

Fasting / Νηστεία

1-15 August Fasting

1-15 Αυγούστου Νηστεία

Πνευματικά Σαλπίσματα

Ο αββάς Αντώνιος προφήτευσε στον αββά Αμωνα και είπε: «Θα προκόψεις στον φόβο του Θεού». Τον έβγαλε έξω από το κελί, του έδειξε μια πέτρα και του είπε: «Βρίσε την πέτρα και κτύπησέ την». Και το έκανε. Τον ρωτάει ο αββάς Αντώνιος: «Μήπως μίλησε η πέτρα;» «Όχι» απάντησε εκείνος. «Και συ—του είπε ο αββάς Αντώνιος—πρόκειται να φθάσεις σ' αυτό το μέτρο» όπως και έγινε. Πρόκοψε ο αββάς Αμμωνάς τόσο πολύ, ώστε από πολύ αγαθότητα να μη διακρίνει την κακία.

Παράδειγμα χαρακτηριστικό είναι το εξής: Όταν έγινε ο ίδιος επίσκοπος, του έφεραν μια κοπέλα έγκυο και του λένε: «Τιμώρησέ την». Κι εκείνος σταύρωσε την κοιλιά της και παρήγγειλε να της δώσουν δύο σεντόνια λέγοντας: «Μη τυχόν πάνω στη γέννα πεθάνει αυτή ή το βρέφος και δεν βρεί τα απαραίτητα για την κηδεία». Του λένε τότε οι κατήγοροί της: «Γιατί το έκανες αυτό; Βαλ' της κανόνα». Κι εκείνος είπε: «Αδελφοί, βλέπετε ότι κινδυνεύει να πεθάνει, τι μπορώ εγώ να κάνω;» Και την άφησε να φύγει. Ποτέ δεν τόλμησε ο γέροντας να καταδικάσει άνθρωπο

Spiritual food for thought

Abba Gerontius of Petra said that many, tempted by the pleasures of the body, commit fornication, not in their body but in their spirit, and while preserving their bodily virginity, commit prostitution in their soul. 'thus it is good, my well-beloved, to do that which is written and for each one to guard his own heart with all possible care.' (Prov. 4.23)

One day Abba Arsenius consulted an old Egyptian monk about his own thoughts. Someone noticed this and said to him, 'Abba Arsenius, how is it that you with such a good Latin and Greek education, ask this peasant about your thoughts?' He replied, 'I have indeed been taught Latin and Greek, but I do not know even the alphabet of this peasant.'

Abba Elias, the minister, said, 'What can sin do where there is penitence? And of what use is love where there is pride?'

Abba Isaiah said to those who were making a good beginning by putting themselves under the direction of the holy Fathers, 'As with purple dye, the first colouring is never lost.' And, 'Just as young shoots are easily trained back and bent, so it is with beginners who live in submission.'

He also said that when there was an agape and the brethren were eating in the church and talking to one another, the priest of Pelusia reprimanded them in these words, 'Brethren, be quiet. For I have seen a brother eating with you and drinking as many cups as you and his prayer is ascending to the presence of God like fire.'

Abba Isaiah also said 'When God wishes to take pity on a soul and it rebels, not bearing anything and doing its own will, he then allows it to suffer that which it does not want, in order that it may seek him again.



Τερά Αρχιεπισκοπή Αυστραλίας
Greek Orthodox Archdiocese of Australia

Τερός Ναός Αγίας Άννας, Χρυσή Άκτή
Church of St Anna Gold Coast

31a Crombie Ave Bundall, QLD. (07) 5574 0777 or (07) 5574 0434

29η Ίουλίου 2018

Κυριακή Θ' Ματθαίου
Ήχος πλ δ' - Έωθινόν Θ'

Αναστάσιμο Απολυτίκιον

Ήχος πλ δ'

Έξ ύψους κατήλθες ό εϋσπλαγχνος,
ταφήν καταδέξω τριήμερον, ίνα ήμᾶς
έλευθερώσης τών παθών, Η ζωή και ή
Ανάστασις ήμῶν, Κύριε δόξα σοί.

Απολυτίκιον τής Αγίας Άννας

Ήχος δ'

Ζωήν τήν κυήσασαν, έκυοφόρησας,
άγνήν Θεομήτορα, θεόφρον Άννα, διό
πρός λήξιν ούράνιον, ένθα
εϋφραϊνομένων, κατοικία έν δόξη,
χαίρουσα νύν μετέστης, τοίς τιμώσί σε
πόθω, πταισμάτων αίτουμένη, ίλασμόν
άειμακάριστε.

Κοντάκιον της Μεταμορφώσεως

Ήχος Βαρύς

Έπί του όρους μετεμορφώθης, και ώς
έχώρουν οί Μαθηταί σου τήν δόξαν
σου, Χριστέ ό Θεός έθεάσαντο, ίνα όταν
σε ίδωσι σταυρούμενον, τό μέν πάθος
νοήσωσιν έκούσιον, τῷ δέ κόσμῳ
κηρύξωσιν, ότι συ ύπάρχεις άληθῶς,
του Πατρὸς τό άπαύγασμα.

29th July 2018

9th Sunday of Matthew
Tone 8 - 9th Morning Gospel

Resurrection Apolytikion

Tone 8

From on high you descended,
compassionate one. You accepted three
days in the tomb, in order to free us from
our suffering; our life and resurrection,
Lord 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 of the Transfiguration

Tone 7

You were transfigured upon the mount, O
Christ our God, and Your disciples, in so
far as they could bear, beheld Your glory.
Thus, when they see You crucified, they
may understand Your voluntary passion,
and proclaim to the world that You are
truly the effulgence of the Father.

Ο ΑΠΟΣΤΟΛΟΣ

Α' Κορινθίους γ' 9-17

Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.
Γνωστός ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ
μέγα τὸ ὄνομα αὐτοῦ

Πρὸς Κορινθίους Α' Ἐπιστολῆς
Παύλου τὸ Ἀνάγνωσμα

Ἀδελφοί, Θεοῦ ἐσμεν συνεργοί· Θεοῦ
γεώργιον, Θεοῦ οἰκοδομή ἐστε. Κατὰ τὴν
χάριν τοῦ Θεοῦ τὴν δοθεῖσάν μοι ὡς σοφός
ἀρχιτέκτων θεμέλιον τέθεικα, ἄλλος δὲ
ἐποικοδομεῖ· ἕκαστος δὲ βλέπεται πῶς
ἐποικοδομεῖ· θεμέλιον γὰρ ἄλλον οὐδεὶς
δύναται θεῖναι παρὰ τὸν κείμενον, ὅς ἐστιν
Ἰησοῦς Χριστός. Εἰ δέ τις ἐποικοδομεῖ ἐπὶ
τὸν θεμέλιον τοῦτον χρυσόν, ἄργυρον,
λίθους τιμίους, ξύλα, χόρτον, καλάμην,
ἐκάστου τὸ ἔργον φανερόν γενήσεται· ἡ
γὰρ ἡμέρα δηλώσει· ὅτι ἐν πυρὶ
ἀποκαλύπτεται καὶ ἐκάστου τὸ ἔργον
ὁποῖόν ἐστι τὸ πῦρ δοκιμάσει. Εἴ τις τὸ
ἔργον μενεῖ ὁ ἐπικουδομήσει, μισθὸν
λήψεται· εἴ τις τὸ ἔργον κατακαήσεται,
ζημιωθήσεται, αὐτὸς δὲ σωθήσεται, οὕτως
δὲ ὡς διὰ πυρός. Οὐκ οἴδατε ὅτι ναὸς Θεοῦ
ἐστε καὶ τὸ Πνεῦμα τοῦ Θεοῦ οἰκεῖ ἐν ὑμῖν;
Εἴ τις τὸν ναὸν τοῦ Θεοῦ φθειρεῖ, φθερεῖ
τοῦτον ὁ Θεός· ὁ γὰρ ναὸς τοῦ Θεοῦ ἅγιός
ἐστιν, οἵτινές ἐστε ὑμεῖς

THE EPISTLE

1 Corinthians 3:9-17

*Praise and worship the Lord our God,
The Lord is known in Judea, His name is
great in Israel*

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

Brethren, we are God's fellow workers;
you are God's field, God's building.
According to the grace of God given to
me, like a skilled master builder. I laid a
foundation, and another man is building
upon it. Let each man take care how he
builds upon it. For no other foundation
can any one lay than that which is laid,
which is Jesus Christ. Now if any one
builds on the foundation with gold,
silver, precious stones, wood, hay, straw
- each man's work will become manifest;
for the Day will disclose it, because it
will be revealed with fire, and the fire
will test what sort of work each one has
done. If the work which any man has
built on the foundation survives, he will
receive a reward. If any man's work is
burned up, he will suffer loss, though he
himself will be saved, but only as
through fire. Do you not know that you
are God's temple and that God's Spirit
dwells in you? If any one destroys God's
temple, God will destroy him. For God's
temple is holy, and you are that temple.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαῖον ιδ' 22-34

Τῷ καιρῷ ἐκείνῳ, ἠνάγκασεν ὁ Ἰησοῦς
τοὺς Μαθητὰς αὐτοῦ ἐμβῆναι εἰς τὸ
πλοῖον, καὶ προάγειν αὐτὸν εἰς τὸ πέραν,
ἕως οὗ ἀπολύσει τοὺς ὄχλους. Καὶ
ἀπολύσας τοὺς ὄχλους ἀνέβη εἰς τὸ ὄρος
κατ' ἰδίαν προσεύξασθαι. Ὁψίας δὲ
γενομένης, μόνος ἦν ἐκεῖ. Τὸ δὲ πλοῖον
ἤδη μέσον τῆς θαλάσσης ἦν,
βασανιζόμενον ὑπὸ τῶν κυμάτων· ἦν
γὰρ ἐναντίος ὁ ἄνεμος. Τετάρτη δὲ
φυλακῆ τῆς νυκτὸς ἀπῆλθε πρὸς αὐτοὺς
ὁ Ἰησοῦς, περιπατῶν ἐπὶ τῆς θαλάσσης.
Καὶ ἰδόντες αὐτὸν οἱ Μαθηταὶ ἐπὶ τὴν
θάλασσαν περιπατοῦντα ἐταράχθησαν
λέγοντες· Ὅτι φάντασμα ἐστὶ καὶ ἀπὸ
τοῦ φόβου ἔκραξαν. Εὐθέως δὲ ἐλάλησεν
αὐτοῖς ὁ Ἰησοῦς λέγων· Θαρσεῖτε· ἐγώ
εἰμι· μὴ φοβεῖσθε. Αποκριθεὶς δὲ αὐτῷ ὁ
Πέτρος εἶπε· Κύριε, εἰ σὺ εἶ, κέλευσόν με
πρὸς σε ἐλθεῖν ἐπὶ τὰ ὕδατα. Ὁ δὲ εἶπεν·
Ἐλθέ. Καὶ καταβάς ἀπὸ τοῦ πλοίου ὁ
Πέτρος, περιεπάτησεν ἐπὶ τὰ ὕδατα,
ἐλθεῖν πρὸς τὸν Ἰησοῦν. Βλέπων δὲ τὸν
ἄνεμον ἰσχυρόν, ἐφοβήθη, καὶ
ἀρξάμενος καταποντίζεσθαι, ἔκραξε
λέγων· Κύριε, σῶσόν με. Εὐθέως δὲ ὁ
Ἰησοῦς ἐκτεῖνας τὴν χεῖρα, ἐπελάβετο
αὐτοῦ, καὶ λέγει αὐτῷ· Ὀλιγόπιστε, εἰς τί
ἐδίστασας; Καὶ ἐμβάντων αὐτῶν εἰς τὸ
πλοῖον, ἐκόπασεν ὁ ἄνεμος. Οἱ δὲ ἐν τῷ
πλοίῳ, ἐλθόντες προσεκύνησαν αὐτῷ,
λέγοντες· Ἀληθῶς Θεοῦ Υἱός εἶ. Καὶ
διαπεράσαντες ἦλθον εἰς τὴν γῆν
Γεννησαρέτ.

THE GOSPEL

Matthew 14:22-34

At that time, Jesus made the disciples get
into the boat and go before him to the
other side, while he dismissed the crowds.
And after he had dismissed the crowds, he
went up into the hills by himself to pray.
When evening came, he was there alone,
but the boat by this time was many
furlongs distant from the land, beaten by
the waves; for the wind was against them.
And in the fourth watch of the night he
came to them, walking on the sea. But
when the disciples saw him walking on the
sea, they were terrified, saying, "It is a
ghost!" And they cried out for fear. But
immediately he spoke to them, saying
"Take heart, it is I; have no fear." And Peter
answered him, "Lord, if it is you, bid me
come to you on the water." He said,
"Come." So Peter got out of the boat and
walked on the water and came to Jesus;
but when he saw the wind, he was afraid,
and beginning to sink he cried out, "Lord,
save me." Jesus immediately reached out
his hand and caught him, saying to him,
"O man of little faith, why did you doubt?"
And when they entered the boat, the wind
ceased. And those in the boat worshiped
him, saying, "Truly you are the Son of
God." And when they had crossed over,
they came to land at Gennesaret.

Ἀπόστολο ἐρχομένης Κυριακῆς
Α' Κορινθίους δ' 9-16

Next week's epistle reading:
1 Corinthians 4:9-16

Next week's gospel reading
Ματθαῖον ιζ' 14-23

Εὐαγγέλιον ἐρχομένης Κυριακῆς
Matthew 17:14-23