



SAINTS CONSTANTINE AND HELEN

ANTIOCHIAN ORTHODOX CHURCH

SUNDAY, FEBRUARY 8, 2026

TONE 2 / EOTHINON 2

SUNDAY OF THE PRODIGAL SON &

AFTER-FEAST OF THE PRESENTATION (MEETING) OF CHRIST

English: To thee O Lord

Arabic: La-ka Ya Rabb

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)**

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.

RESURRECTIONAL APOLYTIKION IN TONE TWO

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hades 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 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 Who didst sanctify the Virgin's womb by Thy birth, and didst bless Simeon's hands as was meet, by anticipation hast even now saved us, O Christ God. But grant peace in the midst of wars unto Thy commonwealth and strengthen the hierarchs whom Thou hast loved, O only Friend of man.

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.

English: Lord, have Mercy (thrice)
Arabic: Ya rub (b)ur - ham (thrice).

THE EPISTLE

The Lord is my strength and my song. The Lord has chastened me severely.

A Reading from the First Epistle of St. Paul to the Corinthians (6:12-20).

Brethren, all things are lawful for me, but not all things are helpful. All things are lawful for me, but I will not be enslaved by anything. Food is meant for the stomach and the stomach for food; but God will destroy both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by His power. Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, "The two shall become one flesh." But he who is united to the Lord becomes one spirit with Him. Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body, and in your spirit, which are God's.

THE GOSPEL

A Reading from the Holy Gospel according to St. Luke (15:11-32).

The Lord spoke this parable: "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have fed on the pods that the swine ate; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants."' And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry. Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But he was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"

English: And with thy spirit, Arabic: Wa Lirouhika

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 the health of body and soul of: Mary Jane, Becky, Mary, Michael, Tatiana, Sophia, Dawn, Tony, Florence, Debra, James, Terry, Hana, Christopher, Shelley, Zoe, Lynda, Joe, Christiane de Morais, Tamam, Dimitri, Cristinette, Nicole, Jonathan, Hala, Jacob, Blake, Brody, Mary, Michael, Charles, Michaela, Fadwa, Sam, Linda, Svetlana, Marina, Sophia, Isabella, Bonnie, Sergey, and George; **for those serving in our armed forces:** Jack, Micah, Jack, Justin, Michaela, Vlad, and Ryan; and **our catechumens:** Emily, Charity, Josh, Patricia, Emma, Ethan, Evelyn, Charlotte, Myka, Nathaniel, Emily, Penny, Luke, Zachary, Bailey, Noelle, Ava, Christianna, Afolarin, Ruben, Gracen, and Jonathan.

Pray for the repose of: Rosette Sfeir Awad, newly departed; David Carpenter, newly departed.

Trisagion Prayers for the Departed: George Habash, One Year Memorial.

Making of a Catechumen: Jonathan Jordan.

Churching of a Mother and Child: Katie Roach and son Charles Roach.

Holy Bread is offered by: Aida Alyatim, For the Riad Alyatim Family.

Parishioners who celebrate birthdays this week: Laelle Clarke, Andrew Moammar, Jon Ladner, Haytham Assaad, Preston Harris, Michael Assaad, Theresa Grace Alley, and Brooke Gillett.

Coffee Hour today is hosted by: Gina Habash, Aida Alyatim, and May Haddad
In memory of George Habash.



Receiving Holy Communion

Both the Non-Orthodox and the Orthodox who are not receiving Communion are encouraged to stay in their pew, allowing those who are receiving the Eucharist to go past them. It is the tradition of the Church for those who did not receive the Eucharist to come forward with the whole congregation at the end of the Divine Liturgy to receive the blessed bread (antidhoron, which means "in place of the gifts"). Please know that if one does not receive the Eucharist during the service, the Holy Spirit is still called down upon you during the Liturgy as a blessing. Only Orthodox Christians who are prepared through prayer, fasting, and recent sacramental confession should approach the Chalice for the Eucharist. 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.

"...let every action be a cause of your remembering and praising God. and lo. you will be praying without ceasing and therein your soul will always rejoice."
-St Peter of Damascus

If you have recently received one of the sacraments, please contact the church office so we may process and file the sacrament record with the archdiocese. Thank you!

administrator@constantinehelen.com

Are You Interested in Becoming Orthodox?

If you are interested in becoming Orthodox, let Father David know. We are happy to receive you as a catechumen (learner) and get you on the path to entering the Church.

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.

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.

*We ♥ our
Volunteers*



If you are interested in sharing your gifts & talents and would like to volunteer at the church in the office or other areas, please email the parish office.

You can also complete an interest card by scanning the QR Code! Thank you, you are appreciated!



Parish Newsletter

Scan the QR Code to sign up and receive the next newsletter!

Clergy

The Very Rev. Fr. David Lewis
Pastor
fatherdavid@constantinehelen.com

Father Boulous El Koussa
Assistant Pastor
fatherboulous@constantinehelen.com

Father Patrick Irish
fatherpatrick@constantinehelen.com

Father Gregory Farman
fathergregory@constantinehelen.com

Deacon George Mekhel
deacongeorge@constantinehelen.com

Parish Council

George Awad
Chair
gsdawad@yahoo.com

Kelli Neagle
Vice Chair
kellikouri@hotmail.com

Mary Mousa
Secretary
parishcouncil@constantinehelen.com

Airib Sweiss
Treasurer
treasurer@constantinehelen.com

Christian Nelson

Andrew Patchan

Nick Armer

Stephanie Pierce

Lina Kaileh

STS C&H



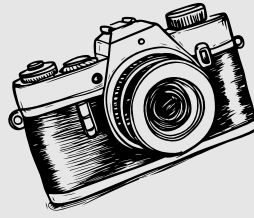
ARTS FEST VOLUNTEERS NEEDED!



SCAN THE QR CODE

Sign up to Volunteer at the QR code or contact the office!

WWW.ORTHOXARTSFESTIVALDFW.COM



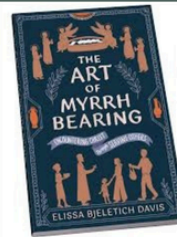
We now have a special website dedicated to our church event photos! Please check it out when you get a chance.

constantinehelen.photos

SAVE THE DATE

Tuesday, February 18th - 8pm EST

Antiochian Women NAB Pleased To Announce



Author Speaker Event

A virtual discussion with Elissa Davis, Author of our AW Book Club selection



Contact the parish office for virtual meeting link!

SUMMER 2026

CAMP ST. RAPHAEL

WHEN:

SESSION 1: JUNE 21 - JUNE 27

SESSION 2: JUNE 28 - JULY 4

SESSION 3: JULY 5 - JULY 11

WHO: ALL CHILDREN AGED 9-17

WHERE: CAMP ST. RAPHAEL, KINGSTON, OK

HOW TO SIGN UP: REGISTRATION OPENS IN FEB
CAMP WILL RELEASE OFFICIAL DATE SOON

SIGN UP AT
CAMPSTRAPHAEL.ORG



Our new parish database, **Breeze**, is operational!

Sign into your account using the invitation link that was emailed (search Breeze). If you did not receive an invite email, contact the parish office to get it set up.

In addition to the website calendar, there is also an events and liturgy schedule calendar on Breeze!

STS. C&H

PRAYING THE PSALMS

Learning the Psalms by heart

Reading the Psalms by heart

Praying the Psalms by heart

Saturdays following Vespers



MEET IN THE CONFERENCE ROOM

Contact the church office if interested!

Contact Joseph Bradley for any questions,
josephb52@gmail.com or 469-680-4887.

Zahle Bakery



10% of proceeds from parishioner purchases will go towards Sts. Constantine and Helen Church.



To view their products, visit their website at zahlebakery.com



Scan the QR Code to view an updated list of Parish Ministries!

Church Ministries

Upcoming Services and Events

Sunday, February 8

Sunday School

Monday, February 9

AA Meeting, 6pm

Tuesday, February 10

Gradeschool Homeschool Co-op

Daily Vespers, at Holy Myrrhbearers' Outreach, 6pm

Wednesday, February 11

Preschool Homeschool Co-op

SCH Daily Vespers, 6pm

Book Study, following Vespers; *Great Lent: A Journey to Pascha*, by Fr. Alexander Schmemmann

Friday, February 13

Arts Festival doors open, 5pm

Ticketed event; buy your tickets while supplies last

Saturday, February 14

Divine Liturgy for the Saturday of Souls, 8am

Arts Festival, 11am-9pm

SCH Pan-Orthodox Vespers, 5 pm

No Catechism Class

Praying the Psalms Group, following Vespers

Great Vespers, 6pm, at Holy Myrrhbearers' Outreach

Church Office Information

Church Office Hours

Monday - Friday
9 am - 5 pm

Church Office Phone

(214) 350-2104 (call / text)

Church Email

administrator@constantinehelen.com

Church Website

www.constantinehelen.com

Church Address

1225 E Rosemeade Parkway
Carrollton, TX 75007

Mailing Address

PO Box 116639
Carrollton, TX 75011

Announcements

We will have **Divine Liturgy at 8AM on Sat. Feb 14th** for the Saturday of Souls. There will be Trisagion Prayers for the departed following Liturgy at Furneaux Cemetery. Please send in the names of your deceased loved ones to be prayed for. Click here to fill out the form or email the office.

After Sunday school Feb 15th: Things will be different next Sunday! Because the Hall will be filled with artists, we have a special Art Scavenger hunt plan for the children after Sunday school on the 15th. Please meet with your children in the Chapel to begin the hunt.

Camp St. Raphael registration opens Tues, Feb 10th for children ages 9-17. Instructions for how to register are available on the camp website. Please read the instructions and prepare your family and camper profiles prior to Feb 10th to ensure a smooth registration.

We are seeking **volunteers for the Orthodox Arts Festival**, for Sat. Feb. 14th and Sun. Feb 15th! We are looking for greeters, lunch servers, dinner servers, children's art helpers, and table movers. Click here to volunteer or see Kh. Priscilla in the hall after Liturgy to sign up!

All women in the parish are invited to join a **Women's Pre-Communion Prayer group** during Lent. This group will meet Wednesdays of Lent at 5pm and Wednesday of Holy Week at 6pm in the Nave. See flyer in hall for more info.

Click here for the **2026 Lent/Holy Week schedule**. The schedule can be viewed on the church website as well. Contact the office for questions or to receive a physical copy.

Save the date! St. Constantine and Helen's Joy Club presents the **Romanov Family Dance** on **Saturday, Feb. 21st** following Vespers from 5:45-8pm in the parish hall. All families welcome with their children. It will be a Cheesefare, affaire. Please dress in your furs and red royal attire as we will be transported back in the time to Imperial Russia. Please visit the link or contact Jackie Armer to sign up to bring a side dish, rjacqueadams@gmail.com.

*Scan in your
Banking App
for Pledges:*

treasurer@constantinehelen.com

Zelle



2026 Orthodox Christian Arts Festival

When: **Friday, February 13th-Sunday February 15th**

What: Annual Orthodox Arts Festival co-sponsored by Sts. Constantine and Helen and the North Texas Orthodox Mission. This year, Friday night features keynote speaker Dr. Martin Shaw and the Sons of Antioch Byzantine Choir! Purchase tickets for Friday night here or by contacting the office **while supplies last**. Saturday and Sunday admittance is free!

