

<b>14<sup>th</sup></b> Tuesday FAST DAY	<b>THE UNIVERSAL EXALTATION (ELEVATION) OF THE PRECIOUS AND LIFE-GIVING CROSS.</b> Repose of St John Chrysostom (407). Commemoration of the Sixth Ecumenical Council (680). <b>Vespers</b> 1.Exodus 15:22-16:1      2.Proverbs 3:11-18      3.Isaiah 60:11-16 <b>Matins Gospel</b> John 12:28-36 1 Corinthians 1:18-24      John 19:6-11,13-20,25-28a,30b (or 30-35)	<b>23<sup>rd</sup></b> Thursday	<b>The Conception of the Holy, Glorious Prophet, Forerunner and Baptist John.</b> * Sts Xanthippe and Polyxene, disciples of the Apostles, who died in Spain (109). Virgin-Martyr Iras (Rhass) of Alexandria (c 308). St Adomnan, Abbot of Iona (704). Galatians 1:1-3,20-2:5      Luke 4:16-22a *Galatians 4:22-27      *Luke 1:5-25
<b>15<sup>th</sup></b> Wednesday FAST DAY	<b>Afterfeast of the Exaltation of the Cross.</b> Great Martyr Nicetas the Goth (c 372). Uncovering of the relics of the Protomartyr and Archdeacon Stephen (415). St Symeon, Archbishop of Thessalonik (1429). (Tuesday) 2 Corinthians 8:16-9:5      Mark 3:13-21 2 Corinthians 9:12-10:7      Mark 3:19b-27	<b>24<sup>th</sup></b> Friday FAST DAY	<b>The Commemoration of the Miracle of the Theotokos Myrtidiotissa in Kythira.</b> * Holy Protomartyr and Equal-to-the-Apostles Thecla (1st). ** St Stephen the "First-Crowned", King of Serbia (in monastic life, Simon) (1224). New Martyrs of Alaska: Priest-monk Juvenaly and Peter the Aleut (18th). Hieromartyr Carpus Elb (Estonia 1937). St Silouan of Mt Athos (1938). <b>Matins Gospel</b> Luke 1:39-49, 56 Galatians 2:6-10      Luke 4:22-30 *Philippians 2:5-11      *Luke 10:38-42; 11:27-28 **2 Timothy 3:10-15      ** Matthew 25:1-13
<b>16<sup>th</sup></b> Thursday	<b>Afterfeast of the Exaltation of the Cross.</b> Great Martyr Euphemia the All-praised (304). St Sebastian, disciple of St Paul the Apostle, martyred at Heraclia (1st). Hieromartyr Cyprian, Bishop of Carthage (258). St Ninian, Bishop of Whithorn (Candida Casa) (Galloway c 432). Martyr Ludmilla, grandmother of St Wenceslaus, Prince of the Czechs (927). St Edith of Wilton, Nun (984). St Prokopios, Founder of the Savaza Monastery (1053). St Cyprian, Metropolitan of Moscow and All Russia (1406). Schema-hieromonk Kuksha of Odessa (1964). 2 Corinthians 10:7b-18      Mark 3:28-35	<b>25<sup>th</sup></b> Saturday	<b>St Sergei, Abbot and Wonderworker of Radonezh (1392)</b> * St Euphrosyni of Alexandria (5th). Commemoration of the Great Earthquake at Constantinople (447) and of the Miracle of the Trisagion. St Finbar (Barry), Bishop of Cork (c 633). St Ceofrid, Abbot of Jarrow (716). Venerable Dosithea, reclus of the Kiev Caves (1776). <b>Vespers</b> 1. Proverbs 10:7,6; 3:13-16; 8:6, 32, 34, 4, 12, 17, 5-9, 1:23, 15:4 2. Proverbs 10:31-11:12      3. Wisdom 3:1-9
<b>17<sup>th</sup></b> Friday FAST DAY	<b>Afterfeast of the Exaltation of the Cross.</b> Martyr Sophia, and her three daughters, Faith (Pistis), Hope (Elpis), and Love (Agape), at Rome (c 137). St Joachim the Illustrious, Patriarch of Alexandria (1567). 2 Corinthians 11:5-21a      Mark 4:1-9	<b>26<sup>th</sup></b> Sunday Tone 5	<b>14th SUNDAY AFTER PENTECOST (Luke 1).</b> Holy Apostle and Evangelist John the Theologian (2nd). * St Nilus of Rossano, founder of Grottaferrata (Italy 1004). St Ephraim, Abbot of Perceop, Wonderworker of Novgorod (1492). <b>Vespers</b> 1.1 John 3:21-4:6      2.1 John 4:11-16      3.1 John 4:20-5:5 <b>Matins Gospel (iii)</b> Mark 16:9-20      Luke 5:1-11 2 Corinthians 1:21-24; 2:1-4      Luke 5:1-11 *1 John 4:12-19      *John 19:25-27, 21:24-25
<b>18<sup>th</sup></b> Saturday	<b>Saturday after the Exaltation of the Cross.</b> * <b>Afterfeast of the Exaltation of the Cross.</b> St Eumenios, Bishop of Gortyna (6th). Martyr Ariadni of Phrygia (2nd). St Romulus of Vidin (1381). * 1 Corinthians 1:26-2:5      *John 8:21-30	<b>27<sup>th</sup></b> Monday	<b>Martyr Kallistratos (c 304)</b> Apostles Mark, Anisarchos, and Zenas, of the Seventy (1st). St Savatry, Wonderworker of Solovki (1435). Hieromartyr Anthimos the Georgian, Metropolitan of Ungro-Vlachia (Romania 1716). New Martyr Aquilina at Thessalonik (1764). Galatians 2:11-16      Luke 4:38-44
<b>19<sup>th</sup></b> Sunday Tone 4	<b>13th SUNDAY AFTER PENTECOST.</b> Sunday after the Exaltation of the Cross. * <b>Afterfeast of the Exaltation of the Cross.</b> Martyrs Trophimos, Sabbatios, and Dorymedon of Synada (276). St Theodore of Tarsus, Archbishop of Canterbury (690). <b>Matins Gospel (ii)</b> Mark 16:1-8      *Galatians 2:16-20      *Mark 8:34-9:1	<b>28<sup>th</sup></b> Tuesday	<b>St Chariton the Confessor, Abbot of Palestine (c 350).</b> Prophet Baruch (6thBC). St Lioba of Wimborne (Abbess of Bischofsheim) (c 780). Martyrdom of St Wenceslaus, Prince of the Czechs (935). Galatians 2:21-3:7      Luke 5:12-16
<b>20<sup>th</sup></b> Monday	<b>Afterfeast of Exaltation of the Cross.</b> Great Martyr Eustathius (Eustace), his wife, Martyr Theopisti, and their children, Martyrs Agapius and Theopistus, of Rome (c 118). Hieromartyr Hypatios, Bishop of Ephesus, and his Presbyter, Andrew (c 730-5). Martyrs Michael and Theodore of Chernigov (1245). 2 Corinthians 12:10-19      Luke 3:19-22	<b>29<sup>th</sup></b> Wednesday FAST DAY	<b>St Kyriakos the Hermit, of Palestine (556).</b> Martyrs Dada, Gobbelas, Casdous and Casdoa of Persia (4th). Galatians 3:15-22      Luke 5:33-39
<b>21<sup>st</sup></b> Tuesday	<b>Leavetaking of the Exaltation of the Cross.</b> Prophet Jonah. Apostle Quadratus the Apologist (c 130). St Jonah the Presbyter (9th), father of Sts Theophanes the Hymnographer and Theodore Graptos. Uncovering of the relics of St Dimitry, Metropolitan of Rostov (1752). 2 Corinthians 12:20-13:2      Luke 3:23-4:1	<b>30<sup>th</sup></b> Thursday	<b>Hieromartyr Gregory, Bishop of Greater Armenia (c 335).</b> Martyrs Rhipsime and Galana of Armenia (4th). St Honorius, Archbishop of Canterbury (653). St Michael, First Metropolitan of Kiev (992). Galatians 3:23-4:5      Luke 6:12-19
<b>22<sup>nd</sup></b> Wednesday FAST DAY	<b>Hieromartyr Phokas, Bishop of Sinope (c 117).</b> Martyr Phokas the Gardener of Sinope (c 320). St Paraskeva, Fool-for-Christ of Diveyevo (1915). 2 Corinthians 13:3-14      Luke 4:1-15		