

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

OCTOBER 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	2 Faith Studies on Zoom Beginner 7PM Advanced 8PM	3	4	5
6 3 RD Sunday of Luke Luke 7:11-16	7	8	9 Faith Studies on Zoom Beginner 7PM Advanced 8PM	10	11	12
13 Holy Fathers 7 TH Synod Luke 8:5-15 Church School Classes Start Philoptochos Meeting	14	15	16 Faith Studies on Zoom Beginner 7PM Advanced 8PM	17	18	19
20 6 TH Sunday of Luke Luke 8:26-39 41 st Anniversary Luncheon	21	22	23 Faith Studies on Zoom Beginner 7PM Advanced 8PM	24	25	26
27 7 TH Sunday of Luke Luke 8:41-56 Parish Council	28	29	30 Faith Studies on Zoom Beginner 7PM Advanced 8PM	31		

CHURCH CALENDAR FOR OCTOBER 2024¹

Fast Wednesdays and Fridays this month. See fasting guideline below.

Tue 1	Holy Protection of the Most-Holy Theotokos (Greece celebrates on Oct 28th) St. Romanos the Melodist. Apostle Ananias of the 70. St. John Cucuzelis
<i>Wed 2</i>	Hieromartyr Cyprian, the former Sorcerer, and Virgin martyr Justina. St. Damaris of Athens. St. Theodore Gabra, the soldier.
Thu 3	Hieromartyr Dionysios the Areopagite, 1 st Bishop of Athens.
<i>Fri 4</i>	Hieromartyr Hierotheos, Bishop of Athens. St. Ammon of Egypt, disciple of St. Paul. Martyr Domnina
Sat 5	Martyr Charitina. Righteous Methodia of Cimolos. Hierarchs of Moscow: Peter, Alexis, Jonas, Philip and Hermogenes
Sun 6	Holy and Glorious Apostle Thomas. New-martyr Makarios of Chios (†1590)
Mon 7	Great-martyrs Sergios and Bacchus. St. John of Crete and the 98 Righteous Fathers w/him
Tue 8	New-martyr Ignatios of the Holy Mountain. Virgin-martyr Pelagia, the former Courtesan. St. Taisia, the former Harlot.
<i>Wed 9</i>	Apostle Iakovos (James), the son of Alpheus. St. Andronikos the jeweler, and his wife Athanasia. Righteous Abraham the Just and his nephew Lot.
Thu 10	Martyrs Eulampios and his sister Eulampia. Righteous Theophilos
<i>Fri 11</i>	Holy Apostle Philip of the 70, one of the 7 Deacons. St Theophanes the confessor, Bishop of Nicea, hymnographer and composer of Canons. St. Zenais (Zenaida),
Sat 12	St. Symeon the New Theologian. Martyrs Provos, Tarachos, & Andronikos (crucifixion). St. Theosebios of Arsinoe
Sun 13	Martyrs Karpos, Papylos, Agathodoros, and Agathonika. Holy Monastery Iviron Icon of the Theotokos (Portaitissa).
Mon 14	Great-martyrs Nazarios, Celcus, Gervasios, and Protasios of Milan. St. Cosmas the Hymnographer. St. Parascevi (Petka) of Serbia. St. Ignatios of Methymna
Tue 15	Martyr Lucian, Presbyter in Antioch. St. Euthymios of Ankara. St. Savinos, Bishop of Cyprus
<i>Wed 16</i>	Martyrs Longinos the Centurion, and Longine of the Kievan Caves. Righteous Malos
Thu 17	Hieromartyr St. Andrew. Prophet Hosea. Synaxis of the Holy Unmercenary Saints.
<i>Fri 18</i> ♦	Holy Apostle and Evangelist Luke. Sts. Theodore, Symeon & Euphrosyne.
Sat 19	Prophet Joel. Wonder-worker John Ryla. St. John of Kronstadt. Martyr Varus. St. Cleopatra the Righteous
Sun 20	Great-martyr Artemios. St. Matriona of Chios. St. Gerasimos, the New Ascetic of Cephalonia
Mon 21	St. Hilarion the Great. Great-martyr Theodota & Sokrates. St. Christodoulos of Patmos. St. Philotheos of Mt. Athos. St. Hilarion of the Kievan Caves.
Tue 22	St. Averkios, Bishop of Hierapolis, Equal-to-the-Apostles. Holy 7 Youths of Euphesus
<i>Wed 23</i> ♦	Holy Apostle Iakovos (James, the greater), brother of the Lord, 1st Bishop of Jerusalem. St. Macarios the Roman.
Thu 24	Great-martyr Al-Harith (Arethas) and his 4299 fellow Martyrs. Martyr Sebastiane. Icon of the Theotokos "Joy of All Who Sorrow"
<i>Fri 25</i>	Martyrs Markianos the reader, and Martyrios the sub-deacon, the notaries to St. Paul the Confessor, Patriarch of Constantinople. St. Tabitha the Almsgiver
Sat 26	Holy Great-martyr Demetrios, the Myrrh-streaming of Thessalonika. [rest from labor] New-martyr Ioasaph (†1536).
Sun 27	Martyr Nestor. St. Prokla, wife of Pontius Pilate. St. Andrew, Prince of Smolensk
Mon 28	Martyrs Terence, Neonilla and 7 children. St. Arsenios of Serbia. St. Dimitri of Rostov. Holy Protection of the Most-Holy Theotokos (Greece -Oxi Day-)
Tue 29	Righteous-martyr Anastasia of Rome. St. Maria.
<i>Wed 30</i>	Hieromartyr Zenobios, Bishop of Aegea, and his sister Martyr Zenobia.
Thu 31	Apostles Stachys, Apelles, Amplias, Urban, Narcissas, and Aristobulos of the 70. St. Nicolas the New-martyr in Chios.

¹**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