



# 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

*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 22, 2024



**Tone 1 / Eothinon 4**

**Forefeast of & Sunday before the Nativity of Christ (The Genealogy)**

**Great-Martyr Anastasia the Deliverer from Potions and her Teacher the Martyr Chrysogonos**

**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.*

**Ere the Morning Star**

"O our God that dwellest far above the heavens, through thy humility thou didst come to find us, and with care to gather us who had wandered far astray. Thou didst take upon thyself our nature and being clothed in flesh thou didst become man, yet without sin, and didst enrich us as brethren because of thy love for mankind. Both now and ever, and unto ages of ages." Amen.

[www.constantinehelen.com](http://www.constantinehelen.com) | [administrator@constantinehelen.com](mailto: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 FOREFEAST OF THE NATIVITY IN TONE FOUR

Be thou ready, Bethlehem, Eden hath opened unto all. \* Ephratha, prepare thyself, for now, behold, the Tree of Life \* hath blossomed forth in the cave from the holy Virgin. \* Her womb hath proved a true spiritual Paradise, \* wherein the divine and saving Tree is found, \* and as we eat thereof we shall all live, \* and shall not die as did Adam. \* For Christ is born now to raise the image that had fallen aforeside.

### APOLYTIKION OF SUNDAY BEFORE THE NATIVITY IN TONE TWO

Great are the accomplishments of faith; for the three holy youths rejoiced in the fountain of flames as though at waters of rest. And the Prophet Daniel appeared a shepherd to the lions as though they were sheep. Wherefore, by their prayers, O Christ God, save our souls.

### 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 glad 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

*Blessed are Thou, O Lord, the God of our fathers.  
For Thou art justified in all that Thou hast done for us.*

#### The Reading from the Epistle of St. Paul to the Hebrews. (11:9-10, 32-40)

Brethren, by faith Abraham sojourned in the land of promise, as in a foreign land, living in tents with Isaac and Jacob, heirs with him of the same promise. For he looked forward to the city which has foundations, whose builder and maker is God. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, and put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, so that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

### THE GOSPEL

#### The Reading from the Holy Gospel according to St. Matthew. (1:1-25)

The book of the genealogy of Jesus Christ, the son of David, the son of Abraham. Abraham was the father of Isaac, and Isaac the father of Jacob, and Jacob the father of Judah and his brothers, and Judah the father of Perez and Zerah by Tamar, and Perez the father of Hezron, and Hezron the father of Aram, and Aram the father of Amminadab, and Amminadab the father of Nahshon, and Nahshon the father of Salmon, and Salmon the father of Boaz by Rahab, and Boaz the father of Obed by Ruth, and Obed the father of Jesse, and Jesse the father of David the king. And David was the father of Solomon by the wife of Uriah, and Solomon the father of Rehoboam, and Rehoboam the father of Abijah, and Abijah the father of Asa, and Asa the father of Jehoshaphat, and Jehoshaphat the father of Joram, and Joram the father of Uzziah, and Uzziah the father of Jotham, and Jotham the father of Ahaz, and Ahaz the father of Hezekiah, and Hezekiah the father of Manasseh, and Manasseh the father of Amon, and Amon the father of Josiah, and Josiah the father of Jechoniah and his brothers, at the time of the deportation to Babylon. And after the deportation to Babylon: Jechoniah was the father of Shealtiel, and Shealtiel the father of Zerubbabel, and Zerubbabel the father of Abiud, and Abiud the father of Eliakim, and Eliakim the father of Azor, and Azor the father of Zadok, and Zadok the father of Achim, and Achim the father of Eliud, and Eliud the father of Eleazar, and Eleazar the father of Matthan, and Matthan the father of Jacob, and Jacob the father of Joseph the husband of Mary, of whom Jesus was born, Who is called Christ. So all the generations from Abraham to David were fourteen generations, and from David to the deportation to Babylon fourteen generations, and from the deportation to Babylon to the Christ were fourteen generations. Now the birth of Jesus Christ took place in this way. When His mother Mary had been betrothed to Joseph, before they came together she was found to be with child of the Holy Spirit; and her husband Joseph, being a just man and unwilling to put her to shame, resolved to divorce her quietly. But as he considered this, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not fear to take Mary your wife, for that which is conceived in her is of the Holy Spirit; she will bear a son, and you shall call His Name Jesus, for He will save His people from their sins." All this took place to fulfill what the Lord had spoken by the prophet: "Behold, a virgin shall conceive and bear a son, and His Name shall be called Emmanuel" (which means, God with us). When Joseph woke from sleep, he did as the angel of the Lord had commanded him; he took his wife, but knew her not until she had borne a son; and he called His Name Jesus.

## 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:** Elham Antoun, newly departed, Michael Sam Homsey, newly departed.

**Trisagion Prayers for the Departed:** 40-day Memorial for Michael Sam Homsey.

**Holy Bread** is offered by: **Dora Eldarazi**, Christmas blessings to all, good health, peace and prosperous new year. **Marc Massad**, for the health of the Massad, Homsey, Rahal and Weibring families during this blessed nativity season.

**Parishioners** who celebrate **birthdays** this week: Johnny Lewis, Matthew Lepley, Austin Idbeis, Sophie Abulail, Marian Nimeh, Nabieh Srouji, Rami Altwal, Steven Baroody.

**2024 Fasting Calendar:** [bit.ly/3ZjqXnl](https://bit.ly/3ZjqXnl).

**2025 Fasting Calendar:** [bit.ly/3YZKyrg](https://bit.ly/3YZKyrg).

### Spiritual Morsels

*"Should thoughts of self-praise, of self-satisfaction, occur to you, say: 'I myself am nothing; all that is good in me is accomplished by the grace of God.' What hast thou that thou didst not receive?" (1 Cor. 4:7). 'Without Me ye can do nothing' (John 15:5)."*

- St. John of Kronstadt

*"The devil is afraid of us when we pray and make sacrifices. He is also afraid when we are humble and good. He is especially afraid when we love Jesus very much. He runs away when we make the sign of the Cross."*

- St. Anthony the Great

*"Hate repose and a comfortable existence, so that you might preserve your thoughts in tranquility."*

- Elder Justin Parvu of Romania

**Stewardship**  
2025 Pledge Form



*Thank you for your support!*

# Church Ministries

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



**Coffee Hour is  
hosted today by:**

*Robin Simon and  
The St. Ignatius  
Ministry*

**House Blessing**  
scheduling has  
begun.

Please see the  
link in the  
emailed  
newsletter or visit  
the following  
webpage:  
**[bit.ly/4faZDJM](https://bit.ly/4faZDJM)**

## Church Events

### **Christmas Eve Service - Tuesday, December 24**

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

### **Wednesday, January 1, 2025**

- Divine Liturgy (Circumcision of Christ/Basil the Great), 10 am

For more information on the Nativity Fast, please visit: [bit.ly/48V8K2n](https://bit.ly/48V8K2n).

His Eminence Metropolitan Saba's teaching, "The Nativity and Almsgiving, Part Two" can be found at [www.antiochian.org/regulararticle/2276](http://www.antiochian.org/regulararticle/2276).

**Arabic Lessons** today? **Yes**. They will continue every Sunday after Liturgy in the conference room. For questions, please contact Fr. Boulous at: [fatherboulous@constantinehelen.com](mailto:fatherboulous@constantinehelen.com).

**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)

*Sunday School on Sunday, December 29? No*

**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](https://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.

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

**Celebration of Christ's Circumcision: Feast of St. Basil Potluck** (hosted by Lewis and Armer families): Wednesday, January 1, after 10 am Divine Liturgy. Contact Jackie to coordinate a dish, 805-815-1545.

**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](http://www.ntom.org/events/ocp-2025).

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

**Daddy Daughter Dance** - Saturday, February 8 from 6 - 8 pm. Flyer: [bit.ly/48WZaft](https://bit.ly/48WZaft).

**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.

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

