

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

APRIL 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 30th St. W, Lancaster, California 93536
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 Psalm Reading 10 AM	2	3 9 th Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	4	5 3 rd Salutations to the Theotokos 7:00 PM	6
7 3 rd Sunday of Great Lent Veneration of the Precious Cross Mark 8:34-9:1	8 Psalm Reading 10 AM	9	10 9 th Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	11	12 4 th Salutations to the Theotokos 7:00 PM	13
14 4 th Sunday of Great Lent St. John of the Ladder Mark 9:17-31	15 Psalm Reading 10 AM	16	17 9 th Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	18	19 Akathist Hymn to the Theotokos 7:00 PM	20
21 5 th Sunday of Great Lent St. Mary of Egypt Mark 10:32-45 Parish Council	22 Psalm Reading 10 AM	23	24 9 th Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	25	26 9 th Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	27 Lazarus Saturday Matins Divine Liturgy 9AM/10AM
28 PALM SUNDAY John 12:1-18 Fish Luncheon Holy Week Begins Bridegroom Matins 7:00 PM	29 HOLY MONDAY Bridegroom Matins 7:00 PM	30 HOLY TUESDAY Bridegroom Matins 7:00 PM				

CHURCH CALENDAR FOR APRIL 2024¹

Fasting rules see footnote for guide

- Mon 1* Our Holy Mother Mary of Egypt.
Tue 2 St. Titus the Wonder-worker (†303).
Virgin-martyr Theodora. St. Gregory of Nikomedia.
Wed 3 St. Niketas the Confessor. St. Joseph the Hymnographer, New-martyr Paul the Russian
Thu 4 St. George of Mt. Maleon; St. Zosimos who found St. Mary of Egypt. St Plato the Studite
Fri 5 Martyrs Claudius, Diodorus, Victor, Victorinus et al; Righteous Theodora or Thessaloniki
New-martyr George of Ephesus. Martyrs Agathopodes and Theodoulos
Sat 6 ♦ St. Eutychios, Patriarch of Constantinople (†582); St. Gregory of Sinai. 120 Martyrs of Persia.
Sun 7 ♦ **3rd Sunday – Veneration of the Precious and Life-giving Cross**
Martyrs Calliopos & Aquilina; Deacon-Martyr Rufinus
St. George, Bp. of Mytilene; St. Savvas the New. Gerasimos the God-bearer of Byzantium
Mon 8 Sts. Agabos, Herodion, Rufus, Asyncritos, Phlegon,
Hermes of the 70. Celestine Pope of Rome. New-martyr John the ship-builder martyred in Kos
Tue 9 Martyr Euppsychios of Caesarea (†360). Raphael, Nicholas, Irene & Olympias of Mytilene
Wed 10 St. Gregory 5th, Patriarch of CP (†1821). Martyrs Terence, Pompey and those with them
Thu 11 Hieromartyr Antipas, Bishop of Pergamum. Parmuthios the Anchorite.
Fri 12 St. Basil the Confessor; Anthusa of Constantinople. Sergios II Patriarch of CP
Sat 13 ♦ St. Martin the Confessor, Pope of Rome (†656). Martyr Theodosios. Martyr Zoilos
Sun 14 ♦ **4th Sunday – St. John, Author of the Ladder of Divine Ascent**
Holy Apostles Aristarchus, Pudens, Trophimus of 70. Martyr Thomaïs. New-martyr Demetrios.
Mon 15 Martyr Crescens of Myra. Nm. Michael & 9 monk-martyrs Corinth. Hm. Leonidas of Athens.
Tue 16 Virgin-martyrs Agape, Irene & Chionia. Martyr Michael.
Martyrs Leonidas, Charissa, Nike, Galene, Kallida, Nounenchia, Vasillisa, Theodora
Wed 17 Hm. Simeon, of Persia. St. Macarios, Bishop of Corinth. St. Agapetos, Pope of Rome (†536).
Thu 18 ♦ **Great Canon of St. Andrew of Crete.**
New-martyr John of Ioanina (†1562). St. John of Decapolis. St. Akakios, Bishop of Melite
Fri 19 Martyr Theodore of Pergia. Hieromartyr Paphnutios of Egypt. George the Confessor.
Sat 20 ♦ St. Athanasios, of Meteora. Apostle Zacchaeus, the Publican. St. Theodore (Hair Shirt)
Sun 21 ♦ **5th Sunday – St. Mary of Egypt.** Maximian Patriarch of Cp. St. Anastasios of Sinai.
Hieromartyr Januaros and his companions.
Mon 22 Theodore of Sykeon, Bishop of Anastasioupolis. Nathaniel, Apostles Luke and Clement of 70
Tue 23 **Holy and Great Martyr George the Trophy Bearer** (transferred to Bright Monday)
Wed 24 Elizabeth the Wonder-worker. Nm. Nicholas of Magnesia. Savvas, the Commander
Thu 25 ♦ **Holy Apostle and Evangelist Mark**
Fri 26 Hieromartyr Basil, Bishop of Amasia. Righteous Nestor. St. Stephen 1st Bishop of Perm
Sat 27 ♦ **Saturday of Lazarus.** Hieromartyr Apostle Simeon, Kinsman of Lord.
Eulogios the Innkeeper of Constantinople
Sun 28 ← **PALM SUNDAY - Triumphal Entry of our Lord and Savior Jesus Christ into Jerusalem**
Nine Martyrs of Kyzikos. Righteous Memnon Wonder-worker. Martyr John of Romania

HOLY AND GREAT WEEK

- Mon 29* **Holy and Great Monday – Joseph the all-virtuous. Parable of the Fig Tree**
Martyr Kerkyra. Apostles Jason & Sosipater of 70 et al. St. John of Thebes.
Bishop Basil of Montenegro
Tue 30 **Holy and Great Tuesday – Parable of Ten Virgins**
Holy Apostle James (brother of St John the Theologian †44).
New-martyr Argyra. Clement the Hymnographer

¹Fasting 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