





January 2013

SUN	MON	TUE	WED	THU	FRI	SAT
	1/14 + THE CIRCUMCISION OF JESUS CHRIST, BASIL THE GREAT	2/15 Sylvester; Pope of Rome <i>Pre-feast of Theophania/Epiphany</i>	3/16 Prophet Malachias (Malachi)	4/17 Synaxis of the 70 Apostles	5/18 Righteous Synklētikē	6/19 + THEOPHANIA/ EPIPHANY
7/20 + THE SYNAXIS OF THE HONORABLE FORERUNNER	8/21 Righteous Domnikē, George the Chozebite	9/22 Martyr Polyeuktos, Righteous Eustratios	10/23 Gregory of Nyssa, Righteous Dometianus	11/24 + RIGHTEOUS THEODOSIOS THE CENOBITE	12/25 Martyr Tatiana	13/26 Martyrs Hermylos and Stratonikos, Righteous Maximus
14/27 + SUNDAY AFTER THEOPHANIA/EPIPHANY Righteous-Martyrs of Sinai and Raïtho, <i>Apodosis of Epiphany</i>	15/28 Righteous John the Hut-Dweller and Paul of Thebes	16/29 + The Veneration of the Chains of the Apostle Peter	17/30 + Righteous Anthony the Great, New-Martyr George of Ioannina	18/31 + Athanasios and Cyril of Alexandria	19/1 Righteous Makarios	20/2 + Righteous Euthymios the Great
21/3 TWELVTH SUNDAY OF LUKE. 10 LEPERS Maximus the Confessor, Martyr Neophytos	22/4 + Apostle Timothy , Martyr Anastasios the Persian	23/5 Martyrs Clement and Agathangelos	24/6 Righteous Xenē and Philon	25/7 + Gregory the Theologian	26/8 Righteous Xenophon	27/9 + The Transfer of the Relics of St. John Chrysostom
28/10. FIFTEENTH SUNDAY OF LUKE. ZACCHAEUS Righteous Ephraim the Syrian, Isaac, Pelladios	29/11 The Transfer of the Relics of St. Ignatius the God-Bearer	30/12 + Three Hierarchs	31/13 Unmercenaries Cyrus and John		Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted	 = fish permitted A.F.P. = All foods permitted

February 2013

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted</p>	<p> = fish permitted A.F.P. = All foods permitted</p>			<p>1/14 Martyr Tryphon (Pre-feast of the Presentation)</p>	<p>2/15  + THE PRESENTATION OF THE LORD</p>	<p>3/16. Symeon the God-receiver, Anna the Prophetess</p>
<p>4/17 SEVENTEENTH SUNDAY OF MATTHEW. CANAANITE WOMAN Righteous Isidore the Pēlousiotēs</p>	<p>5/18 Martyr Agatha, Poyeuktos; Patriarch of Constantinople</p>	<p>6/19 Boukolos of Smyrna, Photios; Patriarch of Constantinople</p>	<p>7/20 Parthenios of Lampsakos, Luke of Hellas</p>	<p>8/21 Theodore the General</p>	<p>9/22 Martyr Nikēphoros</p>	<p>10/23 +Hieromartyr Haralampos, Anastasios of Jerusalem</p>
<p>11/24 +THE PUBLICAN AND THE PHARISEE. Hieromartyr Blasios, Theodora the Queen</p>	<p>12/25 Meletios; Archbishop of Antioch</p>	<p>13/26 Apostles Aquila and Priscilla, Righteous Martinian</p>	<p>14/27 Righteous Auxentios, Maron, and Abraham</p>	<p>15/28 Apostle Onēsimos</p>	<p>16/1 Martyr Pamphylos</p>	<p>17/2 Theodore the Tyro</p>
<p>18/3 +THE PRODIGAL SON, Leo; Pope of Rome, Agapitos the Confessor</p>	<p>19/4 Apostle Archippos, Righteous-Martyr Philotheē of Athens</p>	<p>20/5 Leo of Katana, Agathon of Rome</p>	<p>21/6 Righteous Timothy</p>	<p>22/7 Martyrs of Eugenius</p>	<p>23/8 Polycarp, Bishop of Smyrna</p>	<p>24/9 +SOUL-SATURDAY, The first and second findings of the head of St. John the Baptist</p>
<p>25/10 +MEAT-FARE SUNDAY Tarasios; Patriarch of Constantinople</p>	<p>26/11 All foods permitted except meat Porphyrios of Gaza, Photeinē the Samaritan woman</p>	<p>27/12 All foods permitted except meat Righteous Procopios the Decapolite</p>	<p>28/13 All foods permitted except meat Basil the Confessor Righteous John Cassian (29)</p>			

March 2013

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted</p>	<p> = fish permitted</p>	<p>* On this day the vernal equinox occurs; both the day and night are 12 hours each</p>		<p>1/14 All foods permitted except meat Righteous Eudokimos</p>	<p>2/15 All foods permitted except meat Martyrs Hēsychios and Euthalia</p>	<p>3/16 All foods permitted except meat +All the Ascetic Fathers and Mothers, Martyrs Eutropios, Cleonicus and Basiliskos</p>
<p>4/17 All foods permitted except meat +CHEESE-FARE SUNDAY, Righteous Gerasimos of the Jordan</p>	<p>5/18 +CLEAN MONDAY, Konon the gardner, Eulampios, Archelaos</p>	<p>6/19 Forty-two martyrs of Amorios</p>	<p>7/20 Seven hieromartyrs of Cherson</p>	<p>8/21 Theophylaktos of Nicomedia</p>	<p>9/22 * + THE FORTY MARTYRS OF SEBASTEIA. +THE FIRST SALUTATIONS</p>	<p>10/23 +The miracle of the kollyba of St. Theodore the Tyro, Martyr Quadratus and those with him</p>
<p>11/24 +THE FIRST SUNDAY OF THE FAST (ORTHODOXY) Sophronios of Jerusalem</p>	<p>12/25 Gregory the Dialogist</p>	<p>13/26 Transfer of the relics of St. Nikēphoros</p>	<p>14/27 Righteous Benedict</p>	<p>15/28 Agapios and the seven martyrs with him</p>	<p>16/29 +THE SECOND SALUTATIONS, Martyr Sabbinos the Egyptian</p>	<p>17/30 Alexios the man of God, Patrick, Bishop of Ireland</p>
<p>18/31 +THE SECOND SUNDAY OF THE FAST (GREGORY PALAMAS) Cyril; Archbishop of Jerusalem</p>	<p>19/1 Martyrs Chrysanthos and Dareia</p>	<p>20/2 Martyrs of St. Sabbas</p>	<p>21/3 James the Confessor, Martyr Domninos</p>	<p>22/4 Hieromartyr Basil; Bishop of Ancyra</p>	<p>23/5 +THE THIRD SALUTATIONS, Martyr Nikon and the 199 Martyrs</p>	<p>24/6 Artemon; Bishop of Seleucia. <i>Pre-feast of the Annunciation</i></p>
<p>25/7  +THE THIRD SUNDAY OF THE FAST (VENERATION OF THE CROSS) +ANNUNCIATION OF THE THEOTOKOS</p>	<p>26/8 Synaxis of the Archangel Gabriel</p>	<p>27/9 Righteous Matriona of Thessalonica</p>	<p>28/10. Righteous Hilarion, Apostle Herodion</p>	<p>29/11 Mark, Bishop of Arethousia</p>	<p>30/12 +THE FOURTH SALUTATIONS, Righteous John of the Ladder</p>	<p>31/13 Hypatios of Gangra, Akakios</p>





April 2013

SUN	MON	TUE	WED	THU	FRI	SAT
1/14 + THE FOURTH SUNDAY OF THE FAST (JOHN OF THE LADDER) Righteous Mary of Egypt	2/15 Righteous Titus the Wonderworker	3/16 Nikētas; Abbott of Mēdikios	4/17 Righteous George in Maleon	5/18 + GREAT CANON , Martyr Claudius	6/19 Eutychios of Constantinople	7/20 + THE AKATHIST HYMN Martyr Kalliopios
8/21. + THE FIFTH SUNDAY OF THE FAST (MARY OF EGYPT) Apostles Hērdion, Agathos, Roupfos	9/22 Martyr Euppsychios	10/23 Martyr Terence	11/24 Hieromartyr Antypas of Pergamum	12/25 Basil the Confessor; Bishop of Parios	13/26 Martinus the Confessor	14/27 + RESURRECTION OF LAZARUS Apostles Aristarchus, Poudes and Trophimus
15/28 ☉* + PALM SUNDAY , Martyr Crescent, Leonidas; Bishop of Athens	16/29 + GREAT MONDAY , Joseph the all-comely, Martyrs Agape, Irene and Chionia	17/30 + GREAT TUESDAY , The Ten Virgins Hieromartyr Symeon, Righteous Makarios of Corinth	18/1 + GREAT WEDNESDAY , The woman who anointed the Lord, Righteous John the Decapolite, Athanasia of Aegina	19/2 + GREAT THURSDAY , The Mystical Supper Hieromartyr Paphnoutios	20/3 + GREAT FRIDAY , The Holy Passion of the Lord, Theodore the Trichinite	21/4 + GREAT SATURDAY , The Descent into Hades, Hieromartyr Januarius, Righteous Anastasios of Sinai
22/5 A.F.P. + HOLY PASCHA , The Resurrection of the Lord, Righteous Theodore of Sykeon	23/6 + RENEWAL WEEK , + GREAT-MARTYR GEORGE THE TROPHY-BEARER	24/7 Righteous Elizabeth, New-martyr Doukas	25/8 + Mark the Evangelist	26/9 Hieromartyr Basileus; Bishop of Apameia	27/10 + LIFE-GIVING FONT , Hieromartyr Symeon the Lord's kinsman	28/11 The Nine Martyrs of Cyzicus
29/12 A.F.P. + THE SECOND OF JOHN, APOSTLE THOMAS , Apostles Jason and Sosipater	30/13 Apostle James			* In some places, fish is not permitted on Palm Sunday	Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted	☉ = fish permitted A.F.P. = All foods permitted

May 2013

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted</p>	<p>☒ = fish permitted</p>	<p>1/14 Prophet Ieremias (Jeremiah), New-martyrs Euthymios, Akakios and Ignatius</p>	<p>2/15 +The Transfer of the Relics of St. Athanasios the Great</p>	<p>3/16 Martyrs Timothy and Maura, Peter; Bishop of Argos</p>	<p>4/17 Martyr Pelagia</p>	<p>5/18 Great-martyr Irene, Euthymios; Bishop of Madytos</p>
<p>6/19 +THE THIRD OF JOHN, MYRRH-BEARING WOMEN Job the much-suffering, Righteous Seraphim</p>	<p>7/20 The appearance of the Holy Cross</p>	<p>8/21 +John the Theologian, Righteous Arsenios the Great</p>	<p>9/22 Prophet Esaias (Isaiah), Christopher</p>	<p>10/23 Apostle Simon, Righteous Laurence</p>	<p>11/24 Hieromartyr Mokios, New-martyr Argyrios</p>	<p>12/25 Basil the Confessor; Bishop of Parios</p>
<p>13/26 +THE FOURTH OF JOHN, PARALYTIC, Martyr Glykeria, Pausikakos of Synada</p>	<p>14/27 Martyr Isidore of Chios</p>	<p>15/28 Righteous Pachomios</p>	<p>16/29 ☒ +MID-PENTECOST, Righteous Theodore the Sanctified</p>	<p>17/30 Apostles Andronikos and Jounia</p>	<p>18/31 Martyrs Peter and Dionysius</p>	<p>19/1 Hieromartyr Patrick; Bishop of Prusa</p>
<p>20/2 +THE FIFTH OF JOHN, SAMARITAN WOMAN, Martyr Thallelaios</p>	<p>21/3 +EQUAL-TO-THE-APOSTLES CONSTANTINE AND HELEN</p>	<p>22/4 Martyr Basiliskos</p>	<p>23/5 Michael; Bishop of Synada</p>	<p>24/6 <i>Apodosis of Mid-Pentecost</i> Righteous Symeon</p>	<p>25/7 The Third finding of the head of St. John the Baptist</p>	<p>26/8 Apostle Carpus</p>
<p>27/9 A.F.P. +THE SIXTH OF JOHN, THE BLIND MAN, Hieromartyr Helladios, Righteous John the Russian</p>	<p>28/10 Hieromartyr Eutyche's, Righteous Andrew</p>	<p>29/11 Righteous-martyr Theodosios</p>	<p>30/12 ☒ +The APODOSIS OF PASCHA, Righteous Isaakios; abbot of the monastery of Dalmatia</p>	<p>31/13 +The ASCENSION OF THE LORD, Martyr Hērmeios</p>		

June 2013

SUN	MON	TUE	WED	THU	FRI	SAT
Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted	 = fish permitted	* On this day the Summer Solstice occurs; the time at which the sun is at its northernmost point in the sky, appearing at noon at its highest altitude above the horizon. It is the longest day of the year; the day is 15 hours long and the night is 9.	** In some traditions, fish is permitted everyday during the Apostles' fast save Wednesdays and Fridays.		1/14 Justin Martyr; the Philosopher	2/15 Nikēphoros; Patriarch of Constantinople
3/16 +THE HOLY FATHERS, Martyr Loukilianos	4/17 Metrophanēs; Archbishop of Constantinople	5/18 Hieromartyr Dorotheos; Bishop of Tyro	6/19 Righteous Hilarion and Bessarion	7/20 Theodotos; Bishop of Ankyra	8/21 <i>Apodosis of Ascension</i> , Theodore the General	9/22 * +SOUL-SATURDAY, Cyril; Archbishop of Alexandria
10/23 +PENTECOST, Martyrs Alexander and Antoninus	11/24 +HOLY SPIRIT +“IT IS TRULY MEET”, APOSTLES BARTHOLOMEW AND BARNABAS	12/25 Righteous Onouphrios and Peter of Mt. Athos	13/26 Martyr Aquilina	14/27 Prophet Elissaios (Elisha), Methodios; Patriarch of Constantinople	15/28 Prophet Amos; Righteous Augustine of Hippo	16/29 <i>Apodosis of Pentecost</i> , Tychon; Bishop of Amathoun
17/30 +THE FIRST OF MATTHEW, ALL SAINTS, Martyrs Manuel, Sabel, Ismael and Isaurus	18/1 <i>Beginning of the Fast **</i> Martyr Leontios	19/2 Apostle Jude, Righteous Paisios the Great, John Maximovitch	20/3 Methodios of Patara, Kallistos of Constantinope	21/4 Martyr Julian, New-martyrs Nikētas and Pachomios	22/5 Eusebios of Samosata	23/6  Martyr Agrippina, Righteous Nikētas of Thebes
24/7  +THE SECOND OF MATTHEW, ALL SAINTS OF MT ATHOS, +THE NATIVITY OF THE HONORABLE FORERUNNER	25/8 Righteous-martyr Febronia, New-martyr Prokopios	26/9 Righteous David of Thessalonica	27/10 Righteous Sampson the Hospitable	28/11 The Transfer of the relics of Sts. Cyrus and John	29/12  APOSTLES PETER AND PAUL	30/13 +THE SYNAXIS OF THE TWELVE APOSTLES

July 2013

SUN	MON	TUE	WED	THU	FRI	SAT
1/14 +THE THIRD OF MATTHEW, ALL SAINTS OF THE TURKISH YOKE +UNMERCENARIES COSMOS AND DAMIAN	2/15 + DEPOSITION OF THE HONORABLE CINCTURE OF THE THEOTOKOS	3/16 Martyr Hyacinth, Anatolios of Constantinople	4/17 Andrew; Archbishop of Crete	5/18 Righteous Athanasios the Athonite	6/19 Righteous Sisoēs, Martyr Lucia	7/20 Great-martyr Kyriakē, Righteous Thomas
8/21 + THE FOURTH OF MATTHEW, ALL SAINTS OF CHIOS, Great-martyr Prokopios, Righteous Theophilos the Myrrh-streamer	9/22 Great-martyr Prokopios, Righteous Theophilos the Myrrh-streamer	10/23 Forty-five martyrs Nikopolis	11/24 + GREAT- MARTYR EUPHEMIA, Equal-to-the- Apostles Olga	12/25 Martyrs Proklos and Hilarios	13/26 Synaxis of the Archangel Gabriel	14/27 Apostle Aquila, Righteous Nikodēmos of the Holy Mountain
15/28 + HOLY FATHERS, Martyrs Kērykos and Julita	16/29 Hieromartyr Athenogenēs	17/30 + GREAT- MARTYR MARINA	18/31 Martyr Aimilianos	19/1 Righteous Makrina and Dios	20/2 PROPHET ELIAS (ELIJAH)	21/3 Righteous Symeon; the fool for Christ and John
22/4 THE SIXTH OF MATTHEW, + Equal-to-the- Apostles MARY MAGDALENE, Martyr Markella of Chios	23/5 Hieromartyr Phokas, Prophet Ezekiel	24/6 Great-martyr Christina, New- martyr Theophilos	25/7 + DORMITION OF ST. ANNA	26/8 + RIGHTEOUS- MARTYR PARASKEUĒ	27/9 GREAT-MARTYR PANTELEEMON	28/10 Prochoros, Nikanor, Righteous Irene Chrysovalanou
29/11 THE SEVENTH OF MATTHEW, Martyrs Kallinikos and Theodotē	30/12 Apostles Silas, Silouanos, Crescent and Epenetus	31/13 Righteous Eudokimos the Just, Joseph of Arimathea			Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted	 = fish permitted


August 2013

SUN	MON	TUE	WED	THU	FRI	SAT
Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted	☒ = fish permitted		1/14 The Procession of the Holy Cross; Holy Maccabees <i>Beginning of the Fast</i>	2/15 The Translation of the relics of the Protomartyr Stephen	3/16 Righteous Dalmatius, Faustus and Isaakios	4/17 The Seven Children of Ephesus
5/18 THE EIGHTH OF MATTHEW , Martyr Eusignios, Righteous Nona	6/19 ☒ +THE TRANSFIGURATION OF THE SAVIOUR	7/20 Hieromartyr Dometius, Righteous Theodosios the New	8/21 Aimilianos of Cyzicus	9/22 Apostle Matthias	10/23 Archdeacon Laurence	11/24 Deacon Euplos, Nēphon of Constantinople
12/25 THE NINTH OF MATTHEW , Martyrs Photios and Akinētos	13/26 The translation of the relics of St Maximus the Confessor <i>Apodosis Transfiguration</i>	14/27 Prophet Micah, New-martyr Symeon; <i>Pre Feast of the Dormition</i>	15/28 ☒ +THE DORMITION OF THE THEOTOKOS	16/29 The Holy Napkin, Martyr Diomēdus	17/30 Martyr Myron	18/31 Martyrs Florus and Laurus
19/1 +THE THIRTEENTH OF MATTHEW , Great-martyr Andrew and those with him	20/2 Prophet Samuel, Martyr Lucius	21/3 Apostle Thaddeus, Martyr Bassa	22/4 Panagia of Proussa, Martyr Agathonikos	23/5 Martyr Loupus, <i>Apodosis of the Dormition</i>	24/6 Hieromartyr Eutyches; Kosmas of Aitolia	25/7 Apostles Bartholomew and Titus
26/8 +THE THIRTEENTH OF MATTHEW , Martyrs Adrian and Natalie, Righteous Joasaph	27/9 Righteous Poimen, Martyr Phanourios	28/10 Righteous Moses the Ethiopian	29/11 +THE BEHEADING OF ST. JOHN THE BAPTIST	30/12 Alexander and John; Patriarchs of Constantinople	31/13 + DEPOSITION OF THE HOLY BELT (ZONE) OF THE THEOTOKOS	

September 2013

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted</p>	<p> = fish permitted</p>	<p>* In some traditions, a fast is kept from Sep. 1-14 for the Holy Cross</p>	<p>** On this day the autumnal equinox occurs; both the day and night are 12 hours each</p>			<p>1/14 * +BEGINNING OF THE INDICTION. Symeon the Stylite</p>
<p>2/15 +THE THIRTEENTH OF MATTHEW, Martyr Mamas, John the Faster, Patriarch of Constantinople</p>	<p>3/16 Hieromartyr Anthimos, Bishop of Nicomedia</p>	<p>4/17 Hieromartyr Babylas, Bishop of Antioch, Prophet Moses the God-seer.</p>	<p>5/18 Prophet Zacharias father of the Forerunner</p>	<p>6/19 +The miracle of the Archangel Michael at Chonae</p>	<p>7/20 Martyr Sozon</p>	<p>8/21 +THE NATIVITY OF OUR MOST HOLY LADY, MOTHER OF GOD AND EVER-VIRGIN MARY.</p>
<p>9/22** Sunday Before the Exaltation of the Cross. +The Synaxis of the Just Joachim and Anna</p>	<p>10/23 Martyrs Mēnodora, Mētridora and Nymphodora</p>	<p>11/24 Righteous Theodora of Alexandria</p>	<p>12/25 <i>Apodosis of the Nativity</i> Hieromartyr Autonomos</p>	<p>13/26 +The Dedication of the Holy Church of the Resurrection of Christ</p>	<p>14/27 +THE UNIVERSAL EXALTATION OF THE PRECIOUS AND LIFE-GIVING CROSS</p>	<p>15/28 Great Martyr Nikētas</p>
<p>16/29 +SUNDAY AFTER THE EXALTATION Great Martyr Euphēmia</p>	<p>17/30 Virgin Martyrs, Faith, Hope and Love, and of their mother Sophia</p>	<p>18/1 Righteous Eumenios, Bishop of Gortyna</p>	<p>19/2 Martyrs Trophimos, Sabbatios and Dorymedon</p>	<p>20/3 +Great Martyr Eustathios, etc.</p>	<p>21/4 Quadratus the Apostle <i>Apodosis of the Exaltation</i></p>	<p>22/5 Hieromartyr Phokas</p>
<p>23/6 +FIRST WEEK OF LUKE. +The Conception of the holy, glorious Prophet, Forerunner and Baptist, John.</p>	<p>24/7 Great Martyr and Equal of the Apostles Thekla</p>	<p>25/8 Righteous Euphrosynē, daughter of Paphnutios the Egyptian.</p>	<p>26/9 +The Assumption of the holy, glorious Apostle and Evangelist, John the Theologian</p>	<p>27/10 Martyr Kallistratos and his forty nine fellow martyrs.</p>	<p>28/11 Righteous Chariton the Confessor</p>	<p>29/12 Righteous Kyriakos the Anchorite</p>
<p>30/13 +SECOND SUNDAY OF LUKE. Martyr Gregory of Great Armenia</p>						

October 2013

SUN	MON	TUE	WED	THU	FRI	SAT
	1/14 +PROTECTION OF THE THEOTOKOS	2/15 Hieromartyr Cyprian, Virgin-martyr Justina	3/16 Dionysios the Areopagite, Bishop of Athens	4/17 Hierotheos, Bishop of Athens	5/18 Martyr Charitinē	6/19 +Apostle Thomas , New-martyr Makarios
7/20 +THIRD SUNDAY OF LUKE. Great-martyrs Sergius and Bacchus	8/21 Righteous Pelagia and Taïsia	9/22 Apostle James Alpheus	10/23 Martyrs Eulampios and Eulampia	11/24 Apostle Philip. Righteous Theophanes the Branded	12/25 Righteous Symeon	13/26 Martyrs Carpus, Papyrus and Agathodoros
14/27 +FOURTH SUNDAY OF LUKE. HOLY FATHERS Martyrs Nazarios and Gerbasios, and Celsius Pachomios the New of Chios	15/28 Hieromartyr Loukianos	16/29 Great-Martyr Longinus the Centurion	17/30 Prophet Osēe (Hosea), Twenty Unmercenaries	18/31 +Apostle and Evangelist Luke	19/1 Prophet Joel, Martyr Varus, John of Kronstadt	20/2 Great-martyr Artemius
21/3 +SIXTH SUNDAY OF LUKE. Righteous Hilarion the Great	22/4 Averky Bishop of Hierapolis	23/5 +Apostle James, the Brother of the Lord	24/6 Great-Martyr Arethas, Martyr Sebastianē	25/7 Martyrs Marcian and Martyrios, Tabitha the Merciful	26/8 Great-Martyr Demetrios the Myrrh-Streamer	27/9 Martyr Nestor, Procla the wife of Pontius Pilate
28/10 +SEVENTH SUNDAY OF LUKE. Terence and Eunice, Athanasios of Constantinople the Esphigmenite	29/11 Martyr Anastasia the Roman, Righteous Abramius and Maria	30/12 Martyrs Zenobios and Zenobia	31/13 Apostles Stachys, Apellos, Amplia and Ourbanos.		Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted	 = fish permitted A.F.P. = All foods permitted

November 2013

SUN	MON	TUE	WED	THU	FRI	SAT
Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted	☒ = fish permitted	* In some traditions, fish is permitted everyday during the Nativity Fast save Wednesdays and Fridays.		1/14 +UNMERCENARIES COSMOS AND DAMIAN	2/15 Martyrs Akindynos, Pegasios and Elpidophoros	3/16 The Translation of the relics of St. George the Trophy-bearer
4/17 +FIFTH SUNDAY OF LUKE. Righteous Ioannikios, Hieromartyr Nikandros	5/18 Martyrs Galaktion and Epistemē	6/19 Paul; Archbishop of Constantinople	7/20 Thirty-three Martyrs of Melitinē	8/21 +Archngels Michael and Gabriel	9/22 St. Nectarios of Pentapolis	10/23 Apostles Olympas and Sosipater, Martyr Orestos
11/24 +EIGHTH SUNDAY OF LUKE. Martyrs Mēnas, Victor and Vincent	12/25 +JOHN THE MERCIFUL, PATRIARCH OF ALEXANDRIA	13/26 +JOHN CHRYSOSTOM	14/27 ☒ +APOSTLE PHILIP	15/28 <i>Beginning of the Fast</i> * Martyrs Gourias, Samonas and Abibos.	16/29 +Apostle and Evangelist Matthew	17/30 Gregory the Wonderworker
18/1 +NINTH SUNDAY OF LUKE Martyrs Plato, Romanos and Zacchaeus	19/2 Prophet Abdia (Obadiah), Martyr Barlaam	20/3 Gregory the Decapolite, <i>Pre-feast of the Entry</i>	21/4 ☒ +The Entry of the Theotokos	22/5 Apostles Philemon, Onesimos	23/6 Bishops Gregory and Amphilochios	24/7 ☒ Hieromartyrs Clement of Rome and Peter of Alexandria
25/8 ☒ +THIRTEENTH SUNDAY OF LUKE +Great-Martyrs Catherine and Mercurios <i>Apodosis of the Entry</i>	26/9 Righteous Alypy, Stylianos of Paphlagonia, Nikon "Repent ye"	27/10 Great-Martyr James the Persian	28/11 Stephen the Confessor, Martyr Eirēnarchos	29/12 Martyrs Paramonos and Philoumenos	30/13 Andrew the First-Called Apostle	

December 2013

SUN	MON	TUE	WED	THU	FRI	SAT
						1/14 ☒ Prophet Naoum, Righteous Philaret the Merciful
2/15 ☒ +FOURTEENTH SUNDAY OF LUKE , Prophet Abbakoum (Habakkuk), Martyr Myropē	3/16 Prophet Sophonias (Zephaniah)	4/17 +Great-Martyr Barbara , Righteous John of Damascus	5/18 +Righteous Sabbas the Sanctified	6/19 +Nicholas of Myra in Lycia	7/20 Ambrose of Milan	8/21 ☒ Righteous Patapios, Parthenios of Chios
9/22 * ☒ +TENTH SUNDAY OF LUKE. +THE CONCEPTION OF ST ANNA	10/23 Martyrs Mēnas, Hērmoġenēs and Eugraphos	11/24 Righteous Daniel and Luke the Stylites	12/25 +SPYRIDON OF TRIMYTHOUS	13/26 Martyrs Eustratios, Auxentios, Eugene, Mardarios and Orestes	14/27 Martyrs Thyrsos and Leukios	15/28 Hieromartyr Eleutherios , Martyr Anthia
16/29 +ELEVENTH SUNDAY OF LUKE. FOREFATHERS Prophet Angeos (Haggai), Modestus of Jerusalem	17/30 Three Holy Children, Prophet Daniel, Dionysios of Aegina	18/31 Martyr Sebastian and those with him	19/1 Martyr Boniface and Aglaïs	20/2 +Ignatius the God- Bearer , <i>Pre-feast of the Nativity</i>	21/3 Martyr Juliana	22/4 Martyr Anastasia the deliverer from poisons
23/5 +SUNDAY BEFORE THE NATIVITY . Ten Martyrs of Crete, Righteous Naoum	24/6 Righteous- Martyr Eugenia	25/7 + THE NATIVITY ACCORDING TO THE FLESH OF OUR LORD, GOD AND SAVIOUR JESUS CHRIST.	26/8 +SYNAXIS OF OUR MOST HOLY LADY, MOTHER OF GOD AND EVER-VIRGIN MARY	27/9 +Stephen the Protomartyr, Apostle and Archdeacon	28/10 The Holy 20,000 Martyrs in Nicomedia	29/11 The 14,000 infants slain by Herod
30/12 A.F.P. +SUNDAY AFTER THE NATIVITY OF CHRIST. Righteous- Martyr Anysia	31/13 All foods permitted Righteous Melanie of Rome <i>Apodosis of the Nativity</i>			* On this day the Winter Solstice occurs; the time at which the sun is at its southernmost point in the sky, appearing at noon at its lowest altitude above the horizon. It is the shortest day of the year; the day is 9 hours long and the night is 15.	Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted	☒ = fish permitted

