



# 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 19, 2024*



*Third Sunday of Pascha*

*Tone 2 / Eothinon 4*

*Sunday of the Myrrh-Bearing Women,  
Pious Joseph of Arimathaea & Righteous Nicodemus*

**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) | [administrator@constantinehelen.com](mailto: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.

### RESURRECTIONAL APOLYTIKION IN TONE TWO

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

### APOLYTIKION OF JOSEPH OF ARIMATHAEA IN TONE TWO

The noble Joseph, taking Thine immaculate Body down from the Tree, and having wrapped It in pure linen and spices, laid It for burial in a new tomb. But on the third day Thou didst arise, O Lord, granting to the world Great Mercy.

### APOLYTIKION OF THE MYRRH-BEARING WOMEN IN TONE TWO

Unto the myrrh-bearing women did the Angel cry out as he stood by the grave: Myrrh-oils are meet for the dead, but Christ hath proved to be a stranger to corruption. But cry out: The Lord is risen, granting to the world Great Mercy.

### 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.

### 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

*The Lord is my strength and my song. With chastisement has the Lord chastened me.*

#### The Reading from the Acts of the Holy Apostles. (6:1-7)

In those days, when the number of the disciples was multiplying, the Hellenists murmured against the Hebrews because their widows were neglected in the daily ministry. And the twelve summoned the multitude of the disciples and said: "It is not right that we should forsake the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good report, full of the Spirit and of wisdom, whom we may appoint to this duty. And we will devote ourselves to prayer and to the ministry of the word." And the saying pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Próchoros, and Nikánor, and Tímon, and Parmenás, and Nikólaos a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied in Jerusalem exceedingly, and a great company of the priests were obedient to the faith.

## THE GOSPEL

### The Reading from the Holy Gospel according to St. Mark. (15:43-16:8)

At that time, Joseph of Arimathaea, a respected member of the council, who was also himself looking for the Kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if He were already dead; and summoning the centurion, he asked him whether Jesus was already dead. And when he learned from the centurion that He was dead, he granted the body to Joseph. And he bought a linen shroud, and taking Him down, wrapped Him in the linen shroud, and laid Him in a tomb, which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joseph saw where He was laid. And when the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint Jesus. And very early in the morning, on the first day of the week, they came to the tomb at the rising of the sun. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back – it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a long white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, Who was crucified. He is risen; He is not here; see the place where they laid Him. But go, tell His disciples and Peter that He is going before you to Galilee; there you will see Him, as He told you." And they went out quickly and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

### MEGALYNARION FOR PASCHA IN TONE ONE

*The Angel cried unto her that is full of grace: O pure Virgin, rejoice, and again I say, rejoice;  
for thy Son hath arisen from the grave on the third day.*

Shine, shine, O new Jerusalem, for the glory of the Lord hath arisen upon thee; dance now and be glad, O Zion, and do thou exult,  
O pure Theotokos, in the arising of Him Whom thou didst bear.

### KOINONIKON (COMMUNION HYMN) OF PASCHA IN TONE EIGHT

Receive ye the body of Christ; taste ye the Fountain of immortality.

### 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:** Janice, Savina, Matt, Maher, Mimi, Yacoub, Kevin, Cristinette, Charity, Carolyn, James, Sahar, Shaza, Mike, Norma, Cristiane, George, Helen, 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.

**Trisagion Prayers for the Departed:** One-year Memorial for Gheorghe Ghitescu.

**Holy Bread is offered by:** Elias Khoury, for the victims of the Gaza war.

**Making of Catechumens:** Caleb Winn, Jenna Winn, Luke Higginbotham, Penny Bishop, Emily Bishop.

**Parishioners who celebrate birthdays this week:** Judith Koukoulas, Janet Kirby, Sara Balgobin, Michelle Koussa, Layth Salfiti, Steven Wu, Yacoub Fanous, Sabrina Akleh, Jack Lyssy, Matthew Whitehead.

## Church Events

Coffee Hour is hosted today by **Jen Anderson**.

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

**VBS Volunteer** meeting **today** in the chapel, after the service. If you are interested in volunteering, please come join us!

The **Women of St. Helen** meeting will be **today** 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 on the link in the emailed newsletter to RSVP for an interactive lesson about our patron saints.

Please join us for book study this **Wednesday, May 22**, 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.

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

Registration is open for **Vacation Bible School!** VBS 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. Please register by **Friday, May 24!**

---

## Parish Ministries

### Catherine's Corner Bookstore

Christopher Massad  
www.ebay.com/str/stsch-orthodox-bookstore

### Myrrhbearers

Rachel Fanous  
214-226-9844  
raquelita0623@yahoo.com

### Teen SOYO

Joey Ayoub  
661-440-2303  
buoya1@icloud.com

### Children's Choir

Sh. Vickie Mekhel  
vicvic1994@gmail.com

### Outreach Ministry

Father Gregory Farman  
fathergregory@constantinehelen.com

### The Order of Saint Ignatius

Robin Simon  
robincsimon@gmail.com

### Choir

Melinda Bentz  
melbentz@yahoo.com

### St. Konon the Gardener Gardening Group

Heather Gray  
517-755-8101  
heather.raner@gmail.com

### Women of St. Helen

Jean Faour Baker  
832-316-3149  
jeanfaour@hotmail.com

### Holy Bread Baking

Kh. Shannon Lewis  
shannongail@gmail.com

### St. Matthew Legacy Fund

Dian Kauth  
dgkauth@swbell.net

### Young Adults

Noah DeGarmo  
813-557-9103  
noahdegarmo19@gmail.com

### JOY Club

Deacon George Mekhel  
deacongeorge@constantinehelen.com

### St. Nicholas

Raed Maso  
raed@masos.com

### Men of St. Constantine

Greg Cohlma  
214-616-0560  
gtc416@gmail.com

### Sunday Camp

Joseph Bradley  
469-600-4007  
Josephwb52@gmail.com

