


| Let them praise the Name of the LORD! For His Name alone is exalted! | | <h1>APRIL 2019</h1> | | | | |
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|  | | Saints Constantine and Helen Greek Orthodox Church Rev. Father John Beal Sunday Services 8:45 AM Matins – 10:00 AM Divine Liturgy 43404 30 th St. W, Lancaster, California 93536 Website: www.stsch.org – Church Phone: 661-945-1212 For confirmation on any event, please phone or text Sylva Robinson at 661-794-8307 | | | | |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 Psalm Reading Group 10:30AM | 3 9 th Hour 5:20 PM Pre- Sanctified Liturgy 6:00 PM | 4 | 5 4th Salutations to the Theotokos 7:00 PM | 6 Feed the Hungry St. Vincent DePaul 8:30-10:00 AM |
| 7 4 th Sunday St. John of the Ladder Mark 9:17-31 | 8 | 9 Psalm Reading Group 10:30AM | 10 9 th Hour 5:20 PM Pre- Sanctified Liturgy 6:00 PM | 11 Great Canon St. Andrew of Crete 8:00 AM | 12 Akathist Hymn to the Theotokos 7:00 PM | 13 |
| 14 5 th Sunday St. Mary of Egypt Mark 10:32-45 Parish Council | 15 | 16 Psalm Reading Group 10:30AM | 17 9 th Hour 5:20 PM Pre- Sanctified Liturgy 6:00 PM | 18 | 19 Pre- Sanctified Liturgy 6:00 PM | 20 Lazarus Saturday Matins Divine Liturgy 9:00/10:00 AM |
| 21 PALM SUNDAY John 12:1-18 Fish Luncheon Holy Week Begins Bride Groom Matins 7:00 PM | 22 HOLY MONDAY Bride Groom Matins 7:00 PM | 23 HOLY TUESDAY Bride Groom Matins 7:00 PM | 24 HOLY WEDNESDAY Blessing of the Oil (Unction) 7:00 PM | 25 HOLY THURSDAY Vesperal Liturgy 9:00 AM Crucifixion 12 Passion Gospels 7:00 PM | 26 HOLY FRIDAY Decorate 8:30 AM Taking Down from Cross Vespers 5:00 PM Lamentation Matins 7:00 PM | 27 HOLY SATURDAY Vesperal Liturgy 9:00 AM HOLY PASCHA Resurrection Matins/Liturgy 11:30 PM Anastasis Meal in the hall, after! |
| 28 HOLY AND GREAT PASCHA John 1:1-17 Agape Vespers 12 noon Agape Meal 12:45 PM | 29 Renewal Monday Fast Free Week | 30 Renewal Tuesday | | | | |

CHURCH CALENDAR FOR APRIL 2019¹

Fasting rules change throughout the month due to Great Lent (see footnote for guide)

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| <i>Mon</i> 1 | Our Holy Mother Mary of Egypt. Martyr Gerontios, Canonarch of the Kievan Caves |
| <i>Tue</i> 2 | St. Titus the Wonder-worker (†303). Virgin-martyr Theodora; St. Gregory of Nikomedia |
| <i>Wed</i> 3 | St. Niketas the Confessor. St. Joseph the Hymnographer, New-martyr Paul the Russian |
| <i>Thu</i> 4 | St. George of Mt. Maleon; St. Zosimos who found St. Mary of Egypt |
| <i>Fri</i> 5 | 4th Salutations to the Theotokos. Martyrs Claudius, Diodorus et al; Righteous Theodora; New-martyr George of Ephesus |
| <i>Sat</i> 6 ♦ | St. Eutychios, Patriarch of Constantinople (†582); St. Gregory of Sinai. 120 Martyrs of Persia. |
| <i>Sun</i> 7 ♦ | 4th Sunday – St. John, Author of the Ladder of Divine Ascent Holy Martyr Calliopius; St. George, Bishop of Mytilene; Deacon-Martyr Rufinus |
| <i>Mon</i> 8 | Sts. Agabos, Herodion, Rufus, Asyncritos, Phlegon, Hermes of the 70 |
| <i>Tue</i> 9 | Martyr Eupsychios of Caesarea (†360) |
| <i>Wed</i> 10 | St. Gregory 5 th , Patriarch of CP (†1821). Martyrs Terence, Pompey and those with them |
| <i>Thu</i> 11 | Great Canon of St. Andrew of Crete. Hieromartyr Antipas, Bishop of Pergamum |
| <i>Fri</i> 12 | Akathist Hymn to the Theotokos. St. Basil the Confessor; Anthusa of Constantinople |
| <i>Sat</i> 13 ♦ | St. Martin the Confessor, Pope of Rome (†656). New-martyr Demetrios |
| <i>Sun</i> 14 ♦ | 5th Sunday – St. Mary of Egypt. Holy Apostles Aristarchus, Pudens, Trophimus of 70 |
| <i>Mon</i> 15 | St. Crescens Martyr of Myra. Hieromartyr Leonidas of Athens |
| <i>Tue</i> 16 | Virgin-martyrs Agape, Irene & Chionia. New-martyr Michael |
| <i>Wed</i> 17 | Martyr Simeon, Bishop of Persia. St. Macarios, Bishop of Corinth St. Agapetos, Pope of Rome (†536) |
| <i>Thu</i> 18 | Martyr John of Ioanina (†1562). St. John of Decapolis. St. Athanasia the Wonder-worker St. Akakios, Bishop of Melitene |
| <i>Fri</i> 19 | Martyr Theodore of Pergia. Hieromartyr Paphnutios of Egypt |
| <i>Sat</i> 20 ♦ | Saturday of Lazarus. St. Athanasios, of Meteora. Apostle Zacchaeus, the Publican. St. Theodore (Hair Shirt) |
| <i>Sun</i> 21 ← | PALM SUNDAY - Triumphal Entry of our Lord and Savior Jesus Christ into Jerusalem St. Anastasios of Sinai. Hieromartyr Januarius and companions. Martyr-Empress Alexandra |

HOLY AND GREAT WEEK

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| <i>Mon</i> 22 | Holy and Great Monday – Joseph the all-virtuous. Parable of the Fig Tree Theodore of Sykeon, Bishop of Anastasioupolis. Holy Apostle Nathaniel |
| <i>Tue</i> 23 | Holy and Great Tuesday – Parable of Ten Virgins Holy Great Martyr George the Trophy Bearer [moved to Bright Monday] |
| <i>Wed</i> 24 | Holy and Great Wednesday – Betrayal of Christ – Blessing of the Oil [Unction] Elizabeth the Wonder-worker. New-martyr Doukas, from Mytilene (†1564) Holy martyr Savvas, the Commander |
| <i>Thu</i> 25 | Holy and Great Thursday – The Mystical Supper Holy Apostle and Evangelist Mark [moved to Bright Tuesday]. Martyr Nike |
| <i>Fri</i> 26 | Holy and Great Friday – The Crucifixion, Descent from the Cross Hieromartyr Basil, Bishop of Amasia. Righteous Nestor. St. Stephen 1st Bishop of Perm |
| <i>Sat</i> 27 | Holy and Great Saturday [strict fast] – Burial of the Lord, the harrowing of Hades Hieromartyr Apostle Simeon, Kinsman of Lord. Eulogios the Innkeeper of Constantinople |
| <i>Sun</i> 28 | HOLY AND GREAT PASCHA - Glorious Resurrection of our Lord and Savior Jesus Christ Nine Holy Martyrs of Kyzikos. Righteous Memnon Wonder-worker |

RENEWAL OF CREATION (BRIGHT) WEEK

all fasting abolished April 29-5 May

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| <i>Mon</i> 29 | Renewal Monday. Apostles Jason and Sosipater. Great Martyr George the Trophy Bearer |
| <i>Tue</i> 30 | Renewal Tuesday. Saints Rafael, Nicholas and Irene of Mytilene Holy Apostle James (the Greater †44), Holy Apostle and Evangelist Mark |

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