



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

Sunday, March 9, 2025



Tone 4 / Eothinon 4

**First Sunday of Great Lent (Sunday of Orthodoxy)
& The Holy and Great Forty Martyrs of Sebastia**

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.*

THE SYNODICON: THE AFFIRMATION OF THE ORTHODOX FAITH

As the Prophets beheld, as the Apostles have taught, as the Church has received, as the Teachers have dogmatized, as the universe has agreed, as Grace has shown forth, as Truth has revealed, as falsehood has been dissolved, as Wisdom has presented, as Christ has awarded: thus we declare, thus we assert, thus we preach Christ our true God, and honor His Saints in words, in writings, in thoughts, in sacrifices, in churches, in Holy Icons; on the one hand worshiping and reverencing Christ as God and Lord; and on the other hand honoring as true servants of the same Lord of all, and accordingly offering them veneration. This is the Faith of the Apostles; this is the Faith of the Fathers; this is the Faith of the Orthodox; this is the Faith which has established the universe!

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.

www.constantinehelen.com | administrator@constantinehelen.com

English: To thee O Lord

Arabic: La-ka Ya Rabb

THE FIRST ANTIPHON

The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength. For He has established the world so that it shall never be moved.

Refrain: Through the intercessions of the Theotokos, O Savior, save us.

Who can utter the mighty acts of the Lord? Who can cause all his praises to be heard? Let the redeemed of the Lord say so, whom He hath redeemed from the hand of the enemy. **(Refrain)**

Glory... Both now... **(Refrain)**

THE SECOND ANTIPHON

Let them praise the Lord for His mercies, and for His wonderful works to the children of men.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

Let them exalt Him in the congregation of the people, and praise Him in the seat of the elders. **(Refrain)**

The eyes of the Lord are upon them that fear Him, upon them that hope in His mercy; to hear the groaning of the prisoners, to loosen the sons of the slain. **(Refrain)**

Glory... Both now... O, only begotten Son and Word of God...

THE THIRD ANTIPHON

Let the heavens and the earth praise Him. This is the day which the Lord hath made; let us rejoice and be glad in it. O Lord my God, I will give thanks unto Thee forever.

RESURRECTIONAL APOLYTIKION IN TONE FOUR

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION OF THE FIRST SUNDAY OF GREAT LENT IN TONE TWO

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

APOLYTIKION FOR THE FORTY HOLY MARTYRS OF SEBASTIA IN TONE ONE

Be Thou entreated for the sake of the sufferings of Thy Saints which they endured for Thee, O Lord, and do Thou heal all our pains, we pray, O Lover of mankind.

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 FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

THE EPISTLE

Thou, O Lord, will 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 Hebrews. (12:1-10)

Brethren, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and sin which clings so closely; and let us run with perseverance the race that is set before us, looking to Jesus: the Pioneer and Perfecter of our faith, Who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider Him Who endured from sinners such hostility against Himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation which addresses you as sons? "My son: do not regard lightly the discipline of the Lord, nor lose courage when you are punished by Him; for the Lord disciplines him whom He loves, and chastises every son whom He receives." It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father?

English: Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Arabic: Quduson (n)ilah, Quduson (n)il qa wi, Quduson (n)il la dhi, la yamu turhamna.

Greek: Agios O Theos, Agios Eeskhiros, Agios Athanatos, eleison imas.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

ST. BASIL LITURGY MEGALYNARION

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

English: And with thy spirit, *Arabic:* Wa Lirouhika

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 Nahnu liman Lanā 'Alayhi
Wala Tud-khil-nā Fi Tajriba
Lākin Naj-jinā Minash-Shirrīr

Please pray for health of body and soul of: The Archpriest Bogdan, Kh. Luanne, Kh. Elsie, Georges, Michel, Marc, Indrawes, Peter, Cory, Dian, Jackie, Bill, Terry, Hana, Christopher, Marisa, Brianna, 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, 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, Anne, Brenna.

Please pray for the repose of: George Habash, newly departed.

Making of a Catechumen: Donald Bersterman.

Churching of Mother and Child: Taylor Leigh Lindahl and daughter Marleigh Patricia.

Holy Bread is offered by: **Angela Fares**, in honor of our priests, deacons, choir, chanters, and readers for their blessed work in offering vespers, orthros, and divine liturgy, for birthday blessings for Christina Fares Youngblood, James Fares, Nabil Fares (departed this life), James Anderson, Nazir Fares and Annamaria Amari. May God grant you many years! **Maryann Nazzal**, in honor of her dad George Nazzal.

Parishioners who celebrate **birthdays** this week: Wedad Sliheet, Carlos Altwal, Emad Musharbash, Estella Davis, Sasha Akleh, Elijah Tebcherany, Elma Katrib, Jordan Pierce, Catherine Oxford, Rami Altwal.

2025 Fasting Calendar: bit.ly/3YZKyrq.

Great Lent Schedule - Second Week

Monday, March 10: Great Compline, 6 pm

Wednesday, March 12: Presanctified Divine Liturgy, followed by potluck dinner, 6 pm

Friday, March 14: Akathist Hymn, 6 pm

* Book Study and Catechism Classes are paused during the Lenten Season. *

Scan for



Full Lenten Schedule

Church Ministries

Scan the QR Code to view an updated list of Parish Ministries!



Coffee Hour is hosted today by:

Mission Organizations

The **WSH** Lenten project is from **March 2 - 23**. We are collecting the following items to benefit Metrocrest Social Services:

- Children and adult diapers & wipes
- Feminine hygiene products

Please bring your donations to the drop box in the narthex. *Your donations are greatly appreciated!*



Church Events

The Women of St. Helen: *March is Women's Month in the Archdiocese*

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? **No**. For questions or to volunteer, please contact: **Heather Gray**, heather_raner@gmail.com or **Joseph Bradley**, 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.

During Lent, the **Wednesday** evening services in Keller, are paused. There will be a weekly **Compline** service on **Thursday** evenings in Keller. Contact Beth Salem / Matt Appgar for more information: 508-615-5765.

Today is **Mission Sunday**. Coffee Hour is sponsored by four of the mission organizations our church supports: *International Orthodox Christian Charities, Orthodox Christian Mission Center, Orthodox Christian Prison Ministry, and North Texas Orthodox Missions.*

Come and learn how you can help make disciples of all nations (Matthew 28:19).

Teen SOYO is meeting on Wednesdays in the portable outside, directly after the evening service. Parents, if you have any questions, contact Joey Ayoub, 661-440-2302.

*Upcoming Teen SOYO events: **Holy Friday Lock-In** (April 18) and **PLC Trip** (June 11-14)*

March Joy Club will be on **March 18** from 5 - 7 pm. Father Patrick will be teaching about the real Saint Patrick to kids 12 and younger. We will also have a craft. Contact Jackie A. to help contribute by bringing a dish.

Interested in a "**Praying the Psalms**" group, please contact Joseph Bradley, josephwb52@gmail.com

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

If you are not receiving the Men of St. Constantine emails, please contact Greg Cohlma, gtc416@gmail.com or 214-616-0560.

DOWAMA PLC June 11 - 14, 2025

Host Parish: Holy Ascension Church (Norman, OK), **Conference Location:** Embassy Suites Norman

Camp Saint Raphael, campstaphael.org

2025 Sessions: Session 1: June 22 - June 28, Session 2: June 29 - July 5 and Session 3: July 6 - July 12

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

ORTHODOX CHRISTIAN ARTS & FOOD FESTIVAL

MAY 2 - 4, 2025

For more information on the event, scan the QR Code!

Friday advance ticket purchase needed, Free admission on Saturday & Sunday

Starting today - Sign-ups for inside festival volunteers: hosts, musicians and trash monitors. See sign-up sheets by coffee urns!

