



# 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

**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.

**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.

*Sunday, April 28, 2024*



*Feast of Palm Sunday*

*Entrance of Our Lord Jesus Christ into Jerusalem*

**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](http://www.constantinehelen.com) | [administratore@constantinehelen.com](mailto:administratore@constantinehelen.com)

### THE FIRST ANTIPHON

I am filled with joy, for the Lord will hear the voice of my supplication. The anguish of death encompassed me; the perils of hell beset me.

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

I found tribulation and anguish, and I called upon the Name of the Lord. I will walk acceptably before the Lord in the land of the living. **(Refrain)**

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

### THE SECOND ANTIPHON

I believed, and therefore have I spoken: but I was deeply humiliated. What shall I render unto the Lord, for all His benefits unto me?

**Refrain:** Save us, O Son of God, Who didst sit upon the foal of an ass, who sing to Thee. Alleluia.

I will take the cup of Salvation, and call upon the Name of the Lord. **(Refrain)**

I will pay my vows unto the Lord in the presence of all His people. **(Refrain)**

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

### THE THIRD ANTIPHON

O, give thanks unto the Lord, for He is good: for His mercy endureth forever. Let the house of Israel now say that He is good: for His mercy endureth forever. Let the house of Aaron now say that He is good: for His mercy endureth forever. Let all that fear the Lord now say that He is good: for His mercy endureth forever.

### THE EISODIKON (ENTRANCE HYMN) OF PALM SUNDAY

Blessed is He Who cometh in the Name of the Lord: God is the Lord and hath appeared unto us. Save us, O Son of God, Who didst sit upon the foal of an ass; who sing to Thee. Alleluia.

### APOLYTIKION OF LAZARUS SATURDAY IN TONE ONE

In confirming the common Resurrection, O Christ God, Thou didst raise up Lazarus from the dead before Thy Passion. Wherefore, we also, like the children, bearing the symbols of victory, cry to Thee, the Vanquisher of death: Hosanna in the highest; blessed is He that cometh in the Name of the Lord.

### APOLYTIKION OF PALM SUNDAY IN TONE FOUR

As by baptism we were buried with Thee, O Christ our God, so by Thy Resurrection we were deemed worthy of immortal life; and praising Thee, we cry: Hosanna in the highest; blessed is He that cometh in the Name of the Lord.

### KONTAKION OF PALM SUNDAY IN TONE SIX

Being borne upon a throne in Heaven, and upon a colt on the earth, O Christ God, Thou didst accept the praise of the angels and the laudation of the children as they cried to Thee: Blessed art Thou Who comest to recall Adam.

### THE EPISTLE

*Blessed is He Who cometh in the Name of the Lord.*

*O give thanks unto the Lord, for He is good; for His mercy endures forever.*

#### **The Reading from the Epistle of St. Paul to the Philippians. (4:4-9)**

Brethren, rejoice in the Lord always; again I will say, Rejoice! Let your forbearance be known to all people. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your petitions be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue, and if there is any praise, think about these things. The things which you both learned and received, and heard and saw in me, these things do; and the God of peace will be with you.

## THE GOSPEL

### The Reading from the Holy Gospel according to St. John. (12:1-18)

Six days before the Passover, Jesus came to Bethany, where Lazarus who had died was, whom Jesus had raised from the dead. There they made Him a supper; Martha served, and Lazarus was one of those at table with Him. Mary took a pound of costly ointment of pure nard and anointed the feet of Jesus and wiped His feet with her hair; and the house was filled with the fragrance of the ointment. But Judas Iscariot, Simon's son, one of His Disciples (he who was to betray Jesus), said, "Why was this ointment not sold for three hundred denarii and given to the poor?" This he said, not because he cared for the poor but because he was a thief, and as he had the moneybox he used to take what was put into it. Jesus said, "Let her alone, let her keep it for the day of My burial. The poor you always have with you, but you do not always have Me." When the great crowd of the Jews learned that He was there, they came, not only on account of Jesus but also to see Lazarus, whom Jesus had raised from the dead. So the chief priests planned to put Lazarus also to death, because on account of him many of the Jews were going away and believing in Jesus. The next day a great crowd who had come to the feast heard that Jesus was coming to Jerusalem. So they took branches of palm trees and went out to meet him, crying, "Hosanna! Blessed is He Who cometh in the Name of the Lord, the King of Israel!" And Jesus found a young ass and sat upon it; as it is written, "Fear not, daughter of Zion; behold, your king is coming, sitting on an ass's colt!" His Disciples did not understand this at first; but when Jesus was glorified, then they remembered that this had been written of Him and had been done to Him. The crowd that had been with Jesus when He called Lazarus out of the tomb and raised him from the dead bore witness. The reason why the crowd went to meet Jesus was that they heard He had done this sign.

### MEGALYNARION FOR PALM SUNDAY IN TONE FOUR

God is the Lord and hath appeared unto us; ordain a feast, and rejoicing, come let us magnify Christ with palms and branches, crying out with hymns: Blessed is He that cometh in the Name of the Lord, our Savior.

### KOINONIKON (COMMUNION HYMN) FOR PALM SUNDAY IN TONE EIGHT

Blessed is He Who cometh in the Name of the Lord. Alleluia.

### 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:** Matt, Maher, Mimi, 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, 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, Mark and Nathaniel.

**Please pray for the repose of:** Linda Morrow, newly departed, Sumaya Fanous, newly departed, Robert Pierce, newly departed, Victor Farah, newly departed, Adeeb Geris Farah, newly departed, Karen Conant, newly departed.

**Holy Bread is offered by:** Dora Eldarazi, birthday blessings for Hamid and Najib. Good health and peace for Eldarazi, McCreadie, Khoury, and Fares families. Annie Connally, blessings for Michaela, Jack, Olivia, Micah and all other marines and their families.

**Parishioners who celebrate birthdays this week:** Cateren Isid, Rhonda Kyriakopoulos, Julian Maso, Kelly Evans, Daniella Kaileh, Miron Klimkoski.

## Church Events and Ministries

### *Holy Week Schedule*

**This Evening** – *Bridegroom Orthros for Holy Monday, 7 pm*

#### **Monday, April 29**

*Holy Monday Presanctified Divine Liturgy, 10 am | Holy Monday Bridegroom Orthros of Holy Tuesday, 7 pm*

#### **Tuesday, April 30**

*Holy Tuesday Presanctified Divine Liturgy, 10 am | Holy Tuesday Bridegroom Orthros for Holy Wednesday, 7 pm*

**His Eminence Metropolitan Saba** will be joining Saints Constantine and Helen church today in the evening for Bridegroom Orthros. Following services, please also join us in the church hall for a light dinner and a Q/A session with Metropolitan Saba.

#### **Wednesday, May 1**

*Holy Wednesday Presanctified Divine Liturgy, 10 am | Holy Wednesday Holy Unction Service, 7 pm*

#### **Thursday, May 2**

*Holy Thursday Orthros, 9am | Holy Thursday Vespers Divine Liturgy of St. Basil the Great, 10 am | Holy Thursday Orthros with the Twelve Passion Gospels for Holy Friday, 7 pm*

#### **Friday, May 3**

*Holy Friday The Great (Royal) Hours and Typika, 10 am | Holy Friday Great Vespers for Holy Saturday, Taking-down of Christ from the Cross, 3 pm | Holy Friday Orthros with the Lamentations for Holy Saturday, 7 pm*

#### **Saturday, May 4**

*Vesperal Divine Liturgy of St. Basil the Great, 10 am | Great and All-Holy Pascha Matins (Orthros), Rush Service, Divine Liturgy, 10 pm*

\*\*\* If you would like to bring eggs, please let us know so we make sure we have enough. If anyone wants the instructions for red dye from onion skins ask Cristinette or Tamara.\*\*\*

#### **Sunday, May 5**

*Agape Vespers, 1 pm, followed by Agape Picnic and Easter Egg Hunt*

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

**Children's Choir:** For questions or to join our children's choir, contact Sh. Vickie at vicvic1994@gmail.com.

Join us for the **Agape Picnic** on **Sunday, May 5**, directly after church services. The picnic will be potluck style. Please bring a side dish to share. The meat will be provided. If you are bringing meat, though, that needs to be grilled, please bring it to the church by 11:00 am. The **Easter Egg Hunt** for the kids will be at 2:30 pm. We will have a face painter, DJ and more.

**Joy Club News:** We hope you can join us for a Joy Club event on **Tuesday, May 21** from **5 - 7 pm**,

*Finding the Cross - Sts. Constantine & Helen's Feast Day Event! Joy Club (Children 12 & Under).* Please click scan the QR Code to RSVP for an interactive lesson about our patron saints.



**Vacation Bible School** will be held **June 3 - 7**, from **9:30 am to noon**, for children who have completed grades K - 5. *Please see the website for registration details and to volunteer.* For questions, 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. Konon 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**

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