



St. Xenia Parish News

170 North Lowell Street, Methuen, MA 01844

May-June 2014

On Ascension Day

by Archpriest Andrew Phillips

In the Name of the Father and of the Son and of the Holy Spirit.

So we have come to the Feast of the Ascension of Our Lord. Thus we have come to the last day of Christ's physical presence on Earth. This marks the fulfillment of all things, since His Conception at the Annunciation to the Holy Virgin, His Birth and all the events of His earthly life, recorded for us in the Gospels.

Christ came down from Heaven in order to destroy the power of Satan over mankind.

Christ was crucified and rose from the dead in order to destroy death.

Christ ascends into the skies in order to raise up fallen human nature to the heights of Heaven.

But He ascends not as He came down. He ascends taking with Himself a human body, a human soul, a human mind, a human will, all the attributes of human nature, except of course for sin, for Christ's human nature is human nature as it was first intended to be, not fallen human nature, but human nature redeemed and made all comely.

We should note, however, that all these victories of Christ over Satan, death and sin are accomplished in humility.

At His Birth there was, as we would say now, no media. All happened in obscurity, lowliness and poverty, as the Saviour of mankind was born in a cave by the ox and the ass.

At His Crucifixion also there was no glory: on the contrary, there was shame, thieves, reviling, mockery, bodily death, a lonely death.

At His Resurrection, nobody saw anything. The women who saw the empty tomb were not even believed. Only a few dozen believers came to believe in the first few weeks after His Resurrection.

So also at His Ascension the only witnesses were His Mother and the eleven disciples amid the obscure olives groves on the Mount outside the City.

We see that all the great events, all the victories, of the life of Christ were accompanied by humility. This is because

in the Church victory is humility. Every act of humility is a victory over the pride of Satan.

And in order to grant us the opportunity for humility, at the last event of His physical presence amongst us, Christ gives us two things:

Firstly, He comforts us and the disciples with the promise of the Holy Spirit at Pentecost, Who will guide us into all truth, into all humility.

Secondly, through His holy angels, He reminds us that as He ascends, so He will return, with angels and a cloud of glory. He reminds us that He will return in His Second and Glorious Coming to judge all the Earth.

When He ascends, He promises us the Holy Spirit.

When He descends at the Second Coming, He will come in glory as the Victor over death to judge all deathly acts, that is, all sins, for as the Apostle writes, the wages of sin are death.

Thus God is victorious in humility.

Therefore the Orthodox Church and faithful Orthodox Christians are also victorious, but only in humility.

God is the Merciful Saviour among us, granting us the Holy Spirit in order to guide us on our path to the victory of humility. As we have sung this day: 'I am with you and no one will be against you'.

God is the Righteous Judge among us, granting us His Coming again as the Judge of the Universe, guiding us on our path to the victory of humility: 'I am with you and no one will be against you'.

Glory to Thee, O God, Glory to Thee!

Amen.

St. Xenia of St. Petersburg Orthodox Church is a parish of the Russian Orthodox Church Outside of Russia, under the omophorion of Met. HILARION of Eastern America & New York. The parish newsletter is published bi-monthly under the direction of the Rev. Michael Crowley. In order to ensure timely delivery to our far-flung parish, please submit all notices by the 15th of the month prior to publication to Margaret Lark at (603) 948-1619, e-mail: woolfolk3@gmail.com, or to Father Michael at frmichael@stxenia.org. Thank you.

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Confessions on Saturday during Vigil, on Sunday during the Hours, and by appointment

Parish Council

President: Rev. Michael Crowley	(978) 204-0428
Fr. Constantine Desrosiers	(603) 775-0320
Dcn. Alexander Doohovskoy	(978) 369-4486
Starosta: John Kekis	(978) 456-9865
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Roberto Gonzalez	(978) 692-1229
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Trapeza Schedule

* = strict fast

Trapeza can be whatever you would like to prepare. Some parishioners prefer to make a big lunch, but this isn't necessary, especially during the summer. As long as there is enough food for about 150 people, anything is appreciated. Donuts, fruit and pastries are as acceptable as soup and sandwiches. **Note: If you are preparing anything containing nuts or other allergens, please put a small label to that effect in front of your dish. Nut allergies are especially fatal to small children.**

May

- 4 Maria Kasarda, Tania Sciaudone, Abby Legaspi, Karen Kulakov
- 11 Chaplain Family
- 18 Helena Doohovskoy, Marianne Dimatteo
- 25 Pikar Family

June

- 1 Meghan Nettleton, Johanna Crowley, Dorothea Crowley
- 8 Alexandra Gonzalez, Anna Mukhanov, Anna Kekis
- 15 Katia Fredette, Natasha Kirichuk
- 22 POT LUCK

Dress Code for Church: Please keep in mind that a certain standard of dress is expected in church. **Women and girls** should wear skirts or dresses (no pants!) at least knee length, blouses with a modest neckline and at least short sleeves – nothing sleeveless – and a scarf or hat on their heads. **Men and boys** should wear clothing best described as businesslike or “business casual,” collared shirts and long trousers, no t-shirts (especially with writing on them) or shorts. No one should wear tank tops (sometimes an issue in the summer). Remember, we should always show respect in church, both for God and for our fellow parishioners. Thank you.

Sisterhood News: The Sisterhood held a Women's Retreat on Saturday, April 5. Thirty ladies gathered to hear Matushka Constantina Palmer's lecture: "If You Wish, You Can Become All Flame: The wisdom of the Holy Fathers and Mothers of the Church." Meghan Nettleton served a lovely luncheon. It was a blessed day, leaving the ladies feeling nourished both bodily and spiritually.

We would also like to thank all who have contributed to the various drives this year. We collected non-perishables for the St. Martha's Food Pantry in Lawrence in February and toiletries for the Good Shepherd Center in Lawrence in April.

Thank you: ...to Laryssa Doohovskoy and all who put so much effort into the very successful Choir Retreat held at our parish in March. A copy of the report on the Eastern American Diocese page is elsewhere in this issue.

...to the parents and children of the St. John of Damascus Church School, for their participation in the Coin Box Collection that was held during Great Lent. We raised over \$200 for the missionaries in Guatemala. Good job, everyone!

...to all who turned out for our Parish cleanup day in preparation for the glorious Feast of Pascha. Our church always looks so beautiful and clean for this Feast, thanks to the efforts of our parishioners.

...to all the choir members who put in extra time for rehearsals for the Feast of Pascha. If there is ever a time when the choir needs to be at its best, it's during the Paschal Matins and Liturgy, and all your hard work paid off. Much appreciated!

Congratulations:

...to Elena and Alexis Rodzianko, on the birth of their daughter, Alexandra Alexeyevna, on March 15.

...to Colleen and John Sarantakis, as well as to grandparents Anthony and Vera Sarantakis, on the birth of Anthony Sarantakis on April 22.

As always, Diane Mendez is in charge of coordinating volunteers to help out with providing support for the families of newborns, including providing meals. Please e-mail her at fry20@comcast.net if you are interested in signing up to bring them a meal. In your e-mail, please specify days of the week you would prefer. You will be expected to cook a dinner and bring the meal to their home, or to church for a Sunday delivery.

In addition, we would like to offer congratulations to our two college graduates. Nicholas (Kai) Schidlovsky is graduating from Ithaca College with a Bachelor of Arts in Spanish and French. He is attending the Boston Language Institute in June to obtain a certification in ESL and will teach English at St. John's College in New York this sum-

mer, and leave for Madrid Spain in October to teach English as a second language.

Alec Schidlovsky will graduate from Wentworth Institute of Technology with a project management degree and will hopefully continue working at Digital Bungalow in Salem, MA as a project coordinator.

Condolences to the Engalichev family on the passing of Nicolas on April 24. May his memory be eternal!

Building Fund Update: Thank you all of you who have pledged and also helped us to raise funds for the Building Expansion project. To complete the project, we still need to raise a considerable amount of money over the next two years (2014 - 2015). If you have not contributed would like to, please consider the holy work of God that you are blessed to participate in, and give according to your ability. Help to strengthen the New England Orthodox community! All contributions are tax deductible. Send your donation to:

St Xenia Orthodox Church
P.O. Box 147
Methuen, MA 01844-0147

You can also make an online contribution by going to our church website: www.stxenia.org and midway down the home page you will find a "Donate" button under the heading of "Building Expansion Fundraising Drive".

<http://www.stxenia.org/buildingfundgoals.html>

We have received the beautiful Pascha watercolor painting pictured below from Dimitry Schidlovsky, Michael's brother, to use as a fundraiser for our building expansion. It is a fairly large painting that we will have available for viewing in the church hall. We will be selling raffle tickets at \$50 each or 3 for \$100 from this week until Pentecost. The drawing will be on the Feast of Pentecost. We are very grateful to the Schidlovsky family for this opportunity. This is an absolutely beautiful painting by the hand of an established artist. Do not miss this opportunity to support our effort!



Methuen, MA: St. Xenia Church announces 2014 Lenten Choir Retreat for March 13-16

from the Eastern American Diocese website:

From Thursday the 13th through Sunday the 16th of March, St. Xenia's Church in Methuen, MA hosted a Lenten Choir Retreat for its choir and guests. The focus of the retreat was spiritual singing, uniting professionalism with prayer. Twenty-five singers, attending from as far away as eastern Pennsylvania and New Jersey, prepared four services over the course of the retreat, rehearsing several hours each day.

Rehearsals were enhanced by three edifying presentations. On Friday, Laryssa Doohovskoy, choir director at St. Xenia's, spoke about vocal health. She provided tools for church musicians to get through the rigorous demands of singing throughout Great Lent, Holy Week, and Pascha. Vladimir Morosan, founder and president of Musica Russica, gave an enlightening video presentation entitled, "The Musical Ethos of Orthodox Lenten Services." On Saturday, Reader Robert Stauffer of St. Xenia's Church instructed participants on "The Canon as a Musical Construct." He outlined the history of the Canon, and how it has evolved over the centuries to form what is found in today's Matins service.

Conductors Laryssa Doohovskoy, Alexander Cooley, Patricia Klar, and Nicholas Ilyin worked with Benedict Sheehan, co-founder and vice-rector of the PaTRAM Institute, and choir director at St. Tikhon's Monastery and Seminary in South Canaan, PA, to hone their skills. Highlighting the retreat were Skype sessions with Maestro Vladimir Gorbik, choir director at the Moscow Representation Church of Holy Trinity-St Sergius Lavra. During these sessions, Maestro Gorbik worked with both the choir and the conductors to enhance their professional approach to liturgical music.

The retreat concluded on Saturday the 15th and Sunday the 16th with the Sunday of St. Gregory Palamas with hierarchal divine services led by His Eminence Hilarion, Metropolitan of Eastern America & New York. At the Divine Liturgy and All-Night Vigil that preceded it, His Eminence was co-served by parish clergy: rector Archpriest Michael Crowley, Priest Constantine Desrosiers, and Deacon Alexander Doohovskoy, as well as Hieromonk Tikhon, cleric of the Synodal Cathedral of the Sign in New York City.

At the Little Entrance, Fr. Constantine was awarded the right to wear the purple skufia. Upon completion of the Liturgy, the Metropolitan addressed worshippers with an edifying sermon on the meaning of Great Lent, as well as the life and labors of St. Gregory Palamas. After the service, a Panikhida was served on the occasion of the sixth anniversary of the repose of the ever-memorable Metropolitan Laurus (Skurla; +2008), fifth First Hierarch of the Russian Church Abroad.

Summer School of Liturgical Music: Registration is now open for the Summer School, which will be held between July 13 and July 26 this year. The Summer School of Liturgical Music at Holy Trinity Seminary was established with the blessing of the Rector of the Seminary, Metropolitan Laurus. The full course of study consists of three summer sessions, at the end of which the graduates will be certified as church choir directors and/or readers. Academic credit is given after successful completion of the third summer. A non-certification track is offered to those seeking enrichment in the area of Russian Orthodox Music, who do not intend to become church readers or choir directors. The course load, full or partial, may be agreed upon in consultation with the school administration. Instruction is given in Russian and English. While knowledge of Russian is helpful, it is not essential for study.

For information, contact:

Rev. Andre Papkov,
1110 Prospect Lane
Des Plaines, IL 60018
Tel. (847) 299-2585
musicschool@msn.com

Registration is available here:

<http://sslm.hts.edu/index.php?npage=6&lng=en>

Please remember that our parish does have a scholarship available for this course, and you will also see on the site that a partial course load is available.

St. John of Damascus Church School News: Due to the increased responsibilities of being the parish choir director, Laryssa Doohovskoy has stepped down as director of our Church School. Matushka Nancy Crowley will be taking over as director, meeting with the teachers periodically to discuss curriculum and other matters of organization and administration. We are grateful to Laryssa for having guided our Sunday School so smoothly all these years, as well as to Matushka Nancy for taking over the reins, in addition to her many responsibilities as Matushka of our parish.

Save the dates:

July 10-12, 2014 - Vacation Church School
July 27-August 3, 2014 - St. Seraphim Camp

Please remember, the church website has a page dedicated to the church school:

<http://www.stxenia.org/churchschool.html>

There you can find information about dates for our special events, pictures from past events, and curriculum guidelines broken down by age group.

In early April, we had an unexpected visitor: Olenka Zhar-sky was a missionary last year in the Turkana region of Kenya. She was stricken with cancer shortly after returning from the Turkana, but glory to God, she is doing well

now. It was a wonderful sight to see her bright face in church! Olenka was gracious enough to come down to the basement at the start of Sunday School and give a spontaneous talk about her experience as a missionary; her talk was doubtless part of the success of our Coin Box Mission, which raised a total of \$211.06 for the mission in Guatemala. Glory to God for putting things together so nicely!

As always, any questions or concerns about the Church School or its programs may be addressed to Matushka Nancy or Fr. Michael.

All-Diaspora Youth Conference: The 13th All-Diaspora Russian Orthodox Youth Conference is scheduled to be held on June 27-July 4, 2014, in San Francisco, CA. The forum will be devoted to missionary service through charity, and will coincide with a meeting of the Council of Bishops of the Russian Orthodox Church Outside of Russia, as well as the celebration of the 20th anniversary of the canonization of St John of Shanghai and San Francisco. Although preliminary work has begun at the Synodal Youth Department in New York for the last several months, work in earnest began in San Francisco in October. Protopriest Andrei Sommer, Vice President of the Synodal Youth Department, talks about the event: The conference registration fee is \$390.00. If there are any young people over 18 years old who would like to go but have financial needs, we can probably find some monies to help with in the parish funds. Please fill out an entire registration form for every person attending the conference and send the completed form via email to syezd2014@gmail.com. Submission deadline is March 30, 2014. Registration forms can be found at:

<http://www.synod.com/synod/vs13/envs13.html>

St. Seraphim Camp: Will be held July 27 through August 3. This will be a festive year marking more than 20 years of camping. Special activities are planned. A ropes course has been developed for boys where professional rappelling will be taught. Special celebrations will be planned.

Each campsite, with tents, houses approximately 20 children divided by gender and age. Each campsite has at least 2 adult counselors and 2 junior counselors to see to the comfort and safety of the campers. Daily morning and evening prayers, as well as religion classes, are conducted. The fasts of the Church are observed. Several clergy are always available to visit with campers as well as hear confessions and serve the various services. Of course the camp is replete with all sorts of sports, swimming, arts and crafts, bonfires and outdoor activities.

Registration for camp is handled by a cloud based service. You must create an account that will serve your whole family. The account can also be used for the yearly St. Herman Conference. Once the account is set up, you can register your children each year without having to go

through a lengthy process. All registrations are accomplished using a credit card or e-check.

The registration deadline is July 1, 2014. Up until the deadline the fee is only \$275.00 per child. After the deadline the fee increases to \$300. No guarantees can be made that space will be available after the deadline. Online registration is available at this site:

[https://thriva.activenetwork.com/Reg4/\(S\(ye1a24eyziosdqarw1w5mryq\)\)/Form.aspx?regkey=RpYOYPxE378wNjTYCkFkMw%3d%3d&qid=2296](https://thriva.activenetwork.com/Reg4/(S(ye1a24eyziosdqarw1w5mryq))/Form.aspx?regkey=RpYOYPxE378wNjTYCkFkMw%3d%3d&qid=2296)

The Patronesses of our Sisterhood are the Holy Myrrh-bearers, among whom is St. Mary Cleopa. Her Feast is on May 23.

Saint Mary Cleopa (wife of Cleophas) the Myrrh-Bearer, by Church tradition was a daughter of Righteous Joseph, Betrothed to the Most Holy Virgin Mary, from his first marriage, and she was still very young when the Most Holy Virgin was betrothed to Righteous Joseph and came into his household. The Holy Virgin Mary lived together with the daughter of Righteous Joseph, and they became close like sisters [whence the terminology in John's Gospel, 19: 25]. Righteous Joseph, upon his return with the Savior and the Mother of God from Egypt to Nazareth, gave his daughter in marriage to his younger brother Cleophas; for this reason she is called Mary Cleopa, i.e., wife of Cleophas. The blessed fruition of this marriage was the Priest Martyr Simeon, Disciple from the Seventy, kinsman of the Lord, and the Second Bishop of the Jerusalem Church (commemorated 27 April). The memory of Saint Mary Cleopa is celebrated also on the Third Sunday after Pascha, the Sunday of the Holy Myrrh-Bearing Women.

Source: Menologion 3.0

June is traditionally the month of weddings, so it is fitting that the Feast of Saints Peter and Febronia, whose intercession brings down blessings upon marriages, takes place on June 25.

Holy Prince Peter, in monasticism David, and Holy Princess Febronia, in monasticism Evphrosynia, Murom Wonderworkers: Holy Prince Peter was the second son of the Murom prince Yuri Vladimirovich. He entered upon the throne of Murom in the year 1203. Several years before this Saint Peter had fallen ill with leprosy, from which no one was able to heal him. In a dream vision it was revealed to the prince that the daughter of a bee-keeper would be able to heal him, the pious maiden Febronia, a peasant of Laskova village in Ryazan. Saint Peter sent his emissaries to this village. When the prince saw Saint Febronia, he so fell in love with her for her piety, wisdom and virtue, that he made a vow to marry her after being healed. Saint Febronia healed the prince and became his wife. The holy couple loved each other through all their ordeals. The haughty boyars did not wish to have a princess of commoner's origin, and they urged that the prince leave her. But Saint Peter refused, and so they banished the couple. They sailed off on a boat from their native city along the

River Oka. Saint Febronia continued to console Saint Peter. But soon the wrath of God fell upon the city of Murom, and the people urged, that the prince return together with Saint Febronia. The holy couple was famous for its piety and charity. They died on the same day and hour, 25 June 1228, having before this taken monastic tonsure with the names David and Evphrosynia. The bodies of the saints were put in the same grave. Saints Peter and Febronia showed themselves exemplary models of Christian marriage. By their prayers they bring down Heavenly blessing upon those entering into marriage.

Source: Menologion 3.0

DIRECTIONS TO ST. XENIA CHURCH:

From I-93 North or South take Exit 46, Routes 110 and 113 Dracut and Lawrence. If you were travelling North on I-93, take the exit and go around the rotary and under the highway. Follow the signs and bear right off the rotary for Route 110/113 Dracut. **If you were travelling South on I-93,** bear right at the bottom of the exit ramp towards Route 110/113 Dracut. Where Routes 110 and 113 split, bear right onto Route 113 towards Dracut. You will pass several cemeteries on your left, including the Polish National Catholic Cemetery. The very next gate on the left is the entrance to St. Xenia's. Please note that the church is on the left just before the Hickory Hill Golf course, so if you pass the golf course, you will have missed the church. Parking is available on church grounds.



ST. XENIA ORTHODOX CHURCH
P.O. Box 147 - Methuen, MA 01844
(phone) (978) 204-0428



MAY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr 27 (Apr 14) Antipascha, Thomas Sunday 9:30 Hours and Divine Liturgy 12:30 Prayers in Cemetery	Apr 28 (Apr 15) App Aristarchus, Pudens, and Trophimus of the 70	Apr 29 (Apr 16) Radonitsa VMM Agape, Irene, and Chionia	Apr 30 (Apr 17) HM Simeon, bp in Persia Fast: wine & oil	1 (Apr 18) Ven John, disciple of St. Gregory of Decapolis	2 (Apr 19) Ven John of the Ancient Caves in Palestine Fast: fish, wine & oil	3 (Apr 20) Ven Theodore Trichinas 5:30 All-Night Vigil
4 (Apr 21) 3rd Sunday of Pascha: The Myrrh-bearing Women. Tone 2 9:30 Hours and Divine Liturgy	5 (Apr 22) Ven Theodore the Sykeote	6 (Apr 23) Great-martyr and Wonderworker George	7 (Apr 24) M Sabbas Stratelates of Rome Fast: wine & oil	8 (Apr 25) Holy Apostle and Evangelist Mark	9 (Apr 26) HM Basil, bp of Amasea Fast: wine & oil	10 (Apr 27) HM Symeon the Kinsman of the Lord 5:30 All-Night Vigil
11 (Apr 28) 4th Sunday of Pascha: The Paralyzed Man. Tone 3 9:30 Hours and Divine Liturgy	12 (Apr 29) St. Basil, bp of Ostrog	13 (Apr 30) Ap James, the brother of St. John the Theologian	14 (May 1) Ven Paphnutius, abbot of Borovsk Fast: fish, wine & oil	15 (May 2) St. Athanasius the Great, abp of Alexandria	16 (May 3) MM Timothy the Reader and his wife Maura of Antioe in Egypt Fast: fish, wine & oil	17 (May 4) Synaxis of New Martyrs of Butovo 5:30 All-Night Vigil
18 (May 5) 5th Sunday of Pascha: The Samaritan Woman. Tone 4 9:30 Hours and Divine Liturgy	19 (May 6) Righteous Job the Long-suffering	20 (May 7) Apparition of the Precious Cross over Jerusalem in 351 A.D	21 (May 8) St. John the Theologian Fast: fish, wine, & oil	22 (May 9) Trans. of the relics of St. Nicholas the Wonderworker	23 (May 10) Apostle Simon the Zealot Fast: fish, wine & oil	24 (May 11) Ss. Cyril and Methodius 5:30 All-Night Vigil
25 (May 12) 6th Sunday of Pascha: The Blind Man Tone 5 9:30 Hours and Divine Liturgy	26 (May 13) VM Glyceria at Heraclea and with her M Laodicius, jailer	27 (May 14) Martyr Isidore of Chios	28 (May 15) Ven Pachomius the Great 6:30 Vigil of Ascension Fast: fish, wine & oil	29 (May 16) ASCENSION OF THE LORD 9:30 Hours & Divine Liturgy	30 (May 17) Ap Andronicus of the 70 and his fellow laborer Junia Fast: wine & oil	31 (May 18) Holy Fathers of Seven Ecumenical Councils 5:30 All-Night Vigil



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JUNE 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (May 19) 7th Sunday of Pascha: Fathers of the 1st Ecumenical Council. Tone 6 9:30 Hours and Divine Liturgy	2 (May 20) Uncovering of the relics of St. Alexis, met of Moscow and wonderworker of all Russia	3 (May 21) Ss. Constantine & Helen	4 (May 22) Ven Dodo of the St. David-Gareji Monastery Fast: wine & oil	5 (May 23) Uncovering of the relics of St. Leontius, bp and wonderworker of Rostov	6 (May 24) St. Xenia of Petersburg, fool-for-Christ (MP Glorification 1988) Fast: wine & oil	7 (May 25) 3rd Finding of the Head of St. John the Baptist 5:30 All-Night Vigil
8 (May 26) PENTECOST - Trinity Sunday 9:30 Hours and Divine Liturgy	9 (May 27) Day Of the Holy Spirit. Tone 7 Fast free	10 (May 28) Ven Nicetas, bp of Chalcedon Fast free	11 (May 29) VM Theodosia of Tyre Fast free	12 (May 30) Icon of the Most Holy Theotokos "Surety of Sinners" in Korets Fast free	13 (May 31) Apostle Hermes of the 70 Fast free	14 (Jun 1) M Justin the Philosopher, and those with him at Rome 5:30 All-Night Vigil Fast free
15 (Jun 2) 1st Sunday after Pentecost. All Saints. Tone 8 9:30 Hours and Divine Liturgy	16 (Jun 3) M Lucillian and those with him at Byzantium Fast	17 (Jun 4) St. Metrophanes, 1st patriarch of Constantinople Fast: wine & oil	18 (Jun 5) HM Dorotheos, bp of Tyre Fast	19 (Jun 6) Ven Bessarion the Wonderworker of Egypt Fast: wine & oil	20 (Jun 7) Ven Barlaam of Khutyn Fast	21 (Jun 8) St. Theodore, bp of Rostov and Suzdal 5:30 All-Night Vigil Fast: fish, wine & oil
22 (Jun 9) 2nd Sunday after Pentecost. All Russian Saints. Tone 1 9:30 Hours and Divine Liturgy Fast: fish, wine & oil	23 (Jun 10) HM Timothy, bp of Prusa Fast	24 (Jun 11) Holy App Bartholomew and Barnabas Fast: fish, wine & oil	25 (Jun 12) Ven Onuphrius the Great Fast	26 (Jun 13) M Aquilina of Byblos in Lebanon Fast: wine & oil	27 (Jun 14) Prophet Elisha Fast	28 (Jun 15) St. Jonah, met of Moscow 5:30 All-Night Vigil Fast: fish, wine & oil
29 (Jun 16) 3rd Sunday after Pentecost. Tone 2 9:30 Hours and Divine Liturgy Fast: fish, wine & oil	30 (Jun 17) MM Manuel, Sabel, and Ismael of Persia Fast	Jul 1 (Jun 18) Fast	Jul 2 (Jun 19) Fast	Jul 3 (Jun 20) Fast	Jul 4 (Jun 21) Fast	Jul 5 (Jun 22) 5:30 All-Night Vigil Fast: wine & oil