Agapios and the seven with him. Nicander of Egypt
Sat	16	<b>Saturday of the Souls of our holy Ascetic Fathers and Mothers</b> Holy Martyrs Sabinos, Julianos and Romanos. Our holy father Christodoulos of Patmos
Sun	17	<b>Sunday of Forgiveness - Exile of Adam and Eve from Paradise (Cheesefare).</b> Our holy Father Alexios Man of God (†440). Theosterikios the Confessor. Our Father among the Saints Patrick, Enlightener of Ireland
<b>Great 40-Day Fast (Lent) begins</b>		
Mon	18	<b>Clean Monday.</b> Our Father Cyril, Archbishop of Jerusalem
Tue	19	Chrysanthos, his wife Daria, and Jason. Martyr Pancharios (†303) New-martyr Demetrios (†1564).
Wed	20	New-martyr Myron of Crete †1795. Holy Fathers of St. Savvas Monastery, martyred by the Muslims.
Thu	21	Hieromartyr James, the Confessor. St. Thomas, Patriarch of CP. Martyr Philemon
Fri	22	Hieromartyr Basil of Ancyra. Matryrs Kalliniki & Vassilisa. New-martyr Euthemios
Sat	23	♦ <b>Saturday of the Souls - Miracle of the Kollyva by St. Theodore of Tyre.</b> Righteous Martyr Nikon and his 199 disciples. Righteous New-martyr Luke (†1802)
Sun	24	♦ <b>1<sup>st</sup> Sunday of the Fast – Triumph of Orthodoxy over heresy – Restoration of the Holy Icons</b> New Hieromartyr Parthenios (†1657). Presbyter Artemon. Theonas Abp. of Thessaloniki.
Mon	25	↔ <b>Annunciation of our Most Holy Lady Theotokos and Ever-Virgin Mary [rest from labor]</b>
Tue	26	♦ <b>Synaxis (gathering in honor) of the Archangel Gabriel</b>
Wed	27	Holy Martyr Matrona of Thessalonica (†307). Great Martyrs Philetos and Lydia
Thu	28	Apostle St. Herodion of the Seventy. Hilarion the New, Confessor. Steven the Wonderworker.
Fri	29	Hieromartyr Mark, Bishop of Arethusa(†389); his Deacon Cyril and those with them Righteous Martyrs Ionas and Barachisios (†330). Eustathios of the Confessor
Sat	30	♦ <b>2<sup>nd</sup> Sunday - St. Gregory Palamas.</b> St. John of Sinai, author of the “Ladder”. Martyr Eubola, mother of St. Panteleimon New Heiromartyr Zacharias. Sosthenes, Apollos, Cephas, Caesar & Epaphroditos of the 70
Sun	31	♦ St. Hypatios, Bp. of Gangra the Wonder- worker. Innocent Enlightener of Siberia and Alaska. Martyr Theophilos and those with him St. Akakios the Confessor, Bishop of Melitene, Armenia.

<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