



# St. Xenia Parish News

170 North Lowell Street, Methuen, MA 01844

May - June 2015

## On the World and Family

*by Elder Ephraim*

**M**ay an angel of God, my child, follow you and show you the path of God and of your salvation. Amen; so be it. I pray that God gives you health of soul, for this is a special gift of sonship which is bestowed only upon those souls that have been completely devoted to the worship and love of God.

The world attracts the youth like a magnet; worldly things have great power over the newly enlightened soul that just started to find its bearings and see its purpose in life and the duty calling him. "Friendship with the world is enmity with God. Whoever, therefore, wants to be a friend of the world makes himself an enemy of God." God has stored up pleasures for eternity, for both He and our soul are eternal. There is no comparison between the pleasures of the world and the pure pleasures of God.

The pleasures of the world are obtained with toil and expenses, and after their momentary enjoyment, they are followed by various consequences, so that they are incorrectly called pleasures. The pleasures of God, however, do not have such consequences, because spiritual pleasures down here on earth are the first fruits of an eternal series of pleasures and delights in the kingdom of God. Whereas on the contrary, one who has been corrupted by the pleasures of the world is compelled to undergo eternal damnation along with the first instigator of corruption, the devil.

The time of our life, my child, has been given to us as a sum of money so that each of us may trade for his salvation, and depending on the trade we deal in, we shall become either rich or poor. If we take advan-

tage of the "money" of time by trading to increase our spiritual wealth, then we shall truly be skilled traders, and we shall hear the blessed voice: "Well done, good and faithful servant! You were faithful over a few things, I will make you ruler over many things. Enter into the joy of your Lord."

At the end of our life, an exact account will be demanded of each one of us: how and where we spent the money of time, and woe to us if we have squandered it in movie theaters, in entertainments, in debauchery, in futile dreams, in carnal pleasures. Then what defense will our tied tongue be able to utter, and how will we be able to lift up our eyes and see our Christ, when He enumerates the countless benefactions which His boundless love profusely poured upon us?

Now that we have time, now that the money of time has not yet been spent completely and we still have it at our disposal, let us reflect sensibly on the vagrant world that seeks to rob us. Let us push it away like a putrid dead dog, and with that money let us run to buy precious works which, when tried by fire, will become very bright—gifts worthy of our Holy God, fit to be used as a decoration in the holy Jerusalem of Heaven. We should not purchase chaff, that is, punishable works of darkness, for we shall go down with them into the eternal fire of damnation, where the multitude of people who embezzled God's gifts will reap whatever they sowed! Sow good works with tears, and then in a time of visitation you will reap the sheaves of enjoying eternal life!

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 15<sup>th</sup> of the month prior to publication to Father Michael at [frmichael@stxenia.org](mailto:frmichael@stxenia.org). Thank you.

**Rector:**

V. Rev. Michael Crowley  
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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
Secretary: Andrei Doohovskoy	(978) 835-2459
Treasurer: Dimitri Nikshych	(603) 659-0015
Sisterhood: Pamela Ann Reed	(978) 254-5043
Cemetery: Natalie Pishenin	(978) 658-5564
Choir Director: Laryssa Doohovskoy	(978) 841-5960
David Nettleton	(203) 895-7636
Alexis Rodzianko	(603) 275-8251
Anthony Sarantakis	(978) 263-2016
Peter Danas	(978) 459-9541
Roberto Gonzalez	(978) 692-1229

**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.**

A note about Trapeza etiquette: Standing, even for short periods of time, is often extremely difficult for older people and expectant mothers. It would be an act of Christian charity to allow them to collect their meal first and to be seated. It should go without saying that this courtesy should also be extended to visiting clergy.

**May**

- 3 Helen Doohovskoy and Marianne Dimatteo
- 10 Alexandra Gonzalez, Anna Mukhanov, Anna Kekis
- 17 Amy McLellen, Tanya Myers
- 24 Katia Fredette, Natasha Kirichuk, Lena Rodzianko
- 31 Pam Reed, Carolyn Savage, Diane Mendez

**June**

- 7/14/21/28 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:**

\*A big thank you to all the women who baked Kulich for our mini Sisterhood fund raiser. We quickly sold out! Thanks again!

\*Also, to the women who baked prosphora for Holy week, and cooked the red eggs for Pascha, thank you very much! It is so nice to get many people involved in all the things needed for our parish.

\*A big thank you to all the kids who helped with our "kids cleanup day", on Palm Sunday. It was a big success, and they really took pride in getting their Church and basement clean and neat!

\*Bright Monday festivities for the kids were really fun. There was a cook-out and egg hunt after the service. Thank you to Mary Doohovskoy and Ann Marie Hakim for organizing that!

\*April 26th was our Sisterhood Feast day, of the Myrrh-bearing women. Dave Nettleton organized all the men to prepare a wonderful meal for the parish. We could get used to this! Thanks very much.

\*A Parish Retreat is being planned with guest speaker, Fr. Christophe, a recently ordained priest in VA who has a Masters in Pastoral Counseling and a BA in early childhood psychology. The topic will be on Marriage and more details will be forthcoming.

\*The Sisterhood is beginning to plan a Fall Festival which will serve as our major fund raiser for the year. We are still working out details and hope to invite other parishes in this region as well. If you would like to be part of the planning, please contact Pam Reed. We will definitely need 'many hands' to help make it a success!

**Condolences** to the Emilianoff family on the passing of Michael on March 9. May his memory be eternal!

**Congratulations** to the Nettleton and Crowley Families who welcomed their new son/grandson, Theodore, into their family on March 9. Theodore was baptized on Holy Saturday, April 18, 2015. Many years to all!

**Please Remember In Your Prayers...** Dimitry Emelianoff, and Lilly Dombrowski. Please also note that Lilly always appreciates visitors and cards.

**Building Expansion:** The Parish Council is seeking a 'refresh' of the needs, constraints and ultimate goals of our desired building expansion. We ask that anyone who has information or comments to add to this discussion submit them in writing to the Secretary of the Parish Council, Andrei Doohovskoy. Andrei's email address is [andrei.doohovskoy@gmail.com](mailto:andrei.doohovskoy@gmail.com)

**St. John of Damascus Church School News:** 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.

Our Sunday school has nearly 50 students this year with 12 or so teachers. The children are being offered a range of instruction from Old Testament to the Services and Feasts and the Saints. Amy Elizabeth has helped a great deal in the organizing and developing of the curriculums and every Sunday the teachers are there offering instruction and guiding the children along in their studies. The parents should be sure to support this effort wherever the needs arise. One area which we should always be aware of is the maintenance of the basement areas. Sometimes the teachers may not have time to clean up as well as they would like or the children may play in the basement after Sunday School and we need to be sure these areas are picked up, cleaned and respected.

We have set the last day of Sunday School for **June 14th**. If possible, we would like to have an end of the year meeting with the teachers on **Sunday June 24th** during Trapeza.

**Vacation Church School:** Will be held July 9th and 10th from 10 to 1pm and Saturday the 11th from 2 to 4:30 with a dinner break before vigil for Saints Peter and Paul.

**St. Seraphim Camp:** Registration for the Aug 2-9, 2015 camp will begin in the spring. Since 1994, with the blessings of the ever-memorable Metropolitan Lavr, St. Seraphim Camp, through God's grace, has served thousands of youth from throughout the eastern US and beyond and is currently the largest Russian Orthodox camp in the West. For more information, please see: <http://www.stseraphimcamp.com/index.html>

**Choir News:** The choir is always looking for capable singers. If you are interested in singing in the choir, please see Laryssa Doohovskoy. Choir members are strongly encouraged to attend as many of the scheduled rehearsals as possible! We meet after Trapeza on Sundays.

**The St. Xenia Children's Choir** has two more classes scheduled – May 2 and May 16. We meet every other week from 3:30 – 5:00 pm. Dinner is provided at 5pm, Vigil begins at 5:30.

Please see Laryssa Doohovskoy for more information.

## News & Events:

### *Study on Church Giving by the Assembly of Canonical Orthodox Bishops of the USA:*

*To All ROCOR Clergy and Laity Interested in the Subject of "Orthodox Christians and Giving to the Church."* A national study "Exploring Orthodox Generosity: Giving in US Orthodox Parishes" has been launched by the Assembly of Canonical Orthodox Bishops of the USA.

We need and invite as many participants as possible. **Both Orthodox clergy and laity** are invited to take part in this unique project. The following are examples of the questions that the study will explore:

- Why do people give or don't give to their parishes?
- Are Church members satisfied with how "money matters" are handled in their parishes?
- How do parishioners make decisions on how much, when and why to give?
- What causes "boost" people's generosity and encourage greater giving?

The study is being conducted as an online survey. If you are interested and have a few minutes to share your thoughts, suggestions and concerns, click on the link below and complete the questionnaire.

<https://www.surveymonkey.com/r/OrthodoxGenerosity>

The study is anonymous: no names are asked and no individual responses will be shared with anyone.

We are grateful for your input on this unique study project. If you have questions or comments contact:

[OrthodoxGenerosity@gmail.com](mailto:OrthodoxGenerosity@gmail.com)

Alexei D. Krindatch, Research Coordinator  
Assembly of Canonical Orthodox Bishops of the United States of America.

### *From the website of the Synod of Bishops of the Russian Orthodox Church Outside of Russia:*

**May 11-22** His Grace Bishop Nicholas Will Lead a Pilgrimage to the Holy Land - With the blessing of His Eminence Metropolitan Hilarion of Eastern America and New York, Primate of the Russian Orthodox Church Outside of Russia, His Grace Bishop Nicholas of Manhattan, Vicar of the Eastern American Diocese, will lead a pilgrimage to the Holy Land on the Paschal days leading up to the feast of the Ascension. In addition to participation in divine services at the Holy Sepulcher of the Lord and in Bethlehem, the site of the Nativity of Christ, the group will visit holy sites in Jerusalem, Palestine, Galilee, the monasteries of the Russian Ecclesiastical Mission in Jerusalem and other places.

**November 1-16** Metropolitan Hilarion of Eastern America and New York will lead a pilgrimage to the holy sites of

Turkey. For further information, visit [tours@orthodoxtours.com](mailto:tours@orthodoxtours.com)

**Project Tikhvin** plans are developing for 2015. A group of young adults will travel to Russia to work on the restoration of the Monastery of the Entrance of the Mother of God in Tikhvin. This year we have been invited to have a youth choir to sing services as well as perform in a northern Russian village folk festival which draws thousands of people from across the area south of Lake Ladoga. We will also visit St. Petersburg and Moscow. We will be in Russia for about three weeks at the end of June until mid-July. We need to have a list of participants by just after Nativity. All participants must be 18 or older. The cost per person will be approximately \$1,200.00 and that will include airfare, lodging, much transportation and many meals. For further detailed information please contact Fr. Alexis Duncan at [fr.alexis.duncan@gmail.com](mailto:fr.alexis.duncan@gmail.com)

**The Holy Prophet Jeremiah, May 14/May 1**, one of the four great Old Testament prophets, was son of the priest Helkiah from the city of Anathoth near Jerusalem, and he lived 600 years before the Birth of Christ, under the Israelite king Josiah and four of his successors. He was called to prophetic service in his 15th year of life, when the Lord revealed to him, that even before his birth the Lord had assigned him to be a prophet. Jeremiah refused, pointing to his own youthfulness and lack of skill at speaking, but the Lord promised to be always with him and to watch over him. He touched the mouth of the chosen one and said: "Lo I do put Mine words into thy mouth, I do entrust unto thee from this day the fate of nations and kingdoms. By thine prophetic word wilt they fall and rise up" (Jer. 1: 9-10). And from that time Jeremiah prophesied for twenty-three years, denouncing the Jews for abandoning the True God and worshipping idols, predicting for them woes and devastating wars. He stood by the gates of the city, and at the entrance to the Temple, everywhere where the people gathered, and he exhorted them with imprecations and often with tears. But the people answered him with mockery and abuse, and they even tried to kill him.

Depicting the slavery to the king of Babylon impending for the Jews, Jeremiah at the command of God put on his own neck at first a wooden, and then an iron yoke, and thus he went about among the people. Enraged at the dire predictions of the prophet, the Jewish elders threw the Prophet Jeremiah into an imprisoning pit, filled with horrid slimy creatures, where he all but died. Through the intercession of the God-fearing royal-official Habdemelek, the prophet was pulled out of the pit but he did not cease with the prophecies, and for this he was carted off to prison. Under the Jewish king Zedekiah his prophesy was fulfilled: Nebuchadnezzar came, made slaughter of the nation, carried off a remnant into captivity, and Jerusalem was pillaged and destroyed. Nebuchadnezzar released the prophet from prison and permitted him to live where he wanted. The prophet remained at the ruins of Jerusalem

and bewailed the misfortune of his fatherland. According to tradition, the Prophet Jeremiah took the Ark of the Covenant with the Law-Tablets and hid it in one of the caves of Mount Nabath (Nebo), such that the Jews were no more able to find it (2 Mac. 2). Afterwards a new Ark of the Covenant was fashioned, but it lacked in the glory of the first.

Among the Jews remaining in their fatherland there soon arose internecine clashes: the viceroy of Nebuchadnezzar, Hodoliah, was murdered, and the Jews, fearing the wrath of Babylon, decided to flee into Egypt. The Prophet Jeremiah disagreed with their intention, predicting that the punishment which they feared, would befall them in Egypt. But the Jews would not hearken to the prophet, and taking him by force with them, they went into Egypt and settled in the city of Tathnis. And there the prophet lived for four years and was respected by the Egyptians, since with his prayer he killed crocodiles and other nasty creatures infesting these parts. But when he began to prophesy, that the king of Babylon would invade the land of Egypt and annihilate the Jews settled in it, the Jews then murdered the Prophet Jeremiah. In that very same year, the prophesy of the saint was fulfilled. There exists a tradition, that 250 years later Alexander the Great of Macedonia transported the relics of the holy Prophet Jeremiah to Alexandria.

The Prophet Jeremiah wrote his Book of "Prophecies" ("Jeremiah"), and also the Book of "Lamentations", -- about the Desolation of Jerusalem and the Exile. The times in which he lived and prophesied are spoken of in the 4th (2nd) Book of Kings (Ch. 23-25) and in the 2nd Book of Chronicles (36: 12) and in 2 Maccabees (Ch. 2).

In the Gospel of Matthew it points out, that the betrayal of Judas was foretold by the Prophet Jeremiah: "And they took thirty pieces of silver, the price of Him on Whom the sons of Israel had set a price, and they gave them over for the potter's field, as did say the Lord unto me" (Mt. 27: 9-10).

**The Holy Prophet Elisha (Elisei), June 27/June 14,** lived in the IX Century before the Birth of Christ, and was a native of the village of Abelmaum, near Jordan. By the command of the Lord he was called to prophetic service by the holy Prophet of God Eliah (Ilias, Elijah) (Comm. 20 July).

When it became time for the holy Prophet Eliah to be taken up to Heaven, he said to Elisha: "Ask, what shalt I do for thee, before that I be taken from thee". Elisha boldly asked for a double portion of the grace of God: "The Spirit, which be in thee, let it be upon me twofold".

The Prophet Eliah said: "Thou dost ask the difficult; if thou seest as I be taken from thee, then so shalt it be for thee, but if thou seest not, it wilt not be" (4 [2] Kings 2: 12). And when they went along the way and conversed, there appeared a fiery chariot and horses and parted them both. Elisha cried out: "My father, my father, the chariot of Israel and its horse!" (4 [2] Kings 2: 12). Picking up the cloak (mantle) of his teacher which fell from the sky, Elisha received the power and prophetic gift of Eliah. He spent more than 65 years in prophetic service, under six Israelite kings (from Ahab to Joash). "And in those days he trembled not before the prince, and no one could overcome him" (Sirach 48: 13 ["Sirach" in the canon of Old Testament books is found in Catholic but not Protestant English translations of the Bible, rendered as "Ecclesiasticus"]). The holy prophet worked numerous miracles. He divided the waters of the Jordan, having smitten it with the mantle of the Prophet Eliah; he made fit for drinking the waters of a Jericho spring; by an abundant bringing forth of water by his prayer he saved the armies of the kings of Israel and Judah that stood in an arid wilderness; he delivered a poor widow from death by starvation through a miraculous increase of oil in a vessel. The Shunamite woman showing hospitality to the prophet was gladdened by the birth of a son through his prayer, and when the child died, he was raised back to life by the prophet. The Syrian military-commander Namaan was healed from leprosy but the servant of the prophet, Gehazi, was afflicted since he disobeyed the prophet and on the sly took money from Namaan. Elisha predicted to the Israelite king Joash the victory over his enemies and by the power of his prayer worked many other miracles (4 [2] Kings 3-13). The holy Prophet Elisha died in old age at Samaria. "And in life he worked miracles, and at death astounding was his deed" (Sir. 48: 15). A year after his death, a corpse was thrown into the cave wherein lay his remains, and came alive by a mere touch to his bones. The Prophet Elisha, just like his teacher the Prophet Eliah, left behind them no books, since their prophetic preaching was but oral. Jesus, son of Sirach, inscribed eulogistic praise to both the great prophets (Sir. 48: 1-15).

Saint John Damascene compiled a canon in honour of the Prophet Elisha, and at Constantinople a church was built in his name.

Julian the Apostate (361-363) gave orders to burn the relics of the Prophet Elisha, Abdia (Obadiah) and John the Forerunner, but the remains of the holy relics were preserved by believers, and part of them were transferred to Alexandria.



**ST. XENIA ORTHODOX CHURCH**  
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**MAY 2015**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr 26 (Apr 13) 3rd Sunday of Pascha: The Myrrh-bearing Women. Tone 2 9:30 Hours and Divine Liturgy	Apr 27 (Apr 14) St. Martin the Confessor, pope of Rome	Apr 28 (Apr 15) App Aristarchus, Pudens, and Trophimus of the 70	Apr 29 (Apr 16) VMM Agape, Irene, and Chionia in Illyria  Fast	Apr 30 (Apr 17) HM Simeon, bp in Persia, and those with him	1 (Apr 18) Ven John, disciple of St. Gregory of Decapolis  Fast: wine & oil	2 (Apr 19) Ven John of the Ancient Caves in Palestine  5:30 All-Night Vigil
3 (Apr 20) 4th Sunday of Pascha: The Paralyzed Man. Tone 3 9:30 Hours and Divine Liturgy	4 (Apr 21) HM Januarius, bp of Benevento	5 (Apr 22) Ven Theodore the Sykeote, bp of Anastasiopolis	6 (Apr 23) Glorious GM and Wonderworker George  Fast: fish, wine & oil	7 (Apr 24) M Sabbas Stratelates of Rome	8 (Apr 25) Holy Apostle and Evangelist Mark  Fast: fish, wine & oil	9 (Apr 26) Synaxis of New Martyrs of Butovo  5:30 All-Night Vigil
10 (Apr 27) 5th Sunday of Pascha: The Samaritan Woman. Tone 4 9:30 Hours and Divine Liturgy	11 (Apr 28) App Jason and Sosipater of the 70 and comp.	12 (Apr 29) St. Basil, bp of Ostrog in Serbia	13 (Apr 30) Ap James, brother of St. John  Fast: fish, wine & oil	14 (May 1) Prophet Jeremiah	15 (May 2) St. Athanasius the Great, abp of Alexandria  Fast: fish, wine & oil	16 (May 3) MM Timothy the Reader and his wife Maura  5:30 All-Night Vigil
17 (May 4) 6th Sunday of Pascha: The Blind Man. Tone 5 9:30 Hours and Divine Liturgy	18 (May 5) GM Irene of Thessalonica	19 (May 6) Righteous Job the Long-suffering	20 (May 7) Apparition of the Sign of the Cross over Jerusalem  Fast: fish, wine & oil	21 (May 8) <b>ASCENSION OF THE LORD</b> St. John the Theologian	22 (May 9) Prophet Isaiah  Fast: fish, wine & oil	23 (May 10) Apostle Simon the Zealot  5:30 All-Night Vigil
24 (May 11) 7th Sunday of Pascha: Fathers of the 1st Council. Tone 6 9:30 Hours and Divine Liturgy	25 (May 12) St. Epiphanius, bp of Cyprus	26 (May 13) VM Glyceria at Heraclea	27 (May 14) St. Isidore, fool-for-Christ of Rostov  Fast: wine & oil	28 (May 15) Ven Pachomius the Great,	29 (May 16) Ven Theodore the Sanctified  Fast: wine & oil	30 (May 17) Ap Andronicus of the 70  5:30 All-Night Vigil
31 (May 18) <b>PENTECOST</b>  9:30 Hours and Divine Liturgy	Jun 1 (May 19) <b>Holy Spirit Day</b> Ven Cornelius, abbot of Komel  Fast free	Jun 2 (May 20) St. Alexis, met. of Moscow  Fast free	Jun 3 (May 21) Ss. Constantine & Helen  Fast free	Jun 4 (May 22) Icon "Surety of Sinners"  Fast free	Jun 5 (May 23) Ven Michael the Confessor  Fast free	Jun 6 (May 24) Ven Symeon Stylites  5:30 All-Night Vigil  Fast free



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**JUNE 2015**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May 31 (May 18)</b> <b>PENTECOST</b>  9:30 Hours and Divine Liturgy	<b>1 (May 19)</b> <b>Day of the Holy Spirit</b> Ven Cornelius, abbot of Komel  Fast free	<b>2 (May 20)</b> St. Alexis, met. of Moscow and wonderworker of all Russia  Fast free	<b>3 (May 21)</b> Ss. Constantine & Helen  Fast free	<b>4 (May 22)</b> Icon of the Most Holy Theotokos "Surety of Sinners" in Korets  Fast free	<b>5 (May 23)</b> Ven Michael the Confessor, bp of Synnada  Fast free	<b>6 (May 24)</b> Ven Symeon Stylites of the Wonderful Mountain  5:30 All-Night Vigil  Fast free
<b>7 (May 25)</b> 1st Sunday after Pentecost. All Saints. Tone 8 9:30 Hours and Divine Liturgy	<b>8 (May 26)</b> Ap. Carpus of the Seventy and Alphaeus  Fast	<b>9 (May 27)</b> St. Bede the Venerable  Fast: wine & oil	<b>10 (May 28)</b> St. Ignatius, bp and wonderworker of Rostov  Fast	<b>11 (May 29)</b> VM Theodosia of Tyre  Fast: wine & oil	<b>12 (May 30)</b> Ven Barlaam of Khutyn  Fast	<b>13 (May 31)</b> Ap Hermes of the 70  5:30 All-Night Vigil  Fast: fish, wine & oil
<b>14 (Jun 1)</b> 2nd Sunday after Pentecost. All Russian Saints. Tone 1 9:30 Hours and Divine Liturgy  Fast: fish, wine & oil	<b>15 (Jun 2)</b> St. Nicephorus the Confessor, pat. of Constantinople  Fast	<b>16 (Jun 3)</b> M Lucillian and comp.  Fast: wine & oil	<b>17 (Jun 4)</b> St. Metrophanes, first pat. of Constantinople  Fast	<b>18 (Jun 5)</b> HM Dorotheos, bp of Tyre  Fast: wine & oil	<b>19 (Jun 6)</b> Ven Bessarion the Wonderworker of Egypt  Fast	<b>20 (Jun 7)</b> M Theodotus of Ancyra  5:30 All-Night Vigil  Fast: fish, wine & oil
<b>21 (Jun 8)</b> 3rd Sunday after Pentecost. Tone 2  9:30 Hours and Divine Liturgy  Fast: fish, wine & oil	<b>22 (Jun 9)</b> St. Cyril, abp of Alexandria  Fast	<b>23 (Jun 10)</b> HM Timothy, bp of Prusa  Fast: wine & oil	<b>24 (Jun 11)</b> App Bartholomew and Barnabas  Fast: wine & oil	<b>25 (Jun 12)</b> Ven Onuphrius the Great  Fast: wine & oil	<b>26 (Jun 13)</b> M Aquilina of Byblos  Fast	<b>27 (Jun 14)</b> Prophet Elisha  5:30 All-Night Vigil  Fast: fish, wine & oil
<b>28 (Jun 15)</b> 4th Sunday after Pentecost. Tone 3  9:30 Hours and Divine Liturgy  Fast: fish, wine & oil	<b>29 (Jun 16)</b> St. Tychon, bp of Amathus  Fast	<b>30 (Jun 17)</b> MM Manuel, Sabel, and Ismael of Persia  Fast: wine & oil	<b>Jul 1 (Jun 18)</b>   Fast	<b>Jul 2 (Jun 19)</b>   Fast	<b>Jul 3 (Jun 20)</b>   Fast	<b>Jul 4 (Jun 21)</b>   5:30 All-Night Vigil  Fast: wine & oil