



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, followed by book study

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, May 12, 2024



New Sunday or Anti-Pascha

*Sunday of Thomas the Apostle, Called "The Twin"
Germanos, Patriarch of Constantinople;
Epiphanius, Bishop of Cyprus*

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

Shout with joy to God, all the earth; sing to His Name, give glory to His praises.

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

Say to God: How awesome are Thy works; let all the earth worship Thee, and sing to Thee. Let it sing a song to Thy Name, O Most High.

(Refrain)

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

THE SECOND ANTIPHON

May God have mercy upon us, and bless us, and may He cause His face to shine upon us, and have mercy upon us.

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

That Thy way may be known upon earth, Thy salvation among all nations; let the peoples give thanks to Thee, O God, let all the peoples give thanks to Thee. **(Refrain)**

May God bless us, and may all the ends of the earth fear Him. **(Refrain)**

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

THE THIRD ANTIPHON

Let God arise, and let His enemies be scattered, and let them that hate Him flee from before His face.

Refrain: Christ is risen from the dead, trampling down death by death; and upon those in the tombs, bestowing life!

As smoke vanisheth, so let them vanish; as wax melteth before the fire. **(Refrain)**

So let sinners perish at the presence of God, and let the righteous be glad. **(Refrain)**

This is the day which the Lord hath made; let us rejoice and be glad therein. **(Refrain)**

THE EISODIKON (ENTRANCE HYMN) OF PASCHA

In the gathering places bless God the Lord, from the springs of Israel. Save us, O Son of God, Who art risen from the dead, who sing to Thee: Alleluia.

APOLYTIKION FOR THOMAS SUNDAY IN TONE SEVEN

While the tomb was sealed, Thou didst shine forth from it, O Life. While the doors were closed, Thou didst come in to Thy Disciples, O Christ God, Resurrection of all, renewing in us through them an upright spirit, according to the greatness of Thy mercy.

THE KONTAKION OF PASCHA IN TONE EIGHT

Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

THE EPISTLE

Great is our Lord, and great is His strength. Praise ye the Lord, for the Lord is good.

The Reading from the Acts of the Holy Apostles. (5:12-20)

In those days, many signs and wonders were done among the people by the hands of the apostles; and they were all with one accord in Solomon's porch. None of the rest dared to join them, but the people magnified them. And more than ever believers were added to the Lord, multitudes both of men and women, so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. The people also gathered from the cities around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed. But the chief priest rose up and all who were with him, that is, the sect of the Sadducees, and filled with jealousy they laid their hands on the apostles and put them in the common prison. But at night an angel of the Lord opened the prison doors and brought them out and said: "Go and stand in the temple and speak to the people all the words of this Life."

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (20:19-31)

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be to you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be to you. As the Father has sent me, even so I send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe." Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be to you." Then He said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to him, "Thomas, you have believed because you have seen Me. Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His Name.

MEGALYNARION FOR THOMAS SUNDAY IN TONE ONE

O most radiant lamp, the Theotokos, the immeasurable honor, which is more exalted than all creatures,
with praises do we magnify thee.

KOINONIKON (COMMUNION HYMN) OF THOMAS SUNDAY (Psalm 147:1)

Praise the Lord, O Jerusalem; praise thy God, O Zion. 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 Fi Tajriba
Lākin Naj-jinā Minash-Shirrīr

Please pray for health of body and soul of: Janice, Savina, 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, Jen, Charity, Joshua, Jordan, Danté, David, 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.

Holy Bread is offered by: Angela Fares, in celebration or loving memory of all mothers, mother-in-laws, grandmothers, godmothers, adoptive and foster mothers, and those special people who fill the role of mother in the lives of others. Also in loving memory of Gerald Anderson, Memory Eternal.

Trisagion Prayers for the Departed: One-year Memorial for Elizabeth M. Visram.

Parishioners who celebrate birthdays this week: Merna Isid, Chris Kyriakopoulos, Dina Assaad, Suha Alyatim, Aiman Alyatim, Dina Alnemri, Damian Guerrero, Rami Sweidan.

Spiritual Morsels

"Our love in Christ must reach all places, even to the hippies in Crete. I very much wanted to go there, not to preach to them, or to condemn them, but to live with them, without sin of course, and leave the love of Christ to speak of itself, which transfigures life."

"Christ is our Friend, our Brother; He is whatever is beautiful and good. He is everything. In Christ there is no gloom, melancholy or introversion, whereas man suffers from various temptations and situations which make him suffer. Christ is joy, life, light, the true light, which makes man glad, makes him fly, makes him see all things, see all people, suffer for all people, and want all people to be with him, close to him."

- Elder Porphyrios

A Prayer of Parents for Their Children and for Relatives and Friends

O God, our heavenly Father, who lovest mankind, and art most merciful and compassionate, have mercy upon thy servants (Name those whom you wish to remember) for whom I humbly pray thee, and commend to thy gracious care and protection. Be thou, O God, their guide and guardian in all their endeavors, lead them in the path of thy truth, and draw them nearer to thee, that they may lead a godly and righteous life in thy love and fear; doing thy will in all things. Give them grace that they may be temperate, industrious, diligent, devout and charitable. Defend them against the assaults of the enemy, and grant them wisdom and strength to resist all temptation and corruption of this life; and direct them in the way of salvation, through the merits of thy Son, our Saviour Jesus Christ, and the intercessions of his Holy Mother and thy blessed saints. Amen.

Church Events and Ministries

Coffee Hour is hosted today by the **Men of St. Constantine**.

Sunday School Camp today? **Yes**. 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.

Wednesday Book Study will resume this **Wednesday, May 15**, after the 6pm Daily Vespers service. The book study takes place in the conference room and lasts for about an hour. We will be studying, *The Gurus, the Young Man, and Elder Paisios*, by Dionysios Farasiotis.

The next **Arabic Divine Liturgy** will be on **Saturday, May 18** at **5 pm**.

The next **Women of St. Helen** meeting will be on **Sunday, May 19** in the conference room, directly after the service.

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.



Get ready for an **Enchilada Fundraiser** on **Sunday, May 26!!!** Please see the flyer on the bulletin board for more details.

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.

The **Parish Life Conference** is scheduled for **June 12 - 15**. *Early bird registration ends on Wednesday, May 15!* For more information, visit <https://antiochianevents.com/wichita>. To register, visit <https://www.antiochianevents.org/events/diocese-of-wichita-and-mid-america-3/> or scan the following QR Code



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

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