

# July 2026 Iulie

Sunday/Duminică	Monday/Luni	Tuesday/Marți	Wednesday/Miercuri	Thursday/Joi	Friday/Vineri	Saturday/Sâmbătă
			<b>Common Abstinence</b> <b>1</b> Cosmas and Damian, Holy Wonderworkers <b>CANADA: Canada Day</b>	<b>2</b> Deposition of the Mantle of the Mother of God	<b>Common Abstinence</b> <b>3</b> Hyacinth, martyr. Holy Father Anatolius.	<b>4</b> St. Andrew of Crete <b>USA: Independence Day</b>
<b>5</b> <b>6<sup>TH</sup> SUNDAY AFTER PENTECOST</b> Tone 5, Res. Gospel 6, Epistle Rom. 12: 6-14, Gospel Mt. 9: 1-8. Following week readings – 7 <sup>th</sup> week after Pentecost.	Ven. Father Sisoe the Great.	Ven. Father Thomas of Maleum. Ven. Acacius mentioned in the Ladder. Cyriacus, martyr.	<b>Common Abstinence</b> <b>7</b> Great Martyr Procopius	<b>8</b> Hieromartyr Pancratius of Taormina.	<b>Common Abstinence</b> <b>9</b> 45 Martyrs in Nicopolis in Armenia.	<b>10</b> Euphemia, woman martyr.
<b>12</b> <b>7<sup>TH</sup> SUNDAY AFTER PENTECOST</b> Tone 6, Res. Gospel 7, Epistle Rom. 15: 1-7, Gospel Mt. 9: 27 - 35. Following week readings – 8 <sup>th</sup> week after Pentecost.	Synaxis of the Archangel Gabriel. Ven. Stephen.	Apostle among the 70. Aquila. Holy Father Joseph the Confessor, of Thessalonica.	<b>Common Abstinence</b> <b>14</b> Cyricus and his mother Julitta, Martyrs [St Bonaventure]	<b>15</b> Ven. Athenogenes and his 10 disciples.	<b>Common Abstinence</b> <b>17</b> Great-martyr Marina	<b>18</b> Emilian, martyr.
<b>19</b> <b>Sunday of the Holy Fathers of the First Sixth Ecumenical Councils</b> Tone 7, Res. Gospel 8, Epistle Tit. 3: 8 – 15, Gospel Matt. 5: 14-19. Following week readings – 9 <sup>th</sup> week after Pentecost.	+Holy Prophet Elijah the Tishbite. Epistle James 5:10-20, Gospel, Luke 4:22-26, 28-30	Ven. Symeon, Fool-for-Christ, and his fellow ascetic, John.	<b>Common Abstinence</b> <b>21</b> Mary Magdalene, Equal to the Apostles	<b>22</b> Translation of the Relics of St. Phocas, martyr. Prophet Ezekiel.	<b>Common Abstinence</b> <b>24</b> Christina, woman martyr	<b>25</b> Dormition of St. Anne, mother of the Theotokos. Holy Women Olympiada the Deaconess & Eupraxia the Virgin.
<b>26</b> <b>9<sup>TH</sup> SUNDAY AFTER PENTECOST</b> Tone 8, Res. Gospel 9, Epistle 1 Cor. 3: 9 – 16, Gospel Matt. 14: 22 – 34. Following week readings – 10 <sup>th</sup> week after Pentecost.	† Great Martyr Panteleimon, moneyless healer (Patronal Feast (Hram) of the wooden church of the Cathedral	Apostles & Deacons Prochorus, Nicanor, Timon & Parmenas.	<b>Common Abstinence</b> <b>28</b> Callinicus, Martyr; Theodota, Martyr	<b>29</b> Apostles among the 70, Silas, Silvanus, Crescens, Epenetus & Andronicus.	<b>Common Abstinence</b> <b>30</b> Ven. Eudochius.	<b>31</b>