

CHRIST IS RISEN!
Truly He is Risen!

JUNE 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
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2 The Samaritan Woman John 4:5-42 Parish Assembly	3	4	5	6	7	8
9 The Blind Man John 9:1-38	10	11	12 Apodosis of Holy Pascha - 9th Hour- 6:30PM Ascension Vespers 7PM	13 Holy Ascension Matins/Liturgy 8/9 AM	14	15
16 Fathers of the 1 st Ecumenical Council John 17:1-13 Father's Day	17	18	19	20	21	22 Saturday of Souls John 21:14-25 Matins/Liturgy 8AM/9AM Memorials
23 HOLY PENTECOST John 7:37-52; 8:12 Kneeling Prayers	24 MONDAY OF THE HOLY SPIRIT Fast Free Week	25	26	27	28	29 Holy Apostles Peter & Paul Matins/Liturgy 8AM/9AM
30 Synaxis of 12 Holy Apostles Matthew 9:36, 10:1-8 Parish Council						

CHURCH CALENDAR FOR JUNE 2024¹

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

Sat	1	Martyr Justin the Philosopher. Hieromartyr Pyrrus
Sun	2	Erasmus of Ochrid & his companions St. Nikephoros the Confessor, Patriarch of CP †843
Mon	3	Martyrs Lucillianus, Claudius, Hypatios, Dionysios, Paul and Paula
Tue	4	Sts. Martha and Mary, sisters of St. Lazarus. St. Metrophanes Abp. of Constantinople †326
Wed	5	◆ Hieromartyr Dorotheus of Tyre †363. Great-martyrs Nicander, Gorgus & Apollon
Thu	6	Righteous Hilarion the New, of Dalmatus in Constantinople Attalos the Wonderworker. Bessarion the Wonderworker of Egypt
Fri	7	◆ Hieromartyr Theodotos, Bishop of Ankyra. Martyr Zenais. Martyrs Tarasios & John Righteous Hilarion of Cappadocia (against the iconoclasts). Martyr Potamiane of Alexandria
Sat	8	Removal of relics of Great-martyr Theodore the Commander Melania the Righteous. Martyr Calliope. New-martyr Theophanes †1559. NM Anastasios
Sun	9	Three Virgin Martyrs of Chios. St. Cyril, Patriarch of Alexandria (against Nestorius †444)
Mon	10	Great-martyr Alexander, Antonina. Timothy Bishop of Prussa Righteous Theophanes and Pansemne. Gregory Bp of Assos
Tue	11	Holy Apostles Bartholomew of the 12, and Barnabas of the 70. Synaxis of miraculous icon of the Theotokos “Axion Esti”
Wed	12	➡ Apodosis (leave-taking) of Holy Pascha. St. Onuphrios the Great of Egypt. St. Peter (founder of Mt. Athos monastic community)
Thu	13	HOLY ASCENSION OF OUR LORD JESUS CHRIST. Virgin-martyr Akylina of Syria †298. St. Triphyllius, Bishop of Lefkosia, Cyprus.
Fri	14	◆ Holy Prophet Elisha. St. Methodios the Confessor, Patriarch of CP. St. Niphon of Mt. Athos
Sat	15	Prophet Amos. Righteous Jerome. Achikos, Stephanas and Fortunatos of 70 Apostles
Sun	16	St. Tychon the Wonderworker. 40 Martyrs of Rome. Mark the Just of Apollonia
Mon	17	Martyrs Manuel, Samel and Ishmael et al in Persia †362
Tue	18	Martyr Leontios of Argos. Martyrs Leontius, Hypatios, Theodoulos of Syria †72
Wed	19	◆ Apostle Jude, the Lord’s Brother (kinsman). Paisios the Great John Maximovitch the Wonderworker, of San Francisco †1966. Martyr Zosima.
Thu	20	Hieromartyr Methodios of Olympus. St. Nicholas Cabasilas. Kallistos I, Patriarch of CP
Fri	21	◆ Apodosis (leave-taking) of Holy Ascension Martyr Julianos of Tarsus Egypt. New-martyr Niketas of Nisyros. Terentios of Iconium
Sat	22	Saturday of the Souls. Hieromartyr Eusebios the Confessor, Bp. of Samosata †380. Martyrs Zenon and Zenas. Martyr Alban of Britain. St. Paulinas of Nola
Sun	23	HOLY PENTECOST– Descent of the Holy Spirit & Ordination of the Apostles Agrippina, Hieromartyr Aristocles, Demetrianos and Athanasios †303
All foods permitted the Week of Pentecost from June 23rd – 29th		
Mon	24	MONDAY OF THE HOLY SPIRIT. Nativity of the Holy, Glorious Prophet, Forerunner and Baptist John [rest from labor]. Synaxis of the Righteous Zachariah and Elizabeth (parents of St. John)
Tue	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
Wed	26	St. David of Thessaloniki †540. Righteous Anthion. Newmartyr David of St Anne’s Skete
Thu	27	St. Sampson the Glorious Innkeeper (and physician †540). Joanna the Myrrh-bearer
Fri	28	Translation of Relics of Holy Unmercenaries Cyrus and John, Wonder-workers of Egypt
Sat	29	Apodosis of Holy Pentecost. Holy Apostles Peter and Paul [rest from labor]
Sun	30	Synaxis of the 12 Holy, Glorious and All-famed Apostles [rest from labor]. Sunday of All Saints. New-martyr Michael of Athens. St. Sophronius of Irkutsk.

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