

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

MAY 2024



Saints Constantine and Helen Greek Orthodox Church
Very Rev. Father John Beal
Sunday Services 8:50 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 HOLY WEDNESDAY Bride Groom Matins 5:00 PM Blessing of the Oil (Unction) 7:00 PM	2 HOLY THURSDAY Vesperal Liturgy 9:00 AM Crucifixion Matins (12 Passion Gospels) 7:00 PM	3 HOLY FRIDAY Taking Down from Cross Vespers 5:00 PM Lamentation Matins 7:00 PM	4 HOLY SATURDAY Vesperal Liturgy 9:00 AM HOLY PASCHA Matins/Liturgy 11:00 PM Anastasis Meal after Liturgy
5 HOLY AND GREAT PASCHA John 1:1-17 Agape Vespers 12 Noon Pascha Agape Luncheon 1 PM	6 Renewal Monday Fast Free Week	7 Renewal Tuesday	8 Renewal Wednesday	9 Renewal Thursday	10 Renewal Friday Life-giving Spring of the Theotokos	11 Renewal Saturday
12 Thomas Sunday John 20:19-31 Mother's Day	13	14	15	16	17	18
19 The Holy Myrrh-Bearers Mark 15:43-16:8 Sts Constantine & Helen Feast Day Luncheon	20 Saints Constantine & Helen Great Vespers 6 PM	21 Saints Constantine & Helen Matins Divine Liturgy 9AM/10AM	22	23	24	25 Feed the Hungry 8:30-10:30AM
26 The Paralytic John 5:1-15 Parish Council	27	28	29 Mid-Pentecost	30	31	

CHURCH CALENDAR FOR MAY 2024¹

HOLY AND GREAT WEEK

- Wed 1* **Holy and Great Wednesday – Betrayal of Christ – Blessing of the Oil [Holy Unction]**
Holy Prophet Jeremiah. Synaxis of New-martyrs Euthemios, Ignatius, Akakios of Holy Mountain.
Our Father among the Saints Panaretos, Abp. of Pafos in Cyprus.
- Thu 2* ♦ **Holy and Great Thursday – The Mystical Supper, washing of the Disciples’ feet**
Translation of relics St. Athanasios the Great, Patriarch Alexandria
- Fri 3* **Holy and Great Friday – Crucifixion, Removal from the Cross, Burial.** Martyrs Timothy & Maura.
St. Ahmet the Calligrapher †1682. St. Xenia of Kalamata. St. Peter Archbishop Argonauplion.
- Sat 4* **Holy and Great Saturday [strict fast] – Entombment of the divine Body, the harrowing of Hades**
Virgin-martyr Pelagia of Taurusus. St. Nikephoros the Hesychast †1300. St. Hillary the Wonder-worker.
- Sun 5* **HOLY AND GREAT PASCHA - Glorious Resurrection of our Lord and Savior Jesus Christ**
Holy and glorious Great Virgin-martyr Irene †384. St. Euthymios, Wonder-worker of Madytus.

RENEWAL OF CREATION (BRIGHT) WEEK

all fasting abolished week of 5-11 May

- Mon 6* **Renewal Monday. Holy and Great Martyr George the Trophy Bearer** (transferred from 23 April)
Holy Prophet and Patriarch Job, the much suffering. Father Seraphim of Mt. Dombos
- Tue 7* **Renewal Tuesday - Rafael, Nicholas, Irene and all newly revealed Martyrs of Mytilene**
Appearance of the Cross in the sky on Pentecost, (Jerusalem, †356).
Removal of the relics of St. Athanasius the Great.
- Wed 8* **Renewal Wednesday.** St. Arsenios the Great. Miracle of Theotokos of Cassiopa
- Thu 9* **Renewal Thursday.** Holy Prophet Esaias (Isaiah). Holy Martyr Christopher of Lycea †255
- Fri 10* **Renewal Friday - Life Giving Spring of the Theotokos.** Righteous Laurentios of Egypt.
Isidora of Egypt. Holy Apostle Simon the Zealot (Christ’s first miracle at his wedding in Cana).
- Sat 11* **Renewal Saturday. Cyril & Methodios, Apostles to the Slavs.**
New-martyr Argyrios †1806. Hieromartyr Mocius.
- Sun 12* **Thomas Sunday.** St. Germanos, Patriarch of Constantinople. 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* Julian the martyr. Stephen I, Patriarch of Constantinople.
Sts Peter of Lampsakos, Dionysios, Christina, Andrew, Paul, Beneditimus, Paulinos Heraklios.
- Sun 19* **Sunday of the Holy Myrrh-bearers.** 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* ♦ **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.** St. Vincent of Lerins.
Meletios the Commander and his companions.
- Sat 25* **3rd finding of the Head of Holy Prophet, Forerunner and Baptist John.**
- Sun 26* **The Paralytic.** Holy Apostles Karpos & Alphaeus of the 70. Great-martyrs Abercius & Helen
- Mon 27* St. John the Russian, New Confessor †1730. Holy Hieromartyr Helladios.
- Tue 28* Holy Hieromartyr Eutychios Bishop of Melitene. St. Andrew the Fool for Christ.
- Wed 29* ↔ **Mid-Pentecost.** Virgin-martyr Theodosia of Tyre. St. Andrew, Newmartyr of Chios.
- Thu 30* Our holy Fr. Issakios the Confessor †140. Martyrs Natalaios and Barlaam.
- Fri 31* ♦ **Hermias of Cappadocia, Eusebios. Apostle Hermes of the Seventy.**

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