

Let them praise the  
Name of the LORD!  
For His Name alone is exalted!

# MARCH 2019



**Saints Constantine and Helen Greek Orthodox Church**  
**Rev. Father John Beal**  
**Sunday Services 8:45 AM Matins – 10:00 AM Divine Liturgy**  
 43404 30<sup>th</sup> St. W, Lancaster, California 93536  
 Website: [www.stsch.org](http://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 Saturday of the Souls Matins/Liturgy 9/10 AM
3 Sunday of the Final Judgment Matt 25:31-46 Parish Assembly Meatfare Luncheon	4 Cheesefare Monday Metropolis Clergy-Laity Assembly March 4-5	5 Psalm Reading Group 10:30AM	6	7	8	9 Daylight Savings Time 10 March Vespers Compline 6:00PM
10 Forgiveness Sunday Matt 6:14-21 Cheesefare Potluck Lunch Forgiveness Vespers 1:00 PM	11 Clean Monday Holy & Great 40-Day Fast (Lent) begins Matins w/Canon 8:00 AM	12 Psalm Reading Group 10:30 AM	13 Pre- Sanctified Liturgy 6:00 PM	14	15 1st Salutations to the Theotokos 7:00 PM	16 Philoptochos Membership Luncheon 11AM-2PM
17 1 <sup>st</sup> Sunday Triumph of Orthodoxy John 1:43-51 Parish Council	18	19 Psalm Reading Group 10:30 AM	20 Pre- Sanctified Liturgy 6:00 PM	21	22 2nd Salutations to the Theotokos 7:00 PM	23
24 2 <sup>nd</sup> Sunday St. Gregory Palamas Mark 2:1-12 Annunciation Great Vespers 3PM	25 Annunciation to the Theotokos Matins/Liturgy 8/9 AM	26 Psalm Reading Group 10:30 AM	27 Pre- Sanctified Liturgy 6:00 PM	28	29 3rd Salutations to the Theotokos 7:00 PM	30
31 3 <sup>rd</sup> Sunday Veneration of the Precious Cross Mark 8:34-9:1						

## CHURCH CALENDAR FOR MARCH 2019<sup>1</sup>

- Fri* 1 Holy Martyr Eudokia the Samaritan (†107), Markellos, Antonina
- Sat* 2 **1<sup>st</sup> Saturday of the Souls.** Holy Martyr Hesychius (†303) Hieromartyr Theodotos of Cyprus. Virgin-martyr Euthalia.
- Sun* 3 **Sunday of the Final Judgment (Meatfare).** Holy Martyrs Eutropios, Cleonicus, Basiliscus. Hieromartyr Theodoretus. St. Piamun of Egypt
- Mon* 4 ☩ Our holy father Gerasimos of Jordan (†470), Martyrs Paul and Juliana. St. Gregory of Assos
- Tue* 5 ☩ Martyr Konon, St. Mark the Ascetic, New-martyr John Bulgarian †1784
- Wed* 6 ☩ Holy 42 Martyrs of Amorion. Finding of Holy Cross. St. Hesychios the Miracle-Worker
- Thu* 7 ☩ Holy Hieromartyr Bishops of Cherson: Basil, Ephraim, Eugene, Kapiton, Aetherios, Agathodoros, Elpidios and Laurentios. St. Paul the simple (exorcist)
- Fri* 8 ☩ Our holy father Theophylactos the Confessor, Abp. of Nicomedia. Apostle Hermas of 70
- Sat* 9 ☩ **2<sup>nd</sup> Saturday of the Souls of our Holy Ascetic Fathers and Mothers.**  
**Holy Forty Martyrs at Lake Sebasteia (frozen to death) [rest from labor]**
- Sun* 10 ☩ **Sunday of Forgiveness - Exile of Adam from Paradise (Cheesefare)** St. Anastasia the Patrician. Holy Martyr Kodratos of Corinth. New-martyr Michael of Thessalonike (†1544)  
**GREAT AND HOLY FORTY DAY FAST (LENT) BEGINS**
- Mon* 11 **Clean Monday.** Saint Sophronios Abp of Jerusalem. Queen Theodora. St. George of Sinai
- Tue* 12 Our holy father Theophanes the Confessor of Mt. Sigrian.  
Gregory the Great, Pope of Rome. St. Symeon the New Theologian (†1022)
- Wed* 13 Translation of relics of father among the Saints Nikiphoros Patriarch of Constantinople  
Martyrs Alexander of Macedonia, Christina of Persia. Hieromartyr Puplios of Athens (†175)
- Thu* 14 Our holy father Benedict of Nursia. St. Eushcemon the Confessor, Bishop of Lampsacos
- Fri* 15 **1<sup>st</sup> Salutations to the Theotokos.** Apostle Aristobulus of the 70 (Bishop of Cornwall, Britain)  
Holy Martyr Agapios and the seven with him. Nicander of Egypt
- Sat* 16 ♦ **3<sup>rd</sup> Saturday of the Souls - Miracle of the Kollyva by St. Theodore of Tyre.**  
Holy Martyrs Sabinos, Julianos and Romanos. Our holy father Christodoulos of Patmos
- Sun* 17 ♦ **1<sup>st</sup> Sunday of the Fast – Triumph of Orthodoxy over heresy – Restoration of the Holy Icons**  
Our holy Father Alexios Man of God (†440). Theosterikios the Confessor  
Our Father among the Saints Patrick, Enlightener of Ireland
- Mon* 18 Our Father among the Saints Cyril, Archbishop of Jerusalem
- Tue* 19 Martyrs Chrysanthos, his wife Daria, and Jason.  
New-martyr Demetrios Tornaras (†1564). Martyr Pancharios (†303)
- Wed* 20 Holy Fathers of St. Savvas Monastery, martyred by the Muslims  
St. Martin, Bishop of Braga (580). New-martyr Myron of Crete †1795
- Thu* 21 Hieromartyr James, the Confessor. St. Thomas, Patriarch of CP. Martyr Philemon
- Fri* 22 **2<sup>nd</sup> Salutations to the Theotokos.** Hieromartyr Basil, Presbyter of Ancyra
- Sat* 23 ♦ Righteous Martyr Nikon and his 199 disciples. Righteous New-martyr Luke (†1802)
- Sun* 24 ♦ **2<sup>nd</sup> Sunday - St. Gregory Palamas** New Hieromartyr Parthenios (†1657)
- Mon* 25 ← **Annunciation of our Most Holy Lady Theotokos and Ever-Virgin Mary [rest from labor]**
- Tue* 26 ♦ **Synaxis (gathering in honor) of the Archangel Gabriel**
- Wed* 27 Holy Martyr Matrona of Thessalonica (†307). Great Martyrs Philetos and Lydia
- Thu* 28 Apostle St. Herodion of the Seventy. Hilarion the New, Abbot and Confessor
- Fri* 29 **3<sup>rd</sup> Salutations to the Theotokos** Hieromartyr Mark, Bishop of Arethusa(†389);  
Deacon Cyril his, and those with them. Righteous Martyrs Ionas and Barachisios (†330)
- Sat* 30 ♦ St. John of Sinai, author of the “Ladder”. Martyr Eubola, mother of St. Panteleimon  
New Hieromartyr Zacharias, Bishop of Corinth
- Sun* 31 ♦ **3<sup>rd</sup> Sunday – Veneration of the Precious and Life-giving Cross.**  
St. Hypatios, Bishop of Gangra the Wonder- worker.  
St. Akakios the Confessor, Bishop of Melitene, 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