



# 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

*Sunday, May 26, 2024*



*Fourth Sunday of Pascha*

*Tone 3 / Eothinon 5*

*Sunday of the Paralytic*

*Apostle Karpos of the Seventy; Apostle Alphaeus and his children,  
Martyrs Abercius and Helen*

**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.*

**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.

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

### THE FIRST ANTIPHON

**Verse:** 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.

**Verse:** 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

**Verse:** 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.

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

**Verse:** 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

**Verse:** Let God arise, and let His enemies be scattered, and let those who 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!

**Verse:** As smoke vanishes, so let them vanish, as wax melts before the fire. (*Refrain*)

**Verse:** So let sinners perish before the face of God, and let the righteous be glad. (*Refrain*)

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

### THE EISODIKON (ENTRANCE HYMN) OF PASCHA

In the gathering places bless ye 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 THREE

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the 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

*O chant unto our God, chant ye. Clap your hands, all ye nations.*

#### **The Reading from the Acts of the Holy Apostles. (9:32-42)**

In those days, as Peter went throughout all regions, he came down also to the saints who dwelt at Lydda. There he found a certain man named Aeneas, who was bedridden for eight years and paralyzed. And Peter said to him: "Aeneas, Jesus Christ heals you; arise and make your bed." And immediately he arose. And all who dwelt at Lydda and Sharon saw him, and they turned back to the Lord. Now there was at Joppa a certain disciple named Tabitha (which means Gazelle). She was full of good works and of charitable deeds which she did. And it came to pass in those days that she fell sick and died; and when they had washed her, they placed her in an upper chamber. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him: "Come to us without delay!" So Peter arose and went with them. And when he arrived, they took him into the upper chamber. All the widows stood by him weeping, showing the tunics and other garments which Tabitha made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body, he said: "Tabitha, arise!" And she opened her eyes, and when she saw Peter, she sat up. And he gave her his hand, and raised her up. Then he called the saints and widows and presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

## THE GOSPEL

### The Reading from the Holy Gospel according to St. John. (5:1-15)

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for 38 years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk?'" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befalls you." The man went away and told the Jews that it was Jesus Who had healed him.

### MEGALYNARION FOR PARALYTIC SUNDAY IN TONE ONE

*The angel spake to her that is full of grace, saying, O pure Virgin, rejoice; and I say also, Rejoice; for thy Son is risen from the tomb on the third day.*

We believers in unison bless thee, O Virgin, crying: Rejoice, O gate of the Lord. Rejoice, O living city. Rejoice, O thou from whom didst rise upon us from the dead the Light of Resurrection, He Who was born of thee.

### 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 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:** Maram, 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, Nathaniel, Caleb, Jenna, Charlotte, Coraline, Elliott, Eliza, Emily, Penny, Luke.

**Please pray for the repose of:** Linda Morrow, newly departed, Sumaya Fanous, newly departed, Robert Pierce, newly departed.

**Trisagion Prayers for the Departed:** 6-month Memorial for Hanneh Khoury.

**Churching of Mother and Child:** Patricia Adams and son Caleb Michael.

**Parishioners who celebrate birthdays this week:** Elan Neagle, Elaina Mekhel, Ann Patchan, Mary Alnemri, Duncan Lyssy, Jennifer Anderson.

### Thanksgiving After Recovery from Sickness

Almighty God, our heavenly Father, Source of life and Fountain of all good things, I bless thy Holy Name, and offer to thee most hearty thanks for having delivered me from my sickness and restored me to health. Grant me thy continuing grace, I pray thee, that I may keep my good resolutions and correct the errors of my past life, and improve in virtue, and live a new life in dutiful fear of thee, doing thy will in all things, and devoting this new life which thou has given me to thy service: that thus living for thee, I may be found ready when it pleaseth thee to call me to thee, O heavenly Father, to whom with thine Only-begotten Son, our Lord Jesus Christ, and thine all-holy and Life-giving Spirit, is due all honor, praise, glory, and thanksgiving: now and ever, and unto ages of ages. Amen.

## Church Events



We hope you can join us today for the  
**Enchilada Fundraiser Lunch!!!**

Please bring cash or checks for the lunch following the service.  
Please make checks payable to Women of St. Helen.

*\*\* Tickets will be sold in the conference room \*\**

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



### Vacation Bible School

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. *To register and to volunteer, please scan the QR Code!*

For questions, please contact Raja Khoury, raja@att.net or Tamara Newbre, tnewbre@yahoo.com.

The next **Arabic Divine Liturgy** will be on **Saturday, June 8** at **4 pm**.



*Church*  
Ministries

