

Fasting / Νηστεία

1-15 August Fasting

1-15 Αύγουστου Νηστεία

Πνευματικά Σαλπίσματα

Είπε γέρον, Τα πρώτα δάκρυα είναι της Θειας παρηγορίας. Σπάει και κλαίει εκείνος που λέει την ευχή. Η δεύτερη κατάσταση είναι της δοξολογίας. Κινείται σε άλλο χώρο. Τα πρώτα δάκρυα και το σώμα καταβάλλουν, ενώ τα δεύτερα δίνουν τις βιταμίνες και για την ψυχή και για το σώμα. Είναι της αγαλλιάσεως της δοξολογίας. Απ' αυτού βλέπει κανείς την διάφορα.

Κάποτε ο άγιος Σιλουανός συνάντησε ένα ασκητή ο οποίος είχε το χάρισμα της κατανύξεως και έχυνε πολλά δάκρυα κάθε μέρα όταν σκέπτονταν τα πάθη και τον Σταυρό του Κυρίου. Είναι καλό να προσεύχομαι για τους νεκρούς; Ρώτησε ο άγιος. Εκείνος αναστέναξε και είπε. Εάν θα ήταν δυνατό να έβγαζα όλους από τον Άδη τότε θα αναπαύομαι και θα χαίροταν η ψυχή μου. Τότε έκανε μια χειρονομία σαν να μάζευε στάχια και δάκρυσε.

Όταν ο παπα – Κοδράτος, έδειχνε τα άγια Λείψανα στους ευλαβείς προσκυνητές, ιδιαίτερα την περικεφαλαία του αγίου Μερκουρίου, και έπρεπε να θυμηθεί και να μιλήσει για το μαρτύριο του αγίου, τα μάτια του γέμιζαν δάκρυα. Στην Θεία λειτουργία σχεδόν κάθε φορά έκλαιγε, και πιο πολύ στην μεγάλη είσοδο, όταν έλεγε το «Πάντων ημών μνησθείη...»

Spiritual food for thought

In a village there was said to be a man who fasted to such a degree that he was called 'the Faster'. Abba Zeno had heard of him, and he sent for him. The other came gladly. They prayed and sat down. The old man began to work in silence. Since he could not succeed in talking to him the Faster began to get bored. So he said to the old man 'Pray for me, Abba, for I want to go.' The old man said to him. 'Why?' The other replied, 'Because my heart is as if it were on fire and I do not know what is the matter with it. For truly, this when I was in the village and I fasted until the evening, nothing like this happened to me.' The old man said, 'In the village you fed yourself through your ears. But go away and from now on eat at the ninth hour and whatever you do, do it secretly.' As soon as he had begun to act on this advice, the Faster found it difficult to wait until the ninth hour. And those who knew him said, 'The Faster is possessed by the devil.' So he went to tell this to the old man who said to him, 'This way is according to God.'

One day Abba Moses said to brother Zacharias, 'Tell me what I ought to do?' At these words the latter threw himself on the ground at the old man's feet and said, 'Are you asking me, Father?' The old man said to him 'Believe me, Zacharias, my son, I have seen the Holy Spirit descending upon you and since then I am constrained to ask you.' Then Zacharias drew his hood off his head put it under his feet and trampled on it, saying, 'The man who does not let himself be treated thus, cannot become a monk.'



Τερά Αρχιεπισκοπή Αυστραλίας

Greek Orthodox Archdiocese of Australia

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5η Αύγουστου 2018

Κυριακή Γ' Μαθαίου

Ἦχος α' - Ἐωθινόν Γ'

Ἀναστάσιμο Ἀπολυτίκιον

Ἦχος α'

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν
Ἰουδαίων καὶ στρατιωτῶν φυλασσόντων τὸ
ἄχραντόν σου Σῶμα, ἀνέστης τριήμερος,
Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν· διὰ
τοῦτο αἱ δυνάμεις τῶν οὐρανῶν ἔβωον σοί,
Ζωοδότα· Δόξα τῇ Ἀναστάσει σου, Χριστέ,
δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ
σου, μόνε φιλόνηρωπε.

Ἀπολυτίκιον Προεόρτιον

Ἦχος δ'

Χριστοῦ τὴν Μεταμόρφωσιν
προϋπαντήσωμεν, φαιδρῶς πανηγυρίζοντες
τὰ προεόρτια, πιστοὶ καὶ βοήσωμεν·
Ἦγγικεν ἡ ἡμέρα τῆς ἐνθέου εὐφροσύνης·
ἀνεισιν εἰς τὸ ὄρος τὸ Θαβώρ ὁ Δεσπότης,
τῆς θεότητος αὐτοῦ ἀπαστρέψαι τὴν
ὠραιότητα.

Ἀπολυτίκιον τῆς Αγίας Άννας

Ἦχος δ'

Ζωὴν τὴν κηύσασαν, ἐκυσφόρησας, ἀγνήν
Θεομήτορα, θεόφρον Ἄννα, διὸ πρὸς λήξιν
οὐράνιον, ἔνθα εὐφραϊνομένων, κατοικία ἐν
δόξῃ, χαίρουσα νῦν μετέστης, τοῖς τιμώσι σε
πόθῳ, πταισμάτων αἰτουμένη, ἰλασμόν
ἀιμακάριστε.

Κοντάκιον Προεόρτιον

Ἦχος δ'

Ἐν τῇ θείᾳ σήμερον Μεταμορφώσῃ, ἡ
βροτεία ἅπασα, φύσις προλάμπει θεϊκῶς, ἐν
εὐφροσύνῃ κραυγάζουσα, Μεταμορφοῦται
Χριστός, σώζων ἅπαντας.

5th August 2018

10th Sunday of Matthew

Tone 1 - 10th Morning Gospel

Resurrection Apolytikion

Tone 1

The stone had been sealed by the Jews, and soldiers were guarding your pure Body; but on the third day, Saviour, you arose and gave life to the world. Wherefore the heavenly Powers cried out to you, Giver of life: Glory to your resurrection, Christ, glory to your kingdom, glory to your divine plan, you who alone love human kind.

Apolytikion of the Forefeast

Tone 4

O Faithful, prepare for the Transfiguration of Christ, and joyously celebrate as we observe on this day the Forefeast, and cry aloud: Coming is the day of the divine exultation. The Master is ascending the holy mountain of Tabor, in order to shine with the beauty of His divinity.

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 Forefeast

Tone 4

All of mortal nature now divinely shines on this day with the divine Transfiguration ere the time; and in great gladness, she cries out: Christ is transfigured, and saves humanity

Ο ΑΠΟΣΤΟΛΟΣ

Α' Κορινθίους δ' 9-16

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς.

Αγαλλιᾶσθε, δίκαιοι, ἐν Κυρίῳ

Πρὸς Κορινθίους Α' Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα

Ἀδελφοί, ὁ Θεὸς ἡμᾶς τοὺς ἀποστόλους ἐσχάτους ἀπέδειξεν, ὡς ἐπιθανατίους, ὅτι θεάτρον ἐγενήθημεν τῷ κόσμῳ, καὶ ἀγγέλοις καὶ ἀνθρώποις. Ἡμεῖς μωροὶ διὰ Χριστόν, ὑμεῖς δὲ φρόνιμοι ἐν Χριστῷ· ἡμεῖς ἀσθενεῖς, ὑμεῖς δὲ ἰσχυροί· ὑμεῖς ἔνδοξοι, ἡμεῖς δὲ ἄτιμοι. Ἄχρι τῆς ἄρτι ὥρας καὶ πεινῶμεν καὶ διψῶμεν καὶ γυμνητεύομεν καὶ κολαφιζόμεθα καὶ ἀστατοῦμεν καὶ κοπιῶμεν ἐργαζόμενοι ταῖς ἰδίαις χερσὶ λαιδορούμενοι εὐλογοῦμεν, διωκόμενοι ἀνεχόμεθα, βλασφημούμενοι παρακαλοῦμεν· ὡς περικαθάρματα τοῦ κόσμου ἐγενήθημεν, πάντων περίψημα ἕως ἄρτι. Οὐκ ἐντρέπων ὑμᾶς γράφω ταῦτα, ἀλλ' ὡς τέκνα μου ἀγαπητὰ νουθετῶ. Ἐὰν γὰρ μυρίουσ παιδαγωγούς ἔχητε ἐν Χριστῷ, ἀλλ' οὐ πολλοὺς πατέρας· ἐν γὰρ Χριστῷ Ἰησοῦ διὰ τοῦ εὐαγγελίου ἐγὼ ὑμᾶς ἐγέννησα. Παρακαλῶ οὖν ὑμᾶς, μιμηταὶ μου γίνεσθε.

THE EPISTLE

1 Corinthians 4:9-16

May Your mercy O Lord be upon us

Rejoice in the Lord O you righteous

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

BRETHREN, God has exhibited us apostles as last of all, like men sentenced to death; because we have become a spectacle to the world, to angels and to men. We are fools for Christ's sake, but you are wise in Christ. We are weak, but you are strong. You are held in honour, but we in disrepute. To the present hour we hunger and thirst, we are ill-clad and buffeted and homeless, and we labour, working with our own hands. When reviled, we bless; when persecuted, we endure; when slandered, we try to conciliate; we have become, and are now, as the refuse of the world, the off-scouring of all things. I do not write this to make you ashamed, but to admonish you as my beloved children. For though you have countless guides in Christ, you do not have many fathers. For I became your father in Christ Jesus through the gospel. I urge you, then, be imitators of me.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαίου ιζ' 14-23

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπος τις προσήλθε τῷ Ἰησοῦ, γονυπετῶν αὐτῷ, καὶ λέγων· Κύριε, ἐλέησόν μου τὸν υἱόν, ὅτι σεληνιάζεται καὶ κακῶς πάσχει· πολλάκις γὰρ πίπτει εἰς τὸ πῦρ καὶ πολλάκις εἰς τὸ ὕδωρ. Καὶ προσήνεγκα αὐτὸν τοῖς Μαθηταῖς σου, καὶ οὐκ ἠδυνήθησαν αὐτὸν θεραπεῦσαι. Ἀποκριθεὶς δὲ ὁ Ἰησοῦς εἶπεν· Ὡ γενεὰ ἄπιστος καὶ διεστραμμένη, ἕως πότε ἔσομαι μεθ' ὑμῶν; ἕως πότε ἀνέξομαι ὑμῶν; Φέρετέ μοι αὐτὸν ὧδε. Καὶ ἐπετίμησεν αὐτῷ ὁ Ἰησοῦς, καὶ ἐξήλθεν ἀπ' αὐτοῦ τὸ δαιμόνιον· καὶ ἰάθη ὁ παῖς ἀπὸ τῆς ὥρας ἐκείνης. Τότε προσελθόντες οἱ Μαθηταὶ τῷ Ἰησοῦ κατ' ἰδίαν, εἶπον· Δια τί ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό; Ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· Διὰ τὴν ἀπιστίαν ὑμῶν. Ἀμὴν γὰρ λέγω ὑμῖν, ἐὰν ἔχητε πίστιν ὡς κόκκον σινάπεως, ἐρεῖτε τῷ ὄρει τούτῳ· Μετάβηθι ἐντεῦθεν ἐκεῖ, καὶ μεταβήσεται· καὶ οὐδὲν ἀδυνατήσει ὑμῖν. Τοῦτο δὲ τὸ γένος οὐκ ἐκπορεύεται, εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Ἄναστρεφομένων δὲ αὐτῶν εἰς τὴν Γαλιλαίαν, εἶπεν αὐτοῖς ὁ Ἰησοῦς· Μέλλει ὁ Υἱὸς τοῦ ἀνθρώπου παραδίδοσθαι εἰς χεῖρας ἀνθρώπων· καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἐγερθήσεται.

THE GOSPEL

Matthew 17:14-23

At that time, a man came up to Him and kneeling before Him said, "Lord, have mercy on my son, for he is an epileptic and he suffers terribly; for often he falls into the fire, and often into the water. And I brought him to Your disciples, and they could not heal him." And Jesus answered, "O faithless and perverse generation, how long am I to be with you? How long am I to bear with you? Bring him here to me." And Jesus rebuked him, and the demon came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, "Why could we not cast it out?" He said to them, "Because of your little faith. For truly I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, 'Move hence to yonder place,' and it will move; and nothing will be impossible to you." As they were gathering in Galilee, Jesus said to them, "The Son of man is to be delivered into the hands of men, and they will kill Him, and He will be raised on the third day."

Ἀπόστολο ἐρχομένης Κυριακῆς
Α' Κορινθίους θ' 2-12

Next week's epistle reading:
1 Corinthians 9:2-12

Next week's gospel reading
Ματθαῖον ιη' 23-35

Εὐαγγέλιον ἐρχομένης Κυριακῆς
Matthew 18:23-35