

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

# SEPTEMBER 2023



**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
					1 The Indiction Church New Year	2
3 13 <sup>th</sup> Sunday of Matthew Matt 16:1-8 Parish Council	4	5	6	7 Nativity of the Theotokos Vespers & Liturgy 6 PM	8 Nativity of the Theotokos	9
10 Sunday before Precious Cross John 3:13-17	11	12	13 Elevation of the Precious Cross Vespers & Liturgy 6 PM	14 Elevation of the Precious Cross Fast day	15	16
17 Sunday after Precious Cross Mark 8:34-38; 9:1	18	19	20	21	22	23 Feed the Hungry 8:30-10:30
24 1 <sup>st</sup> Sunday of Luke Luke 5:1-11	25	26 St John the Theologian*  *Fr John's name day	27	28	29	30

## CHURCH CALENDAR FOR SEPTEMBER 2023<sup>1</sup>

**Fast Wednesdays and Fridays this month. Fast day on the 14<sup>th</sup> See fasting guideline below.**

- Fri* 1 ♠ **Beginning of the Indiction (Ecclesiastical New Year) rest from labor**  
St. Symeon the Stylite (†459) and St. Martha, his mother. Righteous Jesus of Nun (Joshua).
- Sat 2 Martyr Mammias. St. John the Faster(†595), Patriarch of Constantinople.
- Sun 3 Hieromartyr Anthimos(†307), Bishop of Nicomedia. St. Phoebe, Deaconess of Cenchrea.  
New Martyr Polydoros. Righteous Father Theoctistos, fellow ascetic of St. Euthimios.
- Mon 4 Holy Prophet Moses, the Lawgiver and Seer of God, and Aaron. Hieromartyr Babylas (†289),  
Bishop of Antioch. Icon of our Lady of the Burning Bush. Martyr St. Hermione (†105)
- Tue 5 Holy Prophet Zacharias, father of St. John the Forerunner and Baptist.  
St. Athanasios, Abbot of Brest, martyred by the Latins. Martyr Medimnos.
- Wed* 6 ♠ **Miracle of Archangel Michael at Colossae.** Martyrs Romylos, Eudoxios, Zenon & Makarios
- Thu 7 Forefeast of the Birth of the Most Holy Theotokos. St. Kassiane the Hymnographer.  
Martyr Sozon (†295) the Shepard. Igumen Luke. St. John, Archbishop of Novgorod.
- Fri* 8 ➡ **THE NATIVITY OF THE MOST HOLY THEOTOKOS [rest from labor]**  
St. Sophronios of Aghtalia.
- Sat 9 **Synaxis of Holy and Righteous Ancestors of God: Joachim and Anna**  
Martyr Severian. St. Joseph the Wonder-worker of Volotsk.
- Sun 10 Great-martyrs Mendora, Metrodora, and Nymphodora. Empress Pulcheria of CP (†453).
- Mon 11 St. Theodora (tonsured as monk Theodore) of Alexandria. St. Euphrosynos the Cook
- Tue 12 Apodosis of the Birth of Theotokos. Hieromartyrs Autonomos Kournotos, Bishops of Iconium
- Wed* 13 ♠ **Consecration of Church of the Holy Resurrection in Jerusalem.** St. Hirotheos of Iveron  
**Forefeast of Elevation of the Holy Cross.** Hieromartyr Cornelius the Centurion(†82).
- Thu* 14 **UNIVERSAL ELEVATION OF THE PRECIOUS AND LIFE-GIVING CROSS**  
**Fast day [rest from labor].** Repose of St. John Chrysostom. New-martyr Macarios (†1527)
- Fri* 15 Great-martyr Niketas the Goth(†372). St. Philotheos the Presbyter.  
Sts. Bessarion I & II Metropolitans of Larissa. St. Gerasimos of Leontanion
- Sat 16 Great-martyr Euphemia(†305). Martyr Melitina. St. Ninian the Enlightener of Scotland
- Sun 17 Martyr Sophia and 3 daughters Pistis (Faith), Elpida (Hope) & Agape (Love).  
St. Euxiphios of Cyprus
- Mon 18 St. Eumenios the Wonder-worker, Bishop of Gortynia, Crete. St. Ariadne the Martyr
- Tue 19 Great-martyrs Trophimos, Sabbatios & Dorymedon(†289).  
St. Theodore, Prince of Smolensk and his 2 sons David and Constantine.
- Wed* 20 ♠ **Great-martyrs Eustathios, Theopiste, Agapios & Theopistos (†126).** St. John of Crete.  
Martyrs Michael & Theodore. New-martyr Hilarion (†1527)
- Thu 21 Apodosis of Elevation of the Holy Cross. Bishop-martyr Kondratos of Athens. Prophet Jonah
- Fri* 22 Hieromartyr Phokas, Bishop of Sinope. Phokas the Gardener
- Sat 23 Conception of Holy Prophet, Forerunner, and Baptist John. Sts. Xanthippe & Polyxene.
- Sun 24 St. Thekla, First Woman Martyr and Equal-to-the-Apostles. Righteous Corprios.  
Synaxis of Myrtle Tree Icon of the Theotokos. St. Nicander of Pskov.
- Mon 25 Righteous Mother Euphrosyne of Alexandria. Paphnoutios of Egypt.  
St. Sergius the Wonder-worker, Abbot of Radonezh(†1392). St. Euphrosyne of Suzdal.
- Tue 26 **Translation of the holy, glorious and all-praised Apostle and Evangelist, John the Theologian [rest from labor].** Martyrs Thekla, Martha, Mary, Ennatha, Marianne (†355)
- Wed* 27 Martyr Kallistratos & 49 martyrs with him. Apostles Mark, Aristarchos of the 70.  
New-martyr Akylina (†1764). St. Sabbatios of Solovetsk. Synaxis of Optina Fathers.
- Thu 28 Holy Prophet Baruch. Righteous father Chariton the Confessor. St. Herodion of Lake Ilo.  
St. Auxentios of Cyprus.
- Fri* 29 St. Kyriakos the Anchorite(recluse †557). Martyr Petronia.
- Sat 30 Hieromartyr Gregory the Illuminator(†332), Bishop and Evangelist of Armenia

<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