



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, October 13, 2024



Tone 7 / Eothinon 5

Sunday of Holy Fathers of Seventh Ecumenical Council & Fourth Sunday of Luke

Hieromartyr Jacob of Hamatoura

Martyrs Karpos, Papylos, Agathodoros & Agathonika at Pergamos

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 for the Dead

Into thy hands, O Lord, I commend the souls of thy servants, NN., and beseech thee to grant them rest in the place of thy rest, where all thy blessed Saints repose, and where the light of thy countenance shineth forever. And I beseech thee also to grant that our present lives may be godly, sober, and blameless, that, we too may be made worthy to enter into thy heavenly Kingdom with those we love but see no longer: for thou art the Resurrection, and the Life, and the Repose of thy departed servants, O Christ our God, and unto thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.

www.constantinehelen.com | administrator@constantinehelen.com

RESURRECTIONAL APOLYTIKION IN TONE SEVEN

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

APOLYTIKION OF THE HOLY FATHERS IN TONE EIGHT

Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

APOLYTIKION OF ST. JACOB OF HAMATOURA IN TONE THREE

Thou didst flourish like Lebanon's cedar, * with no fear thou didst suffer martyrdom, * thou becamest, O saint Jacob, a true victor. * For thou didst conquer death with thy mortal flesh, * when thou didst tame all the passions by humility. * And while burning like incense as a true sacrifice, * thou intercedest with Christ to grant us all the Great Mercy.

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

Blessed are Thou, O Lord, the God of our Fathers.

For Thou art just in all that Thou hast done to us.

The Reading from the Epistle of St. Paul to St. Titus. (3:8-15)

Titus, my son, faithful is the saying, and concerning these things I desire you to affirm confidently, that those who have believed in God may be thoughtful of how to preside in honorable occupations. These things are good and profitable to men. But avoid foolish disputes, and genealogies, and contentions, and controversies about the Law; for they are unprofitable and vain. A man who is a heretic after the first and second admonition reject, knowing that such a one is subverted, and sins, being self-condemned. When I send Artemas to you, or Tychicós, give diligence to come to me to Nicopolis; for I have determined to winter there. Set forward Zenas the lawyer and Apollos on their journey diligently, that they may be lacking in nothing. And let our people also learn how to preside in honorable occupations, so as to help in cases of urgent need, that they should not be unfruitful. All who are with me salute you. Salute those who love us in the faith. Grace be with you all. Amen.

THE GOSPEL

The Reading from the Holy Gospel according to St. Luke. (8:5-15)

The Lord spoke this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when His Disciples asked Him what this parable meant, Jesus said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As Jesus said this, He called out, "He who has ears to hear, let him hear."

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. Elsie, Georges, Michel, Marc, Samar, Leen, Conrad-Elias, 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: Elias Khoury, for the Khoury Family and the victims of the wars.

Churching of Mother and Child: Rachel Sumler and daughter Rosalina.

Parishioners who celebrate **birthdays** this week: Samer Tebcherarny, Dian Kauth, Adrianna Faraj, Naya Salfiti, Elyssa Sliheet, Marie Bigley, Maher Karam, Lucy Karam, Ilona Bouchebel, Joseph Rahal.

Fasting Calendar: bit.ly/3SwabfM

Spiritual Nuggets

"Always use a single rule of fasting. In truth, lack of proportion always corrupts. While you are young and healthy, fast, for old age with its weakness will come. As long as you can, lay up treasure, so that when you cannot, you will be at peace."

- Amma Syncletica of Alexandria

"What we gain by fasting is not so great as the damage done by anger; nor is the profit from reading as great as the harm done when we scorn or grieve a brother or sister."

- St. John Cassian

"When your brother attacks you, whatever the insults are, if you get angry at him, you are getting angry without cause. Even if he were to pull out your right eye, and to cut off your right hand, if you get angry at him, you are getting angry without cause. Yet if he were to try to take you away from God, then be angry."

- St. Poemen, The Sayings of the Desert Fathers

Church Ministries

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



**Coffee Hour is
hosted today by:**

Shaza Shidiak
Ammouri and
Hala Massad

The **Women of St.
Helen** are currently
taking orders for the
Bake Sale!

Order forms are
available in the church
hall. Please see one of
the members to place
your order. You can
also find the flyers on
the bulletin board.

Download an order
form: bit.ly/47ZMmED

To view the flyer:
bit.ly/4f3hBU8

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

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.

This year we are going to have a **Christmas play** on **December 15**, during coffee hour. Please find the signup flyers in the hall during coffee hour and use the QR codes to read more detailed information and sign up for different roles. We are looking for ages from toddlers all the way to young adults. You can also participate by buying or creating props for our set or costumes. Find Lucy Karam if you have any questions. Her number is also on the flyer. The first practice is **October 15**, and the roles will be decided by October 13, so sign up now if you want to participate.

Women of St. Helen Monthly Meeting!

Please join us on **Sunday, October 20**, in the chapel, directly after Liturgy. *Snacks will be available, so no need to wait in line.*

Trunk or Treat is scheduled for **Saturday, October 26** from **2 - 4 pm**. You can view the flyer at, bit.ly/4eW5PZb. You can sign up by going to the webpage, bit.ly/4dz9KtW. We hope you can join us!

Please join us for a **Hafli** on **Saturday, October 26** at **7 pm** to welcome Fr. Boulous! Dinner is at 7 pm with music and dancing to follow from 8 - 10 pm. Tickets are \$35 per person and include dinner and two tickets for wine. Children 12 and under are free. Please see the flyers on the bulletin and in the church hall for more event details. You can also visit bit.ly/4exLMAx to RSVP. For questions, see Carolyn Khoury. *Thank you!*

