

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

MAY 2023



Saints Constantine and Helen Greek Orthodox Church

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	5	6
7 The Paralytic John 5:1-15	8	9	10 Mid- Pentecost	11	12	13
14 The Samaritan Woman John 4:5-42 Mother's Day	15	16	17	18	19	20 Saints Constantine & Helen Great Vespers 7:00 PM
21 The Blind Man John 9:1-38 Constantine & Helen Feast Day Luncheon	22	23	24 Apodosis of Holy Pascha - Ascension 9th/Vespers 6:30/7 PM	25 Holy Ascension Matin/Liturgy 8/9 AM	26	27 Feed the Hungry 8:30-10:30AM
28 Fathers of the 1 st Ecumenical Council John 17:1-13 Parish Council	29	30	31			

CHURCH CALENDAR FOR MAY 2023¹

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

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