



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

Sunday, January 19, 2025

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

followed by catechism class

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.



Tone 5 / Eothonon 8

*Twenty-ninth Sunday after Pentecost & Twelfth Sunday of Luke
Venerable Makarios the Great of Egypt, the Anchorite
Venerable Makarios of Alexandria; Arsenios, Bishop of Kerkyra;
Venerable Mark Eugenikos, Metropolitan of Ephesus, Pillar of Orthodoxy*

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 the 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 thy name, of the Father and of the Son and of the 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 OF ST. MAKARIOS OF EGYPT IN TONE ONE

Thou didst prove to be a citizen of the desert, an angel in the flesh, and a wonderworker, O Makarios, 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.

KONTAKION OF THE PRESENTATION OF CHRIST IN TONE ONE

Thou, O Christ God, Who by Thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve Thy fold in wars, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

THE EPISTLE

Thou, O Lord, shalt preserve us and keep us from this generation.

Save me, O Lord, for the godly man hath disappeared.

The Reading from the Epistle of St. Paul to the Colossians. (3:4-11)

Brethren, when Christ, Who is our life, appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these, the wrath of God is coming upon the sons of disobedience. In these you once walked, when you lived in them. But now put them all away: anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old nature with its practices and have put on the new nature, which is being renewed in knowledge after the image of its Creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.

THE GOSPEL

The reading from the Holy Gospel according to St. Luke. (17:12-19)

At that time, as Jesus entered a village, He was met by ten lepers, who stood at a distance and lifted up their voices and said, "Jesus, Master, have mercy on us." When He saw them He said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving Him thanks. Now he was a Samaritan. Then Jesus said, "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And He said to him, "Rise and go your way; your faith has made you well."

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, Jackie, 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, Josh, Patricia, Emma, Ethan, Evelyn, Charlotte, Myka, Mark, Nathaniel, Caleb, Jenna, Charlotte, Coraline, Elliott, Eliza, Emily, Penny, Luke, Sonny, Katie, Julie, Jessie.

Please pray for the repose of: Aziza Eid Gholmiyi, newly departed, Rosa Ibrahim Alabdo, newly departed, Bill Bullard, newly departed, Ron Ternosky, newly departed, Youeil Lazar (3 years), Moufid Nseir (2 years).

Holy Bread is offered by: Angela Fares, on behalf of the Women of St Helen.

Parishioners who celebrate **birthdays** this week: James Newbre, Terri Nikolis, Sean Riley, Raed Maso, Zoe Colquitt, Joseph Lopez, Sharon Majestic, Najwa Abulail, John Sammons, Sadiq Khan, Olivia Karam.

2025 Fasting Calendar: bit.ly/3YZKyrq.

Spiritual Morsels

"Being come together in the same place, let there be one prayer, one supplication, one mind, one hope, in love and in joy undefiled. There is one Jesus Christ, than Whom nothing is more excellent. Therefore all should run together as into one temple of God, as to one altar, as to one Jesus Christ, who came forth from the Father, and is with and has gone to one."

- St. Ignatius of Antioch

"It is more profitable to resurrect your soul from the passions, contemplating the Divine, than it is to raise the dead."

- Elder Justin Parvu of Romania

"In order to struggle with bad thoughts, an Orthodox person must firmly turn away from and depart from all that can elicit these bad thoughts."

- Metropolitan Philaret

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:**

*Adi Goussous and
Aida Alyatim*

**Third Annual
Chili Cook-Off**

**Sunday, January
26, after Divine
Liturgy.**

Please scan the QR
Code and submit
your entry to
participate!



Church Events

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.

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. For more information please contact Nick A. at 818-836-0187.

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

The **Women of St. Helen Monthly** meeting is **Today**, in the chapel.

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

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!*

