

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

# JUNE 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 30<sup>th</sup> St. W, Lancaster, California 93536  
[orthodoxlancaster.org](http://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
	<b>1</b> <b>Monday of the Holy Spirit</b>  <b>Week of Pentecost</b> <b>Fast Free</b> <b>1-7 June</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>  <b>Sunday of All Saints</b> Matthew 10:32-33; 37-38; 19:27-30	<b>8</b>  <b>Holy Apostles Fast</b> <b>8-28 June</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>  <b>2<sup>nd</sup> Sunday of Matthew</b> Matt 4:18-23  <b>Parish Assembly</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>  <b>Feed the Hungry</b>  8:30-10:30am
<b>21</b>  <b>3<sup>rd</sup> Sunday of Matthew</b> Matt 6:22-33  <b>Father's Day</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>  <b>4<sup>th</sup> Sunday of Matthew</b>  Matt 8:5-13	<b>29</b>  <b>Holy Apostles Peter &amp; Paul</b> Matt. 16:13-19  <b>Matins/Liturgy</b> <b>8AM/9AM</b>	<b>30</b>				

# CHURCH CALENDAR FOR JUNE 2026<sup>1</sup>

**Fasting rules change throughout the month due to Apostle's Fast (see footnote for guide)**

## All foods permitted the Week of Pentecost from June 1<sup>st</sup> – 7<sup>th</sup>

- Mon 1 **MONDAY OF THE HOLY SPIRIT.** Martyr Justin the Philosopher. Hieromartyr Pyrrus
- Tue 2 Erasmios of Ochrid & his companions St. Nikephoros the Confessor, Patriarch of CP †843
- Wed 3 Martyrs Lucillianus, Claudius, Hypatios, Dionysios, Paul and Paula
- Thu 4 Sts. Martha and Mary, sisters of St. Lazarus. St. Metrophanes Abp. of Constantinople †326
- Fri 5 Hieromartyr Dorotheus of Tyre †363. Great-martyrs Nicander, Gorgus & Apollon
- Sat 6 **Apodosis of Holy Pentecost.** Righteous Hilarion the New, of Dalmatus in Constantinople. Attalos the Wonderworker. Bessarion the Wonderworker of Egypt
- Sun 7 **Sunday of All Saints.** Hieromartyr Theodotos, Bishop of Ankyra. Martyr Zenais. Martyrs Tarasios & John. Righteous Hilarion of Cappadocia (against the iconoclasts). Martyr Potamiane of Alexandria

## Holy Apostles Fast from June 8<sup>th</sup> – 28<sup>th</sup>

- Mon 8 ➡ **Removal of relics of Great-martyr Theodore the Commander**  
Melania the Righteous. Martyr Calliope. New-martyr Theophanes †1559. NM Anastasios
- Tue 9 ➡ Three Virgin Martyrs of Chios. St. Cyril, Patriarch of Alexandria (against Nestorius †444)
- Wed 10 Great-martyr Alexander, Antonina. Timothy Bishop of Prussa  
Righteous Theophanes and Pansemne. Gregory Bp of Assos
- Thu 11 ➡ **Holy Apostles Bartholomew of the 12, and Barnabas of the 70.**  
**Synaxis of miraculous icon of the Theotokos "Axion Esti"**
- Fri 12 St. Onuphrios the Great of Egypt. St. Peter (founder of Mt. Athos monastic community)
- Sat 13 ➡ Virgin-martyr Akylina of Syria †298. St. Triphyllius, Bishop of Lefkosia, Cyprus.
- Sun 14 ➡ Holy Prophet Elisha. St. Methodios the Confessor, Patriarch of CP. St. Niphon of Mt. Athos
- Mon 15 ➡ Prophet Amos. Righteous Jerome. Achikos, Stephanas and Fortunatos of the 70 Apostles
- Tue 16 ➡ St. Tychon the Wonderworker. 40 Martyrs of Rome. Mark the Just of Apollonia
- Wed 17 Martyrs Manuel, Samel and Ishmael et al in Persia †362
- Thu 18 ➡ Martyr Leontios of Argos. Martyrs Leontius, Hypatios, Theodoulos of Syria †72
- Fri 19 Apostle Jude, the Lord's Brother (kinsman). Paisios the Great  
John Maximovitch the Wonderworker, of San Francisco †1966. Martyr Zosima.
- Sat 20 ➡ Hieromartyr Methodios of Olympus. St. Nicholas Cabasilas. Kallistos I, Patriarch of CP
- Sun 21 ➡ Martyr Julianos of Tarsus Egypt. New-martyr Niketas of Nisyros. Terentios of Iconium
- Mon 22 ➡ Hieromartyr Eusebios the Confessor, Bp. of Samosata †380.  
Martyrs Zenon and Zenas. Martyr Alban of Britain. St. Paulinas of Nola
- Tue 23 ➡ Agrippina, Hieromartyr Aristocles, Demetrianos and Athanasios †303
- Wed 24 ➡ **Nativity of the Holy, Glorious Prophet, Forerunner and Baptist John [rest from labor].**  
Synaxis of the Righteous Zachariah and Elizabeth (parents of St. John)
- Thu 25 ➡ Virgin-martyr Fevronia of Palmyra. St. Dionysios (founder of Dionisiou monastery).  
St. Orentios and 6 others with him. St. George the New-Martyr †1823. New martyr Prokopios
- Fri 26 St. David of Thessaloniki †540. Righteous Anthion. Newmartyr David of St Anne's Skete
- Sat 27 ➡ St. Sampson the Glorious Innkeeper (and physician †540). Joanna the Myrrh-bearer
- Sun 28 ➡ Translation of Relics of Holy Unmercenaries Cyrus and John, Wonder-workers of Egypt
- Mon 29 **Holy Apostles Peter and Paul [rest from labor]**
- Tue 30 **Synaxis of the 12 Holy, Glorious and All-famed Apostles [rest from labor].**  
New-martyr Michael of Athens. St. Sophronius of Irkutsk.

<sup>1</sup>**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