

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

MARCH 2026



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
1 1 st Sunday of Great Lent Triumph of Orthodoxy John 1:43-51	2	3	4 9 th Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	5	6 Faith Studies w/vespers 5:30PM 2 nd Salutation to the Theotokos 7:00 PM	7 Daylight Savings Time 8 March
8 2 nd Sunday of Great Lent St. Gregory Palamas Mark 2:1-12	9	10	11 9 th Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	12	13 Faith Studies w/vespers 5:30PM 3 rd Salutation to the Theotokos 7:00 PM	14
15 3 rd Sunday of Great Lent Veneration of the Precious Cross Mark 8:34-9:1 Parish Council	16	17	18 9 th Hour 5:20 PM Pre-Sanctified Liturgy 6:00 PM	19	20 Faith Studies w/vespers 5:30PM 4 th Salutation to the Theotokos 7:00 PM	21
22 4 th Sunday of Great Lent St. John of the Ladder Mark 9:17-31	23	24	25 Holy Annunciation Matins 8AM Liturgy 9AM Annunciation Leave-taking Great Vesper 6:00 PM	26 Great Canon of St Andrew of Crete	27 Faith Studies w/vespers 5:30PM Akathist Hymn to the Theotokos 7:00 PM	28
29 5 th Sunday of Great Lent St. Mary of Egypt Mark 10:32-45	30	31				

CHURCH CALENDAR FOR MARCH 2026¹

Fasting rules during Great Fast, see footnote for guide

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