

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

MARCH 2025



Saints Constantine and Helen Greek Orthodox Church
Very Rev. Father John Beal
Sunday Services 8:45 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
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2 Forgiveness Sunday Matt 6:14-21 Cheesefare Potluck Forgiveness Vespers 12:45 PM	3 Clean Monday Holy & Great 40-Day Fast (Lent) begins	4	5 9 th Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	6	7 1 st Salutations to the Theotokos 7:00 PM	8 Daylight Savings Time 9 March
9 1 st Sunday of Great Lent Triumph of Orthodoxy John 1:43-51	10	11	12 9 th Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	13	14 2 nd Salutations to the Theotokos 7:00 PM	15
16 2 nd Sunday of Great Lent St. Gregory Palamas Mark 2:1-12 Parish Council	17	18	19 9 th Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	20	21 3 rd Salutations to the Theotokos 7:00 PM	22
23 3 rd Sunday of Great Lent Veneration of the Precious Cross Mark 8:34-9:1	24	25 Annunciation to the Theotokos Matins 8AM Liturgy 9AM	26	27	28 Pre-Sanctified Liturgy 5:30 PM 4 th Salutations to the Theotokos 7:00 PM	29
30 4 th Sunday of Great Lent St. John of the Ladder Mark 9:17-31	31					

CHURCH CALENDAR FOR MARCH 2025¹

Fasting rules see footnote for guide

- Sat 1** 🐟 **Our holy Ascetic Fathers and Mothers (Saturday of Souls)**
Holy Martyr Eudokia the Samaritan (†107), Markellos, Antonina. Archbishop David
- Sun 2** 🐟 **Sunday of Forgiveness - Exile of Adam and Eve from Paradise (Cheesefare).**
Holy Martyr Hesychius (†303) Hieromartyr Theodotos of Cyprus. Virgin-martyr Euthalia
- Great 40-Day Fast (Lent) begins**
- Mon 3** **Clean Monday.** St. Piamun of Egypt. Holy Martyrs Eutropios, Cleonicus, Basiliscus.
Hieromartyr Theodoretus
- Tue 4** Our holy father Gerasimos of Jordan (†470), Martyrs Paul and Juliana. St. Gregory of Assos
- Wed 5** Martyr Konon, St. Mark the Ascetic, New-martyr John Bulgarian †1784
- Thu 6** Holy 42 Martyrs of Amorion. Finding of Cross by St. Helen St. Hesychios the Miracle-Worker
- Fri 7** Holy Hieromartyr Bishops of Cherson: Basil, Ephraim, Eugene, Kapiton,
Aetherios, Agathodoros, Elpidios and Laurentios. St. Paul the simple (exorcist)
- Sat 8** ♠ **Miracle of the Kollyva by St. Theodore of Tyre (Saturday of Souls)**
Our holy father Theophylactos the Confessor, Abp. of Nicomedia. Apostle Hermas of 70
- Sun 9** ♠ **1st Sunday of the Fast – Triumph of Orthodoxy over heresy – Restoration of the Holy Icons
Holy Forty Martyrs at Lake Sebasteia (frozen to death) [rest from labor]**
- Mon 10** St. Anastasia the Patrician. Holy Martyr Kodratos of Corinth and his companions
New-martyr Michael of Thessalonike (†1544)
- Tue 11** Saint Sophronios Abp of Jerusalem. Queen Theodora. St. George of Sinai
- Wed 12** St. Symeon the New Theologian (†1022) Our holy father Theophanes the Confessor of Mt. Sigrian
Gregory the Great, Pope of Rome.
- Thu 13** Translation of relics of father among the Saints Nikiphoros Patriarch of Constantinople
Martyrs Alexander of Macedonia, Christina of Persia. Hieromartyr Puplios of Athens (†175)
- Fri 14** Our holy father Benedict of Nursia. St. Euschemon the Confessor, Bishop of Lampsacos
- Sat 15** ♠ Apostle Aristobulus of the 70 (Bishop of Cornwall, Britain)
Holy Martyr Agapios and the seven with him. Nicander of Egypt
- Sun 16** ♠ **2nd Sunday - St. Gregory Palamas.** Holy Martyrs Sabinos, Julianos and Romanos
Our holy father Christodoulos of Patmos
- Mon 17** Our holy Father Alexios Man of God (†440). Theosterikios the Confessor
Our Father among the Saints Patrick, Enlightener of Ireland
- Tue 18** Our Father Cyril, Archbishop of Jerusalem
- Wed 19** Chrysanthos, his wife Daria, and Jason. Martyr Pancharios (†303) New-martyr Demetrios (†1564)
- Thu 20** New-martyr Myron of Crete †1795. Holy Fathers of St. Savvas Monastery, martyred by the Muslims
- Fri 21** Hieromartyr James, the Confessor. St. Thomas, Patriarch of CP. Martyr Philemon
- Sat 22** ♠ Hieromartyr Basil of Ancyra. Matryrs Kalliniki & Vassilisa. New-martyr Euthemios
- Sun 23** ♠ **3rd Sunday – Veneration of the Precious and Life-giving Cross**
Righteous Martyr Nikon and his 199 disciples. Righteous New-martyr Luke (†1802)
- Mon 24** New Hieromartyr Parthenios (†1657). Presbyter Artemon. Theonas Abp. of Thessaloniki
- Tue 25** 🐟 **Annunciation of our Most Holy Lady Theotokos and Ever-Virgin Mary [rest from labor]**
- Wed 26** ♠ **Synaxis (gathering in honor) of the Archangel Gabriel**
- Thu 27** Holy Martyr Matriona of Thessalonica (†307). Great Martyrs Philetos and Lydia
- Fri 28** Apostle St. Herodion of the Seventy. Hilarion the New, Confessor. Steven the Wonderworker
- Sat 29** ♠ Hieromartyr Mark, Bishop of Arethusa(†389); his Deacon Cyril and those with them
Righteous Martyrs Ionas and Barachisios (†330). Eustathios of the Confessor
- Sun 30** ♠ **4th Sunday - St. John of the Ladder of Divine Ascent.** Martyr Eubola, mother of St. Panteleimon
New Heiromartyr Zacharias. Sosthenes, Apollos, Cephas, Caesar & Epaphroditos of the 70
- Mon 31** St. Hypatios, Bp. of Gangra the Wonder- worker. Innocent Enlightener of Siberia and Alaska
Martyr Theophilos and those with him. St. Akakios the Confessor, Bishop of Melitene, Armenia

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