



BYZANTINE-KYÏVAN LITURGICAL CALENDAR AD 2025 / AM 7533-34

GLORY TO JESUS CHRIST! It is our pleasure to present the Society of Saint John Chrysostom liturgical calendar. This conveniently lists the feasts, fasts and liturgical readings for each day of the year according to the Kyïvan recension of the Byzantine rite, celebrated by the Ukrainian Greek Catholic Church (UGCC) and according to the Gregorian calendar, followed in our monthly Divine Liturgy in English at Holy Family Cathedral, London.

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

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

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

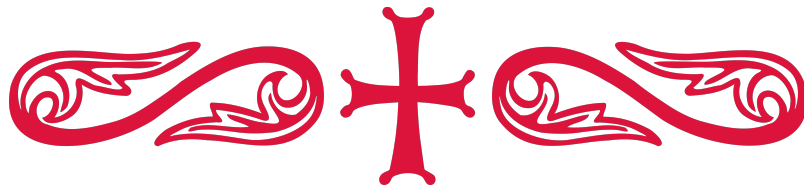
most Wednesdays and Fridays of the year, in which no meat, eggs, dairy, fish, oil or wine are consumed, and nothing at all until the evening meal, or at least the ninth hour (around 3pm). This is also observed daily throughout the Great Fast (Lent), the Apostles' Fast, the Dormition Fast and the Nativity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

Ukrainian Greek Catholics are only *canonically obliged* to abstain from meat products on Fridays (except in fast-free periods) and from meat and dairy products on Holy Cross, Christmas Eve, Theophany Eve, Clean Monday, Great & Holy Friday and the Beheading of Saint John the Baptist. Christ tells us to show joy when we fast, so we should avoid being pharisaical and remember that 'the letter kills, but the Spirit gives life!' (2 Cor. 3:6) and 'abstinence from food by itself is insufficient for praiseworthy fasting...shunning vices makes fasting good'. Equally, however, 'the more you deny the flesh, the more you render the soul radiant with spiritual health.' (Saint Basil the Great, *Homily II on Fasting*) ✠



JANUARY 2025

ІАННУАРІЙ ЗФЛТ



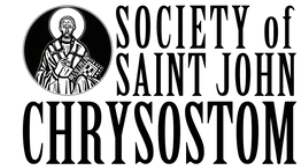
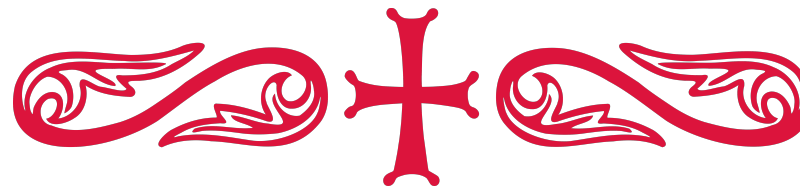
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CIRCUMCISION OF OUR LORD JESUS CHRIST Holy Father Basil the Great Col. 2:8-12; Lk. 2:20-21, 40-52 Heb. 7:26-8:2; Lk. 6:17-23	2 Forefeast of the Theophany Holy Father Sylvester, Pope of Rome 1 Pet. 4:12-5:5 Mk. 12:38-44	3 Forefeast of the Theophany Holy Prophet Malachi Martyr Gordios of Cappadocia No Divine Liturgy this day	4 Saturday before the Theophany Synaxis of the Seventy Apostles Venerable Theoktistos, Hegumen of the Koukouma Monastery in Sicily 1 Tim. 3:14-4:5; Mt. 3:1-11 2 Tim. 2:11-19; Lk. 18:2-8
5 Sunday before, and Eve of, the Theophany Martyrs Theopemptos, bishop of Nicomedia, & Theonas Venerable Syncletia of Alexandria 2 Tim. 4:5-8 Mk. 1:1-8	6 THEOPHANY OF OUR LORD JESUS CHRIST Tit. 2:11-14; 3:4-7 Mt. 3:13-17	7 Afterfeast of the Theophany Synaxis of the Holy Prophet, Forerunner & Baptist John Acts. 19:1-8 Jn. 1:29-34	8 Afterfeast of the Theophany Ven. George the Chozebite Ven. Domnica of Constantinople Heb. 5:11-6:8 Lk. 21:5-7, 10-11, 20-24	9 Afterfeast of the Theophany Martyr Polyeuktos of Melitenë in Armenia Heb. 7:1-6 Lk. 21:28-33	10 Afterfeast of the Theophany Holy Father Gregory of Nyssa Venerable Dometian of Melitenë Ven. Marcian of Constantinople Heb. 7:18-25 Lk. 21:37-22:8	11 Saturday after the Theophany + Venerable Theodosios the Great Eph. 6:10-17; Mt. 4:1-11 + 2 Cor. 4:6-15; Mt. 11:27-30
12 Sunday after the Theophany Martyr Tatiana of Rome Eph. 4:7-13 Mt. 4:12-17	13 Afterfeast of the Theophany Martyrs Hermylus & Stratonicus Heb. 8:7-13 Mk. 8:11-21	14 Leavetaking of the Theophany Ven. Fathers slain at Sinai & Raithu Holy Equal-to-the-Apostles Nina, Enlightener of Georgia Heb. 9:8-10, 15-23 Mk. 8:22-26	15 + Venerable Fathers Paul of Thebes & John the Hut-dweller Heb. 10:1-18 Mk. 8:30-34	16 + Veneration of the Precious Chains of the Apostle Peter Heb. 10:35-11:7 Mk. 9:10-16	17 + Venerable Anthony the Great + Heb. 13:17-21; Lk. 6:17-23 Heb. 11:8-11:16; Mk. 9:33-41	18 + Holy Fathers Athanasios the Great & Cyril, Patriarchs of Alexandria Eph. 5:1-8 Lk. 14:1-11
19 35 th Sunday after Pentecost: Tone II + Venerable Makarios the Great of Egypt Col. 3:12-16 Lk. 18:18-27	20 + Venerable Euthymios the Great + Heb. 13:17-21; Lk. 6:17-23 Heb. 11:17-23, 27-31; Mk. 9:42-10:1	21 Venerable Maximos the Confessor Heb. 12:25-26, 13:22-25 Mk. 10:2-12	22 Holy Apostle Timothy of the Seventy Jas. 1:1-18 Mk. 10:11-16	23 Hieromartyr Clement of Ankyra Thirteen Martyrs of Pratulim † Jas. 1:19-27; Mk. 10:17-27 † Eph. 6:10-17; Mt. 10:16-22	24 Venerable Xenia of Rome Jas. 2:1-13 Mk. 10:23-32	25 + Holy Father Gregory the Theologian, Archbishop of Constantinople + 1 Cor. 12:7-11; Jn. 10:9-16 Col. 1:2-6; Lk. 16:10-15
26 36 th Sunday after Pentecost: Tone III Venerable Xenophon & Maria 1 Tim. 1:15-17 Lk. 18:35-43	27 + Translation of the Relics of Holy Father John Chrysostom + Heb. 7:26-8:2; Jn. 10:9-16 Jas. 2:14-26; Mk. 10:46-52	28 + Venerable Ephraim the Syrian Venerable Isaac the Syrian Jas. 3:1-10 Mk. 11:11-23	29 + Translation of the Relics of Hieromartyr Ignatios of Antioch Jas. 3:11-4:6 Mk. 11:23-26	30 THE THREE GREAT HOLY HIERARCHS BASIL THE GREAT, GREGORY THE THEOLOGIAN & JOHN CHRYSOSTOM Heb. 13:7-16; Mt. 5:14-19	31 + Holy Wonderworkers & Unmercenaries Cyrus & John 1 Pet. 1:1-2, 10-12, 2:6-10 Mk. 12:1-12	

CLASS I (GREAT FEAST) CLASS II (VIGIL) CLASS III (POLYELEOS) CLASS IV (GREAT DOXOLOGY) CLASS V (SIX STICHERA) EOTHINON

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

FEBRUARY 2025

ФЕВРҀАРІЙ ЗФЛГ



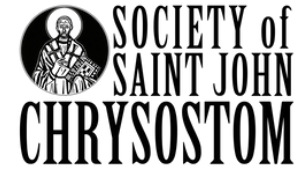
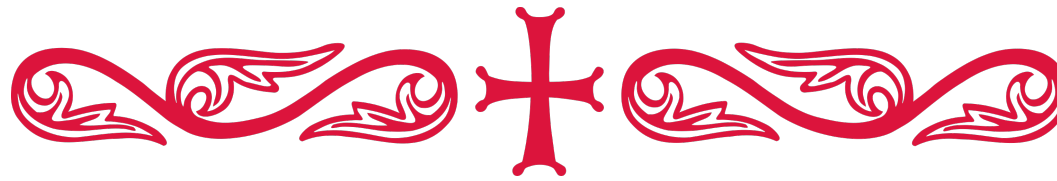
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 ☩ <i>Forefeast of the Encounter</i> Martyr Tryphon of Campsada near Apamea in Syria 1 Thess. 5:14-23 Lk. 17:3-10
2 ⊕ SUNDAY OF ZACCHAEUS ENCOUNTER OF OUR LORD JESUS CHRIST 1 Tim. 4:9-15; Lk. 19:1-10 ☩ Heb. 7:7-17; Lk. 2:22-40	3 <i>Afterfeast of the Encounter</i> ☩ Righteous Simeon the God-receiver & Prophetess Anna 1 Pet. 2:21-3:9 Mk. 12:13-17	4 <i>Afterfeast of the Encounter</i> Venerable Monk Isidore of Pelusion 1 Pet. 3:10-22 Mk. 12:18-27	5 <i>Afterfeast of the Encounter</i> Holy Martyr Agatha of Palermo in Sicily 1 Pet. 4:1-11 Mk. 12:28-37	6 <i>Afterfeast of the Encounter</i> Venerable Bucolos of Smyrna Hieromartyr Sylvanus of Emessa 1 Pet. 4:12-5:5 Mk. 12:38-44	7 <i>Afterfeast of the Encounter</i> Venerable Parthenios, Bishop of Lampsacus on the Hellespont Repose of Hieromartyr Petro 2 Pet. 1:1-10 Mk. 13:1-8	8 <i>Afterfeast of the Encounter</i> ☩ Great-Martyr Theodore Stratelates Holy Prophet Zechariah 2 Tim. 2:11-19 Lk. 18:2-8
9 <i>Leavetaking of the Encounter</i> <i>Beginning of the Triodion: Tone V</i> SUNDAY OF THE PUBLICAN & THE PHARISEE Martyr Nicephoros of Antioch 2 Tim. 3:10-15; Lk. 18:10-14	10 Hieromartyr Harolampus the Wonderworker of Magnesia 2 Pet. 1:20-2:9 Mk. 13:9-13	11 Hieromartyr Blaise of Sebaste 2 Pet. 2:9-22 Mk. 13:14-23	12 Holy Father Meletios, Archbishop of Antioch 2 Pet. 3:1-18 Mk. 13:24-31	13 Venerable Martinian of Caesarea, Holy Zoë & Virgin Photina 1 Jn. 1:8-2:6 Mk. 13:31-14:2	14 + Repose of Venerable Cyril, Teacher of the Slavs Venerable Maron the Hermit + Gal. 5:22-6:2; Mt. 11:27-30 1 Jn. 2:7-17; Mk. 14:3-9	15 Apostle Onesimos of the Seventy 2 Tim. 3:1-9 Lk. 20:45-21:4
16 <i>Tone VI</i> SUNDAY OF THE PRODIGAL SON Martyrs Pamphilios, Valens & those with them at Caesarea 1 Cor. 6:12-20 Lk. 15:11-32	17 ☩ Great-Martyr Theodore the Tyro 1 Jn. 2:18-3:10 Mk. 11:1-11	18 Holy Father Leo the Great, Pope of Rome 1 Jn. 3:10-20 Mk. 14:10-42	19 Apostles Archippos and Philemon of the Seventy and Martyr Apphia 1 Jn. 3:21-4:6 Mk. 14:43-15:1	20 Venerable Leo of Catania 1 Jn. 4:20-5:21 Mk. 15:1-15	21 Venerable Timothy of Symbola Holy Father Eustathios, Archbishop of Greater Antioch 2 Jn. 1:1-13 Mk. 15:22-25, 33-41	22 ✠ SOUL SATURDAY ✠ Uncovering of the Relics of the Holy Martyrs at the Gate of Eugenios at Constantinople 1 Cor. 10:23-28; Lk. 21:8-9, 25-27, 33-36 ✠ 1 Thess. 4:13-17; Jn. 5:24-30 ✠
23 <i>Meatfare Sunday: Tone VII</i> SUNDAY OF THE LAST JUDGEMENT Hieromartyr Polycarp, Bishop of Smyrna 1 Cor. 8:8-9:2 Mt. 25:31-46	24 + First & Second Findings of the Head of the Holy Prophet, Forerunner & Baptist John + 2 Cor. 4:6-15; Mt. 11:2-15 3 Jn. 1:1-15; Lk. 19:29-40, 22:7-39	25 Holy Father Tarasios, Archbishop of Constantinople Jude 1:1-10 Lk. 22:39-42, 45-23:1	26 Holy Father Porphyrios of Gaza Joel 2:12-26 Joel 3:12-21	27 Venerable Prokopios the Confessor of Decapolis Jude 1:11-25 Lk. 23:1-34, 44-56	28 Venerable Basil the Confessor, companion of Prokopios Zech. 8:7-17 Zech. 8:19-23	






























⊕ CLASS I (GREAT FEAST) ⊕ CLASS II (VIGIL) + CLASS III (POLYELEOS) ☩ CLASS IV (GREAT DOXOLOGY) ☩ CLASS V (SIX STICHERA) 1 EOTHINON

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

MARCH 2025

ΜΑΡΤΙΑ ΣΦΑΓ



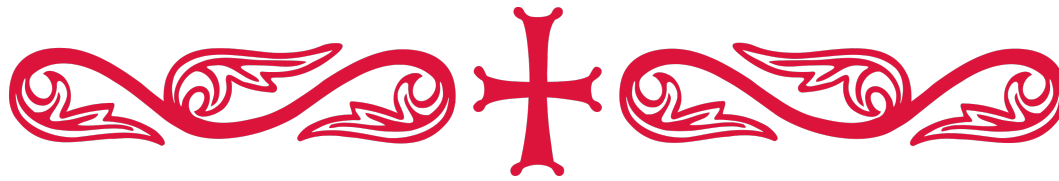
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30  <p><i>4th Sunday of the Great Fast: Tone IV</i> VENERABLE FATHER JOHN OF THE LADDER Holy Prophet Joad Heb. 6:13-20; Mk. 9:17-31 Eph. 5:9-19; Mt. 4:25-5:12</p>	31  <p>Venerable Hypatios the Wonderworker, Bishop of Gangra Is. 37:33-38:6 Gen. 13:12-18 Prov. 14:27-15:4</p>					1  <p>ALL OF THE VENERABLE FATHERS Ven. Martyr Eudoxia of Heliopolis Rom. 14:19-26; Mt. 6:1-13 Gal. 5:22-6:2; Mt. 11:27-30</p>
2  <p><i>Cheesefare Sunday: Tone VIII</i> SUNDAY OF FORGIVENESS Hieromartyr Theodotos of Cyrenia Rom. 13:11-14:4 Mt. 6:14-21</p>	3  <p><i>Monday of Clean Week: The Beginning of the Great Fast (Lent)</i> Martyr Eutropios & Companions Is. 1:1-20 Gen. 1:1-13 Prov. 1:1-20</p>	4  <p><i>Tuesday of Clean Week</i> Venerable Gerasimos of the Jordan Is. 1:19-2:3 Gen. 1:14-2:3 Prov. 1:20-33</p>	5  <p><i>Wednesday of Clean Week</i> Martyr Conon of Isauri Is. 2:3-11 Gen. 1:24-2:3 Prov. 2:1-22</p>	6  <p><i>Thursday of Clean Week</i> The 42 Martyrs of Ammorina in Phrygia Is. 2:11-21 Gen. 2:4-19 Prov. 3:1-18</p>	7  <p><i>Friday of Clean Week</i> Holy Hieromartyrs of Chersonissos Hieromartyr Leonid Federov Is. 3:1-14 Gen. 2:20-3:20 Prov. 3:19-34</p>	8  <p><i>1st Saturday of the Great Fast</i> Ⓔ GREAT-MARTYR THEODORE TYRO Heb. 1:1-12; Mk. 2:23-3:5 2 Tim. 2:1-10; Jn. 15:17-16:2</p>
9  <p><i>1st Sunday of the Great Fast: Tone I</i> TRIUMPH OF ORTHODOXY + Holy Forty Martyrs of Sebaste Heb. 11:24-26; 11:32-12:2 Jn. 1:43-51</p>	10  <p>Holy Martyr Codratos and those with him Is. 4:2-5:7 Gen. 3:21-4:7 Prov. 3:34-4:22</p>	11  <p>Holy Father Sophronios, Patriarch of Jerusalem Is. 5:7-16 Gen. 4:8-15 Prov. 5:1-15</p>	12  <p>Ven. Theophanes of Sigriane Holy Father Gregory the Dialogist, Pope of Rome Ven. Symeon the New Theologian Is. 5:16-25 Gen. 4:16-26 Prov. 5:15-6:3</p>	13  <p>Translation of the Relics of Holy Father Nicephoros the Confessor, Patriarch of Constantinople Is. 6:1-12 Gen. 5:1-24 Prov. 6:3-20</p>	14  <p>Venerable Benedict of Nursia Is. 7:1-14 Gen. 5:32-6:8 Prov. 6:20-7:1</p>	15  <p><i>2nd Saturday of the Great Fast</i> ✠ SOUL SATURDAY ✠ Martyr Agapios & the Six Martyrs with him at Caesarea Heb. 3:12-16; Mk. 1:35-44 ✠ 1 Thess. 4:13-17; Jn. 5:24-30 ✠</p>
16  <p><i>2nd Sunday of the Great Fast: Tone II</i> OUR HOLY FATHER GREGORY PALAMAS Martyr Sabinas of Hermopolis Martyr Papas of Lycaonia Heb. 1:10-2:3; Mk. 2:1-12 Heb. 7:26-8:2; Jn. 10:9-16</p>	17  <p>Venerable Alexius, Man of God Is. 8:13-9:7 Gen. 6:9-22 Prov. 8:1-21</p>	18  <p>Holy Father Cyril of Jerusalem Is. 9:9-10:4 Gen. 7:1-5 Prov. 8:32-9:11</p>	19  <p>Martyrs Chrysanthos & Daria Is. 10:12-20 Gen. 7:6-9 Prov. 9:12-18</p>	20  <p>The Holy Fathers Slain at the Monastery of Saint Sabbas Is. 11:10-13, 16, 12:1-2 Gen. 7:11-8:3 Prov. 10:1-22</p>	21  <p>Venerable James the Confessor of the Studium, Bishop of Catania Is. 13:2-13 Gen. 8:3-21 Prov. 10:31-11:12</p>	22  <p><i>3rd Saturday of the Great Fast</i> ✠ SOUL SATURDAY ✠ Hieromartyr Basil of Ancyra Heb. 10:32-38; Mk. 2:14-27 ✠ 1 Thess. 4:13-17; Jn. 5:24-30 ✠</p>
23  <p><i>3rd Sunday of the Great Fast: Tone III</i> VENERATION OF THE HOLY CROSS Ven. Martyr Nikon & 200 Disciples Heb. 4:14-5:6 Mk. 8:34-9:1</p>	24  <p>Ⓔ <i>Forefeast of the Annunciation</i> Venerable Zakharias the Recluse of Egypt Is. 14:24-32 Gen. 8:21-9:7 Prov. 11:19-12:6</p>	25  <p>ANNUNCIATION OF THE MOST HOLY THEOTOKOS Heb. 2:11-18 Lk. 1:24-38</p>	26  <p><i>Leavetaking of the Annunciation</i> Ⓔ Synaxis of the Archangel Gabriel Is. 26:21-27:9 Gen. 9:18-10:1 Prov. 12:23-13:9</p>	27  <p>Martyr Matrona of Thessaloniki Is. 28:14-22 Gen. 10:32-11:9 Prov. 13:19-14:6</p>	28  <p>Ven. Hilarion the New of Peleketē Ven. Stephen the Wonderworker Is. 29:13-23 Gen. 12:1-7 Prov. 14:15-26</p>	29  <p><i>4th Saturday of the Great Fast</i> ✠ SOUL SATURDAY ✠ Hieromartyrs Mark, Bishop of Arethusa and Cyril, Deacon of Heliopolis Heb. 6:9-12; Mk. 7:31-37 ✠ 1 Cor. 15:47-57; Jn. 5:24-30 ✠</p>

Ⓔ CLASS I (GREAT FEAST) ✠ CLASS II (VIGIL) + CLASS III (POLYELEOS) Ⓔ CLASS IV (GREAT DOXOLOGY) Ⓔ CLASS V (SIX STICHERA) 1 EOTHINON

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

APRIL 2025

АПРІЛІЙ ЗФЛТ



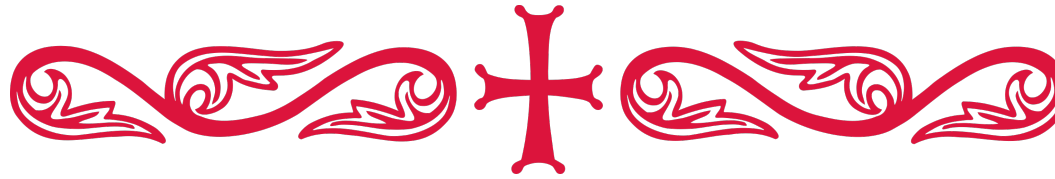
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Venerable Mary of Egypt Is. 40:18-31 Gen. 15:1-15 Prov. 15:17-19	2 Venerable Titus the Wonderworker Is. 41:4-14 Gen. 17:1-9 Prov. 15:20-16:9	3 <i>Thursday of the Great Canon</i> Venerable Niketas the Confessor, Abbot of Medikion Is. 42:5-16 Gen. 18:20-33 Prov. 16:17-17:17	4 Ven. Joseph the Hymnographer Ven. George of Mount Maleon Is. 45:11-17 Gen. 22:1-18 Prov. 17:17-18:5	5 <i>5th Saturday of the Great Fast</i> AKATHIST SATURDAY Martyrs Theodoulos, Agathopodos & those with them at Thessaloniki Heb. 9:24-28; Mk. 8:27-31 <i>Heb. 9:1-7; Lk. 10:38-42, 11:27-28</i>
6 <i>5th Sunday of the Great Fast: Tone V</i> VENERABLE MOTHER MARY OF EGYPT + Repose of Holy Father Methodios, Teacher of the Slavs Heb. 9:11-14; Mk. 10:32-45 Gal. 3:23-29; Lk. 7:36-50	7 Venerable George the Confessor, Bishop of Mytilenē Is. 48:17-49:4 Gen. 27:1-41 Prov. 19:16-25	8 Holy Apostles of the Seventy Herodion, Agabus, Asinkritos, Rufus, Phlegontos & Hermas Is. 49:6-10 Gen. 31:3-16 Prov. 21:3-21	9 Martyr Eupsychios of Caesarea in Cappadocia Is. 58:1-11 Gen. 43:26-31, 45:1-16 Prov. 21:23-22:4	10 Martyrs Terence, Pompeius, Africanus, Maximus, Zeno, Alexander, Theodore, and 33 others, beheaded at Carthage Is. 65:8-16 Gen. 46:1-7 Prov. 23:15-24:5	11 Hieromartyr Antipas of Pergamon Is. 66:10-24 Gen. 49:33-50:26 Prov. 31:8-31	12 <i>6th Saturday of the Great Fast</i> LAZARUS SATURDAY Venerable Basil of Parion Heb. 12:28-13:8 Jn. 11:1-45
13 ✠ PALM SUNDAY ✠ <i>The Entry of Our Lord into Jerusalem</i> Phil. 4:4-9 Jn. 12:1-8	14 GREAT & HOLY MONDAY Holy Father Martin the Confessor, Pope of Rome Ex. 1:1-20 Job 1:1-12 Mt. 24:3-35	15 GREAT & HOLY TUESDAY Apostles Aristarkhos, Pudās & Trophimos of the Seventy Ex. 2:5-10 Job 1:13-22 Mt. 24:36-26:2	16 GREAT & HOLY WEDNESDAY Virgin-martyrs Agape, Irenē & Chionia in Illyria Ex. 2:11-22 Job 2:1-10 Mt. 26:6-16	17 GREAT & HOLY THURSDAY Venerable Simeon of Persia Venerable Akakios, Bishop of Melitinea 1 Cor. 11:23-32; Mt. 26:1-20; Jn. 13:3-17; Mt. 26:21-39; Lk. 22:43-45; Mt. 26:40-27:2	18 GREAT & HOLY FRIDAY <i>No Divine Liturgy this day</i>	19 GREAT & HOLY SATURDAY 1 Cor. 5:6-8; Gal. 3:13-14 Mt. 28:1-20
20 ✠ PASCHA ✠ <i>The Bright Resurrection of Christ The Pascha of the Lord</i> Acts 1:1-8 Jn. 1:1-17	21 BRIGHT MONDAY Hieromartyr Januarius, Bishop of Benevento, & companions Acts 1:12-17, 21-26 Jn. 1:18-28	22 BRIGHT TUESDAY Venerable Theodore the Sykeote Acts 2:14-21 Lk. 24:12-35	23 BRIGHT WEDNESDAY HOLY & GLORIOUS GREAT-MARTYR GEORGE Acts 2:22-36; Jn. 1:35-51 ✠ Acts 12:1-11; Jn. 15:17-6:2	24 BRIGHT THURSDAY Martyr Sabbas Stratelatēs Acts 2:38-43 Jn. 3:1-15	25 BRIGHT FRIDAY + Holy Apostle & Evangelist Mark Acts 3:1-8; Jn. 2:12-22 + 1 Pet. 5:6-14; Mk. 6:7-13	26 BRIGHT SATURDAY Hieromartyr Basil, Bishop of Amasea Acts 3:11-16 Jn. 3:22-33
27 <i>2nd Sunday of Pascha: Tone I</i> SAINT THOMAS SUNDAY <i>Antipascha</i> ✠ Hieromartyr Simeon, Kinsman of the Lord Acts 5:12-20 Jn. 20:19-31	28 Apostles Jason & Sosipater of the Seventy Holy Father Cyril of Turaū Acts 3:19-26 Jn. 2:1-11	29 The Nine Martyrs at Cyzicus Venerable Memnon the Wonderworker of Corfu Acts 4:1-10 Jn. 3:16-21	30 + Holy Apostle James, the brother of Holy Apostle & Evangelist John the Theologian + Acts 12:1-11; Lk. 5:1-11 Acts 4:13-22; Jn. 5:17-24			

✠ CLASS I (GREAT FEAST) ✠ CLASS II (VIGIL) + CLASS III (POLYELEOS) ✠ CLASS IV (GREAT DOXOLOGY) ✠ CLASS V (SIX STICHERA) ① EOTHINON

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

MAY 2025

Май 3Фіт



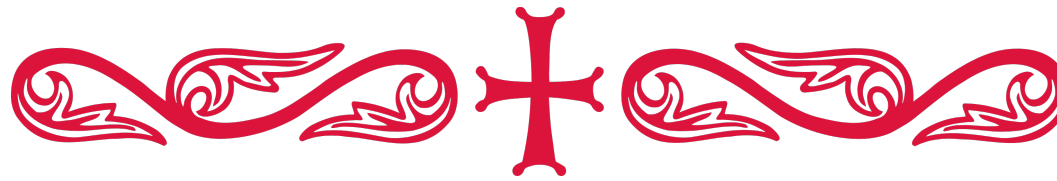
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Holy Prophet Jeremiah Hieromartyr Klymentiy Sheptytsky, Archimandrite of the Univ Lavra Acts 4:23-31 Jn. 5:24-30	2 ☦ Holy Father Athanasios the Great, Archbishop of Alexandria Acts 5:1-11 Jn. 5:30-6:2	3 + Venerable Theodosii, Abbot of the Kyiv Caves Martyrs Timothy & Maura + Heb. 13:7-16; Mt. 11:27-30 Acts 5:21-33; Jn. 6:14-27
3 4 3 rd Sunday of Pascha: Tone II MYRRHBEARING WOMEN Virgin-martyr Pelagia of Tarsus Acts. 6:1-7 Mk. 15:43-16:8	5 Great-Martyr Irenè of Thessaloniki Venerable Nikephoras the Confessor, Hegumen of Medikion Acts 6:8-7:5, 47-60 Jn. 4:46-64	6 Righteous Job the Long-suffering Acts 8:5-17 Jn. 6:27-33	7 ☦ Commemoration of the Appearance of the Precious Cross over Jerusalem Martyr Acacius the Centurion at Byzantion Acts 8:18-25 Jn. 6:35-39	8 ☦ HOLY APOSTLE & EVANGELIST JOHN THE THEOLOGIAN Venerable Arsenius the Great 1 Jn. 1:1-7 Jn. 19:25-27, 21:24-25	9 ☦ Holy Prophet Isaiahs (Isaiah) + Translation of the relics of Holy Father Nicholas from Myra to Bari + Heb. 13:17-21; Lk. 6:17-23 Acts 8:40-9:19; Jn. 6:48-54	10 + Holy Apostle Simon the Zealot + 1 Cor. 4:9-16; Mt. 13:54-58 Acts 9:20-31; Jn. 15:17-6:2
4 11 4 th Sunday of Pascha: Tone III SUNDAY OF THE PARALYTIC + Holy Equals-to-the-Apostles Cyril & Methodius Acts 9:32-42; Jn. 5:1-15 + Heb. 7:26-8:2; Jn. 10:9-16	12 Holy Fathers Epiphanius & Germanos Acts 10:1-16 Jn. 6:56-69	13 Virgin-martyr Glyceria at Heraclea Acts 10:21-33 Jn. 7:1-13	14 FISH MID-PENTECOST Martyr Isidore of Chios Acts 14:6-18 Jn. 7:14-30	15 ☦ Venerable Pachomios the Great Acts 10:34-43 Jn. 8:12-20	16 ☦ Venerable Theodore the Sanctified Blessed Hieromartyrs Severian, Yakym & Vitaliy Acts 10:44-11:10 Jn. 8:21-30	17 Holy Apostle Andronicus & his fellow labourer Junia Blessed Ivan Ziatyk, C.SsR, Protohegumen & Martyr Acts 12:1-11 Jn. 8:31-42
7 18 5 th Sunday of Pascha: Tone IV THE SAMARITAN WOMAN Martyr Theodotos of Ankyra & the Seven Holy Virgins Martyrs Peter, Dionysios & co. Acts 11:19-26, 29-30 Jn. 4:5-42	19 Hieromartyr Patrikios, Bishop of Prousa and his companions: Presbyters Akakios, Menander and Polienos Acts 12:12-17 Jn. 8:42-51	20 Martyrs Thalaleas, Alexander & Asterias Acts 12:25-13:2 Jn. 8:51-59	21 ☦ Leavetaking of Mid-Pentecost + Holy Great Rulers & Equals-to-the-Apostles Constantine & Helena + Gal. 1:11-19; Jn. 10:1-9 Acts 13:13-24; Jn. 6:5-14	22 Hieromartyr Basiliskos, Bishop of Komana Acts 14:20-27 Jn. 9:39-10:9	23 ☦ Venerable Evphrosynia, Hegumena of Polotsk Venerable Michael the Confessor, Bishop of Synada Acts 15:5-34 Jn. 10:17-28	24 ☦ Venerable Niketas Stylites, Wonderworker of Pereyaslavl-Zaleski ☦ Venerable Simeon Stylites Acts 15:35-41 Jn. 10:27-38
8 25 6 th Sunday of Pascha: Tone V THE MAN BORN BLIND + Third Finding of the Ven. Head of the Holy Prophet, Forerunner & Baptist John Acts 16:16-34; Jn. 9:1-38 + 2 Cor. 4:6-15; Mt. 11:2-15	26 Apostle Carpus of the Seventy Acts 17:1-15 Jn. 11:47-57	27 Hieromartyr Therapontos, Bishop of Sardis Acts 17:19-28 Jn. 12:19-36	28 ☦ Leavetaking of Pascha Venerable Niketas the Confessor, Bishop of Chalcedon Acts 18:22-28 Jn. 12:36-47	29 ☦ ASCENSION OF OUR LORD JESUS CHRIST Acts 1:1-12 Lk. 24:36-53	30 ☦ Venerable Isaac, Founder & Hegumen of the Dalmatian Monastery at Constantinople Acts 19:1-8 Jn. 14:1-11	31 Apostle Hermas of the Seventy Martyr Hermias at Komana Acts 20:7-12 Jn. 14:10-21

☦ CLASS I (GREAT FEAST) ☦ CLASS II (VIGIL) + CLASS III (POLYELEOS) ☦ CLASS IV (GREAT DOXOLOGY) ☦ CLASS V (SIX STICHERA) 1 EOTHINON

☯ Total Fast ☯ Xerophagy ☯ Wine Permitted ☯ Wine & Oil Permitted ☯ Fish, Wine & Oil Permitted ☯ Eggs, Dairy, Wine & Oil Permitted ☯ Fast-Free Period SSJC.UK

JUNE 2025

ІУНІЙ ЗФЛТ



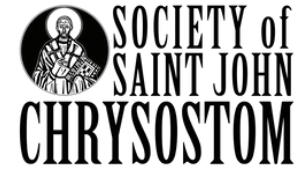
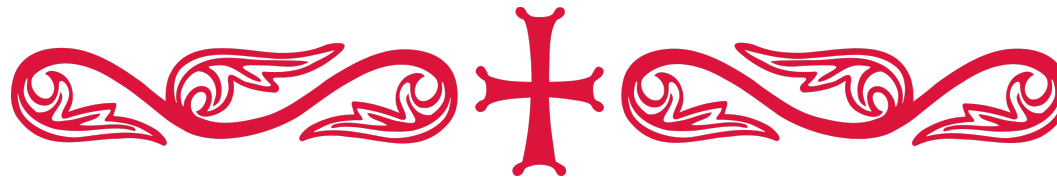
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>7th Sunday of Pascha: Tone VI</i> FATHERS OF THE FIRST ECUMENICAL COUNCIL Holy Martyr Justin the Philosopher & co. at Rome Acts 20:16-18, 28-36 Jn. 17:1-13	2 Holy Father Nikephoros the Confessor Acts 21:8-14 Jn. 14:27-15:7	3 Martyr Lucillian and those with him at Byzantion Acts 21:26-32 Jn. 16:2-13	4 Holy Father Mitrophanes, Patriarch of Constantinople Acts 23:1-11 Jn. 16:15-23	5 Hieromartyr Dorotheos, Bishop of Tyre Martyr Gomidas, Presbyter of Armenia Acts 25:13-19 Jn. 16:23-33	6 Venerable Bessarion the Wonderworker of Egypt Venerable Hilarion the New Acts 27:1-44 Jn. 17:18-26	7 ✠ SOUL SATURDAY ✠ Martyr Theodotos of Ankyra Acts 28:1-31; Jn. 21:15-25 ✠ 1 Cor. 4:13-17; Jn. 5:24-30 ✠
8 ✠ PENTECOST <i>The Descent of the All-Holy Spirit</i> ✠ TRINITY SUNDAY ✠ Acts 2:1-11 Jn. 7:37-52, 8:12	9 🍷 MONDAY OF THE HOLY SPIRIT Holy Father Cyril of Alexandria Eph. 5:9-19 Mt. 18:10-20	10 🍷 Hieromartyr Timothy, Bishop of Prousa Rom. 1:1-7, 13-17 Mt. 4:25-5:13	11 🍷 ✠ Holy Apostles Bartholomew & Barnabas Rom. 1:18-27; Mt. 5:20-26 ✠ Acts 11:19-26, 29-30; Lk. 10:16-21	12 🍷 ☩ Venerable Onouphrios the Great Venerable Peter of Mount Athos Rom. 1:28-29 Mt. 5:27-32	13 🍷 Martyr Aquilina of Byblos in Lebanon Holy Father Triphyllios, Bishop of Leukosia Rom. 2:14-29 Mt. 5:33-41	14 🍷 <i>Leavetaking of Pentecost</i> Holy Prophet Elisei (Elisha) Holy Father Methodios, Patriarch of Constantinople Rom. 1:7-12 Mt. 5:42-48
15 <i>1st Sunday after Pentecost: Tone VIII</i> SUNDAY OF ALL SAINTS Holy Prophet Amos Venerable Jerome of Stridon Heb. 11:33-12:2 Mt. 10:32-33; 37-38; 19:27-30	16 🍎 <i>Beginning of the Apostles' Fast</i> Holy Father & Wonderworker Tykhon, Bishop of Amathous Rom. 2:28-3:18 Mt. 6:31-34, 7:9-11	17 🍷 Martyrs Manuel, Sabel & Ismael of Persia Venerable Hypatios, Hegumen of Rufinianos in Chalcedon Rom. 4:4-12 Mt. 7:15-21	18 🍎 Martyrs Leontius, Ipatius & Theodolus Rom. 4:13-25 Mt. 7:21-23	19 🐟 ✠ Holy Apostle Jude, Brother of the Lord ✠ Jude 1:1-10; Jn. 14:21-24 Rom. 5:10-16; Mt. 8:23-27	20 🍎 Hieromartyr Methodios, Bishop of Patara in Lycia Rom. 5:17-6:2 Mt. 9:14-17	21 🐟 Martyr Julian of Tarsus Rom. 3:19-26 Mt. 7:1-8
22 <i>2nd Sunday after Pentecost: Tone I</i> ALL SAINTS OF UKRAINE Hieromartyr Eusebios of Samosata Rom. 2:10-16; Mt. 4:18-23 Rom. 8:28-39; Mt. 5:1-16	23 🍎 Martyr Agrippina of Rome Rom. 7:1-13 Mt. 9:36-10:8	24 ✠ 🐟 NATIVITY OF THE HOLY PROPHET, FORERUNNER & BAPTIST JOHN Rom. 13:11-14:4 Lk. 1:1-25, 57-68, 76, 80	25 🍎 Virgin-martyr Febronia of Nisibis Rom. 8:2-13 Mt. 10:16-22	26 🍷 Venerable David of Thessaloniki Hieromartyrs Andrii Ishchak & Mykola Konrad Martyr Volodymyr Pryjma Rom. 8:22-27 Mt. 10:23-31	27 ✠ 🐟 BISHOP MYKOLAI CHARNETSKYI & 24 NEW CO-MARTYRS OF THE CHURCH OF RUS'-UKRAINE Eph. 6:10-17 Mt. 10:16-22	28 🐟 ☩ Transfer of the relics of Holy Martyrs, Unmercenaries & Wonderworkers, Cyrus & John Rom. 3:28-4:3 Mt. 7:24-8:4
29 ✠ <i>3rd Sunday after Pentecost: Tone II</i> HOLY CHIEF APOSTLES PETER & PAUL Rom. 5:1-10; Mt. 6:22-33 ✠ 2 Cor. 11:21-12:9; Mt. 16:13-19	30 ✠ Synaxis of the Holy, Glorious & All-praiseworthy Twelve Apostles Hieromartyr Vasył Velichovsky ✠ 1 Cor. 4:9-16; Mk. 3:13-19 Rom. 9:18-33; Mt. 11:2-15					

✠ CLASS I (GREAT FEAST) ✠ CLASS II (VIGIL) ✠ CLASS III (POLYELEOS) ☩ CLASS IV (GREAT DOXOLOGY) ☩ CLASS V (SIX STICHERA) ① EOTHINON

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

JULY 2025

ІУЛІЙ ЗФІТ



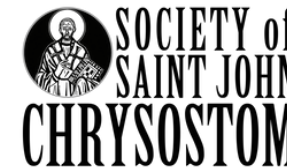
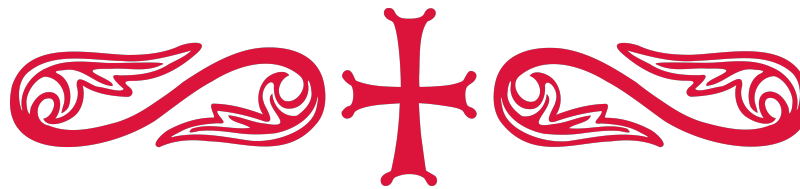
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ⊗ Holy Unmercenaries & Wonderworkers Cosmas & Damian Rom. 10:11-11:2 Mt. 11:16-20	2 ✠ Placing of the Precious Robe of the Theotokos in the Church of Blachernæ at Constantinople ✠ Heb. 9:1-7; Lk. 10:38-42, 11:27-28 Rom. 11:2-12; Mt. 11:20-26	3 Martyr Hiakynthos of Caesarea in Cappadocia Rom. 11:13-24 Mt. 11:27-30	4 Holy Father Andrew, Archbishop of Crete Ven. Martha, Mother of Holy Simeon Stylites the Younger Rom. 11:25-36 Mt. 12:1-8	5 ✠ Venerable Athanasios of Mount Athos ✠ Gal. 5:22-6:2; Lk. 6:17-23 Rom. 6:11-17; Mt. 8:14-23
4 6 4 th Sunday after Pentecost: Tone III OUR LADY OF PERPETUAL SUCCOUR Venerable Sisoës the Great Rom. 6:18-23; Mt. 8:5-13 Heb. 9:1-7; Lk. 10:38-42, 11:27-28	7 Venerable Thomas of Mount Maleon Venerable Akakios of Sinai Rom. 12:4-5, 15-21 Mt. 12:9-13	8 ⊗ Holy Great-Martyr Procopius Rom. 14:9-18 Mt. 12:14-16, 22-30	9 ✠ Hieromartyr Pankratios, Bishop of Taoumencia Rom. 15:7-16 Mt. 12:38-45	10 ✠ Venerable Anthony of the Kyïv Caves Holy 45 Martyrs at Nikopolis Martyrs Francis, Mutius, Raphaël & those with them at Damascus ✠ Gal. 5:22-6:2; Lk. 6:17-23 Rom. 15:17-29; Mt. 12:46-13:3	11 ✠ Blessed Equal-to-the-Apostles Olha, Princess of Kyïv ⊗ Great-Martyr Euphemia the All-praised of Chalcedon ✠ Gal. 1:11-19; Jn. 10:1-9 Rom. 16:1-16; Mt. 13:4-9	12 Martyrs Proklos & Hilarion Venerable Michael of Maleinos Rom. 8:14-21 Mt. 9:9-13
5 13 5 th Sunday after Pentecost: Tone IV FATHERS OF THE FIRST SIX ŒCUMENICAL COUNCILS ⊗ Synaxis of the Holy Archangel Gabriel Rom. 10:1-10; Mt. 8:28-9:1 Heb. 13:7-16; Jn. 17:1-13	14 ⊗ Apostle Aquila of the Seventy Rom. 16:17-24 Mt. 13:10-23	15 ✠ HOLY EQUAL-TO-THE-APOSTLES GRAND PRINCE VOLODYMYR OF KYÏV Martyrs Kyrikos & Julitta Gal. 1:11-19 Jn. 10:1-9	16 ✠ Hieromartyr Athenogenes, Bishop of Heracleopolis, and his ten disciples 1 Cor. 2:9-3:8 Mt. 13:31-36	17 ⊗ Great-Martyr Marina of Antioch Hieromartyr Pavol Petro Gojdič, Bishop of Prešov 1 Cor. 3:18-23 Mt. 13:36-43	18 ✠ Martyr Hiakynthos of Amastris Martyr Emelian of Silistra Venerable Tarsykiya Matskiv 1 Cor. 4:5-8 Mt. 13:44-54	19 Venerable Macrina, sister of Holy Father Basil the Great Venerable Dios of Antioch Rom. 9:1-5 Mt. 9:18-26
6 20 6 th Sunday after Pentecost: Tone V HOLY & GLORIOUS PROPHEt ELIAS (ELIJAH) Rom. 12:6-14; Mt. 9:1-8 ⊕ Jas. 5:10-20; Lk. 4:22-30	21 Holy Prophet Ezekiel Venerable Simeon, Fool for Christ & his ascetical companion John 1 Cor. 5:9-6:11 Mt. 13:54-58	22 ⊗ Holy Myrrh-bearer & Equal-to-the-Apostles Mary Magdalene Hieromartyr Phokas of Sinope 1 Cor. 6:20-7:12 Mt. 14:1-13	23 ✠ Martyrs Trophymos, Theophilos & 13 with them Blessed Vasil' Hopko of Prešov Miracle of the Pochaïv Icon of the Most Holy Theotokos 1 Cor. 7:12-24 Mt. 14:35-15:11	24 ✠ Holy Martyrs & Passion-bearers Borys & Hlib ⊗ Martyr Christina of Tyre Venerable Charbel of Lebanon ✠ Rom. 8:28-39; Jn. 15:17-16:2 1 Cor. 7:24-35; Mt. 15:12-21	25 ✠ Dormition of Righteous Anna, Mother of the Theotokos Holy Olympiadas, Deaconess of Constantinople & Venerable Eupraxia of Tabenna ✠ Gal. 4:22-31; Lk. 8:16-21 1 Cor. 7:35-8:7; Mt. 15:29-31	26 Hieromartyrs Hermolaus, Hermippos and Hermocrates Martyr Paraskevi of Rome Rom. 12:1-3 Mt. 10:37-11:1
7 27 7 th Sunday after Pentecost: Tone VI ✠ Holy Great-Martyr & Healer Panteleimon Rom. 15:1-7; Mt. 9:27-35 ✠ 2 Tim. 2:1-10; Jn. 15:17-16:2	28 Holy Apostles of the Seventy & Deacons Prochorus, Nikanor, Timon and Parmenas 1 Cor. 9:13-18 Mt. 16:1-6	29 Martyr Kallinikos of Gangra in Asia Minor 1 Cor. 10:5-12 Mt. 16:6-12	30 Apostles of the Seventy Silas, Siluanos, Kryskis, Epenetos & Andronikos 1 Cor. 10:12-22 Mt. 16:20-24	31 ⊗ Forefeast of the Procession of the Precious Cross of the Lord Righteous Eudokimos of Cappadocia 1 Cor. 10:28-11:7 Mt. 16:24-28		

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AUGUST 2025

ΑΥΓΟΥΣΤΟΣ 2025



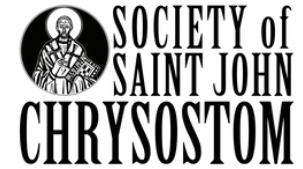
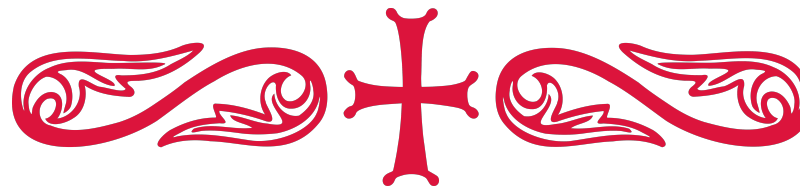
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 <i>12th Sunday after Pentecost: Tone III</i> + Placing of the Precious Cincture of the Most Holy Theotokos in the Church of Blachernæ at Constantinople 1 Cor. 15:1-11; Mt. 19:16-26 + Heb. 9:1-7; Lk. 10:38-42, 11:27-28					1 <i>Beginning of the Dormition Fast</i> ☞ Procession of the Precious Wood of the Life-giving Cross of the Lord Seven Holy Maccabees 1 Cor. 11:8-22 Mt. 10:32-36	2 ☞ Translation of the Relics of Protomartyr & Archdeacon Stephen Rom. 13:1-10 Mt. 12:30-37
3 <i>8th Sunday after Pentecost: Tone VII</i> Venerables Isaac, Dalmatus & Faustus, Ascetics of the Dalmatian Monastery in Constantinople 1 Cor. 1:10-18 Mt. 14:14-22	4 ☞ Holy Seven Youths of Ephesus Virgin-martyr Eudokia of Persia 1 Cor. 11:31-12:6 Mt. 18:1-11	5 ☞ <i>Forefeast of the Transfiguration</i> Martyr Eusignios of Antioch 1 Cor. 12:12-26 Mt. 18:18-22, 19:1-2, 13-15	6 ☞ TRANSFIGURATION OF OUR LORD JESUS CHRIST 2 Pet. 1:10-19 Mt. 17:1-9	7 ☞ <i>Afterfeast of the Transfiguration</i> Martyr Dometios of Persia 1 Cor. 14:6-19 Mt. 20:17-28	8 ☞ <i>Afterfeast of the Transfiguration</i> Holy Father Emilian the Confessor, Bishop of Kyzikos 1 Cor. 14:26-40 Mt. 20:12-14, 17-20	9 ☞ <i>Afterfeast of the Transfiguration</i> + Holy Apostle Matthias + Acts 1:12-17, 21-26; Lk. 9:1-6 Rom. 14:6-9; Mt. 15:32-39
10 <i>9th Sunday after Pentecost: Tone VIII</i> Martyrs Archdeacon Laurence, Pope Sixtus and Deacons Felissimus & Agapitus 1 Cor. 3:9-17 Mt. 14:22-34	11 ☞ <i>Afterfeast of the Transfiguration</i> Martyr & Archdeacon Euplus 1 Cor. 15:12-19 Mt. 21:18-22	12 ☞ <i>Afterfeast of the Transfiguration</i> Martyrs Photios & Anicetas of Nicomedia 1 Cor. 15:29-38 Mt. 21:23-27	13 ☞ <i>Leavetaking of the Transfiguration</i> Venerable Maximos the Confessor 1 Cor. 16:4-12 Mt. 21:28-32	14 ☞ <i>Forefeast of the Dormition</i> + Translation of the relics of Ven. Feodosiy of the Kyiv Caves Holy Prophet Micah + Heb. 13:7-16; Mt. 11:27-30 2 Cor. 1:1-7; Mt. 21:43-46	15 ☞ DORMITION OF THE MOST HOLY THEOTOKOS Phil. 2:5-11 Lk. 10:38-42; 11:27-28	16 ☞ <i>Afterfeast of the Dormition</i> ☞ Translation of the Icon of Our Lord Not-Made-by-Hands from Edessa to Constantinople Rom. 15:30-33 Mt. 17:24-18:4
17 <i>10th Sunday after Pentecost: Tone I</i> Martyr Myron of Kyzikos 1 Cor. 4:9-16 Mt. 17:14-23	18 ☞ <i>Afterfeast of the Dormition</i> + Consecration of the Patriarchal Cathedral of the Resurrection of Christ in Kyiv + Heb. 3:1-4; Mt. 16:13-18 2 Cor. 2:4-15; Mt. 23:13-22	19 ☞ <i>Afterfeast of the Dormition</i> Martyr Andrew Stratelates & 2,593 soldiers with him in Cilicia 2 Cor. 2:14-33 Mt. 23:23-28	20 ☞ <i>Afterfeast of the Dormition</i> Holy Prophet Samuel 2 Cor. 3:4-11 Mt. 23:29-39	21 ☞ <i>Afterfeast of the Dormition</i> Apostle Thaddeus of the 70 Martyr Bassa with her sons Theognios, Agapios & Pistos 2 Cor. 4:1-12 Mt. 24:13-28	22 ☞ <i>Afterfeast of the Dormition</i> Martyr Agathonikes and those with him Repose of Holy Father Symeon, Confessor of Krasnoyarsk 2 Cor. 4:13-18 Mt. 24:27-33, 42-51	23 ☞ <i>Leavetaking of the Dormition</i> Martyr Luppous Hieromartyr Irenæus of Lyons 1 Cor. 1:3-9 Mt. 19:3-12
24 <i>11th Sunday after Pentecost: Tone II</i> Hieromartyr Euty chius, Disciple of Holy Apostle & Evangelist John the Theologian 1 Cor. 9:2-12 Mt. 18:23-35	25 ☞ Return of the relics of the Holy Apostle Bartholomew from Anastasiopolis to Lipari Holy Apostle Titus of the 70 2 Cor. 5:10-15 Mk. 1:9-15	26 Martyrs Adrian & Natalia 2 Cor. 5:15-21 Mk. 1:16-22	27 ☞ Venerable Pimen the Great Blessed Nun-martyrs Lavrentia & Olympia 2 Cor. 6:11-16 Mk. 1:23-28	28 Venerable Moses the Black Holy Father Augustine of Hippo Synaxis of the Fathers of the Kyiv Caves 2 Cor. 7:1-10 Mk. 1:29-35	29 ☞ BEHEADING OF THE HOLY PROPHE T, FORERUNNER & BAPTIST JOHN Acts. 13:25-33 Mk. 6:14-30	30 Holy Patriarchs of Constantinople Alexander, John & Paul 1 Cor. 1:26-29 Mt. 20:29-34

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SEPTEMBER 2025

СЕРПЕНТІВІЙ ЗФІД



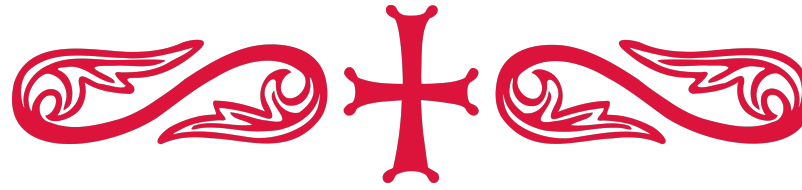
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 + Beginning of the Indiction Venerable Symeon the Stylite Synaxis of the Most Holy Theotokos of Miasenē + Tim. 2: 1-7; Lk. 4:16-22 2 Cor. 8:7-15; Mk. 3:6-12	2 Martyr Mamas of Caesarea Venerable John the Faster, Patriarch of Constantinople 2 Cor. 8:16-9:5 Mk. 3:13-19	3 Hieromartyr Anthimos of Nicomedia Ven. Theokistos of Palestine 2 Cor. 9:12-10:7 Mk. 3:20-27	4 Hieromartyr Babylas, Bishop of Antioch Holy Prophet & God-seer Moses 2 Cor. 10:7-18 Mk. 3:28-35	5 Holy Prophet Zachariah & Righteous Elizabeth Holy Mother Teresa of Kolkata 2 Cor. 11:5-21 Mk. 4:1-9	6 Miracle of the Archangel Michael at Collosae Martyrs Eudoxios & companions Ven. Archippos of Hieropolis 1 Cor. 2:6-9 Mt. 22:15-22
2 7 Sunday before the Exaltation 13th Sunday after Pentecost: Tone IV Forefeast of the Nativity of the Most Holy Theotokos Martyr Sozon of Cilicia Gal. 6:11-18; Jn. 3:13-17 1 Cor. 16:13-24; Mt. 21:33-42	8 NATIVITY OF THE MOST HOLY THEOTOKOS Phil. 2:5-11 Lk. 10:38-42; 11:27-28	9 Afterfeast of the Nativity of the Most Holy Theotokos Holy & Righteous Ancestors of God Joachim & Anna 2 Cor. 12:20-13:2 Mk. 4:24-34	10 Afterfeast of the Nativity of the Most Holy Theotokos Martyrs Menodora, Metrodora & Nymphodora 2 Cor. 13:3-13 Mk. 4:35-41	11 Afterfeast of the Nativity of the Most Holy Theotokos Venerable Theodora of Alexandria Gal. 1:1-10, 20-25 Mk. 5:1-20	12 Leavetaking of the Nativity of the Most Holy Theotokos Hieromartyr Autonomus of Italy Gal. 2:6-10 Mk. 5:22-24, 35-6:1	13 Saturday before the Exaltation Founding of the Church of the Holy Sepulchre Hieromartyr Cornelius the Centurion 1 Cor. 2:6-9; Mt. 37:11-1 1 Cor. 4:1-5; Mt. 23:1-12
4 14 14th Sunday after Pentecost: Tone V UNIVERSAL EXALTATION OF THE PRECIOUS & LIFE-GIVING CROSS 1 Cor. 1:18-24 Jn. 19:6-11, 13-20, 25-28, 30-35	15 Afterfeast of the Exaltation Great-Martyr Nicetas the Goth Gal. 2:11-16 Mk. 5:24-34	16 Afterfeast of the Exaltation Great-Martyr Euphemia the All-Praised of Chalcedon Gal. 2:21-3:7 Mk. 6:1-7	17 Afterfeast of the Exaltation Martyrs Sophia & her daughters Faith, Hope & Charity at Rome Gal. 3:15-22 Mk. 6:7-13	18 Afterfeast of the Exaltation Venerable Eumenios, Bishop of Gortineia Gal. 3:23-4:5 Mk. 6:30-45	19 Afterfeast of the Exaltation Martyrs Trophymos, Sabbatios & Dorimedontos Gal. 4:8-21 Mk. 6:45-53	20 Saturday after the Exaltation Great-Martyr Eustathius of Rome Martyr Michael, Wonderworker of Chernihiv 1 Cor. 1:26-29 Jn. 8:21-30
4 21 Sunday after, and Leavetaking of the Exaltation of the Precious Cross 15th Sunday after Pentecost: Tone VI Apostle Kodratos of Athens, of the Seventy Gal. 2:16-20 Mk. 8:34-9:1	22 Holy Prophet Jonah Hieromartyr Phocas, Bishop of Sinopē Venerable Jonah the Presbyter Gal. 4:28-5:10 Mk. 6:54-7:8	23 Conception of the Holy Prophet, Forerunner & Baptist John Gal. 5:11-21 Mk. 7:5-16	24 Holy Protomartyr & Equal-to- the-Apostles Thekla of Ikonion Gal. 6:2-10 Mk. 7:14-24	25 Venerable Euphrosynē of Alexandria Eph. 1:1-9 Mk. 7:24-30	26 REPOSE OF THE HOLY APOSTLE & EVANGELIST JOHN THE THEOLOGIAN 1 Jn. 4:12-19 Jn. 6:19, 25-27, 21, 24-25	27 Martyr Kallistratos & the 49 Martyrs of Carthage Venerable Neilos, Hegumen of the Abbey at Grottaferrata 1 Cor. 10:23-28 Mt. 24: 34-44.
5 28 16th Sunday after Pentecost: Tone VII + Venerable Chariton the Confessor, Abbot of Palestine Synaxis of the Venerable Fathers of the Kyiv Caves Hieromartyr Nykyta Budka 2 Cor. 6:1-10; Mk. 25:14-30 + 2 Cor. 4:6-15; Lk. 6:17-23	29 Venerable Kyriakos, Hermit of Palestine Eph. 1:22-2:3 Mk. 10:46-52	30 Hieromartyr Gregory, Bishop of Greater Armenia Eph. 2:19-3:7 Mk. 11:11-23				

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

OCTOBER 2025

ОКТОБРІЙ ЗФІД



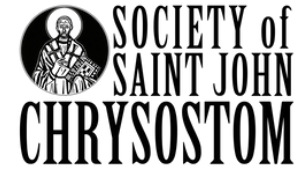
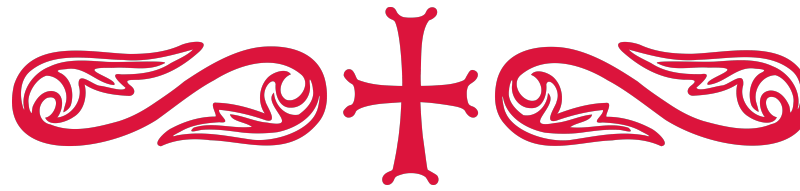
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 PROTECTION OF THE MOST HOLY THEOTOKOS Venerable Romanos the Melodist Heb. 9:1-7 Lk. 10:38-42; 11:27-28	2 Hieromartyr Cyprian Virgin-Martyr Justina Blessed Andrew, Fool-for-Christ Eph. 4:14-19 Mk. 11:27-33	3 Hieromartyr Dionysios the Areopagite Eph. 4:17-25 Mk. 12:1-12	4 Hieromartyr Hierotheos, Bishop of Athens Ven. Paul & Ammon of Egypt Venerable Francis of Assisi 1 Cor. 14:20-25 Mt. 25:1-13
5 17 th Sunday after Pentecost: Tone VIII Martyr Charitina of Amisus 2 Cor. 6:16-7:1 Mt. 15:21-28	6 + Holy & Glorious Apostle Thomas + 1 Cor. 4:9-16; Jn. 20:19-31 Eph. 4:25-32; Lk. 3:19-22	7 Hieromartyrs Sergius & Bacchus Eph. 5:20-26 Lk. 3:23-4:1	8 Venerable Pelagia the Penitent Eph. 5:25-33 Lk. 4:1-15	9 + Holy Apostle James, son of Alphaeus Venerables Andronicus & Athanasia of Egypt + 1 Cor. 4:9-16; Lk. 10:16-21 Eph. 5:33-6:9; Lk. 4:16-22	10 Martyrs Eulampios & Eulampia Eph. 6:18-24 Lk. 4:22-30	11 Holy Apostle Philip of the Seven Deacons Venerable Theophanes the Branded, Composer of Canons 1 Cor. 15:39-45 Lk. 4:31-36
12 18 th Sunday after Pentecost: Tone I HOLY FATHERS OF THE 7 TH ŒCUMENICAL COUNCIL Martyrs Probos, Tarakhos & Andronikēs 2 Cor. 9:6-11; Lk. 5:1-11 Heb. 13:7-16; Jn. 17:1-13	13 Martyrs Karpos, Papila, Agathodoros & Agathonika Phil. 1:1-7 Lk. 4:37-44	14 Martyrs Nazarius, Gervasius, Protasius and Celsus Ven. Paraskeva of Ternovo Hieromartyr Roman Lysko Phil. 1:8-14 Lk. 5:12-16	15 Venerable Euthymios the New Martyr Loukianos of Antioch Phil. 1:12-20 Lk. 5:33-39	16 Martyr Longinus the Centurion Phil. 1:20-27 Lk. 6:12-19	17 Holy Prophet Osee (Hosea) Ven. Martyr Andrew of Crete Phil. 1:27-2:4 Lk. 6:17-23	18 + Holy Apostle & Evangelist Luke + Col. 4:5-9, 14-18; Lk. 10:16-21 1 Cor. 15:58-6:3; Lk. 5:17-26
19 19 th Sunday after Pentecost: Tone II Holy Prophet Joel Martyr Uaros in Egypt Ven. John of Ryla 2 Cor. 11:31-12:9 Lk. 6:31-36	20 Great-Martyr Artemios at Antioch Phil. 2:12-16 Lk. 6:24-30	21 Venerable Hilarion the Great Phil. 2:16-23 Lk. 6:37-45	22 Holy Equal-to-the-Apostles Auerkios the Wonderworker Seven Holy Youths of Ephesus Holy Father John Paul II, Pope of Rome Phil. 2:24-30 Lk. 6:46-7:1	23 + Holy Apostle James the Brother of the Lord in the Flesh Phil. 3:1-8 Lk. 7:17-30	24 Martyr Arethas and the 4,299 Martyrs of Omir Phil. 3:8-19 Lk. 7:31-35	25 Martyrs Marcian & Martyrios 2 Cor. 1:8-11 Lk. 5:27-32
26 20 th Sunday after Pentecost: Tone III HOLY & GLORIOUS GREAT-MARTYR DEMETRIOS Gal. 1:11-19; Lk. 7:11-16 + 2 Tim. 2:1-10; Jn. 15:17-16:2	27 Martyr Nestor of Thessaloniki Ven. Nestor, Chronicler of Kyiv Martyrs Capitolina & Erotheidis Phil. 4:10-23 Lk. 7:36-50	28 Great-Martyr Paraskeva Martyrs Terentios & Neonillē Ven. Stefanos the Sabbaitē Col. 1:1-2, 7-11 Lk. 8:1-3	29 Virgin-martyr Anastasia of Rome Venerable Abramios the Recluse Repose of Ven. Avramii of Rostov Col. 1:18-23 Lk. 8:22-25	30 Hieromartyr Zenobios & Zenobia of Ægei in Cilicia Hieromartyr Oleksiy Zarytskiy Col. 1:24-29 Lk. 9:7-11	31 Apostles Stakhios, Amplias, Urban, Narcissos, Apellias & Aristoboulos of the Seventy Martyr Epimakhos of Pelousion Col. 2:1-7 Lk. 9:12-17	

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

NOVEMBER 2025

НОВМБРІЙ ЗФІД



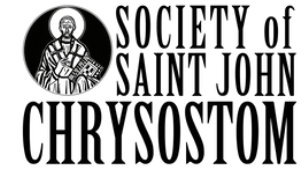
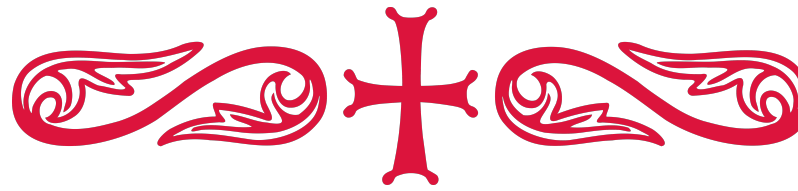
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 <i>25th Sunday after Pentecost: Tone VIII</i> + Holy & All-Praised Apostle Andrew the First-Called Eph. 4:1-7; Lk. 10:25-37 + 1 Cor. 4:9-16; Jn. 1:35-51						1 + Hieromartyr Theodore Romzha, Bishop of Mukachevo ☩ Holy Wonderworkers & Unmercenarys Cosmas & Damian + Heb. 13:7-16; Lk. 12:32-40 2 Cor. 3:12-18; Lk. 6:1-10
2 <i>21st Sunday after Pentecost: Tone IV</i> Martyrs Akindinos, Pegasias, Aphthonios, Elpidiphoros & Anempodist of Persia Gal. 2:16-20 Lk. 8:5-15	3 Martyrs Acepimas, Joseph & Aeithalas of Persia Dedication of the Church of Great-Martyr George in Lydda Col. 2:13-20 Lk. 9:18-22	4 Venerable Ioannikes the Great Hieromartyrs Nikander, Bishop of Myra, & Presbyter Hermas Col. 2:20-3:3 Lk. 9:23-27	5 Martyrs Galaktion & Epistimia Col. 3:17-4:1 Lk. 9:44-50	6 ☩ Holy Father & Confessor Paul, Archbishop of Constantinople Col. 4:2-9 Lk. 9:49-56	7 Holy 33 Martyrs of Melitenē Ven. Father & Wonderworker Lazaros of Galiseia Col. 4:10-18 Lk. 10:1-15	8 + SYNAXIS OF THE ARCHANGEL MICHAEL AND THE OTHER BODILESS POWERS OF HEAVEN Heb. 2:2-10 Lk. 10:16-21
9 <i>22nd Sunday after Pentecost: Tone V</i> Martyrs Onesiphoros & Porphyrios Ven. Matrona of Constantinople Ven. Theoktista of Lesbos Gal. 6:11-18 Lk. 16:19-31	10 Holy Apostles Herastos, Olympos, Rodion, Sosipater, Kuartos & Tercias of the Seventy 1 Thess. 1:1-5 Lk. 10:22-24	11 Martyrs Menas & Vincent Martyrs Victor & Stephanida Venerable Theodore the Studite 1 Thess. 1:6-10 Lk. 11:1-10	12 + ☩ HIEROMARTYR JOSAPHAT ARCHBISHOP OF POLOTSK ☩ Holy Father John the Merciful Heb. 4:14-5:10 Jn. 10:9-16	13 + Holy Father John Chrysostom, Archbishop of Constantinople + Heb. 7:26-8:2; Jn. 10:9-16 1 Thess. 2:9-14; Lk. 11:14-23	14 + Holy & All-Praiseworthy Apostle Philip + 1 Cor. 4:9-16; Jn. 1:43-51 1 Thess. 2:14-19; Lk. 11:23-26	15 🐟 <i>Beginning of the Nativity Fast</i> Martyrs & Confessors Gurias, Samonas & Abibus of Edessa 2 Cor. 8:1-5 Lk. 8:16-21
16 🐟 <i>23rd Sunday after Pentecost: Tone VI</i> + Holy Apostle & Evangelist Matthew Eph. 2:4-10; Lk. 8:26-39 + 1 Cor. 4:9-16; Mt. 9:9-13	17 🍎 Holy Father Gregory the Wonderworker of Neocæsarea 1 Thess. 2:20-3:8 Lk. 11:29-33	18 ☩ Martyrs Platon & Romanos 1 Thess. 3:9-13 Lk. 11:34-41	19 🍎 Holy Prophet Obadiah Martyr Varlaam 1 Thess. 4:1-12 Lk. 11:42-46	20 🐟 <i>Eve of the Entrance of the Most Holy Theotokos</i> + Venerable Iosaphata Hordashevska Venerable Gregory Dekapolitēs + Gal. 2:16-20; Mt. 26:6-13 1 Thess. 5:1-8; Lk. 11:47-12:1	21 + ☩ ENTRANCE OF THE MOST HOLY THEOTOKOS INTO THE TEMPLE Heb. 9:1-7 Lk. 10:38-42; 11:27-28	22 🐟 <i>Afterfeast of the Entrance of the Most Holy Theotokos</i> Apostles Philemon & Archippos, Martyrs Apphia & Onysimos 2 Cor. 11:1-6 Lk. 9:1-6
23 🐟 <i>Afterfeast of the Entrance of the MHT</i> 24 th Sunday after Pentecost: Tone VII Holy Fathers Amphylochios, Bishop of Ikonion, and Gregory, Bishop of Agrigentum Eph. 2:14-22 Lk. 8:41-56	24 🍎 <i>Afterfeast of the Entrance of the Most Holy Theotokos</i> ☩ Great-Martyr Catherine of Alexandria Great-Martyr Mercurius 2 Thess. 1:1-10 Lk. 12:13-15, 22-31	25 ☩ <i>Leavetaking of the Entrance of the Most Holy Theotokos</i> Hieromartyr Clement, Pope of Rome & Hieromartyr Peter, Archbishop of Alexandria 2 Thess. 1:10-2:2 Lk. 12:42-48	26 🍎 Venerable Alypios the Stylite Consecration of the Church of Holy Great-Martyr George at Kyiv 2 Thess. 2:1-12 Lk. 12:48-59	27 ☩ Great-Martyr James of Persia Venerable Palladios of Thessaloniki 2 Thess. 2:13-3:5 Lk. 13:1-9	28 🍎 ☩ Ven. Martyr Stephen the New Martyr Irenarchos 2 Thess. 3:16-18 Lk. 13:31-35	29 🐟 Martyr Paramon & 370 Martyrs in Bithynia Martyr Philumenos Venerable Akakios of Sinai Gal. 1:3-10 Lk. 9:37-43

☩ CLASS I (GREAT FEAST) + CLASS II (VIGIL) + CLASS III (POLYELEOS) ☩ CLASS IV (GREAT DOXOLOGY) ☩ CLASS V (SIX STICHERA) 1 EOTHINON

☉ Total Fast 🍎 Xerophagy ☩ Wine Permitted ☩ Wine & Oil Permitted 🐟 Fish, Wine & Oil Permitted 🍳 Eggs, Dairy, Wine & Oil Permitted ☩ Fast-Free Period SSJC.UK

DECEMBER 2025

ДЕКЕМВРІЙ ЗФЛА



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

⊕ CLASS I (GREAT FEAST) ⊕ CLASS II (VIGIL) + CLASS III (POLYELEOS) ☪ CLASS IV (GREAT DOXOLOGY) ☪ CLASS V (SIX STICHERA) ① EOTHINON

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