

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

JULY 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	3	4 Independence Day	5	6
7 2 nd Sunday of Matthew Matt 4:18-23	8	9	10	11	12	13
14 Holy Fathers of the 4 th Ecumenical Council Matt 5:14-19	15	16	17	18	19	20
21 4 th Sunday of Matthew Matt 8:5-13 Parish Council	22	23	24	25	26	27 Feed the Hungry 8:30-10:30
28 5 th Sunday of Matthew Matt 8:28-9:1	29	30	31			

CHURCH CALENDAR FOR JULY 2024¹

Normal fasting rules this month: see footnote for fasting guide

Mon	1	Saints Kosmas and Damianos of Rome, the Unmercenary Healers.
Tue	2	Deposition of the Precious Robe of our Most Holy Theotokos at Vlacherne CP.
<i>Wed</i>	3	Martyrs Hyacinthos, St. Anatolios, Patriarch of Constantinople
Thu	4	St. Andrew the Hymnographer, Bishop of Crete. Royal Martyrs of Russia (Tsar Nicolas II and his family ☩1918). Martyr Kyprilla. St. Martha, mother of St. Symeon
<i>Fri</i>	5	St. Athanasios, Founder of Great Lavra Monastery on Holy Mt. Athos. St. Lampados the Wonder-worker. New-martyrs Grand-duchess Elizabeth and Barbara (nun and friend)
Sat	6	Sisoës the Great. Virginmartyr Loukia
Sun	7	Great-martyr Kyriaki the Virgin. St. Thomas of Maleo
Mon	8	Great-martyr Procopius. St. Procopius of Ustiug, the Fool for Christ's sake. Synaxis of the Kazan Icon of the Theotokos. Righteous Theophilus
Tue	9	Hieromartyr Pankratios, Bishop of Tauromena, Sicily. St. Dionysios the Orator and St. Metrophanes of Holy Mt. Athos
<i>Wed</i>	10	Sts. Leontios, Maurice, Daniel, Anthony and the 45 Holy Martyrs of Nicapolis, Armenia. St. Anthony of the Kievan Caves. St. Gregory, Bishop of Assos
Thu	11	Great-martyr Euphemia. St. Olga, Princess of Kiev and Equal-to-the-Apostles. New-martyrs Nicodemus of Albania ☩1722, and Nectarios the Athonite
<i>Fri</i>	12	Greatmartyrs Proklus and Hilarion. St. Veronica Equal-to-the-Apostles. St. Michael of Maleinus
Sat	13	Synaxis of the Archangel Gabriel. St. Steven the Gatekeeper of the Mar Sava Monastery
Sun	14	Apostle Aquila of the 70. St. Nikodemos the Hagiorite (of Holy Mountain). St. Joseph, Archbishop of Thessalonike
Mon	15	St. Vladimir the Prince, Equal-to-the-Apostles. Martyrs Kerykos and Julietta. St. Matrona
Tue	16	St. Hieromartyr Athenogenes, Bishop of Pidathoe and his 10 disciples. Martyr Phaustus
<i>Wed</i>	17	◆ Great Virgin-martyr Marina (Margaret)
Thu	18	Martyrs Emilian, Paul, Thea & Wallentini. St. Pambo the Egyptian, Hermit and Confessor
<i>Fri</i>	19	Righteous Macrina, sister of St. Basil the Great. Recovery of Relics of St. Seraphim of Sarov
Sat	20	Holy Prophet Elias (Elijah) the Thesbite. [rest from labor]
Sun	21	St. Simeon, Fool for Christ's Sake, and St. John, his fellow Ascetic. St. Parthenios
Mon	22	St. Mary Magdalene, Myrrh-Bearer and Equal-to-the-Apostles. St. Markella Virgin-martyr of Chios
Tue	23	Holy Prophet Ezekiel. Hieromartyr Phocas. Miraculous Icons of the Mother of God: of Pochaev; and of the "Joy of All Who Sorrow"
<i>Wed</i>	24	Great Virgin-martyr Christina. Prince-martyrs Boris and Gleb, the passion bearers
Thu	25	Dormition of Righteous Anna the Mother of the Theotokos. St. Eupraxia of Alexandria. St. Olympias the Deaconess. St. Macarios of Zheltovod
<i>Fri</i>	26	◆ Righteous Martyr Paraskevi. Hieromartyrs Hermolaos, Hermippus and Hermocrates St. Moses the Hungarian. St. Gerontius of St. Anne's Skete.
Sat	27	Great Martyr and Healer, St. Panteleimon [rest from labor]
Sun	28	Holy Apostles and Deacons Prokoros, Nicanor, Timon & Parmenas of the 70. St. Irene, Abbess of Holy Monastery Chrysovalantou
Mon	29	Holy Martyr Kalliniko; Virgin-Martyr Theodota
Tue	30	Apostles Silas, Sylvanus, Creskes, Epenetos & Andronikos of 70. St. Angelina, of Serbia
<i>Wed</i>	31	Forefeast of the procession of the precious and life-giving Cross. St. Joseph of Arimathea. Translation of the relics of St. Philip the Apostle. St. Germanus of Auxerre in Gaul. St. Eudokimos

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