



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
Nativity Compline

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, December 15, 2024



Tone 8 / Eothinon 3

*Hieromartyr Eleutherios, Bishop of Illyria &
Sunday of the Forefathers (Ancestors) of Christ
Martyr Anthia, mother of Eleutherios; Venerable Paul of Latra*

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 for the Acceptance of God's Will

O Lord, I know not what to ask of thee. Thou alone knowest what my true needs are. Thou lovest me more than I myself know how to love. Help me to see my real needs which are concealed from me. I dare not ask for either a cross or a consolation. I can only wait on thee. My heart is open to thee. Visit and help me for thy great mercy's sake. Strike me and heal me, cast me down and raise me up. I worship in silence thy holy will and thine inscrutable ways. I offer myself as a sacrifice to thee. I put all my trust in thee. I have no other desire than to fulfill thy will. Teach me how to pray. Pray thou thyself within me. Amen.

RESURRECTIONAL APOLYTIKION IN TONE EIGHT

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF THE FOREFATHERS IN TONE TWO

Thou hast justified by faith the ancient Forefathers, and through them Thou hast gone before and betrothed unto Thyself the Church of the Gentiles. Let the saints, therefore, take pride in glory; for from their seed sprouted forth a noble fruit, and it was she who gave birth to Thee without seed. Wherefore, by their pleadings, O Christ God, save our souls.

APOLYTIKION OF ST. ELEUTHERIOS OF ILLYRIA IN TONE FIVE

Being comely adorned in thy sacred priestly robes * and newly drenched with the streams of thy pure and sanctified blood, * thou didst soar aloft to stand before thy Master, Christ; * hence never cease to intercede * for those honoring with faith thy mighty and blessed contest, * thou overthrower of Satan, O wise and blessed Eleutherios.

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 PREPARATION OF CHRIST'S NATIVITY IN TONE THREE

On this day the Virgin cometh to the cave to give birth to * God the Word ineffably, * Who was before all the ages. * Dance for joy, O earth, on hearing * the gladsome tidings; * with the Angels and the shepherds now glorify Him * Who is willing to be gazed on * as a young Child Who * before the ages is God.

THE EPISTLE

Precious in the sight of the Lord is the death of His saint.

What shall we render unto the Lord for all that He hath rendered unto us?

The Reading from the Second Epistle of St. Paul to St. Timothy. (1:8-18)

Timothy, my son, do not be ashamed then of testifying to our Lord, nor of me his prisoner, but share in suffering for the gospel in the power of God, Who saved us and called us with a holy calling, not in virtue of our works but in virtue of his own purpose and the grace which he gave us in Christ Jesus ages ago, and now has manifested through the appearing of our Savior Christ Jesus, Who abolished death and brought life and immortality to light through the gospel. For this gospel I was appointed a preacher and apostle and teacher, and therefore I suffer as I do. But I am not ashamed, for I know Whom I have believed, and I am sure that He is able to guard until that Day what has been entrusted to me. Follow the pattern of the sound words which you have heard from me, in the faith and love which are in Christ Jesus; guard the truth that has been entrusted to you by the Holy Spirit Who dwells within us. You are aware that all who are in Asia turned away from me, and among them Phygelos and Hermogenes. May the Lord grant mercy to the household of Onesiphoros, for he often refreshed me; he was not ashamed of my chains, but when he arrived in Rome he searched for me eagerly and found me. May the Lord grant him to find mercy from the Lord on that Day and you well know all the service he rendered at Ephesus.

THE GOSPEL

The Reading from the Holy Gospel according to St. Luke. (14:16-24)

The Lord spoke this parable: "A man once gave a great banquet, and invited many; and at the time for the banquet he sent his servant to say to those who had been invited, 'Come; for all is now ready.' But, one by one, they all began to make excuses. The first said to him, 'I have bought a field, and I must go out and see it; I pray you, have me excused.' And another said, 'I have bought five yoke of oxen, and I go to examine them; I pray you, have me excused.' And another said, 'I have married a wife, and therefore I cannot come.' So the servant came and reported this to his master. Then the householder in anger said to his servant, 'Go out quickly to the streets and lanes of the city, and bring in the poor and maimed and blind and lame.' And the servant said, 'Sir, what you commanded has been done, and still there is room.' And the master said to the servant, 'Go out to the highways and hedges, and compel people to come in, that my house may be filled. For I tell you, none of those men who were invited shall taste my banquet.' For many are called, but few are chosen."

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, Bill, Terry, Hana, Christopher, Marisa, Brianna, Sam, Dini, Zeina, Samar, Leen, Conrad-Elias, Becky, Boris, Vladimir, Joseph, Patty, Heather, Shelley, Zoe, James, Michelle, Donnie, Constanza, Sahar, Shaza, Mike, Norma, Cristiane, George, Helen, Charme, Aleksii, Donna, George, Paul, Lynda, Joe, 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, Ayah, Katie, Julie, Jessie.

Please pray for the repose of: Michael Sam, newly departed, Elham Antoun, newly departed.

Trisagion Prayers for the Departed: 40-day Memorial for Nathan Al-Nimri.

Holy Bread is offered by: **Aida Alyatim**, for peace in the Middle East.

Churching of Mother and Child: Stephanie Bateh and sons Nicholas Jalil Bateh & Theodore Ibrahim Bateh.

Parishioners who celebrate **birthdays** this week: Mark Ghanayem, Ruth Demiranda, Nabil Saber, Anastasia Stanosheck, Leonardo Parker Fadi Istelinides, Nicole Nimeh, Aiden Guerrero, Dena Rabie.

2024 Fasting Calendar: bit.ly/3ZjqXnl.

2025 Fasting Calendar: bit.ly/3YZKyrq.



Stewardship

2 Corinthians 9:6-7 *The Cheerful Giver*

If you have not had a chance to pledge for **2025**, you can still do so. 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.



Thank you for your support!

Church Ministries

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



**Coffee Hour is
hosted today by:**

Al-Nimri Family

House Blessing
scheduling has
begun.

Please see the
link in the
emailed
newsletter or visit
the following
website:
bit.ly/4faZDJM

Church Events

Nativity Compline service on Wednesday evenings, through **December 18** at 6 pm. *In lieu of Daily Vespers; no book study during this time.*

Christmas Eve Service - Tuesday, December 24

- Royal Hours, 9 am
- Matins (Orthros) 5 pm / Divine Liturgy, 6 pm

For more information on the Nativity Fast, please visit: bit.ly/48V8K2n.

His Eminence Metropolitan Saba's teaching, "The Nativity and Almsgiving, Part One" can be found at www.antiochian.org/regulararticle/2275.

Arabic Lessons today? **Yes.** They will resume next Sunday after Liturgy in the conference room. For questions, please contact Fr. Boulous at: fatherboulous@constantinehelen.com.

Sunday School today? **No.** 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. For more information please contact Nick A. at 818-836-0187. Link for the flyer: bit.ly/3Xe6381.

Additional Wednesday evening services in Keller. Contact Beth Salem/Matt Apgar for more information: 508-615-5765.

Saturday Catechism Classes have concluded and will resume in January.

Christmas Play - Today, during coffee hour.

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

The Great Outdoor Blessing of the Waters at Theophany - Saturday, January 11 at 11 am.

January Joy Club - Tuesday, January 14 at 5 pm.

Orthodox Christian Perspectives Workshop: "Kindling The Fire" is scheduled for January 24-25. More information at: www.ntom.org/events/ocp-2025.

Third Annual Chili Cook-Off - Sunday, January 26, after Liturgy.

Daddy Daughter Dance - Saturday, February 8 from 6 - 8 pm. Flyer: bit.ly/48WZaft.

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

For more information, please contact Greg Cohlma, gtc416@gmail.com or 214-616-0560.

*Please see the emailed newsletter and the bulletin board
for more information on these events!*

