

**CHURCH OF THE GOC
IN AMERICA**



2016 Calendar

HOLY EPARCHIAL SYNOD IN AMERICA

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† Bishop SERGIOS of Portland, *emeritus*

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**THE HOLY SYNOD OF THE CHURCH OF THE GOC
OF GREECE**

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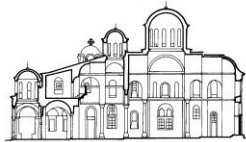
- † Metropolitan AKAKIOS of Attica and Diauleia
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 - † Metropolitan JUSTIN of Euripus and Euboea
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- † Bishop AUXENTIOS of Etna and Portland
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- † Metropolitan MAXIMOS of Thessalonica and Demetrias, *emeritus*
- † Metropolitan PAVLOS of America, *emeritus*
- † Metropolitan CHRYSOSTOMOS of Etna, *emeritus*
- † Bishop CHRYSOSTOMOS of Christianoupolis
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January 2016			
<i>31 days. The day has 10 hours and the night 14.</i>			
1	14	T	Circumcision of Christ , Basil the Great; Archbishop of Caesarea
2	15	F	St. Sylvester: Pope of Rome <i>Forefeast of Theophany</i>
3	16	S	Prophet Malachias, Martyr Gordios
4	17	S	Before Theophany Synaxis of the 70 Apostles, Righteous Theoktistos
5	18	M	Righteous Synklētikē
6	19	T	Holy Theophany
7	20	W	Synaxis of the Honorable Forerunner
8	21	T	Righteous Domnica, George of Chozeba
9	22	F	Martyr Polyeuktos
10	23	S	Gregory: Bishop of Nyssa, Theophan the Recluse
11	24	S	After Theophany, Theodosios the Cenobite
12	25	M	Martyr Tatiana
13	26	T	Martyr Hermylos
14	27	W	<i>Leave-taking of Theophany</i> Righteous-Martyrs of Sinai and Raïtho
15	28	T	Righteous John the Hut-Dweller, Paul of Thebes
16	29	F	Veneration of the Apostle Peter's Chains
17	30	S	Righteous Anthony the Great
18	31	S	10 Lepers, Athanasios and Cyril of Alexandria
19	1	M	Righteous Makarios the Egyptian
20	2	T	Righteous Euthymios the Great
21	3	W	Righteous Maximus the Confessor
22	4	T	Apostle Timothy
23	5	F	Martys Clement and Agathangelos
24	6	S	Righteous Xenē and Philon
25	7	S	Zacchaeus, Gregory the Theologian
26	8	M	Righteous Xenophon
27	9	T	Transfer of the relics of St. John Chrysostom
28	10	W	Righteous Ephraim the Syrian
29	11	T	Transfer of the relics of St. Ignatius the God-Bearer
30	12	F	Three Hierarchs: Basil the Great, Gregory the Theologian and John Chrysostom
31	13	S	Unmercenaries Cyrus and John

Kyriakodromion: January 2016				
Date	Epistle	Gospel	Tone	Morning
4	Before Theophany		Pl. 4 th	11 th
11	St. Theodosios	After Theophany	1 st	1 st
18	Sts. Athanasios & Cyril	12 th of Luke: 10 Lepers	2 nd	2 nd
25	St. Gregory the Theologian	15 th of Luke: Zacchaeus	3 rd	3 rd

Daily readings: January 2016		
Date	Epistle	Gospel
1-3	33 rd week after Pentecost	15 th week of Luke
7-10	12 th week after Pentecost	Afterfeast of Theophany
12-14	13 th week after Pentecost	Afterfeast of Theophany
15-17	13 th week after Pentecost	13 th week of Matthew
19-24	14 th week after Pentecost	14 th week of Matthew
26-31	15 th week after Pentecost	15 th week of Matthew

January Fasting

Fast-free: Jan. 1-4
 Strict fast: Jan. 5, 9, 14, 21, 23, 28
 Oil and wine permitted: Jan. 16, 30
 Fish, oil and wine permitted: Jan. 7

February 2016			
<i>29 days. The day has 11 hours and the night 13.</i>			
1	14	S	Canaanite Woman Martyr Tryphon
2	15	M	Meeting of the Lord
3	16	T	Righteous Symeon the God-receiver
4	17	W	Righteous Isidore of Pélousium
5	18	T	Martyr Agatha
6	19	F	Boukolos of Smyrna, Photios of Constantinople
7	20	S	Parthenios of Lampsakos, Luke of Hellas
8	21	S	Publican and Pharisee Great-martyr Theodore the General
9	22	M	Martyr Nikēphoros
10	23	T	Hieromartyr Charalampos
11	24	W	Hieromartyr Blasios, Theodora the Queen
12	25	T	Righteous Meletios: Archbishop of Antioch
13	26	F	Righteous Martinian, Apostles Priscilla and Aquila
14	27	S	Righteous Auxentios
15	28	S	Prodigal Son Apostle Onēsimos
16	29	M	Martyr Pamphylios
17	1	T	Theodore the Tyro
18	2	W	Leo: Pope of Rome
19	3	T	Apostle Archippos
20	4	F	Leo of Katana
21	5	S	Souls' Saturday Righteous Timothy of Symbola
22	6	S	Meat-Fare Martyrs of Eugenius
23	7	M	Polycarp: Bishop of Smyrna
24	8	T	The 1 st & 2 nd findings of the head of St. John the Baptist
25	9	W	Tarasios of Constantinople
26	10	T	Porphyrios of Gaza, Photeinē the Samaritan woman
27	11	F	Righteous Prokopios of Decapolis
28	12	S	Ascetic Fathers and Mothers , Basil the Confessor
29	13	S	Cheese-Fare Righteous John Cassian

Kyriakodromion: February 2016				
Date	Epistle	Gospel	Tone	Morning
1	St. Tryphon	17 th of Matthew: Canaanite Woman	4 th	4 th
8	33 rd after Pentecost	16 th of Luke: Publican and Pharisee	Pl. 1 st	5 th
15	34 th after Pentecost	17 th of Luke: Prodigal Son	Pl. 2 nd	6 th
22	Meat-Fare		Grave	7 th
29	Cheese-Fare		Pl. 4 th	8 th

Daily readings: February 2016		
Date	Epistle	Gospel
2-7	16 th week after Pentecost	16 th week of Matthew
9-14	34 th week after Pentecost	17 th week of Luke
16-21	35 th week after Pentecost	Meat-fare week
23-28	Cheese-fare week	

February Fasting

Fast-free: Feb. 8-14

Strict fast: Feb. 4, 6, 18, 20

All foods permitted except meat: Feb. 23-29

March 2016		
<i>31 days. The day has 12 hours and the night 12.</i>		
1	14	M <i>Clean Monday</i> , Righteous-martyr Eudokia
2	15	T Martyrs Hēsychios and Euthalia
3	16	W Martyrs Eutropios, Cleonicus and Basiliskos
4	17	T Righteous Gerasimos
5	18	F 1st Stasis Konon the gardner, Eulampios, Archelaos
6	19	S Miracle of St. Theodore , Forty-two martyrs of Amorios
7	20	S 1st of the Fast: Orthodoxy Seven hieromartyrs of Cherson
8	21	M Theophylaktos of Nicomedia
9	22	T 40 Martyrs in Sebasteia
10	23	W Martyr Quadratus
11	24	T Sophronios of Jerusalem
12	25	F 2nd Stasis Righteous Theophanēs
13	26	S Transfer of the relics of St. Nikēphoros
14	27	S 2nd of the Fast: St. Gregory Palamas Righteous Benedict
15	28	M Agapios and those with him
16	29	T Martyr Sabbinos the Egyptian
17	30	W Alexios the man of God
18	31	T Cyril; Archbishop of Jerusalem
19	1	F 3rd Stasis Martyrs Chrysanthos and Dareia
20	2	S Martyrs of St. Sabbas
21	3	S 3rd of the Fast: Veneration of the Cross James the Confessor
22	4	M Hieromartyr Basil of Ancyra
23	5	T Martyr Nikon and the 199
24	6	W Artemon; Bishop of Seleucia, <i>Pre Feast of Annunciation</i>
25	7	T Annunciation of the Theotokos
26	8	F 4th Stasis Synaxis of the Archangel Gabriel
27	9	S Righteous Matriona of Thessalonica
28	10	S 4th of the Fast: St. John of the Ladder Righteous Hilarion
29	11	M Mark; Bishop of Arethousia
30	12	T Righteous John; author of the “Ladder”
31	13	W Hypatios of Gangra, Akakios

Kyriakodromion: March 2016				
Date	Epistle	Gospel	Tone	Morning
7	1 st of the Fast: Orthodoxy		1 st	9 th
14	2 nd of the Fast: St. Gregory Palamas		2 nd	10 th
21	3 rd of the Fast: The Veneration of the Cross		3 rd	11 th
28	4 th of the Fast: St. John of the Ladder		4 th	1 st

Daily readings: March 2016		
Date	Epistle	Gospel
1-6	1 st week of the Fast	
8-13	2 nd week of the Fast	
15-20	3 rd week of the Fast	
22-27	4 th week of the Fast	
29-31	5 th week of the Fast	

March Fasting

Strict fast: March 1-5, 8, 10-12, 15-19, 22-24, 26, 29-31
 Oil and wine permitted: March 6, 7, 9, 13, 14, 20, 21, 27, 28
 Fish, oil and wine permitted: March 25

April 2016		
<i>30 days. The day has 13 hours and the night 11.</i>		
1	14	T The Great Canon Righteous Mary of Egypt
2	15	F Righteous Titus the Wonderworker
3	16	S The Akathist Hymn Nikētas; Abbott of Mēdikios
4	17	S 5th of the Fast: St. Mary of Egypt Righteous George in Maleon
5	18	M Martyr Claudius
6	19	T Eutychios of Constantinople
7	20	W Martyr Kalliopios
8	21	T Apostles Hērdion, Agathos, Roupfos
9	22	F Martyr Eupsychios
10	23	S Resurrection of Lazarus Martyr Terence
11	24	S Palm Sunday Hieromartyr Antypas of Pergamum
12	25	M Great and Holy Monday <i>Joseph the all-comeby</i>
13	26	T Great and Holy Tuesday <i>The Ten Virgins</i>
14	27	W Great and Holy Wednesday <i>The woman who anointed the Lord</i>
15	28	T Great and Holy Thursday <i>The Mystical Supper</i>
16	29	F Great and Holy Friday <i>The Holy Passion of the Lord</i>
17	30	S Great and Holy Saturday <i>The Descent into Hades</i>
18	1	S Holy Pascha <i>The Resurrection of the Lord</i>
19	2	M Renewal Week Hieromartyr Paphnoutios
20	3	T Righteous Theodore of the Hair-Shirt
21	4	W Hieromartyr Januarius, Righteous Anastasios of Sinai
22	5	T Righteous Theodore of Sykeon
23	6	F Life-giving Font Great-Martyr George the Trophy-Bearer
24	7	S Righteous Elizabeth, New-martyr Doukas
25	8	S 2nd Antipascha – Apostle Thomas Mark the Evangelist
26	9	M Hieromartyr Basileus
27	10	T Hieromartyr Symeon; the Lord's kinsman
28	11	W 9 Martyrs of Cyzicus
29	12	T Apostles Jason & Sosipater of the 70
30	13	F Apostle James; brother of Apostle John the Theologian

Kyriakodromion April 2016				
Date	Epistle	Gospel	Tone	Morning
4	5 th of the Fast: St. Mary of Egypt		Pl. 1 st	2 nd
11	Palm Sunday		–	Matins
18	Holy Pascha		–	–
25	St. Mark the Evangelist	2 nd of Pascha: Apostle Thomas	–	1 st

Daily readings: April 2016		
Date	Epistle	Gospel
1-3	5 th week of the Fast	
5-10	Week before Palm Sunday	
12-17	Great and Holy Week	
19-24	Renewal Week	
26-30	2 nd week	

April Fasting

Fast-free: April 18-25

Strict fast: April 1, 2, 5-9, 12-17

Oil and wine permitted: April 3, 4, 9, 10, 11, 28, 30

May 2016		
<i>31 days. The day has 14 hours and the night 10.</i>		
1	14	S Prophet Jeremiah
2	15	S 3rd Myrrhbearers Transfer of St. Athanasios' Relics
3	16	M Martyrs Timothy and Maura
4	17	T Martyr Pelagia
5	18	W Great-martyr Irene
6	19	T Job the much-suffering
7	20	F Appearance of the Holy Cross
8	21	S John the Theologian, Righteous Arsenios the Great
9	22	S 4th Paralytic Prophet Esaïas (Isaiah), Christopher
10	23	M Apostle Simon the Zealot
11	24	T Hieromartyr Mokios
12	25	W Mid-Pentecost Basil of Parios
13	26	T Martyr Glykeria,
14	27	F Martyr Isidore of Chios
15	28	S Righteous Pachomios
16	29	S 5th Samaritan Woman Theodore the Sanctified
17	30	M Apostles Andronikos and Jounia
18	31	T Martyrs Peter and Dionysius
19	1	W <i>Leave-taking of Mid-Pentecost</i> Hieromartyr Patrick: Bishop of Prusa
20	2	T Martyr Thallelaeos
21	3	F Equal to the Apostles Constantine and Helen
22	4	S Martyr Basiliskos
23	5	S 6th Blind Man Michael; Bishop of Synnada
24	6	M Righteous Symeon
25	7	T 3 rd finding of the head of St. John the Baptist
26	8	W <i>Leave-taking of Pascha</i> Apostle Carpus
27	9	T Ascension of the Lord Hieromartyr Helladios, John the Russian
28	10	F Hieromartyr Eutyche's,
29	11	S Righteous-martyr Theodosios
30	12	S 7th Holy Fathers: 1st Ecumenical Council Righteous Isaakios
31	13	M Martyr Hērmeios

Kyriakodromion May 2016				
Date	Epistle	Gospel	Tone	Morning
2	St. Athanasios the Great	3 rd of Pascha: Myrrhbearers	2 nd	4 th
9	4 th of Pascha: Paralytic		3 rd	5 th
16	5 th of Pascha: Samaritan Woman		4 th	7 th
23	6 th of Pascha: Blind Man		Pl. of 1 st	8 th
30	7 th of Pascha: Holy Fathers of the 1 st (Ecumenical Council)		Pl. of 2 nd	10 th

Daily readings: May 2016		
Date	Epistle	Gospel
1	2 nd week	
3-8	3 rd week	
10-15	4 th week	
17-22	5 th week	
24-29	6 th week	
31	7 th week	

May Fasting

Oil and wine permitted: May 5, 7, 14, 19, 21, 28
 Fish, oil and wine permitted: May 12, 26

June 2016		
<i>30 days. The day has 15 hours and the night 9.</i>		
1	14	T Martyr Justin the Philosopher
2	15	W Nikēphoros; Patriarch of Constantinople
3	16	T Martyr Loukilianos
4	17	F Metrophanēs; Archbishop of Constantinople
5	18	S Souls' Saturday Hieromartyr Dorotheos; Bishop of Tyro
6	19	S 8th Pentecost Righteous Hilarion and Bessarion
7	20	M Holy Spirit Theodotos; Bishop of Ancyra
8	21	T Transfer of St. Theodore General's Relics
9	22	W Cyril; Archbishop of Alexandria
10	23	T Martyrs Alexander and Antoninus
11	24	F "It is Truly Meet" Apostle Bartholomew
12	25	S <i>Leave-taking of Pentecost</i> Righteous Onouphrios, Peter of Mt. Athos
13	26	S 1st Matthew: All Saints Martyr Aquilina
14	27	M Prophet Elissæos (Elisha) <i>Beginning of the Apostles' Fast</i>
15	28	T Righteous Glicherie of Romania, Prophet Amos
16	29	W Tychon, Bishop of Amathous
17	30	T Martyrs Manuel, Sabel, Ismael and Isaurus
18	1	F Martyr Leontios
19	2	S Apostle Jude, Paisios the Great, John of San Francisco
20	3	S 2nd Matthew: All Saints of Mt Athos Methodios of Patara
21	4	M Martyr Julian, New-martyrs Nikētas and Pachomios
22	5	T Hieromartyr Eusebios of Samosata
23	6	W Martyr Agrippina, Righteous Nikētas of Thebes
24	7	T The Nativity of St. John the Baptist
25	8	F Martyr Febronia and Prokopios
26	9	S Righteous David of Thessalonica
27	10	S 3rd of Matthew: All Saints of the Turkish Yoke Righteous Sampson the Hospitable
28	11	M The Transfer of the relics of Sts. Cyrus and John
29	12	T Apostles Peter and Paul
30	13	W Twelve Apostles

Kyriakodromion June 2016				
Date	Epistle	Gospel	Tone	Morning
6	8 th of Pascha: Pentecost		-	Matins
13	1 st after Pentecost	1 st of Matthew	Pl 4 th	1 st
20	2 nd after Pentecost	2 nd of Matthew	1 st	2 nd
27	3 rd after Pentecost	3 rd of Matthew	2 nd	3 rd

Daily readings: June 2016		
Date	Epistle	Gospel
1-5	7 th week	
7-12	1 st week after Pentecost	1 st week of Matthew
14-19	2 nd week after Pentecost	2 nd week of Matthew
21-26	3 rd week after Pentecost	3 rd week of Matthew
28-30	4 th week after Pentecost	4 th week of Matthew

June Fasting

Fast-free: June 6-13

Strict fast: June 16, 18, 23, 25

Oil and wine permitted: 2, 4, 14, 15, 17, 21, 22, 28, 30

Fish, oil and wine permitted: 19, 20, 24, 26, 27

July 2016			
<i>31 days. The day has 14 hours and the night 10.</i>			
1	14	T	Unmercenarys Cosmas and Damian
2	15	F	Deposition Theotokos' Sash
3	16	S	Martyr Hyacinth, Anatolios of Constantinople
4	17	S	4th of Matthew: All Saints of Chios Andrew; Archbishop of Crete
5	18	M	Righteous Athanasios the Athonite
6	19	T	Righteous Sisoēs, Martyr Lucia
7	20	W	Great-martyr Kyriakē
8	21	T	Great-martyr Prokopios
9	22	F	Hieromartyr Pankratios of Tauromenia
10	23	S	Forty-five martyrs Nikopolis
11	24	S	5th of Matthew Great-martyr Euphemia, Olga
12	25	M	Martyrs Proklos and Hilarios
13	26	T	Synaxis of the Archangel Gabriel
14	27	W	Apostle Aquila
15	28	T	Martyrs Kērykos and Julita
16	29	F	Hieromartyr Athenogenēs
17	30	S	Great-martyr Marina
18	31	S	Fathers of the 4th Ecumenical Council Martyr Æmilianos
19	1	M	Righteous Makrina and Dios
20	2	T	Prophet Elias (Elijah) the Tishbite
21	3	W	Righteous Symeon
22	4	T	Mary Magdalene, Markella of Chios, Hieromartyr Joseph of Desphina
23	5	F	Hieromartyr Phokas, Prophet Ezekiel
24	6	S	Great-martyr Christina, New-martyr Theophilos
25	7	S	7th of Matthew Dormition of St. Anna
26	8	M	Righteous-martyr Paraskevē
27	9	T	Great-martyr Panteleimon
28	10	W	Prochoros, Nikanor, Irene Chrysovalantou
29	11	T	Martyrs Kallinikos and Theodotē
30	12	F	Apostles Silas and companions
31	13	S	Righteous Eudokimos the Just, Joseph of Arimathea

Kyriakodromion July 2016				
Date	Epistle	Gospel	Tone	Morning
4	4 th after Pentecost	4 th of Matthew	3 rd	4 th
11	St. Euphemia	5 th of Matthew	4 th	5 th
18	Holy Fathers of the 4 th Ecumenical Council		Pl. of 1 st	6 th
25	St. Anna	7 th of Matthew	Pl. of 2 nd	7 th

Daily readings: July 2016		
Date	Epistle	Gospel
1-3	4 th week after Pentecost	4 th week of Matthew
5-10	5 th week after Pentecost	5 th week of Matthew
12-17	6 th week after Pentecost	6 th week of Matthew
19-24	7 th week after Pentecost	7 th week of Matthew
26-31	8 th week after Pentecost	8 th week of Matthew

July Fasting

Strict fast: July 7, 9, 14, 16, 21, 23, 28, 30
 Oil and wine permitted: July 2

August 2016			
<i>31 days. The day has 13 hours and the night 11.</i>			
1	14	S	8th of Matthew Procession of the Holy Cross, <i>Beginning of the Fast</i>
2	15	M	Translation of the relics of the Protomartyr Stephen
3	16	T	Dalmatius, Faustus and Isaakios
4	17	W	Seven Children of Ephesus
5	18	T	<i>Forefeast of Transfiguration</i> Martyr Eusignios, Righteous Nona
6	19	F	Transfiguration of the Saviour
7	20	S	Hieromartyr Dometius, Righteous Theodosios the New
8	21	S	9th of Matthew Æmilianos of Cyzicus
9	22	M	Apostle Matthias
10	23	T	Archdeacon Laurence
11	24	W	Deacon Euplos, Nēphon of Constantinople
12	25	T	Martyrs Photios and Akinētos
13	26	F	<i>Leave-taking of Transfiguration</i> Righteous Maximus the Confessor
14	27	S	<i>Prefeast Dormition</i> Prophet Micah, New-martyr Symeon
15	28	S	10th of Matthew Dormition of the Theotokos
16	29	M	The Holy Napkin, Martyr Diomēdus
17	30	T	Martyr Myron
18	31	W	Martyrs Florus and Laurus
19	1	T	Great-martyr Andrew
20	2	F	Prophet Samuel, Martyr Lucius
21	3	S	Apostle Thaddeus, Martyr Bassa
22	4	S	11th of Matthew Panagia of Proussa, Martyr Agathonikos
23	5	M	<i>Leave-taking of the Dormition</i> Martyr Loupus
24	6	T	Heiromartyr Eutycheḥs, Hieromartyr Cosmas of Ætolia
25	7	W	Apostles Bartholomew and Titus
26	8	T	Martyrs Adrian and Natalie
27	9	F	Righteous Pœmen, Martyr Phanourios
28	10	S	Righteous Moses the Ethiopian
29	11	S	12th of Matthew Beheading of St. John the Baptist
30	12	M	Alexander and John; Patriarchs of Constantinople
31	13	T	Deposition of the Theotokos' Holy Belt

Kyriakodromion August 2016				
Date	Epistle	Gospel	Tone	Morning
1	8 th after Pentecost	8 th of Matthew	Grave	8 th
8	9 th after Pentecost	9 th of Matthew	Pl. of 4 th	9 th
15	Dormition of the Theotokos		1 st	Matins
22	11 th after Pentecost	11 th of Matthew	2 nd	11 th
29	Beheading of St. John the Baptist		3 rd	1 st

Daily readings: August 2016		
Date	Epistle	Gospel
2-7	9 th week after Pentecost	9 th week of Matthew
9-14	10 th week after Pentecost	10 th week of Matthew
16-21	11 th week after Pentecost	11 th week of Matthew
23-28	12 th week after Pentecost	12 th week of Matthew
30-31	13 th week after Pentecost	13 th week of Matthew

August Fasting

Strict fast: August 2-5, 9-13, 21, 23, 28, 30

Oil and wine permitted: August 1, 7, 8, 14

Fish, oil and wine permitted: August 6

September 2016			
<i>30 days. The day has 12 hours and the night 12.</i>			
1	14	W	Beginning of the Indiction, Symeon the Stylite
2	15	T	Martyr Mamas, John the Faster, Patriarch Constantinople
3	16	F	Hieromartyr Anthimos,
4	17	S	Hieromartyr Babylas, Bishop of Antioch, Prophet Moses
5	18	S	13th of Matthew Prophet Zacharias father of the Forerunner
6	19	M	Miracle of the Archangel Michael at Chonæ
7	20	T	<i>Forefeast of the Nativity</i> Martyr Sozon
8	21	W	Nativity of Theotokos and Ever-Virgin Mary
9	22	T	Righteous Joachim and Anna
10	23	F	Martyrs Mēnodora, Mērodora and Nymphodora
11	24	S	Righteous Theodora of Alexandria
12	25	S	Before Exaltation <i>Leave-taking of the Nativity</i> , Hieromartyr Autonomos
13	26	M	Dedication of the Church of the Resurrection
14	27	T	Exaltation of the life-giving Cross
15	28	W	Great-Martyr Nikētas
16	29	T	Great-Martyr Euphēmia
17	30	F	Virgin Martyrs, Faith, Hope, Love and Sophia
18	1	S	Righteous Eumenios, Bishop of Gortyna
19	2	S	After Exaltation: Third Appearance of the Cross (1925)
20	3	M	Great Martyr Eustathios
21	4	T	<i>Leave-taking of the Exaltation</i> Apostle Quadratus
22	5	W	Hieromartyr Phokas
23	6	T	Conception of John the Baptist
24	7	F	Great Martyr Thekla
25	8	S	Righteous Euphrosynē
26	9	S	1st of Luke Assumption of John the Theologian
27	10	M	Martyr Kallistratos and his 49 fellow martyrs.
28	11	T	Righteous Chariton the Confessor
29	12	W	Righteous Kyriakos the Anchorite
30	13	T	Martyr Gregory of Great Armenia

Kyriakodromion September 2016				
Date	Epistle	Gospel	Tone	Morning
5	13 th after Pentecost	13 th of Matthew	4 th	2 nd
12	22 nd after Pentecost	Before the Exaltation	Pl. of 1 st	3 rd
19	21 st after Pentecost	After the Exaltation	Pl. of 2 nd	4 th
26	Apostle John the Theologian		Grave	5 th

Daily readings: September 2016		
Date	Epistle	Gospel
1-4	13 th week after Pentecost	13 th week of Matthew
6-11	14 th week after Pentecost	14 th week of Matthew
13-18	15 th week after Pentecost	15 th week of Matthew
20-25	16 th week after Pentecost	1 st week of Luke
27-30	17 th week after Pentecost	2 nd week of Luke

September Fasting

Strict fast: September 3, 10, 14, 15, 17, 22, 24, 29

Oil and wine permitted: September 1

Fish, oil and wine permitted: September 8

October 2016		
<i>31 days. The day has 11 hours and the night 13.</i>		
1	14	F Protection Theotokos
2	15	S Hieromartyr Cyprian, Virgin-martyr Justina
3	16	S 2nd of Luke Dionysios the Areopagite, Righteous Hieronymos of Aegina
4	17	M Hierotheos, Bishop of Athens
5	18	T Martyr Charitinē
6	19	W Apostle Thomas,
7	20	T Sergius and Bacchus
8	21	F Righteous Pelagia and Taïsia
9	22	S Apostle James Alpheus
10	23	S 4th of Luke: Fathers of the 7th Ecumenical Council
11	24	M Apostle Philip, Righteous Theophanes the Branded
12	25	T Martyrs Probos, Tarachos and Andronikos
13	26	W Martyr Carpus
14	27	T Martyrs Nazarios etc, Pachomios the New of Chios
15	28	F Hieromartyr Loukianos
16	29	S Great-Martyr Longinus the Centurion
17	30	S 3rd of Luke Prophet Osēe (Hosea)
18	31	M Apostle and Evangelist Luke
19	1	T Prophet Joel, Martyr Varus
20	2	W Great-martyr Artemius
21	3	T Righteous Hilarion the Great
22	4	F Averky Bishop of Hierapolis
23	5	S Apostle James, the Brother of the Lord
24	6	S 6th of Luke Great-Martyr Arethas, Martyr Sebastianē
25	7	M Martyrs Marcian and Martyrios, Tabitha the Merciful
26	8	T Great-Martyr Demetrios the Myrrh-streamer
27	9	W Martyr Nestor
28	10	T Philaret of New York; the New Ascetic and Confessor
29	11	F Martyr Anastasia the Roman
30	12	S Martyrs Zēnobios and Zēnobia
31	13	S 5th of Luke Apostles Stachys, Apellos, Amplia

Kyriakodromion October 2016				
Date	Epistle	Gospel	Tone	Morning
3	17 th after Pentecost	2 nd of Luke	Pl of 4 th	6 th
10	Holy Fathers of the 7 th Ecumenical Council	4 th of Luke	1 st	7 th
17	19 th after Pentecost	3 rd of Luke	2 nd	8 th
24	20 th after Pentecost	6 th of Luke	3 rd	9 th
31	21 st after Pentecost	5 th of Luke	4 th	10 th

Daily readings: October 2016		
Date	Epistle	Gospel
1-2	17 th week after Pentecost	2 nd week of Luke
4-9	18 th week after Pentecost	3 rd week of Luke
11-16	19 th week after Pentecost	4 th week of Luke
18-23	20 th week after Pentecost	5 th week of Luke
25-30	21 st week after Pentecost	6 th week of Luke

October Fasting

Strict fast: October 8, 13, 15, 20, 22, 27, 29

Oil and wine permitted: October 1, 6

November 2016			
<i>30 days. The day has 10 hours and the night 14.</i>			
1	14	M	Unmercenaries Cosmos and Damian
2	15	T	Martyrs Akindynos, Pegasios and Elpidophoros
3	16	W	Transfer of St. George the Trophy-bearer's relics
4	17	T	Righteous Ioannikios the Great
5	18	F	Martyrs Galaktion and Epistēmē
6	19	S	Paul: Archbishop of Constantinople
7	20	S	7th of Luke 33 Martyrs of Melitīnē
8	21	M	Archangels Michael and Gabriel
9	22	T	Nectarios of Pentapolis, Martyrs Onēsiphoros and Porphyrios
10	23	W	Apostles Olympas and Sosipater
11	24	T	Mēnas, Victor and Vincent
12	25	F	John the Merciful
13	26	S	John Chrysostom: Archbishop of Constantinople
14	27	S	8th of Luke Apostle Philip
15	28	M	Martyrs Gourias, etc. Catherine in Mandra <i>Nativity Fast begins</i>
16	29	T	Apostle and Evangelist Matthew
17	30	W	Gregory the Wonderworker
18	1	T	Martyrs Plato & Romanos
19	2	F	Prophet Abdia (Obadiah)
20	3	S	Gregory of Decapolis <i>Forefeast of the Entry</i>
21	4	S	9th of Luke Entry of the Theotokos
22	5	M	Apostles Philemon, Onesimos
23	6	T	Gregory of Iconium, Amphilochios of Agrigentum
24	7	W	Hieromartyrs Clement of Rome, and Peter of Alexandria
25	8	T	<i>Leave-taking of the Entry</i> Great-Martyr Catherine, Merkourios
26	9	F	Nikon "Repent ye"
27	10	S	Great-Martyr James the Persian
28	11	S	13th of Luke Stephen the Confessor, Martyr Eirēnarchos
29	12	M	Martyrs Paramonos and Philoumenos
30	13	T	Andrew the First-Called Apostle

Kyriakodromion November 2016				
Date	Epistle	Gospel	Tone	Morning
7	22 nd after Pentecost	7 th of Luke	Pl of 1 st	11 th
14	Apostle Philip	8 th of Luke	Pl. of 2 nd	1 st
21	Entry of the Theotokos		Grave	Matins
28	25 th after Pentecost	13 th of Luke	Pl. of 4 th	3 rd

Daily readings: November 2016		
Date	Epistle	Gospel
1-6	22 nd week after Pentecost	7 th week of Luke
2-13	23 rd week after Pentecost	8 th week of Luke
15-20	24 th week after Pentecost	9 th week of Luke
22-27	25 th week after Pentecost	10 th week of Luke
29-30	26 th week after Pentecost	11 th week of Luke

November Fasting

Strict fast: November 3, 5, 10, 17, 19, 24

Oil and wine permitted: November 12, 15, 16, 18, 20, 22, 23, 25, 26, 29, 30

Fish, oil and wine permitted: November 21, 27, 28

December 2016		
<i>31 days. The day has 9 hours and the night 15.</i>		
1	14	W Prophet Naoum, Philaret the Merciful
2	15	T Prophet Abbakoum (Habakkuk)
3	16	F Prophet Sophonias
4	17	S Great-Martyr Barbara, Righteous John of Damascus
5	18	S 10th of Luke Righteous Sabbas the Sanctified
6	19	M Nicholas of Myra in Lycia
7	20	T Ambrose of Milan
8	21	W Righteous Patapios, Parthenios of Chios
9	22	T Conception of St Anna
10	23	F Martyrs Mēnas, Hērmogenēs
11	24	S Righteous Daniel and Luke the Stylites
12	25	S 11th of Luke: Forefathers Spyridon of Trimythous
13	26	M Martyrs Eustratios, Auxentios, Eugene, Mardarios and Orestēs
14	27	T Martyrs Thyrsos and Leukios
15	28	W Hieromartyr Eleutherios
16	29	T Prophet Haggai
17	30	F Three Holy Children, Prophet Daniel
18	31	S Martyr Sebastian and those with him
19	1	S Before Nativity Martyr Boniface and Aglaïs
20	2	M <i>Forefeast of Nativity</i> , Righteous Ignatius the God-Bearer
21	3	T Martyr Juliana
22	4	W Martyr Anastasia
23	5	T Ten Martyrs of Crete
24	6	F Righteous-Martyr Eugenia
25	7	S Nativity of Lord, God and Saviour Jesus Christ
26	8	S After Nativity Synaxis of Theotokos and Ever-Virgin Mary
27	9	M Stephen the Protomartyr, Apostle and Archdeacon
28	10	T 20,000 Martyrs in Nicomedia
29	11	W 14,000 infants slain by Herod
30	12	T Martyr Anysia
31	13	F <i>Leave-taking of Nativity</i> Righteous Melanie of Rome

Kyriakodromion December 2016				
Date	Epistle	Gospel	Tone	Morning
5	St. Sabbas the Sanctified	10 th of Luke	1 st	4 th
12	Forefathers	11 th of Luke	2 nd	5 th
19	Before Christ's Nativity		3 rd	6 th
26	20 th after Pentecost	After Christ's Nativity	4 th	7 th

Daily readings: December 2016		
Date	Epistle	Gospel
1-4	26 th week after Pentecost	11 th week of Luke
6-11	27 th week after Pentecost	12 th week of Luke
13-18	28 th week after Pentecost	13 th week of Luke
19-23	29 th week after Pentecost	14 th week of Luke
27-31	30 th week after Pentecost	15 th week of Luke

December Fasting

Strict fast: December 1, 3, 8, 10, 22, 24

Oil and wine permitted: December 2, 6, 7, 9, 13-21, 23

Fish, oil and wine permitted: December 4, 5, 11, 12

Fast-free: December 25-31

Parish Directory

I. Metropolis of America

St. Markella Cathedral

22-68 26th Street
Astoria, New York 11105
Phone: 718-932-1592
Fax: 718-255-5778

Clergy: **Metropolitan Demetrius of America**
Theodore Giannakopoulos, Protopresbyter
Epiphanius Antoniou, Archimandrite
Michael Hallford, Presbyter

Arkansas

St. Matthew the Evangelist Mission

3701 S Culberhouse Rd.
Jonesboro, Arkansas 72404
Website: <http://www.stmatthewtheevangelist.org>
Contact: Dr. Demetrius Spanos
Email: DSpanos@NeurologyAssociates.cc

Florida

Dormition of the Theotokos

1910 Douglas Avenue
Clearwater, Florida 33755-1411
Phone: 727-443-3999

Website: <http://www.kimisis.net>
Clergy: George Liadis, Presbyter

Holy Trinity Church
5053 Winterville Rd.
Spring Hill, Florida 34608
Phone: 352-683-7582
Clergy: George Poullas, Presbyter

St. John of Kronstadt Mission
1006 Deen Rd
Bunnell, Florida 32110
Phone: 386-439-1237
Contact: Michael Christus
Email: christus4@earthlink.net

Georgia

Holy Trinity Mission
222 West Oglethorpe Boulevard
Albany, Georgia 31701
Contact: Athanasios Matthes
Phone: 229-436-8229
Voicemail: 229-886-0095

St. Theophan the Recluse Mission
Suwanee, GA
Contact: Ignatius, Hieromonk
Phone: 845-679-0600 or 845-684-7158
Email: father.ignat@gmail.com

Clergy: Supplied by the diocese (especially Holy Ascension Monastery)

Illinois

Holy Unmercenaries & St. Nectarios

11360 South Lawler Avenue
Alsip, Illinois 60803
Phone: 708-371-1800
Fax: 708-349-6573

St. John the Forerunner

8500 South Archer Street
Willow Springs, Illinois 60480
Phone: 708-839-1934
Fax: 708-403-1509
Clergy: Christos Pittos, Protopresbyter

Indiana

Holy Archangels Church*

11031 U.S. Highway 231 S.
Romney, Indiana 47981
Phone: 765-337-3444
Clergy: Josuha Vander Plaats, Presbyter

Iowa

St. John the Baptist Church (Arabic)*

3635 Cottage Grove Avenue, S.E.
Cedar Rapids, Iowa 52403-1612
Phone: 319-362-8601
Clergy: Raphael Abraham, Protopresbyter
John Abraham, Presbyter

Maryland

St. Nicholas of Myra
1686 Village Green
Crofton, MD 21114
Phone: 503-647-2805
Website: <http://www.stnicholasmd.com>
Clergy: George Psaromatis, Presbyter

Michigan

St. Irene of Chrysovalantou
Meeting regularly at the Met Hotel
5500 Crooks Rd.
Troy, Michigan 48098
Phone: 586-707-2918
Website: <http://www.saint-irene.com>
Clergy: Steven Allen, Presbyter

Sts. Nectarios & George
4592 Jefferson Avenue
Ecorse, Michigan 48229
Phone: 313-383-5853
Website: <http://www.stnectarios.net>

Clergy: Longinos Kakavros, Hieromonk

St. Spyridon

24301 Greater Mack Avenue
Saint Claire Shores, Michigan 48080
Phone: 586-773-9488
Website: <http://www.saint-spyridon.com>
Clergy:

Missouri

St. Catherine of Sinai Mission

8400 New Hampshire Avenue
St. Louis, Missouri 63123-2553
Phone: 314-769-9287
Clergy: Michael Azkoul, Presbyter

New York

Holy Ascension Church (Russian)*

650 Landing Road North
Rochester, New York 14625-1749
Phone: 585-385-3091
Clergy: Nicholas Chernjavsky, Presbyter
Dr. Peter Bushunow, Deacon

St. Isidoros of Chios

910 Stewart Avenue
Bethpage, New York 11714

Phone: 516-933-1736
Clergy: Kleanthis Korkotas, Protopresbyter
Nicholas Seregos, Presbyter

St. Maximus the Confessor
4447 Gaskill Road
Owego, New York 13827
Phone: 607-835-6194
Website: <http://www.saintmaximus.net>
Clergy: Thomas Marretta, Protopresbyter

Ohio

All Saints Church
4597 E. Sprague Road
Independence Ohio, 44131
Phone: 440-832-2009
Cell: 216-502-1143
Clergy: Sergei Boulter, Presbyter

St. Matrona Chapel
425 Kenworth Avenue NE
Warren, Ohio 44483
Phone: 614-883-1170
Clergy: Longinos Kakavros, Hieromonk

Oklahoma

St. James the Apostle

9612 N 151 East Avenue
Owasso, Oklahoma 74055-4848
Phone: 918-274-9612
Website: <http://www.stjamesok.org>
Clergy: Mark Gilstrap, Presbyter

Pennsylvania

Sts. Peter and Paul
800 North Front Street
Mount Union, Pennsylvania 17066
Phone: 814 808-5177
Website: <http://www.sspeterpaulparish.com>
Clergy: Christos Patitsas, Presbyter

Quebec, Canada

St. Markos Evgenikos
810 Avenue Ogilvy
Montreal, QC H3N 1N8
Phone: 514-276-8408
Clergy: Nikodemos Kalantis, Archimandrite

Tennessee

St. Polycarp of Smyrna House Chapel
10009 Syracuse Dr.
Smyrna, Tennessee 37167
Phone: 615-971-4439

Email: braggs@comcast.net
Website: <http://orthodoxchurchgoctn.blogspot.com>

Virginia

St. Seraphim of Sarov
11009 Old Washington Hwy
Glen Allen, Virginia 23059
Phone: 804-798-1064
Website: <http://www.stseraphimofsarov.org>
Clergy: Nicodemos Gayle, Presbyter
Andrew Wales, Deacon
Joseph Clatterbuck, Deacon

Wisconsin

Nativity of the Mother of God Orthodox Mission
525 N. Bateman Street
Appleton, WI 54911
Phone: 920-738-9548
Email: nmgom@earthlink.net
Contact: Sundeacon Afanassy Kressner
Services in English

Colombia

San Nectarios de Egina
Calle 94 # 72-52
Bogotá D.C.

Telephone: 011 57 6940343
Clergy: Félix Piñeros, Priest

Guatemala

St. Xenia of Petersburg Mission
24 Avenue 21-56
Proyecto 4-1
Zona 6
001006 Guatemala City, Guatemala
011-502-53211440
Clergy: Cyril Mendoza, Deacon

A. Diocese of Etna and Portland

Holy Nativity of the Theotokos Cathedral
4550 NE 105th Avenue
Portland, Oregon 97220
Phone: 503-262-6643
Website: <http://www.dep.church/>
Clergy: **Bishop Auxentios of Etna and Portland**
Constantine Parr, Protospresbyter
Photios Cooper, Presbyter

Arizona

Sts. Peter & Paul Mission
1415 E. Broadway Boulevard
Tucson, Arizona 85719

Phone: 520-622-1566 or 520-881-5545
Website: <http://www.sspp-tucson.org/>
Email: info@sspp-tucson.org
Clergy: Served by diocesan clergy

California

Archangel Michael Mission
2115 19th Street
Bakersfield, California 93301
Phone: 661-412-2798
Website: <http://www.holyarchangel.net>
Clergy: Served by diocesan clergy

Sts. Cyprian and Justina Church
P.O. Box 158
Etna, California 96027
Phone: 530-467-5623
Clergy: David Cownie, Protospesbyter
Jerome Zubricky, Presbyter

Sts. Seraphim and John of Kronstadt Church (Russian)
6063 Lake Murray Blvd.
La Mesa, California 91942-2506
Phone: 619-466-4107
Clergy: Dr. James Thornton, Protospesbyter
George Skvor, Deacon

Washington

St. Ignatius of Antioch Mission

3618 Lakeridge Drive East

Lake Tapps (Tacoma), Washington 98391

Phone: 253-862-4620

Email: James@gocportland.org

Clergy: Served by Protopresbyter Constantine Parr & diocesan clergy

B. Diocese of Boston

St. Mark of Ephesus Cathedral

340 Clapboardtree Street

Westwood, Massachusetts 02090

Phone: 617-469-2380

Fax: 617-469-2380

Website: <http://www.stmarkofephesus.org>

Clergy: **Metropolitan Demetrius of America**

George Kamberidis, Protopresbyter

Christos Constantinou, Protopresbyter

Demetrios Houlares, Protodeacon

Maine

St. John of Shanghai and San Francisco Mission

650 Main Street

Suite 100

S. Portland, Maine 04106

Phone: 207-284-3556

Website: <http://stjohnchurchmaine.org>
Clergy: Vassily Mihailoff, Presbyter

Massachusetts

St. John the Confessor

244 High Street
Ipswich, Massachusetts 01938-1251
Mailing Address P.O. Box 788
Ipswich, Massachusetts 01938-0788
Phone: 978-223-7615
Website: <http://www.stjconfessor.org>
Clergy: John Knox, Presbyter
Michael Knox, Presbyter
James Graves, Deacon
Christopher Catanzano, Deacon

St. Philaret Mission

Meeting regularly at the Days Inn
450 Memorial Drive
Chicopee, Massachusetts 01020
Phone: 978-355-4996
Website: <http://www.saintphilaret.org>
Clergy: Michael Marcinowski, Presbyter
Jacob Wojcik, Deacon

St. Sergius of Radonezh Mission

16 Cunningham Drive
Framingham, Massachusetts 01701
Phone: 508-875-8591

Clergy: George Kochergin, Archpriest

New Hampshire

Dormition of the Theotokos

4 Union Street

Concord, New Hampshire 03301

Phone: 603-254-4442

Website: <http://www.dormitioninconcord.com>

Clergy: Andrew Snogren, Presbyter

Yakov Tseitlin, Deacon

Alexander Buterbaugh, Deacon

II. Metropolis of Toronto

St. Nektarios Cathedral

1223 Dovercourt Road

Toronto, ON, M6H 2Y1

Website: <http://www.orthodoxyinfo.org>

Clergy: **Metropolitan Moses of Toronto**

Panagiotes Carras, Protopresbyter

George Turpa, Presbyter

David Belden, Presbyter

Savvas Anastasiou, Hieromonk

Luke Klisouris, Hierodeacon

Paraskevas Proskos, Deacon

Manitoba

Holy Ascension Church (Greek)*

197 Euclid Ave.
Winnipeg, Manitoba R2W 2X5
Phone: 204-947-3397
Clergy: Demetrios Sarlakes, Presbyter

Ontario

Holy Archangel Michael Church (Serbian)*

4212 Delaware Ave.
Toronto, Ontario M6H 2T1
Phone: 416-536-8565
Clergy: Sophronios (Nikic), Hieromonk

Mother of God of Proussa

461 Richmond St. E.
Toronto, Ontario M5A 1R1
Phone: 416-364-8918
Website: <http://www.orthodoxyinfo.org>
Clergy: Panagiotes Carras, Protopresbyter
George Turpa, Presbyter
David Belden, Presbyter

Prophet Elias

1247 Ingram Road
Wollaston Township, Ontario
Clergy: Panagiotes Carras, Protopresbyter
George Turpa, Presbyter

David Belden, Presbyter

St. Theodore of Canterbury Mission

1223 Dovercourt Road
Toronto, ON, M6H 2Y1
Phone: 416-767-3579
Clergy: David Belden, Presbyter

St. Joseph of Arimathea

510 Whitevale Rd.
Whitevale (Pickering), Ontario L0H 1M0
Phone: 905-626-6616
Website: <http://www.stjoseph.ws>
Clergy: Sergius Pellegrini, Presbyter
George Kouros, Deacon
Jeremy Burrows, Deacon

Sts. Raphael, Nicholas, and Irene Church (Greek)*

230 Glebemount Avenue
Toronto, Ontario M4C 3T4
Phone: 416-425-2232
Clergy: Dr. Chariton Mrazek, Presbyter*

**These parishes administered by His Grace, Bishop Auxentios of
Etna and Portland*

Monasteries

I. Metropolis of America

New York

St. John of San Francisco Orthodox Monastery

151 Heron Road
Cobleskill, NY 12043
Abbot: Metropolitan Demetrius of America
Priestmonk Haralampos
Priestmonk Ignatius
Priestmonk Theologos
Archdeacon Agathangelos
Hierodeacon Sergius
Phone - Line #1: 518-254-7284
Phone - Line #2: 518-254-7285
E-Mail: holymetropolisofamerica@gmail.com
Website: saintjohnsmonastery.org

The following three monasteries (in the United States) are dependencies of St. John of San Francisco Orthodox Monastery:

Monastery of the Holy Ascension

521 Cold Brook Road
Bearsville (Woodstock), New York 12409
Priestmonk Maximus
Phone, Line 1: 845-679-0600
Phone, Line 2: 845-684-7158
Fax: 845-679-8631

E-Mail: holymetropolisofamerica@gmail.com
Website: ascensionmonastery.org

Monastery of the Dormition of the Holy Theotokos

484 Pucker Street
Preston Hollow, New York 12469
Contact: Hieromonk Damian, Igoumen
Phone: 518-239-4650

Georgia

St. Clement Skete

4867 New Hope Rd.
Dawson, GA 39842
Hierodeacon Barsanuphius

Quebec, Canada

Monastery of Saint John the Theologian

500 St. Damien Road, Ste Emelie de L'Energie
Montreal, QC J0K-2K0, Canada
Phone: 514-276-8408

A. Diocese of Etna and Portland

California

Saint Gregory Palamas Monastery

P.O. Box 398
1307 Sawyers Bar Rd.
Etna, California 96027-0126

Bishop Auxentios of Etna and Portland

Metropolitan Chrysostomos of Etna, *emeritus*
Abbot: Archimandrite Akakios
Archimandrite Gregory
Archimandrite Patapios
Hierodeacon Nectarios
Hierodeacon Photii
Phone: 530-467-3228
Email: sgpm@sisqtel.net
Website: ctosonline.org

Monastery of Saint Gregory of Sinai

8252 Harrington Flat Rd
Kelseyville, California 95451-7711
Abbot: Bishop Sergios of Portland, *emeritus*
Priestmonk Parthenius
Hierodeacon Moses
Phone: 707-279-0488
Email: abbot@gsinai.com
Website: gsinai.com

Women's Monastic Communities

I. Metropolis of America

New York

Monastery of Saint Syncletike
Farmingdale, NY
Website: thenunsgarden.org

Quebec, Canada

Convent of St. Anna
7870 Rue Birnam
Montreal, QC H3N 2T4, Canada
Contact: Archimandrite Nikodemos, Igoumenos
Phone: (514) 276-8408
Fax: (514) 276-9144

A. Diocese of Etna and Portland

Alberta, Canada

Convent of the Protection of the Holy Virgin Mary
RR # 2
Bluffton, Alberta TOC OMO Canada
Abbess: Mother Amvrosia
Serving Priest: Fr. Dionisije (Dimitrijevic), Hieromonk
Phone: 403-843-6401

E-mail: holy_protection_convent@yahoo.com

California

Convent of St. Elizabeth the Grand Duchess of Russia

P.O. Box 126

25 Forest Walk

Etna, California 96027-0126

Abbess: Mother Elizabeth

Serving Priest: Fr. George Mavromatis, Presbyter

Phone: 530-467-5625

E-Mail: cse@sisqtel.net

Clergy Directory

Hierarchs:

Metropolitan Demetrius of America

Phone: 845-679-3772

Email: holymetropolisofamerica@gmail.com

Metropolitan Moses of Toronto

Phone: 647-428-9244

Email: metmoses@me.com

Bishop Auxentios of Etna and Portland

Bishop Christodoulos of Theoupolis

Phone: 718-913-4242

Email: bishopchristodoulos@gmail.com

Metropolitan Pavlos of America, *emeritus*

Phone: 718-274-2875

Email: metropolis@hotca.org

Metropolitan Chrysostomos of Etna, *emeritus*

Bishop Sergios of Portland, *emeritus*

Phone: 707-279-0488

Email: abbot@gsinai.com

I. Metropolis of America

Priests:

Christos Patitsas, Presbyter

Parish: Sts. Peter and Paul, Mount Union, PA

Phone: 814-643-5026

Email: frchristospatitsas@gmail.com

Christos Pittos, Protopresbyter

Parish: St. John the Forerunner, Willow Springs IL

Phone: 708-925-7334

Email: frchristosp@gmail.com

Damian Hansen, Hieromonk

Monastery: Dormition of the Theotokos, Preston Hollow NY
Phone: 518-239-4650

Epiphanius Antoniou, Archimandrite
Parish: St. Markella's Cathedral, Astoria NY
Phone: 718-726-2461
Email: antonakis8@gmail.com

Félix Piñeros, Presbyter
Parish: San Nectarios de Egina, Bogotá Colombia
Phone: 313 3426758
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George Giannios, Protopresbyter
Parish: St. Spyridon, St. Claire Shores MI
Phone: 519-969-7762

George Liadis, Presbyter
Parish: Dormition of the Theotokos, Clearwater, FL
Phone: 727-443-3999
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The Fasts of the Orthodox Church

Fasting is an ascetical practice handed down to us from God since the creation of man. The first commandment He gave Adam and Eve was to abstain from a particular fruit. Fasting has been given to us, in part, in order that we learn self-control. It is part of one's spiritual life and as such one should always be under the guidance of a spiritual father. Practice differs between Orthodox of different nationalities. Even one and the same spiritual father may prescribe different fasting rules for different people. This is in keeping with the Church Fathers who teach that those who have received from God the power to loose and bind - that is the spiritual fathers - must use discretion, sometimes being stern, imposing the full weight of the law, at other times being lenient, condescending to weakness. But his intention is always the salvation of his spiritual child (c.f. Trullo Canon 102). One should consult their spiritual father for specific questions regarding fasting.

St. Nicodemus of the Holy Mountain outlines for us the ideal for which are striving in his interpretation of the 64th Apostolic Canon:

Fasting is one thing and leaving off fasting is another thing, and abolishing fasting is still another thing. Thus, fasting, properly speaking, is complete abstinence from food of all kinds, or even when one eats but once a day, about the ninth hour, dry food, or, more explicitly speaking, plain bread and water alone. Leaving off fasting is when one eats before the ninth hour, even though it be merely figs, or merely currants or raisins, or anything else of this kind; or if, besides bread and water, he should eat also some kinds of frugal and cheap comestibles, such as, for instance, legumes, wine, olive oil, or shellfish. Abolishing fasting on the other hand, is

when one eats of all foodstuffs, including meat, say, and fish, and milk, and cheese, and the rest.

The various types of fast days are as follows:

1. Strict fast days. On these days we abstain from meat, dairy, fish, wine and oil.
2. Days on which oil and wine are permitted.
3. Fish is permitted certain fast days, on these days oil and wine are also permitted.

The various fasts are as follows (all dates are according to the Church calendar):

1. The Exaltation of the Precious and Life-Giving Cross (Sept. 14). This is a strict fast day, oil and wine are permitted only if it falls on Saturday or Sunday.
2. The Nativity Fast. This fast starts on Nov. 15 and is broken on the Nativity (Dec. 25). During this fast oil and wine are permitted every day except Wednesdays and Fridays. Fish is permitted on Saturdays and Sundays between the Entrance of the Theotokos (Nov. 21) and St. Spyridon (Dec. 12). Nativity Eve (Dec. 24) is a strict fast day, oil and wine are permitted only when it falls on Saturday or Sunday.
3. Theophany Eve (Jan. 5). This is a strict fast day, oil and wine are permitted only when it falls on Saturday or Sunday.
4. Cheese-Fare week. All foods are permitted except meat.

5. The Great Fast. This fast starts on Clean Monday and is broken on Pascha. During this fast Monday through Friday are strict fast days, oil and wine are permitted only on Saturdays and Sundays. Great Saturday is a strict fast day. Days on which oil and wine are usually permitted: February 8, 10, 11, 17, 24, and March 9 are strict fast days when they fall between Monday and Friday of Clean Week. When February 2 falls on Clean Monday, and March 25 falls between Great Monday and Great Thursday oil and wine are permitted but not fish. When March 25 falls on Great Friday or Great Saturday it is a strict fast day because the celebration of the Annunciation is then transferred to the day of Pascha. When April 23 falls on Great Friday or Great Saturday it is a strict fast day because the celebration of St. George is then transferred to Monday of Renewal Week.
6. The Apostles' Fast. This fast starts the Monday after the Sunday of All-Saints and is broken on the feast of Sts. Peter and Paul (June 29). During this fast oil and wine are permitted every day except Wednesdays and Fridays. Fish is permitted on Saturdays and Sundays.
7. Dormition Fast. This fast starts on Aug. 1 and is broken on the Dormition of the Theotokos (August 15). During this fast Monday through Friday are strict fast days, oil and wine are permitted only on Saturdays and Sundays. Fish is permitted on the feast of the Transfiguration, Aug. 6.
8. The Beheading of St. John the Baptist (Aug. 29). This is a strict fast day, oil and wine are permitted only when it falls on Saturday or Sunday.

Wednesdays and Fridays throughout the year are strict fast days. When a feast of particular importance falls on a fast day the fasting is lessened. Oil and wine are permitted on these days when they fall on fast days:

- September 1, 6, 8*, 9, 13, 20, 23, 26
- October 1, 6, 18, 23, 26
- November 1, 8, 12, 13, 14*, 16, 21*, 25, 30
- December 4, 5, 6, 9, 12, 15, 17, 20
- January 7*, 11, 16, 17, 18, 20, 22, 25, 27, 30
- February 2*, 8, 10, 11, 17, 24
- March 9, 25*, 26
- April 23, 25, 30
- May 2, 8, 15, 21, 25
- June 8, 11, 24, 29, 30
- July 1, 2, 17, 20, 22, 25, 26, 27
- August 6, 15, 31

Days on which fish is permitted in addition to oil and wine:

- September 8, November 14, 21, January 7, February 2, March 25, June 24, 29; August 6, 15, Mid-Pentecost, the Leave-taking of Pascha.
- The following days are fast-free:
- From Dec. 25 to Jan. 4, Jan. 6, the week after the Sunday of the Publican and the Pharisee, Renewal Week, and the week after Pentecost.