



BYZANTINE-KYIVAN LITURGICAL CALENDAR AM 7534 / AD 2025/26

GLORY TO JESUS CHRIST! The Society of Saint John Chrysostom liturgical calendar conveniently lists the feasts, fasts and liturgical readings for each day of the year according to the Kyivan recension of the Byzantine rite, as celebrated by the Ukrainian Greek Catholic Church (UGCC). It is presented according to the Gregorian calendar and Paschalion, as in the Eparchy of the Holy Family of London and many other places in the Ukrainian diaspora.

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 Kyiv sprang; others come from the shared tradition of Kyivan 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 while, 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 been relaxed or adapted to different circumstances across the world and society. In Byzantine Christianity fasting is traditionally 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 used in this calendar is drawn from the Typikon of Venerable Sabbas the Sanctified, which remains the primary point of reference for East Slavic liturgical life. The rule prescribes *xerophagy* ('dry

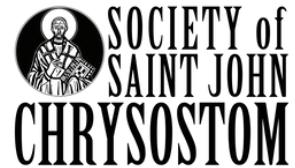
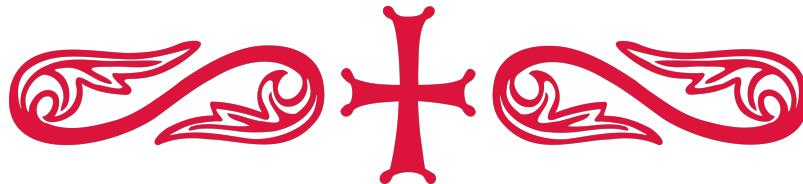
eating') for most Wednesdays and Fridays of the year, in which no meat, eggs, dairy, fish, oil or wine are consumed, and nothing at all until the evening meal, or at least until the ninth hour (around 3pm). This is also observed daily throughout the Great Fast (Lent), the Apostles' Fast, the Dormition Fast and the Nativity Fast, although fish, oil and wine are permitted on certain days, depending on the feast and 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.

The minimum fasting rule, to which all Ukrainian Greek Catholics are bound, is governed according to canon 115 of the Particular Law of the UGCC. As there is yet no official translation of this canon into English, we have attached an unofficial translation as an appendix. It proscribes meat products on most Fridays of the year; on Mondays, Wednesdays and Fridays of Lent, the entire first week and Holy Week; and Wednesdays and Fridays of the Apostles' and Dormition fasts, as well as various days throughout the year.

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' (Saint Basil the Great, *Homily II on Fasting*). Equally, however, 'the more you deny the flesh, the more you render the soul radiant with spiritual health.' (*Ibid.*) ✝

SEPTEMBER 2025

СЕПТЕМВРІЙ ЗФАД



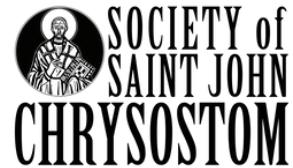
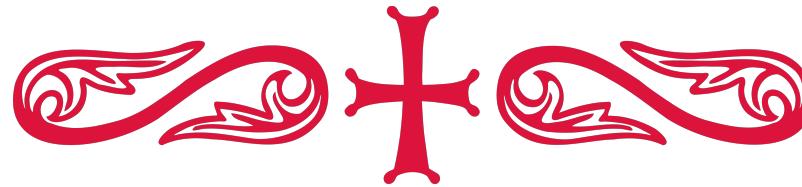
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 + Beginning of the Indiction Venerable Symeon the Styliste Synaxis of the Most Holy Theotokos of Miasenē + Tim. 2: 1-7; Lk. 4:16-22 2 Cor. 8:7-15; Mk. 3:6-12	2 Martyr Mamas of Cæsarea Venerable John the Faster, Patriarch of Constantinople 2 Cor. 8:16-9:5 Mk. 3:13-19	3 Hieromartyr Anthimos of Nicomedia Venerable Theoktistos 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 Collosæ Martyrs Eudoxios & companions Ven. Archippus of Hieropolis 1 Cor. 2:6-9 Mt. 22:15-22
2 7 <i>Sunday before the Exaltation</i> 13 th 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 <i>Afterfeast of the Nativity of the Most Holy Theotokos</i> + Holy & Righteous Ancestors of God Joachim & Anna Phil. 2:5-11 Lk. 10:38-42; 11:27-28	9 <i>Afterfeast of the Nativity of the Most Holy Theotokos</i> + Holy & Righteous Ancestors of God Joachim & Anna 2 Cor. 12:20-13:2 Mk. 4:24-34	10 <i>Afterfeast of the Nativity of the Most Holy Theotokos</i> Martyrs Menodora, Metrodora & Nymphodora 2 Cor. 13:3-13 Mk. 4:35-41	11 <i>Afterfeast of the Nativity of the Most Holy Theotokos</i> Venerable Theodora of Alexandria Gal. 1:1-10, 20-25 Mk. 5:1-20	12 <i>+ Leavetaking of the Nativity of the Most Holy Theotokos</i> Hieromartyr Autonomus of Italy Gal. 2:6-10 Mk. 5:22-24, 35-6:1	13 <i>Saturday before the Exaltation</i> + 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  <i>14th Sunday after Pentecost: Tone V</i> UNIVERSAL EXALTATION OF THE PRECIOUS & LIFE-GIVING CROSS 1 Cor. 1:18-24 Jn. 19:6-11, 13-20, 25-28, 30-35	15 <i>Afterfeast of the Exaltation</i> + Great-Martyr Nicetas the Goth Gal. 2:11-16 Mk. 5:24-34	16 <i>Afterfeast of the Exaltation</i> + Great-Martyr Euphemia the All-Praised of Chalcedon Gal. 2:21-3:7 Mk. 6:1-7	17 <i>Afterfeast of the Exaltation</i> Martyrs Sophia & her daughters Faith, Hope & Charity at Rome Gal. 3:15-22 Mk. 6:7-13	18 <i>Afterfeast of the Exaltation</i> Venerable Eumenios, Bishop of Gortinia Gal. 3:23-4:5 Mk. 6:30-45	19 <i>Afterfeast of the Exaltation</i> Martyrs Trophymos, Sabbatios & Dorimedontos Gal. 4:8-21 Mk. 6:45-53	20 <i>Saturday after the Exaltation</i> + Great-Martyr Eustathius of Rôme + Martyr Michael, Wonderworker of Chernihiv 1 Cor. 1:26-29 Jn. 8:21-30
5 21 <i>+ Sunday after, and Leavetaking of the Exaltation of the Precious Cross</i> 15 th Sunday after Pentecost: Tone VI Apostle Kodratros of Athens, of the Seventy Gal. 2:16-20 Mk. 8:34-9:1	22 Holy Prophet Jonah Hieromartyr Phocas, Bishop of Sinopë Venerable Jonah the Presbyter Gal. 4:28-5:10 Mk. 6:54-7:8	23 <i>+ Conception of the Holy Prophet, Forerunner & Baptist John</i> Gal. 5:11-21 Mk. 7:5-16	24 <i>+ Holy Protomartyr & Equal-to-the-Apostles Thekla of Ikonion</i> Gal. 6:2-10 Mk. 7:14-24	25 Venerable Euphrosynë of Alexandria Eph. 1:1-9 Mk. 7:24-30	26  REPOSE OF THE HOLY APOSTLE & EVANGELIST JOHN THE THEOLOGIAN + 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.
28 <i>16th Sunday after Pentecost: Tone VII</i> + Venerable Chariton the Confessor, Abbot of Palestine Synaxis of the Venerable Fathers of the Kyiv Caves Hieromartyr Nykyta Budka 2 Cor. 6:1-10; Mt. 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				

⊕ 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

OCTOBER 2025

ОКТЯБРІЙ ЗФЛД

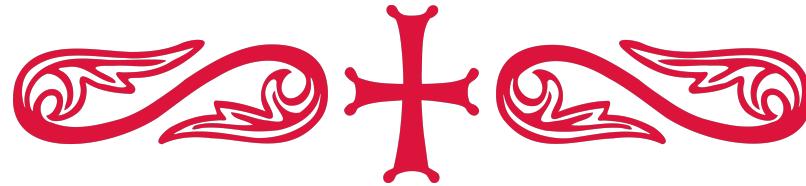


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
<i>17th Sunday after Pentecost: Tone VIII</i> Martyr Charitina of Amisus <small>2 Cor. 6:16-7:1 Mt. 15:21-28</small>	+ Holy & Glorious Apostle Thomas <small>+ 1 Cor. 4:9-16; Jn. 20:19-31 Eph. 4:25-32; Lk. 3:19-22</small>	◎ Martyrs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

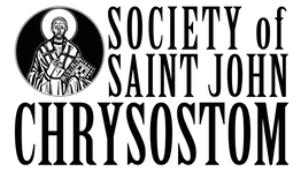
⊕ CLASS I (GREAT FEAST) ♣ CLASS II (VIGIL) ♦ CLASS III (POLYELEOS) ◊ CLASS IV (GREAT DOXOLOGY) ◈ CLASS V (SIX STICHERA) ① EOTHINON

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

NOVEMBER 2025



Новембер 2025

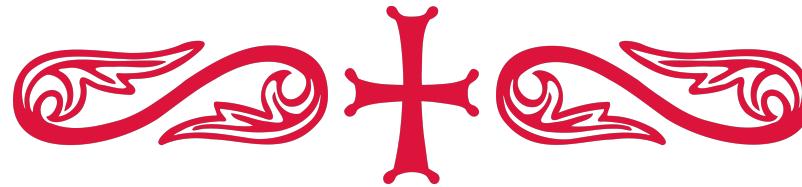


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 <i>28th Sunday after Pentecost: Tone VIII</i> + Holy & All-Praised Apostle Andrew the First-Called Eph. 4:1-7; Lk. 10:25-37 + 1 Cor. 4:9-16; Jn. 1:35-51						1 + Hieromartyr Theodore Romzha, Bishop of Mukachevo + Holy Wonderworkers & Unmercenaries 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 Acepsimas, 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 Melitenë 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 Chrysostom, Archbishop of Constantinople 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 Thetotokos</i> + Venerable Iosaphata Hordashevskaya Venerable Gregory Dekapolites + Gal. 2:16-20; Mt. 26:6-13 1 Thess. 5:1-8; Lk. 11:47-12:1 Heb. 9:1-7 Lk. 10:38-42; 11:27-28	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 Thetotokos</i> Apostles Philemon & Archippus, Martyrs Apphia & Onyssimos 2 Cor. 11:1-6 Lk. 9:1-6
23 <i>Afterfeast of the Entrance of the MHT</i> <i>24th Sunday after Pentecost: Tone VII</i> 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 Thetotokos</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 Thetotokos</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 Styliste 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

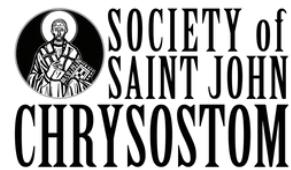
⊕ CLASS I (GREAT FEAST) ♣ CLASS II (VIGIL) ♦ CLASS III (POLYELEOS) ♠ CLASS IV (GREAT DOXOLOGY) ☩ CLASS V (SIX STICHERA) ① EOTHINON

⊗ 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 ЗФД



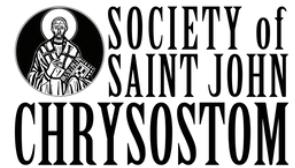
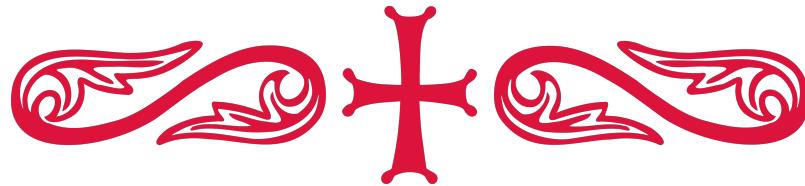
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1	2	3	4	5	6	
	Holy Prophet Naum (Nahum) 1 Tim. 1:1-7 Lk. 14:12-15	Holy Prophet Avvakum (Habbakuk) Hieromartyr Ivan Slezuk, Bishop of Ivano-Frankivsk's 1 Tim. 1:8-14 Lk. 14:25-35	Holy Prophet Sophonias (Zephaniah) 1 Tim. 1:18-20, 2:8-15 Lk. 15:1-10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

JANUARY 2026

ІАННУАРІЙ ЗФЛД

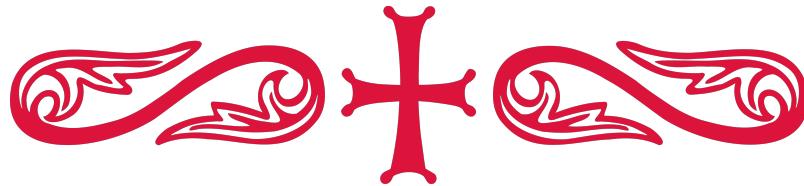


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				CIRCUMCISION OF OUR LORD JESUS CHRIST Holy Father Basil the Great Col. 2:8-12; Lk. 2:20-21, 40-52 Heb. 7:26-8:2; Lk. 6:17-23	Forefeast of the Theophany Holy Father Sylvester, Pope of Rome Heb. 11:8-11:16 Mk. 9:33-41	Saturday before the Theophany Holy Prophet Malachias Martyr Gordios of Cappadocia 2 Tim. 3:13-4:5 Mt. 3:1-11
4	5	6	7	8	9	10
Sunday before the Theophany Synaxis of the Seventy Apostles Venerable Theoktistos, Hegumen of the Koukouma Monastery in Sicily 2 Tim. 4:5-8 Mk. 1:1-8	Eve of the Theophany Martyrs Theopemptos, bishop of Nicomedia, & Theonias Venerable Syncletia of Alexandria 1 Cor. 9:19-27 Lk. 3:1-18	Theophany of Our Lord Jesus Christ Tit. 2:11-14; 3:4-7 Mt. 3:13-17	Afterfeast of the Theophany Synaxis of the Holy Prophet, Forerunner & Baptist John Acts 19:1-8; Jn. 1:29-34 Jas. 1:1-18; Mk. 10:11-16	Afterfeast of the Theophany Ven. George the Chozebite Ven. Domnica of Constantinople Jas. 1:19-27 Mk. 10:17-27	Afterfeast of the Theophany Martyr Polyeuktos of Melitene in Armenia Jas. 2:1-13 Mk. 10:23-32	Saturday after the Theophany Holy Father Gregory of Nyssa Venerable Dometian of Melitene Ven. Marcian of Constantinople Eph. 6:10-17 Mt. 4:1-11
11	12	13	14	15	16	17
Sunday after the Theophany † Venerable Theodosios the Great Eph. 4:7-13; Mt. 4:12-17 + 2 Cor. 4:6-15; Mt. 11:27-30	Afterfeast of the Theophany Martyr Tatiana of Rome Jas. 2:14-26 Mk. 10:46-52	Afterfeast of the Theophany Martyrs Hermylus & Stratonicus Jas. 3:1-10 Mk. 11:11-23	Leavetaking of the Theophany Ven. Fathers slain at Sinai & Raithu Holy Equal-to-the-Apostles Nina, Enlightener of Georgia Jas. 3:11-4:6 Mk. 11:23-26	Afterfeast of the Theophany Venerable Fathers Paul of Thebes & John the Hut-dweller Jas. 4:7-5:9 Mk. 11:27-33	Veneration of the Precious Chains of the Apostle Peter 1 Pet. 1:1-2, 10-12, 2:6-10 Mk. 12:1-12	† Venerable Anthony the Great Heb. 13:17-21 Lk. 6:17-23
18	19	20	21	22	23	24
32nd Sunday after Pentecost: Tone VII SUNDAY OF ZACCHAEUS Holy Fathers Athanasios the Great & Cyril, Patriarchs of Alexandria 1 Tim. 4:9-15 Lk. 19:1-10	† Venerable Makarios the Great of Egypt 1 Pet. 2:21-3:9 Mk. 12:13-17	† Venerable Euthymios the Great + Heb. 13:17-21; Lk. 6:17-23 1 Pet. 3:10-22; Mk. 12:18-27	Venerable Maximos the Confessor 1 Pet. 4:1-11 Mk. 12:28-37	Holy Apostle Timothy of the Seventy 1 Pet. 4:12-5:5 Mk. 12:38-44	Hieromartyr Clement of Ankyra Thirteen Martyrs of Pratinu † 2 Pet. 1:1-10; Mk. 13:1-8 † Eph. 6:10-17; Mt. 10:16-22	Venerable Xenia of Rome 2 Tim. 2:11-19 Lk. 18:2-8
25	26	27	28	29	30	31
Beginning of the Triodion: Tone VIII SUNDAY OF THE PUBLICAN & THE PHARISEE 2 Tim. 3:10-15 Lk. 18:10-14	Venerable Xenophon & Maria 2 Pet. 1:20-2:9 Mk. 13:9-13	† Translation of the Relics of Holy Father John Chrysostom + Heb. 7:26-8:2; Jn. 10:9-16 2 Pet. 2:9-22; Mk. 13:14-23	† Venerable Ephraim the Syrian Venerable Isaac the Syrian 2 Pet. 3:1-18 Mk. 13:24-31	† Translation of the Relics of Hieromartyr Ignatios of Antioch 1 Jn. 1:8-2:6 Mk. 13:31-14:2	The Three Great Holy Hierarchs Basil the Great, Gregory the Theologian & John Chrysostom Heb. 13:7-16; Mt. 5:14-19	† Holy Wonderworkers & Unmercenaries Cyrus & John 2 Tim. 3:1-9 Lk. 20:45-21:4

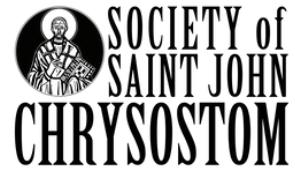
⊕ CLASS I (GREAT FEAST) ♣ CLASS II (VIGIL) ♦ CLASS III (POLYELEOS) ♠ CLASS IV (GREAT DOXOLOGY) ☩ CLASS V (SIX STICHERA) ① EOTHINON

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

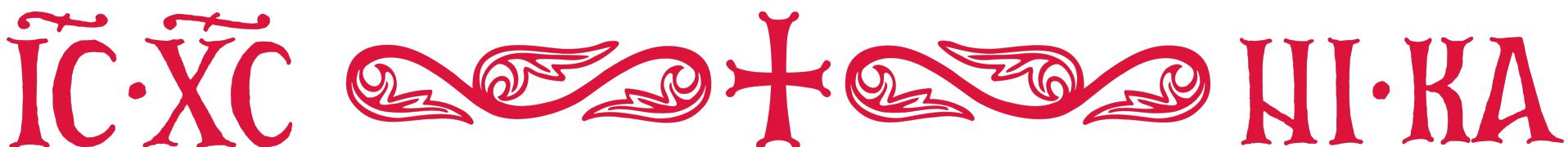
FEBRUARY 2026



ФЕБРУАРІЙ ЗФЛД



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	<i>Tone I</i> SUNDAY OF THE PRODIGAL SON □ Forefeast of the Encounter Martyr Tryphon of Campsada 1 Cor. 6:12-20 Lk. 15:11-32	2  ENCOUNTER OF OUR LORD JESUS CHRIST □ Heb. 7:7-17 □ Lk. 2:22-40	3 <i>Afterfeast of the Encounter</i> □ Righteous Simeon the God-receiver & Prophetess Anna □ Heb. 9:11-14; Lk. 1:22-38 □ 1 Jn. 3:10-20; Mk. 14:10-42	4  <i>Afterfeast of the Encounter</i> Venerable Monk Isidore of Pelusion □ Jn. 3:21-4:6 □ Mk. 14:43-15:1	5 <i>Afterfeast of the Encounter</i> Holy Martyr Agatha of Palermo in Sicily □ Jn. 4:20-5:21 □ Mk. 15:1-15	6  <i>Afterfeast of the Encounter</i> Venerable Bucolos of Smyrna Hieromartyr Sylvanus of Emessa □ Jn. 1:1-13 □ Mk. 15:22-25, 33-41	7 * SOUL SATURDAY * Lampsacus on the Hellespont Repose of Hieromartyr Petro 1 Cor. 10:23-28; Lk. 21:8-9, 25-27, 33-36 * 1 Thess. 4:13-17; Jn. 5:24-30 *
2	8 <i>Meatfare Sunday: Tone II</i> SUNDAY OF THE LAST JUDGEMENT □ Great-Martyr Theodore Stratelates Holy Prophet Zechariah 1 Cor. 8:8-9; Mt. 25:31-46	9  Martyr Nicephoros of Antioch	10  Hieromartyr Harolampos the Wonderworker of Magnesia	11  Hieromartyr Blaise of Sebaste	12  Holy Father Meletios, Archbishop of Antioch	13  Venerable Martinian of Caesarea, Holy Zoë & Virgin Photina	14  + Repose of Venerable Cyril, Teacher of the Slavs Venerable Maron the Hermit Rom. 14:19-26; Mt. 6:1-13 + Gal. 5:22-6:2; Mt. 11:27-30
3	15  <i>Cheesefare Sunday: Tone III</i> SUNDAY OF FORGIVENESS Apostle Onesimos of the Seventy Rom. 13:11-14:4 Mt. 6:14-21	16  <i>Monday of Clean Week: The Beginning of the Great Fast (Lent)</i> Martyrs Pamphilios, Valens & those with them at Caesarea Is. 1:1-20 Gen. 1:1-13 Prov. 1:1-20	17  <i>Tuesday of Clean Week</i> □ Great-Martyr Theodore the Tyro Is. 1:19-2:3 Gen. 1:14-23 Prov. 1:20-33	18  <i>Wednesday of Clean Week</i> Holy Father Leo the Great, Pope of Rome Is. 2:3-11 Gen. 1:24-2:3 Prov. 2:1-22	19  <i>Thursday of Clean Week</i> Apostles Archippos and Philemon of the Seventy and Martyr Apphia Is. 2:11-21 Gen. 2:20-3:20 Prov. 3:1-18	20  <i>Friday of Clean Week</i> Venerable Leo of Catania Is. 3:1-14 Gen. 2:20-3:20 Prov. 3:19-34	21  1st Saturday of the Great Fast □ GREAT-MARTYR THEODORE TYRO Heb. 1:1-12; Mk. 2:23-35 2 Tim. 2:1-10; Jn. 15:17-16:2
4	22  <i>1st Sunday of the Great Fast: Tone I</i> TRIUMPH OF ORTHODOXY Uncovering of the Relics of the Holy Martyrs at the Gate of Eugenios at Constantinople Heb. 11:24-26; 11:32-12:2 Jn. 1:43-51	23  Hieromartyr Polycarp, Bishop of Smyrna	24  + First & Second Findings of the Head of the Holy Prophet, Forerunner & Baptist John Is. 5:7-16 Gen. 4:8-15 Prov. 5:1-15	25  Holy Father Tarasios, Archbishop of Constantinople Is. 5:16-25 Gen. 4:16-26 Prov. 5:15-6:3	26  Holy Father Porphyrios of Gaza Is. 6:1-12 Gen. 5:1-24 Prov. 6:3-20	27  Venerable Prokopios the Confessor of Decapolis Is. 7:1-14 Gen. 5:32-6:8 Prov. 6:20-7:1	28  2nd Saturday of the Great Fast * SOUL SATURDAY * Venerable Basil the Confessor, companion of Prokopios Heb. 3:12-16; Mk. 1:35-44 * 1 Thess. 4:13-17; Jn. 5:24-30 *

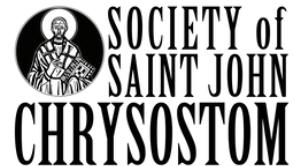
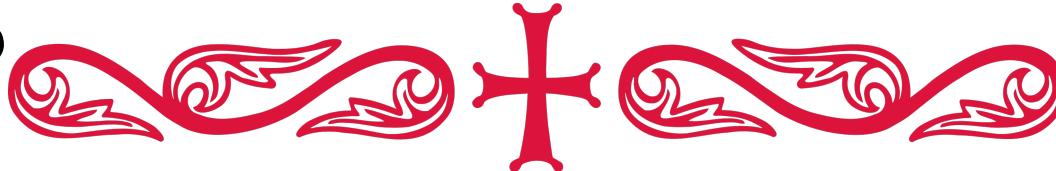


⊕ CLASS I (GREAT FEAST) ♀ CLASS II (VIGIL) + CLASS III (POLYELEOS) □ CLASS IV (GREAT DOXOLOGY) ☩ CLASS V (SIX STICHERA) ① EOTHINON

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

MARCH 2026

Марта ЗФД



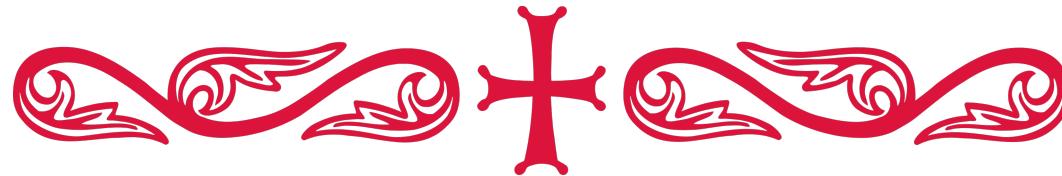
SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1		2	3	4	5	6	7
5	<i>2nd Sunday of the Great Fast: Tone II</i> OUR HOLY FATHER GREGORY PALAMAS Venerable Martyr Eudoxia of Heliopolis Heb. 1:10-2:3; Mk. 2:1-12 Heb. 7:26-8:2; Jn. 10:9-16	Hieromartyr Theodosios of Cyrenia Is. 8:13-9:7 Gen. 6:9-22 Prov. 8:1-21	Martyr Eutropios & Companions Is. 9:9-10:4 Gen. 7:1-5 Prov. 8:32-9:11	Venerable Gerasimos of the Jordan Is. 10:12-20 Gen. 7:6-9 Prov. 9:12-18	Martyr Conon of Isauri Is. 11:10-13, 16, 12:1-2 Gen. 7:11-8:3 Prov. 10:1-22	The 42 Martyrs of Ammoria in Phrygia Is. 13:2-13 Gen. 8:3-21 Prov. 10:31-11:12	<i>3rd Saturday of the Great Fast</i> ⌘ SOUL SATURDAY ⌘ Holy Hieromartyrs of Chersonisos Hieromartyr Leonid Federov Heb. 10:32-38; Mk. 2:14-27 ⌘ 1 Thess. 4:13-17; Jn. 5:24-30 ⌘
6	<i>3rd Sunday of the Great Fast: Tone III</i> VENERATION OF THE HOLY CROSS Ven. Theophylaktos of Nikomedia Heb. 4:14-5:6 Mk. 8:34-9:1	+ Holy Forty Martyrs of Sebaste Is. 14:24-32 Gen. 8:21-9:7 Prov. 11:19-12:6	Holy Martyr Codratos and those with him Is. 25:1-9 Gen. 9:8-17 Prov. 12:8-22	Holy Father Sophronios, Patriarch of Jerusalem Is. 26:21-27:9 Gen. 9:18-10:1 Prov. 12:23-13:9	Ven. Theophanes of Sigriani Holy Father Gregory the Dialogist, Pope of Rome Ven. Symeon the New Theologian Is. 28:14-22 Gen. 10:32-11:9 Prov. 13:19-14:6	Translation of the Relics of Holy Father Nicephoros the Confessor, Patriarch of Constantinople Is. 29:13-23 Gen. 12:1-7 Prov. 14:15-26	<i>4th Saturday of the Great Fast</i> ⌘ SOUL SATURDAY ⌘ Venerable Benedict of Nursia Heb. 6:9-12; Mk. 7:31-37 ⌘ 1 Cor. 15:47-57; Jn. 5:24-30 ⌘
7	<i>4th Sunday of the Great Fast: Tone IV</i> VENERABLE FATHER JOHN OF THE LADDER Martyr Agapios at Caesarea Heb. 6:13-20; Mk. 9:17-31 Eph. 5:9-19; Mt. 4:25-5:12	15	16	17	18	19	20
8	<i>5th Sunday of the Great Fast: Tone V</i> VENERABLE MOTHER MARY OF EGYPT Hieromartyr Basil of Ancyra Heb. 9:11-14; Mk. 10:32-45 Gal. 3:23-29; Lk. 7:36-50	Martyr Sabinas of Hermopolis Martyr Papas of Lycaonia Is. 37:33-38:6 Gen. 13:12-18 Prov. 14:27-15:4	Venerable Alexius, Man of God Is. 40:18-31 Gen. 15:1-15 Prov. 15:17-19	Holy Father Cyril of Jerusalem Is. 41:4-14 Gen. 17:1-9 Prov. 15:20-16:9	Martyrs Chrysanthos & Daria Is. 42:5-16 Gen. 18:20-33 Prov. 16:17-17:17	The Holy Fathers Slain at the Monastery of Saint Sabbas Is. 45:11-17 Gen. 22:1-18 Prov. 17:17-18:5	<i>5th Saturday of the Great Fast</i> AKATHIST SATURDAY Venerable James the Confessor of the Stadium, Bishop of Catania Heb. 9:24-28; Mk. 8:27-31 Heb. 9:1-7; Lk. 10:38-42, 11:27-28
9	<i>6th Sunday of the Great Fast: Tone V</i> PALM SUNDAY <i>The Entry of Our Lord into Jerusalem</i> Phil. 4:4-9 Jn. 12:1-8	22	23	24	25	26	27
		Venerable Martyr Nikon and 199 Disciples in Italy Is. 48:17-49:4 Gen. 27:1-41 Prov. 19:16-25	<i>Forefeast of the Annunciation</i> Venerable Zakharias the Recluse of Egypt Is. 49:6-10 Gen. 31:3-16 Prov. 21:3-21	<i>ANNUNCIATION OF THE MOST HOLY THEOTOKOS</i> Heb. 2:11-18 Lk. 1:24-38	<i>Leavetaking of the Annunciation</i> Synaxis of the Archangel Gabriel Is. 65:8-16 Gen. 46:1-7 Prov. 23:15-24:5	Martyr Matrona of Thessaloniki Is. 66:10-24 Gen. 49:33-50:26 Prov. 31:8-31	<i>6th Saturday of the Great Fast</i> LAZARUS SATURDAY Ven. Hilarion the New Ven. Stephen the Wonderworker Heb. 12:28-13:8 Jn. 11:1-45
		29	30	31			
		Phil. 4:4-9 Jn. 12:1-8	Ex. 1:1-20 Job 1:1-12 Mt. 24:3-35	GREAT & HOLY MONDAY Venerable Father John of the Ladder Ex. 2:5-10 Job 1:13-22 Mt. 24:36-26:2			

⊕ 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 2026

АПРІЛЛІЙ ЗФАД



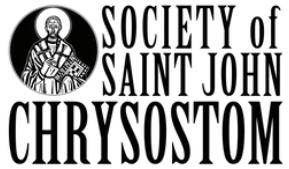
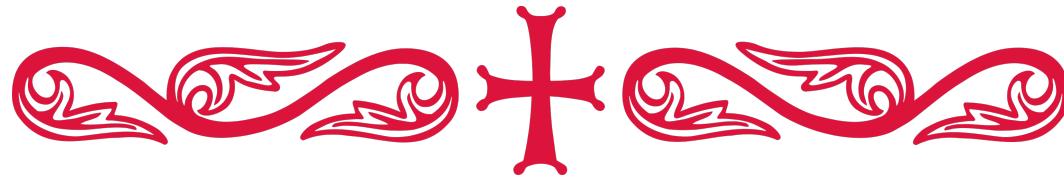
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 GREAT & HOLY WEDNESDAY Venerable Mary of Egypt Ex. 2:11-22 Job 2:1-10 Mt. 26:6-16	2 GREAT & HOLY THURSDAY Venerable Titus the Wonderworker 1 Cor. 11:23-32; Mt. 26:1-20; Jn. 13:3-17; Mt. 26:21-39; Lk. 22:43-45; Mt. 26:40-27:2	3 GREAT & HOLY FRIDAY No Divine Liturgy this day	4 GREAT & HOLY SATURDAY Rom. 6:3-11 Mt. 28:1-20
5 ⌘PASCHA⌘ <i>The Bright Resurrection of Christ The Pascha of the Lord</i> Acts 1:1-8 Jn. 1:1-17	6 BRIGHT MONDAY + Repose of Holy Father Methodios, Teacher of the Slavs Acts 1:12-17, 21-26 Jn. 1:18-28	7 BRIGHT TUESDAY Venerable George the Confessor, Bishop of Mytilene Acts 2:14-21 Lk. 24:12-35	8 BRIGHT WEDNESDAY Holy Apostles of the Seventy Herodion, Agabus, Asinkritos, Rufus, Phlegontos & Hermas Acts 2:22-36 Jn. 1:35-51	9 BRIGHT THURSDAY Martyr Eupsychios of Caesarea in Cappadocia Acts 2:38-43 Jn. 3:1-15	10 BRIGHT FRIDAY Martyrs Terence, Pompeius, Africanus, Maximus, Zeno, Alexander, Theodore, and 33 others, beheaded at Carthage Acts 3:1-8 Jn. 2:12-22	11 BRIGHT SATURDAY Hieromartyr Antipas of Pergamon Acts 3:11-16 Jn. 3:22-33
12 <i>1st Sunday after Pascha: Tone I</i> SAINT THOMAS SUNDAY <i>Antipascha</i> Venerable Basil of Parion Acts. 6:1-7 Mk. 15:43-16:8	13 Hieromartyr Artemon, Presbyter of Laodicea in Syria Acts 3:19-26 Jn. 2:1-11	14 Holy Father Martin the Confessor, Pope of Rome Acts 4:1-10 Jn. 3:16-21	15 Apostles Aristarkhos, Pudas & Trophymos of the Seventy Acts 4:13-22 Jn. 5:17-24	16 Virgin-martyrs Agape, Irenë & Chionia in Illyria Acts 4:23-31 Jn. 5:24-30	17 Venerable Simeon of Persia Venerable Akakios, Bishop of Melitinea Acts 5:1-11 Jn. 5:30-6:2	18 Venerable John, Disciple of Venerable Gregory of Decapolis Acts 5:21-33; Jn. 6:14-27
19 <i>2nd Sunday after Pascha: Tone II</i> MYRRHBEARING WOMEN Venerable John of the Ancient Caves in Palestine Acts 9:32-42 Jn. 5:1-15	20 Venerable Theodore Trikhinas Acts 6:8-7:5, 47-60 Jn. 4:46-64	21 Hieromartyr Januarius, Bishop of Benevento, & companions Acts 8:5-17 Jn. 6:27-33	22 Venerable Theodore the Sykouote Acts 8:18-25 Jn. 6:35-39	23 HOLY & GLORIOUS GREAT-MARTYR GEORGE Acts 12:1-11 Jn. 15:17-6:2	24 Martyr Sabbas Stratelatēs Acts 8:40-9:19 Jn. 6:48-54	25 + Holy Apostle & Evangelist Mark + 1 Pet. 5:6-14; Mk. 6:7-13 Acts 9:20-31; Jn. 15:17-6:2
26 <i>3rd Sunday after Pascha: Tone III</i> SUNDAY OF THE PARALYTIC Hieromartyr Basil, Bishop of Amasea Acts 5:12-20 Jn. 20:19-31	27 Hieromartyr Simeon, Kinsman of the Lord Acts 10:1-16 Jn. 6:56-69	28 Apostles Jason & Sosipater of the Seventy Holy Father Cyril of Turaū Acts 10:21-33 Jn. 7:1-13	29 MID-PENTECOST The Nine Martyrs at Cyzicus Venerable Memnon the Wonderworker of Corfu Acts 14:6-18 Jn. 7:14-30	30 + Holy Apostle James, the brother of Holy Apostle & Evangelist John the Theologian + Acts 12:1-11; Lk. 5:1-11 Acts 10:34-43; Jn. 8:12-20		

⊕ 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 2026

Мáй * ЗФáд



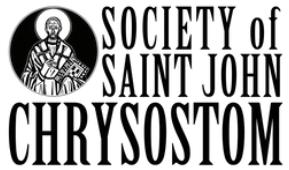
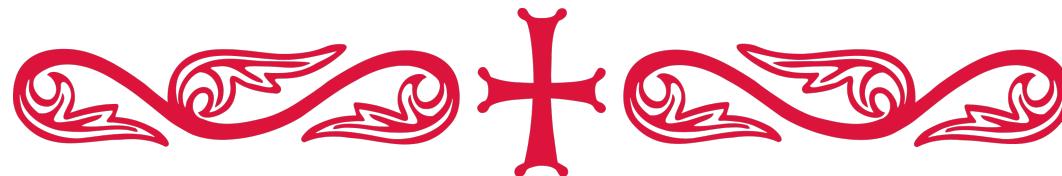
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 <i>1st Sunday after Pentecost: Tone VIII</i> SUNDAY OF ALL SAINTS Apostle Hermas of the Seventy Martyr Hermias at Komana Heb. 11:33-12:2 Mt. 10:32-33; 37-38; 19:27-30					1 Holy Prophet Jeremiah Hieromartyr Klymentiy Sheptytsky, Archimandrite of the Univ Lavra Acts 10:44-11:10 Jn. 8:21-30	2 Holy Father Athanasios the Great, Archbishop of Alexandria Acts 12:1-11 Jn. 8:31-42
3 <i>4th Sunday after Pascha: Tone IV</i> THE SAMARITAN WOMAN + Venerable Theodosii, Abbot of the Kyiv Caves Martyrs Timothy & Maura Acts 11:19-26, 29-30; Jn. 4:5-42 + Heb. 13:7-16; Mt. 11:27-30	4 Virgin-martyr Pelagia of Tarsus Acts 12:12-17 Jn. 8:42-51	5 Great-Martyr Irene of Thessaloniki Venerable Nikephoros the Confessor, Hegumen of Medikion Acts 12:25-13:2 Jn. 8:51-59	6 Righteous Job the Long-suffering Acts 13:13-24 Jn. 6:5-14	7 Commemoration of the Appearance of the Precious Cross over Jerusalem Martyr Acacius the Centurion at Byzantium Acts 14:20-27 Jn. 9:39-10:9	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 Isaia (Isaiah) + Translation of the relics of Holy Father Nicholas from Myra to Baris + Heb. 13:17-21; Lk. 6:17-23 Acts 15:35-41; Jn. 10:27-38
10 <i>5th Sunday after Pascha: Tone V</i> THE MAN BORN BLIND + Holy Apostle Simon the Zealot Acts 16:16-34; Jn. 9:1-38 + 1 Cor. 4:9-16; Mt. 13:54-58	11 + Holy Equals-to-the-Apostles Cyril & Methodius + Heb. 7:26-8:2; Jn. 10:9-16 Acts 17:1-15; Jn. 11:47-57	12 Holy Fathers Epiphanios & Germanos Acts 17:19-28 Jn. 12:19-36	13 Virgin-martyr Glyceria at Heraclea Acts 18:22-28 Jn. 12:36-47	14 ASCENSION OF OUR LORD JESUS CHRIST Acts 1:1-12 Lk. 24:36-53	15 + Venerable Pachomios the Great Acts 19:1-8 Jn. 14:1-11	16 Venerable Theodore the Sanctified Blessed Hieromartyrs Severian, Yakym & Vitaliy Acts 20:7-12 Jn. 14:10-21
17 <i>6th Sunday after Pascha: Tone VI</i> FATHERS OF THE FIRST ECUMENICAL COUNCIL Holy Apostle Andronicus & his fellow labourer Junia Acts 20:16-18, 28-36 Jn. 17:1-13	18 Martyr Theodosios of Ankyra & the Seven Holy Virgins Martyrs Peter, Dionysios, Andrew, Paul, and Christina Acts 21:8-14 Jn. 14:27-15:7	19 Hieromartyr Patrikios, Bishop of Prousa and his companions: Presbyters Akakios, Menander and Polienos Acts 21:26-32 Jn. 16:2-13	20 Martyrs Thalaleas, Alexander & Asterias Acts 23:1-11 Jn. 16:15-23	21 + Holy Great Rulers & Equals-to-the Apostles Constantine & Helena + Gal. 1:11-19; Jn. 10:1-9 Acts 25:13-19; Jn. 16:23-33	22 Hieromartyr Basiliskos, Bishop of Komana Acts 27:1-44 Jn. 17:18-26	23 + SOUL SATURDAY + Ven. Euphrosynia of Polotsk Venerable Michael the Confessor, Bishop of Synada Acts 28:1-31; Jn. 21:15-25 + 1 Cor. 4:13-17; Jn. 5:24-30 +
24 PENTECOST <i>The Descent of the All-Holy Spirit</i> + TRINITY SUNDAY + Acts 2:1-11 Jn. 7:37-52, 8:12	25 + Third Finding of the Ven. Head of the Holy Prophet, Forerunner & Baptist John Eph. 5:9-19; Mt. 18:10-20 + 2 Cor. 4:6-15; Mt. 11:2-15	26 Apostle Carpus of the Seventy Rom. 1:1-7, 13-17 Mt. 4:25-5:13	27 Hieromartyr Therapontos, Bishop of Sardis Rom. 1:18-27 Mt. 5:20-26	28 Venerable Niketas the Confessor, Bishop of Chalcedon Rom. 1:28-2:9 Mt. 5:27-32	29 Virgin-Martyr Theodosia of Constantinople Rom. 2:14-29 Mt. 5:33-41	30 Venerable Isaac, Founder & Hegumen of the Dalmatian Monastery at Constantinople Rom. 1:7-12 Mt. 5:42-48

⊕ 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 2026

ІВНІЙ ЗФД

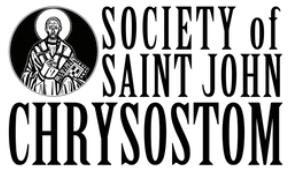
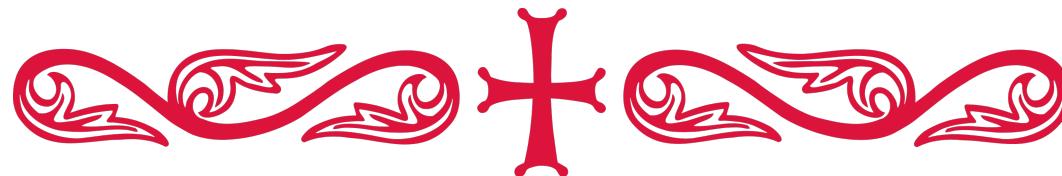


SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Holy Martyr Justin the Philosopher & co. at Rome Rom. 2:28-3:18 Mt. 6:31-34; 7:9-11	2 Holy Father Nikephoros the Confessor Rom. 4:4-12 Mt. 7:15-21	3 Martyr Lucillian and those with him at Byzantium Rom. 4:13-25 Mt. 7:21-23	4 Holy Father Mitrophanes, Patriarch of Constantinople Rom. 5:10-16 Mt. 8:23-27	5 Hieromartyr Dorotheos, Bishop of Tyre Martyr Gomidas, Presbyter of Armenia Rom. 5:17-6:2 Mt. 9:14-17	6 Venerable Bessarion the Wonderworker of Egypt Venerable Hilarion the New Rom. 3:19-26 Mt. 7:1-8	
7 2 2 nd Sunday after Pentecost: Tone I ALL SAINTS OF UKRAINE Martyr Theodosius of Ankyra Rom. 2:10-16; Mt. 4:18-23 Rom. 8:28-39; Mt. 5:1-16	8 Beginning of the Apostles' Fast Translation of the relics of Great-Martyr Theodore Stratelates Rom. 7:1-13 Mt. 9:36-10:8	9 Holy Father Cyril of Alexandria Rom. 7:14-8:2 Mt. 10:9-15	10 Hieromartyr Timothy, Bishop of Prousa Rom. 8:2-13 Mt. 10:16-22	11 + Holy Apostles Bartholomew & Barnabas + Acts 11:19-26, 29-30; Lk. 10:16-21 Rom. 8:22-27; Mt. 10:23-31	12 + Venerable Onouphrios the Great Venerable Peter of Mount Athos Rom. 9:6-19 Mt. 10:32-36, 11:1	13 Martyr Aquilina of Byblos in Lebanon Holy Father Triphyllios, Bishop of Leukosia Rom. 3:28-4:3 Mt. 7:24-8:4	
14 3 3 rd Sunday after Pentecost: Tone II ALL SAINTS OF GREAT BRITAIN & IRELAND Holy Prophet Elisei (Elisha) Rom. 5:1-10; Mt. 6:22-33 Heb. 11:33-12:2; Mt. 4:25-5:12	15 Holy Prophet Amos Venerable Jerome of Stridon Rom. 9:18-33 Mt. 11:2-15	16 Holy Father & Wonderworker Tykhon, Bishop of Amathous Rom. 10:11-11:2 Mt. 11:16-20	17 Martyrs Manuel, Sabel & Ismael of Persia Venerable Hypatios, Hegumen of Rufinianos in Chalcedon Rom. 11:2-12 Mt. 11:20-26	18 Martyrs Leontius, Ipatius & Theodosius Rom. 11:13-24 Mt. 11:27-30	19 + Holy Apostle Jude, Brother of the Lord + Jude 1:1-10; Jn. 14:21-24 Rom. 11:25-36; Mt. 12:1-8	20 Hieromartyr Methodios, Bishop of Patara in Lycia Rom. 6:11-17 Mt. 8:14-23	
21 4 4 th Sunday after Pentecost: Tone III Martyr Julian of Tarsus Rom. 6:18-23 Mt. 8:5-13	22 Hieromartyr Eusebios of Samosata Rom. 12:4-5, 15-21 Mt. 12:9-13	23 Martyr Agrippina of Rome Rom. 14:9-18 Mt. 12:14-16, 22-30	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. 15:17-29 Mt. 12:46-13:3	26 Venerable David of Thessaloniki Hieromartyrs Andrii Ishchak & Mykola Konrad Martyr Volodymyr Pryjma Rom. 16:1-16 Mt. 13:4-9	27 BISHOP MYKOLA CHARNETSKYI & 24 NEW CO-MARTYRS OF THE CHURCH OF RUS-UKRAINE Eph. 6:10-17 Mt. 10:16-22	
28 5 5 th Sunday after Pentecost: Tone IV FATHERS OF THE FIRST SIX ECUMENICAL COUNCILS Transfer of the relics of Holy Martyrs, Unmercenaries & Wonderworkers, Cyrus & John Rom. 10:1-10; Mt. 8:28-9:1	29 HOLY CHIEF APOSTLES PETER & PAUL 2 Cor. 11:21-12:9 Mt. 16:13-19	30 + Synaxis of the Holy, Glorious & All-praiseworthy Twelve Apostles Hieromartyr Vasyl Velichkovsky + 1 Cor. 4:9-16; Mk. 3:13-19 1 Cor. 1:1-9; Mt. 13:24-30					

⊕ 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 2026
ІУЛІЙ ЗФД



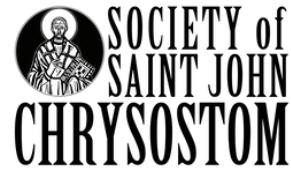
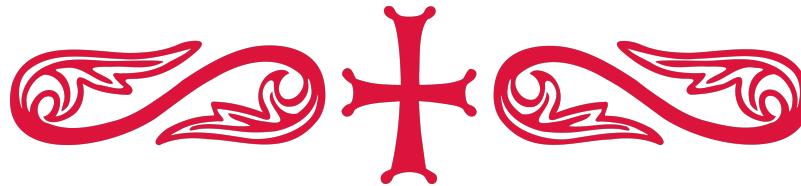
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Holy Unmercenarys & Wonderworkers Cosmas & Damian 1 Cor. 2:9-3:8 Mt. 13:31-36	2 + Placing of the Precious Robe of the Theotokos in the Church of Blachernæ at Constantinople + Heb. 9:1-7; Lk. 10:38-42, 11:27-28 1 Cor. 3:18-23; Mt. 13:36-43	3 Martyr Hiakynthos of Cæsarea in Cappadocia 1 Cor. 4:5-8 Mt. 13:44-54	4 Holy Father Andrew, Archbishop of Crete Ven. Martha, Mother of Holy Simeon Stylites the Younger Rom. 9:1-5 Mt. 9:18-26
5 6 th Sunday after Pentecost: Tone V OUR LADY OF PERPETUAL SUCCOUR + Venerable Athanasios of Mount Athos Rom. 12:6-14; Mt. 9:1-8 Heb. 9:1-7; Lk. 10:38-42, 11:27-28	6 Venerable Sisoës the Great 1 Cor. 5:9-6:11 Mt. 13:54-58	7 Venerable Thomas of Mount Maleon Venerable Akakios of Sinai 1 Cor. 6:20-7:12 Mt. 14:1-13	8 Holy Great-Martyr Procopius 1 Cor. 7:12-24 Mt. 14:35-15:11	9 Hieromartyr Pankratios, Bishop of Tauromeneia 1 Cor. 7:24-35 Mt. 15:12-21	10 + Venerable Anthony of the Kyiv Caves Holy 45 Martyrs at Nikopolis Martyrs Francis, Mutius, Raphaël & those with them at Damascus + Gal. 5:22-6:2; Lk. 6:17-23 1 Cor. 7:35-8:7; Mt. 15:29-31	11 + Blessed Equal-to-the-Apostles Olha, Princess of Kyiv + Great-Martyr Euphemia the All-praised of Chalcedon + Gal. 1:11-19; Jn. 10:1-9 Rom. 12:1-3; Mt. 10:37-11:1
12 7 th Sunday after Pentecost: Tone VI Martyrs Proklos & Hilarion Venerable Michael of Maleinos Rom. 15:1-7 Mt. 9:27-35	13 Synaxis of the Holy Archangel Gabriel 1 Cor. 9:13-18 Mt. 16:1-6	14 Holy Apostle Aquila of the Seventy 1 Cor. 10:5-12 Mt. 16:6-12	15 + HOLY EQUAL-TO-THE-APOSTLES GRAND PRINCE VOLODYMYR OF KYIV Martyrs Kyrikos & Julitta Gal. 1:11-19 Jn. 10:1-9	16 Hieromartyr Athenogenes, Bishop of Heracleopolis, and his ten disciples 1 Cor. 10:28-11:7 Mt. 16:24-28	17 + Great-Martyr Marina of Antioch Hieromartyr Pavol Petro Gojdič, Bishop of Prešov 1 Cor. 11:8-22 Mt. 10:32-36	18 Martyr Hiakynthos of Amastris Martyr Emelian of Silistra Venerable Tarskyiya Matskiv Rom. 13:1-10 Mt. 12:30-37
19 8 th Sunday after Pentecost: Tone VII Venerable Macrina, sister of Holy Father Basil the Great Venerable Dios of Antioch 1 Cor. 1:10-18 Mt. 14:14-22	20 Holy & Glorious Prophet Elias (Elijah) 1 Cor. 11:31-12:6 Mt. 18:1-11	21 Holy Prophet Ezekiel Venerable Simeon, Fool for Christ & his ascetical companion John 1 Cor. 12:12-26 Mt. 18:18-22, 19:1-2, 13-15	22 Holy Myrrh-bearer & Equal-to-the-Apostles Mary Magdalene Hieromartyr Phokas of Sinope 1 Cor. 13:4-14:5 Mt. 20:1-16	23 Martyrs Trophymos, Theophilos & 13 with them Blessed Vasil' Hopko of Prešov Miracle of the Pochaïv Icon of the Most Holy Theotokos 1 Cor. 14:6-19 Mt. 20:17-28	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. 14:26-40; Mt. 20:12-14, 17-20	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 Rom. 14:6-9; Mt. 15:32-39
26 9 th Sunday after Pentecost: Tone VIII Hieromartyrs Hermolaus, Hermippus and Hermocrates Martyr Paraskevi of Rome 1 Cor. 3:9-17 Mt. 14:22-34	27 + Holy Great-Martyr & Healer Panteleimon + 2 Tim. 2:1-10; Jn. 15:17-16:2 1 Cor. 15:12-19; Mt. 21:18-22	28 Holy Apostles of the Seventy & Deacons Prochorus, Nikanor, Timon and Parmenas 1 Cor. 15:29-38 Mt. 21:23-27	29 Martyr Kallinikos of Gangra in Asia Minor 1 Cor. 16:4-12 Mt. 21:28-32	30 Apostles of the Seventy Silas, Siluanos, Kryskis, Epenetos & Andronikos 2 Cor. 1:1-7 Mt. 21:43-46	31 + Forefeast of the Procession of the Precious Cross of the Lord Righteous Eudokimos of Cappadocia 2 Cor. 1:12-20 Mt. 22:23-33	

⊕ 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

AUGUST 2026

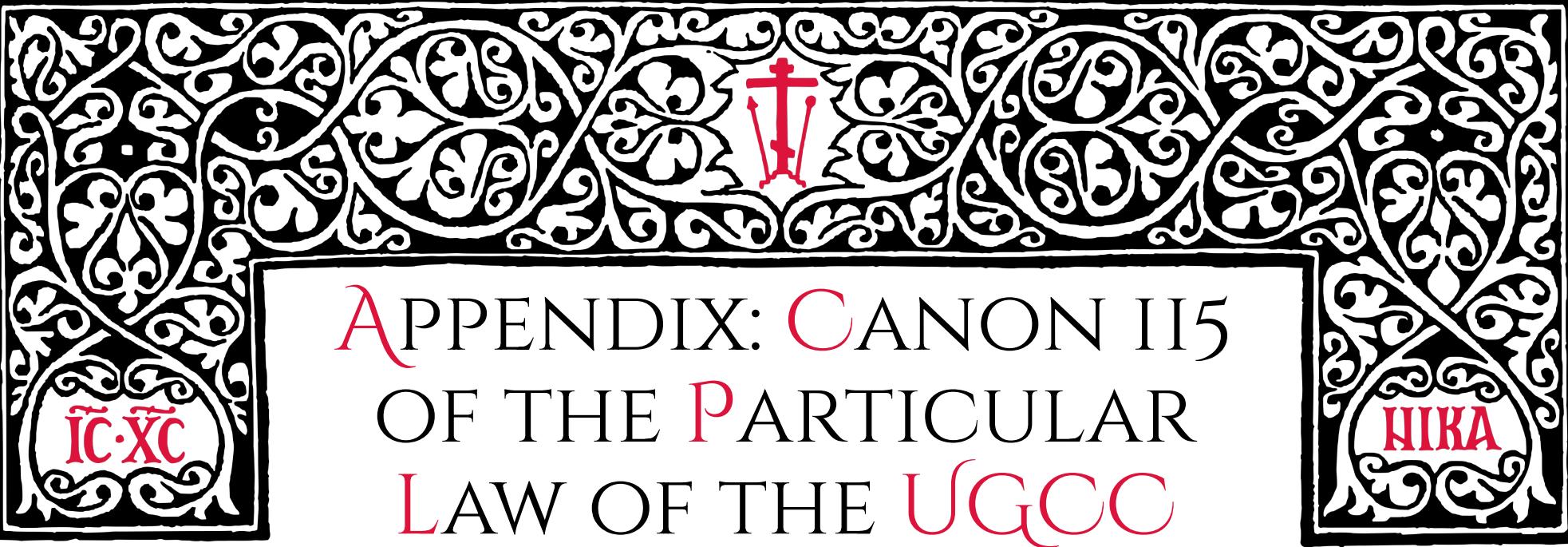
ΑΥΓΟΎΣΤΟΣ ΖΦΔ



SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
30	14 th Sunday after Pentecost: Tone V	31					1						
3	Holy Patriarchs of Constantinople Alexander, John & Paul 2 Cor. 1:21-2:4 Mt. 22:1-14	⊕ Placing of the Precious Cincture of the Most Holy Theotokos in the Church of Blachernæ at Constantinople + Heb. 9:1-7; Lk. 10:38-42, 11:27-28 Gal. 2:11-16; Mk. 5:24-34					Beginning of the Dormition Fast ⊖ Procession of the Precious Wood of the Life-giving Cross of the Lord Seven Holy Maccabees Rom. 15:30-33 Mt. 17:24-18:4						
2	10 th Sunday after Pentecost: Tone I ⊖ Translation of the Relics of Protomartyr & Archdeacon Stephen 1 Cor. 4:9-16 Mt. 17:14-23	3	Venerables Isaac, Dalmatus & Faustus, Ascetics of the Dalmatian Monastery in Constantinople 2 Cor. 2:4-15 Mt. 23:13-22	4	Holy Seven Youths of Ephesus Virgin-martyr Eudokia of Persia 2 Cor. 2:14-3:3 Mt. 23:23-28	5	⊖ Forefeast of the Transfiguration Martyr Eusignios of Antioch 2 Cor. 3:4-11 Mt. 23:29-39	6	⊕ TRANSFIGURATION OF OUR LORD JESUS CHRIST 2 Pet. 1:10-19 Mt. 17:1-9	7	Afterfeast of the Transfiguration Martyr Dometios of Persia 2 Cor. 4:13-18 Mt. 24:27-33, 42-51	8	Afterfeast of the Transfiguration Holy Father Emilian the Confessor, Bishop of Kyzikos 1 Cor. 1:3-9 Mt. 19:3-12
9	Afterfeast of the Transfiguration 11 th Sunday after Pentecost: Tone II + Holy Apostle Matthias 1 Cor. 9:2-12; Mt. 18:23-35 + Acts 1:12-17, 21-26; Lk. 9:1-6	10	Afterfeast of the Transfiguration Martyrs Archdeacon Laurence, Pope Sixtus and Deacons Felissimus & Agapitus 2 Cor. 5:10-15 Mk. 1:9-15	11	Afterfeast of the Transfiguration Martyr & Archdeacon Euplus 2 Cor. 5:15-21 Mk. 1:16-22	12	Afterfeast of the Transfiguration Martyrs Photios & Anicetas of Nicomedia 2 Cor. 6:11-16 Mk. 1:23-28	13	⊖ Leavetaking of the Transfiguration Venerable Maximos the Confessor 2 Cor. 7:1-10 Mk. 1:29-35	14	⊕ Forefeast of the Dormition + Translation of the relics of Ven. Feodosiy of the Kyiv Caves Holy Prophet Micah + Heb. 13:7-16; Mt. 11:27-30 2 Cor. 7:10-16; Mk. 2:18-22	15	DORMITION OF THE MOST HOLY THEOTOKOS Phil. 2:5-11 Lk. 10:38-42; 11:27-28
16	Afterfeast of the Dormition 12 th Sunday after Pentecost: Tone III ⊖ Translation of the Icon of Our Lord Not-Made-by-Hands from Edessa to Constantinople 1 Cor. 15:1-11 Mt. 19:16-26	17	Afterfeast of the Dormition Martyr Myron of Kyzikos 2 Cor. 8:7-15 Mk. 3:6-12	18	Afterfeast of the Dormition + Consecration of the Patriarchal Cathedral of the Resurrection of Christ in Kyiv + Heb. 3:1-4; Mt. 16:13-18 2 Cor. 8:16-9:5; Mk. 3:13-19	19	Afterfeast of the Dormition Martyr Andrew Stratelates & 2,593 soldiers with him in Cilicia 2 Cor. 9:12-10:7 Mk. 3:19-27	20	Afterfeast of the Dormition Holy Prophet Samuel 2 Cor. 10:7-18 Mk. 3:28-35	21	Afterfeast of the Dormition Apostle Thaddeus of the 7 ^o Martyr Bassa with her sons Theognios, Agapios & Pistros 2 Cor. 11:5-21 Mk. 4:1-9	22	Afterfeast of the Dormition Martyr Agathonikes and those with him Repose of Holy Father Symeon, Confessor of Krasnoyarsk 1 Cor. 2:6-9 Mt. 22:15-22
23	⊖ Leavetaking of the Dormition 13 th Sunday after Pentecost: Tone IV Martyr Luppos Hieromartyr Irenaeus of Lyons 1 Cor. 16:13-24 Mt. 21:33-42	24	Hieromartyr Eutychius, Disciple of Holy Apostle & Evangelist John the Theologian 2 Cor. 12:10-19 Mk. 4:10-23	25	⊖ Return of the relics of the Holy Apostle Bartholomew from Anastasiopolis to Lipari Holy Apostle Titus of the 7 ^o 2 Cor. 12:21-13:2 Mk. 4:24-34	26	Martyrs Adrian & Natalia 2 Cor. 13:3-14 Mk. 4:35-41	27	Venerable Pimen the Great Blessed Nun-martyrs Lavrentia & Olympia Gal. 1:1-10, 20-2:5 Mk. 5:1-20	28	Venerable Moses the Black Holy Father Augustine of Hippo Synaxis of the Fathers of the Kyiv Caves Gal. 2:6-10 Mk. 5:22-24, 35-6:1	29	⊕ BEHEADING OF THE HOLY PROPHET, FORERUNNER & BAPTIST JOHN Acts. 13:25-33 Mk. 6:14-30

⊕ 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



APPENDIX: CANON II5 OF THE PARTICULAR LAW OF THE UGCC

§ 1. The penitential practice of fasting, repentance, and abstinence, the purpose of which is to make amends for sins committed and to attain greater perfection for the sake of personal sanctification, is the oldest tradition of the Ukrainian Greek Catholic Church.

§ 2. All the faithful are obliged to fast during the following periods of the church year: the Great Fast [Lent] and Holy Week; Peter's Fast – from the Monday after All Saints' Sunday until the eve of the feast of the Holy Chief Apostles Peter & Paul (inclusive); the Dormition Fast, or the Saviour's Fast, – from the feast of the Transfer of the Honourable and Life-giving Cross and the Maccabean Martyrs, Salome, their mother, and the elder Eleazar, until the eve of the Dormition of the Most Holy Theotokos (inclusive); the Nativity Fast, or Philip's Fast – from the day after the feast of the Apostle Philip until the eve of the Nativity of Christ:

1. on the first day of the Great Fast and Good Friday – strict fasting, meaning one should refrain from eating meat and dairy products and eggs, as well as dishes containing these products;
2. during the first week of the Great Fast and throughout all days of Holy Week, one must abstain from consuming meat products and dishes;

3. on Monday, Wednesday, and Friday of the other weeks of the Great Fast, one should refrain from consuming meat products and dishes; on Tuesday and Thursday, all types of food are permitted;

4. during other fasts of the church year, the faithful are obliged to: abstain from consuming meat products and dishes on Wednesday and Friday; all types of food are permitted on Monday, Tuesday, and Thursday.

§ 3. All the faithful are obliged to observe a fast on the following days: the eve of the Nativity of Christ, the eve of the Theophany of the Lord, the Beheading of the Honourable Head of Saint John the Baptist, and the Universal Exaltation of the Honourable and Life-giving Cross.

§ 4. On all Fridays of the year, except for the occasions of fast-free periods, the Temple Feast, and the Twelve Feasts, one should abstain from meat products and dishes.

§ 5. On all days of fasting and during fast-free periods, the faithful are obliged to refrain from organising and participating in loud parties, weddings, dances, entertainments, and other similar events.

§ 6. Regarding exemption from the obligation of fasting, the following provisions must be observed:

1. the fast-free periods in the UGCC are: from the Nativity of Christ to the eve of the Theophany; from the Sunday of the Publican and the Pharisee to the Sunday of the Prodigal Son; from Pascha to Thomas Sunday; from the Descent of the Holy Spirit to All Saints Sunday;
2. there is no fasting on Saturdays, Sundays, and on celebration of the New Year (31 December to 1 January) and Independence Day of Ukraine (24 August);
3. the following are exempt from any obligation to fast: children under 14 years of age and persons over 60 years of age; the seriously ill; pregnant women; mothers after childbirth and those who are breastfeeding; those who travel (if the travel time exceeds eight hours); those who do manual labour; those who eat from the table of others; the poor who live on alms;
4. in some cases, the local hierarch may exempt from the obligation to fast, encouraging the faithful to perform works of piety and charity.

§ 7. Outside the territory of the major archiepiscopal Church [Ukraine], local customs should be observed in this regard. *