

This calendar is prepared by the  
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Orthodox Church

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All Uganda

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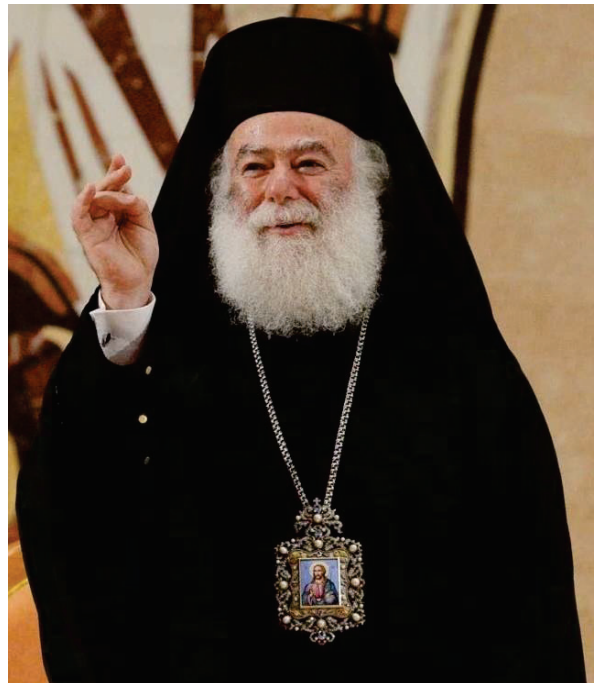
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**THEODOROS II**  
†Pope and Patriarch of Alexandria and All Africa

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## MESSAGE FROM THE POPE AND PATRIARCH OF ALEXANDRIA AND ALL AFRICA.

**My dear brothers and sisters, my children,**

The Nativity of Christ!

It is not a glorious page of humanity from the past, nor a beautiful celebration that beautifies the present, but an event that aims at eternity, in which our lives are integrated, our lives that seek ways to improve and reasons to be justified.

What happened more than two thousand years ago in the Holy Land is unique and unrepeatable, which shows from the possibilities offered and the opportunities granted. The earth and the sky, the angels and the hymns, the star and He, met there then. Then God met man, as the God-man, not of judgement, but of change; not of history, but of salvation; not of rejection, but of reconciliation.

Before the manager of Christ everything changes. The powerful become weak, the rich poor, the wise ignorant. Everyone understands their insignificance, their imperfection and their fragile - in essence - power. Since Christ Himself descends and becomes one with us all, titles lose their value, positions their glory and offices their power. This meeting is also experienced by the African continent not only on 25 December each year but every minute and

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moment. Its smallest corner becomes a humble cave for the Birth of Christ and every missionary become His humble minister and a true expresser of the message which He brings, that of peace and cooperation between God and humanity and they amongst themselves, in one family, in His Church.

The star in heaven that night, comes and throws abundant light into the hearts of all who work night and day in the field of Orthodoxy - here in our Africa - and inspires countless souls regardless of age and origin to teach or to be taught the Gospel of the Lord. They are all those who contribute to the liturgical, spiritual, social, educational, humanistic work of our Patriarchate which thousands of souls accept daily. They offer their knowledge and their effort so that Christ may be born in the souls of other people and their work receives rich blessings from the Divine Child.

The joy of II that we experience once again, as if it were today, is evident in the hearts of all. From mine personally - as Primate of the Apostolic Throne of the Evangelist Mark - to that each and every one of colleagues, the Clergy of all ranks and the Laity in each position.

We especially bless and thank the local State Authorities who approve of, who assist and who rejoice in all that we offer to the inhabitants of this beautiful area of our planet.

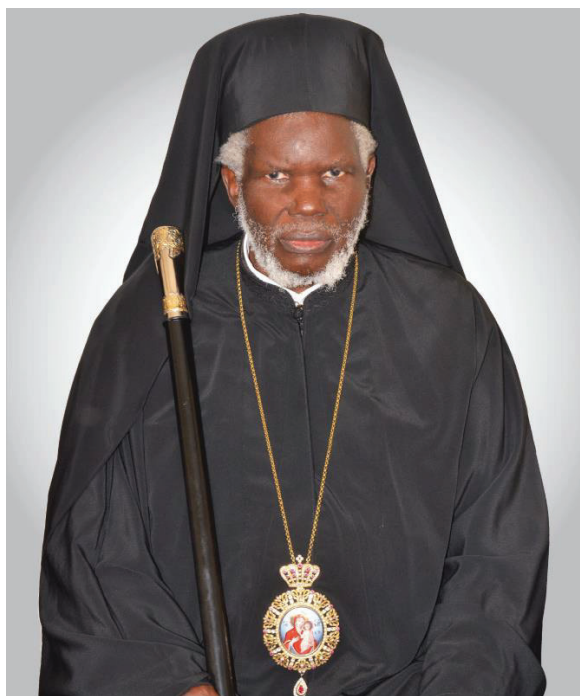
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We believe and give to Christ who meets those who desire Him, who empowers those who follow Him, who is revealed to those who believe Him. For our Patriarchate the Nativity of Christ is not a sacred memory, an hour of formal wishes, an opportunity of mere reflection. It is a fact with duration, vitality, teachings. It has the will, it holds the evidence, reserves the right to continue to change every Missionary initiative into the Birth of Christ, every place into Bethlehem and every heart into a cave.

**Many blessed years!**

**THEODOROS II**

**†Pope and Patriarch of Alexandria and All Africa**



**† METROPOLITAN ELDER JONAH LWANGA**  
**Holy Metropolitan of Kampala, Central & All**  
**Western Uganda.**

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### **MESSAGE FROM THE METROPOLITAN ELDER JONAH LWANGA**

**My Dear Children in Christ, Beloved brethren!**

Christ the Word of God the Father is born from the Holy Spirit and the Virgin Mary! Mt 1:20, 21. Lk 2:6,7. For the salvation of human race with all creation, from the destruction of sins. Ac 4:12. 1 Th 5:9. This fact, of incarnation of the Word of God for the economy (dispensation) of the whole creation, is the first perspective of the gospel in the New Testament. But the entire gospel, in its completion, is fulfilled by the news of resurrection of the Son of Man. Ro 1: 3,4. Therefore, the incarnation of the Word in Jesus Christ, Jn 1:14, 29, the removal of destructive sin, 1 Cor 15: 26, and the defeat of death in the glory of resurrection, is the complete gospel towards all people, for the harmony of all creatures, Uganda not being exempted. 2 Cor 6:16.

Since we are creature of God, supposed to live by performing His will, the situation we desire or search as moral persons, and the situation we would like all of us to reach on, it is not besides of the work of Christ the Word, but within itself. What is that work? That work is of building the kingdom of God in the souls of men and in the whole world, in their life and civilization. For that is the chief will of God the Father, by which we live as good moral persons. Mt 4:16, 17. Mk 1:14, 15. Lk 4:16-19. In Christ Jesus, as the Word of God, all creatures were made, and through Him all things made by men are understood and realized for

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establishment. Jn 1: 3-5. Col 1:15-17. And the same is the situation we seek all of us to live with, the situation of the will of God the Father, to make man in His image. Gn 1:26.

From this perspective, if it is true that, the incarnation of our Lord Jesus Christ has as purpose to integrate our life and culture with the Kingdom of God the Father, as His chief will is in all the divine Scriptures, then it becomes clear that, here in Africa and especially here in Uganda, we live still in thick darkness with our Christianity. Jn 1:4-5. Because, this truth is not yet recognized by most of the people, not only on the lower level, but also on the highest level. That is the reason why, all our politics, businesses, economy, associations and education systems contradict themselves and are in rivalry to each other. All these cannot be rectified without the Word of God the creative, the king of our life and civilization. Col 1:19-20. This problem brought Jesus Christ, as Son of Man, Dan 7:13. Mt 12:8, to establish the foundation of men who live as image and likeness of God, men who participate in the internal Kingdom of God.

Therefore brethren, during this Christmas, let us seek the situation of an appropriate joy from the incarnation of the Word Son of God the Father. Such is the joy of finding, recognition and living the salvation that brought by Jesus Christ on earth, in its complete form, but not in its least piece. Because, even if it is so good to receive salvation individually, myself to become

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a savedee for myself, and you as yourself for yourself, that is not the only purpose of the birth of the Word as Son of Man in the person of Jesus Christ. To clear out completely the sins and evils from the world Jn 1:29, to combat against Satan the evil-one with all his works that distort the will of God Jn 8:41,44, Gn 3:5; to trample on death Is 25:8,9; 2 Tim 1:10; and to wear immortality by dressing in the nature of Christ Jesus and the Holy spirit; Ro 2:7. 1 Cor 15:53,54; as well as to rectify the development and civilization of mankind in the world (may not cause the destruction of creation); Ro 8:20-23. Col 1:19-23; all this is salvation brought by the Word Son of God towards the people. All these parts of salvation, when are not considered by us, and we remain only on the praise of our individual salvation, then we exist having not understood the gospel of incarnation of the Son of God, and we live not fully this gospel, except that minimum part, which can not cause any change in the world.

I we wish the incarnation of the Word of God in our Lord Jesus Christ, that is to say, His Nativity as the righteous Son of Man for the salvation of human race and all creation from destruction; may be a Feast that enables us all the Christian believers to celebrate joyfully, understanding fully even the cause that made the Word of God to appear on earth. Amen.

A blessed new year in our Lord Jesus Christ. Amen.

† **METROPOLITAN JONAH LWANAGA**  
*Holy Metropolis of Kampala, Central & All Western Uganda.*

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Dear Brethren,

We glorify our Lord Christ Jesus, for the New Diocese of Gulu (North) and All Eastern Uganda.

With my humble-self as it's Bishop, I hereby wish the Holy Clergy, the Monastics, the Pious Orthodox Christians in Uganda and the world at large, the believers in Christ and all the people of God, that the new year 2019 be blessed with good health, success, fruitfulness, Peace and Salvation.

With Fatherly Love.

† **BISHOP SILVESTROS KISITU.**  
*Diocese of Gulu and Eastern Uganda*

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**HIS GRACE BISHOP SILVESTROS KISITU**  
**Diocese of Gulu & All Eastern Uganda**

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JANUARY 2019		
1	T	†Circumcision of our Lord Jesus Christ, Basil the Great
2	W	Sylvester of Rome, Cosmas of Const., Seraphim of Sarov, Theogenes
3	T	Prophet Malachi, Martyr Gordios, Thomaidos, Lesbos
4	F	Synaxis of the 70 Apostles, Theoktistos Zosimus
5	S	Forefeast of Theophany, Theopemptos, Theona, Synglitikis, Pro. Micah
6	S	†Holy Theophany of Our Lord, Makarios, Makris
7	M	Synaxis of John the Baptist, Julian, Athanasios
8	T	George the Chozebite, Attikos & Kyros, Dominikis
9	W	Polyeuctos and Eustratios, Parthena, Peter of Sebaste, Eustratius
10	T	Gregory of Nyssa, Dometian, Marcian, Macarius
11	F	Theodosios the Abbot, Theodosios, Agapios
12	S	Tatiana, Metrios, Sava of Serbia, Eustasios, Petros, Benedict 5
13	S	†After feast of Theophany, Hermilos, Stratonikos, Maximos, Athanasios
14	M	Agnes, Nina Equal-to-the-Apostles
15	T	Paul of Thebes, John the Calybite, Pansophios
16	W	Veneration of the Chains of Peter the Apostle, Neonilla
17	T	Anthony the Great, Anthony of Berea, George of Loannina
18	F	Athanasios the Great and Cyril of Alexandria
19	S	Makarios of Egypt, Mark the Evgenikos, Arsenios of Kyrkiras
20	S	†12th LUKE (ZACH), Euthemios the Great, Eusebios, Zacharias
21	M	Maximos the Confessor, Maximos the Greek, Neophytos
22	T	Apostle Timothy, Anastasios the Persian, Joseph
23	W	Clement of Ankyra, Agathangelos, Dionysios of Olympos
24	T	Babylas, Agapio, Xenia, Philon, Neophytos, Dionysios, Philotheos
25	F	Gregory the Theologian, Auxentios, Dimitrios new,
26	S	Xenophon & those with him, Ananias priest, Peter, Arkadios & John
27	S	†15th of Luke, Transl. John Chrysostom, Marciana
28	M	Ephraim the Syrian, Palladios, James, Charis
29	T	Hieromartyr Ignatios of Antioch, Lawrence
30	W	Three Holy Hierachs, Hippolytos of Rome
31	T	Cyrus & John the Unmercenaries, Athanasia

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# JANUARY 2019

Date	Day	Tone	Morning Gospel	Epistle	Evangelio
1	Tue	Circumcision of Christ	6	Col. 2: 8 – 12	Lk. 2: 20-21, 40-52
6	Sun	Theophany	Mk. 1:9-11	Tit 2:11-14, 3:4-7	Mt. 3:13-17
7	Mon	St. John the Forerunner		Acts 19:1-8	Jn. 1:29 -34
13	Sun	pl. 4	11	Ephe. 4:7-13	Mt. 4:12-17
17	Thu	St. Andonios		Heb 13: 17-21	Lk 6: 17-23
18	Fri	St. Athanasios		Heb. 13: 7-16	Mt. 5: 14-19
20	Sun	1	1	2 Cor 4: 6-15	Lk. 17:12-19
22	Tue			Heb. 9:8-10, 15-23	Mark 8:22-26
25	Fri	St. Gregory	Jn. 10: 1-9	Heb. 7: 26-8:2	Jn. 10: 9-16
27	Sun	John Chrysostom		Heb. 7:26-8:2	Jn. 10:9-16

## CELEBRATING COMMUNITIES

1. St. Basil Railway Zone, Gulu, Labora (Gulu)
7. St. John Kikwanya (Buikwe)
17. St. Antonios Bar-Naylo (Otwal)
18. St. Athanasios Monde (Luweero)
22. Apostle Timothy Amuca (Lira)
25. St. Gregory, the Theologian Buwambo (Wakiso)
- Kireku (Mityana)



OCMC Mission Teaching Team Visiting areas of Northern Uganda preaching and providing free medical service with help from **Lift Up Uganda** NGO from USA

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# FEBRUARY 2019

Date	Day	Tone	Morning Gospel	Epistle	Evangelio
2	Sat	Hypapanty	Lk. 2: 25-32	Heb. 7:7-17	Lk. 2:22-40
3	Sun	3	3	2 Cor. 6: 1-10	Mat. 25: 14-30
10	Sun	4	4	2 Tim. 2: 1-10	Mat. 15: 21-28
17	Sun	pl. 1	5	2 Tim. 3: 10-15	Luke. 18: 10 -14
24	Sun	pl. 1	6	2 Cor. 4: 6 – 15	Luke. 15: 11 - 32



Young Comrades Primary School in Wakiso district where His Eminence commissioned a new school building which was constructed With the help from XM.COM, AGAPIS XERIA – CYPRUS and O.X.E.K ST. CATHERINE GREECE.

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# FEBRUARY 2019

1	F	Tryphon, Basil of Thessaloniki, Bridget of Ireland, Perpetuous
2	S	†Presentation of the Lord in the Temple (Hypapanty)
3	S	†16 <sup>th</sup> Matthew, Symeon the God-Bearer, Anna Prophetess, Papias
4	M	Isidore of Pelusion, Nicholas the Confessor, Avramios Agatha,
5	T	Theodosios, Anthony, Polieufkos
6	W	Photios the Great of Const, Boukolos of Smyrna, Christina and Calista
7	T	Parthenios of Lampsakos, Luke of Greece, 1,003 martyrs of Nicodemia
8	F	Prophet Zechariah, Theodore the General, Bp. Makarios
9	S	Martyr Nikephoros of Antioch, Markellos, Bp. Pankratos
10	S	†Sunday of the Canaanite, Charalambos, Zenon, Pat. Anastasios
11	M	Vlasios of Sebaste, Empress Theodora, George Neomarty.
12	T	Meletios of Antioch, Anthony of Constantinople, Christos the gardener
13	W	Apostle Aquila & Priscilla, Martianos, Eulogios of Alexandria
14	T	Auxentios, Maron, Abraam, Cyril equal to Apostles, Isaac the recluse
15	F	Apostle Onesimos, Eusebios the Hermit, Anthimos of Chios
16	S	Nicholas of Japan Eq. Apostles, Pamphilos, Flavianos of Const.
17	S	†Publican & Pharisee, Theodoros II (name day of Patriarch)
18	M	Leo Pope of Rome, Agapitos the confessor
19	T	Apostles Archippos & Philemon, Apphias, Philothei.
20	W	Leo of Catania, Agathon of Rome, Bp. Sadok & 128 others
21	T	Timothy, Eustathios of Antioch, John, Zacharias of Jerusalem
22	F	Thalassios & Baradatos, Anthusa, relics of Eugenius
23	S	Heiromartyr Polykarp of Smyrna, Gorgonias, Damianos
24	S	†Prodigal Son, 1 <sup>st</sup> and 2 <sup>nd</sup> Finding of the Head of John the Baptist
25	M	Tarasios, Reginos, Markellos
26	T	Fotini equal to the Apostles, John, Porphyrios of Gaza, Kalfa
27	W	Procopios, Stephen, Gelasios, Asclepios & James, Elias
28	T	Basil the Confessor, Proterios, Procopios, Marina, Cyra, Dominica

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# MARCH 2019

1	F	Eudokia, Markellos, Andonina Hieromart. Theodotos
2	S	Saturday of Souls, Nikolaos Plana, Isihios, Euthalia, Theodolus
3	S	†Judgement Sunday, Eutropios, Theodoritos, Kleonikos, Vasiliskos,
4	M	Juliana, Gerasimos, Gregory, Paul
5	T	Kononos, Mark, Archelaos, Gerasimos new martyr, Rampsanis
6	W	Arkadios, 42 Martyrs in Amorio, Isihios, Finding of the Cross
7	T	Vasileos, Ephraim, Eugenios, Lavrentios, Elpidios, Piusias, Emilian
8	F	Theophylactos of Nikomedia, Apostle Hermes, Paul the conf.
9	S	40 Martyrs of Sebaste, Ourpasianos, Ceasar, Domnos.
10	S	†Forgiveness Sunday, Anastasia, Quadratus of Corinth
11	M	Clean Monday, Sophronios Trophimos.
12	T	Theophanes, Gregory the talkative, Symeon the new theologian
13	W	Nikephoros of Constantinople, Sabinus, Aninas, Africanus, Pubilius
14	T	Benedict, Euschemonos of Lampsakos, Theognosius
15	F	1 <sup>st</sup> Hairetismoi, Agapios, Aristovoulos Apostle, Timolalus
16	S	Sabbinos, Romanos, Christodulos, Papas, Trophimus.
17	S	†Sunday of Orthodoxy, Patrick of Amagh, Alexius Macarius
18	M	Kyriilos of Jerusalem, Trophimos, Aninas
19	T	Chrysanthos, Klaudia, Tornara, Dimitrios
20	W	Kallinike and Kallinikos, Matrona, Juliana, Ephemia, Theodosia
21	T	James the Confesor, Thomas of Const., Cyril
22	F	2 <sup>nd</sup> Hairetismoi, Basil of Ankyra, Martyr Kallinike
23	S	Nikon & 199 Disciples, Philetas, Lydia, Basil of Mangezela
24	S	†Gregory Palamas, Artemonos, Zacharias, Parthenios, Stephen
25	M	Annunciation of The Theotokos
26	T	Synaxis of Archangel Gabriel, Stephen
27	W	Martyr Matrona, Lydia, Paul, Manuel, Theadasius, John the Clairmoyant
28	T	Hilarion the New, Apostle Herodion, Bayon, Sabbas, Narses, Elias
29	F	3 <sup>rd</sup> Hairetismoi, Mark Bp. of Arethusa, Deacon Kyriilos, Barachisios
30	S	St. John Climacas, Sophronius, Sosthenes, Apolios Ceasar, Cephas
31	S	†Veneration of the Holy Cross, Innocent of Moscow

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### MARCH 2019

Date	Day	Tone	Morning Gospel	Epistle	Evangelio
3	Sun	grave	7	1 Cor. 8:8-9:2	Mat. 25:31-46
7	Thu			Jude 1:11-25	Luke 23:2-34, 44-56
9	Fri	Forty Holy Martyrs		Hebrews 12:1-10	Mat. 20:1-16
10	Sun	pl. 4	8	Rom. 13:11-14:4	Mat. 6:14-21
17	Sun	1	9	Heb. 11:24-26, 32-40	John 1:44-52
24	Sun	2	10	Heb. 1:10-2:3	Mark 2:1-12
25	Mon	Annunciation		Hebrews 2:11-18	Luke 1:24-38
31	Sun	3	11	Heb. 12:28-13:8	John 11:1-45

#### CELEBRATING COMMUNITIES

7<sup>th</sup> Lavrentios Koro (Gulu)  
25<sup>th</sup> Evangelismos (Annunciation) Nkwaale (Mityana), Nakya (Kamuli)



*Consecration of Bishop Silvestros Kisitu at St. Sava Monastery in Alexandria, Egypt on 16th December 2018*

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### APRIL 2019

1	M	Mary of Egypt, Gerontius & Basileides Mrt.
2	T	Titus the wonderworker, Theodora Virgin - Mrt
3	W	Nikitas the confessor, Joseph the Hymno, Paul of Russia
4	T	George of Maleon, Venerable Zosimas, Nikita of Serres
5	F	4 <sup>th</sup> Hairetismoi, Monk-Mrt. Claudius, Theodora the righteous
6	S	Eutychius Patr. of Const, 12 Martyrs of Persia, Platonidos
7	S	†John Climacus, St Calliopius and Akylina, Tikhon of Russia
8	M	Herodion, Agabus, Rufus, Asyncritus
9	T	Eupychius Mrt., Hieromartyr Vadim Terence, Pompeius,
10	W	St Gregory V Patr. of Constantinople Antipas bishop of
11	T	Great Canon, Pergamon, Righteous Tryphinus
12	F	Akathist Hymn, Basil the Confessor, Mother Anthousa
13	S	Martin of Rome, Martyr Zoilos
14	S	†Aristarchus, Pudens, Trophimus of the 70, Dimitrius N.Mrt.
15	M	Martyr Crescens, Hieromartyr Leonidas
16	T	Virgin Martyrs Agape, Irene, Chionia, Charisse
17	W	Hiermrt. Symeon, Makarios Abp. of Corinth
18	T	Savvas, John the Enlightener, Athanasios N.Mrt of Aigin
19	F	Paphnoutius Martyr, Philippos Martyr, George of Pesidia
20	S	Apost. Zacchaeus, Theodore Trichinas
21	S	†Palm Sunday, Kingdom of Alexandra, Anastasia of Sinaia
22	M	†Holy Monday, Apostle Nathaniel, Theodore of Sykeon
23	T	†Holy Tuesday, George the Triumphant, George of Cyprus
24	W	†Holy Wednesday, The Holy Unction
25	T	†Holy Thursday, The Last Supper
26	F	†Holy Friday, The Holy Passion of Our Lord, Basil of Amaseia
27	S	†Holy Saturday, The Descent into the Hades of the lord
28	S	†Great and Holy Pascha, The Resurrection of Our Lord
29	M	†Renewal Monday, Jason & Sosipater of the 70 Martyrs
30	T	†Apostle James son of Zebedee, Bshp. Donatus, Agyre N.Mrt.

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### APRIL 2019

Date	Day	Tone	Morning Gospel	Epistle	Evangelio
1	Mon	Mary of Egypt		Gen 8:21-9:7	Prov 11:19-12:6
7	Sun	4	1	Heb 6:13-20	Mk 9:17-31
14	Sun	pl.1	2	Acts 11:12-17, 21-26	John 1:18-28
20	Sat	Lazarus Saturday		Heb 12:28-13:8	John 11:1-45
21	Sun	Palm Sunday		Philip 4:4-9	John 12: 1-18
28	Sun	Great and Holy Pascha		Acts 1:1-8	John 1:1-17
29	Mon	Renewal Monday		Acts 12:1-11	John 1:18-28

#### CELEBRATING COMMUNITIES

1 St. Mary of Egypt Women's Monasteries (Convents), Monde & Ddegeya (Luweero) Mayindo (Luweero) Mpunga (Wakiso) Bulera (Mityana) Makota (Buyikwe) Bbira, (Wakiso) Holy Patriarchate of Alexandria and All Africa Jinja, Buhembe (Bugiri) Ojwina (Lira)

12 Pamakaristo  
15 St. Thomas  
18 Raphael, Nikolaos & Irene  
23 St. George  
25 St. Mark, Apostle & Evangelist  
28 Holy Resurrection



*His Eminence Metropolitan Jonah leading the Holy Pentecost service at St. Basil Orthodox Church Gulu*

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### MAY 2019

1	W	Prophet Jeremiah, Euthymios, Panaretos, Paphnutius, Bata the
2	T	Persian St. Anthanasios the great, Matronis, Rosidos, Esperou,
3	F	Zoe, Kiriakos Oikoumenios, Timothy, Mauros, Petros, Diodoros,
4	S	Theophane, Xenias Pelaghia, Hillary, Athanasios, Nikiphoros
5	S	†Thomas Sunday, Irene, Euthimios, Neophytos, Gaios, Gaianos
6	M	Job, Seraphim, Sofia.
7	T	Akakios and Kodratos
8	W	John the Theologian & Ev., Arsenios the Great,
9	T	Milis, Prophet Isaiah, Martyr Christopher, Martyr
10	F	Nicholas. Apostle Simon the Zealot, Lavrentios
11	S	Kyrrillos & Methodios, the Enlighteners of the Slavs, Methachios
12	S	†The Myrrh-Bearing Woman, Epiphany of Cyprus, Germanos
13	M	Glykeria, Sergios, Ivron,
14	T	Therapon, Isidore, Leontios
15	W	Pachomios the Great, Bishop Achillios of Larisa
16	T	Theodore the Holy, Bessarion Apostle, Alexandros, Nikolaos
17	F	Andronikos of the 70 & Junia, New-Martyr Nicholas
18	S	Peter, Dionysios, Martyr Andrew, Hrakleios
19	S	†Sunday of the Paralytic, Patrick of Prousa, Menander
20	M	Thallelaia, Lydia Nikostratos
21	T	Constantine and Hellen, equal to the Apostles
22	W	Mid-Pentecost, Demetrios & Paul of Tripoli, Jojn, Zacharios
23	T	Michael of Synada, Synesios, Maria Kleopa. Luke New Martyr.
24	F	Symeon the Stylite (the younger), Hilarion,
25	S	Third Finding of the Head of the Forerunner, Celestine Mrt
26	S	†Samaritan Woman, Apostle Karpos & Alphaiois of the 70
27	M	John the Russian, Therapon, Helladios,
28	T	Mrt. Eutychos, Helikon., Nikita of Chalcedon
29	W	Virgin-Martyr Theodosia, John and Andreas, Olybianos, Aloleos
30	T	Abbot Isaakios, Barlaam the Righteous, Martyr Christine
31	F	Apostle Hermias, Eusebios Martyr., Eustathios of Const.

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# MAY 2019

Date	Day	Tone	Morning Gospel	Epistle	Evangelio
3	Fri	Life giving Fountain		Acts 3: 1-8	Jn. 2:12-22
5	Sun	1	1	Acts 5: 12-20	Jn. 20: 19-31
12	Sun	2	4	Acts 6:1-7	Mk. 15: 43-16:8
11	Mon			Acts 5:21-33	Jn 6:14-27
19	Sun	3	5	Acts 9:32-42	Jn. 5: 1-15
21	Tue	St. Constantine & Hellen		Acts 26:1,12-20	Jn. 10: 1-9
26	Sun	4	7	Acts 11: 19-30	Jn. 17: 1-13

## CELEBRATING COMMUNITIES

3	St. Oikoumenios	Bukuya (Mubende)
21	St. Constantine & Hellen	Kasana, Degeya (Luweero)
		Bugerere (Mukono)
25	Holy Ascension	Ngombe (Fort Portal)



*His Eminence visiting the Holy Transfiguration Vocational Institute in Ngombe. It is the only Vocational institute of the Orthodox Church imparting practical skills to the Youth.*

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# JUNE 2019

1	S	Martyr Justin the Philosopher, Haritonos, Thespesius Martyr, Pirros
2	S	†Sunday of Blind Man, Nikephoros of Const., Constantine
3	M	Lucilian, Paul, Claudius, Dionysios.
4	T	Martha & Mary sisters of Lazarus, Metrophanes
5	W	Apodosis of Pascha, Heiromartyr Dorotheos, Nikandros, Mark
6	T	The Holy Ascension, Hilarion, Bessarion the Worker
7	F	Theodotos of Ankyra, Sebastiani, Zinaidos, Panagi Mbasia
8	S	Theodore the General, Kalliopi, Nikandros
9	S	†Fathers of the 1 <sup>st</sup> Council, Kyrillos of Alex, Pelagia Marty.
10	M	Alexandria, Pansemmi, Antonina, Theophane, Timothy.
11	T	Apost. Bartholomew & Bamabas, Mitrophan
12	W	Onouphrios, Peter of Mt. Athos, John, Andrew, Heraclemon, Theophilos
13	T	Akylina, Diodoros Martyr, Antipatros, Trifillios, Sergius of Radonez, Anna
14	F	Prophet Elisha, Methodios of Constantinople
15	S	Saturday of Souls, Prop. Amos, Jerome, Augustine of Hippo
16	S	†Holy Pentecost, Tychon of Amathos Deacon Isaurios, Manuel, Sabel
17	M	Holy Spirit, Manuel, Sabel, Ismael, Innokentios, Pereyirinos.
18	T	Fathers of Mt. Athos, Leontios, Hypatios, Aitherios, Theodoulos
19	W	Apostle Jude Thaddaios, John of Shanghai, Paisios the Great
20	T	Methodios of Patar, Nicholas Kavasilas, Kallistos, Inna, Pinna.
21	F	Julian Martyr, Priest-Martyr Terentios of Ikonios, Nikita New Martyr.
22	S	Hieromartyr Eusebios, Zenonos & Zena, Nicetas.
23	S	†All Saints, Martyr Agrippina of Rome, Aristokles, Eustochios, Gaius.
24	M	Nativity of the Forerunner, Panagiotis, Eros, Longinus. Virgin-Martyr
25	T	Febronia, Orentios and six brothers
26	W	David of Thessaloniki, John of Gotthia, Tikhon,
27	T	Cyril Loucaris Patr. of Alexandria, Sampson, Myrrh-Bearer Joanna
28	F	Translation of Relics of Kyros & John the Merciful
29	S	Holy Apostle Peter & Paul
30	S	†Synaxis of the Twelve Apostles 12

22

# JUNE 2019

Date	Day	Tone	Morning Gospel	Epistle	Evangelio
2	Sun	pl.1	8	Acts 16: 16-34	Jn. 9:1-38
6	Thu	Holy Ascension		Acts 1:1-12	Lk. 24:36-53
9	Sun	pl. 2	10	Acts 20: 16-18, 28-36	Jn. 17: 1-13
15	Sat	Saturday of All Souls		1 Thess. 4:13-17	Jn. 24:14-25
16	Sun	Pentecost		Acts 2: 1-11	Jn. 7: 37-52, 8:12
17	Mon	Holy Spirit		Eph. 5:8-19	Mt. 18:10-20
23	Sun	pl.4	1	Heb. 11:33-12:2	Mt. 10:32-33, 37-38, 19:27-30
29	Sat	Sts. Peter and Paul		2 Cor. 11: 21-12:9	Mt. 16: 13-19
30	Sun	Holy Apostles		1 Cor. 4: 9-16	Mt. 9: 36, 10: 1-8

## CELEBRATING COMMUNITIES

17	Aghia Triada (Holy Trinity)	Sambwe (Wakiso)
29	St. Peter + Paul	Nakabaale (Luwuka), Bumbu, Kikyusa (Luweero) St. Paul Orthodox Seminary, (Kampala)
30	Holy 12 Apostles	Kyanuuna (Wakiso)



*Group photo of Orthodox Youth during the 2nd National Youth Camp 2018 held at St. Antonios Orthodox Parish Monde.*

23

# JULY 2019

1	M	Cosma and Darmianos, Potitus, Angelina, Constantine
2	T	Presentation of Robe of the Theotokos, Juvenal of Jerusalem
3	W	Hyacinth, Theodota, Gerasimos, Anatolios, Diomedes, Eulambois
4	T	Andrew of Crete, Michael Honiati, Theodore of Kyrenis, Loukias Martyr.
5	F	Athanasios of Athos, New-Martyr Grand Duchess Elizabeth, Cyprianos
6	S	Sisoies the Great, Virgin-Martyr Loukia, Archippos, Onismos, Philimon
7	S	†3rd of Mathew, Kiriaki Great Martyr., Thomas of Maleon, Akakios
8	M	Procopios Great Martyr, Myrrh-Gusher Theophilos
9	T	Hieromartyr Pankratios, Dionysios the Orator
10	W	45 Martyr of Nicopolis – Armenia, Bishop Gregory of Assa
11	T	Euthymias Martyr., Princess Olga Equal to the Apostles, Nectarios Vrioulon
12	F	Proklos & Hilarion Martyrs, Veronika, Michael, Mary, Paisios new martyr
13	S	Synaxis of Archangel Gabriel, Stephenos Savvaites, Hlofotos
14	S	†Sunday of the Holy Fathers, Aquila of the 70, Nikodemos Athos
15	M	Kerykos & Julitta Martyrs.
16	T	Prince Vladimir Athenogenes, Phaustos, 15,000 Martyrs from Pesidia
17	W	Great Martyr Marina, Speratos, Veronikis, Lazarus, Margaret
18	T	Martyrs Emilian, Paul, Thea, & Wallenthini, Stephan
19	F	Makrina, Dios, Theodore of Edessa, Seraphim of Sarov, Sister Vasilou.
20	S	Prophet Elias, Abramius, Athanasios
21	S	†5th of Mathew, Simeon of Emesa, John, fools for Christ's Sake
22	M	Myrrh-Bearer Mary Magdalene, Markellis Virgin martyr.
23	T	Phokas & Appollonios Hieromartyrs, Pro Ezekiel, Pelagia
24	W	Boris & Gleb Passion-Bearers, Great-Martyr Christina
25	T	Dimitrios of Anna Mother of Theotokos, Olypiados the Diakonnos
26	F	Paraskev Virgin-Martyr, Ermolaos, Ermokratos, Clement of Ochrid
27	S	Panteleimon Great Martyr and Healer, Christodoulos New Martyr
28	S	†6th of Mathew, Prochoros, Nikanor, Timon & Parmenas of the 70
29	M	Kallinikos, Theodota & Children, Theodosios, Eusebios,
30	T	Apostles Silas, Silvanos, & Kreskenes of the 70
31	W	Deacon Eudokimos, Joseph of Arimathea, Julitta, Germanos

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# JULY 2019

Date	Day	Tone	Morning Gospel	Epistle	Evangelio
7	Sun	2	3	Gal. 3:23-4:5	Mt. 6:22-33
8	Mon	Great Martyr Prokopius		1 Tim. 4:9-15	Mt. 11:2-15
14	Sun	3	4	Titus 3:8-15	Mt. 5:14-19
20	Sat	Prophet Elias		Jm. 5: 10-20	Lk. 4: 22-30
21	Sun	4	5	Rom. 10:1-10	Mt. 8:28-9:1
26	Fri	Righteous Paraskevi		Gal. 3:23-4:5	Mark 5:24-34
28	Sun	pl.1	6	Rom. 12:6-14	Mt. 9:1-8
30	Tue	Apostle Silas		Acts 15:35-41	Mt. 14:1-13

## CELEBRATING COMMUNITIES

8	St. Prokopios great Martyr	Luwayo (Mukono)
20	Prophet Elias	Nkonge (Kayunga)
26	St. Paraskev	Men's Monastery Busaana(Mukono)
30	Apostle Silas	Kalagala (Luweero)



The under construction building of the St. Catherine Nun's Monastery in Kiyindi -Buikwe district.

25

# AUGUST 2019

1	T	Procession of the Cross, Seven Macabean Martyr; Solomonias and Eleazar	
2	F	Translation of Relics of Protomartyr Stephen, Gamaliel, Theodore New Martyr	
3	S	Isaac, Dalmatos, Phaustos, Myrrh-Bearer Salomes, Theoklitos	
4	S	†7 <sup>th</sup> of Matthew, 7 Youths of Ephesians, Eudokia, Eleutherios	
5	M	Fore-feast of Transfiguration, Martyr Eugenios, Nonna	
6	T	†Transfiguration of our Lord, and Saviour Jesus Christ	
7	W	Dometios & sozon Matyrs, Theodosios, Nikanoros, David	
8	T	Emilianos of Kyzikos, Myron of Crete, Triantafillos New Martyr	
9	F	Apostle Mathias, 10 Martrs from Halkipili, Herman Missionary to Alaska	
10	S	Lavrentios, Sixtos of Rome, Ksistos from Athens, Hyppolytos Martyr	
11	S	†8 <sup>th</sup> of Matthew, Eupios Martyr, Miracle of Spyridon, Niphon	
12	M	Aniketos, Pamphilos, Photios & Kapiton Martyrs	
13	T	Tikhon of Zadonsk, Relics of Maximos of the Confessor	
14	W	Prophet Micah, Markellos, Semeonos, Rheodosios, Arcadius	
15	T	†The Dormition of the Holy and Ever Virgin, Tarsizos Martyr	
16	F	Transfer of the Icon of Christ Not Made by Hands, Timothy of Euripos	
17	S	Myron, Eutychos, Eutychianos, Kasssianos, Cyprianos, Juliana, Thysos	
18	S	9 <sup>th</sup> of Matthew, Floros & Lavros, Arsenios of Paros, Hermes	
19	M	Andrew, Timothy & Agapios, Theophanes	
20	T	Prophet Samuel, Loukios the Senator, Philip	
21	W	Apostle Thaddaios of the 70, Martyrs Vassa & Children	
22	T	Agathonikos, Zotikos, Zenon, & Theopreprios Martyrs	
23	F	Apodosis of Dirmition of the Theotokos, Irineos of Lyons	
24	S	Priest-Martyr Eutychios, Kosmas of Aitolos, Dionysios Aiginis	
25	S	†10 <sup>th</sup> of Matthew, Apo. Titus & Bartholomew of the 70	
26	M	Adrianos & Natalia Martyrs, Ioasaph, Tithon, Attykos	
27	T	Great-Martyr Phanourios, Poemen the Great, Anthousa	
28	W	Moses the Ethiopian, Martyr Lavrentios, Job of Pochaev	
29	T	Beheading of the Precious Head of John the Baptist	
30	F	Alexander, John & Paul, Pats of Const, Alexander Nevsky	
31	S	Placing of the Sash of the Theotokos, Kyprian of Carthage	

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# AUGUST 2019

Date	Day	Tone	Morning Gospel	Epistle	Evangelio
4	Sun	pl. 2	7	Rom. 15:1-7	Mt. 9: 27-35
6	Tue	Holy Transfiguration		2 Pet. 1: 10-19	Mt. 17: 1-9
11	Sun	Grave	8	1 Cor. 1: 10-17	Mt. 14: 14-22
15	Thru	Holy Dormition		Phil. 2: 5-11	Lk. 10: 38-42, 11: 27-28
18	Sun	pl. 4	9	1 Cor. 3: 9-17	Mt. 14: 22-34
25	Sun	1	10	1 Cor. 4: 9-16	Mt 17: 14-23
29	Thru	Beheading of the Fore-Runner		Acts 13: 25-32	Mk. 6: 14-30

## CEREBRATING COMMUNITIES

6	Holy Transfiguration	Ddegeya (Luweero)
15	Dormition of the Holy and Ever-Virgin	Katente (Mukono)
		Kasangati, (Wakiso)
29	Beheading of John the Baptism	Kikwanya (Mukono)



My Rafiki a Charity organization headed by Eudokia Tampaki caring out a Children's Camp in Rubaare Orthodox Community.

27

# SEPTEMBER 2019

1	S	†Beginning of Church New Year. Symeon the Stylite & His Mother Martha	
2	M	Mamas, John the Faster of Constantinople, Hsyhios Anthimos,	
3	T	Theoktistos, Foivis, Polydoros of Leukosia	
4	W	Prophet Moses, Babylas and those with him; Theodore, Mianus, Juliana	
5	T	Prophet Zacharias & Elizabeth Parents of John the Forerunner	
6	F	Miracle of Archangel Michael at Colossae, Eudochios	
7	S	Sozon Martyr, Kassiani Hymnographer, Eupsyhius Martyr	
8	S	†Nativity of Theotokos, Before the Holy Cross	
9	M	Joachim & Anna, Severianos	
10	T	Martyr Menodora, Metrodora & Nymphodora Martyrs	
11	W	Theodora, Euphrosynos the Cook, Euanthia	
12	T	Autonomous & Kournoutos Priest-Martyrs, Daniel	
13	F	Hieromartyr Cornelios, Aristedos Martyr, Ierotheos, Meletios Pegas	
14	S	†The Universal Exaltation of the Precious Cross	
15	S	†After the Exaltation, Great-Martyr Niketas the Goth, Philotheos	
16	M	Euthymias, Melitene Martyr, Kassianos	
17	T	St. Sophia & her 3 daughters, Joachim (Pani) Patr. of Alex	
18	W	Eumenios of Gortynia, Ariadne Martyr, Kastros.	
19	T	Martyrs Trophimos, Sabbatios, & Dorymedon	
20	F	Theopistus & Agapios, Eusrathius, Placidias, Theopistes	
21	S	Prophet Jonah, Apostle Kodratos of the 70, Akakios, Isaakios	
22	S	†1 <sup>st</sup> Luke, Phocas the gardener, Isaak, Martin, Peter, Theophanes	
23	M	Conception of the Glorious Fore-runner, Raidos, Xanthippis	
24	T	Protomartyr Thekla Equal, Panaghas Mirtidiotissis, Silounos	
25	W	Sergios of Radonezh, Euphrosyne of Alexandria, Paphnoutios	
26	T	Falling asleep of John the Theologian	
27	F	Martyr Kallistratos & Companions, Apostle Aristarchos of the 70	
28	S	Chariton the Confessor, Neophytos, Auxentios, Prophet Baruch	
29	S	†2 <sup>nd</sup> of Luke, Kyriakos the Hermit of Palestine, Petronia Martyr	
30	M	Gregory the Illuminator & Bp. Armenia, Stratonikos	

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# SEPTEMBER 2019

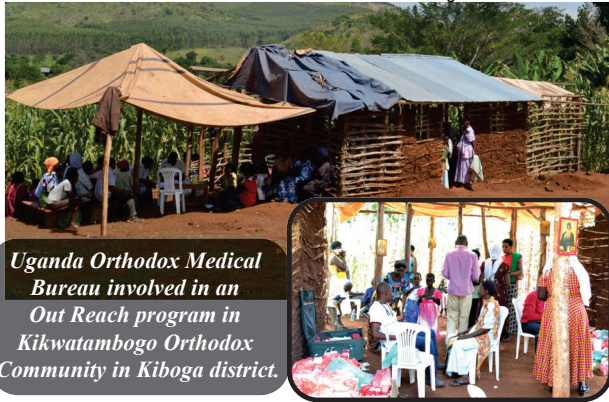
Date	Day	Tone	Morning Gospel	Epistle	Evangelio
1	Sun	2	11	1 Tim. 2: 1-7	Lk. 4: 16-22
8	Sun	Nativity of Theotokos		Gal. 6:11-18	Jn. 3:13-17
14	Sat	Exaltation of the Holy Cross	1	1 Cor. 1: 18-24	Jn. 19: 6-11, 13-20, 25-28, 30
15	Sun	4	2	Gal. 2: 16-20	Mk. 8: 34-9:1
17	Tue			2 Cor. 12:20-13:2	Luke 3:23-4:1
21	Sat			1 Cor. 1:26-31; 2:1-5	John 8:21-30
22	Sun	pl.1	3	2 Cor. 1:21-2:4	Luke 5:1-11
29	Sun	pl.2	4	2 Cor. 4:6-15	Luke 6:31-36

## CEREBRATING COMMUNITIES

14 Exaltation of the Precious Cross

Holy Cross Orthodox Mission Hospital  
Namungoona (Kampala)  
Luwafu (Kampala)  
H.E Metropolitan Jonah of Kampala, Central & Western Uganda

17 St. Sophia  
21 Prophet Jonah



Uganda Orthodox Medical Bureau involved in an Out Reach program in Kikwatambogo Orthodox Community in Kiboga district.

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# OCTOBER 2019

1	T	Protection of the Theotokos, Romanos, Ananias
2	W	Cyprian Hieromartyr, Justina Virgin-Martyr, Theophilus, George
3	T	Dionysios Hieromartyr of Areopagite, Eleutherios, Roustikos
4	F	Hierotheus of Athens, Krispos Apostle, Dominis Martyr
5	S	Charitina, John of Euchaiton, Methodia Martyr, Eudokimos
6	S	†3rd of Luke, Thomas Apostle, Makarios of Kios, Innocent
7	M	Martyr Sergios & Bacchos, Ioulianos, Polyhronios, John
8	T	New-Martyr Ignatios, Virgin-Martyr Pelagia
9	W	Apostle James son of Alphaeus, Andronikos, Athanasia, Abraham & Lot
10	T	Eulampios & Eulampia, Theophilus, Ambrose of Optina
11	F	Apostle Philip of the 7 Deacons, Theophanes Confessor, Nectarios
12	S	Symeon New Theologian, Provos & Tarahos martyrs
13	S	†4th of Luke, (7th Ecum. Council) Carpus & Papylos Martyrs
14	M	Gervasios Martyrs, Kosmas, Paraskeva of Moldavia
15	T	Loukianos, Savinus of Catana, Barsos, Euthymios
16	W	Longinus the Centurion, Malos, Leontios & those with him
17	T	Pro. Hosea, Monk-Martyr Andrew of Crete, Leontius, Anthimus, Eutropius
18	F	Apostle + Evangelist Luke, Marinos Martyr, Julian of Mesopotamia
19	S	Prophet Joel, Minason of Cyprus, Cleopatra, Martyr Varos
20	S	†6th of Luke, Artemios Great-Martyr, Gerasimos of Cephalonia
21	M	Hilarion the Great, Theodota & Sokrates, Christodoulos
22	T	Averkios Equal to the Apostles, Seven Youths of Ephesos
23	W	St. James Apostle and Brother of God, Ignatios of Const.
24	T	Great-Martyr Arethas, Elesbaan King of Ethiopia, Syncletica, Athanasios
25	F	Martyr Markianos & Martyrios the Notaries, Tabitha
26	S	Dimitrios Great Martyr of Thessaloniki, Lipus, Athanasios
27	S	†7th Luke, Nestor of Salonika Martyr, Prokia Wife of Pilate
28	M	Holy Protection of Theotokos, Terence, Neonila, Angella
29	T	Anastasia of Rome, Avramios & Maria
30	W	Martyrs Zenobios & Zenobia, Apostles Cleopas & Artemas
31	T	Apostles Stachys, Apellos, Amplias, & Urbanos of the 70

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# OCTOBER 2019

Date	Day	Tone	Morning Gospel	Epistle	Evangelio
2	Wed	St. Cyprian		1 Tim. 1: 12-17	Lk. 6:46-49, 7:1
6	Sun	Grave	5	2 Cor. 6:1- 10	Lk. 7: 11-16
8	Tue	Pelagia the Righteous		Ephes. 2:19-22; 3:1-7	Luke 8:1-3
13	Sun	pl. 4	6	Tit. 3: 8-15	Lk. 8: 5-15
18	Fri	St. Luke the Evangelist		Col. 4 :5-11, 14-18	Lk. 10:16 -21
20	Sun	1	7	Gal. 5:22-6:2	Lk. 8: 26-39
23	Wed	James brother of Lord		Gal. 1:11-19	Mat.13:54-58
26	Sat	Great martyr Dimitrios		2 Tim. 2: 1-10	Jn. 15: 17-16: 2
27	Sun	2	8	2 Cor. 11:31-12:9	Lk. 8:41-56
28	Mon	Holy Protection of Theotokos		Heb. 9: 1-7	Lk. 10:38-42; 11:27-28

## CEREBRATING COMMUNITIES

2 St. Cyprian  
8 Pelagia  
14 St. Paraskevi Feast day  
18 St. Luke the Apostle & Evangelist

Bulami (Luweero)  
Kireka (Luweero)  
Men's Monastery Busaana  
Kabonge (Wakiso)  
Lwemiyaga (Sembabule)  
Kikwatambogo (Kiboga)  
Nawango (Kamuli)  
Bwetyaba (Luweero)  
Mayinkiti (luweero)



The CEO of IOCC with His Eminence while in Uganda to commission the Construction project at St. Luke Secondary School in Lwemiyaga district.

31

# NOVEMBER 2019

1	F	Cosma and Damianos the Unmercenarys, and Theodotis their Mother
2	S	Martyrs Akindynos, Pegasios, Aphthanos, & Elpidophoros
3	S	†5th of Luke, Acepsimas, Aiethalas & Joseph, George
4	M	Ioannicius, Hieromartyr Nikandros of Myra.
5	T	Galaktion & Episteme, Apo. Hermas of the 70
6	W	Paul the Confessor of Constantinople, Luke, Euphrosyne, Athanasia
7	T	33 Martyrs of Melitene, Lazaros the Wonderworker
8	F	Archangels Michael, Gabriel, Raphael, Uriel, Selaphiel, Jagudiel & Barachiel
9	S	Nektarios of Pentapolis, Onesiphoros Martyr, Eustolia, Kephalas
10	S	†8th Lord's Day of Luke, Olympas, Sosipatros, Arsenios of Cappadocia
11	M	Vicent, Victor, Minas, Stephanida, Martin
12	T	John of Alexandria, Nilus, Sava, Nikolaos
13	W	John Chrysostom of Const., Anthousa, Damaskinos New-Martyr
14	T	Philip Apostle, Gregory Palamas of Thessalonika, Constantine of Hydra
15	F	Gourias, Samonas, Avivos Martyrs (Begin Nativity Fast)
16	S	Apostle & Evangelist Matthew, Iphigeneias, Fulnians
17	S	†9th of Luke, Gregory the W-worker, Gennadios of Const.
18	M	Great-Martyr Plato, Anastasios New-Martyr, Romanos.
19	T	Prophet Obadias, Barlaam Martyr, Heliodoros, Euphemios
20	W	Gregory of Dekapolis, Proklus of Constantinople, Dasius, Anatolius
21	T	†The Presentation of the Most Holy Theotokos in the Temple
22	F	Apostle Philemon of the 70, Archippus, Apphia, Onesimus, Ceclia
23	S	Amphilochios of Ikonios, Alexander Nevsky, Sisinius
24	S	†13th of Luke, Clement of Rome, Peter of Alexandria, Ermogenous
25	M	Catherine Great Martyr, Clement of Ochrid, Mercurius.
26	T	Stylianios of Paphlagonia, Nikon Preacher, Alypius
27	W	Great-Martyr James of Persia, Nathaniel, Pinnouphios
28	T	Stephanos Confessor, Martyr Irenarchos, 15 Martyrs of Kilis
29	F	Paramon & 370 Companions, Bishop Dionysios of Corinth
30	S	Apostle Andrew, the First called Apostle, Frumentios of Ethiopia

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# NOVEMBER 2019

Date	Day	Tone	Morning	Epistle	Evangelio
1	Fri		Anargyron	1Cor.12:27-13: 8	Lk. 12:2-12
3	Sun	3	9	Gal. 1:11-9	Lk. 16:19-31
8	Fri		Archangels	Heb. 2: 2-10	Lk. 10: 16-21
10	Sun	4	10	Gal. 2:16-20	Lk. 10: 25-37
13	Wed		John Chrysostom	Heb. 7:26-8:2	Jn. 10:9-16
16	Sat		<b>Evangelist Matthew</b>	Rom. 10:11-11:2	Mt. 9:9-13
17	Sun	Pl.1	11	Gal. 6:11-18	Lk. 12:16-21
19	Tue		Prophet Obadiah	I Thess 1:6-10	Lk. 17:26-37; 18:8
21	Thu		Presentation of Theotokos in the Temple	Heb. 9: 1-7	Lk. 10: 38-42, 11: 27-28
24	Sun	Pl.2	1	Eph. 2:4-10	Lk. 18:18-27
25	Mon		Great Martyr Catherine	Gal. 3 :23 -4: 5	Mk. 5: 24-34
26	Tue		St. Stylianos	1 Thess 3:8-13	Lk 19:45-48
30	Sat		Apostle Andrew	1 Cor. 4:9-16	Jn. 1:35-52

## CELEBRATING COMMUNITIES

1	Holy Unmercenarys (Anargyroi)	Kiti (Wakiso)
8	Archangel Michael	Lapainati (Gulu)
	Panaghia Paramythia	Mukongoro (Kuuni)
10	St. Arsenios of Cappadocia	Bukasankya (Mbale)
13	St John Chrysostomos	Ggavu (Luwero)
19	Prophet Obadia	Butembe (Buikwe)
21	Presentation of the Theotokos	Magoma (Luwero)
		Bugolo (Buikwe)
25	St. Catherine	Vvumba (Luwero)
		Nun's Monastery Kiyindi (Buikwe)
26	St. Stiranios	Ngondwe (Wakiso)



*The New Kanapa Orthodox Community in Kumi district were 70 people joined Orthodoxy through baptism in July 2018*

33

# DECEMBER 2019

1	S	†14th of Luke, Prophet Nahum, Philaret the Merciful, Ananias
2	M	Prophet Habakkuk, Martyr Myrope of Chios, Theophilus
3	T	Prophet Zephaniah, Martyr Agapios, New-Martyr Angelis
4	W	<b>Barbara Virgin Great martyr</b> , Juliana, John of Damascus
5	T	<b>Savva the Sanctified</b> , Nektarios of Athos, Martyr Diogenes
6	F	<b>Nicholas of Myra the wonder worker</b> , Theophilus, Nikolaos New
7	S	Ambrose of Milan, Gerasimos of Euboea, Athinodoros
8	S	†10th of Luke, Patapios, Apostles Sosthenes, Apollos, & Tychikos
9	M	<b>Conception of Theotokos by Anna</b> , Prophetess Hannah
10	T	Martyrs Menas, Hermogenes, Euphrasios & Thomas
11	W	Daniel & Luke the New Stylites, Meirakios, Barsavas, Mirax, Arcepsius
12	T	<b>Spyridon the wonder worker</b> , John of Zichna, Herman the Wonder worker
13	F	Eustratios Martyr, Auxentios, Orestes, Eugene, Mardarius, Orestos, Luke
14	S	Thyrus, Leucius, Callinicos, Hypatios, Arrianos, Apolonius, Theoctychus
15	S	†11th of Luke, Great Martyr Eleutherius with his Mother Anthia
16	M	Prophet Haggai, Empress Theophana, Modestos
17	T	Prophet Daniel & 3 Holy Youths, Dionysios of Aegina
18	W	Sebastian & Zoe Martyrs, Floros of Amisos, Nicostratus, Claudius
19	T	Bonifatios, & Probos Martyrs, Aglaida, Gregory, Elias, Probus, Ares
20	F	Ignatius of Antioch the God-bearer, John of Cronstadt
21	S	Juliana & 500 Martyrs, Thermistocles, Procopius, Peter
22	S	†Before the Nativity, Anastasia, Chrysogona, Theodota
23	M	Theodulos, Nikolaos, Naoum
24	T	Righteous Eugenia, Achaikos, Achmed
25	W	†Nativity of our Lord, God and Savior Jesus Christ
26	T	Synaxis of the Most Holy Theotokos, Euthymius
27	F	<b>Stephan the Protomartyr</b> , Theodore the Branded
28	S	20,000 Martyrs of Nikomedia, Simon Martyr, Glykerius
29	S	†Before Epiphany, 14,000 Infants Slain by Herod at Bethlehem
30	M	Venerable Anysia of Thessaloniki, Gideon
31	T	Melania of Rome, Zoticus, Chiriacos

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# DECEMBER 2019

Date	Day	Tone	Morning	Epistle	Evangelio
1	Sun	Grave	2	Ephes. 2:14-22	Lk. 18: 35-43
4	Wed		St. Barbara	Gal. 3: 23-4: 5	Mk. 5: 24-34
6	Fri		St. Nicholas of Myra	Heb. 13: 17-21	Lk. 6: 17-23
8	Sun	pl. 4	3	Ephes. 4:1-7	Lk. 13: 10-17
12	Thu		St. Spyridon	Ephes. 5: 8-19	Jn. 10:9-16
15	Sun	1	4	2 Tim. 1:8-18	Lk. 14: 16-24
22	Sun	2	5	Heb. 11: 9-10, 32-40	Mt. 1: 1-25
25	Wed		Nativity of the savior and Jesus Christ	Gal. 4: 4-7	Mt. 2: 1-12
26	Thu		Synaxis of the Theotokos	Heb. 2:11-18	Mt 2:13-23
29	Sun	3	6	Gal. 1:11-19	Mk. 2:13-23

## CELEBRATING COMMUNITIES

4	St. Barbara	Namadhi (Mayuge)
6	St. Nicholas the Wonder worker	Namungoona (Kampala)
12	St. Spyridon	Nsinze (Busembatia)
		Luguzi (Wakiso)



*The Late Bishop Athanasios Akunda of Kisumu during his Visit at the St. Nicholas Cathedral Namungoona*

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## ADMINISTRATION OF UGANDA ORTHODOX CHURCH AND MISSION CENTRE

### His Eminence, Metropolitan Jonah Lwanga

Seat: Namungoona, Kampala  
Telephone: +256-414 542461  
Mobile: +256-772-221556  
Fax: +256-414 542461

### Metropolitan Office:

Protosingelos	Rev. Fr. Protopresbyterios Caralambos Mutalagwe
Vicar General	Rev. Fr. Paul Mutaasa N
Secretary General	Mr. Theodore Kato Mpanga
Chief Accountant	Mr. Richard Bayego
ICT Administrator	Mr. Ssendendo James
Treasurer	Rev. Fr. Emmanuel Ssekya
Chief Cashier	Fr. Emmanuel Kiwanuka

Vicar's office contacts +256/781580081/701617370  
+30-6957968902  
Email: [uochurchug@gmail.com](mailto:uochurchug@gmail.com)

### National Philanthropic Programs Departments and Offices:

#### Health:

- (i) Uganda Orthodox Medical Bureau  
Executive Secretary - Dr. Sand George Binna
- (ii) Holy Cross Hospital Mission Hospital Namungoona  
Administrator - Dr. Arthur Mwanje
- (iii) Uganda Orthodox Church Care for HIV/AIDS Program (UOCCAP)  
Mr. Kazibwe Grace
- (iv) Mpigi Uganda Orthodox Health Centre III - Mpigi

#### Education:

- (i) Uganda Orthodox Church Schools Dr. Cornelius W Gulere.
- (ii) St. Paul Orthodox Seminary - Dean Rev. Fr. Dr. Nicholas Bayego

#### Gender:

- (i) Uganda Orthodox Mothers Union - Chairperson - Mrs. Ssekikubo Jane
- (ii) Uganda Orthodox Youth Association - Patron (Vicar General)

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### Monasteries:

St. Mary of Egypt Convent – Uganda Orthodox Church-  
Monde, Wobulenzi Abbess: Sr. Maria Nambeya Mubiru  
St. Paraskev Monastery – Uganda Orthodox Church – Busana  
Fr. Prodomos Lubega  
St. Catherine Monastery – Kiyindi Buikwe  
Abbess: Sr. Thavoria Kabarwani Marianna

### DEANERIES, PARISHES / SUBPARISHES AND CLERGY OF UGANDA ORTHODOX CHURCH

#### 1 St. Central Deanery (Kampala and Wakiso Districts)

Dean: **Protopresbyteros Emmanuel Ssekyewa**

- |  |   |
|--|---|
| 1. St. Nicholas Cathedral –<br>Cathedral Dean: | Namungoona, Kampala<br>Protopresbyteros Nicholas<br>Bayego Fr. Stelios Kasule |
| 2. St. Sophia Kibuye-Luwafu :                  | Fr. Emmanuel Ssekyewa<br>Fr. Peter Matovu                                     |
| 3. St. George - Bira                           | Fr. Stephan Sempewo   |
| 4. St. Anargyroi – Kiti                        |   |
| 5. Holy Apostles - Kyanuuna                    | Fr. George Lule   |
| 6. St. Timothy – Buwambo                       |   |
| 7. Holy Dormition – Kasangati                  | Fr. David Musoke  |
| 8. Pamakaristo – Wakiso                        | Fr. Antonios Mutyaba  |
| 9. St. Stiranios – Namayumba                   | Fr. Paul Kikulwe  |
| 10. Mpigi Community – Mpigi                    |   |
| 11. Njagala mwenge – Busunju                   | Fr. George Nyombi.  |
| 12. St. Spyridon Luguzi - Namayumba            | Fr. George Nyombi.  |

#### Department/ Facilities

1. Namungoona Orthodox Nursery & Primary School
2. Chwa II Memorial College (O & A level)
3. Orthodox Printers Mr. Nicholas Kaddu
4. St. Nicholas Spiritual Centre
5. Uganda Orthodox Mission Centre
6. Namungoona Christian Care Initiative (NCCI) – For HIV/AIDS &  
Orphans Rev. Fr. Stelios Kasule
7. St. Nicholas Orthodox Mothers
8. St. Nicholas Youth Association

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16. St. George Health Centre III - Degeya
17. Monde Uganda Orthodox Health Centre III
18. Magoma Uganda Orthodox Church Health Centre III – Magoma
19. Orthodox Mothers Union
20. Orthodox Youth Association
21. St. Constantine & Hellen Secondary School (O'Level) - Kasana

#### 3<sup>rd</sup> Nakabaale Deanery (Iganga and Kamuli)

Dean: **Rev. Fr. Steven Lunagula**

- |                                  |                       |
|----------------------------------|-----------------------|
| 1. St. Paul Parish – Nakabaale   | Fr. James Tizoomu     |
| 2. Ndyababona Orthodox Community | Fr. James Tizoomu     |
| 3. Kituba Orthodox Community     |                       |
| 4. Wandgo Orthodox Community     |                       |
| 5. Nawampiti                     | Fr. Peter Wandira     |
| 6. St. Jacob – Nawango, Kamuli   | Fr. Steven Lunagula   |
| 7. St. Evangelismos - Nakyaka    |                       |
| 8. St. Barbara – Namadhi         | Fr. Joseph Panuha     |
| 9. Buwenge Orthodox Community    |                       |
| 10. Holy Resurrection – Jinja    | Fr. Chrysostom Koolya |
| 11. Holy Resurrection – Bugiri   | Fr. Josephat Ojambo   |
| 12. St. Homologites – Budhana    | Fr. John Ngobi        |

#### Departments/Facilities

1. St. Paul Nursery & Primary School - Nakabale
2. St. Paul Orthodox Secondary School (O-Level) - Nakabale
3. St. Barbara Nursery & Primary School – Namadhi
4. Holy Resurrection Nursery School – Jinja
5. St. Jacob Nursery & Primary School – Nawango
6. Holy Resurrection Secondary School (O & A'Level) - Buhemba, Bugiri
7. Bugiri Uganda Orthodox Church Health Centre III – Buhemba, Bugiri
8. Holy Resurrection Nursery & Primary School Bugiri
9. Arch Papasartantopoulos Chrysostomos Secondary School (O- Level) – Nakyaka
10. Nawango Uganda Orthodox Church Health Centre
11. Nakabale Uganda Orthodox Church Health Centre (under construction)
12. Homologites Nursery & Primary School – Budhana

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#### 2<sup>nd</sup> Luweero Deanery (Luweero, Nakasongola, Nakaseke Districts)

Dean: **Rev. Fr. Protopresbyteros John Kibuuka.**

- |   |                          |
|---|--------------------------|
| 1. Holy Transfiguration – Degeya          | Fr. John Kibuuka         |
| 2. Holy Annunciation – Kabonge            | Fr. Mutokya Joseph       |
| 3. St. Silas – Kalagala                   | Fr. Athanasios Nsubuga   |
| 4. St. Cyprian – Bulami – Zirowwe         | Fr. Daniel Kaddu         |
| 5. St. Catherine – Vumba                  | Fr. David Kiwanuka       |
| 6. Mayindo Community - Mayindo            |                          |
| 7. Presentation of the Theotokos - Magoma | Fr. Dimitrios Sserugunda |
| 8. St. Andonios Monde - Tweyanze          | Fr. Andonios Mutyaba     |
|   | Fr. Antonios Ssempija    |
|   | Fr. Patrikos Kakande     |
|   | Deacon Makarios Kato     |
| 9. St. Dimitrios - Bwetyaba               |                          |
| 10. Holy Trinity – Sambwe                 |                          |
| 11. Kikoma Community - Wobulenzi          |                          |
| 12. St. Paul – Bumbu – Kikyusa            | Fr. Cosma Kirinya        |
| 13. St. Constantine & Hellen, Kasana      | Fr. Evangelos Kato       |
| 14. St. John Chrysostom - Kireka          |                          |
| 15. St. Nikitaros – Lunyolya              | Fr. Joseph Muwonge       |
| 16. St. Basilios - Nambi                  |                          |
| 17. St. Cosma - Kayindu                   |                          |
| 18. St. John Chrysostomos - Ggavu         | Fr. Andrew Kato          |
| 19. Kyetume Community – Zirowwe           |                          |

#### Departments / Facilities

1. Nankyama Foundation (NAF)
2. Nankyama orphanage centre – Degeya
3. Nankyama Memorial College (O + A level) – Christ Land – Degeya Campus
4. St. Joseph Nursery & primary School Bulami
5. Kubo Secondary School (O & A'level) Bulami
6. St. Paul Orthodox Nursery & Primary School - Bumbu
7. Monde Nursery & Primary School – Monde
8. St. Andonios (O & A'Level) Secondary School – Monde
9. Magoma Orthodox Nursery & Primary School – Magoma
10. Kabonge Nursery & Primary School – Kabonge
11. Anoonya Nursery and Primary School – Degeya
12. Ggavu Nursery & Primary School – Ggavu
13. Sambwe Nursery & Primary School Sambwe
14. Bwetyaba Nursery & Primary School Bwetyaba
15. Bulami Health Centre III - Bulami

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#### 4<sup>th</sup> Mukono Deanery (Mukono, Nakisunga and Kayunga Districts)

Dean: **Protopresbyteros Charalambos Mutalagwe**

- |  |                           |
|--|---------------------------|
| 1. St. Procopios Luwayo -Lugazi                        | Fr. Samuel Luwaga         |
| 2. St. Raphael, Nicholas & Irene - Makota              |                           |
| 3. St. Constantine & Hellen – Kisoga, Ssuuka, Bugerere | Fr. Simon Mwebaze         |
| 4. Nativity of Mary – Bugolo                           | Fr. Charalambos Mutalagwe |
| 5. St. Basil – Kikwanya                                | Fr. Paul Balyeku          |
| 6. Prophet Obadiah - Butembe                           | Fr. Petros Isabirye       |
| 7. All Saints – Busana                                 | Fr. Prodomos Lubega       |
| 8. Prophet Elias – Nkonge                              |                           |
| 9. Kiyoola Community – Kiyoola                         |                           |
| 10. Dormition of Mary – Katente                        | Fr. Kizito Christopher    |

#### Departments/Facilities

1. St. Mary's Katente Nursery & Primary School
2. St. Mary's Katente Secondary School (O & A'Level)
3. Bugolo Nursery & Primary School – Bugolo
4. Luwayo Nursery & Primary School - Luwayo
5. Mutesa I Secondary School - Luwayo
6. St. Basil Primary School – Kikwanya
7. Bugolo secondary School (O-Level) – Bugolo
8. St. Constantine & Hellen Nursery & Primary School – Kisoga
9. Kiyoola Nursery School – Kiyoola
10. Butembe Nursery & Primary School – Butembe
11. Bugolo Uganda Orthodox Health centre III - Bugolo
12. Katente Uganda Orthodox Church Health Centre III - Katente

#### 5<sup>th</sup> Mubende Deanery (Mubende and Mityana Districts)

Dean: **Rev. Protopresbyteros Anastasia Isabirye**

- |   |                        |
|---|------------------------|
| 1. St. Luke –Lwemiya, Sembabule         | Fr. Paul Bamutire      |
| 2. St. Oikoumenios – Kyamugugu-Bukuya   | Fr. Kasule Pavlos      |
| 3. St. Gregory-Kireku, Mityana          | Fr. Emmanuel Mukisa    |
| 4. Apostle Thomas – Bulera              | Fr. Emmanuel Mukisa    |
| 5. St. Gerasimos of Cepha. Kikwatambogo | Fr. Anastasia Isabirye |
| 6. St. Chrysostomos & Lazarous – Nkwale | Fr. Patrikos Kizito    |

#### Departments/Facilities

1. Kireku Nursery & Primary School
2. Kireku Secondary School

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3. Kireku Uganda Orthodox Health Centre III-Kireku
4. St. Oikoumenios Nursery & Primary School
5. St. Oikoumenios Secondary School
6. Bukuya Uganda Orthodox Health Centre III
7. Nkwale Orthodox Health Centre

**6th Nsinze Deanery (Busembatya, Namutumba, Mbale, Soroti and Katakwi Districts) Dean: Rev. Fr. Thomas Wananda**

- |   |                         |
|---|-------------------------|
| 1. St. Sypridon Nsinze                  | Fr. Michael Mushikoma   |
| 2. St. Arsenios – Mbale                 | Fr. Thomas Wananda      |
|   | Fr. Andrew Wambwa       |
| 3. Panaghia Paramythia- Mukongolo, Kumi | Fr. Philemonos Ochum    |
|   | Fr. Charalambos Ocen    |
| 4. Soroti Community                     | Dean Christopher Okello |
| 5. Magada Community- Namutumba.         | Fr. Moses Gubi          |

**Departments/Facilities**

Kyabazinga Secondary School – Nzinze  
 St. Panaghia Nursery & Primary School - Mukongolo  
 Magada Nursery School - Namutumba  
 Mbale Vocational Institute - Mbale  
 Nsinze Uganda Orthodox Church Health Centre III- Nsinze

**7th Ngombe Deanery (Kabarole District)**

**Dean: Rev. Fr. Constatine Mbonabingi**

- |   |                         |
|---|-------------------------|
| 1. Holy Ascension – Ngombe, Fortportal    | Fr. Romanos Kusemererwa |
| 2. Kyalujjuga Community – Kyalujjuga      |                         |
| 3. St. Anastasia-Kidubuli                 | Fr. George Mujumbi      |
| 4. Panagia Mirtidiotissa Rubaare Ntungamo | Fr. Aristotelis Asiimwe |

**Departments/Facilities**

1. Ngombe Nursery & Primary School Ngombe
2. Ngombe Orthodox Secondary School (O-Level)
3. Ngombe Uganda Orthodox Church Health Centre III – Ngombe

**MESSAGE FROM HIS EMINENCE TO THE YOUTH  
DURING THE YOUTH CAMP 2018**

Dear my Children in Christ!

We welcome you all young fellows, in the name of our God the Father, the Son and the Holy Spirit!

Our joy is exceeding for you managed to assemble yourselves in such a way also this year, and camp as children of the Ekklesia, there at Mmonde Luweero, the station of St. Anthony the Great (285 – 356). We have great hope that your camping of this time will enable you to associate more with each other, communicate and collaborate together, as youth members in the body of Christ the Saviour, that is to say; as members in the Orthodox Ekklesia. Then, you will be able to grow as moral persons and participants in the spirit and the will of God towards mankind on the earth.

When you assemble as you are, you have a number of things which you should know always, without forgetting them in your life. But the first among them all is this “That, you are a member part of the body of Christ the Saviour .....” 1 Cor 12:13. Because you believed in the true God and denied Satan with all his activities; you were baptised by the Holy Spirit, in Christ the Son and Word of God the Father. You are united to the body of Christ the Saviour. Jn 1:33, Gal 3:27.

This matter bears the first priority in your life. There is no anything you are supposed to do without relating it to this truth. Jn 14:6. Many people in the world, and here in Uganda today, contradict themselves in their life. From time to time, what they think and do protests directly against their FAITH, in Christ and in the Spirit of God, who rectifies and saves all the believing and understanding people. Therefore, you as youth groups of Uganda Orthodox Ekklesia be exemplary in all the perspectives of your life.

May God the Father, the Son and the Holy Spirit guide you in all you that think and do. Amen

**8<sup>th</sup> Amuca Deanery (Lira and Apac Districts)**

**Dean: Rev. Fr. Emmanuel Oruk**

- |  |                   |
|--|-------------------|
| 1. St. Parish St. Athanasios – Amuca, Lira | Fr. David Okwel   |
| 2. Holy Resurrection – Ojwina, Lira        | Fr. Emmanuel Oruk |
| 3. St. Gregory – Alipa –                   | Fr. Emmanuel Oruk |
| 4. St. John – Bar-Naylo, Otwal             | Fr. David Okwel   |
| 5. Alito Community – Alito                 |                   |
| 6. Otwal Community – Otwal                 |                   |

**9<sup>th</sup> Labora Deanery (Gulu, Pader, Anuoya and Amuru Districts)**

**Dean: Rev. Fr. Julius Orach**

- |  |                       |
|--|-----------------------|
| 1. St. Lavrentios – Koro, Gulu         | Fr. Julius Orach      |
|  | Fr. Benjamin Ojok     |
|  | Fr. George Lakony     |
| 2. St. Basil, Railway Zone, Gulu       |                       |
| 3. Akonyi bedo Orthodox Community      |                       |
| 4. Archangel Michael – Lapainati, Gulu | Fr. David Lakwol      |
| 5. Archangel Gabdiel – Loyo Ajongo     | Fr. John Okello       |
| 6. Palaro Community                    | Fr. Frumentios Ongaya |
| 7. Idure Community – Idure             |                       |

**Department/Facility**

1. St. Archangel Michael Secondary School – Lapainati
2. Gulu Uganda Orthodox Community Health Centre III, Koro
3. Idure Secondary School – Idure

**PREPARING THE PROSFORO (PROSPHORO)  
(ALTAR BREAD)**

A very meaningful project of the Orthodox Christian Family is to bake a loaf of Altar Bread and bring it to Church for liturgy.

We offer below a recipe for baking of the Prosforo.

**Ingredients**

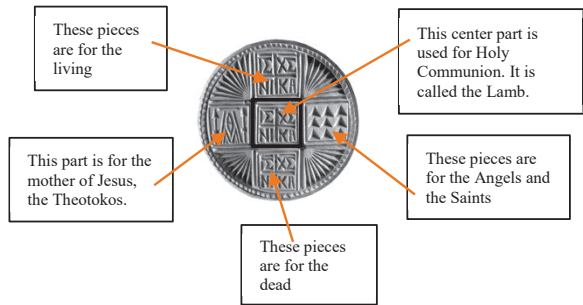
- 1 teaspoon Salt
  - 2 ¼ teaspoon Yeast
  - 2 ¾ cups warm Water (divided)
  - 7 cups Bread Flour (half wheat/half all-purpose)
  - 2 – 9” round pans (with at least a 2 inch rim
- to ensure that the bread is at least 3-4 inches high after baking)

**Directions**

1. Dissolve yeast in glass bowl, using ¾ cup warm Water (do not stir), for 10 minutes
2. Cut Parchment Paper to fit pans or lightly flour bottom
3. Mix 7 cups Flour and 1 teaspoon Salt together in large glass bowl. Make a “well” in flour mixture for yeast and 2 cups warm Water. Mix thoroughly.
4. Knead till dough is not sticky adding small amounts of additional flour if necessary (about 10 minutes)
5. Cut dough in half Knead each half again (about 15 minutes each) till dough begins to feel “silky” Shape dough into disks to fit pan (not allowing them to touch sides)
6. Dip Seal into flour & shake slightly. Make sign of the Cross with Seal (x3). Press seal FIRMLY into dough. Remove seal slowly. Toothpick dough at joints & several times around side of bread
7. Cover with double towels, and let rise (about 30 minutes)
8. Toothpick again in same spots before baking. Bake @ 350 degrees (about 45 minutes) until a golden brown.
9. Check after 10 minutes – poking holes along sides where the prosforo starts to separate around the edges.

Remove from Oven – Let cool completely.

The following drawing shows the arrangement of the pieces which the priest cuts from the Prosforo



By baking the altar bread and bringing it to Church, we come to realise that we are not only at the altar but on the altar in every liturgy. The bread and wine which the priest places on the altar represents us. When the priest elevates the bread and wine (Chalice and Disk) at the altar, we kneel. We remember that's these are our gifts the priest is offering to God: our Love, our thanksgiving, our obedience, our life. We remember that we are on the altar offering ourselves to God.

**NOTE:** Once the bread is baked it may be taken to the Church and presented to the priest by the entire family. This act involves everyone in offering of the gift.

PERSONAL NOTES

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