

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

JANUARY 2025



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
Fast Free thru Jan 4 th			1 Happy New Year!	2	3	4
5 Sunday before Holy Theophany Mark 1:1-8 Holy Theophany Blessing of the Waters at end of Liturgy	6 Holy Theophany	7	8 Faith Studies on Zoom Beginner 7PM Advanced 8PM	9	10	11
12 Sunday after Holy Theophany Matt 4:12-17	13	14	15 Faith Studies on Zoom Beginner 7PM Advanced 8PM	16	17	18 Philoptochos Membership Luncheon 12 Noon
19 12 TH Sunday Ten Lepers Luke 17:12-19 Parish Council	20	21	22 Faith Studies on Zoom Beginner 7PM Advanced 8PM	23	24	25
26 15 TH Sunday Zacchaeus Luke 19:1-10 Stewardship Sunday	27	28	29 Faith Studies on Zoom Beginner 7PM Advanced 8PM	30	31	

CHURCH CALENDAR FOR JANUARY 2025¹

Fasting rules see footnote for guide

Wed	1	Circumcision of our Lord, God and Savior Jesus Christ. Our Father among the Saints Basil the Great, Archbishop of Caesarea. [rest from labor] St. Peter of Peloponnesos
Thu	2	Forefeast of Holy Theophany. St. Sylvester, Pope of Rome(†335). St. Seraphim of Sarov, the Wonder-worker(†1833). St. Sylvester of the Kievan Caves. New-martyr George of Georgia.
Fri	3	Holy Prophet Malachias. St. Gordios the Martyr(†421). Righteous Thomais of Lesbos.
Sat	4	Synaxis of the 70 Holy Apostles. Holy Theoktistos, Abbot of Cucomo Sicily. New-martyr Onuphrios of Chios(†1808). St. Appolinaria.
<i>Sun</i>	5	◆ Holy Theophany Eve [Strict Fast] Holy Syncletiki(†350). Holy Martyrs Theopemptos & Theonas, Theoidus. New-martyr Romanus of Mt. Athos(†1694). St. Phosterios the hermit.
Mon	6	HOLY THEOPHANY OF OUR LORD, GOD, AND SAVIOR JESUS CHRIST [rest from labor, no fasting]
Tue	7	Synaxis of the Holy Prophet, Forerunner, and Baptist John. [rest from labor]
<i>Wed</i>	8	Our holy Mother Domnica of Constantinople. Our holy Father George the Hozevite.
Thu	9	Holy Martyr Polyeuktos. Righteous Eustratios. St. Peter, Bishop of Sevaste in Armenia. Our Father among the saints Philip, Metropolitan of Moscow(†1652).
<i>Fri</i>	10	Our Father among the Saints Gregory, Bishop of Nyssa(†394). St. Dometian of Melitene.
Sat	11	Our holy Father Theodosius, the Cenobiarth(†529).
Sun	12	Holy Virgin-martyr Tatiana of Rome(†~230).
Mon	13	Holy Martyrs Hermylos & Stratonikos. Our Father among the saints Hilary, Bishop of Poitiers. Holy 38 martyrs of Sinai & Raithu. St. Nina of Georgia, Equal-to-the-Apostles. St. Savvas, Archbishop of Serbia. St. Maximos of Kapsokalyvia. St. James, Bishop of Nisibis
Tue	14	Apodosis of Holy Theophany. Virgin-martyr Agnes. Holy Fathers slain in Sinai and Raitho.
<i>Wed</i>	15	Our Holy Fathers Paul of Thebes(†341) and John the hut-dweller.
Thu	16	Veneration of the precious chains of the holy and all-praised Apostle Peter. Martyrs Pevsippas, Elasippas, Mesippas & Neonilla, their grandmother. New-Hieromartyr Damaskinos
<i>Fri</i>	17	◆ Our holy and God-bearing Father Anthony the Great(†356) [rest from labor] New-martyr George of Ioannina(†1838). St. Anthony the Roman of Novgorod. St. Anthony the New
Sat	18	Our Fathers Saints Athanasius(†373) & Cyril, Patriarchs of Alexandria. [rest from labor]
Sun	19	Our holy Fathers Macarios of Egypt and Macarios of Alexandria. Our Father among the saints Arsenios of Corfu. Our Father among the saints Mark Eugenicos, Metropolitan of Ephesus.
Mon	20	Our holy and God-bearing Father Eftymios, professor of the desert [rest from labor] St. Laurence the Recluse. New-martyr Zacharias of Patras. St. Euthymios of Kievan Caves.
Tue	21	Our holy Father Maximos the Confessor. Holy Martyrs Neophytos, and Agnes.
<i>Wed</i>	22	◆ Holy Apostle Timothy of the Seventy(†72). Holy hieromartyr Anastasios the Persian. St Joseph the sanctified. Martyrs Manuel, George, Peter and the 383 others in Bulgaria.
Thu	23	Holy hieromartyr Clement, Bishop of Ankyra. Martyr Agathangelos. St. Dionysios of Olympus.
<i>Fri</i>	24	Our holy Mother Xenia the Roman. St. Xenia the fool for Christ in St. Petersburg. St. Neophytos the Recluse of Cyprus. Paphserios, Theodoton, Paul monk-martyrs
Sat	25	Our Father among the Saints Gregory the Theologian, Archbishop of Constantinople (†388)[rest from labor]. New-martyr Auxentios(†1720). St. Pulpios the Ascetic(†380)
Sun	26	Our holy Father Xenophon and family. Translation of holy relics of St. Theodore the Studite.
Mon	27	Translation of relics of our Father among the Saints John Chrysostom[rest from labor] Claudinos the monk. New-martyr Demetrios of Constantinople(†1785).
Tue	28	Our holy Fathers Ephraim(†373) & Isaac, the Syrians. Martyr Grace. St. Palladios(†431).
<i>Wed</i>	29	Translation of relics of holy hieromartyr Ignatios the God-bearer. New-martyr Demetrios of Chios(†1802). St. Vevaia. St. Philotheos of the Seven martyrs
Thu	30	Our Fathers among the saints and ecumenical teachers: Basil the Great, Gregory the Theologian, and John Chrysostom [rest from labor]. Finding of the Icon of the Theotokos Evangelistria in Tinos (†1823). New-martyr Hatz-Theodore of Mytilene.
<i>Fri</i>	31	Holy and wonder-working unmercenary healers Cyrus and John. New-martyr Elias(†1686)

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