



Saints Constantine and Helen *Antiochian Orthodox Church*

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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, April 14, 2024



Fourth Sunday of Great Lent

Tone 4 / Eothinon 1

Commemoration of John Climacus, Author of "The Ladder"

Apostles Aristarchos, Pudens and Trophimos of the Seventy

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 FOUR

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION OF ST. JOHN CLIMACUS IN TONE EIGHT

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

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, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without bridegroom.

THE EPISTLE

*O Lord, how magnified are Thy works. In wisdom hast Thou made them all.
Bless the Lord, O my soul.*

The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless thee, and multiplying I will multiply thee." And thus, having patiently endured, he obtained the promise. For people indeed swear by what is greater, and in every dispute of theirs the oath is final for confirmation. So when God, being minded to show more abundantly to the heirs of the promise the immutability of His counsel, He interposed it with an oath, that by two immutable things—in which it is impossible for God to lie—we might have a strong consolation, we, who have fled for refuge to lay hold of the hope that is set before us; a hope, which we have as an anchor of the soul, both sure and steadfast, and entering into "that which is within the veil," where Jesus entered as a Forerunner on our behalf, having become a High Priest "forever according to the order of Melchizedek."

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (9:17-31)

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

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 Natraku 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, Yacoub, Kevin, 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: Jack, 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: Victor Farah, newly departed, Adeeb Geris Farah, newly departed, Karen Conant, newly departed.

Holy Bread is offered by: Aida Alyatim, for the health and happiness of Riad Alyatim and family.

Parishioners who celebrate birthdays this week: Leah Murray, Greg Cohlmiā, Issa Isid, Ousama Moammar, Salam Abdo, Adonis Sweis, Randal Williamson, Thomas Jackson, Rita Tebcherany, Alex Abulail, Natalia Kaileh, Nicholas Kaileh, Maren Mora-Idbeis, Sofia Farage.

Spiritual Morsels

God is greater! Greater than your illness whatever it may be. Greater than your deepest disappointment. Greater than your greatest worry. Greater than your worst enemy. Greater than your most difficult problem. Greater than life. Greater than death. God is greater! Believe it! Live by it! Affirm it! Claim it by faith and use it as a pillow to rest your weary soul. God is greater! If your God is not greater, then the God you believe in is too small. He is not the God the Church believes in.

- *St Isaac the Syrian*

"Fasting is powerful; it was Adam's lot long ago. For our father had the enjoyment of the fruit trees alone, but he was without restraint. Now there is the enjoyment of food of every kind: the very most delightful of fish, birds and four footed beasts; the many colored plants and seeds; the magic of great delicacies; the graciousness of tables that moves us to longing for the gluttony, which takes away eternal life."

"With the bright fire of our fasting, let us burn up all the uprisings of the passions as dry tinder. And with tears shed in rivers, let us all extinguish that flame which is to come, that shall not be quenched, and cry out to Him Who cometh to judge the earth: 'O our Lord most compassionate, preserve us all uncondemned, O Saviour, and grant unto us the forgiveness of all our sins.'"

- *St. Romanos the Melodist*

A Prayer for Forgiveness

O Lord our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for thou art good and lovest mankind. Grant me peaceful and undisturbed sleep, and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify thee; for thou art blessed: with thine Only-begotten Son and thine All-holy Spirit: now and ever, and unto ages of ages. Amen.

Church Events and Ministries

Coffee Hour is hosted today by **Maha Assaad** and **Dina Assaad**.

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

Please join us this evening at **6 pm** for the **Great Lent Pan-Orthodox Sunday Vespers, Sunday of Saint John Climacus**, followed by St. Kassiani Chorale performance, then dinner afterward.

Please join us for the **St. Kassiani Chorale** Lenten performance of "*A Hierarchical Holy Week*", here at the church this evening, after the Pan-Orthodox Vespers.

Great Lent Schedule for This Week

Wednesday, April 17 - *Presanctified Divine Liturgy, followed by potluck dinner, 6 pm*

Thursday, April 18 - *Life of St. Mary of Egypt, 6 pm*

Friday, April 19 - *Akathist, 6 pm*

We hope you can join us for the **Friday Lenten Lessons** in the church hall, every **Friday at 9 am** during Great Lent! Please see the link in the emailed newsletter for more information and to sign up.

The next **WSH** meeting will be held on **Sunday, April 21**, in the conference room, directly after liturgy service.

Please join us for the **Agape Picnic** and **Easter Egg Hunt** on **Sunday, May 5**, after church services. We are in need of \$1-\$5 prizes for the Easter egg hunt, bunny hop races, and wooden spoon races. If you can donate prizes, please bring them by the church and drop them off with Jackie Armer, Nick Armer, or Sam Antoon.

Vacation Bible School will be held **June 3 - 7**, from **9:30 am to noon**, for children who have completed grades K - 5. *Registration details coming soon.* For questions and to volunteer, please contact Raja Khoury, raja@att.net or Tamara Newbre, tnewbre@yahoo.com.

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

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