

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1745 9th Hr & Vespers	2 1745 9th Hr & Vespers	3 <i>Fast Day</i> 1800 Paraklesis	4 US Independence Day  1745 9th Hr & Vespers	5 <i>Fast Day</i> 1745 9th Hr & Vespers 1845 Discovering Orth.	6 1745 9th Hr & Vespers
7 5th Sunday of Matthew 0845 Matins 1000 Divine Liturgy	8 1745 9th Hr & Vespers	9 1745 9th Hr & Vespers	10 <i>Fast Day</i> 1800 Paraklesis	11 1745 9th Hr & Vespers	12 <i>Fast Day</i> 1745 9th Hr & Vespers 1845 Discovering Orth.	13 1745 9th Hr & Vespers
14 6th Sunday of Matthew 0845 Matins 1000 Divine Liturgy	15 1745 9th Hr & Vespers	16 1745 9th Hr & Vespers	17 <i>Fast Day</i> 1800 Paraklesis	18 Noon Ladies' Luncheon 1745 9th Hr & Vespers	19 <i>Fast Day</i> 1745 9th Hr & Vespers 1845 Discovering Orth.	20 Feast of Prophet Elias 0900 Matins 1000 Divine Liturgy 1745 9th Hr & Vespers
21 Sunday of the Holy Fathers of the Fourth Ecumenical Council 0845 Matins 1000 Divine Liturgy	22 1745 9th Hr & Vespers	23 1745 9th Hr & Vespers	24 <i>Fast Day</i> 1800 Paraklesis	25 1745 9th Hr & Vespers	26 <i>Fast Day*</i> Feast of St Paraskevi 0600 Matins 0700 Divine Liturgy 1745 9th Hr & Vespers 1845 Discovering Orth.	27 Feast of St Panteleimon 0900 Matins 1000 Divine Liturgy 1745 9th Hr & Vespers
28 8th Sunday of Matthew 0845 Matins 1000 Divine Liturgy	29 1745 9th Hr & Vespers	30 1745 9th Hr & Vespers	31 <i>Fast Day</i> 1800 Paraklesis			

Fasting

Fast Day: Wednesdays and Fridays are fast days according to the ancient tradition of the Orthodox Church. On Wednesday, we recall the betrayal of Judas. On Friday, we recall the crucifixion of the Lord.

On fast days, we abstain from (a) all vertebrate products, including meat, dairy items, and fish (by "fish" we mean vertebrate fish; shellfish, however, may be consumed on any day), (b) olive oil, and (c) wine (as well as all alcohol).

*When certain Feasts fall on Wednesday or on Friday, consumption of oil and wine is permitted.

Ἱερός Ναός Ἁγίου Νικολάου



HOLY CHURCH OF SAINT
NICHOLAS

Revised 12-03-2018