



Saints Constantine and Helen

Antiochian Orthodox Church

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

Mailing Address: PO Box 116639 | Carrollton, TX 75011

Father David Lewis

Pastor

Father Gregory Farman

Father Patrick Irish

Deacon George Mekhel

Schedule of Services

Wednesdays

6:00 pm

Daily Vespers

Saturdays

5:00 pm

Great Vespers and Confessions

Sundays

9:00 am

Matins (Orthros)

10:00 am

Divine Liturgy

Church Office Hours

Monday - Thursday

10:00 am - 3:00 pm

Sunday, March 24, 2024



First Sunday of Great Lent (Sunday of Orthodoxy)

Tone 1 / Eothion 9

*Venerable Zachariah the Recluse and Artemon,
Bishop of Seleucia*

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

THE FIRST ANTIPHON

The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength. For He has established the world so that it shall never be moved.

Refrain: Through the intercessions of the Theotokos, O Savior, save us.

Who shall tell of the mighty acts of the Lord? Who shall make all of His praises to be heard? Let the redeemed by the Lord say so, whom He has delivered from the hand of the enemy. **(Refrain)**

Glory... Both now... **(Refrain)**

THE SECOND ANTIPHON

Let them acknowledge the Lord for His mercies, and for His wondrous works for the sons of men.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

Let them exalt Him in the church of the faithful, and in the assembly of the presbyters. **(Refrain)**

The eyes of the Lord are upon those that fear Him, upon those that hope in His mercy; to hear the mourning of those in captivity, and to loose the sons of those appointed to death. **(Refrain)**

Glory... Both now... O, only begotten Son and Word of God...

THE THIRD ANTIPHON

Let the heavens and the earth praise Him. This is the day which the Lord hath made; let us rejoice and be glad in it. O Lord my God, I will acknowledge Thee forever.

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 THE FIRST SUNDAY OF GREAT LENT IN TONE TWO

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

APOLYTIKION OF STS. 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 FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT

To thee, our Champion Leader, Queen of war, the battle trophies won. Thy people rescued by thine aid from peril, dedicate as our offering of thanksgiving, O Theotokos, as thou hast might which none by war can overcome, from all forms of danger hast thou delivered me, that I may cry unto thee Hail, O virgin unwedded bride.

THE EPISTLE

Blessed art Thou, O Lord, the God of our fathers.

For Thou art just in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

ST. BASIL LITURGY MEGALYNARION

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

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-Shirrīr

Please pray for health of body and soul of: Sister Gabriella, Fr. Peter and family, Cristinette, Charity, Ezra, Becket, Carolyn, James, Sahar, Shaza, Mike, Norma, Cristiane, George, Charme, Jen, Aleksii, Michaela, Shauna, Kenny, Donna, George, Paul, Lynda, Zoe, Mary, John, Isaac, Jacob, John, George, Maria, Inna, Alisa, Benjamin, Helen, Jerry, Katherine, Scott, Bill, Sophie, Margaret, Linda, Willie Rea, Bill, 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, Mario, Tom and Mark.

Please pray for the repose of: Karen Conant, newly departed, Michelle Lindt, newly departed, Bassam Malakieh, newly departed, Carletta Razook Simon, newly departed.

Holy Bread is offered by: Kh. Priscilla and Fr. Gregory Farman, in thanksgiving for their 75th birthdays, church family, children and grandchildren! Annie Connally, for health, happiness and safe travels for their family.

Parishioners who celebrate birthdays this week: Khouriyah Priscilla Farman, Phoebe Lewis, Christian Nelson, Lara Newbre, Lena Alley, Maher Maso, Maram Whitehead, Cyril Stanosheck.

THE SYNODICON: THE AFFIRMATION OF THE ORTHODOX FAITH

As the Prophets beheld, as the Apostles have taught, as the Church has received, as the Teachers have dogmatized, as the universe has agreed, as Grace has shown forth, as Truth has revealed, as falsehood has been dissolved, as Wisdom has presented, as Christ has awarded: thus we declare, thus we assert, thus we preach Christ our true God, and honor His Saints in words, in writings, in thoughts, in sacrifices, in churches, in Holy Icons; on the one hand worshipping and reverencing Christ as God and Lord; and on the other hand honoring as true servants of the same Lord of all, and accordingly offering them veneration. **This is the Faith of the Apostles; this is the Faith of the Fathers; this is the Faith of the Orthodox; this is the Faith which has established the universe!**

Church Events and Ministries

The **Food for Hungry Boxes** are now in the narthex. Please consider picking one up to take home and fill it for alms giving during Lent. Please bring the boxes back after Pascha. *Thank you!*

Coffee Hour is hosted today by **Elias & Carolyn Khoury** and **The Women of St. Helen**.

Sunday School Camp today? **No**, For questions, please contact Joseph Bradley at 469.600.4007, Josephwb52@gmail.com.

Great Lent Schedule for This Week

Annunciation Liturgy - Monday, March 25 at 10 am

Presanctified Divine Liturgy, followed by potluck dinner - Wednesday, March 27 at 6 pm

Akathist - Friday, March 29 at 6 pm

Please join us **today** for the **Fish Fry Fundraiser**, after church services.

The **Great Lent Pan-Orthodox Sunday Vespers of Annunciation** will be at **Holy Trinity Greek Orthodox Church** this evening, **Sunday, March 24 at 6 pm**.

The **Women of St. Helen** will have their monthly meeting on **Sunday, March 31**, in the church hall directly after services.

The next **Arabic Divine Liturgy** will be on **Saturday, April 13 at 4 pm**.

Please join us for the **St. Kassiani Chorale** Lenten performance of "A Hierarchical Holy Week", here at Sts. Constantine and Helen church on **Sunday, April 14**, after the Pan-Orthodox Vespers. Please contact Dn. Anthony Stokes, dnanthonystokes@gmail.com, if you are interested in singing in the St. Kassiani Chorale for the Lenten performance.

We hope to see you at the **Agape Picnic** and **Easter Egg Hunt** on **Sunday, May 5**, after services. We are in need of Easter egg baskets, plastic Easter eggs and candy (no chocolate). If you can donate items, please bring them to the church and leave them in the kitchen on the counter. *Thank you!*

Vacation Bible School will be held **June 3 - 7**, from **9:30 am to noon**, for ages 4 - 12. *Registration details to attend and to volunteer, coming soon.* For questions, please contact Raja Khoury, raja@att.net or Tamara Newbre, tnewbre@yahoo.com.

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.

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.

*** Please make note of the new mailing address for the church ***
PO Box 116639 | Carrollton, TX 75011

Parish Ministries

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:

St. Conan the Gardener Gardening Group

Kh. Shannon

Father Gregory

Greg Cohlma

Jean Faour Baker

Deacon George

Noah DeGarmo

Melinda Bentz

Rachel Fanous

Christopher Massad

Raed Maso

Dian Kauth

Joseph Bradley

Robin Simon

Heather Gray

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