

January 2016

SUN	MON	TUE	WED	THU	FRI	SAT
Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted ☉ = fish permitted					Dec. 19/ 1 Martyr Boniface and Aglaïa James 2:1-13 Mark 9:33-41	Dec. 20/ 2 Ignatius the God-Bearer, <i>Forefeast of the Nativity</i> Gal 3:8-12 Luke 13: 19-29 Mark 9:33-41
Dec. 21/ 3 Before Nativity Plagal of 2nd Tone Martyr Juliana 9 th : John 20:19-31 Heb.11:9-10, 32-40 Matt.1:1-25	Dec. 22/ 4 Martyr Anastasia the deliverer from poisons James 2:14-26 Mark 9:42-10:1	Dec. 23/ 5 10 Martyrs of Crete, Righteous Naoum of Bulgaria James 3:1-10 Mark 10:2-12	Dec. 24/ 6 Righteous-Martyr Eugenia Heb. 1:1-12 Luke 2:13-23	Dec. 25/ 7 Christ's Nativity According to the Flesh Matt. 1:18-25 Gal. 4:4-6 Matt. 2:1-20	Dec. 26/ 8 Synaxis of our Most Holy Lady, Theotokos and Ever-Virgin Mary Heb. 2:11-18 Matt. 2:13-23	Dec. 27/ 9 Stephen the Protomartyr, Apostle and Archdeacon 1 Tim. 6: 11-16 Acts: 6:8-7:5, 47-60 Matt. 12:15-21
Dec. 28/ 10 After Nativity Grave Tone 20,000 Martyrs 10 th : John 21:1-14 Gal. 1:11-19 Matt. 2:13-23	Dec. 29/ 11 14,000 infants slain by Herod 1 Peter 2:1-3:9 Mark 10:46-52	Dec. 30/ 12 Righteous-Martyr Anysia 1 Peter 3:10-22 Mark 11:11-23	Dec. 31/ 13 Righteous Melanie of Rome <i>Leave-taking of</i> <i>the Nativity</i> 1 Peter 4:1-11 Mark 11:22-26	1/ 14 Circumcision of Jesus Christ, Basil the Great John 10:1-9 Col. 2:8-12 Luke 2:20-21, 40-52	2/ 15 Sylvester; Pope of Rome <i>Forefeast of Theophany</i> Heb. 5:4-10 John 3:1-15	3/ 16 Prophet Malachias (Malachi) 1 Tim. 3:13-4:5 Matt. 3:1-6
4/ 17 Before Theophany Plagal of 4th Tone Synaxis of the 70 Apostles 11 th : John 21:14-25 1 Tim. 4:5-8 Mark 1:1-8	5/ 18 Righteous Synklētikē 1 Cor. 9:19-27 Luke 3:1-18	6/ 19 Holy Theophany Mark 1:9-11 Titus 2:11-14, 3:4-7 Matt. 3: 13 – 17	7/ 20 ☉ Synaxis of the Honorable Forerunner Acts 19:1-8 John 1:29-34	8/ 21 Righteous Domnica, George of Chozeba 2 Cor. 4:1-12 John 3:22-33	9/ 22 Martyr Polyeuktos, Righteous Eustratios 2 Cor. 4:13-18 Mark 1:9-15	10/ 23 Gregory of Nyssa, Righteous Dometianus, Theophan the Recluse Eph. 6:10-17 Matt. 4:1-11
11/ 24 After Theophany 1st Tone Theodosios the Cenobite 1 st : Matt. 28:16-20 Eph. 4:7-13 Matt. 4:12-17	12/ 25 Martyr Tatiana 2 Cor. 5:10-15 Luke 3:19-22	13/ 26 Martyrs Hermyllos and Stratonikos, Righteous Maximus of Kausokalybia 2 Cor. 5:15-21 Luke 4:1-15	14/ 27 Righteous-Martyrs of Sinai and Raïtho, <i>Leave-</i> <i>taking of Theophany</i> 2 Cor. 6:11-16 John 10:39-42	15/ 28 Righteous John the Hut- Dweller and Paul of Thebes 2 Cor. 7:1-10 Mark 3:28-35	16/ 29 Veneration of Apostle Peter's Chains 2 Cor. 7:10-16 Acts 12:1-11 John 21:14-25	17/ 30 Righteous Anthony the Great Matt.11:27-30 Heb. 13:17-21 Luke 6:17-23
18/ 31 12th of Luke: 10 Lepers 2nd Tone Athanasios and Cyril of Alexandria 2 nd : Mark 16:1-8 Heb. 13:7-16 Luke 17:12-19						

February 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	Jan. 19/ 1 Righteous Makarios 2 Cor. 12:10-19 Mark 4:10-23	Jan. 20/ 2 Righteous Euthymios the Great John 21:1-14 2 Cor. 12:20-13:2 Mark 4:24-34	Jan. 21/ 3 Maximus the Confessor, Martyr Neophytos 2 Cor. 13:3-13 Mark 4:35-41	Jan. 22/ 4 Apostle Timothy, Martyr Anastasios the Persian Gal. 1:1-3, 20-24; 2:1-5 Mark 5:1-20	Jan. 23/ 5 Martyrs Clement and Agathangelos Gal. 2:6-10 Mark 5:22-24, 35-6:1	Jan. 24/ 6 Righteous Xenē and Philon 1 Cor. 4:1-5 Matt. 23:1-12
Jan. 25/ 7 15th of Luke: Zacchaeus 3rd Tone Gregory the Theologian 3rd: Mark 16:9-20 Heb. 7:26-8:2 Luke 19:1-10	Jan. 26/ 8 Righteous Xenophon Gal. 2:11-16 Mark 5:24-34	Jan. 27/ 9 Transfer of the Relics of St. John Chrysostom Gal. 2:21-3:7 Heb. 7:26-8:2 Mark 6:1-7 John 10:9-16	Jan. 28/ 10 Righteous Ephraim the Syrian, Isaac, Pelladios Gal. 3:15-22 Gal. 5:22-6:2 Mark 6:7-13 Luke 6:17-23	Jan. 29/ 11 Transfer of the Relics of St. Ignatius the God- Bearer Gal. 3:23-4:5 Heb. 10:32-38 Mark 6:30-45 Mark 9:33-41	Jan. 30/ 12 Three Hierarchs John 10:9-16 Heb. 13:7-16 Matt. 5:14-19	Jan. 31/ 13 Unmercenary Cyrus, John 1 Cor. 4:17-5:5 Matt. 24:1-13
1/ 14 17th of Matthew: Canaanite Woman 4th Tone Martyr Tryphon 4th: Luke 24:1-12 2 Cor. 6:16-7:1 Matt. 15:21-28	2/ 15 Meeting of the Lord Luke 2:25-32 Heb. 7:7-17 Luke 2:22-40	3/ 16 Symeon the God-receiver, Anna the Prophetess Gal. 5:11-21 Heb. 9:11-14 Mark 7:5-16 Luke 2 25-38	4/ 17 Righteous Isidore of Pelusium Gal. 6:2-10 Mark 7:14-24	5/ 18 Martyr Agatha, Polyeuktos of Constantinople Eph. 1:1-9 Mark 7:24-30	6/ 19 Boukolos of Smyrna, Photios of Constantinople Eph. 1:7-17 Mark 8:1-10:	7/ 20 Parthenios of Lampsakos, Luke of Hellas 1 Cor. 10:23-28 Matt. 24:34-37, 42-44
8/ 21 16th of Luke: Publican and Pharisee Plagal of 1st Tone Theodore the General 5th: Luke 24:12-35 2 Tim. 3:10-15 Luke 18:9-14	9/ 22 Martyr Nikēphoros, <i>Leave-taking of the Meeting</i> 2 Peter 1:20-2:9 Mark 13:9-13	10/ 23 Hieromartyr Charalampos 2 Peter 2:9-22 2 Tim 2:1-10 Mark 13:14-23 John 15:17-16:2	11/ 24 Hieromartyr Blasios, Theodora the Queen 2 Peter 3:1-17 Mark 13:24-31	12/ 25 Meletios; Archbishop of Antioch 1 John 1:8-2:6 Mark 13:31-37	13/ 26 Apostles Aquila and Priscilla, Righteous Martinian 1 John 2:7-17 Mark 14:3-9	14/ 27 Righteous Auxentios, Maron, and Abraham 1 Tim. 6:11-16 Luke 20:46-21:4
15/ 28 17th of Luke: Prodigal Son Plagal of 2nd Tone Apostle Onēsimos 6th: Luke 24:36-53 1 Cor. 6:12-20 Luke 15:11-32	16/ 29 Martyr Pamphylos 1 John 2:18-3:9 Mark 11:1-11					Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted ☞ = fish permitted

March 2016

SUN	MON	TUE	WED	THU	FRI	SAT
* On this day the vernal equinox occurs; both the day and night are 12 hours each		Feb. 17/ 1 Great-martyr Theodore the Recruit 1 John 3:19-22 Mark 14:10-42	Feb. 18/ 2 Leo; Pope of Rome, Agapitos the Confessor 1 John 3:21-4:11 Mark 14:43-15:1	Feb. 19/ 3 Apostle Archippos, Righteous-Martyr Philotheē of Athens 1 John 4:20-5:21 Mark 15:1-15	Feb. 20/ 4 Leo of Katana, Agathon of Rome 2 John 1:1-13 Mark 15:20, 22, 25, 33-41	Feb. 21/ 5 Souls' Saturday , Righteous Timothy of Symbola 1 Cor. 11:23-28, 1 Thess. 4:13-17, Luke 21:8-9, 25-27, 33-36, John 5:24-30
Feb. 22/ 6 Meat-Fare Grave Tone Martyrs of Eugenius 7 th : John 20:1-10 1 Cor. 8:8-9:2 Matt. 25:31-46	Feb. 23/ 7 Polycarp, Bishop of Smyrna 3 John 1:1-15 Luke 19:29-40; 22:7-39	Feb. 24/ 8 The 1st and 2nd findings of the head of St. John the Baptist Luke 7:17-30 2 Cor. 4:6-15 Matt. 11:2-15	Feb. 25/ 9 Tarasios; Patriarch of Constantinople Joel 2:1-26 Joel 4:12-21	Feb. 26/ 10 Porphyrios of Gaza, Photeinē the Samaritan Jude 1:11-25 Luke 23:1-31, 33, 44-56	Feb. 27/ 11 Righteous Procopios the Decapolite Zachariah 8:7-17 Zachariah 8:9-23	Feb. 28/ 12 All the Ascetic Fathers and Mothers , Basil the Confessor Romans 14:19-26, Gal. 5:22-6:2, Matt. 6:1-13
Feb. 29/ 13 Cheese-Fare Plagal of 4th Tone Righteous John Cassian 8 th : John 20:11-18 Rom. 13:11-14:4 Matt. 6:14-21	1/ 14 Clean Monday , Righteous Eudokia Esaias 1:1-20, Genesis 1:1-13 Proverbs 1:1-20 Luke 21:8-26	2/ 15 Martyrs Hēsychios and Euthalia Esaias 1:19-31, 2:1-3 Genesis 1:14-23 Proverbs 1:20-33 Matt.6:1-13	3/ 16 Martyrs Eutropios, Cleonicus and Basiliskos Esaias 2:3-11 Genesis 1:24-2:3 Proverbs 2:1-22 Mark 11:12-25 & 7:7-8	4/ 17 Righteous Gerasimos of the Jordan Esaias 2:11-21 Genesis 2:4-19 Proverbs 3:1-19 Matt.7:7-11	5/ 18 1st Salutations Conon the gardner, Eulampios, Archelaos Esaias 3:1-14 Genesis 2:20-3:20 Proverbs 3:19-34 John 15:1-7	6/ 19 The miracle of the kollyba of St. Theodore the Recruit , 42 martyrs of Amorios Heb. 1:1-12 Mark 2:23-3:2
7/ 20 1st of the fast: Orthodoxy 1st Tone 7 Martyrs of Cherson 9 th : Matt. 28:16-20 Heb. 11:24-26, 32-40 John 1:44-51	8/ 21 Theophylaktos of Nicomedia Esaias 4:2-5:7 Genesis 3:21-4:7 Proverbs 3:34-4:22	9/ 22 * Forty Martyrs in Sebasteia John 15:17-16:2 Heb. 12:1-10 Matt. 20:1-16	10/ 23 Martyr Quadratus and those with him Esaias 5:16-25 Genesis 4:16-26 Proverbs 5:15-6:3	11/ 24 Sophronios of Jerusalem Esaias 6:1-12 Genesis 5:1-24 Proverbs 6:1-20	12/ 25 2nd Salutations Gregory the Dialogist Esaias 7:1-14 Genesis 5:32-6:8 Proverbs 6:20-7:1	13/ 26 Transfer of the relics of St. Nikēphoros Heb. 3:12-16 Mark 1:35-44
14/ 27 2nd of the fast: Gregory Palamas 2nd Tone Righteous Benedict 10 th : John 21:1-14 Heb. 1:10-2:3 Mark 2:1-12	15/ 28 Agapios and the seven martyrs with him Esaias 8:13-9:7 Genesis 6:9-22 Proverbs 8:1-21	16/ 29 Martyr Sabbinos the Egyptian Esaias 9:9-10:4 Genesis 7:1-5 Proverbs 8:32-9:11	17/ 30 Alexios the man of God, Patrick, Bishop of Ireland Esaias 10:12-20 Genesis 7:6-9 Proverbs 9:12-18	18/ 31 Cyril; Archbishop of Jerusalem Esaias 11:10-12:2 Genesis 7:11-8:3 Proverbs 10:1-22	Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted ∞ = fish permitted	All foods permitted except meat

April 2016

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted ☞ = fish permitted</p>					<p>March 19/1 3rd Salutations Martyrs Chrysanthos and Darea Esaia 13:2-13 Genesis 8:4-21 Proverbs 10:31-11:12</p>	<p>March 20/2 Martyrs of St. Sabbas Heb. 10:32-38 Mark 2:14-17</p>
<p>March 21/3 3rd of the fast: Veneration of the Cross 3rd Tone James the Confessor 11th: John 21:14-25 Heb. 4:14-5:6 Mark 8:34-9:1</p>	<p>March 22/4 Hieromartyr Basil; Bishop of Ancyra Esaia 14: 24-32 Genesis 8:21-9:7 Proverbs 11:19-12:6</p>	<p>March 23/5 Martyr Nikon and the 199 Martyrs Esaia 25:1-9 Genesis 9:8-17 Proverbs 12:8-22</p>	<p>March 24/6 Artemon; Bishop of Seleucia, <i>Forefeast of Annunciation</i> Esaia 26:21-27:9 Genesis 9:18-10:1 Proverbs 12:23-13:9</p>	<p>March 25/7 ☞ Annunciation of the Theotokos Luke 1:39-49 & 56 Heb. 2:11-18 Luke 1:24-38</p>	<p>March 26/8 4th Salutations Synaxis of the Archangel Gabriel Esaia 29:13-23 Genesis 12:1-7 Proverbs 14:15-26</p>	<p>March 27/9 Righteous Matrona of Thessalonica Heb. 6:9-12 Mark 7:31-37</p>
<p>March 28/10 4th of the fast: John of the Ladder 4th Tone Righteous Hilarion, Apostle Herodion 1st: Matt. 28:16-20 Heb. 6:13-20 Mark 9:17-31</p>	<p>March 29/11 Mark, Bishop of Arethousia Esaia 37:33-38:6 Genesis 13:12-18 Proverbs 14:27-15:4</p>	<p>March 30/12 Righteous John of the Ladder Esaia 40:18-31 Genesis 15:1-15 Proverbs 15:7-19</p>	<p>March 31/13 Hypatios of Gangra, Akakios Esaia 41:4-14 Genesis 17:1-9 Proverbs 15:20-34, 16:3-9</p>	<p>1/14 Great Canon, Righteous Mary of Egypt Esaia 42:5-16 Genesis 18:20-33 Proverbs 16:17-17:17</p>	<p>2/15 Righteous Titus the Wonderworker Esaia 45:11-17 Vespers: Genesis 22:1-18 Proverbs 17:17-18:5</p>	<p>3/16 The Akathist Hymn Nikētas; Abbot of Mēdikios Heb. 9: 1-7, 24-28 Mark 8:27-31 Luke 1: 39-49, 56</p>
<p>4/17 5th of the fast: Mary of Egypt Plagal of 1st Tone Righteous George of Maleon 2nd: Mark 16:1-8 Heb. 9:11-14 Mark 10:32-45</p>	<p>5/18 Martyr Claudius Esaia 48:17-49:4 Genesis 27:1-41 Proverbs 19:16-25</p>	<p>6/19 Eutychios of Constantinople Esaia 49:6-10 Genesis 31:3-16 Proverbs 21:3-21</p>	<p>7/20 Martyr Kalliopios Esaia 58:1-11 Gen. 43:25-30, 45:1-16 Proverbs 21:23-22:4</p>	<p>8/21 Apostles Hērdition, Agathos, Rouphos Esaia 65:8-16 Genesis 46:1-7 Proverbs 23:15-25:5</p>	<p>9/22 Martyr Euppsychios Esaia 66:10-24 Genesis 49:33-5:26 Proverbs 31:8-31</p>	<p>10/23 Resurrection of Lazarus Martyr Terence Heb. 12:28-13:8 John 11:1-45</p>
<p>11/24 Palm Sunday Heiromartyr Antypas of Pergamum Matt. 21:1-11, 15-17 Phil. 4:4-9 John 12:1-18</p>	<p>12/25 Great Monday <i>Joseph the all-comely</i> Basil the Confessor; Bishop of Parios Matt. 21:18-43, 24:3-35</p>	<p>13/26 Great Tuesday <i>The Ten Virgins</i> Martinus the Confessor Matt. 22:15-23:39, 24:36-26:2</p>	<p>14/27 Great Wednesday <i>The woman who anointed the Lord</i> Apostles Aristarchus, Poudēs and Trophimus John 12:17-50 Matt.26:6-16</p>	<p>15/28 Great Thursday <i>The Mystical Supper,</i> Martyr Crescent, Leonidas; Bishop of Athens Luke 22:1-39 1 Cor. 11:23-32 Matt. 26:2-27:5, John 13:3-17, Luke 22:43-44</p>	<p>16/29 Great Friday <i>The Holy Passion of the Lord,</i> Martyrs Agape, Irene and Chionia John 13:31-19:42, Matt.15:16-32, 26:57-75, 27:3-66, Mark 15:16-47, Luke 23:32-49, John 19:25-37</p>	<p>17/30 Great Saturday <i>The Descent into Hades,</i> Hieromartyr Symeon, Righteous Makarios of Corinth Rom. 6:3-11 Matt. 28:1-20</p>

May 2016

SUN	MON	TUE	WED	THU	FRI	SAT
April 18/ 1 † Holy Pascha, The Resurrection of the Lord, Righteous John of Decapolis, Athanasia of Aegina Acts 1:1-8 John 1:1-17, 20:19-25	April 19/ 2 Renewal Week, Hieromartyr Paphnoutios Acts 1:12-17, 21-26 John 1:18-28	April 20/ 3 Righteous Theodore of the hair-shirt Acts 2:14-21 Luke 24:12-35	April 21/ 4 Hieromartyr Januarius, Righteous Anastasios of Sinai Acts 2:22-38 John 1:35-52	April 22/ 5 Righteous Theodore of Sykeon Acts 2:38-43 John 3:1-15	April 23/ 6 Life-Giving Font, Great-martyr George the Trophy-bearer Luke 21:12-19 Acts 3:1-8, 12:1-10 John 2:12-22, 15:17-6:2	April 24/ 7 Righteous Elizabeth, New-martyr Doukas Acts 3:11-16 John 3:22-33
April 25/ 8 2nd of Pascha: Antipascha/Thomas Sunday Mark the Evangelist 1st: Matt. 28:16-20 Act 5:12-20 John 20:19-31	April 26/ 9 Hieromartyr Basileus; Bishop of Apameia Acts 3:19-26 John 2:1-11	April 27/ 10 Hieromartyr Symeon the Lord's kinsman Acts 4:1-10 John 3:16-21	April 28/ 11 9 Martyrs of Cyzicus Acts 4:13-22 John 5:17-24	April 29/ 12 Apostles Jason and Sosipater Acts 4:23-21 John 5:24-30	April 30/ 13 Apostle James Acts 5:1-11, 12:1-11 John 5:30-6:2 Luke 9:1-6	1/ 14 Prophet Ieremias (Jeremiah), New-martyrs Euthymios, Akakios and Ignatius Acts 5:21-32 John 6:14-27
2/ 15 3rd of Pascha: Myrrh-bearing Women St. Athanasios the Great 2nd Tone 4th: Luke 24:1-12 Acts 6:1-7, Heb. 13:7-16 Mark 15:43-16:8	3/ 16 Martyrs Timothy and Maura, Peter; Bishop of Argos Acts 6:8-15, 7:1-5, 47-60 John 4:46-54	4/ 17 Martyr Pelagia Acts 8:5-17 John 6:27-33	5/ 18 Great-martyr Irene, Euthymios; Bishop of Madytos Acts 8:18-25 John 6:35-39	6/ 19 Job the much-suffering, Righteous Seraphim Acts 8:26-39 John 6:40-44	7/ 20 The appearance of the Holy Cross Acts 8:40-9:18 John 6:48-54	8/ 21 John the Theologian, Righteous Arsenios the Great Acts 9:19-31, 1 John 1:1-7 John 15:17-16:2, 19:25-28, 21:24-25
9/ 22 4th of Pascha: Paralytic 3rd Tone Prophet Esaias (Isaiah), Martyr Christopher 5th: Luke 24:12-35 Acts 9:32-42 John 5:1-15	10/ 23 Apostle Simon, Righteous Laurence Acts 10:1-16 John 6:56-69	11/ 24 Hieromartyr Mokios, New-martyr Argyrios Acts 10:21-33 John 7:1-13	12/ 25 ☩ Mid-Pentecost, Basil the Confessor; Bishop of Parios Acts 14:6-18 John 7:14-30	13/ 26 Martyr Glykeria, Pausikakos of Synada Acts 10:34-43 John 8:12-20	14/ 27 Martyr Isidore in Chios Acts 10:44-11:10 John 8:21-30	15/ 28 Righteous Pachomios Acts 12:1-11 John 8:31-42
16/ 29 5th of Pascha: Samaritan Woman 4th Tone Righteous Theodore the Sanctified 7th: John 20:1-10 Acts 11:19-30 John 4:5-42	17/ 30 Apostles Andronikos and Jounia Acts 12:12-17 John 8:42-52	18/ 31 Martyrs Peter and Dionysius Acts 12:25-13:12 John 8:51-59				Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted ☩ = fish permitted

June 2016

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted = fish permitted</p>			<p>May 19/1 Hieromartyr Patrick; Bishop of Prusa, <i>Leave-taking of Midpentecost</i> Acts 13:13-24 John 6:5-14</p>	<p>May 20/2 Martyr Thallelaeos Acts 14:20-15:14 John 9:39-10:9</p>	<p>May 21/3 Equal-to-the-Apostles Constantine and Helen Acts 15:5-26:1, 12-20 John 10:1-16, 17-28</p>	<p>May 22/4 Martyr Basiliskos Acts 15:35-41 John 10:27-38</p>
<p>May 23/5 6th of Pascha: Blind Man Plagal of 1st Tone Michael; Bishop of Synada 8th: John 20:11-18 Acts 16:16-34 John 9:1-38</p>	<p>May 24/6 Righteous Symeon Acts 17:1-9 John 11:47-54</p>	<p>May 25/7 The Third finding of the head of St. John the Baptist Acts 17:19-28 2 Cor. 4:6-15 John 12:19-36 Matt. 11:2-15</p>	<p>May 26/8 The Leave-taking of Pascha, Apostle Carpus Acts 18:22-28 John 12:36-47</p>	<p>May 27/9 The Ascension of the Lord, Hieromartyr Helladios, Righteous John the Russian Mark 16:9-20 Acts 1:1-12 Luke 24:36-53</p>	<p>May 28/10 Hieromartyr Eutyche's, Righteous Andrew Acts 19:1-8 John 14:1-11</p>	<p>May 29/11 Righteous-martyr Theodosios Acts 20:7-12 John 14: 10-21</p>
<p>May 30/12 7th of Pascha: Holy Fathers Plagal of 2nd Tone Righteous Isaakios; abbot of the monastery of Dalmatia 10th: John 21:1-14 Acts 20:16-18, 28-36 John 17:1-13</p>	<p>May 31/13 Martyr Hērmeios Acts 21:8-14 John 14:27-15:7</p>	<p>1/14 Justin Martyr; the Philosopher Acts 21:26-32 John 16:2-12</p>	<p>2/15 Nikēphoros; Patriarch of Constantinople Acts 23:1-11 John 16:15-23</p>	<p>3/16 Martyr Loukilianos Acts 25:13-19 John 16:23-33</p>	<p>4/17 Metrophanēs; Archbishop of Constantinople Acts 27:1-28:1 John 17:18-26</p>	<p>5/18 Souls' Saturday, Hieromartyr Dorotheos; Bishop of Tyro Acts 28:1-31 1 Thes. 4:13-17 John 21:14-25 John 5:24-30</p>
<p>6/19 8th of Pascha: Pentecost Righteous Hilarion and Bessarion John 20:19-23 Acts 2:1-11 John 7:37-52, 8:12</p>	<p>7/20 Holy Spirit Theodotos; Bishop of Ancyra Eph. 5:8-19 Matt. 18:10-20</p>	<p>8/21* Theodore the General Rom. 1:1-8, 13-17 Matt.4:23-5:13</p>	<p>9/22 Cyril; Archbishop of Alexandria Rom. 1:18-27 Matt.5:20-26</p>	<p>10/23 Martyrs Alexander and Antoninus Rom. 1:28-2:10 Matt.5:27-32</p>	<p>11/24 "It is Truly Meet", Apostles Bartholomew and Barnabas Rom. 2:14-28 Matt.5:33-41</p>	<p>12/25 Righteous Onouphrios and Peter of Mt. Athos <i>Leave-taking of Pentecost</i> Rom. 1:7-13 Matt.5:42-48</p>
<p>13/26 1st of Matthew: All Saints Plagal of 4th Tone Martyr Aquilina 1st: Matt. 28:16-20 Heb. 11:33-40 Matt.10:32-33, 37-38; 19:27-30</p>	<p>14/27 <i>Beginning of the Fast.</i> Prophet Elissæos (Elisha), Methodios; Patriarch of Constantinople Rom. 2:28-3:18 Matt.6:31-34; 7:9-11</p>	<p>15/28 Righteous Glicherie of Romania; the Confessor, Prophet Amos Rom. 4:4-12 Matt.7:15-21</p>	<p>16/29 Tychon; Bishop of Amathous Rom. 4:13-25 Matt.7:21-23</p>	<p>17/30 Martyrs Manuel, Sabel, Ismael and Isaurus Rom. 5:10-16 Matt. 8:23-27</p>		<p>* 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.</p>



July 2016

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted ☞ = fish permitted</p>					<p>June 18/1 Martyr Leontios Rom. 5:17-6:2 Matt. 9:14-17</p>	<p>June 19/2 ☞ Apostle Jude, Righteous Paisios the Great, John Maximovitch Rom. 3:19-24 Matt.7:1-8</p>
<p>June 20/3 ☞ 2nd of Matthew: All Saints of Mt. Athos 1st Tone Methodios of Patara, Kallistos of Constantinople 2nd: Mark 16:1-8 Rom. 2:10-16 Matt. 4:18-23</p>	<p>June 21/4 Martyr Julian, New-martyrs Nikētas and Pachomios Rom. 7:1-14 Matt. 9:36-10:8</p>	<p>June 22/5 Eusebios of Samosata Rom. 7:14-8:2 Matt.10:9-15</p>	<p>June 23/6 Martyr Agrippina, Righteous Nikētas of Thebes Rom. 8:2-14 Matt.10:16-31</p>	<p>June 24/7 ☞ The Nativity of the St. John the Baptist Luke 1:24-25, 57-68, 76, 80 Rom. 13:11-14:14 Luke 1:1-25, 57-68, 76, 80</p>	<p>June 25/8 Righteous-martyr Febronia, New-martyr Prokopios Rom. 9:6-19 Matt.16:13-19</p>	<p>June 26/9 ☞ Righteous David of Thessalonica Rom. 3:28-31 Matt.7:24-8:4</p>
<p>June 27/10 ☞ 3rd of Matthew: All Saints of the Turkish Yoke 2nd Tone Sampson the Hospitable 3rd: Mark 16:9-20 Rom. 5:1-11 Matt. 6:22-33</p>	<p>June 28/11 The Transfer of the relics of Sts. Cyrus and John Rom. 9:18-33, 10:11-11:2 Matt. 11:2-20</p>	<p>June 29/12 Apostles Peter and Paul John 21:14-25 2 Cor. 11:21-33 Matt. 16:13-19</p>	<p>June 30/13 The Synaxis of the Twelve Apostles Rom. 11:2-12 1 Cor. 4:9-16 Matt. 11:20-26 Matt. 9:36-10:8</p>	<p>1/14 Unmercenaries Cosmas and Damian Rom. 11:13-24 1 Cor. 12:27-13:8 Matt. 11:27-30 Matt. 10:5-8</p>	<p>2/15 Deposition of the Honorable Cincture of the Theotokos Rom. 11:25-36 Heb. 9:1-7 Matt. 12:1-8 Luke 1:39-49 & 56</p>	<p>3/16 Martyr Hyacinth, Anatolios of Constantinople Rom. 6:11-17 Matt. 8:14-23</p>
<p>4/17 4th of Matthew: All Saints of Chios 3rd Tone Andrew of Crete 4th: Luke 24:1-12 Rom. 6:18-23 Matt. 8:5-13</p>	<p>5/18 Righteous Athanasios the Athonite Rom. 12:4-6, 15-21 Matt. 12:9-13</p>	<p>6/19 Righteous Sisoēs, Martyr Lucia Rom. 14:9-19 Matt. 12:14-17, 22-30</p>	<p>7/20 Great-martyr Kyriakē, Righteous Thomas Rom. 15:7-16 Matt. 12:38-45</p>	<p>8/21 Great-martyr Prokopios, Righteous Theophilos the Myrrh-streamer Rom. 15:17-29 Matt. 12:46-13:3</p>	<p>9/22 Hieromartyr Pankratios of Tauromenia Rom. 16:1-16 Matt. 13:3-9</p>	<p>10/23 45 martyrs of Nikopolis Rom. 8:14-22 Matt. 9:9-13</p>
<p>11/24 5th of Matthew 4th Tone Great-martyr Euphemia Equal-to-the-Apostles Olga 5th: Luke 24:12-35 Rom. 10:1-10 Matt. 8:28-9:1</p>	<p>12/25 Martyrs Proklos and Hilarios Rom. 16:17-24 Matt. 13:10-23</p>	<p>13/26 Synaxis of the Archangel Gabriel 1 Cor. 1:1-9 Matt. 13:24-30</p>	<p>14/27 Apostle Aquila, Righteous Nikodēmos of the Holy Mountain 1 Cor. 2:9-3:8 Matt. 13:31-36</p>	<p>15/28 Martyrs Kērykos and Julita 1 Cor. 3:18-23 Matt. 13:36-43</p>	<p>16/29 Hieromartyr Athenogenēs 1 Cor. 4:5-9 Matt. 13:44-54</p>	<p>17/30 Great-martyr Marina Rom. 9:1-6 Matt. 9:18-26</p>
<p>18/31 6th of Matthew Plagal of 1st Tone Holy Fathers of the 4th Ecumenical Council, Martyr Æmilianos 6th: Luke 24:36-53 Rom 12:6-14 Titus 3:8-15 Matt. 9:1-8, 5:14-19</p>						


August 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	July 19/ 1 Righteous Makrina and Dios 1 Cor. 5:9-6:11 Matt. 13:54-58	July 20/ 2 Prophet Elias (Elijah) 1 Cor. 6:20-7:12 James 5:10-20 Matt. 14:1-13 Luke 4:22-30	July 21/ 3 Righteous John and Symeon the fool for Christ 1 Cor. 7:12-24 Matt. 14:35-15:11	July 22/ 4 Equal-to-the-Apostles Mary Magdalene, Martyr Markella of Chios, New-Martyr Joseph of Desphina 1 Cor. 7:24-35 Matt. 15:12-21	July 23/ 5 Hieromartyr Phokas, Prophet Ezekiel 1 Cor. 7:35-8:8 Matt. 15:29-31	July 24/ 6 Great-martyr Christina, New-martyr Theophilus Rom. 12:1-6 Matt. 10:37-11:1
July 25/ 7 7th of Matthew Plagal of 2nd Tone Dormition of St. Anna 7 th : John 20:1-10 Rom. 15:1-7 Gal. 4:22-27 Matt 9:27-35 Luke 8:16-21	July 26/ 8 Righteous-martyr Paraskeuē 1 Cor. 9:13-19 Gal. 1:1-3, 20-2:5 Matt. 16:1-6	July 27/ 9 Great-martyr Panteleēmon 1 Cor. 10:5-12 2 Tim. 2:1-10 Matt. 16:6-12 Luke 21:12-19	July 28/ 10 Prochoros, Nikanor, Righteous Irene Chrysovalanou 1 Cor. 10:12-23 Matt. 16:20-24	July 29/ 11 Martyrs Kallinikos and Theodotē 1 Cor. 10:28-11:8 Matt. 16:24-28	July 30/ 12 Apostles Silas, Silouanos, Crescent and Epenetus 1 Cor. 11:8-23 Matt. 17:10-18	July 31/ 13 Righteous Eudokimos the Just, Joseph of Arimathea Rom. 13:1-10 Matt. 12:30-37
1/14 8th of Matthew Grave Tone The Procession of the Holy Cross; Holy Maccabees <i>Beginning of the Fast</i> 8 th : John 20:11-18 1 Cor. 1:10-17 Matt. 14:14-22	2/15 The Translation of the relics of the Protomartyr Stephen 1 Cor. 11:31-12:6 Matt. 18:1-11	3/16 Righteous Dalmatius, Faustus and Isaakios 1 Cor. 12:12-26 Matt. 18:18-22; 19:1-2, 13-15	4/17 The 7 Children of Ephesus 1 Cor. 13:4-14:5 Matt. 20:1-16	5/18 Martyr Eusignios, Righteous Nona, Righteous John of Chozeba; the Romanian 1 Cor. 14:6-19 1 Cor. 14:26-40 Matt. 20:17-28 Matt. 21:12-14, 17-20	6/19 ☩ The Transfiguration of the Saviour Luke 9:28-36 2 Peter 1:10-19 Matt. 17:1-9	7/20 Hieromartyr Dometius, Righteous Theodosios the New Rom. 14:6-9 Matt. 15:32-39
8/21 9th of Matthew Plagal of 4th Tone Emilianos of Cyzicus 9 th : John 20:19-31 1 Cor. 3:9-17 Matt. 14:22-34	9/22 Apostle Matthias 1 Cor. 15:12-20 Matt. 21:18-22	10/23 Archdeacon Laurence 1 Cor. 15:29-38 Matt. 21:23-27	11/24 Deacon Euplos, Nēphon of Constantinople 1 Cor. 16:4-12 Matt. 21:28-32	12/25 Martyrs Photios and Akinētos 2 Cor. 1:1-7 Matt. 21:43-46	13/26 The translation of the relics of St Maximus the Confessor <i>Leave-taking Transfiguration</i> 2 Cor. 1:12-20 Matt. 22:23-33	14/27 Prophet Micah, New-martyr Symeon; <i>Forefeast of the Dormition</i> Rom. 15:30-33 Matt. 17:24-18:4
15/28 10th of Matthew 1st Tone Dormition of the Theotokos Luke 1:39-49, 56 1 Cor. 4:9-16 Phil. 2:5-11 Matt. 17:14-23 Luke 1:38-42, 12:27-28	16/29 The Holy Napkin, Martyr Diomēdos 2 Cor. 2:3-15 Matt. 23:13-22	17/30 Martyr Myron 2 Cor. 2:14-3:3 Matt. 23:23-28	18/31 Martyrs Florus and Laurus 2 Cor. 3:4-11 Matt. 23:29-39			Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted ☩ = fish permitted

September 2016

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted  = fish permitted</p>				<p>Aug. 19/1 Great-martyr Andrew and those with him 2 Cor. 4:1-12 Matt. 24:13-28</p>	<p>Aug. 20/2 Prophet Samuel, Martyr Lucius 2 Cor. 4:13-18 Matt. 24:27-33, 42-51</p>	<p>Aug. 21/3 Apostle Thaddeus, Martyr Bassa 1 Cor. 1:3-9 Matt. 19:3-12</p>
<p>Aug. 22/4 11th of Matthew 2nd Tone Panagia of Proussa, Martyr Agathonikos 11th: John 21:14-25 1 Cor. 9:2-12 Matt. 18:23-35</p>	<p>Aug. 23/5 Martyr Loupus, <i>Leave-taking of the Dormition</i> 2 Cor. 5:10-15 Mark 1:9-15</p>	<p>Aug. 24/6 Hieromartyr Eutyches; Cosmas of Ætolia 2 Cor. 5:15-21 Mark 1:16-22</p>	<p>Aug. 25/7 Apostles Bartholomew and Titus 2 Cor. 6:11-16 Mark 1:23-28</p>	<p>Aug. 26/8 Martyrs Adrian and Natalie, Righteous Joasaph 2 Cor. 7:1-10 Mark 1:29-35</p>	<p>Aug. 27/9 Righteous Pœmen, Martyr Phanourios 2 Cor. 7:10-16 Mark 2:18-22</p>	<p>Aug. 28/10 Righteous Moses the Ethiopian 1 Cor. 1:26-2:5 Matt. 20:29-34</p>
<p>Aug. 29/11 12th of Matthew 3rd Tone The Beheading of St. John the Baptist 1st: Matt. 28:16-20 1 Cor. 15:1-11 Acts 13:25-32 Matt. 19:16-26 Mark 6:14-30</p>	<p>Aug. 30/12 Alexander and John; Patriarchs of Constantinople 2 Cor. 8:7-15 Mark 3:6-12</p>	<p>Aug. 31/13 Deposition of the Holy Belt (Zone) of the Theotokos 2 Cor. 8:16-9:5 Heb. 9:1-7 Mark 3:13-21 Luke 1:38-42, 12:27-28</p>	<p>1/14 Beginning of the Indiction. Symeon the Stylite 2 Cor. 9:12-10:8 1 Tim. 2:1-7 Mark 3:20-27 Luke 4:16-22</p>	<p>2/15 Martyr Mamas, John the Faster, Patriarch of Constantinople 2 Cor. 10:7-18 Rom. 8:28-39 Mark 3:28-35 John 15:1-11</p>	<p>3/16 Hieromartyr Anthimos, Bishop of Nicomedia 2 Cor. 11:5-21 Mark 4:1-9</p>	<p>4/17 Hieromartyr Babylas, Bishop of Antioch, Prophet Moses the God-seer. 1 Cor. 2:6-9 Matt. 22:15-22</p>
<p>5/18 13th of Matthew 4th Tone Prophet Zacharias; father of the Forerunner 2nd: Mark 16:1-8 2 Cor. 16:13-14 Matt. 21:33-42</p>	<p>6/19 The miracle of the Archangel Michael at Chonæ 2 Cor. 12:10-19 Heb. 2:2-10 Mark 4:10-23 Luke 10:16-21</p>	<p>7/20 Martyr Sozon <i>Forefeast of the Nativity</i> 2 Cor. 12:2-13:2 2 Cor. 13:3-13 Mark 4:24-34 Mark 4:35-41</p>	<p>8/21  The Nativity of our Most Holy Lady, Theotokos and Ever-Virgin Mary Luke 1:39-49, 56 Phil. 2:5-11 Luke 10:38-42, 11:27-28</p>	<p>9/22 The Synaxis of the Just Joachim and Anna Gal. 1:1-3, 20-2:5 Gal. 4:22-27 Mark 5:1-20 Luke 8:16-21</p>	<p>10/23 Martyrs Mēnodora, Mētradora and Nymphodora Gal. 2:6-10 Mark 5:22-24, 35-43; 6:1</p>	<p>11/24 Righteous Theodora of Alexandria 1 Cor. 4:1-5 1 Cor. 2:6-9 Matt. 23:1-12 Matt. 10-11:1</p>
<p>12/25 Sunday Before the Exaltation Plagal of 1st Tone Hieromartyr Autonomos <i>Leave-taking of the Nativity</i> 3rd: Mark 16:9-20 Gal. 6:11-18 John 3:13-17</p>	<p>13/26 The Dedication of the Holy Church of the Resurrection of Christ Gal. 2:11-16 Gal. 2:21-3:7 Heb. 3:1-4 Luke 8:16-21</p>	<p>14/27 The Exaltation of the precious and life-giving Cross John 12:28-36 1 Cor. 1:18-24 John 19:6-11, 13-20, 25-28, 30-35</p>	<p>15/28 Great Martyr Nikētas Gal. 3:15-22 Col. 1:24-29, 2:1 Matt. 10:16-22</p>	<p>16/29 Great Martyr Euphēmia Gal. 3:23-4:5 Gal. 2:16-20 Luke 7:36-50</p>	<p>17/30 Virgin Martyrs, Faith, Hope and Love, and of their mother Sophia Gal. 4:8-21 Mark 6:45-53</p>	

October 2016

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted  = fish permitted</p>						<p>Sep. 18/1 Righteous Eumenios, Bishop of Gortyna 1 Cor. 4:17-5:5 1 Cor. 1:26-2:5 John 8: 21-30</p>
<p>Sep. 19/2 After the Exaltation Plagal of 2nd Tone Martyrs Trophimos, Sabbatios and Dorymedon 4th: Luke 24:1-12 Gal. 2:16-20 Mark 8: 34-9:1</p>	<p>Sep. 20/3 Great Martyr Eustathios and those with him Gal. 4:28-5:10 Eph. 6:10-17 Luke 3:19-22 Luke 21:12-19</p>	<p>Sep. 21/4 Quadratus the Apostle <i>Leave-taking of the Exaltation</i> Gal. 5:11-21 Luke 3:23-4:1</p>	<p>Sep. 22/5 Hieromartyr Phokas Gal. 6:2-10 Luke 4:1-15</p>	<p>Sep. 23/6 The Conception of St. John the Baptist Eph. 1:1-9 Gal. 4:22-27 Luke 4:16-22 Luke 1:5-25</p>	<p>Sep. 24/7 Great Martyr and Equal of the Apostles Thekla Eph. 1:7-17 Luke 4:22-30</p>	<p>Sep. 25/8 Righteous Euphrosynē, daughter of Paphnutios the Egyptian. 1 Cor. 10:23-28 Luke 4:31-36</p>
<p>Sep. 26/9 1st of Luke Grave Tone The Assumption of St. John the Theologian 5th: Luke 24:12-35 2 Cor. 6:1-10 1 John 4:12-19 Luke 5:1-11 John 19:25-27, 21:24-25</p>	<p>Sep. 27/10 Martyr Kallistratos and his forty nine fellow martyrs. Eph. 1:22-2:3 Luke 4:38-44</p>	<p>Sep. 28/11 Righteous Chariton the Confessor Eph. 2:19-3:7 Luke 5:12-16</p>	<p>Sep. 29/12 Righteous Kyriakos the Anchorite Eph. 3:8-21 Luke 5:33-39</p>	<p>Sep. 30/13 Martyr Gregory of Great Armenia Eph. 4:14-17 Luke 6:12-19</p>	<p>1/14 Protection of the Theotokos Apostle Ananias Romanos the Melodist Eph. 4:17-25 Heb. 9: 1-7 Acts 9:10-18 Luke 6:17-28 Luke 1: 39-49, 56 Luke 10:16-21</p>	<p>2/15 Hieromartyr Cyprian, Virgin-martyr Justina 1 Cor. 14:20-26 1 Tim. 1:12-17 Luke 5:17-26 John 10:9-16</p>
<p>3/16 2nd of Luke Plagal of 4th Tone Dionysios the Areopagite, Bishop of Athens, Righteous Hieronymos of Aegina 6th: Luke 24:36-53 2 Cor. 6:16-7:1 Luke 6:31-36</p>	<p>4/17 Hierotheos, Bishop of Athens Eph. 4:25-32 Luke 7:36-50</p>	<p>5/18 Martyr Charitinē Eph. 5:20-26 Luke 8:1-3</p>	<p>6/19 Apostle Thomas, New-martyr Makarios Eph. 5:25-33 1 Cor. 4:9-16 Luke 8:22-25 John 20:19-31</p>	<p>7/20 Great-martyrs Sergius and Bacchus Eph. 5:33-6:9 Luke 9:7-11</p>	<p>8/21 Righteous Pelagia and Taïsia Eph. 6:18-24 Luke 9:12-18</p>	<p>9/22 Apostle James Alpheus 1 Cor. 15:39-45 Luke 6:1-10</p>
<p>10/23 4th of Luke Holy Fathers 1st Tone Martyrs Eulampios and Eulampia 7th: John 20:1-10 2 Cor. 9:6-11 Titus 3:8-15 Luke 8:5-15</p>	<p>11/24 Apostle Philip. Righteous Theophanes the Branded Phil. 1:1-7 Luke 7:36-50</p>	<p>12/25 Righteous Symeon Phil. 1:8-14 Luke 8:1-3</p>	<p>13/26 Martyrs Carpus, Papyrus and Agathodoros Phil. 1:12-20 Luke 8:22-25</p>	<p>14/27 Martyrs Nazarios, Gerbasios, and Celsius, Righteous Pachomios of Chios Phil. 1:20-27 Luke 9:7-11</p>	<p>15/28 Hieromartyr Loukianos Phil. 1:27-2:4 Luke 9:12-18</p>	<p>16/29 Great-Martyr Longinus the Centurion I Cor. 15:58-16:3 Luke 6:1-10</p>
<p>17/30 3rd of Luke 2nd Tone Prophet Osēe (Hosea) 8th: John 20:11-18 2 Cor. 11:31-12:9 Luke 7:11-16</p>	<p>18/31 Apostle and Evangelist Luke Phil. 2:12-15 Col. 4:5-11, 14-18 Luke 9:18-22 Luke 10:16-21</p>					

November 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		Oct. 19/ 1 Prophet Joel, Martyr Varus Phil. 2:16-23 Luke 9:23-27	Oct. 20/ 2 Great-martyr Artemios Phil. 2:24-30 Luke 9:44-50	Oct. 21/ 3 Righteous Hilarion the Great Phil. 3:1-8 Luke 9:49-56	Oct. 22/ 4 Averky Bishop of Hierapolis Phil. 3:8-19 Luke 10:1-15	Oct. 23/ 5 Apostle James, the Brother of the Lord 2 Cor. 1:8-11 Gal. 1:11-19 Luke 7:1-10 Matt. 13:54-58
Oct. 24/ 6 6th of Luke 3rd Tone Great-Martyr Arethas, Martyr Sebastianē 9th: John 20:19-31 Gal. 1:11-19 Luke 8:27-39	Oct. 25/ 7 Martyrs Marcian and Martyrios, Tabitha the Merciful Phil. 4:10-23 Luke 7:1-10	Oct. 26/ 8 Great-Martyr Demetrios the Myrrh-Streamer Luke 21:12-19 Col. 1:1-3, 7-11 2 Tim. 2:1-10 Luke 10:22-24 John 15:17-16:2	Oct. 27/ 9 Martyr Nestor, Procla the wife of Pontius Pilate Col. 1:18-23 Luke 11:1-10	Oct. 28/ 10 Martyrs Terence and Eunice, Uncovering of the Relics of St. Philaret of New York; the New Ascetic and Confessor Col. 1:24-2:1 Luke 11:9-13	Oct. 29/ 11 Martyr Anastasia the Roman, Righteous Abramius and Maria Col. 2:1-7 Luke 11:14-23	Oct. 30/ 12 Martyrs Zenobios and Zenobia 2 Cor. 3:12-18 Luke 11:23-26
Oct. 31/ 13 5th of Luke 4th Tone Apostles Stachys, Apellos, Amplia and Ourbanos 10th: John 21:1-14 Gal. 2:16-20 Luke 16:19-31	1/ 14 Unmercenaries Cosmas and Damian Col. 2:13-20 1 Cor. 12:27-13:8 Luke 11:29-33 Matt. 10:5-8	2/ 15 Martyrs Akindynos, Pegasios and Elpidophoros Col. 2:20-3:3 Luke 11:34-41	3/ 16 The Translation of the relics of St. George the Trophy-bearer Col. 3:17-4:1 Luke 11:42-46	4/ 17 Righteous Ioannikios, Hieromartyr Nikandros Col. 4:2-9 Luke 11:47-12:1	5/ 18 Martyrs Galaktion and Epistemē Col. 4:10-18 Luke 12:2-12	6/ 19 Paul; Archbishop of Constantinople 2 Cor. 5:1-10 Luke 9:1-6
7/ 20 7th of Luke Plagal of 1st Tone 33 Martyrs of Melitinē 11th: John 21:14-25 Gal. 6:11-18 Luke 8:41-56	8/ 21 Archangels Michael and Gabriel, Repose of Philaret of New York; the New Ascetic and Confessor Matt. 18:10-20:1 Thes. 1:1-5 Heb. 2:2-10 Luke 12:13-15, 22-31 Luke 10:16-21	9/ 22 Nectarios the Wonderworker: Metropolitan of Pentapolis 1 Thes. 1:6-10 Eph. 5:8-19 Luke 12:42-48 Matt. 4:25-5:12	10/ 23 Apostles Olympas and Sosipater, Martyr Orestos 1 Thes. 2:1-7 Luke 12:48-59	11/ 24 Martyrs Mēnas, Victor and Vincent 1 Thes. 2:9-14 Luke 13:1-9	12/ 25 John the Merciful, Patriarch of Alexandria 1 Thes. 2:14-20 2 Cor. 9:6-11 Luke 13:31-35 Matt. 5:14-17	13/ 26 John Chrysostom, Archbishop of Constantinople John 10:1-19 Heb. 7:26-8:2 John 10:9-16
14/ 27 8th of Luke Plagal of 2nd Tone Apostle Philip 1st: Matt. 28:16-20 Eph. 2:4-10 1 Cor. 4:9-16 Luke 10:25-37 John 1:44-51	15/ 28 Martyrs Gourias, Samonas and Abibos. New-Martyr Catherine of Mandra <i>Beginning of the Fast</i> 1 Thes. 2:20-3:8 Eph. 6:10-17 Luke 14:1, 12-15 Luke 20:46-21:4	16/ 29 Apostle and Evangelist Matthew 1 Thes. 3:9-13 1 Cor. 4:9-16 Luke 14:25-35 Matt. 9:9-13	17/ 30 Gregory the Wonderworker 1 Thes. 4:1-12 1 Cor. 12:7-11 Luke 15:1-10 Matt. 10:5-8			Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted ∞ = fish permitted

December 2016

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Strict fast: No meat, dairy, fish, oil or wine Oil & wine permitted = fish permitted</p>		<p>* 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.</p>		<p>Nov. 18/1 Martyrs Plato, Romanos and Zacchaeus 1 Thes. 4:18-5:10 Luke 16:1-9</p>	<p>Nov. 19/2 Prophet Abdia (Obadiah), Martyr Barlaam 1 Thes. 5:9-14, 24-28 Luke 16:15-17:4</p>	<p>Nov. 20/3 Gregory the Decapolite, <i>Forefeast of the Entry</i> 2 Cor. 11:1-6 Luke 9:57-62</p>
<p>Nov. 21/4 9th of Luke Grave Tone The Entry of the Theotokos Luke: 1:39-49, 56 Eph. 2:14-22 Heb. 9:1-7 Luke 12:16-21 Luke 10:38-42, 11:27-28</p>	<p>Nov. 22/5 Apostles Philemon, Onesimos 2 Thes. 1:1-10 Luke 17:20-25</p>	<p>Nov. 23/6 Gregory: Bishop of Iconium, Amphilochios: Bishop of Agrigentum 2 Thes. 1:10-2:2 Luke 17:26-37; 18:8</p>	<p>Nov. 24/7 Hieromartyrs Clement of Rome and Peter of Alexandria 2 Thes. 2:1-12 Luke 18:15-17, 26-30</p>	<p>Nov. 25/8 Great-Martyrs Catherine and Mercurios <i>Leave-taking of the Entry</i> Matt. 25:1-13 2 Thes. 2:13-3:5 Gal. 3:23-4:5 Luke 18:31-34 Mark 5:24-34</p>	<p>Nov. 26/9 Righteous Alyppy, Stylianos of Paphlagonia, Nikon "Repent ye" 2 Thes. 3:16-18 Luke 19:12-28</p>	<p>Nov. 27/10 Great-Martyr James the Persian Gal. 1:3-10 Luke 10:19-21</p>
<p>Nov. 28/11 13th of Luke Plagal of 4th Tone Stephen the Confessor, Martyr Eirēnarchos 3rd: Mark 16:9-20 Eph. 4:1-7 Luke 18:18-27</p>	<p>Nov. 29/12 Martyrs Paramonos and Philoumenos 1 Tim. 1:1-7 Luke 19:37-44</p>	<p>Nov. 30/13 Andrew the First-Called Apostle Matt. 4:18-23 1 Cor. 4:9-16 John 1:36-52</p>	<p>1/14 Prophet Naoum, Righteous Philaret the Merciful 1 Tim. 1:18-20, 2:8-15 Luke 20:1-8</p>	<p>2/15 Prophet Abbakoum (Habakkuk), Martyr Myropē 1 Tim. 3:1-13 Luke 20:9-18</p>	<p>3/16 Prophet Sophonias (Zephaniah) 1 Tim. 4:4-8, 16 Luke 20:19-26</p>	<p>4/17 Great-Martyr Barbara, Righteous John of Damascus Gal. 3:8-12, 23-4:5 Luke 12:32-40 Matt. 25:1-13</p>
<p>5/18 10th of Luke 1st Tone Righteous Sabbas the Sanctified 4th: Luke 24:1-12 Eph. 5:8-19 Gal. 5:22-6:2 Luke 13:10-17 Matt. 11:27-30</p>	<p>6/19 Nicholas of Myra in Lycia John 10:1-9 Heb. 13:17-21 Luke 6:17-23</p>	<p>7/20 Ambrose of Milan 1 Tim. 5:1-21 Luke 20:27-44 Luke 21:12-19</p>	<p>8/21 Righteous Patapios, Parthenios of Chios 1 Tim. 5:22-6:11 Luke 21:5-8, 10-11, 20-24</p>	<p>9/22 * The Conception of St Anna 1 Tim. 6:17-21 Gal. 4:22-27 Luke 21:28-33 Luke 8:16-21</p>	<p>10/23 Martyrs Mēnas, Hērmodenēs and Eugraphos 2 Tim. 1:1-2, 8-18 Luke 21:37-22:8</p>	<p>11/24 Righteous Daniel and Luke the Stylite Gal. 5:22-6:2 Luke 13:19-29</p>
<p>12/25 11th of Luke: Forefathers 2nd Tone Spyridon of Trimythous 5th: Luke 24:12-35 Col. 3:4-11 Eph. 5:8-19 Luke 14:16-24 John 10:9-16</p>	<p>13/26 Martyrs Eustratios, Auxentios, Eugene, Mardarios and Orestes 2 Tim. 2:20-26 Mark 8:11-21</p>	<p>14/27 Martyrs Thyrsos and Leukios 2 Tim. 3:16-4:4 Eph. 6:10-17 Mark 8:22-26</p>	<p>15/28 Hieromartyr Eleutherios, Martyr Anthia 2 Tim. 4:9-22 2 Tim. 1:8-18 Mark 8:30-34 Mark 2:23-3:5</p>	<p>16/29 Prophet Angeos (Haggai), Modestus of Jerusalem Titus 1:5-14 Heb. 7:26-8:2 Mark 9:10-15 John 10:9-16</p>	<p>17/30 Three Holy Children, Prophet Daniel, Dionysios of Aegina Titus 1:15-2:10 Heb. 11:33-40 Mark 9:33-41 Luke 11:42-46</p>	<p>18/31 Martyr Sebastian and those with him Gal 3:8-12 Luke 13: 19-29</p>