

Fasting / Νηστεία

Wed & Fri: Normal Fast
Τετ & Παρ: Νηστεία

Πνευματικά Σαλπίσματα

ΟΙ ΝΕΩΤΕΡΟΙ μοναχοί μιας σκήτης επισκεφθήκανε έναν από τους Γέροντας για να τον συμβουλευθούν. Εκείνος τους υποδέχθηκε με χαρά κι αφού είπε την συνηθισμένη προσευχή, κάθισε μαζί τους κι απαντούσε σ' όλες τις ερωτήσεις τους. Όταν πια σηκώθηκαν να φύγουν, είπαν στον Γέροντα να κάνει προσευχή.

- Δεν προσευχηθήκαμε; Είπε μ' απορία εκείνος.

- Προσευχηθήκαμε, Αββά όταν ήρθαμε· ύστερα όμως αρχίσαμε την συνομιλία.

- Συγχωρήσατέ με, παιδιά μου, αλλά ξέρω καλά πως ένας από μας είπε εκατό ευχές στο διάστημα της συνομιλίας

Ο Αββάς Μακάριος συνήθιζε στο τέλος της Θ. Λειτουργίας να στέκεται στην πόρτα της εκκλησίας και να ψιθυρίζει στους Μοναχούς που έβγαιναν:

- Φεύγετε, Αδελφοί.

- Πού θέλεις να πάμε, Αββά; ρωτούσαν οι νεώτεροι. Μήπως πιο βαθειά στην έρημο;

Ο Όσιος τότε έβαζε το δάκτυλο στο στόμα και τους απαντούσε:

- Τούτο δω να φεύγετε.

Εννοούσε τις συνομιλίες, για να μη σκοτίζεται ο νους τους και χάνουν τις καλές σκέψεις που κέρδισαν με την προσευχή.

Spiritual food for thought

While St Nectarios was still young, he visited Jerusalem to worship. During the voyage, however, there was a great storm in which the ship was in danger of sinking, the captain, faced with this impasse, gave orders that the lifesaving equipment be prepared for use, and "may God be our helper." If anyone were able to save himself, well enough, otherwise, the ship would sink with every man aboard.

The Saint (young Anastasios Kefhalas, then) looked at the sea, heard the captain and his despairing commands, and his eyes filled with tears, seeing that truly there was no way out. Then, at a moment when even the last hope of salvation had been lost and all were awaiting the captain's command to abandon ship, the little one spontaneously went up next to the captain, and taking hold of the ship's helm crying and looking to heaven, he prayed, saying, "My God, I do not want to die, I want to preach You. Why do You permit this?" He repeated these words many times. Then he let go of the helm, took out the Cross he wore, which his grandmother had given him, and which contained a piece of the Venerable Cross, tied it to his belt, and went to the side of the ship and dipped it into the water, commanding the sea, as the Lord did, with the words: "Silence! Be still." He repeated this three times and after the third immersion and exhortation, the wind miraculously ceased and great calm followed to the amazement of all. Having glorified God, they continued the voyage with great joy, for the young Anastasios, who was greatly saddened. For the Venerable Cross, had fallen into the sea.

As they sailed on, there were heard disturbing knocking sounds below the ship's water line. The captain sent some sailors to investigate, but they found nothing. Finally they reached harbour and all began disembarking, including young Anastasios Kefalas At that moment, however, when the passengers were leaving, knocking sounds were heard once more in the hold of the ship. The captain again ordered a search to find out what was knocking. He also gave command that they take a small boat and examine the hull of the ship. Upon examining the hull of the ship, one sailor discovered that at the place from where the knocking was heard there was stuck the lost Venerable Cross of little Anastasios.

One can imagine what took place then. The sailor immediately reported his finding, and the captain began calling to the little Anastasios, who had already disembarked from the ship and had gone some way. He shouted to him, "Kefalas, Kefalas! Turn back. Come here!" and waved to him with his hand. Young Anastasios returned and received "his Treasure," and from then on he wore it always. This Cross is most conspicuous in the picture where the Saint is seen wearing his monastic skoufi.



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15ῃ Ἰουλίου 2018

Κυριακή τῶν Ἁγ. Πατέρων
Ἦχος πλ β' - Ἐωθινόν Ζ'

Ἀναστάσιμο Ἀπολυτίκιον

Ἦχος πλ β'

Ἀγγελικαί δυνάμεις ἐπὶ τὸ μνήμά σου, καὶ οἱ φυλάσσοντες, ἀπενεκρώθησαν· καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σώμα. Ἐσκύλευσας τὸν Αἶδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ· ὑπήντησας τῇ Παρθένῳ, δωροῦμενος τὴν ζωὴν. Ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Ἀπολυτίκιον τῶν Ἁγίων Πατέρων

Ἦχος πλ. δ'

Ὑπερδεδοξασμένος εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ φωστῆρας ἐπὶ γῆς τοὺς Πατέρας ἡμῶν θεμελιώσας, καὶ δι' αὐτῶν πρὸς τὴν ἀληθινὴν πίστιν, πάντας ἡμᾶς ὀδηγήσας, πολυεύσπλαγχνε, δόξα σοί.

Ἀπολυτίκιον τῆς Ἁγίας Ἄννας

Ἦχος δ'

Ζωὴν τὴν κηύσασαν, ἐκυοφόρησας, ἀγνήν Θεομήτορα, θεόφρον Ἄννα, διὸ πρὸς λήξιν οὐράνιον, ἔνθα εὐφραينوμένων, κατοικία ἐν δόξῃ, χαίρουσα νῦν μετέστης, τοῖς τιμώσί σε πόθῳ, πταισμάτων αἰτουμένη, ἰλασμόν ἀειμακάριστε.

Κοντάκιον

Ἦχος β'

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία πρὸς τὸν Ποιητὴν ἀμετάθετε, Μὴ παρίδης ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθὴ, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοί. Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἢ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

15th July 2018

Sunday of the Holy Fathers
Tone 6 - 7th Morning Gospel

Resurrection Apolytikion

Tone 6

Angelic powers attended at Your grave, and those who were on guard became as dead. And Mary stood in the tomb, seeking Your pure body. You have despoiled Death and not been touched by him; you met the Virgin and gave us life. Lord who rose from the dead, glory to you.

Apolytikion of the Holy Fathers

Tone 8

You are greatly glorified, O Christ our God, who established our Fathers as luminaries upon the earth, and through them led us all to the true Faith. O Most compassionate, glory to You.

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

Τίτον γ' 8-15

Εὐλογητός εἶ, Κύριε, ὁ Θεός τῶν
Πατέρων ἡμῶν.

Ὅτι δίκαιος εἶ ἐπὶ πᾶσαν, οἷς ἐποίησας
ἡμῖν.

Πρὸς Τίτον Ἐπιστολῆς Παύλου τὸ
Ἀνάγνωσμα

Τέκνον Τίτε, πιστός ὁ λόγος· καὶ περὶ
τούτων βούλομαι σε διαβεβαιοῦσθαι, ἵνα
φροντίζωσι καλῶν ἔργων προϊστασθαι
οἱ πεπιστευκότες τῷ Θεῷ. ταῦτά ἐστι τὰ
καλὰ καὶ ὠφέλιμα τοῖς ἀνθρώποις·
μωρὰς δὲ ζητήσεις καὶ γενεαλογίας καὶ
ἔρεις καὶ μάχας νομικὰς περιστάσο· εἰσὶ
γὰρ ἀνωφελεῖς καὶ μάταιοι. αἰρετικὸν
ἄνθρωπον μετὰ μίαν καὶ δευτέραν
νουθεσίαν παραιτοῦ, εἰδὼς ὅτι
ἐξέστραπται ὁ τοιοῦτος καὶ ἀμαρτάνει
ὦν αὐτοκατάκριτος. Ὅταν πέμψω
Ἀρτεμᾶν πρὸς σε ἢ Τυχικόν, σπουδάσον
ἐλθεῖν πρὸς με εἰς Νικόπολιν· ἐκεῖ γὰρ
κέκρικα παραχειμάσαι. Ζηγᾶν τὸν
νομικὸν καὶ Ἀπολλῶ σπουδαίως
πρόπεμψον, ἵνα μηδὲν αὐτοῖς λείπη.
μανθανέτωσαν δὲ καὶ οἱ ἡμέτεροι καλῶν
ἔργων προϊστασθαι εἰς τὰς ἀναγκαίας
χρείας, ἵνα μὴ ὦσιν ἄκαρποι.
Ἀσπάζονται σε οἱ μετ' ἐμοῦ πάντες.
ἄσπασαι τοὺς φιλοῦντας ἡμᾶς ἐν πίστει.
Ἡ χάρις μετὰ πάντων ὑμῶν· ἀμήν.

THE EPISTLE

Titus 3:8-15

*Blessed are you O Lord the God of our
Fathers*

*V.: For you are just in everything, which you
have created for us*

The Reading is from Paul's letter to Titus

TITUS, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαίου ε' 14-19

Εἶπεν ὁ Κύριος τοῖς ἑαυτοῦ
μαθηταῖς· Ὑμεῖς ἐστε τὸ φῶς τοῦ
κόσμου. οὐ δύναται πόλις
κρυβῆναι ἐπάνω ὄρους
κειμένη· οὐδὲ καίουσιν λύχνον καὶ
τιθέασιν αὐτὸν ὑπὸ τὸν μῶδιον
ἀλλ' ἐπὶ τὴν λυχνίαν, καὶ λάμπει
πᾶσιν τοῖς ἐν τῇ οἰκίᾳ. Οὕτως
λαμψάτω τὸ φῶς ὑμῶν
ἔμπροσθεν τῶν ἀνθρώπων, ὅπως
ἴδωσιν ὑμῶν τὰ καλὰ ἔργα καὶ
δοξάσωσιν τὸν πατέρα ὑμῶν τὸν
ἐν τοῖς οὐρανοῖς. Μὴ νομίσητε ὅτι
ἦλθον καταλῦσαι τὸν νόμον ἢ
τοὺς προφῆτας· οὐκ ἦλθον
καταλῦσαι ἀλλὰ πληρῶσαι. Ἀμήν
γὰρ λέγω ὑμῖν, ἕως ἂν παρέλθῃ ὁ
οὐρανὸς καὶ ἡ γῆ, ἰῶτα ἐν ἡ μία
κεραία οὐ μὴ παρέλθῃ ἀπὸ τοῦ
νόμου ἕως ἂν πάντα γένηται. Ὅς
ἐὰν οὖν λύσῃ μίαν τῶν ἐντολῶν
τούτων τῶν ἐλαχίστων καὶ διδάξῃ
οὕτως τοὺς ἀνθρώπους,
ἐλάχιστος κληθήσεται ἐν τῇ
βασιλείᾳ τῶν οὐρανῶν· ὅς δ' ἂν
ποιήσῃ καὶ διδάξῃ, οὗτος μέγας
κληθήσεται ἐν τῇ βασιλείᾳ τῶν
οὐρανῶν.

THE GOSPEL

Matthew 5:14-19

The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfil them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

Ἀπόστολο ἐρχομένης Κυριακῆς
Ἀ' Κορινθίου α' 10-17

Next week's epistle reading:
1 Corinthians 1:10-17

Next week's gospel reading
Ματθαῖον ιδ' 14-22

Εὐαγγέλιον ἐρχομένης Κυριακῆς
Matthew 14:14-22