



Saints Constantine and Helen

Antiochian Orthodox Church

1225 E Rosemeade Parkway | Carrollton, TX 75007 | 214-350-2104

Father David Lewis

Pastor

Father Gregory Farman

Father Patrick Irish

Deacon George Mekhel

Schedule of Services

Wednesdays

6:00 pm

Daily Vespers and Book Study

Saturdays

5:00 pm

Great Vespers and Confessions

6:00 pm

Catechism Class

Sundays

9:00 am

Matins (Orthros)

10:00 am

Divine Liturgy

Church Office Hours

Monday - Thursday

10:00 am - 3:00 pm

Sunday, January 28, 2024



*Thirty-first Sunday after Pentecost
& Fourteenth Sunday of Luke*

Tone 1 / Eothinon 1

Our Righteous Father Ephraim the Syrian

Venerable Palladios of Antioch; Venerable Theodosios of Totma

On Receiving Holy Communion in the Orthodox Church

Only Orthodox Christians who are prepared through prayer, fasting, and recent sacramental confession should approach the Chalice for the Eucharist. All others are welcome to approach and ask for a blessing and to partake of the blessed bread. The Orthodox Church does not practice "open communion" and has no intercommunion with other churches. If you have any questions about this, please talk to a priest before receiving. *And Remember...to receive Holy Communion, one should be present at the Divine Liturgy for the Epistle and Gospel readings. When we feast at Our Lord's table we listen to his words.*

www.constantinehelen.com | administrator@constantinehelen.com

RESURRECTIONAL APOLYTIKION IN TONE ONE

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

APOLYTIKION OF ST. EPHRAIM THE SYRIAN IN TONE THREE

Out of Paradise, a river floweth, * flooding all the earth with joy unending, * cheering souls with compunction and saving fear: * Ephraim, the wine bowl of gladness inspired of God, * from all eternity chosen to light the Church * with his sacred hymns, his sermons, his shining canticles, * whereby he filleth faithful souls with godliness.

APOLYTIKION OF SS. CONSTANTINE AND HELEN

Constantine who is Thine Apostle among kings O Lord, received his calling like Paul not from man, for he saw the sign of Thy Cross in the heavens, and placed his royal city into Thy hands; preserve both it and us in safety for all time, through the prayers of the Theotokos, only Lover of man.

KONTAKION OF THE PRESENTATION OF CHRIST IN TONE ONE

Thou, O Christ God, Who by Thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve Thy fold in wars, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

THE EPISTLE

Let Thy mercy, O Lord, be upon us. Rejoice in the Lord, O ye righteous.

The Reading from the First Epistle of St. Paul to St. Timothy. (1:15-17)

Timothy, my son, the saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners. And I am the foremost of sinners; but I received mercy for this reason, that in me, as the foremost, Jesus Christ might display His perfect patience for an example to those who were to believe in Him for eternal life. To the King of Ages, immortal, invisible, the only God, be honor and glory to the ages of ages. Amen.

THE GOSPEL

The reading from the Holy Gospel according to St. Luke. (18:35-43)

At that time, as Jesus drew near to Jericho, a blind man was sitting by the roadside begging; and hearing a multitude going by, he inquired what this meant. They told him, "Jesus of Nazareth is passing by." And he cried, "Jesus, Son of David, have mercy on me!" And those who were in front rebuked him, telling him to be silent; but he cried out all the more, "Son of David, have mercy on me!" And Jesus stopped, and commanded him to be brought to Him; and when he came near, Jesus asked him, "What do you want me to do for you?" He said, "Lord, let me receive my sight." And Jesus said to him, "Receive your sight; your faith has made you well." And immediately he received his sight and followed Him, glorifying God; and all the people, when they saw it, gave praise to God.

Transliteration of "Our Father" in Arabic

Abānal-ladhī Fis-Samawāt,
Liya-taqad-das Ismuk
Liya'ti Malakootuk
Litakun Mashī'atuk
Kamā Fis-Samā, Kadhalik 'alal-Ard
Khubzanal-Jawhari A'tinal-Yawm
Wat-ruk Lanā Mā 'Alaynā
Kamā Natruku Naḥnu liman Lanā 'Alayḥi
Wala Tud-khil-nā Fī Tajriba
Lākin Naj-jinā Minash-Shirr

Please pray for health of body and soul of: Sister Gabriella, Fr. Peter and family, Mike, Norma, Cristiane, George, Charme, Jen, Aleksii, Michaela, Shauna, Kenny, Donna, George, Paul, Lynda, Christinette, John, Zoe, Mary, John, Isaac, Jacob, John, George, Biljana, Maria, Inna, Alisa, Benjamin, Helen, Jerry, Katherine, Scott, Bill, Sophie, Margaret, Svitlana, Anatolii, Bogdan, Viktoria, Alexsander, Anatolii, Lydia, Olena, Ludmilla, Galina, Dmitriy, Olena, Naguib, Kathleen, Zak, Joseph, Edward, Linda, Willie Rea, Joseph, Karen, Mark, Sami, Jacob, Ean, Elias, Bill, Sophie, Tim, Sam, Joe, E.N., for those serving in our armed forces: Micah, Jack, Justin, Jordan, Michaela and Vlad, and our catechumens Emily, Anthony, David, Patrick, Becky, Christian, Mark, Jen, Sam, Charity, Joshua, Jordan, Danté, David, Zachori, Michelle, Josh, Patricia, Emma, Ethan, Evelyn, Charlotte, Myka.

Please pray for the repose of: Kh. Dina Bahou, newly departed, Mark Stephen Karam, newly departed, Pat Cohlmi Gabriel, newly departed, Janet Huseh, newly departed.

Holy Bread is offered by: Annie Connally, Health and Happiness for our children.

Churching of Mother and Child: Marah Parker and son Leonardo, Jenna Winn and daughter Elizabeth.

Parishioners who celebrate birthdays this week: Brandon Maso, Tony Papuckoski, Frank Mousa, Ronin Akleh, Gayle Farage, Constanza Andreescu, Mikal Qassis, Carrie Horiates, Jessica Salfiti.

Celebration of Sacraments: Please contact the church office if you are preparing to celebrate a sacrament and would like to schedule the celebration at the church, administrator@constantinehelen.com.

Home and Hospital Visits: Please notify the church office if you are in need of a priest to come by for a home or hospital visit for a blessing, confession or communion.

A Prayer to the Holy Trinity

Arising from sleep I thank thee, O holy Trinity, because of the abundance of thy goodness and long-suffering thou wast not wroth with me, slothful and sinful as I am; neither hast thou destroyed me in my transgressions: but in thy compassion raised me up, as I lay in despair; that at dawn I might sing the glories of thy Majesty. Do thou now enlighten the eyes of my understanding, open my mouth to receive thy words, teach me thy commandments, help me to do thy will, confessing thee from my heart, singing and praising thine All-holy Name: of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

Church Events and Ministries

House Blessings are currently being scheduled. If you submitted a request for a house blessing, please look out for an email from the church office. If you would like a house blessing and did not get a chance to complete the request form, please email administrator@constantinehelen.com.

The **Coffee Hour** sign up form will be sent by email in the coming days.

If you have not yet signed up to receive the **weekly emailed newsletter**, and would like to receive it, please contact the church office.

We need **volunteers** to help with maintenance projects at the church. If you are interested, please contact the church office. Thank you!

Sunday School Camp: For questions, please contact Joseph Bradley at 469.600.4007 or Josephwb52@gmail.com. Sunday Camp today? **Yes**

Please join us for the **Chili Cook-Off** today, after church services!!!

Family Photos for the **Directory** will be taken today, **Sunday, January 28**. Please take this opportunity to get your family photo, if you have not yet done so.

Please join us for **Divine Liturgy** for the **Presentation of the Lord** on **Friday, February 2** at **10:00 am**.

The next **Arabic Divine Liturgy** will be on **Saturday, February 10** at **4 pm**, followed by lunch in the church hall. *RSVP link and additional details are in the emailed newsletter. Information can also be found on the church website.*

Teen SOYO is hosting a **Parents Night Out** fundraiser on **Friday, February 16**, the Friday after Valentine's Day.

NTOM is hosting **Orthodox Christian Perspectives, The Great Commission within North Texas - Growth of Orthodox Christianity in North Texas**, from **February 16-17**. *More information can be found at NTOM.org.*

Parish Organizations

Holy Bread Baking:

Outreach Ministry:

Men of St. Constantine:

Women of St. Helen:

SOYO/JOY CLUB:

Young Adults:

Choir:

Myrrhbearers:

Catherine's Corner Church

Bookstore:

St. Nicholas:

St. Matthew Legacy Fund:

Sunday Camp:

The Order of Saint Ignatius:

Kh. Shannon

Father Gregory

Greg Cohlmlia

Jean Faour Baker

Deacon George

Noah DeGarmo

Melinda Bentz

Rachel Fanous

Christopher

Massad

Raed Maso

Dian Kauth

Joseph Bradley

Robin Simon

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