



SAINTS CONSTANTINE AND HELEN

ANTIOCHIAN ORTHODOX CHURCH

SUNDAY, MARCH 8, 2026

TONE 6 / EOTHINON 6

SECOND SUNDAY OF GREAT LENT

COMMEMORATION OF GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA THEOPHYLACT THE CONFESSOR, BISHOP OF NICOMEDIA; APOSTLE HERMAS OF THE SEVENTY

English: To thee O Lord

Arabic: La-ka Ya Rabb

RESURRECTIONAL APOLYTIKION IN TONE SIX

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world; O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

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 FOR SUNDAYS IN GREAT LENT IN TONE EIGHT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

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

O Lord, save Thy people, and bless Thine inheritance.

Unto Thee will I cry, O Lord my God.

A Reading from the Epistle of St. Paul to the Hebrews (1:10-2:3).

Thou, "O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail." But to which of the angels did He say at any time, "Sit on My right hand, until I make thine enemies a footstool for thy feet?" Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

THE GOSPEL

A Reading from the Holy Gospel according to St. Mark (2:1-12).

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of Man has authority on earth to forgive sins" – He said to the paralytic – "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"

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, 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, George, JJ, Mila, and Theodora; **for those serving in our armed forces:** Jack, Micah, Jack, Justin, Michaela, Vlad, and Ryan; and **our catechumens:** Charity, Josh, Patricia, Emma, Ethan, Evelyn, Charlotte, Myka, Nathaniel, Emily, Penny, Luke, Zachary, Bailey, Noelle, Ava, Christianna, Afolarin, Ruben, Gracen, Jonathan, Dakota, Brianna, and Nainoa.

Pray for the repose of: David Carpenter, newly departed; Joseph Daniel, newly departed; George Alyatim, newly departed; Georges Nazzal; departed.

Holy Bread is offered by: Elias Khoury, For the Trejo family and all of the children suffering in the wars in the Middle East.

Parishioners who celebrate birthdays this week: Suzy Khoury, John Sliheet, Carlos Altwal, Winston Carter, Emad Musharbush, Wedad Sliheet, Sasha Akleh, Estella Nicole Davis, Elma Katrib, Elijah Tebcherany, Catherine Lydia Lopez, Jordan Pierce, Maria Abdo, Mays Altwal, and Maren (Elizabeth) Holmes.



Coffee Hour today is hosted by: Women of St. Helen



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



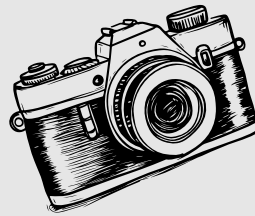
Great Lent & Pascha Liturgical Schedule

Please join us for services during the Lenten season!

Note: All other regularly scheduled Sat. Vespers and Sun. services will remain the same unless otherwise noted. This schedule lists *only* Lenten services and does not include normally reoccurring services.

Contact the parish office for any questions.

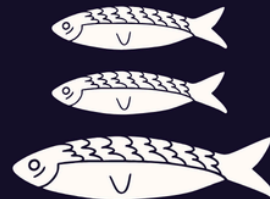
Scan the QR code for the schedule!
Contact the office to receive an emailed or physical copy.



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

constantinehelen.photos

Women of St. Helen presents Annual Fish Fry



FUNDRAISER LUNCH AT SCH

Funds raised will support the Endowment Fund for Widowed Clergy Wives

TICKETS SOLD AT DOOR

Zelle, Cash, Card, and Check accepted

Adults: \$15
Children under 12: \$10

SUNDAY, MARCH 29TH
Parish hall

immediately following Divine Liturgy

MARCH JOY CLUB

The Real Saint Patrick and His Gratitude

Tuesday March 10th
5 - 7pm
DINNER, LESSON.

MEN'S NIGHT

Saturday, March 21st
Vespers, 5pm
Fellowship following in church hall

All men of the parish are invited to come to Vespers and enjoy a fast-friendly meal and fellowship afterwards.

Contact Daniel Lewis for questions:
daniel.lewis9196@gmail.com



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, March 8 - St. Gregory Palamas

Sunday School

No Dabke practice

Pan-Orthodox Vespers, St. Peter's Orthodox Church, 6pm

Monday, March 9

AA Meeting, 6pm

Great Compline, 6pm

Tuesday, March 10

Gradeschool Homeschool Co-op

Joy Club, 5-7pm in the church hall

Holy Myrrhbearers Outreach Presanctified Liturgy, 6pm - **Haltom City**

Wednesday, March 11

Preschool Homeschool Co-op

Women's Lenten Pre-Communion Prayer Group, 5pm

SCH Presanctified Divine Liturgy & Lenten potluck dinner, 6pm

No Book study during Lent

Friday, March 13

Little Compline with the Akathist Hymn to the Mother of God, 6pm

Saturday, March 15

Holy Myrrhbearers Outreach Divine Liturgy, 9am - **Haltom City**

SCH Great Vespers and Confessions, 5pm

Catechism Class, following Vespers

Holy Myrrhbearers Outreach Great Vespers, 6pm - **Haltom City**

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

Zelle



We accept Zelle to
make your Pledge!

treasurer@constantinehelen.com

Scan the code, select your
bank, and then make your
payment.

Thank you!

Announcements

There will be Lenten **Pan-Orthodox Vespers at St. Peter's** Orthodox Church tonight at 6pm. All are welcome to join!

Sts. Constantine and Helen will host **Pan-Orthodox Vespers on Sun, March 22nd**. Please contact Shaza Ammouri to bring a dish: shazashidiak@hotmail.com.

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.

The next Joy Club will be **Tuesday, March 10th from 5-7pm**. All children 12 and under welcome with their families! We will be learning about St. Patrick. Click the link to bring a dish.

The monthly **WSH Meeting will be Sunday, March 15th** directly following Liturgy. Please join us in the Conference Room.

All men of the parish are invited to a **Men's Night on Saturday, March 21st**! Please join us for Vespers at 5pm, followed by dinner and fellowship in the hall. Contact Daniel Lewis for questions: daniel.lewis9196@gmail.com.

The **annual Fish Fry**, hosted by the Women of St. Helen, is **Sunday, March 29th** immediately following Liturgy in the hall. Tickets will be sold at the door for this fundraiser event.

We are currently **seeking sponsors for the 2026 Middle Eastern Food Festival** to help make this event a success! Scan the QR code to fill out the form or contact Christina Sweis: czaboura1@gmail.com. Donations can be made via Zelle; send to eventsconstantinehelen@gmail.com in your Zelle App. Thank you for your prayerful support and generosity.

Save the Date!

Sts. Constantine and Helen Mediterrean Food Festival: Friday, May 1-Saturday, May 2, 2026

Vacation Bible School: Mon June 15-Fri June 19th, ages 4-12. More info to come!

15th Annual Fundraiser Golf Tournament: Saturday, October 3rd, 2026. More info to come!

