



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

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, September 1, 2024



Tone 1 / Eothinon 10

***Beginning of the Indiction: Ecclesiastical New Year
Righteous Simeon the Stylite; Synaxis of the Theotokos at Miasinae***

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.*

A Prayer Before Commencing Any Task

Almighty God, our Help and Refuge, Fountain of wisdom and Tower of strength, who knowest that I can do nothing without thy guidance and help; assist me, I pray thee, and direct me to divine wisdom and power, that I may accomplish this task, and whatever I may undertake to do, faithfully and diligently, according to thy will, so that it may be profitable to myself and others, and to the glory of thy Holy Name. For thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

www.constantinehelen.com | administrator@constantinehelen.com

RESURRECTIONAL APOLYTIKION IN TONE ONE

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

APOLYTIKION OF THE INDICTION IN TONE TWO

O Maker of all creation, Who hast established the times and the seasons in Thine own power: Bless the crown of this year with Thy goodness, O Lord, and keep our rulers and Thy flock in peace, by the intercessions of the Theotokos, and save us.

APOLYTIKION OF THE SYNAXIS OF THE THEOTOKOS IN TONE SEVEN

Rejoice, thou who art full of grace, O Virgin Theotokos, haven and protection of the race of man; for the Redeemer of the world became incarnate of thee; for thou alone art both mother and virgin, ever blessed and glorified. Intercede with Christ God that peace be granted unto all the world.

APOLYTIKION OF ST. SIMEON THE STYLITE IN TONE ONE

Thou becamest a pillar of patience and didst emulate the Forefathers, O righteous one: Job in his sufferings, Joseph in temptations, and the life of the bodiless while in the body. O Simeon, our righteous Father, intercede with Christ God that our souls be saved.

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 THE INDICTION IN TONE FOUR

(**Thou Who wast raised up**)

O God of all, Thou Who hast made all the ages, * O Sovereign Lord, truly transcendent in essence, * bestow Thy grace and blessing on the year to come; * and, O Most Compassionate, * in Thine infinite mercy * save all them that worship Thee, * Who alone art our Master, * and that with fear, O Savior, cry to Thee: * Grant unto all men a fruitful and godly year.

THE EPISTLE

Great is our Lord, and great is His power. Praise the Lord, for the Lord is good.

The Reading from the First Epistle of St. Paul to St. Timothy. (2:1-7)

Timothy, my son, first of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all men, for kings and all who are in high positions, that we may lead a quiet and peaceable life, godly and respectful in every way. This is good, and it is acceptable in the sight of God our Savior, Who desires all men to be saved and to come to the knowledge of the truth. For there is one God, and there is one mediator between God and men, the man Christ Jesus, Who gave Himself as a ransom for all, the testimony to which was borne at the proper time. For this I was appointed a preacher and apostle (I am telling the truth, I am not lying), a teacher of the Gentiles in faith and truth.

THE GOSPEL

The Reading from the Holy Gospel according to St. Luke. (4:16-22)

At that time, Jesus came to Nazareth, where He had been brought up; and He went to the synagogue, as His custom was, on the Sabbath day. And He stood up to read; and there was given to Him the book of the prophet Isaiah. Jesus opened the book and found the place where it was written, "The Spirit of the Lord is upon Me, because He has anointed Me to preach good news to the poor and to heal the broken hearted. He has sent Me to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord." And Jesus closed the book, and gave it back to the attendant, and sat down; and the eyes of all in the synagogue were fixed on Him. And He began to say to them, "Today this Scripture has been fulfilled in your hearing." And all spoke well of Him, and wondered at the gracious words which proceeded out of His mouth.

KOINONIKON (COMMUNION HYMN) OF THE INDICTION IN TONE EIGHT

Bless the crown of the year with Thy goodness, O 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 Fi Tajriba
Lākin Naj-jinā Minash-Shirrīr

Please pray for health of body and soul of: Kh. Elsie, Georges, Michel, Marc, Boris, Vladimir, Joseph, Patty, Heather, Shelley, Zoe, James, Michelle, Donnie, Constanza, Sahar, Shaza, Mike, Norma, Cristiane, George, Helen, Charme, Jen, Aleksii, Donna, George, Paul, Lynda, 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, Mark, Nathaniel, Caleb, Jenna, Charlotte, Coraline, Elliott, Eliza, Emily, Penny, Luke, Sonny.

Please pray for the repose of: George Khair, newly departed, Chris Moore, newly departed, Richard James Fronck III, newly departed.

Trisagion Prayers for the Departed: 40-day Memorial for George Khair.

Parishioners who celebrate **birthdays** this week: Michael Farage, William Reehani, Christina Sweis, Rose Laty, Georgette Rahal, Joseph Murray, Oliver Massad.

Coffee Hour is hosted today by **Mary Kheir** and **Sawsan Awad**.

Fasting Calendar: bit.ly/3SwabfM

Church Etiquette

"Special Considerations During Liturgy - Refrain from reserving seats. Allow others to sit as they come into the church, and especially make room for visitors so they will feel welcome."

"Lipstick. Do not wear lipstick while taking Holy Communion, or when kissing the cross, an icon, the priest's or bishop's hand, or any sacred object. It is best not to wear it at all in the church, because of the damage it causes."

"Leg crossing. One should not be too casual in the Divine Liturgy. People from some cultures are offended by the crossing of legs or by arms thrown back over the pew. Keeping your feet on the ground also enables you to remain attentive and to stand when necessary."

The Department of Marriage and Parish Family Ministry of the Antiochian Orthodox Christian Archdiocese of North America and Conciliar Media Ministries. A Guide to Church Etiquette: How to Show Proper Respect and Reverence in the Church.

Church Ministries

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



Save the Date!!!

- Women of St. Helen Monthly Meeting, Sunday, September 15
- Women of St. Helen Bake Sale (pre-paid orders begin on October 1), Sunday, November 24

Church Events

Catechism Classes will be every Saturday after Great Vespers, beginning on **Saturday, September 21**.

A sober couple from SCH is starting an **AA meeting** on Mondays. The first meeting is scheduled for this **Monday, September 2** at **5:30 pm** in the church conference room. If you are in recovery or in need of assistance with alcohol abuse, please attend! Coffee and treats provided. For more information please contact Nick A. at [818-836-0187](tel:818-836-0187). Link for the flyer: bit.ly/3Xe6381

Please join us for a **Sts. Constantine and Helen Vespers** service in south Dallas. All are welcome, and those who live nearby are especially encouraged to attend. Vespers start at **5:30 pm** on **Saturday, September 7** at St. Augustine's Oak Cliff Episcopal Church, 1302 W Kiest Blvd, Dallas, TX, 75224. Fellowship to follow the service. Please share with all interested parties. Hope to see you there! Regular Vespers will be served at Saints Constantine and Helen as well.

We will have an information meeting for **Arabic Lessons**, on **Sunday, September 8**, after liturgy services. For questions, please contact Fr. Boulous at fatherboulous@constantinehelen.com or you may also call the church office. Please see the following link to sign up: bit.ly/3AD960v.

If you have not registered for **Sunday School**, please do so this Sunday! This will be your last chance to do in-person registration before classes begin next Sunday, September 8.

Sunday School 2024-2025 will begin on **September 8** with a **Rally Day!** For 3 - 8 grade classes, parents are invited to join and observe the first day of class. If interested in being a classroom helper, please contact: **Heather Gray** (Pre-K - 2), heather.raner@gmail.com or **Joseph Bradley** (3 - 8), Josephwb52@gmail.com

The **13th Annual Sts. Constantine and Helen Church Fundraiser Golf Tournament** is scheduled for **Monday, September 16** at Firewheel Golf Park Lake Course in Garland, Texas. For questions, contact Greg Cohlma, Tournament Director, gtc416@gmail.com, 214-616-0560.

Here is the link for the registration form: bit.ly/46jXZpk

