



BYZANTINE-KYÏVAN LITURGICAL CALENDAR AM 7535 / AD 2026/27

GLORY TO JESUS CHRIST! The Society of Saint John Chrysostom liturgical calendar conveniently lists the feasts, fasts and liturgical readings for each day of the year according to the Kyïvan recension of the Byzantine rite, as celebrated by the Ukrainian Greek Catholic Church (UGCC). It is presented according to the Gregorian calendar and Paschalion, as in the Eparchy of the Holy Family of London and many other places in the Ukrainian diaspora.

As with all Christian calendars, the Byzantine calendar follows the movements and rhythms of Creation along two intersecting cycles: lunar and solar. The former revolves around Pascha, the great feast of feasts, while the latter is bookended by the equinox and solstice of the Incarnation: the Annunciation and the Nativity, both of which have served as New Year's Day at various times and places in European history. These cycles are reflected in the two sets of readings for each day of the year: one moveable and one fixed. In some traditions it is customary to chant both sets of readings at the Divine Liturgy each day but, as this is generally done in the UGCC only for feasts ranked *Polyelos* and above, we have reflected this as the option in our listings. Likewise, days with feasts ranked *Vigil* and above are generally listed without the moveable readings of the day, owing to the dignity of the feast, except on Sundays. And, unlike the Roman rite, the Byzantine year begins, not on the first Sunday of Advent, but on 1 September, which was New Year's Day in the Byzantine Empire from 537 to 1453.

The Holy, Catholic and Apostolic Church is at once universal, particular and local, and this is reflected in the variety of feasts in this calendar. Most great feasts of our Lord and the Mother of God are universal and well known to Latin Catholics and Christians of other traditions. Many of the feasts listed derive from the Great Church of Constantinople, from which the Metropolis of Kyïv sprang; others come from the shared tradition of Kyïvan Rus', while some are unique to the UGCC. In transliterating their Greek and Slavic names we have sought to strike a balance between authenticity and legibility while, for biblical personages, the common English forms have been retained. The months are given in English with the *Anno Domini* year, and in Church Slavonic with the *Anno Mundi* year in Cyrillic numerals.

Finally, a word about fasting, as practice differs in the East and West. In Latin Christianity the obligation to fast has been penitential in nature and enforced 'on pain of sin'. In recent times it has been relaxed or adapted to different circumstances across the world and society. In Byzantine Christianity fasting is traditionally more extensive and frequent, but understood as an ideal towards which to strive. In both traditions fasting, taken together with prayer and almsgiving, helps us to conquer our passions and advance on the path to union with God, or *theosis*. The fasting rule used in this calendar is drawn from the Typikon of Venerable Sabbas the Sanctified, which remains the primary point of reference for East Slavic liturgical life. The rule prescribes *xerophagy* ('dry

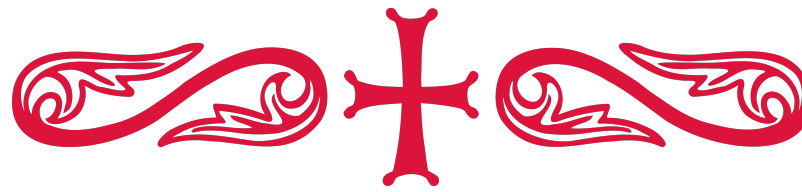
eating') for most Wednesdays and Fridays of the year, in which no meat, eggs, dairy, fish, oil or wine are consumed, and nothing at all until the evening meal, or at least until the ninth hour (around 3pm). This is also observed daily throughout the Great Fast (Lent), the Apostles' Fast, the Dormition Fast and the Nativity Fast, although fish, oil and wine are permitted on certain days, depending on the feast and season. The rule is austere and rarely observed in its entirety, but is included here as a 'gold standard' from which we can adapt our practice to account for personal circumstances, health, and spiritual development.

The minimum fasting rule, to which Ukrainian Greek Catholics are bound, is governed according to canon 115 of the Particular Law of the UGCC. As there is yet no official translation of this canon into English, we have attached an unofficial translation as an appendix. It proscribes meat products on most Fridays of the year; on Mondays, Wednesdays and Fridays of Lent, the entire first week and Holy Week; and Wednesdays and Fridays of the Apostles' and Dormition fasts, as well as various days throughout the year.

Christ tells us to show joy when we fast, so we should avoid being pharisaical and remember that 'the letter kills, but the Spirit gives life' (2 Cor. 3:6) and 'abstinence from food by itself is insufficient for praiseworthy fasting...shunning vices makes fasting good' (Saint Basil the Great, *Homily II on Fasting*). Equally, however, 'the more you deny the flesh, the more you render the soul radiant with spiritual health.' (*Ibid.*) ✠

SEPTEMBER 2026

СЕПТЕМБРІЙ ЗФЛЄ



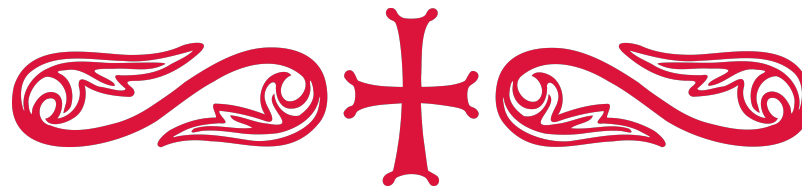
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ✦ Beginning of the Indiction Venerable Symeon the Stylite Synaxis of the Most Holy Theotokos of Miasenē ✦ Tim. 2: 1-7; Lk. 4:16-22 Gal. 2:21-3:7; Mk. 6:1-7	2 Martyr Mamas of Cæsarea Venerable John the Faster, Patriarch of Constantinople Gal. 3:15-22 Mk. 6:7-13	3 Hieromartyr Anthimos of Nicomedia Venerable Theoktistos of Palestine Gal. 3:23-4:5 Mk. 6:30-45	4 Hieromartyr Babylas, Bishop of Antioch Holy Prophet & God-seer Moses Gal. 4:8-21 Mk. 6:45-53	5 ✧ Holy Prophet Zachariah & Righteous Elizabeth Venerable Teresa of Kolkata 1 Cor. 1:26-29 Jn. 8:21-30
4 6 15 th Sunday after Pentecost: Tone VI ✧ Miracle of the Archangel Michael at Collosæ Martyrs Eudoxios & companions Ven. Archippos of Hieropolis 2 Cor. 4:6-15 Mt. 22:35-46	7 ✧ Forefeast of the Nativity of the Most Holy Theotokos Martyr Sozon of Cilicia Gal. 5:11-21 Mk. 7:5-7:16	8 ✧ NATIVITY OF THE MOST HOLY THEOTOKOS Phil. 2:5-11 Lk. 10:38-42; 11:27-28	9 ✧ Afterfeast of the Nativity of the Most Holy Theotokos ✧ Holy & Righteous Ancestors of God Joachim & Anna Gal. 6:2-10 Mk. 7:14-24	10 ✧ Afterfeast of the Nativity of the Most Holy Theotokos Martyrs Menodora, Metrodora & Nymphodora Eph. 1:1-9 Mk. 7:24-30	11 ✧ Afterfeast of the Nativity of the Most Holy Theotokos Venerable Theodora of Alexandria Eph. 1:7-17 Mk. 8:1-10	12 Saturday before the Exaltation ✧ Leavetaking of the Nativity of the Most Holy Theotokos Hieromartyr Autonomus of Italy 1 Cor. 2:6-9 Mt. 10: 37-11:1
5 13 Sunday before the Exaltation 16 th Sunday after Pentecost: Tone VII ✧ Founding of the Church of the Holy Sepulchre Hieromartyr Cornelius Gal. 6:11-18; Jn. 3:13-17 2 Cor. 6:1-10; Mt. 25:14-30	14 ✧ UNIVERSAL EXALTATION OF THE PRECIOUS & LIFE-GIVING CROSS 1 Cor. 1:18-24 Jn. 19:6-11, 13-20, 25-28, 30-35	15 ✧ Afterfeast of the Exaltation ✧ Great-Martyr Nicetas the Goth Eph. 2:19-3:7 Mk. 11:11-23	16 ✧ Afterfeast of the Exaltation ✧ Great-Martyr Euphemia the All-Praised of Chalcedon Eph. 3:8-21 Mk. 11:23-26	17 ✧ Afterfeast of the Exaltation Martyrs Sophia & her daughters Faith, Hope & Charity at Rome Eph. 4:14-19 Mk. 11:27-33	18 ✧ Afterfeast of the Exaltation Venerable Eumenios, Bishop of Gortineia Eph. 4:17-25 Mk. 12:1-12	19 ✧ Afterfeast of the Exaltation Martyrs Trophymos, Sabbatios & Dorimedontos 1 Cor. 14:20-25 Mt. 25:1-13
6 20 Sunday after the Exaltation 17 th Sunday after Pentecost: Tone VIII ✧ Great-Martyr Eustathius of Rome ✧ Martyr Michael of Chernihiv Gal. 2:16-20; Mk. 8:34-9:1 2 Cor. 6:16-7:1; Mt. 15:21-28	21 ✧ Leavetaking of the Exaltation Apostle Kodratos of Athens, of the Seventy Eph. 4:25-32 Lk. 3:19-22	22 Holy Prophet Jonah Hieromartyr Phocas, Bishop of Sinopē Venerable Jonah the Presbyter Eph. 5:20-26 Lk. 3:23-4:1	23 ✧ Conception of the Holy Prophet, Forerunner & Baptist John Eph. 5:25-33 Lk. 4:1-15	24 ✧ Holy Protomartyr & Equal-to- the-Apostles Thekla of Ikonion Eph. 5:33-6:9 Lk. 4:16-22	25 Venerable Euphrosynē of Alexandria Eph. 6:18-24 Lk. 4:22-30	26 ✧ REPOSE OF THE HOLY APOSTLE & EVANGELIST JOHN THE THEOLOGIAN 1 Jn. 4:12-19 Jn. 6:19, 25-27, 21, 24-25
7 27 18 th Sunday after Pentecost: Tone I Martyr Kallistratos & the 49 Martyrs of Carthage Venerable Neilos, Hegumen of the Abbey at Grottaferrata 2 Cor. 9:6-11 Lk. 5:1-11	28 ✦ Venerable Chariton the Confessor, Abbot of Palestine Synaxis of the Venerable Fathers of the Kyiv Caves Hieromartyr Nykyta Budka ✦ 2 Cor. 4:6-15; Lk. 6:17-23 Phil. 1:1-7; Lk. 4:37-44	29 ✧ Venerable Kyriakos, Hermit of Palestine Phil. 1:8-14 Lk. 5:12-16	30 ✧ Hieromartyr Gregory, Bishop of Greater Armenia Phil. 1:12-20 Lk. 5:33-39			

✧ GREAT FEAST ✧ VIGIL ✦ POLYELEOS ✧ GREAT DOXOLOGY ✧ SIX STICHERA ❶ EOTHINON ○ PASCHAL FULL MOON ⊖ VERNAL EQUINOX

⊖ Total Fast 🍷 Xerophagy 🍷 Wine Permitted 🍷 Wine & Oil Permitted 🐟 Fish, Wine & Oil Permitted 🥚 Eggs, Dairy, Wine & Oil Permitted 🕯 Fast-Free Period SSJC.UK

OCTOBER 2026

ОКТОБРІЙ ЗФДЄ



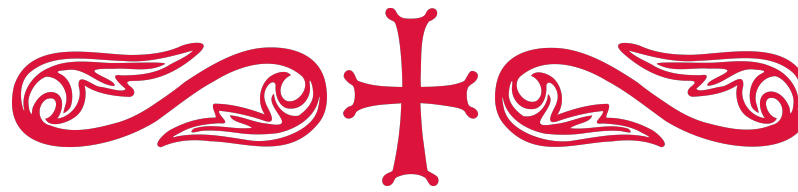
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				PROTECTION OF THE MOST HOLY THEOTOKOS Holy Apostle Ananias of the 70 Venerable Romanos the Melodist Heb. 9:1-7 Lk. 10:38-42; 11:27-28	⊕ Hieromartyr Cyprian, Martyr Justina and Martyr Theoktist Blessed Andrew, Fool-for-Christ at Constantinople Phil. 1:27-2:4 Lk. 6:17-23	⊕ Hieromartyr Dionysios the Areopagite 1 Cor. 15:58-16:3 Lk. 5:17-26
4 19 th Sunday after Pentecost: Tone II ⊕ Hieromartyr Hierotheos, Bishop of Athens Venerable Francis of Assisi 2 Cor. 11:31-12:9 Lk. 6:31-36	5 Martyr Charitina of Amisus Phil. 2:12-16 Lk. 6:24-30	6 ⊕ Holy & Glorious Apostle Thomas ⊕ 1 Cor. 4:9-16; Jn. 20:19-31 Phil. 2:16-23; Lk. 6:37-45	7 ⊕ Martyrs Sergius & Bacchus Phil. 2:24-30 Lk. 6:46-7:1	8 Venerable Pelagia the Penitent Phil. 3:1-8 Lk. 7:17-30	9 ⊕ Holy Apostle James, son of Alphaeus Venerables Andronikos & Athanasia of Egypt ⊕ 1 Cor. 4:9-16; Lk. 10:16-21 Phil. 3:8-19; Lk. 7:31-35	10 Martyrs Eulampios & Eulampia 2 Cor. 1:8-11 Lk. 5:27-32
11 20 th Sunday after Pentecost: Tone III HOLY FATHERS OF THE 7 TH ŒCUMENICAL COUNCIL Holy Apostle Philip of the Seven Deacons Gal. 1:11-19; Lk. 7:11-16 Heb. 13:7-16; Jn. 17:1-13	12 Martyrs Probos, Tarakhos, and Andronikēs at Tarsus in Cilicia Venerable Cosmas the Melodist Holy Father Martin of Tours Phil. 4:10-23 Lk. 7:36-50	13 Martyrs Karpos, Papila, Agathodoros & Agathonika Col. 1:1-2, 7-11 Lk. 8:1-3	14 Martyrs Nazarius, Gervasius, Protasius and Celsus ⊕ Ven. Paraskeva of Ternovo Hieromartyr Roman Lysko Col. 1:18-23 Lk. 8:22-25	15 Venerable Euthymios the New Martyr Loukianos of Antioch Col. 1:24-29 Lk. 9:7-11	16 Martyr Longinus the Centurion Col. 2:1-7 Lk. 9:12-17	17 Holy Prophet Osee (Hosea) Ven. Martyr Andrew of Crete 2 Cor. 3:12-18 Lk. 6:1-10
18 21 st Sunday after Pentecost: Tone IV ⊕ Holy Apostle & Evangelist Luke Gal. 2:16-20; Lk. 8:5-15 ⊕ Col. 4:5-9, 14-18; Lk. 10:16-21	19 Holy Prophet Joel Martyr Uaros in Egypt ⊕ Venerable John of Ryla Col. 2:13-20 Lk. 9:18-22	20 ⊕ Great-Martyr Artemios at Antioch Col. 2:20-3:3 Lk. 9:23-27	21 ⊕ Venerable Hilarion the Great Col. 3:17-4:1 Lk. 9:44-50	22 Holy Equal-to-the-Apostles Auerkios the Wonderworker Seven Holy Youths of Ephesus Holy Father John Paul II, Pope of Rome Col. 4:2-9 Lk. 9:49-56	23 ⊕ Holy Apostle James the Brother of the Lord in the Flesh Col. 4:10-18 Lk. 10:1-15	24 Martyr Arethas and the 4,299 Martyrs of Omir 2 Cor. 5:1-10 Lk. 7:2-10
25 22 nd Sunday after Pentecost: Tone V Martyrs Marcian & Martyrios Gal. 6:11-18 Lk. 16:19-31	26 HOLY & GLORIOUS GREAT-MARTYR DEMETRIOS ⊕ 2 Tim. 2:1-10; Jn. 15:17-16:2 1 Thess. 1:1-5; Lk. 10:22-24	27 Martyr Nestor of Thessaloniki Martyrs Capitolinē & Erotcis of Cappadocia 1 Thess. 1:6-10 Lk. 11:1-10	28 ⊕ Great-Martyr Paraskeva Martyrs Terentios & Neonillē Ven. Stefanos the Sabbaite 1 Thess. 2:1-8 Lk. 11:9-13	29 Virgin-martyr Anastasia of Rome Venerable Abramios the Recluse Repose of Ven. Avramii of Rostov 1 Thess. 2:9-14 Lk. 11:14-23	30 Hieromartyr Zenobios & Zenobia of Ægei in Cilicia Hieromartyr Oleksiy Zarytskiy 1 Thess. 2:14-19 Lk. 11:23-26	31 Apostles Stakhios, Amplias, Urban, Narcissos, Apellias & Aristoboulos of the Seventy Martyr Epimakhos of Pelousion 2 Cor. 8:1-5 Lk. 8:16-21

⊕ GREAT FEAST ⊕ VIGIL ⊕ POLYELEOS ⊕ GREAT DOXOLOGY ⊕ SIX STICHERA ① EOTHINON ○ PASCHAL FULL MOON ⊖ VERNAL EQUINOX

⊖ Total Fast 🍷 Xerophagy 🍷 Wine Permitted 🍷 Wine & Oil Permitted 🐟 Fish, Wine & Oil Permitted 🥚 Eggs, Dairy, Wine & Oil Permitted 🍷 Fast-Free Period SSJC.UK

NOVEMBER 2026

НОВЕМРІЙ *ЗФДЄ



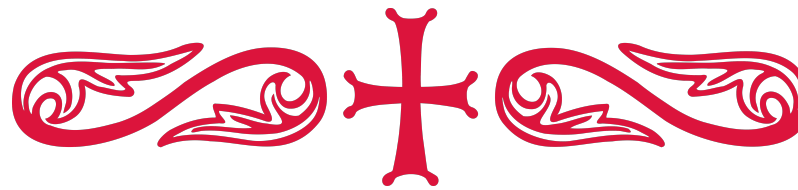
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	1 <i>23rd Sunday after Pentecost: Tone VI</i> + Hieromartyr Theodore Romzha, Bishop of Mukachevo & Holy Wonderworkers & Unmercenaries Cosmas & Damian Eph. 2:4-10; Lk. 8:26-39 + Heb. 13:7-16; Lk. 12:32-40	2 Martyrs Akindinos, Pegasias, Aphthonios, Elpidiphoros & Anempodist of Persia 1 Thess. 2:20-3:8 Lk. 11:29-33	3 Martyrs Acepsimas, Joseph & Acethalas of Persia Dedication of the Church of Great-Martyr George in Lydda 1 Thess. 3:9-13 Lk. 11:34-41	4 Venerable Ioannikes the Great Hieromartyrs Nikander, Bishop of Myra, & Presbyter Hermas 1 Thess. 4:1-12 Lk. 11:42-46	5 Martyrs Galaktion & Epistimia 1 Thess. 5:1-8 Lk. 11:47-12:1	6 & Holy Father & Confessor Paul, Archbishop of Constantinople 1 Thess. 5:9-13, 24-28 Lk. 11:47-12:1	7 Holy 33 Martyrs of Melitenē Ven. Father & Wonderworker Lazaros of Galiseia 2 Cor. 11:1-6 Lk. 9:1-6
2	8 + <i>24th Sunday after Pentecost: Tone VII</i> SYNAXIS OF THE ARCHANGEL MICHAEL AND THE OTHER BODILESS POWERS OF HEAVEN Eph. 2:14-22; Lk. 8:41-56 & Heb. 2:2-10; Lk. 10:16-21	9 Martyrs Onesiphoros & Porphyrios Ven. Matrona of Constantinople Ven. Theoktista of Lesbos 2 Thess. 1:1-10 Lk. 12:13-15, 22-31	10 Holy Apostles Herastos, Olympos, Rodion, Sosipater, Kuartos & Tercias of the Seventy 2 Thess. 1:10-2:2 Lk. 12:42-48	11 Martyrs Menas & Vincent Martyrs Victor & Stephanida Venerable Theodore the Studite 2 Thess. 2:1-12 Lk. 12:48-59	12 + HIEROMARTYR JOSAPHAT ARCHBISHOP OF POLOTSK & Holy Father John the Merciful Heb. 4:14-5:10 Jn. 10:9-16	13 + Holy Father John Chrysostom, Archbishop of Constantinople + Heb. 7:26-8:2; Jn. 10:9-16 2 Thess. 3:16-18; Lk. 13:31-35	14 + Holy & All-Praiseworthy Apostle Philip + 1 Cor. 4:9-16; Jn. 1:43-51 Gal. 1:3-10; Lk. 9:37-43
3	15 <i>Beginning of the Nativity Fast</i> <i>25th Sunday after Pentecost: Tone VIII</i> Martyrs & Confessors Gurias, Samonas & Abibus of Edessa Eph. 4:1-7 Lk. 10:25-37	16 + Holy Apostle & Evangelist Matthew + 1 Cor. 4:9-16; Mt. 9:9-13 1 Tim. 1:1-7; Lk. 14:12-15	17 Holy Father Gregory the Wonderworker of Neocæsarea 1 Tim. 1:8-14 Lk. 14:25-35	18 Martyrs Platon & Romanos 1 Tim. 1:18-20, 2:8-15 Lk. 14:25-35	19 Holy Prophet Obadiah Martyr Varlaam 1 Tim. 3:1-13 Lk. 16:1-9	20 <i>Forefeast of the Entrance of the Most Holy Theotokos</i> + Venerable Iosaphata Hordashevskia Venerable Gregory Dekapolitēs + Gal. 2:16-20; Mt. 26:6-13 1 Tim. 4:4-8, 16; Lk. 16:15-18, 17:1-4	21 + ENTRANCE OF THE MOST HOLY THEOTOKOS INTO THE TEMPLE Heb. 9:1-7 Lk. 10:38-42; 11:27-28
4	22 <i>Afterfeast of the Entrance of the MHT</i> <i>26th Sunday after Pentecost: Tone I</i> Apostles Philemon & Archippos, Martyrs Apphia & Onysimos Eph. 5:8-19 Lk. 12:16-21	23 <i>Afterfeast of the Entrance of the Most Holy Theotokos</i> Holy Fathers Amphylochios, Bishop of Ikonion, and Gregory, Bishop of Agrigentum 1 Tim. 5:1-10 Lk. 17:20-25	24 <i>Afterfeast of the Entrance of the Most Holy Theotokos</i> & Great-Martyr Catherine of Alexandria Great-Martyr Mercurius 1 Tim. 5:11-21 Lk. 17:26-37	25 & Leavetaking of the Entrance of the Most Holy Theotokos Hieromartyr Clement, Pope of Rome & Hieromartyr Peter, Archbishop of Alexandria 1 Tim. 5:22-6:11 Lk. 18:15-17, 26-30	26 Venerable Alypios the Stylite Consecration of the Church of Holy Great-Martyr George at Kyiv 1 Tim. 6:17-21 Lk. 18:31-34	27 Great-Martyr James of Persia Venerable Palladios of Thessaloniki 2 Tim. 1:1-2, 8-18 Lk. 19:12-28	28 & Ven. Martyr Stephen the New Martyr Irenarchos Gal. 5:22-6:2 Lk. 10:19-21
5	29 <i>27th Sunday after Pentecost: Tone II</i> Martyr Paramon & 370 Martyrs in Bithynia Martyr Philumenos Venerable Akakios of Sinai Eph. 6:10-17 Lk. 13:10-17	30 + Holy & All-Praised Apostle Andrew the First-Called + 1 Cor. 4:9-16; Jn. 1:35-51 2 Tim. 2:20-26; Lk. 19:37-44					

⊕ GREAT FEAST + VIGIL + POLYELEOS & GREAT DOXOLOGY & SIX STICHERA ① EOTHINON ○ PASCHAL FULL MOON ⊖ VERNAL EQUINOX

⊙ Total Fast 🍌 Xerophagy 🍷 Wine Permitted 🍷🕯 Wine & Oil Permitted 🐟 Fish, Wine & Oil Permitted 🥚 Eggs, Dairy, Wine & Oil Permitted 🕯 Fast-Free Period SSJC.UK

DECEMBER 2026

ДЕКЕМЕРІЙ ЗФЛЄ



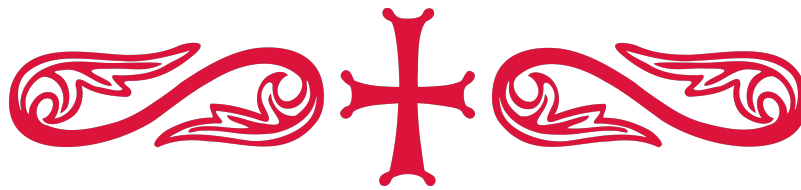
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Holy Prophet Naum (Nahum) 2 Tim. 3:16-4:4 Lk. 19:45-48	2 Holy Prophet Avvakum (Habakkuk) Hieromartyr Ivan Slezyuk, Bishop of Ivano-Frankiv'sk 2 Tim. 4:9-22 Lk. 20:1-8	3 Holy Prophet Sophonias (Zephaniah) Tit. 1:5-2:1 Lk. 20:9-18	4 Great-Martyr Barbara Venerable John Damascene Tit. 1:15-2:10; Lk. 20:19-26	5 + Venerable Sabbas the Sanctified + Heb. 13:17-21; Mt. 11:27-30 Eph. 1:16-23; Lk. 12:32-40
6 28 th Sunday after Pentecost: Tone III HOLY FATHER NICHOLAS THE WONDERWORKER, ARCHBISHOP OF MYRA Col. 1:12-18; Lk. 17:12-19 + Heb. 13:17-21; Lk. 6:17-23	7 Holy Father Ambrose, Bishop of Mediolanum (Milan) Heb. 3:5-11, 17-19 Lk. 20:27-44	8 Venerable Patapios of Thebes Heb. 4:1-13 Lk. 21:12-19	9 THE CONCEPTION BY HOLY & RIGHTEOUS ANNA OF THE MOST HOLY THEOTOKOS Gal. 4:22-31 Lk. 8:16-21	10 Martyrs Menas, Hermogenes & Eugraphos Heb. 7:1-6 Lk. 21:28-33	11 Venerable Daniel the Stylite Heb. 7:18-25 Lk. 21:37-22:8	12 Venerable Spyridon the Wonderworker of Tremithous Eph. 2:11-13 Lk. 21:37-22:8
13 29 th Sunday after Pentecost: Tone IV THE HOLY FOREFATHERS OF CHRIST + Martyrs Eustratios, Auxentios, Eugenios, Mardarias & Orestes Col. 3:4-11; Lk. 14:16-24	14 Martyrs Thyrsos, Leukios, & Kallinikos of Asia Minor, and Philemon, Apollonios, & Arian of Alexandria Heb. 8:7-13 Mk. 8:11-21	15 Holy Father Stephen the Confessor, Archbishop of Surozh Hieromartyr Eleutherius Ven. Paul of Mount Latros Heb. 9:8-10, 15-23 Mk. 8:22-26	16 Holy Prophet Aggaio (Haggai) Heb. 10:1-18 Mk. 8:30-34	17 Holy Prophet Daniel & the Three Holy Youths Heb. 10:35-11:7 Mk. 9:10-16	18 Martyr Sebastian at Rome & his companions Heb. 11:8-16 Mk. 9:33-41	19 Saturday before the Nativity of Christ Martyr Boniface at Tarsus in Cilicia Gal. 3:8-12 Lk. 13:18-29
20 Sunday before the Nativity of Christ SUNDAY OF THE HOLY FATHERS Hieromartyr Ignatios the God-bearer, Bishop of Antioch Heb. 11, 9-10, 17-23, 32-40 Mt. 1:1-25	21 Forefeast of the Nativity of Christ Virgin-martyr Juliana of Nicomedia Heb. 11:17-23, 27-31 Mk. 9:42-10:1	22 Forefeast of the Nativity of Christ Great-Martyr Anastasia of Rome Heb. 12:25-26, 13:22-25 Mk. 10:2-12	23 Forefeast of the Nativity of Christ Holy Ten Martyrs of Crete Jas. 1:1-18 Mk. 10:11-16	24 Eve of the Nativity of Christ Ven. Martyr Eugenia of Rome Heb. 1:1-12 Lk. 2:1-20	25 THE NATIVITY OF OUR LORD JESUS CHRIST Gal. 4:4-7 Mt. 2:1-12	26 Saturday after the Nativity of Christ Synaxis of the Most Holy Theotokos Hieromartyr Euthymios of Sardica 1 Tim. 6:11-16; Mt. 12:15-21 + Heb. 2:11-18; Mt. 2:13-23
27 Sunday after the Nativity of Christ Holy Protomartyr Stephen Holy Joseph the Betrothed, Holy David the King & Holy Apostle James, the Brother of the Lord Gal. 1:11-19; Mt. 2:13-23	28 Afterfeast of the Nativity of Christ 20,000 Martyrs of Nicomedia Jas. 2:14-26 Mk. 10:46-52	29 Afterfeast of the Nativity of Christ 14,000 Holy Innocents Venerable Markellos, Hegumen of the Monastery of the Sleepless Ones Jas. 3:1-10 Mk. 11:11-23	30 Afterfeast of the Nativity of Christ Virgin-martyr Anyisia at Thessaloniki Martyr Zotikos of Constantinople Jas. 3:11-4:6 Mk. 11:23-26	31 Leavetaking of the Nativity of Christ Venerable Melania of Rome Jas. 4:7-5:9 Mk. 11:27-33		

⊕ GREAT FEAST ⊕ VIGIL + POLYELEOS Ⓢ GREAT DOXOLOGY Ⓢ SIX STICHERA ❶ EOTHINON ○ PASCHAL FULL MOON ⊖ VERNAL EQUINOX

⊙ Total Fast 🍷 Xerophagy 🍷 Wine Permitted 🍷 Wine & Oil Permitted 🐟 Fish, Wine & Oil Permitted 🥚 Eggs, Dairy, Wine & Oil Permitted 🍽️ Fast-Free Period SSJC.UK

JANUARY 2027

ІАННУАРІЙ ЗФЛЄ



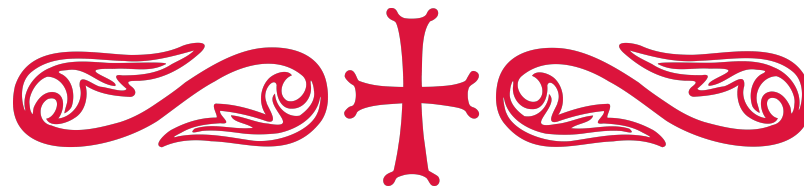
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 <i>Meatfare Sunday: Tone III</i> SUNDAY OF THE LAST JUDGEMENT ☩ Holy Wonderworkers & Unmercenaries Cyrus & John 1 Cor. 8:8-9:2; Mt. 25:31-46					1 ☩ CIRCUMCISION OF OUR LORD JESUS CHRIST Holy Father Basil the Great Col. 2:8-12; Lk. 2:20-21, 40-52 Heb. 7:26-8:2; Lk. 6:17-23	2 <i>Saturday before the Theophany</i> Holy Father Sylvester, Pope of Rome 2 Tim. 3:13-4:5 Mt. 3:1-11
3 <i>32nd Sunday after Pentecost: Tone VII</i> Sunday before the Theophany Holy Prophet Malachias Martyr Gordios of Cappadocia 2 Tim. 4:5-8 Mk. 1:1-8	4 <i>Forefeast of the Theophany</i> Synaxis of the Seventy Apostles Venerable Theoktistos, Hegumen of the Koukouma Monastery in Sicily 1 Pet. 2:21-3:9 Mk. 12:13-17	5 <i>Eve of the Theophany</i> Martyrs Theopemptos, bishop of Nicomedia, & Theonas Venerable Syncletia of Alexandria 1 Cor. 9:19-27 Lk. 3:1-18	6 ☩ THEOPHANY OF OUR LORD JESUS CHRIST Tit. 2:11-14; 3:4-7 Mt. 3:13-17	7 <i>Afterfeast of the Theophany</i> ☩ Synaxis of the Holy Prophet, Forerunner & Baptist John ☩ Acts 19:1-8; Jn. 1:29-34 1 Pet. 4:12-5:5; Mk. 12:38-44	8 <i>Afterfeast of the Theophany</i> Ven. George the Chozebite Ven. Domnica of Constantinople 2 Pet. 1:1-10 Mk. 13:1-8	9 <i>Saturday after the Theophany</i> Martyr Polyeuktos of Melitenē in Armenia Eph. 6:10-17 Mt. 4:1-11
10 <i>33rd Sunday after Pentecost: Tone VIII</i> Sunday after the Theophany Holy Father Gregory of Nyssa Venerable Dometian of Melitenē Ven. Marcian of Constantinople Eph. 4:7-13 Mt. 4:12-17	11 <i>Afterfeast of the Theophany</i> + Venerable Theodosios the Great + 2 Cor. 4:6-15 Mt. 11:27-30	12 <i>Afterfeast of the Theophany</i> Martyr Tatiana of Rome 1 Pet. 3:10-22 Mk. 12:18-27	13 <i>Afterfeast of the Theophany</i> Martyrs Hermylus & Stratonicus 1 Pet. 4:1-11 Mk. 12:28-37	14 <i>Leavetaking of the Theophany</i> Ven. Fathers slain at Sinai & Raithu Holy Equal-to-the-Apostles Nina, Enlightener of Georgia 1 Pet. 4:12-5:5 Mk. 12:38-44	15 ☩ Venerable Fathers Paul of Thebes & John the Hut-dweller 2 Pet. 1:1-10 Mk. 13:1-8	16 ☩ Veneration of the Precious Chains of the Apostle Peter 2 Tim. 2:11-19 Lk. 18:2-8
17 <i>Beginning of the Triodion: Tone I</i> SUNDAY OF THE PUBLICAN & THE PHARISEE + Venerable Anthony the Great 2 Tim. 3:10-15; Lk. 18:10-14 + Heb. 13:17-21; Lk. 6:17-23	18 ☩ Holy Fathers Athanasios the Great & Cyril, Patriarchs of Alexandria 2 Pet. 1:20-2:9 Mk. 13:9-13	19 ☩ Venerable Makarios the Great of Egypt 2 Pet. 2:9-22 Mk. 13:14-23	20 + Venerable Euthymios the Great + Heb. 13:17-21; Lk. 6:17-23 2 Pet. 3:1-18; Mk. 13:24-31	21 Venerable Maximos the Confessor 1 Jn. 1:8-2:6 Mk. 13:31-14:2	22 Holy Apostle Timothy of the Seventy 1 Jn. 2:7-17 Mk. 14:3-19	23 Hieromartyr Clement of Ankyra Thirteen Martyrs of Pratulín † 2 Tim. 3:1-9; Lk. 20:45-21:4 † Eph. 6:10-17; Mt. 10:16-22
24 <i>Tone II</i> SUNDAY OF THE PRODIGAL SON Venerable Xenia of Rome 1 Cor. 6:12-20 Lk. 15:11-32	25 + Holy Father Gregory the Theologian + 1 Cor. 12:7-11; Jn. 10:9-16 1 Jn. 2:18-3:10; Mk. 11:1-11	26 Venerable Xenophon & Maria 1 Jn. 3:10-20 Mk. 14:10-42	27 + Translation of the Relics of Holy Father John Chrysostom + Heb. 7:26-8:2; Jn. 10:9-16 1 Jn. 3:21-4:6; Mk. 14:43-15:1	28 ☩ Venerable Ephraim the Syrian Venerable Isaac the Syrian 1 Jn. 4:20-5:21 Mk. 15:1-15	29 ☩ SYNAXIS OF THE THREE GREAT HOLY HIERARCHS ☩ Translation of the Relics of Hieromartyr Ignatios of Antioch ☩ Heb. 13:7-16; Mt. 5:14-19 2 Jn. 1:1-13; Mk. 15:22-25, 33-41	30 ✠ SOUL SATURDAY ✠ Hieromartyr Hippolytus, Pope of Rome 1 Cor. 10:23-28; Lk. 21:8-9, 25-30, 33-36 ✠ 1 Thess. 4:13-17; Jn. 5:24-30 ✠

☩ GREAT FEAST ☩ VIGIL + POLYELEOS ☩ GREAT DOXOLOGY ☩ SIX STICHERA ❶ EOTHINON ○ PASCHAL FULL MOON ☹ VERNAL EQUINOX

☉ Total Fast 🍷 Xerophagy 🍷 Wine Permitted 🍷 Wine & Oil Permitted 🐟 Fish, Wine & Oil Permitted 🥚 Eggs, Dairy, Wine & Oil Permitted 🍷 Fast-Free Period SSJC.UK

FEBRUARY 2027

ФЕВРІАРІЙ 2027



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<i>Forefeast of the Encounter</i> Martyr Tryphon of Campsada near Apamea in Syria 3 Jn. 1:1-15 Lk. 19:29-40, 22:7-39	ENCOUNTER OF OUR LORD JESUS CHRIST Heb. 7:7-17 Lk. 2:22-40	<i>Afterfeast of the Encounter</i> Holy & Righteous Symeon the God-receiver and Anna the Prophetess Joel 2:12-26 Joel 3:12-21	<i>Afterfeast of the Encounter</i> Venerable Monk Isidore of Pelusion Jude 1:11-25 Lk. 23:1-34, 44-56	<i>Afterfeast of the Encounter</i> Holy Martyr Agatha of Palermo in Sicily Zech. 8:7-17 Zech. 8:19-23	<i>Afterfeast of the Encounter</i> Venerable Bucolos of Smyrna Hieromartyr Sylvanus of Emessa Rom. 14:19-26; Mt. 6:1-13
4 7	8	9	10	11	12	13
<i>Cheesefare Sunday: Tone IV</i> SUNDAY OF FORGIVENESS Venerable Parthenios, Bishop of Lampasakos on the Hellespont Hieromartyr Peter Vergun Rom. 13:11-14:4 Mt. 6:14-21	<i>Monday of Clean Week: The Beginning of the Great Fast (Lent)</i> Great-Martyr Theodore Holy Prophet Zacharias Is. 1:1-20 Gen. 1:1-13 Prov. 1:1-20	<i>Tuesday of Clean Week</i> Martyr Nicephoros of Antioch Is. 1:19-2:3 Gen. 1:14-23 Prov. 1:20-33	<i>Wednesday of Clean Week</i> Hieromartyr Haralampus the Wonderworker of Magnesia Is. 2:3-11 Gen. 1:24-2:3 Prov. 2:1-22	<i>Thursday of Clean Week</i> Hieromartyr Blaise of Sebaste Is. 2:11-21 Gen. 2:4-19 Prov. 3:1-18	<i>Friday of Clean Week</i> Holy Father Meletios, Archbishop of Antioch Is. 3:1-14 Gen. 2:20-3:20 Prov. 3:19-34	<i>1st Saturday of the Great Fast</i> Great-Martyr THEODORE TYRO Venerable Martinian of Caesarea Holy Zoë & Virgin Photina Heb. 1:1-12; Mk. 2:23-3:5 2 Tim. 2:1-10; Jn. 15:17-16:2
5 14	15	16	17	18	19	20
<i>1st Sunday of the Great Fast: Tone V</i> TRIUMPH OF ORTHODOXY Repose of Venerable Cyril, Teacher of the Slavs Venerable Auxentios of Bithynia Heb. 11:24-26; 11:32-12:2 Jn. 1:43-51	Apostle Onesimos of the Seventy Is. 4:2-5:7 Gen. 3:21-4:7 Prov. 3:34-4:22	Martyrs Pamphilios, Valens & those with them at Caesarea Is. 5:7-16 Gen. 4:8-15 Prov. 5:1-15	Great-Martyr Theodore the Tyro Is. 5:16-25 Gen. 4:16-26 Prov. 5:15-6:3	Holy Father Leo the Great, Pope of Rome Is. 6:1-12 Gen. 5:1-24 Prov. 6:3-20	Apostles Archippos and Philemon of the Seventy and Martyr Apphia Is. 7:1-14 Gen. 5:32-6:8 Prov. 6:20-7:1	<i>2nd Saturday of the Great Fast</i> SOUL SATURDAY Venerable Leo of Catania Heb. 3:12-16; Mk. 1:35-44 1 Thess. 4:13-17; Jn. 5:24-30
6 21	22	23	24	25	26	27
<i>2nd Sunday of the Great Fast: Tone VI</i> OUR HOLY FATHER GREGORY PALAMAS Venerable Timothy of Symbola Holy Father Eustathios of Antioch Heb. 1:10-2:3; Mk. 2:1-12 Heb. 7:26-8:2; Jn. 10:9-16	Uncovering of the Relics of the Holy Martyrs at the Gate of Eugenios at Constantinople Is. 8:13-9:7 Gen. 6:9-22 Prov. 8:1-21	Hieromartyr Polycarp, Bishop of Smyrna Is. 9:9-10:4 Gen. 7:1-5 Prov. 8:32-9:11	First & Second Findings of the Head of the Holy Prophet, Forerunner & Baptist John Is. 10:12-20 Gen. 7:6-9 Prov. 9:12-18	Holy Father Tarasios, Archbishop of Constantinople Is. 11:10-13, 16, 12:1-2 Gen. 7:11-8:3 Prov. 10:1-22	Holy Father Porphyrios of Gaza Venerable Edigna of Puch Is. 13:2-13 Gen. 8:3-21 Prov. 10:31-11:12	<i>3rd Saturday of the Great Fast</i> SOUL SATURDAY Venerable Prokopios the Confessor of Decapolis Heb. 10:32-38; Mk. 2:14-27 1 Thess. 4:13-17; Jn. 5:24-30
7 28						
<i>3rd Sunday of the Great Fast: Tone VII</i> VENERATION OF THE HOLY CROSS Venerable Basil the Confessor, companion of Prokopios Heb. 4:14-5:6 Mk. 8:34-9:1						

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⊕ GREAT FEAST ⊕ VIGIL ⊕ POLYELEOS ⊕ GREAT DOXOLOGY ⊕ SIX STICHERA ① EOTHINON ○ PASCHAL FULL MOON ⊖ VERNAL EQUINOX

⊖ Total Fast 🐟 Xerophagy 🍷 Wine Permitted 🍷🕯 Wine & Oil Permitted 🐟🍷 Fish, Wine & Oil Permitted 🥚 Eggs, Dairy, Wine & Oil Permitted 🕯 Fast-Free Period SSJC.UK

MARCH 2027

Μάρτις 3Φαί



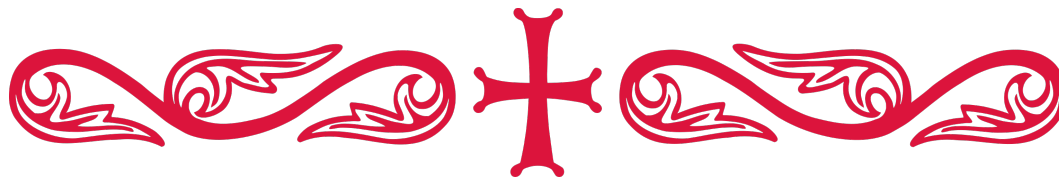
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 <i>4th Saturday of the Great Fast</i> ✠ SOUL SATURDAY ✠ The 42 Martyrs of Ammoria in Phrygia Heb. 6:9-12; Mk. 7:31-37 ✠ 1 Cor. 15:47-57; Jn. 5:24-30 ✠
7 <i>4th Sunday of the Great Fast: Tone VIII</i> VENERABLE FATHER JOHN OF THE LADDER Holy Hieromartyrs of Chersonissos Heb. 6:13-20; Mk. 9:17-31 Eph. 5:9-19; Mt. 4:25-5:12	8 Venerable Theophylaktos, Bishop of Nikomedia Is. 37:33-38:6 Gen. 13:12-18 Prov. 14:27-15:4	9 ✠ Holy Forty Martyrs of Sebaste Is. 40:18-31 Gen. 15:1-15 Prov. 15:17-19	10 Holy Martyr Codratos and those with him Is. 41:4-14 Gen. 17:1-9 Prov. 15:20-16:9	11 <i>Thursday of the Great Canon</i> Holy Father Sophronios, Patriarch of Jerusalem Is. 42:5-16 Gen. 18:20-33 Prov. 16:17-17:17	12 Ven. Theophanes of Sigrianē Holy Father Gregory the Dialogist, Pope of Rome Ven. Symeon the New Theologian Is. 45:11-17 Gen. 22:1-18 Prov. 17:17-18:5	13 <i>5th Saturday of the Great Fast</i> ✠ AKATHIST SATURDAY ✠ Translation of the Relics of Holy Father Nicephoros the Confessor, Patriarch of Constantinople Heb. 9:24-28; Mk. 8:27-31
14 <i>5th Sunday of the Great Fast: Tone I</i> VENERABLE MOTHER MARY OF EGYPT Venerable Benedict of Nursia Heb. 9:11-14; Mk. 10:32-45 Gal. 3:23-29; Lk. 7:36-50	15 Martyr Agapios at Caesarea Is. 48:17-49:4 Gen. 27:1-41 Prov. 19:16-25	16 Martyr Sabinas of Hermopolis Martyr Papas of Lycaonia Is. 49:6-10 Gen. 31:3-16 Prov. 21:3-21	17 Venerable Alexius, Man of God Is. 58:1-11 Gen. 43:26-31, 45:1-16 Prov. 21:23-22:4	18 Holy Father Cyril of Jerusalem Is. 65:8-16 Gen. 46:1-7 Prov. 23:15-24:5	19 Martyrs Chrysanthos & Daria Is. 66:10-24 Gen. 49:33-50:26 Prov. 31:8-31	20 <i>6th Saturday of the Great Fast</i> ✠ LAZARUS SATURDAY ✠ The Holy Fathers Slain at the Monastery of Saint Sabbas Heb. 12:28-13:8 Jn. 11:1-45
21 ✠ PALM SUNDAY ✠ <i>The Entry of Our Lord into Jerusalem</i> Phil. 4:4-9 Jn. 12:1-8	22 GREAT & HOLY MONDAY Hieromartyr Basil of Ancyra Ex. 1:1-20 Job 1:1-12 Mt. 24:3-35	23 GREAT & HOLY TUESDAY Venerable Martyr Nikon and 199 Disciples in Italy Ex. 2:5-10 Job 1:13-22 Mt. 24:36-26:2	24 GREAT & HOLY WEDNESDAY ✠ Forefeast of the Annunciation ✠ Venerable Zakharias the Recluse of Egypt Ex. 2:11-22 Job 2:1-10 Mt. 26:6-16	25 GREAT & HOLY THURSDAY ANNUNCIATION OF THE MOST HOLY THEOTOKOS Heb. 2:11-18 Lk. 1:24-38	26 GREAT & HOLY FRIDAY <i>Leavetaking of the Annunciation</i> ✠ Synaxis of the Archangel Gabriel ✠ <i>No Divine Liturgy this day</i>	27 GREAT & HOLY SATURDAY Martyr Matrona of Thessaloniki Rom. 6:3-11 Mt. 28:1-20
28 GREAT & HOLY ✠ PASCHA ✠ <i>The Bright Resurrection of Christ</i> <i>The Pascha of the Lord</i> Acts 1:1-8 Jn. 1:1-17	29 BRIGHT MONDAY Hieromartyrs Mark, Bishop of Arethuseia and Cyril, Deacon of Heliopolis Acts 1:12-17, 21-26 Jn. 1:18-28	30 BRIGHT TUESDAY Venerable Father John of the Ladder Acts 2:14-21 Lk. 24:12-35	31 BRIGHT WEDNESDAY Venerable Hypatios the Wonderworker of Gangra Acts 2:22-36 Jn. 1:35-51			

✠ GREAT FEAST ✠ VIGIL ✠ POLYELEOS ✠ GREAT DOXOLOGY ✠ SIX STICHERA ① EOTHINON ○ PASCHAL FULL MOON ⊖ VERNAL EQUINOX

⊖ Total Fast 🍷 Xerophagy 🍷 Wine Permitted 🍷 Wine & Oil Permitted 🐟 Fish, Wine & Oil Permitted 🥚 Eggs, Dairy, Wine & Oil Permitted 🕯 Fast-Free Period SSJC.UK

APRIL 2027

ІПРІЛІЙ ЗФІД



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 BRIGHT THURSDAY Holy Mother Mary of Egypt Acts 2:38-43 Jn. 3:1-15	2 BRIGHT FRIDAY Venerable Titus the Wonderworker Acts 3:1-8 Jn. 2:12-22	3 BRIGHT SATURDAY Venerable Niketas the Confessor, Abbot of the Medikion Acts 3:11-16 Jn. 3:22-33
4 ⊕ 1 st Sunday after Pascha: Tone I SAINT THOMAS SUNDAY Antipascha Venerable Joseph the Hymnographer of Sicily Acts 5:12-20 Jn. 20:19-31	5 + Holy Martyrs Theodulos & Agathopedēs and those with them at Thessaloniki Acts 3:19-26 Jn. 2:1-11	6 + Repose of Holy Father Methodius, Teacher of the Slavs + Heb. 7:26-8:2; Jn. 10:9-16 Acts 4:1-10; Jn. 3:16-21	7 Venerable George the Confessor, Bishop of Mytilenē Acts 4:13-22 Jn. 5:17-24	8 Holy Apostles of the Seventy Herodion, Agabus, Asinkritos, Rufus, Phlegontos & Hermas Acts 4:23-31 Jn. 5:24-30	9 Martyr Eupsychios of Caesarea in Cappadocia Acts 5:1-11 Jn. 5:30-6:2	10 Martyrs Terence, Pompeius, Africanus, Maximus, Zeno, Alexander, Theodore, and 33 others, beheaded at Carthage Acts 5:21-33; Jn. 6:14-27
11 3 rd Sunday after Pascha: Tone II MYRRHBEARING WOMEN Hieromartyr Antipas of Pergamon Acts. 6:1-7 Mk. 15:43-16:8	12 Venerable Basil of Parion Acts 6:8-7:5, 47-60 Jn. 4:46-64	13 Hieromartyr Artemon, Presbyter of Laodicea in Syria Acts 8:5-17 Jn. 6:27-33	14 Holy Father Martin the Confessor, Pope of Rome Acts 8:18-25 Jn. 6:35-39	15 Apostles Aristarkhos, Pudās & Trophymos of the Seventy Acts 8:26-39 Jn. 6:40-44	16 Virgin-martyrs Agape, Irenē & Chionia in Illyria Acts 8:40-9:19 Jn. 6:48-54	17 Venerable Simeon of Persia Venerable Akakios, Bishop of Melitinea Acts 9:20-31 Jn. 15:17-6:2
18 4 th Sunday after Pascha: Tone III SUNDAY OF THE PARALYTIC Venerable John, Disciple of Venerable Gregory of Decapolis Acts 9:32-42 Jn. 5:1-15	19 Venerable John of the Ancient Caves in Palestine Acts 10:1-16 Jn. 6:56-69	20 Venerable Theodore Trikinas Acts 10:21-33 Jn. 7:1-13	21 ⊕ MID-PENTECOST Hieromartyr Januarius, Bishop of Benevento, & companions Acts 14:6-18 Jn. 7:14-30	22 Afterfeast of Mid-Pentecost Venerable Theodore the Sykeote Acts 10:34-43 Jn. 8:12-20	23 ⊕ Afterfeast of Mid-Pentecost HOLY & GLORIOUS GREAT-MARTYR GEORGE Acts 12:1-11 Jn. 15:17-6:2	24 Afterfeast of Mid-Pentecost Martyr Sabbas Stratelatēs Acts 12:1-11 Jn. 8:31-42
25 5 th Sunday after Pascha: Tone IV THE SAMARITAN WOMAN Afterfeast of Mid-Pentecost + Holy Apostle & Evangelist Mark Acts 11:19-26, 29-30 Jn. 4:5-42	26 Afterfeast of Mid-Pentecost Hieromartyr Basil, Bishop of Amasea Acts 12:12-17 Jn. 8:42-51	27 Afterfeast of Mid-Pentecost ⊕ Hieromartyr Simeon, Kinsman of the Lord Acts 12:25-13:2 Jn. 8:51-59	28 Leavetaking of Mid-Pentecost Apostles Jason & Sosipater of the Seventy Holy Father Cyril of Turaū Acts 13:13-24 Jn. 6:5-14	29 The Nine Martyrs at Cyzicus Venerable Memnon the Wonderworker of Corfu Acts 14:20-27 Jn. 9:39-10:9	30 + Holy Apostle James, the brother of Holy Apostle & Evangelist John the Theologian + Acts 12:1-11; Lk. 5:1-11 Acts 15:5-34; Jn. 10:17-28	

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MAY 2027

Май 30д



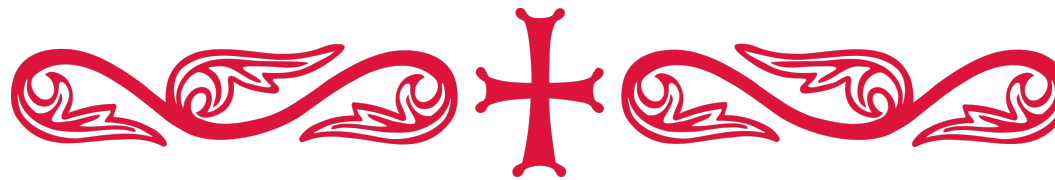
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30   <i>2nd Sunday after Pentecost: Tone I</i> ALL SAINTS OF RUSS-UKRAINE Venerable Isaac, Founder & Hegumen of the Dalmation Monastery at Constantinople Rom. 2:10-16; Mt. 4:18-23 ☿ Heb. 11:33-12:2; Mt. 4:25-5:12	31  Apostle Hermas of the Seventy Martyr Hermias at Komana Rom. 7:1-13 Mt. 9:36-10:8					1 Holy Prophet Jeremias Hieromartyr Klymentiy Sheptytsky, Archimandrite of the Univ Lavra Acts 15:35-41 Jn. 10:27-38
2 <i>5th Sunday after Pascha: Tone V</i> THE MAN BORN BLIND ☿ Holy Father Athanasios the Great, Archbishop of Alexandria Acts 11:19-26, 29-30 Jn. 9:1-38	3 Virgin-martyr Pelagia of Tarsus Acts 17:1-15 Jn. 11:47-57	4 + Venerable Theodosii, Abbot of the Kyiv Caves Martyrs Timothy & Maura + Heb. 13:7-16; Mt. 11:27-30 Acts 17:19-28; Jn. 12:19-36	5  <i>Leavetaking of Pascha</i> <i>Forefeast of the Ascension</i> Great-Martyr Irenē of Thessaloniki Ven. Nikephoros of Medikion Acts 18:22-28 Jn. 12:36-47	6  ASCENSION OF OUR LORD JESUS CHRIST Acts 1:1-12 Lk. 24:36-53	7  <i>Afterfeast of the Ascension</i> ☿ Appearance of the Precious Cross over Jerusalem Martyr Akakios the Centurion Acts 19:1-8 Jn. 14:1-11	8  <i>Afterfeast of the Ascension</i> HOLY APOSTLE & EVANGELIST JOHN THE THEOLOGIAN 1 Jn. 1:1-7 Jn. 19:25-27, 21:24-25
9 <i>6th Sunday after Pascha: Tone VI</i> FATHERS OF THE FIRST ŒCUMENICAL COUNCIL Holy Prophet Isaias; + Translation of Holy Father Nicholas Acts 20:16-18, 28-36; Jn. 17:1-13 + Heb. 13:17-21; Lk. 6:17-23	10 <i>Afterfeast of the Ascension</i> + Holy Apostle Simon the Zealot + 1 Cor. 4:9-16; Mt. 13:54-58 Acts 21:8-14; Jn. 14:27-15:7	11 <i>Afterfeast of the Ascension</i> + Holy Equals-to-the-Apostles Cyril & Methodius + Heb. 7:26-8:2; Jn. 10:9-16 Acts 21:26-32; Jn. 16:2-13	12  <i>Afterfeast of the Ascension</i> Holy Fathers Epiphanius & Germanos Acts 23:1-11 Jn. 16:15-23	13 <i>Afterfeast of the Ascension</i> Virgin-martyr Glykeria at Heraklea Acts 25:13-19 Jn. 16:23-33	14  <i>Leavetaking of the Ascension</i> ☿ Martyr Isidoros of Khios Acts 27:1-44 Jn. 17:18-26	15 ☿ SOUL SATURDAY ☿ Venerable Pakhomios the Great Acts 28:1-31; Jn. 21:15-25 ☿ 1 Cor. 15:47-57; Jn. 5:24-30 ☿
16   PENTECOST <i>The Descent of the All-Holy Spirit</i> ☿ TRINITY SUNDAY ☿ Acts 2:1-11 Jn. 7:37-52, 8:12	17  <i>Monday of the Holy Spirit</i> Holy Apostle Andronikos of the Seventy and his fellow labourer Junia Eph. 5:9-19 Mt. 18:10-20	18  <i>Afterfeast of Pentecost</i> Martyr Theodotos of Ankyra & the Seven Holy Virgins Martyrs Peter, Dionysios, Andrew, Paul, and Christina Rom. 1:1-7, 13-17 Mt. 4:25-5:13	19  <i>Afterfeast of Pentecost</i> Hieromartyr Patrikios, Bishop of Prousa and his companions: Presbyters Akakios, Menander & Polienos Rom. 1:18-27 Mt. 5:20-26	20  <i>Afterfeast of Pentecost</i> Martyrs Thalelaeus, Alexander & Asterias Rom. 1:28-2:9 Mt. 5:27-32	21  <i>Afterfeast of Pentecost</i> + Holy Great Rulers & Equals-to-the-Apostles Constantine & Helena Rom. 2:14-29; Mt. 5:33-41 + Gal. 1:11-19; Jn. 10:1-9	22  <i>Leavetaking of Pentecost</i> Hieromartyr Basiliskos, Bishop of Komana Rom. 1:7-12 Mt. 5:42-48
23 <i>1st Sunday after Pentecost: Tone VIII</i> SUNDAY OF ALL SAINTS Venerable Michael the Confessor, Bishop of Synada Ven. Evphrosynia of Polotsk Heb. 11:33-12:2 Mt. 10:32-33, 37-38, 19:27-30	24  <i>Beginning of the Apostles' Fast</i> Venerable Symeon Stylitēs of the Mountain of Wonders Venerable Niketas Stylitēs, Wonderworker of Pereiaslav Rom. 2:28-3:18 Mt. 6:31-34, 7:9-11	25  + Third Finding of the Ven. Head of the Holy Prophet, Forerunner & Baptist John + 2 Cor. 4:6-15; Mt. 11:2-15 Rom. 4:4-12; Mt. 7:15-21	26  Apostle Carpus of the Seventy Rom. 4:13-25 Mt. 7:21-23	27  Hieromartyr Therapontos, Bishop of Sardis Rom. 5:10-16 Mt. 8:23-27	28  Venerable Niketas the Confessor, Bishop of Chalcedon Rom. 5:17-6:2 Mt. 9:14-17	29  Virgin-Martyr Theodosia of Constantinople Rom. 3:19-26 Mt. 7:1-8

 GREAT FEAST
  VIGIL
 + POLYELEOS
 ☿ GREAT DOXOLOGY
 ☿ SIX STICHERA
 1 EOTHINON
 ○ PASCHAL FULL MOON
 ☿ VERNAL EQUINOX

☉ Total Fast
 🍷 Xerophagy
 🍷 Wine Permitted
 🍷 Wine & Oil Permitted
 🐟 Fish, Wine & Oil Permitted
 🥚 Eggs, Dairy, Wine & Oil Permitted
 🕯 Fast-Free Period
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JUNE 2027

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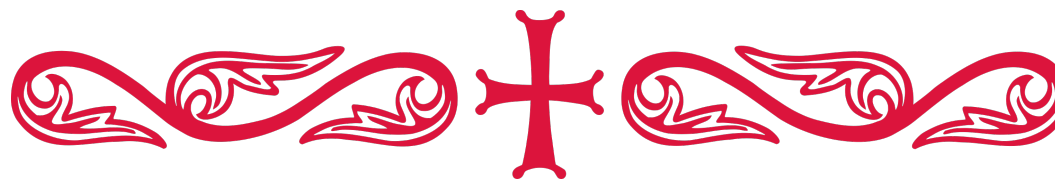
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Holy Martyr Justin the Philosopher & co. at Rome Rom. 7:14-8:2 Mt. 10:9-15	2 Holy Father Nikephoros the Confessor Rom. 8:2-13 Mt. 10:16-22	3 Martyr Lucillian and those with him at Byzantium Rom. 8:22-27; Mt. 10:23-31	4 Holy Father Metrophanes, Patriarch of Constantinople Rom. 9:6-19 Mt. 10:32-36, 11:1	5 Hieromartyr Dorotheos, Bishop of Tyre Martyr Gomidas, Presbyter of Armenia Rom. 3:28-4:3 Mt. 7:24-8:4
3 6 3 rd Sunday after Pentecost: Tone II ALL SAINTS OF GREAT BRITAIN & IRELAND Ven. Bessarion of Egypt Venerable Hilarion the New Rom. 5:1-10; Mt. 6:22-33 Heb. 11:33-12:2; Mt. 4:25-5:12	7 Martyr Theodotos of Ankyra Rom. 9:18-33 Mt. 11:2-15	8 Translation of the relics of Great-Martyr Theodore Stratelates Rom. 10:11-11:2 Mt. 11:16-20	9 Holy Father Cyril of Alexandria Rom. 11:2-12 Mt. 11:20-26	10 Hieromartyr Timothy, Bishop of Prousa Rom. 11:13-24 Mt. 11:27-30	11 + Holy Apostles Bartholomew & Barnabas + Acts 11:19-26, 29-30; Lk. 10:16-21 Rom. 11:25-36; Mt. 12:1-8	12 E Venerable Onouphrios the Great Venerable Peter of Mount Athos Rom. 6:11-17 Mt. 8:14-23
4 13 4 th Sunday after Pentecost: Tone III Martyr Aquilina of Byblos Holy Father Triphyllios, Bishop of Leukosia on Cyprus Rom. 6:18-23 Mt. 8:5-13	14 Holy Prophet Elisei (Elisha) Rom. 12:4-5, 15-21 Mt. 12:9-13	15 Holy Prophet Amos Venerable Jerome of Stridon Rom. 14:9-18 Mt. 12:14-16, 22-30	16 Holy Father & Wonderworker Tykhon, Bishop of Amathous Rom. 15:17-16 Mt. 12:38-45	17 Martyrs Manuel, Sabel & Ismael of Persia Venerable Hypatios, Hegumen of Rufinianos in Chalcedon Rom. 15:17-29 Mt. 12:46-13:3	18 Martyrs Leontius, Ipatius & Theodolus Rom. 16:1-16 Mt. 13:4-9	19 + Holy Apostle Jude, Brother of the Lord + Jude 1:1-10; Jn. 14:21-24 Rom. 6:11-17; Mt. 8:14-23
5 20 5 th Sunday after Pentecost: Tone IV Hieromartyr Methodios, Bishop of Patara in Lycia Rom. 10:1-10 Mt. 8:28-9:1	21 Martyr Julian of Tarsus Rom. 16:17-24 Mt. 13:10-23	22 Hieromartyr Eusebios of Samosata 1 Cor. 1:1-9 Mt. 13:24-30	23 Martyr Agrippina of Rome 1 Cor. 2:9-3:8 Mt. 13:31-36	24 + NATIVITY OF THE HOLY PROPHET, FORERUNNER & BAPTIST JOHN Rom. 13:11-14:4 Lk. 1:1-25, 57-68, 76, 80	25 Afterfeast of the Nativity of John Virgin-martyr Febronia of Nisibis 1 Cor. 4:5-8 Mt. 13:44-54	26 Venerable David of Thessaloniki Hieromartyrs Andrii Ishchak & Mykola Konrad Martyr Volodymyr Pryjma Rom. 9:1-5 Mt. 9:18-26
6 27 + 6 th Sunday after Pentecost: Tone V BISHOP MYKOLAI CHARNETSKYI & 24 NEW CO-MARTYRS OF THE CHURCH OF RUSS-UKRAINE Rom. 12:6-14; Mt. 9:1-8 Eph. 6:10-17; Mt. 10:16-22	28 Transfer of the relics of Holy Martyrs, Unmercenarics & Wonderworkers, Cyrus & John 1 Cor. 5:9-6:11 Mt. 13:54-58	29 + HOLY CHIEF APOSTLES PETER & PAUL 2 Cor. 11:21-12:9 Mt. 16:13-19	30 + Synaxis of the Holy, Glorious & All-praiseworthy Twelve Apostles Hieromartyr Vasyl Velichkovsky + 1 Cor. 4:9-16; Mk. 3:13-19 1 Cor. 7:12-24; Mt. 14:35-15:11			

⊕ GREAT FEAST ⊕ VIGIL + POLYELEOS E GREAT DOXOLOGY E SIX STICHERA 1 EOTHINON ○ PASCHAL FULL MOON ⊖ VERNAL EQUINOX

⊖ Total Fast 🐟 Xerophagy 🍷 Wine Permitted 🍷🕯 Wine & Oil Permitted 🐟 Fish, Wine & Oil Permitted 🥚 Eggs, Dairy, Wine & Oil Permitted 🕯 Fast-Free Period SSJC.UK

JULY 2027

ІВІЙ ЗФІД



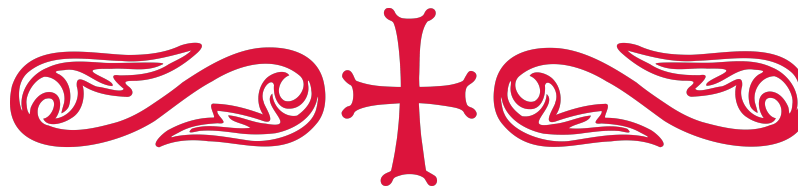
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Ⓔ Holy Unmercenaries & Wonderworkers Cosmas & Damian 1 Cor. 7:24-35 Mt. 15:12-21	2 ✠ Placing of the Precious Robe of the Theotokos in the Church of Blachernæ at Constantinople ✚ Heb. 9:1-7; Lk. 10:38-42, 11:27-28 1 Cor. 7:35-8:7; Mt. 15:29-31	3 Martyr Hiakynthos of Cæsarea in Cappadocia Rom. 12:1-3 Mt. 10:37-11:1
7 4 7 th Sunday after Pentecost: Tone VI OUR LADY OF PERPETUAL SUCCOUR Holy Father Andrew, Archbishop of Crete Rom. 15:1-7; Mt. 9:27-35 Heb. 9:1-7; Lk. 10:38-42, 11:27-28	5 ✚ Venerable Athanasios of Mount Athos ✚ Gal. 5:22-6:2; Lk. 6:17-23 1 Cor. 9:13-18; Mt. 16:1-6	6 Venerable Sisoës the Great 1 Cor. 10:5-12 Mt. 16:6-12	7 ✠ Venerable Thomas of Mount Maleon Venerable Akakios of Sinai 1 Cor. 10:12-22 Mt. 16:20-24	8 Ⓔ Holy Great-Martyr Procopius 1 Cor. 10:28-11:7 Mt. 16:24-28	9 ✠ Hieromartyr Pankratios, Bishop of Taurumeneia 1 Cor. 11:8-22 Mt. 10:32-36	10 ✚ Venerable Anthony of the Kyiv Caves Holy 45 Martyrs at Nikopolis Martyrs Francis, Mutius, Raphaël & those with them at Damascus ✚ Gal. 5:22-6:2; Lk. 6:17-23 Rom. 13:1-10; Mt. 12:30-37
8 11 8 th Sunday after Pentecost: Tone VII ✚ Blessed Equal-to-the-Apostles Olha, Princess of Kyiv Ⓔ Great-Martyr Euphemia the All-praised of Chalcedon 1 Cor. 1:10-18; Mt. 14:14-22 ✚ Gal. 1:11-19; Jn. 10:1-9	12 Martyrs Proklos & Hilarion Venerable Michael Maleinos 1 Cor. 11:31-12:6 Mt. 18:1-11	13 Ⓔ Synaxis of the Holy Archangel Gabriel 1 Cor. 12:12-26 Mt. 18:18-22, 19:1-2, 13-15	14 ✠ Ⓔ Apostle Aquila of the Seventy 1 Cor. 13:4-14:5 Mt. 20:1-16	15 ✚ HOLY EQUAL-TO-THE-APOSTLES GRAND PRINCE VOLODYMYR OF KYIV Martyrs Kyrikos & Julitta Gal. 1:11-19 Jn. 10:1-9	16 ✠ Hieromartyr Athenogenes, Bishop of Heracleopolis, and his ten disciples 1 Cor. 14:26-40 Mt. 20:12-14, 17-20	17 Ⓔ Great-Martyr Marina of Antioch Hieromartyr Pavol Petro Gojdič, Bishop of Prešov Rom. 14:6-9 Mt. 15:32-39
9 18 9 th Sunday after Pentecost: Tone VIII FATHERS OF THE FIRST SIX ŒCUMENICAL COUNCILS Martyr Hiakynthos of Amastris Martyr Emelian of Silistra Heb. 13:7-16; Jn. 1:13 1 Cor. 3:9-17; Mt. 14:22-34	19 Venerable Macrina, sister of Holy Father Basil the Great Venerable Dios of Antioch 1 Cor. 15:12-19 Mt. 21:18-22	20 ✚ HOLY & GLORIOUS PROPHET ELIAS (ELIJAH) Jas. 5:10-20 Lk. 4:22-30	21 ✠ Holy Prophet Ezekiel Venerable Simeon, Fool for Christ & his ascetical companion John 1 Cor. 16:4-12 Mt. 21:28-32	22 Ⓔ Holy Myrrh-bearer & Equal-to-the-Apostles Mary Magdalene Hieromartyr Phokas of Sinope 2 Cor. 1:1-7 Mt. 21:43-46	23 ✠ Martyrs Trophymos, Theophilos & 13 with them Blessed Vasil' Hopko of Prešov Miracle of the Pochaiv Icon of the Most Holy Theotokos 2 Cor. 1:12-20 Mt. 22:23-33	24 ✚ Holy Martyrs & Passion-bearers Borys & Hlib Ⓔ Martyr Christina of Tyre Venerable Charbel of Lebanon ✚ Rom. 8:28-39; Jn. 15:17-16:2 Rom. 15:30-33; Mt. 17:24-18:4
10 25 10 th Sunday after Pentecost: Tone I ✚ Dormition of Righteous Anna Holy Olympiadas, Deaconess of Constantinople & Venerable Eupraxia of Tabenna 1 Cor. 4:9-16; Mt. 17:14-23 ✚ Gal. 4:22-31; Lk. 8:16-21	26 Hieromartyrs Hermolaus, Hermippos and Hermocrates Martyr Paraskevi of Rome 2 Cor. 2:4-15 Mt. 23:13-22	27 ✚ Holy Great-Martyr & Healer Panteleimon ✚ 2 Tim. 2:1-10; Jn. 15:17-16:2 2 Cor. 2:14-3:3; Mt. 23:23-28	28 ✠ Holy Apostles of the Seventy & Deacons Prochorus, Nikanor, Timon and Parmenas 2 Cor. 3:4-11 Mt. 23:29-39	29 Martyr Kallinikos of Gangra in Asia Minor 2 Cor. 4:1-6 Mt. 24:13-28	30 ✠ Apostles of the Seventy Silas, Siluanos, Kryskis, Epenetos & Andronikos 2 Cor. 4:13-18 Mt. 24:27-33, 42-51	31 Ⓔ Forefeast of the Procession of the Precious Cross of the Lord Righteous Eudokimos of Cappadocia 1 Cor. 1:3-9 Mt. 19:3-12

⊕ GREAT FEAST ✚ VIGIL ✚ POLYELEOS Ⓔ GREAT DOXOLOGY Ⓔ SIX STICHERA ❶ EOTHINON ○ PASCHAL FULL MOON ⊖ VERNAL EQUINOX

⊖ Total Fast ✠ Xerophagy ✠ Wine Permitted ✠ Wine & Oil Permitted 🐟 Fish, Wine & Oil Permitted 🥚 Eggs, Dairy, Wine & Oil Permitted 🕯 Fast-Free Period SSJC.UK

AUGUST 2027

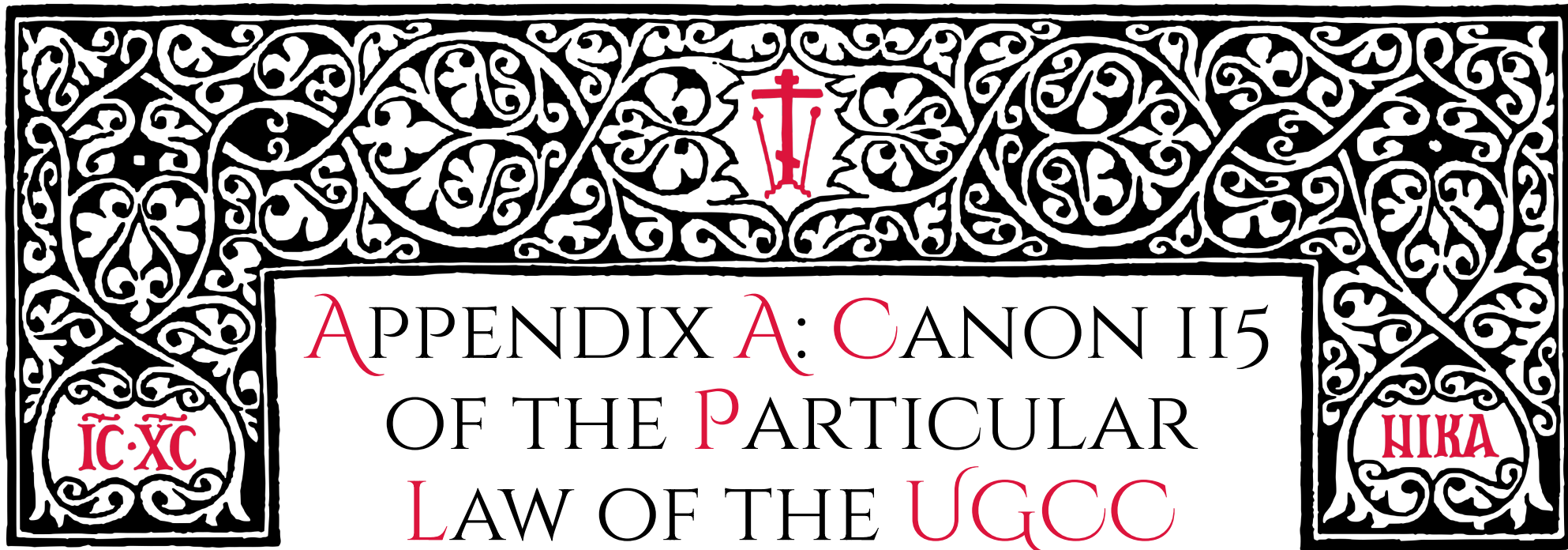
ΑΥΓΟΥΣΤΟΣ 2027



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>Beginning of the Dormition Fast</i> <i>11th Sunday after Pentecost: Tone II</i> ☩ Procession of the Precious Wood of the Life-giving Cross of the Lord 1 Cor. 9:2-12 Mt. 18:23-35	2 ☩ Translation of the Relics of Protomartyr & Archdeacon Stephen 2 Cor. 5:10-15 Mk. 1:9-15	3 Venerable Isaac, Dalmatus & Faustus, Ascetics of the Dalmatian Monastery in Constantinople 2 Cor. 5:15-21 Mk. 1:16-22	4 Holy Seven Youths of Ephesus Virgin-martyr Eudokia of Persia 2 Cor. 6:11-16 Mk. 1:23-28	5 ☩ <i>Forefeast of the Transfiguration</i> Martyr Eusignios of Antioch 2 Cor. 7:1-10 Mk. 1:29-35	6 TRANSFIGURATION OF OUR LORD JESUS CHRIST 2 Pet. 1:10-19 Mt. 17:1-9	7 <i>Afterfeast of the Transfiguration</i> Martyr Dometios of Persia 1 Cor. 1:26-29 Mt. 20:29-34
8 <i>Afterfeast of the Transfiguration</i> <i>12th Sunday after Pentecost: Tone III</i> Holy Father Emilian the Confessor, Bishop of Kyzikos 1 Cor. 15:1-11 Mt. 19:16-26	9 <i>Afterfeast of the Transfiguration</i> + Holy Apostle Matthias + Acts 1:12-17, 21-26; Lk. 9:1-6 2 Cor. 8:7-15; Mk. 3:6-12	10 <i>Afterfeast of the Transfiguration</i> Martyrs Archdeacon Laurence, Pope Sixtus and Deacons Felissimus & Agapitus 2 Cor. 8:16-9:5 Mk. 3:13-19	11 <i>Afterfeast of the Transfiguration</i> Martyr & Archdeacon Euplus 2 Cor. 9:12-10:7 Mk. 3:19-27	12 <i>Afterfeast of the Transfiguration</i> Martyrs Photios & Anicetas of Nicomedia 2 Cor. 10:7-18 Mk. 3:28-35	13 ☩ <i>Leavetaking of the Transfiguration</i> Venerable Maximos the Confessor 2 Cor. 11:5-21 Mk. 4:1-9	14 ☩ <i>Forefeast of the Dormition</i> + Translation of the relics of Ven. Feodosiy of the Kyiv Caves Holy Prophet Micah + Heb. 13:7-16; Mt. 11:27-30 1 Cor. 2:6-9; Mt. 22:15-22
15 <i>13th Sunday after Pentecost: Tone IV</i> DORMITION OF THE MOST HOLY THEOTOKOS 1 Cor. 16:13-24; Mt. 21:33-42 Phil. 2:5-11; Lk. 10:38-42; 11:27-28	16 <i>Afterfeast of the Dormition</i> ☩ Translation of the Icon of Our Lord Not-Made-by-Hands from Edessa to Constantinople 2 Cor. 12:10-19 Mk. 4:10-23	17 <i>Afterfeast of the Dormition</i> Martyr Myron of Kyzikos 2 Cor. 12:21-13:2 Mk. 4:24-34	18 <i>Afterfeast of the Dormition</i> + Consecration of the Patriarchal Cathedral of the Resurrection of Christ in Kyiv Martyrs Florus & Laurus of Illyria + Heb. 3:1-4; Mt. 16:13-18 2 Cor. 13:3-14; Mk. 4:35-41	19 <i>Afterfeast of the Dormition</i> Martyr Andrew Stratelates & 2,593 soldiers with him in Cilicia Gal. 1:1-10, 20-2:5 Mk. 5:1-20	20 <i>Afterfeast of the Dormition</i> Holy Prophet Samuel Gal. 2:6-10 Mk. 5:22-24, 35-6:1	21 <i>Afterfeast of the Dormition</i> Apostle Thaddeus of the 70 Martyr Bassa with her sons Theognios, Agapios & Pistos 1 Cor. 4:1-5 Mt. 23:1-12
22 <i>Afterfeast of the Dormition</i> <i>14th Sunday after Pentecost: Tone V</i> Martyr Agathonikes and co. Repose of Holy Father Symeon, Confessor of Krasnoyarsk 2 Cor. 1:21-2:4 Mt. 22:1-14	23 ☩ <i>Leavetaking of the Dormition</i> Martyr Luppos Hieromartyr Irenæus of Lyons Gal. 2:11-16 Mk. 5:24-34	24 Hieromartyr Eutychius, Disciple of Holy Apostle & Evangelist John the Theologian Gal. 2:21-3:7 Mk. 6:1-7	25 ☩ Return of the relics of the Holy Apostle Bartholomew from Anastasiopolis to Lipari Holy Apostle Titus of the 70 Gal. 3:15-22 Mk. 6:7-13	26 Martyrs Adrian & Natalia Gal. 3:23-4:5 Mk. 6:30-45	27 Venerable Pimen the Great Blessed Nun-martyrs Lavrentia & Olympia Gal. 4:8-21 Mk. 6:45-53	28 Venerable Moses the Black Holy Father Augustine of Hippo Synaxis of the Fathers of the Kyiv Caves 1 Cor. 4:1-5 Mt. 23:1-12
29 <i>15th Sunday after Pentecost: Tone VI</i> BEHEADING OF THE HOLY PROPHET, FORERUNNER & BAPTIST JOHN 2 Cor. 4:6-15; Mt. 22:35-46 Acts. 13:25-33; Mk. 6:14-30	30 <i>Afterfeast of the Beheading of the Forerunner</i> Holy Patriarchs of Constantinople Alexander, John & Paul Gal. 4:28-5:10; Mk. 6:55-7:8	31 + Placing of the Precious Cincture of the Most Holy Theotokos in the Church of Blachernæ at Constantinople + Heb. 9:1-7; Lk. 10:38-42, 11:27-28 Gal. 4:28-5:10; Mk. 6:55-7:8				

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APPENDIX A: CANON II5 OF THE PARTICULAR LAW OF THE UGCC

§ 1. The penitential practice of fasting, repentance, and abstinence, the purpose of which is to make amends for sins committed and to attain greater perfection for the sake of personal sanctification, is the oldest tradition of the Ukrainian Greek Catholic Church.

§ 2. All the faithful are obliged to fast during the following periods of the church year: the Great Fast [Lent] and Holy Week; Peter's Fast – from the Monday after All Saints' Sunday until the eve of the feast of the Holy Chief Apostles Peter & Paul (inclusive); the Dormition Fast, or the Saviour's Fast, – from the feast of the Transfer of the Honourable and Life-giving Cross and the Maccabean Martyrs, Salome, their mother, and the elder Eleazar, until the eve of the Dormition of the Most Holy Theotokos (inclusive); the Nativity Fast, or Philip's Fast – from the day after the feast of the Apostle Philip until the eve of the Nativity of Christ:

1. on the first day of the Great Fast and Good Friday – strict fasting, meaning one should refrain from eating meat and dairy products and eggs, as well as dishes containing these products;
2. during the first week of the Great Fast and throughout all days of Holy Week, one must abstain from consuming meat products and dishes;

3. on Monday, Wednesday, and Friday of the other weeks of the Great Fast, one should refrain from consuming meat products and dishes; on Tuesday and Thursday, all types of food are permitted;

4. during other fasts of the church year, the faithful are obliged to: abstain from consuming meat products and dishes on Wednesday and Friday; all types of food are permitted on Monday, Tuesday, and Thursday.

§ 3. All the faithful are obliged to observe a fast on the following days: the eve of the Nativity of Christ, the eve of the Theophany of the Lord, the Beheading of the Honourable Head of Saint John the Baptist, and the Universal Exaltation of the Honourable and Life-giving Cross.

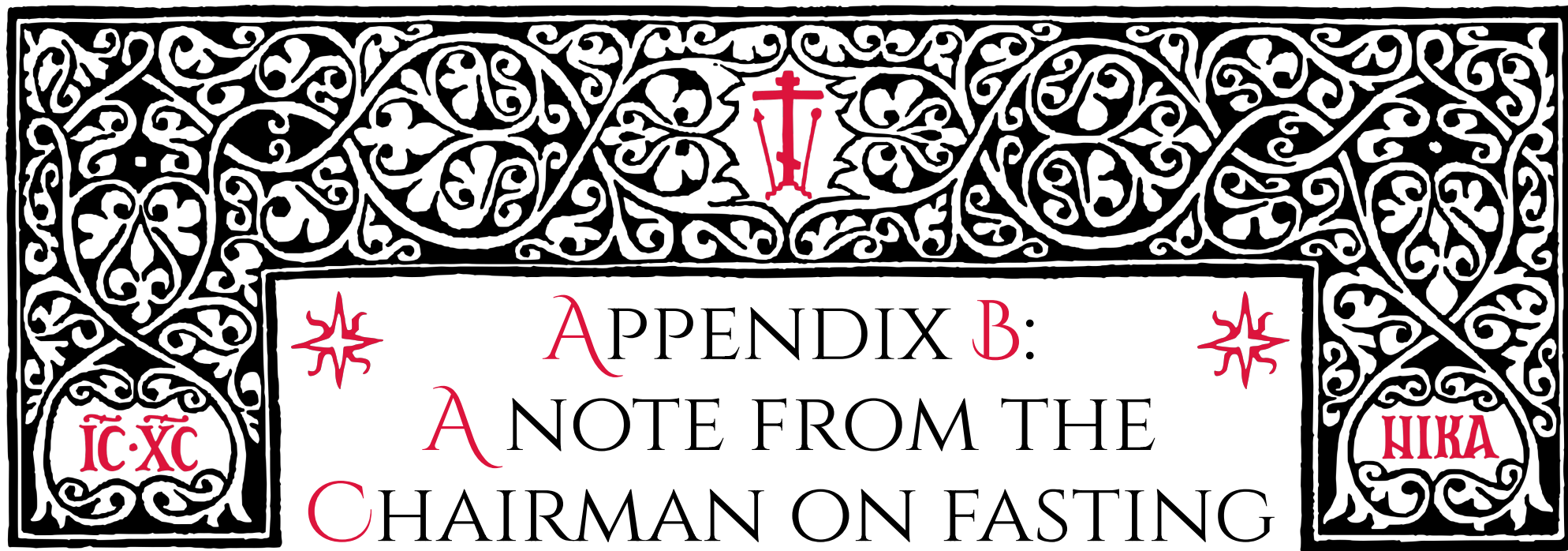
§ 4. On all Fridays of the year, except for the occasions of fast-free periods, the Temple Feast, and the Twelve Feasts, one should abstain from meat products and dishes.

§ 5. On all days of fasting and during fast-free periods, the faithful are obliged to refrain from organising and participating in loud parties, weddings, dances, entertainments, and other similar events.

§ 6. Regarding exemption from the obligation of fasting, the following provisions must be observed:

1. the fast-free periods in the UGCC are: from the Nativity of Christ to the eve of the Theophany; from the Sunday of the Publican and the Pharisee to the Sunday of the Prodigal Son; from Pascha to Thomas Sunday; from the Descent of the Holy Spirit to All Saints Sunday;
2. there is no fasting on Saturdays, Sundays, and on celebration of the New Year (31 December to 1 January) and Independence Day of Ukraine (24 August);
3. the following are exempt from any obligation to fast: children under 14 years of age and persons over 60 years of age; the seriously ill; pregnant women; mothers after childbirth and those who are breast-feeding; those who travel (if the travel time exceeds eight hours); those who do manual labour; those who eat from the table of others; the poor who live on alms;
4. in some cases, the local hierarch may exempt from the obligation to fast, encouraging the faithful to perform works of piety and charity.

§ 7. Outside the territory of the major archiepiscopal Church [Ukraine], local customs should be observed in this regard. ✠



APPENDIX B: A NOTE FROM THE CHAIRMAN ON FASTING

It is worth repeating that the fasts are not there to do us down and to make us either spiritually hopeless because of our flaws and failings, or to make us spiritually proud for a job well done. Instead, we are all in this together, and together as the Church we have found that these are ways by which the Holy Spirit renews our faith in us, and lightens our life in Christ. We all fast and pray, and we all say “God be merciful to me, as sinner.” Thus we can all say, “Thy Kingdom come in me, in us, Thy will be done in me, in us, on earth as it is in heaven, according to Thy Word.”

How? A few tips for the fasts of renewal before the great feasts (such as the Advent Fast leading up to the Nativity and the Great Fast leading up to Pascha) which can also be applied in principle to the weekly fasts of the year.

Christian fasting is holistic – its for the health of our body and our soul at the same time. Healthy and mindful eating, sustains and even strengthens spiritual nourishment from the Holy Spirit. Christ worked his miracles not only by prayer but also with fasting; both are human; both are divine.

Abstinence from certain foods and drink is also fasting. You need to eat enough for your mind and body, and the Church never asks you to harm your health in order to fast and pray well.

Fasting is a physical form of prayer by which we lift up our heart and mind to God.

If you are a child or young teenager, or else an older person over 60, the strict rules of fasting do not apply, because you have varying needs as your body and mind develop. It is important not to damage that. Find a way to keep the spirit of the fast. Or substitute something else to abstain from.

The same goes if you have a longer-term health condition – don’t put fasting ahead of how your healthcare and your medication work. If in doubt, consult your priest who will wisely confirm this.

Aside from the weekly abstention from meat and other animal products on Wednesdays and Fridays – or at least Fridays – can we add another day of the week when we eat meat-free or vegetarian, or vegan?

Across the week from Monday to Friday (Saturdays and Sundays are not fasting days), can we take perhaps just one normal-sized meal a day? The ancient Christian practice is to fast from waking to a single early evening meal. Try not to think you can load your three square meals a day into one banquet! This defeats the object of a little discipline and self-denial, for fine-tuning the mind and soul to receive the graces of the Holy Spirit.

There is never to be any abstinence from water. We significantly restrict the consumption of alcohol. Some people like to follow the monastic rule of refraining from food prepared in oils, in preference for plain or boiled foods.

It’s not only food intake that we can moderate. We have other behaviours that can be self-indulgent and block us off from being open to the spiritual life in Christ. What are my besetting sins and habits that get in the way? Can I do without them at least for this fortnight?

If you can – look at it this way – as an act of joy and love and thanksgiving to Christ our God who sacrificed all for our sake – (i) moderate your food, wine and oil intake (including other alcohols); (ii) add to your abstention from meat on some extra days; (iii) explore delicious vegan food; (iv) enjoy Saturdays and Sundays but keep to the spirit of the fast that in some ways less is more; (v) don’t soldier on miserably on your own – “all one Body we”: we are in this together and “God loves a cheerful giver”; (vi) if you are living or eating with others who do not fast in this tradition, don’t impose your practice on them, although they may enjoy some of our recipes: proper “fast food”; (vii) if you are a guest at a meal – eat what is put in front of you, and don’t fret, or look pained, or disapproving: this is a gift to you from God; (viii) in all things rejoice – this is all about love for Him who first loved us. *Fr. Mark Woodruff* ✠

