

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

MAY 2026



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 The Paralytic John 5:1-15	4	5	6 MID- PENTECOST	7	8	9
10 The Samaritan Woman John 4:5-42 Mother's Day	11	12	13	14	15	16
17 The Blind Man John 9:1-38 Parish Council	18	19	20 Apodosis of Holy Pascha 6:30PM HOLY ASCENSION Constantine & Helen Vespers 7PM	21 HOLY ASCENSION Constantine & Helen Matins Divine Liturgy 9/10 AM	22	23
24 Fathers of the 1 st Ecumenical Council John 17:1-13 Festal Luncheon	25	26	27	28	29	30 Saturday of Souls John 21:14-25 Matins/Liturgy 8AM/9AM Memorials
31 HOLY PENTECOST John 7:37-52, 8:12 Kneeling Prayers						

CHURCH CALENDAR FOR MAY 2026¹

Fasting rules change throughout the month due to Paschal season (see footnote for guide)

- Fri* 1 ♠ Holy Prophet Jeremiah. Synaxis of New-martyrs Euthemios, Ignatius, Akakios of Holy Mountain
Our Father among the Saints Panaretos, Abp. of Pafos in Cyprus
- Sat 2 Translation of relics St. Athanasios the Great, Patriarch Alexandria
- Sun 3 **The Paralytic.** Martyrs Timothy & Maura. St. Ahmet the Calligrapher †1682. St. Xenia of Kalamata
St. Peter Archbishop of Argonauplion
- Mon 4 Virgin-martyr Pelagia of Taurusus
St. Nikephoros the Hesychast †1300. St. Hillary the Wonder-worker
- Tue 5 Holy and glorious Great Virgin-martyr Irene †384. St. Euthymios, Wonder-worker of Madytus
- Wed* 6 ⬅ **Mid-Pentecost.** Holy Prophet and Patriarch Job, the much suffering. Father Seraphim of Mt. Dombos
- Thu 7 Appearance of the Cross in the sky on Pentecost, (Jerusalem, †356)
Removal of the relics of St. Athanasius the Great
- Fri* 8 ♠ St. Arsenios the Great. Miracle of Theotokos of Cassiopa
- Sat 9 Holy Prophet Esaias (Isaiah). Holy Martyr Christopher of Lycea †255
- Sun 10 **The Samaritan Woman.** Righteous Laurentios of Egypt
Isidora of Egypt. Holy Apostle Simon the Zealot (Christ's first miracle at his wedding in Cana)
- Mon 11 New-martyr Argyrios †1806. Hieromartyr Mocius
- Tue 12 St. Germanos, Patriarch of Constantinople. St. Epiphanius, Bp of Cyprus
New-martyr John of Wallachia. Martyr Pancratius of Rome †304
- Wed* 13 ♠ Virgin-martyr Glykeria †141. Sergios the Confessor. Martyr Alexander
- Thu 14 Great-martyr Isidore of Chios †251. Hieromartyr Therapon. St. Leontios of Jerusalem
- Fri* 15 ♠ **Our holy Father Pachomios the Great (founder of monasticism †346)**
St. Achillios the Wonder-worker, Archbishop of Larissa
- Sat 16 Our holy Father Theodore the Sanctified, disciple of St. Pachomios
- Sun 17 **The Blind Man.** New-martyr Peter the Aleut. Holy Apostles Andronikos and Junia of the Sevent
St. Athanasios, Bishop of Christianopolis
- Mon 18 Julian the martyr. Stephen I, Patriarch of Constantinople
Sts Peter of Lampsakos, Dionysios, Christina, Andrew, Paul, Benedimus, Paulinos Heraklios.
- Tue 19 Hieromartyr Patrick, Bishop of Prussa, and his priests: Akakios, Menander, and Polyenos
- Wed* 20 ⬅ **Apodosis (leave-taking) of Holy Pascha.** Martyrs Thallelaios and Asterios †284. Niketas, John,
Joseph the Righteous of Chios
- Thu 21 **HOLY ASCENSION OF OUR LORD JESUS CHRIST.**
Great Emperors and Equals-to-the-Apostles Constantine and Helen
- Fri* 22 ♠ Martyr Basiliskus. New-martyrs Demetrios & Paul. Righteous Melchisedek, King of Salem
- Sat 23 Our holy Father Michael the Confessor, Bishop of Synnada. St. Euphrosene Princess/Abbess
- Sun 24 **Fathers of the 1st Ecumenical Council. St. Symeon the Stylite of Wondrous Mountain.**
St. Vincent of Lerins. Meletios the Commander and his companions.
- Mon 25 **3rd finding of the Head of Holy Prophet, Forerunner and Baptist John**
- Tue 26 Holy Apostles Karpos & Alphaeus of the 70. Great-martyrs Abercius & Helen
- Wed* 27 ♠ St. John the Russian, New Confessor †1730. Holy Hieromartyr Helladios
- Thu 28 Holy Hieromartyr Eutychios Bishop of Melitene
St. Andrew the Fool for Christ
- Fri* 29 ♠ **Apodosis (leave-taking) of Holy Ascension.** Virgin-martyr Theodosia of Tyre
St. Andrew, Newmartyr of Chios
- Sat 30 **Saturday of the Souls.** Our holy Fr. Issakios the Confessor †140. Martyrs Natalaios and Barlaam
- All foods permitted the Week of Pentecost from May 31st – June 7th**
- Sun 31 **HOLY PENTECOST– Descent of the Holy Spirit & Ordination of the Apostles**
Hermias of Cappadocia, Eusebios. Apostle Hermes of the Seventy

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