



# 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, November 10, 2024*



*Tone 3 / Eothinon 9*

*Twentieth Sunday after Pentecost & Eighth Sunday of Luke  
Apostles Olympas, Rodion, Sosipater, Tertios, Erastos and Quartos of the Seventy;  
Great-Martyr Orestes of Cappadocia*

**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.*

**Prayer Before the Icon of Christ**

We reverence thy spotless Icon, O gracious Lord, and ask forgiveness of our transgressions, O Christ our God: for of thine own good will thou wast pleased to ascend the Cross in the flesh, that thou mightest deliver from bondage to the enemy those whom thou hadst fashioned. Wherefore, we cry aloud unto thee: thou hast filled all things with joy, O our Saviour, for thou didst come to save the world.

### **RESURRECTIONAL APOLYTIKION IN TONE THREE**

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world 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.

### **KONTAKION OF ENTRANCE OF THE THEOTOKOS IN TONE FOUR**

The sacred treasury of God's holy glory, \* the greatly precious bridal chamber and Virgin, \* the Savior's most pure temple, free of stain and undefiled, \* into the House of the Lord \* on this day is brought forward \* and bringeth with herself the grace \* of the Most Divine Spirit; \* her do God's Angels hymn with songs of praise, \* for she is truly the heavenly tabernacle.

### **THE EPISTLE**

*O chant unto our God, chant ye. Clap your hands, all ye nations.*

#### **The Reading from the Epistle of St. Paul to the Galatians. (1:11-19)**

Brethren, I would have you know that the Gospel which was preached by me is not man's gospel. For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. For you have heard of my former life in Judaism, how I persecuted the Church of God violently and tried to destroy it; and I advanced in Judaism beyond many of my own age among my people; so extremely zealous was I for the traditions of my fathers. But when He Who had set me apart before I was born, and had called me through His grace, was pleased to reveal His Son to me, in order that I might preach Him among the Gentiles, I did not confer with flesh and blood, nor did I go up to Jerusalem to those who were Apostles before me, but I went away into Arabia; and again I returned to Damascus. Then after three years I went up to Jerusalem to visit Cephas, and remained with him fifteen days. But I saw none of the other Apostles except James the Lord's brother.

### **THE GOSPEL**

#### **The Reading is from the Holy Gospel according to St. Luke. (10:25-37)**

At that time, a lawyer stood up to put Jesus to the test, saying, "Teacher, what shall I do to inherit eternal life?" Jesus said to him, "What is written in the Law? How do you read?" And the lawyer answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." And Jesus said to him, "You have answered right; do this, and you will live." But the lawyer, desiring to justify himself, said to Jesus, "And who is my neighbor?" Jesus replied, "A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. Now by chance a priest was going down that road; and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, and went to him and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him; and whatever more you spend, I will repay you when I come back.' Which of these three, do you think, proved neighbor to the man who fell among the robbers?" The lawyer said, "The one who showed mercy on him." And Jesus said to him, "Go and do likewise."

### 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, Sam, Dini, Zeina, Sami, 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, Jacob, Zoe, Sulvana, Ayan.

**Holy Bread is offered by:** Elias Khoury, for the Khoury Family and the victims of the wars.

**Parishioners** who celebrate **birthdays** this week: Fahmi Karam, Vivienne Alley, Rony Kesiry, Christopher Massad, Cecilia Lopez, EN Simon, John Maalouf, Nicole Abulail, Christian Fanous, Hanna Kaileh, Jôel Bigley, Logan Nelson, Elizabeth Patton, Sulvana Cerimovic, CJ Kauth, Sam Antoon, Valentina Haddad.

**Fasting Calendar:** [bit.ly/3SwabfM](https://bit.ly/3SwabfM)

### Today is the Third Sunday of Stewardship Month!

2 Corinthians 9:6-7

#### **The Cheerful Giver**

*"...whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver."*

This year, our goal is to have **100% PARTICIPATION** from all our parishioners. May we all be encouraged to give with a joyful, willing heart, reflecting a genuine desire to help others and honor God through our generosity.

Please pledge online using the QR code.

Or, if you prefer to fill out a pledge card, these can be found in the narthex.

If you have any questions regarding our annual stewardship commitment, please contact Mary Mousa, [mousa@charter.net](mailto:mousa@charter.net).

*Thank you for your support!*



# Church Ministries

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



**Coffee Hour is  
hosted today by:**

*Clergy Wives and  
Choir*

## **WSH Christmas Project**

*The Women of St. Helen are partnering with a local charitable organization, **Make It Count**, to collect jackets/hoodies to be donated to Junior High and High School students. The goal is to collect at least 50 jackets. Please scan the following QR code or follow the link to let us know of your donation. This will help us to keep track of the donated items. [bit.ly/3UFPdif](https://bit.ly/3UFPdif)*



## 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](mailto:fatherboulous@constantinehelen.com). Please see the following link to sign up: [bit.ly/3AD960v](https://bit.ly/3AD960v).

**Sunday School** today? **Yes**. For questions or to volunteer, please contact: **Heather Gray** (Pre-K - 2), [heather.raner@gmail.com](mailto:heather.raner@gmail.com) or **Joseph Bradley** (3 - 8), [Josephwb52@gmail.com](mailto: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](https://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. Contact Beth Salem/Matt Apgar for more information: 508-615-5765.

**Catechism Classes** are held every Saturday after Great Vespers. The classes are not just for catechumens; all members of our parish are welcome. You might learn something!

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

Please join us for the a **Christmas play** on **December 15**, during coffee hour. Please see the flyers in the church hall. For questions, please see Lucy Karam.

**Save the Date!**

**New Year's Eve Party** - Tuesday, December 31, doors to open at 8 pm.

**Daddy Daughter Dance** - Saturday, February 8 from 6 - 8 pm. *More details to follow.*

**Men of St. Constantine Breakfast - First Friday of Every Month!**

For more information, please contact Greg Cohlma, [gtc416@gmail.com](mailto:gtc416@gmail.com) or 214-616-0560.

