

Fasting / Νηστεία

Wed & Fri: Normal Fast

Τετ & Παρ: Νηστεία

Spiritual food for thought

Abba John the Dwarf said:

It was said of Abba John the Dwarf that he withdrew and lived in the desert at Scetis with an old man of Thebes. His Abba, taking a piece of dry wood, planted it and said to him, 'Water it every day with a bottle of water, until it bears fruit.' Now the water was so far away that he had to leave in the evening and return the following morning. At the end of three years the wood came to life and bore fruit. Then the old man took some of the fruit and carried it to the church saying to the brethren, 'Take and eat the fruit of obedience.'

It was said of Abba John the Dwarf, that one day he said to his elder brother, 'I should like to be free of all care, like the angels, who do not work, but ceaselessly offer worship to God.' So he took off his cloak and went away into the desert. After a week he came back to his brother. When he knocked on the door, he heard his brother say, before he opened it 'Who are you?' He said, 'I am John, your brother.' But he replied, 'John has become an angel, and henceforth he is no longer among men.' Then the other begged him saying, 'It is I.' However, his brother did not let him in, but left him there in distress until morning. Then, opening the door, he said to him, 'You are a man and you must once again work in order to eat.' Then John made a prostration before him, saying, 'Forgive me.'

One day when he was sitting in front of the church, the brethren were consulting him about their thoughts. One of the old men who saw it became a prey to jealousy and said to him, 'John, your vessel is full of poison.' Abba John said to him, 'That is very true, Abba; and you have said that when you only see the outside, but if you were able to see the inside,

ΠΝΕΥΜΑΤΙΚΑ ΣΑΛΠΙΣΜΑΤΑ

Η προς τον Θεόν αγάπη

Δεν φοβούμαι τον Θεόν, έλεγε στους μαθητές του ο Καθηγητής της ερήμου Μέγας Αντώνιος, διότι τον αγαπώ. Η τελεία αγάπη «έξω βάλλει τον φόβο».

Ο αββάς Αμμούν ο Νιτριώτης επεσκέφθη κάποτε τον Μέγα Αντώνιο και επειδή είχε μαζί του Φιλική οικειότητα τον ερώτησε:

— Πώς συμβαίνει εγώ μεν να κοπιάζω περισσότερο από σένα, συ δε να δοξάζεσαι περισσότερο από τους ανθρώπους;

— Φαίνεται ότι θα αγαπώ τον Θεόν περισσότερο από σένα, του αποκρίθηκε με καλοκάγαθο μειδίαμα ο φίλος του Θεού.

Ένας γέρον Ερημίτης παρεκάλεσε κάποτε στην προσευχή του τον Θεόν να του δείξει τους παλαιούς Πατέρας της έρημου. Τους είδε λοιπόν όλους εκτός από τον Μέγα Αντώνιο.

— Που να ευρίσκεται άραγε ο Αββάς Αντώνιος; Εσκέπτετο με απορία.

— Όπου είναι ο Θεός, άκουσε φωνή να τον βεβαιώνει.

Η προς τον Θεόν αγάπη, γράφει ο Άγιος Μάξιμος ο Ομολογητής, είναι αγαθή διάθεσις της ψυχής και όποιος την κατέχει.



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8η Ίουλίου 2018

Κυριακή ΣΤ' Ματθαίου
(Ήχος πλ α' - Έωθινόν ΣΤ')

Αναστάσιμο Απολυτίκιον

Ήχος Πλ α'

Τόν συνάναρχον Λόγον Πατρι και Πνεύματι, τόν εκ Παρθένου τεχθέντα εις σωτηρίαν ήμών, άνυμνήσωμεν, πιστοι και προσκυνήσωμεν· ότι ηυδόκησε, σαρκι άνελθειν εν τώ σταυρω, και θάνατον ύπομείναι, και έγείραι τούς τεθνεώτας, εν τη ένδόξω Αναστάσει αυτου.

Απολυτίκιον του Αγίου Προκοπίου

Ήχος δ'

Ό μάρτυς σου, Κύριε, εν τη άθλησει αυτου το στέφος εκομίσατο της άφθαρσίας εκ σου του Θεου ήμων, έχων γάρ την ισχύν σου, τούς τυράννους καθειλεν, έθραυσε και δαιμόνων τά άνίσχυρα θράση, Αυτου ταίς ίκεσίαις, Χριστέ ό Θεός, σώσον τας ψυχάς ήμων.

Απολυτίκιον της Αγίας Άννας

Ήχος δ'

Ζωην την κυήσασαν, εκυοφόρησας, άγνην Θεομήτορα, θεόφορον Άννα, διό προς λήξιν ουράνιον, ένθα ευφρανομένων, κατοικία έν δόξη, χαίρουσα νύν μετέστης, τοίς τιμώσι σε πόθω, πταισμάτων αίτουμένη, ίλασμών άειμακάριστε.

Κοντάκιον

Ήχος β'

Προστασία τών Χριστιανών άκαταίσχυντε, μεσιτεία προς τόν Ποιητήν άμετάθετε, Μη παρίδης άμαρτωλών δεήσεων φωνάς, αλλά πρόφθασον, ως αγαθή, εις την βοήθειαν ήμών, τών πιστών κραυγαζόντων σοί. Τάχυνον εις πρεσβείαν, και σπεύσον εις ίκεσίαν, ή προστατεύουσα άεί, Θεοτόκε, τών τιμώντων σε.

8th July 2018

6th Sunday of Matthew
(Tone 5 - 6th Morning Gospel)

Resurrection Apolytikion

Tone 5

The Word eternal with the Father and the Spirit, born of the Virgin for our Salvation, let us believers praise and worship; for he was pleased to go up on the Cross in his flesh, to endure death and raise the dead, by his glorious resurrection.

Apolytikion of St Procopios the Great-Martyr

Tone 4

Your Martyr, O Lord, in his courageous contest for You received the prize of the crowns of incorruption and life from You, our immortal God. For since he possessed Your strength, he cast down the tyrants and wholly destroyed the demons' strengthless presumption. O Christ God, by his prayers, save our souls, since You are merciful.

Apolytikion of St Anna

Tone 4

You gave birth to God's pure Mother who conceived Him who is our life, O Godly-minded Anna. You have now passed with joy to your heavenly rest, the home of those who rejoice with glory; you ask for forgiveness of sins for those who honour you with love, O ever-blessed one.

Kontakion

Tone 2

Protector of Christians, champion undefeated, mediator most sure with our creator, disregard not the voice of prayer of sinners, but come quickly in your goodness, to help us who cry out to you with faith: Be swift to intercede, make haste to supplicate, O Theotokos, protector always of those who honour you.

Ο ΑΠΟΣΤΟΛΟΣ

Ῥωμαίους ιβ' 6-14

Σύ, Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.

Σ: Σῶσόν με, Κύριε, ὅτι ἐκκέλοιπεν ὁστος.

Πρὸς Ῥωμαίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα

Ἀδελφοί, ἔχοντες χαρίσματα κατὰ τὴν χάριν τὴν δοθεῖσαν ἡμῖν διάφορα, εἴτε προφητεῖαν κατὰ τὴν ἀναλογίαν τῆς πίστεως, εἴτε διακονίαν ἐν τῇ διακονίᾳ, εἴτε ὁ διδάσκων ἐν τῇ διδασκαλίᾳ, εἴτε ὁ παρακαλῶν ἐν τῇ παρακλήσει, ὁ μεταδιδούς ἐν ἀπλότητι, ὁ προϊστάμενος ἐν σπουδῇ, ὁ ἐλεῶν ἐν ἰλαρότητι. Ἡ ἀγάπη ἀνυπόκριτος. ἀποστυγοῦντες τὸ πονηρόν, κολλώμενοι τῷ ἀγαθῷ τῇ φιλαδελφίᾳ εἰς ἀλλήλους φιλόστοργοι, τῇ τιμῇ ἀλλήλους προηγούμενοι, τῇ σπουδῇ μὴ ὀκνηροί, τῷ πνεύματι ζέοντες, τῷ κυρίῳ δουλεύοντες, τῇ ἐλπίδι χαίροντες, τῇ θλίψει ὑπομένοντες, τῇ προσευχῇ προσκαρτεροῦντες, ταῖς χρείαις τῶν ἀγίων κοινωνοῦντες, τὴν φιλοξενίαν διώκοντες. Εὐλογεῖτε τοὺς διώκοντας, εὐλογεῖτε καὶ μὴ καταρᾶσθε.

THE EPISTLE

Romans 12:6-14

Protect us and save us O Lord both now and forever

Verse: Save us O Lord, for there is none godly left

The reading is from Paul's letter to the Romans

BRETHREN, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honour. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαίου θ' 1-8

Τῷ καιρῷ ἐκείνῳ, ἐμβὰς εἰς πλοῖον διεπέρασεν καὶ ἦλθεν εἰς τὴν ἰδίαν πόλιν. Καὶ ἰδὼν προσέφερον αὐτῷ παραλυτικὸν ἐπὶ κλίνης βεβλημένον. καὶ ἰδὼν ὁ Ἰησοῦς τὴν πίστιν αὐτῶν εἶπεν τῷ παραλυτικῷ, Θάρσει, τέκνον· ἀφίενταί σου αἱ ἁμαρτίαι. Καὶ ἰδὼν τινες τῶν γραμματέων εἶπαν ἐν ἑαυτοῖς, Οὗτος βλασφημεῖ. Καὶ εἰδὼς ὁ Ἰησοῦς τὰς ἐνθυμήσεις αὐτῶν εἶπεν, Ἰνατί ἐνθυμεῖσθε πονηρὰ ἐν ταῖς καρδίαις ὑμῶν; τί γὰρ ἐστὶν εὐκοπώτερον, εἰπεῖν, Ἄφίενταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, Ἐγειρε καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἐπὶ τῆς γῆς ἀφιέναι ἁμαρτίας, τότε λέγει τῷ παραλυτικῷ, Ἐγερθεὶς ἄρῃ σου τὴν κλίνην καὶ ὑπάγε εἰς τὸν οἶκόν σου. Καὶ ἐγερθεὶς ἀπῆλθεν εἰς τὸν οἶκόν αὐτοῦ. Ἰδόντες δὲ οἱ ὄχλοι ἐφοβήθησαν καὶ ἐδόξασαν τὸν θεὸν τὸν δόντα ἐξουσίαν τοιαύτην τοῖς ἀνθρώποις.

THE GOSPEL

Matthew 9:1-8

At that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may know that the Son of man has authority on earth to forgive sins" he then said to the paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men

Ἀπόστολο ἐρχομένης Κυριακῆς

Τίτον γ' 8-15

Next week's epistle reading:

Titus 3:8-15

Next week's gospel reading

Ματθαίου ε' 14-19

Εὐαγγέλιον ἐρχομένης Κυριακῆς

Matthew 5:14-19