

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

SEPTEMBER 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

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For confirmation on any event, please phone or text Sylva Robinson at 661-899-8833

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----------|-----------|---|---|-----------|---|
| 1 The Indiction Church New Year Luke 4:16-22 Philoptochos Meeting | 2 | 3 | 4 Faith Studies on Zoom Learner 7PM Advanced 8PM | 5 | 6 | 7 |
| 8 Nativity of the Theotokos Sunday before Precious Cross John 3:13-17 | 9 | 10 | 11 Faith Studies on Zoom Learner 7PM Advanced 8PM | 12 | 13 | 14 Elevation of the Precious Cross Matins 8AM Liturgy 9AM Fast day |
| 15 Sunday after Precious Cross Mark 8:34-38; 9:1 | 16 | 17 | 18 Faith Studies on Zoom Learner 7PM Advanced 8PM | 19 | 20 | 21 AV Greek Festival 11AM-7PM |
| 22 1 st Sunday of Luke Luke 5:1-11 Parish Council | 23 | 24 | 25 Faith Studies on Zoom Learner 7PM Advanced 8PM | 26 St John the Theologian* *Fr John's name day | 27 | 28 Feed the Hungry 8:30-10:30 |
| 29 2 nd Sunday of Luke Luke 6:31-36 Festival Thank You Luncheon | 30 | | | | | |

CHURCH CALENDAR FOR SEPTEMBER 2024¹

Fast Wednesdays and Fridays this month. Fast day on the 14th See fasting guideline below.

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| Sun | 1 | Beginning of the Indiction (Ecclesiastical New Year) rest from labor St. Symeon the Stylite (†459) and St. Martha, his mother. Righteous Jesus of Nun (Joshua). |
| Mon | 2 | Martyr Mammias. St. John the Faster(†595), Patriarch of Constantinople. |
| Tue | 3 | Hieromartyr Anthimos(†307), Bishop of Nicomedia. St. Phoebe, Deaconess of Cenchrea. New Martyr Polydoros. Righteous Father Theoctistos, fellow ascetic of St. Euthimios. |
| <i>Wed</i> | 4 | Holy Prophet Moses, the Lawgiver and Seer of God, and Aaron. Hieromartyr Babylas (†289), Bishop of Antioch. Icon of our Lady of the Burning Bush. Martyr St. Hermione (†105) |
| Thu | 5 | Holy Prophet Zacharias, father of St. John the Forerunner and Baptist. St. Athanasios, Abbot of Brest, martyred by the Latins. Martyr Medimnos. |
| <i>Fri</i> | 6 | ◆ Miracle of Archangel Michael at Colossae. Martyrs Romylos, Eudoxios, Zenon & Makarios |
| Sat | 7 | Forefeast of the Birth of the Most Holy Theotokos. St. Kassiane the Hymnographer. Martyr Sozon (†295) the Shepard. Igumen Luke. St. John, Archbishop of Novgorod. |
| Sun | 8 | THE NATIVITY OF THE MOST HOLY THEOTOKOS [rest from labor] St. Sophronios of Aghtalia. |
| Mon | 9 | Synaxis of Holy and Righteous Ancestors of God: Joachim and Anna Martyr Severian. St. Joseph the Wonder-worker of Volotsk. |
| Tue | 10 | Great-martyrs Mendora, Metrodora, and Nymphodora. Empress Pulcheria of CP (†453). |
| <i>Wed</i> | 11 | St. Theodora (tonsured as monk Theodore) of Alexandria. St. Euphrosynos the Cook |
| Thu | 12 | Apodosis of the Birth of Theotokos. Hieromartyrs Autonomos Kournotos, Bishops of Iconium |
| <i>Fri</i> | 13 | ◆ Consecration of Church of the Holy Resurrection in Jerusalem. St. Hirotheos of Iveron Forefeast of Elevation of the Holy Cross. Hieromartyr Cornelius the Centurion(†82). |
| <i>Sat</i> | 14 | ◆ UNIVERSAL ELEVATION OF THE PRECIOUS AND LIFE-GIVING CROSS Fast day [rest from labor]. Repose of St. John Chrysostom. New-martyr Macarios (†1527) |
| Sun | 15 | Great-martyr Niketas the Goth(†372). St. Philotheos the Presbyter. Sts. Bessarion I & II Metropolitans of Larissa. St. Gerasimos of Leontanion |
| Mon | 16 | Great-martyr Euphemia(†305). Martyr Melitina. St. Ninian the Enlightener of Scotland |
| Tue | 17 | Martyr Sophia and 3 daughters Pistis (Faith), Elpida (Hope) & Agape (Love). St. Euxiphios of Cyprus |
| <i>Wed</i> | 18 | St. Eumenios the Wonder-worker, Bishop of Gortynia, Crete. St. Ariadne the Martyr |
| Thu | 19 | Great-martyrs Trophimos, Sabbatios & Dorymedon(†289). St. Theodore, Prince of Smolensk and his 2 sons David and Constantine. |
| <i>Fri</i> | 20 | ◆ Great-martyrs Eustathios, Theopiste, Agapios & Theopistos (†126). St. John of Crete. Martyrs Michael & Theodore. New-martyr Hilarion (†1527) |
| Sat | 21 | Apodosis of Elevation of the Holy Cross. Bishop-martyr Kondratos of Athens. Prophet Jonah |
| Sun | 22 | Hieromartyr Phokas, Bishop of Sinope. Phokas the Gardener |
| Mon | 23 | Conception of Holy Prophet, Forerunner, and Baptist John. Sts. Xanthippe & Polyxene. |
| Tue | 24 | St. Thekla, First Woman Martyr and Equal-to-the-Apostles. Righteous Corprios. Synaxis of Myrtle Tree Icon of the Theotokos. St. Nicander of Pskov. |
| <i>Wed</i> | 25 | Righteous Mother Euphrosyne of Alexandria. Paphnoutios of Egypt. St. Sergius the Wonder-worker, Abbot of Radonezh(†1392). St. Euphrosyne of Suzdal. |
| Thu | 26 | Translation of the holy, glorious and all-praised Apostle and Evangelist, John the Theologian [rest from labor]. Martyrs Thekla, Martha, Mary, Ennatha, Marianne (†355) |
| <i>Fri</i> | 27 | Martyr Kallistratos & 49 martyrs with him. Apostles Mark, Aristarchos of the 70. New-martyr Akylina (†1764). St. Sabbatios of Solovetsk. Synaxis of Optina Fathers. |
| Sat | 28 | Holy Prophet Baruch. Righteous father Chariton the Confessor. St. Herodion of Lake Ilo. St. Auxentios of Cyprus. |
| Sun | 29 | St. Kyriakos the Anchorite(recluse †557). Martyr Petronia. |
| Mon | 30 | Hieromartyr Gregory the Illuminator(†332), Bishop and Evangelist of Armenia |

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