



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 Boulous El Koussa

Assistant Pastor

Father Patrick Irish

Father Gregory Farman

Deacon George Mekhel

Schedule of Services

Wednesdays

6:00 pm

Daily Vespers

followed by book study

Saturdays

5:00 pm

Great Vespers and Confessions

followed by catechism class

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, February 9, 2025



Tone 8 / Eothinon 11

*Sunday of the Pharisee and the Publican &
Leave-taking of the Presentation (Meeting) of Christ*

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.*

PSALM 102

"Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things..."

www.constantinehelen.com | administrator@constantinehelen.com

THE FIRST ANTIPHON

My heart hath poured forth a good word; I speak of my works to the king. My tongue is the pen of a swiftly writing scribe.

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

Grace is poured into thy lips: therefore, God hath blessed thee forever. (**Refrain**)

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

English: To thee O Lord

Arabic: La-ka Ya Rabb

THE SECOND ANTIPHON

Gird Thy sword upon Thy thigh, O mighty One, in Thy comeliness and Thy beauty. Bend Thy bow, and proceed prosperously, and be king.

Refrain: Save us, O Son of God, Who wast borne in the arms of righteous Simeon; who sing to Thee. Alleluia.

Thine arrows are sharp, O mighty One, in the heart of the king's enemies; whereby the peoples fall under Thee. (**Refrain**)

A scepter of uprightness is the scepter of Thy kingdom. (**Refrain**)

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

THE THIRD ANTIPHON

Hearken, O daughter, and consider, and incline thine ear; forget also thine own people, and thy father's house. Even the rich among the people shall entreat thy countenance. I shall commemorate thy name in every generation.

THE EISODIKON (ENTRANCE HYMN)

The Lord hath made known His salvation; He hath revealed His justice in the sight of the Gentiles. Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

RESURRECTIONAL APOLYTIKION IN TONE EIGHT

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF THE PRESENTATION OF CHRIST IN TONE ONE

Rejoice, O Virgin Theotokos, full of grace, for from thee arose the Sun of justice, Christ our God, lighting those who are in darkness.

Rejoice and be glad, O righteous elder, carrying in thine arms the Deliverer of our souls, Who granteth us Resurrection.

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 OF THE PRESENTATION OF CHRIST IN TONE ONE

Thou, O Christ God, Who by Thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve Thy fold in wars, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

English: Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Arabic: Quduson (n)ilah, Quduson (n)il qa wi, Quduson (n)il la dhi, la yamu turhamna.

Greek: Agios O Theos, Agios Eeskhiros, Agios Athanatos, eleison imas.

THE EPISTLE

My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.

For He hath regarded the humility of His servant.

The Reading from the Second Epistle of St. Paul to St. Timothy. (3:10-15)

Timothy my son, you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions, and my sufferings; and what befell me at Antioch, at Iconium, and at Lystra. What persecutions I endured; yet from them all, the Lord rescued me. Indeed all who desire to live a godly life in Christ Jesus will be persecuted, while evil men and impostors will go on from bad to worse, deceivers and deceived. But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

THE GOSPEL

The Reading from the Holy Gospel according to St. Luke. (18:10-14)

The Lord spoke this parable: "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank Thee that I am not like other men, extortionists, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to Heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."

English: And with thy spirit

Arabic: Wa Lirouhika

MEGALYNARION OF THE PRESENTATION IN TONE THREE

O Theotokos, * thou hope of all Christians; * keep and shelter and preserve * them that set their hope in thee. In the shadow and letter of the Law, let us the faithful contemplate a prefiguring: Every male child that openeth the womb is holy unto God. Therefore, do we magnify the first-born Word, the Son of the Father Who is without beginning, the first-born Child of a Mother who hath not known wedlock.

KOINONIKON (COMMUNION HYMN) OF THE FEAST IN TONE EIGHT

I will receive the cup of salvation, and call upon 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: Kh. Luanne, Kh. Elsie, Georges, Michel, Marc, Dian, Jackie, Bill, Terry, Hana, Christopher, Marisa, Brianna, Samar, Leen, Conrad-Elias, Becky, Boris, Vladimir, Joseph, Patty, Heather, Shelley, Zoe, James, Michelle, Donnie, Constanza, Sahar, Shaza, Mike, Norma, Cristiane, George, Helen, Charme, Aleksii, Donna, George, Paul, Lynda, Joe, for those serving in our armed forces: Jack, Micah, Jack, Justin, Michaela and Vlad, and our catechumens: Emily, Anthony, Jen, Charity, Josh, Patricia, Emma, Ethan, Evelyn, Charlotte, Myka, Mark, Nathaniel, Caleb, Jenna, Charlotte, Coraline, Elliott, Eliza, Emily, Penny, Luke, Sonny, Katie, Julie, Jessie, Anna.

Please pray for the repose of: Bill Bullard, newly departed, Ron Ternosky, newly departed.

Trisagion Prayers for the Departed: 40-day Memorial for Leo Chade.

Holy Bread is offered by: **Elias Khoury**, for the Elias Khoury Family.

Parishioners who celebrate **birthdays** this week: Jon Ladner, Dawn Dickey, Haytham Assaad, Michael Assaad, Tyler Woods, Brooke Gillett, Tess Alley, Ainsley Sweis.

Church Ministries

Scan the QR Code to view a
list of Parish Ministries!



**Coffee Hour is hosted
today by:**

Nisreen Batarseh
with Valentine's Lunch

Stewardship

2025 Pledge Form



*Thank you
for your support!*

Church Events

Arabic Lessons today? **Yes.** They will continue every Sunday after Liturgy in the conference room. For questions, please contact Fr. Boulous at: fatherboulous@constantinehelen.com.

Sunday School today? **Yes.** For questions or to volunteer, please contact:
Heather Gray (Pre-K - 2), heather.raner@gmail.com or
Joseph Bradley (3 - 8), Josephwb52@gmail.com

AA meetings are on **Mondays** at **5:30 pm** in the church conference room. For more information please contact Nick A. at 818-836-0187.

Additional Wednesday evening services in Keller. Contact Beth Salem/Matt Apgar for more information: 508-615-5765.

Valentine's Day Fundraiser Luncheon is today, after Divine Liturgy.
This fundraiser luncheon will benefit the church hall renovation. Tickets are \$20.

Orthodox Christian Fellowship Campus Ministry, *Public Lecture Series*
Tuesday, **February 11** at 6 pm, Texas A&M University
More information at: www.stsilouanbcs.com/public-lecture-series
Mull Monastery: mullmonastery.com

Women of St. Helen monthly meeting - Sunday, **February 23**, in the chapel

Orthodox Christian Arts & Food Festival
May 2 - 4, 2025

Keynote Speaker: **Jonathan Pageau**

For more information on the event and to purchase tickets, see the following link:
orthodoxartsfestivaldfw.com

Men of St. Constantine Breakfast - First Friday of Every Month!

For more information, please contact Greg Cohlma, gtc416@gmail.com or
214-616-0560.

Camp Saint Raphael Registration is now open!
campstaphael.org

2025 Sessions

Session 1: June 22 - June 28

Session 2: June 29 - July 5

Session 3: July 6 - July 12

Registration is first come, first serve.

**Please see the emailed newsletter and the bulletin board
for more information on these events!**

