

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

JULY 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	4 Independence Day
5 5 th Sunday of Matthew Matt 8:28-9:1	6	7	8	9	10	11
12 6 th Sunday of Matthew Matt 9:1-8	13	14	15	16	17	18
19 Holy Fathers of the 4 th Ecumenical Council Matt 5:14-19 Parish Council	20	21	22	23	24	25
26 8 th Sunday of Matthew Matt 14:14-22	27	28	29	30	31	

CHURCH CALENDAR FOR JULY 2026¹

Normal fasting rules this month: see footnote for fasting guide

<i>Wed</i>	1	◆	Saints Kosmas and Damianos of Rome, the Unmercenary Healers
<i>Thu</i>	2		Deposition of the Precious Robe of our Most Holy Theotokos at Vlacherne CP
<i>Fri</i>	3		Martyrs Hyacinthos, St. Anatolios, Patriarch of Constantinople
<i>Sat</i>	4		St. Andrew the Hymnographer, Bishop of Crete. Royal Martyrs of Russia (Tsar Nicolas II and his family †1918). Martyr Kyprilla. St. Martha, mother of St. Symeon
<i>Sun</i>	5		St. Athanasios, Founder of Great Lavra Monastery on Holy Mt. Athos. St. Lampados the Wonder-worker. New-martyrs Grand-duchess Elizabeth and Barbara (nun and friend)
<i>Mon</i>	6		Sisoës the Great. Virginmartyr Loukia
<i>Tue</i>	7		Great-martyr Kyriaki the Virgin. St. Thomas of Maleo
<i>Wed</i>	8	◆	Great-martyr Procopius. St. Procopius of Ustiug, the Fool for Christ's sake. Synaxis of the Kazan Icon of the Theotokos. Righteous Theophilus
<i>Thu</i>	9		Hieromartyr Pankratios, Bishop of Tauromena, Sicily. St. Dionysios the Orator and St. Metrophanes of Holy Mt. Athos
<i>Fri</i>	10		Sts. Leontios, Maurice, Daniel, Anthony and the 45 Holy Martyrs of Nicapolis, Armenia St. Anthony of the Kievan Caves. St. Gregory, Bishop of Assos
<i>Sat</i>	11		Great-martyr Euphemia. St. Olga, Princess of Kiev and Equal-to-the-Apostles New-martyrs Nicodemus of Albania †1722, and Nectarios the Athonite
<i>Sun</i>	12		Greatmartyrs Proklus and Hilarion. St. Veronica Equal-to-the-Apostles St. Michael of Maleinus
<i>Mon</i>	13		Synaxis of the Archangel Gabriel. St. Steven the Gatekeeper of the Mar Sava Monastery
<i>Tue</i>	14		Apostle Aquila of the 70. St. Nikodemos the Hagiorite (of Holy Mountain) St. Joseph, Archbishop of Thessalonike
<i>Wed</i>	15		St. Vladimir the Prince, Equal-to-the-Apostles. Martyrs Kerykos and Julietta. St. Matrona
<i>Thu</i>	16		St. Hieromartyr Athenogenes, Bishop of Pidahthoe and his 10 disciples. Martyr Phaustus
<i>Fri</i>	17	◆	Great Virgin-martyr Marina (Margaret)
<i>Sat</i>	18		Martyrs Emilian, Paul, Thea & Wallentini. St. Pambo the Egyptian, Hermit and Confessor
<i>Sun</i>	19		Righteous Macrina, sister of St. Basil the Great Recovery of Relics of St. Seraphim of Sarov
<i>Mon</i>	20		Holy Prophet Elias (Elijah) the Thesbite. [rest from labor]
<i>Tue</i>	21		St. Simeon, Fool for Christ's Sake, and St. John, his fellow Ascetic. St. Parthenios
<i>Wed</i>	22	◆	St. Mary Magdalene, Myrrh-Bearer and Equal-to-the-Apostles St. Markella Virgin-martyr of Chios
<i>Thu</i>	23		Holy Prophet Ezekiel. Hieromartyr Phocas Miraculous Icons of the Mother of God: of Pochaev; and of the "Joy of All Who Sorrow"
<i>Fri</i>	24		Great Virgin-martyr Christina. Prince-martyrs Boris and Gleb, the passion bearers
<i>Sat</i>	25	◆	Dormition of Righteous Anna the Mother of the Theotokos
<i>Sun</i>	26		St. Eupraxia of Alexandria. St. Olympias the Deaconess. St. Macarios of Zheltovod Righteous Martyr Paraskevi. Hieromartyrs Hermolaos, Hermippus and Hermocrates St. Moses the Hungarian. St. Gerontius of St. Anne's Skete
<i>Mon</i>	27		Great Martyr and Healer, St. Panteleimon [rest from labor]
<i>Tue</i>	28		Holy Apostles and Deacons Prokoros, Nicanor, Timon & Parmenas of the 70 St. Irene, Abbess of Holy Monastery Chrysovalantou
<i>Wed</i>	29		Holy Martyr Kalliniko; Virgin-Martyr Theodota
<i>Thu</i>	30		Apostles Silas, Sylvanus, Creskes, Epenetos & Andronikos of 70. St. Angelina, of Serbia
<i>Fri</i>	31		Forefeast of the procession of the precious and life-giving Cross. St. Joseph of Arimathea. Translation of the relics of St. Philip the Apostle. St. Germanus of Auxerre in Gaul. St. Eudokimos

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