

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

# NOVEMBER 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 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
					1	2  Daylight Savings ends Nov 3 <sup>rd</sup>
3  3 <sup>RD</sup> Sunday of Luke Luke 7:11-16	4	5	6	7	8	9
10  Holy Fathers 7 <sup>TH</sup> Synod Luke 8:5-15	11	12	13	14	15  Start of the Nativity Fast	16
17  6 <sup>TH</sup> Sunday of Luke Luke 8:26-39  Parish Assembly Luncheon	18	19	20	21  Entrance of Theotokos into the Temple Matins 8am Liturgy 9am	22	23
24  7 <sup>TH</sup> Sunday of Luke Luke 8:41-56  Parish Council	25	26	27  Faith Studies on Zoom Beginner 7PM Advanced 8PM	28  Thanksgiving Day	29	30

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

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

- Fri* 1 ♣ **Holy Martyrs and Wonder-workers Cosmas and Damian, the unmercenary healers of Asia Minor, and their mother St. Theodota.** St. David of Euboea
- Sat* 2 Great-Martyrs Akindynos, Pegasios, Aphthonios, Elpidephoros, and Anempodistos of Persia
- Sun* 3 Martyrs Askepsimas Bishop, Joseph Priest, and Aethalas Deacon of Persia. St. George the new-martyr of Neapolis (†1797). St. Lydia
- Mon* 4 Holy Ascetic Father Ioannikios the Great of Olympus(†842). Hieromartyrs Nikandros, Bishop of Myra and Hermeus the Presbyter. St. Porphyrios the mimic (†361)
- Tue* 5 Great-Martyrs Galaktion and his bride Episteme. Apostles Hermas, Patrobas, Linos 2<sup>nd</sup> Bishop of Rome, Gaius, Philologos of the 70. St. Jonas, Archbishop of Novgorod
- Wed* 6 St. Paul I the Confessor, Patriarch of Constantinople (†361). Righteous Luke
- Thu* 7 The 33 martyrs of Melitene. Lazarus the wonder-worker, the Stylite of Mt. Galesius (†1054)
- Fri* 8 ♣ **Synaxis of the Chief Commanders Michael, Gabriel, and Raphael, and of all the Bodiless Powers [rest from labor].** Holocaust of Crete (1866). St. Simeon the translator
- Sat* 9 St. Nectarios, Metropolitan of Pentapolis: Wonder-worker and ascetic Father of Aegina (†1920). Martyrs Onesiphorous & Porphyrios. Holy Ascetic Mothers Matrona & Theoktiste.
- Sun* 10 Apostles Erastus, Olympas, Rodion, Sosipatros, Quartus, Tertius of the 70. Martyr Orestes
- Mon* 11 Great-martyr Menas (Egypt), Martyrs Victor (Italy), Vincent the Deacon (Spain) and Stephanie. Our Holy Father Theodore the Studite (†826)
- Tue* 12 **Our Father among the Saints John the Merciful, Patriarch of Alexandria.** St. Martin of Tours, France. St. Nilus of Sinai the myrrh-streaming. New-martyr Savvas (†1726)
- Wed* 13 ♣ **Our Father among the Sts John Chrysostom, Abp. Constantinople(†407) [rest from labor]** New-martyr Damaskinos of Cp (†1681). Blessed Irene Myrtidiotissa (†1960)
- Thu* 14 **Holy Apostle Philip of the 12 [rest from labor].** St. Gregory Palamas, Wonder-worker Archbishop of Thessalonike. New-martyrs Constantine of Hydra; Panteleimon of Spetsae

## START OF THE NATIVITY FAST

- Fri* 15 Martyrs of Edessa: Gourias, Shamuna, Habib the Deacon. Thomas, Patriarch of CP. St. Paisius (Velichkovsky †1843). St. Felix of Nola. Emperor Justinian and Theodora
- Sat* 16 ➡ **Holy Apostle and Evangelist Matthew**
- Sun* 17 ➡ Our Father among the Saints Gregory the Wonder-worker, Bishop of Neocaesaria. St. Gennadios, Patriarch of Constantinople. St. Nicon the disciple of St. Sergius of Radonezh
- Mon* 18 ➡ Great-martyr Platon and Martyr Romanus. St. Anastasius the New-martyr (†1750)
- Tue* 19 ➡ Holy Prophet Abdias (Obadiah). Holy Martyr Barlaam
- Wed* 20 Pre-festival of the Entry of the Theotokos into the Temple. Our father among the Saints, St. Gregory of Dekapolis; Proklos, Archbishop of Constantinople. St. Dasios martyr (†299)
- Thu* 21 ➡ **Entry of our Most-Holy Lady Theotokos and Ever-Virgin Mary into the Temple [rest]**
- Fri* 22 Holy Apostles Philemon, Apfia, Archippus, and Onesimus of the 70 Holy Martyr Mother Cecelia, and Valerian, Tiburtios. St. Michael, Great prince of Tver
- Sat* 23 ➡ Our Fathers among the Saints St. Amphilochios, Bishop of Iconium, friend of St. Basil the Great; and Gregory, Bishop of Agrigentum, Sicily. St. Alexander Nevsky
- Sun* 24 ➡ Our Fathers among the Saints and Hieromartyrs Clement, 3<sup>rd</sup> Bishop of Rome and Peter, Bishop of Alexandria (†311). St. Mercurius of the Kievan Caves
- Mon* 25 ➡ **Holy and all-wise Great Martyr Ekaterina (†311) [rest from labor]** Apodosis of the Entry of the Theotokos. Great-martyr Merkurios
- Tue* 26 ➡ St. Stylianos, the hermit of Paphlagonia. St. Alypius the Stylite (†608).
- Wed* 27 Holy Iakovos, Great-martyr of Persia. Righteous Nathaniel. "Kursk" Icon of the Theotokos
- Thu* 28 ➡ Holy ascetic martyr Steven the New, confessor (†766). St. Irenarchus the martyr
- Fri* 29 Paramonos of Balsatia and the 370 martyrs with him (†255). Dionysios, Bishop of Corinth. Martyrs Philoumenos, Valerinus, and Phaidrus
- Sat* 30 ➡ **Holy, glorious, and all-lauded Apostle Andrew, the First-Called. [rest from labor]** St. Alexander, Bishop of Methymna. Frumentios of Ethiopia

<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