



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 29, 2024



Tone 5 / Eothinon 3

Fourteenth Sunday after Pentecost & Second Sunday of Luke

Venerable Kyriakos the Hermit of Palestine

Martyr Petronia and those with her in Palestine; Mother Mary the Hermit of Palestine

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 of Repentance

O Lord our God, good and merciful, I acknowledge all my sins which I have committed every day of my life, in thought, word and deed; in body and soul alike. I am heartily sorry that I have ever offended thee, and I sincerely repent; with tears I humbly pray thee, O Lord: of thy mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Thy Grace, to amend my way of life and to sin no more; that I may walk in the way of the righteous and offer praise and glory to the Name of the Father, Son, and Holy Spirit. Amen.

RESURRECTIONAL APOLYTIKION IN TONE FIVE

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION FOR ST. KYRIAKOS OF PALESTINE IN TONE ONE

Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonderworker, O Kyriakos, our God-bearing Father. By fasting, vigil, and prayer thou didst obtain heavenly gifts, and thou healest the sick and the souls of them that have recourse to thee with faith. Glory to Him that hath given thee strength; glory to Him that hath crowned thee; glory to Him that worketh healings for all through thee.

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.

ORDINARY KONTAKION IN TONE TWO

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

THE EPISTLE

Thou, O Lord, wilt keep and preserve us. Save me, O Lord, for the godly man has failed.

The Reading from the Second Epistle of St. Paul to the Corinthians. (1:21-2:4)

Brethren, it is God who establishes us with you in Christ, and has commissioned us; He has put his seal upon us and given us His Spirit in our hearts as a guarantee. But I call God to witness against me—it was to spare you that I refrained from coming to Corinth. Not that we lord it over your faith; we work with you for your joy, for you stand firm in your faith. For I made up my mind not to make you another painful visit. For if I cause you pain, who is there to make me glad but the one whom I have pained? And I wrote as I did, so that when I came I might not suffer pain from those who should have made me rejoice, for I felt sure of all of you, that my joy would be the joy of you all. For I wrote you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love that I have for you.

THE GOSPEL

The Reading from the Holy Gospel according to St. Luke. (6:31-36)

The Lord said: "As you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful."

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, Becky, 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.

Holy Bread is offered by: **Scott Catrette**, for the Catrette family and all those affected by war in the Middle East.

Parishioners who celebrate **birthdays** this week: Mary Mousa, Pat Emerick, Janis Clary, Mary Blacklock, Stella Karam, Zachary Tebcherany, Lina Istelinides.

Fasting Calendar: bit.ly/3SwabfM

Spiritual Nuggets

"Many have received salvation without prophecies and revelations, without signs and wonders; but without humility no one will enter the marriage chamber, because humility is the guardian of these gifts, and without her they will bring frivolous people to ruin." - Saint John of the Ladder

"When you hear that your neighbor or friend has abused you behind your back or even to your face, then show love and praise him." - Saint John of the Ladder

"When a man receives something Divine, in his heart he rejoices; but when he receives something diabolic, he is disturbed. The Christian heart, when it has received something Divine, does not demand anything else in order to convince it that this is precisely from the Lord; but by that very effect it is convinced that this is heavenly, for it senses within itself spiritual fruits: love, joy, peace, and the rest (cf. Gal. 5:22)." - Saint Seraphim of Sarov

Church Etiquette: Greeting the Priest and Bishop - "In our modern culture, we greet one another with a handshake. The exception to this is when we greet a member of the clergy. We do not shake a bishop's or priest's hand; we kiss it with reverence and ask for a blessing. The proper way to do this is to approach the hierarch or priest with right hand over left, palms facing up, and then bow while saying, "Master, bless" to the hierarch, or "Father, bless" to the priest. If either places his hand in yours while blessing you, this is an appropriate time to kiss his hand. We kiss his hand because we are honoring Christ, whom he represents."

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!



Trunk or Treat 2024!

We are looking for someone to coordinate the fun, family friendly event this year. If you are interested, please contact the church office.

Thank you!

Church Events

Arabic Lessons continue every Sunday after Liturgy. Please join us **today** in the conference room. For questions, please contact Fr. Boulous at: fatherboulous@constantinehelen.com. Please see the following link to sign up: bit.ly/3AD960v.

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

Our Sunday School prayerfully requests volunteer teachers for a Preschool age 3 class. Substitute teachers are still needed for all grades. Talk to Heather Gray.

AA meetings are on **Mondays** 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

Additional Vespers Service on **Wednesday** evenings in Keller!

If you live in Tarrant County, you have the opportunity to attend Vespers service closer to home. We are holding an additional Vespers service on Wednesday evenings at 6 pm at Beth Salem's house (10452 Hideaway Trail, Fort Worth 76131). Contact Beth Salem or Matt Apgar for more information: 508-615-5765.

Catechism Classes are held every Saturday after Great Vespers. We hope to see you!

Babysitting during **Saturday Catechumen classes**. Please visit this link to sign up: bit.ly/3B6azwU. If anyone would like to help, please text Kh. Priscilla Farman at 512-771-8608.

Children's Choir Rehearsal - The rehearsal will be on **Sunday, October 6** directly after "Father Time". If anyone would like to join or would like more information, please contact Sh. Vickie, vicvic1994@gmail.com.

Save the Date!!!

The Women of St. Helen will be hosting a Bake Sale on Sunday, November 24. *Pre-paid orders begin on October 1!*

