

## Fasting / Νηστεία

Wed & Fri: Normal Fast

Τετ & Παρ: Νηστεία

## Πνευματικά Σαλπίσματα

Κάποιος αδελφός της Σκήτης έσφαλε. Έγινε συγκέντρωση στην οποία κάλεσαν τον αββά Μωυσή αλλ' αυτός δεν θέλησε να πάει. Του παρήγγειλε τότε ο πρεσβύτερος: «Έλα, γιατί σε περιμένουν όλοι». Κι εκείνος σηκώθηκε και πήγε κρατώντας στην πλάτη ένα καλάθι τρύπιο που το γέμισε με άμμο. Οι Πατέρες που βγήκαν να τον προϋπαντήσουν του λένε: «Τι είναι αυτό, πάτερ;» «Οι αμαρτίες μου—απαντά ο Γέροντας—που κυλούν και πέφτουν πίσω μου και δεν τις βλέπω και ήλθα εγώ σήμερα να κρίνω τα σφάλματα άλλου». Όταν τ' άκουσαν αυτά οι Πατέρες, δεν είπαν τίποτε εναντίον του αδελφού αλλά τον συγχώρεσαν

Ένας αδελφός ρώτησε κάποιον γέροντα:

- Τι καλό έργο υπάρχει για να κάνω και να ζήσω μ' αυτό;

Είπεν ο γέροντας:

- Ο Θεός γνωρίζει τι είναι καλό. Άκουσα όμως οτι κάποιος από τους πατέρες ρώτησε τον σεβαστό αββά Νιστερώ, τον φίλο του αββά Αντωνίου:

- Τί καλό έργο υπάρχει για να κάνω;

Αυτός του αποκρίθηκε:

- Δεν είναι όλες οι εργασίες το ίδιο; Η Γραφή λέει οτι ο Αβραάμ ήταν φιλόξενος και ο Θεός ήταν μαζί του, ο προφήτης Ηλίας αγαπούσε την ησυχία και ο Θεός ήταν μαζί του και ο Δαβίδ ήταν ταπεινός και ο Θεός ήταν μαζί του. Οτι λοιπόν καταλαβαίνεις πως θέλει η ψυχή σου και είναι σύμφωνο με το θέλημα του Θεού, κάνε το και προφύλαξε την καρδιά σου.

## Spiritual food for thought

Abba Poemen said, "There is no greater love than that a man lays down his life for his neighbour. When you hear someone complaining and you struggle with yourself and do not answer him back with complaints; when you are hurt and bear it patiently, not looking for revenge; then you are laying down your life for your neighbour."

One of the beloved of Christ who had the gift of mercy used to say, "The one who is filled with mercy ought to offer it in the same manner in which he has received it, for such is the mercy of God."

Abba Antony said, "I no longer fear God, I love him; for love casts out fear."

Abba Agathon said, "If I could meet a leper, give him my body and take his, I should be very happy." That is perfect charity. It was also said of him that when he came into the town one day to sell his goods, he met a sick traveller lying in the public place with no one to care for him. The old man rented a room and lived with him there, working with his hands to pay the rent and spending the rest on the sick man's needs. He stayed there four months until the sick man was well again. Then he went back to his cell in peace.

A soldier asked abba Mios if God accepted repentance. After the old man had taught him many things, he said, "Tell me, my dear, if your cloak is torn, do you throw it away?" He replied, "No, I mend it and use it again." The old man said to him, "If you are so careful about your cloak, will not god be equally careful about his creature?"



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22α Ίουλίου 2018

Κυριακή Η' Ματθαίου  
Ήχος βαρύς - Έωθινόν Η'

### Αναστάσιμο Απολυτίκιον

Ήχος βαρύς

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἠνέφξας τῷ Ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρήνον μετέβαλες· καὶ τοῖς σοῖς Αποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὸς ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

### Απολυτίκιον Αγ. Μαρίας Μαγδαληνῆς

Ήχος α'

Χριστῷ τῷ δι' ἡμᾶς, ἐκ Παρθένου τεχθέντι, Σεμνῇ Μανδαληνῇ, ἠκολούθεις Μαρία, αὐτοῦ τὰ δικαιώματα, καὶ τοὺς νόμους φυλάττουσα, ὅθεν σήμερον, τὴν παναγίαν σου μνήμην, ἑορτάζοντες, ἀνευφημούμεν σε πίστει, καὶ πόθῳ γεραίρομεν.

### Απολυτίκιον τῆς Αγίας Άννας

Ήχος δ'

Ζωὴν τὴν κυήσασαν, ἐκυσφόρησας, ἀγνήν Θεομήτορα, θεόφρον Ἄννα, διὸ πρὸς λήξιν οὐράνιον, ἐνθα εὐφραينوμένων, κατοικία ἐν δόξῃ, χαίρουσα νῦν μετέστης, τοῖς τιμώσι σε πόθῳ, πταισμάτων αἰτουμένη, ἰλασμόν ἀειμακάριστε.

### Κοντάκιον

Ήχος 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.

22nd July 2018

8th Sunday of Matthew  
Tone 7 - 8th Morning Gospel

### Resurrection Apolytikion

Tone 7

You destroyed death by Your Cross. You opened Paradise to the thief. The myrrh-bearers lament You transformed, and You gave Your Apostles the order to proclaim. That You had risen, Christ God, and granted the world Your great mercy.

### Apolytikion of St Mary Magdalene

Tone 1

You followed Christ the Lord, who was born of the Virgin for us, and kept His laws, and you lived by His statutes; and thus as we celebrate your all-holy memorial, Mary Magdalene, today with faith we extol you, O most blessed Saint, and with divine love and longing we honour your memory.

### 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

Α΄ Κορινθίους α΄ 10-17

*Κύριος ἰσχύνη τῷ λαῷ αὐτοῦ δώσει.*

*Ἐνέγκατε τῷ Κυρίῳ υἱοὶ Θεοῦ, ἐνέγκατε τῷ Κυρίῳ δόξαν καὶ τιμὴν.*

Πρὸς Κορινθίους Α΄ Ἐπιστολῆς  
Παύλου τὸ Ανάγνωσμα

Ἀδελφοί, παρακαλῶ ὑμᾶς, ἀδελφοί, διὰ τοῦ ὀνόματος τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, ἵνα τὸ αὐτὸ λέγητε πάντες, καὶ μὴ ἦ ἐν ὑμῖν σχίσματα, ἥτε δὲ κατηρτισμένοι ἐν τῷ αὐτῷ νοῦ καὶ ἐν τῇ αὐτῇ γνώμῃ. Ἐδηλώθη γὰρ μοι περὶ ὑμῶν, ἀδελφοί μου, ὑπὸ τῶν Χλόης, ὅτι ἔριδες ἐν ὑμῖν εἰσι. Λέγω δὲ τοῦτο, ὅτι ἕκαστος ὑμῶν λέγει· Ἐγὼ μὲν εἰμι Παύλου, ἐγὼ δὲ Ἀπολλῶ, ἐγὼ δὲ Κηφᾶ, ἐγὼ δὲ Χριστοῦ. Μεμέρισται ὁ Χριστός; Μὴ Παῦλος ἐσταυρώθη ὑπὲρ ὑμῶν; ἢ εἰς τὸ ὄνομα Παύλου ἐβαπτίσθητε; Εὐχαριστῶ τῷ Θεῷ ὅτι οὐδένα ὑμῶν ἐβάπτισα εἰ μὴ Κρίσπον καὶ Γάϊον, ἵνα μὴ τις εἴπῃ ὅτι εἰς τὸ ἐμὸν ὄνομα ἐβάπτισα. Ἐβάπτισα δὲ καὶ τὸν Στεφανᾶ οἶκον· λοιπὸν οὐκ οἶδα εἴ τινα ἄλλον ἐβάπτισα. Οὐ γὰρ ἀπέστειλέ με Χριστός βαπτίζειν, ἀλλ' εὐαγγελίζεσθαι, οὐκ ἐν σοφίᾳ λόγου, ἵνα μὴ κενωθῇ ὁ σταυρὸς τοῦ Χριστοῦ.

# THE EPISTLE

1 Corinthians 1:10-17

*The Lord will grant might to His people*

The Reading is from Paul's first letter to the Corinthians

BRETHREN, I appeal to you by the name of our Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. What I mean is that each one of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispos and Gaius; lest any one should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized any one else.) For Christ did not send me to baptize but to preach the gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

# ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαῖον ιδ΄ 14-22

Τῷ καιρῷ ἐκείνῳ, εἶδεν ὁ Ἰησοῦς πολὺν ὄχλον, καὶ ἐσπλαγχνίσθη ἐπ' αὐτούς καὶ ἐθεράπευσε τοὺς ἀρρώστους αὐτῶν. Ὁψίας δὲ γενομένης, προσῆλθον αὐτῷ οἱ Μαθηταὶ αὐτοῦ, λέγοντες· Ἐρημός ἐστιν ὁ τόπος, καὶ ἡ ὥρα ἤδη παρήλθεν· ἀπόλυσον τοὺς ὄχλους, ἵνα ἀπελθόντες εἰς τὰς κώμας, ἀγοράσωσιν ἑαυτοῖς βρώματα. Ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· Οὐ χρειαν ἔχουσιν ἀπελθεῖν· δότε αὐτοῖς ὑμεῖς φαγεῖν. Οἱ δὲ λέγουσιν αὐτῷ· Οὐκ ἔχομεν ὧδε εἰ μὴ πέντε ἄρτους καὶ δύο ἰχθύας. Ὁ δὲ εἶπε· Φέρετέ μοι αὐτούς ὧδε. Καὶ κελεύσας τοὺς ὄχλους ἀνακλιθῆναι ἐπὶ τοὺς χόρτους, καὶ λαβὼν τοὺς πέντε ἄρτους καὶ τοὺς δύο ἰχθύας, ἀναβλέψας εἰς τὸν οὐρανὸν, εὐλόγησε· καὶ κλάσας, ἔδωκε τοῖς Μαθηταῖς τοὺς ἄρτους, οἱ δὲ Μαθηταὶ τοῖς ὄχλοις. Καὶ ἔφαγον πάντες, καὶ ἐχορτάσθησαν, καὶ ἦσαν τὸ περισσεῦον τῶν κλασμάτων δώδεκα κοφίνους πλήρεις. Οἱ δὲ ἐσθιοντες ἦσαν ἄνδρες ὡσεὶ πεντακισχίλιοι χωρὶς γυναικῶν καὶ παιδίων. Καὶ εὐθέως ἠνάγκασεν ὁ Ἰησοῦς τοὺς Μαθητὰς αὐτοῦ ἐμβῆναι εἰς τὸ πλοῖον, καὶ προάγειν αὐτὸν εἰς τὸ πέραν, ἕως οὗ ἀπολύσει τοὺς ὄχλους.

# THE GOSPEL

Matthew 14:14-22

At that time, Jesus saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to him, "We have only five loaves here and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds

Ἀπόστολο ἐρχομένης Κυριακῆς  
**Α΄ Κορινθίους γ΄ 9-17**

Next week's epistle reading:  
**1 Corinthians 3:9-17**

Next week's gospel reading  
**Ματθαῖον ιδ΄ 22-34**

Εὐαγγέλιον ἐρχομένης Κυριακῆς  
**Matthew 14:22-34**