

## Fasting / Νηστεία

1-15 August Fasting

1-15 Αυγούστου Νηστεία

### Πνευματικά Σαλπίσματα

Ήταν κάποιος Γέροντας που έτρωγε καθημερινά τρία παξιμάδια. Τον επισκέφθηκε κάποιος αδελφός και όταν κάθισαν να φάνε, έβαλε και για τον αδελφό τρία παξιμάδια. Είδε κατόπιν ο Γέροντας ότι ο αδελφός είχε ανάγκη να φάει περισσότερο και τού 'φερε άλλα τρία. Αφού χόρτασαν και σηκώθηκαν, κατέκρινε ο Γέροντας τον αδελφό και του είπε: «Δεν πρέπει, αδελφέ, να υπηρετούμε τη σάρκα μας». Ο αδελφός έβαλε μετάνοια στον Γέροντα και έφυγε.

Την επόμενη ημέρα όταν έφθασε η ώρα για φαγητό, έβαλε ο Γέροντας τα τρία παξιμάδια για τον εαυτό του. Αλλά αφού τα έφαγε, αισθάνθηκε πάλι να πεινά αλλά συγκρατήθηκε. Την άλλη μέρα πάλι το ίδιο έπαθε και άρχισε να αισθάνεται εξάντληση. Κατάλαβε τότε ο Γέροντας ότι τον εγκατέλειψε ο Θεός και ρίχνοντας τον εαυτό του ενώπιον του Θεού, άρχισε να παρακαλεί μετά δακρύων για την εγκατάλειψη που του έγινε. Και βλέπει έναν άγγελο που του είπε: «Αυτό σου συνέβη, επειδή κατέκρινες τον αδελφό. Να ξέρεις λοιπόν ότι αυτός που μπορεί να εγκρατεύεται ή να κάνει κάποιο άλλο καλό, δεν το κάνει με δική του δύναμη, αλλά η αγαθότητα του Θεού είναι που ενισχύει τον άνθρωπο».

### Spiritual food for thought

Amma Theodora said, 'Let us strive to enter by the narrow gate, Just as the trees, if they have not stood before the winter's storms cannot bear fruit, so it is with us; this present age is a storm and it is only through many trials and temptations that we can obtain an inheritance in the kingdom of heaven.'

The same amma said that a teacher ought to be a stranger to the desire for domination, vain-glory, and pride; one should not be able to fool him by flattery, nor blind him by gifts, nor conquer him by the stomach, nor dominate him by anger; but he should be patient, gentle and humble as far as possible; he must be tested and without partisanship, full of concern, and a lover of souls.

She also said that neither asceticism, nor vigils nor any kind of suffering are able to save, only true humility can do that. There was an anchorite who was able to banish the demons; and he asked them, 'What makes you go away?' 'Is it fasting?' They replied, 'We do not eat or drink.' 'Is it vigils?' They replied, 'We do not sleep.' 'Is it separation from the world?' 'We live in the deserts.' 'We 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.'



Τερά Αρχιεπισκοπή Αυστραλίας

Greek Orthodox Archdiocese of Australia

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

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

**12η Αύγουστου 2018**

**Κυριακή ΙΑ' Ματθαίου**

**Ἦχος β' - Ἐωθινόν ΙΑ'**

#### Ἀναστάσιμο Ἀπολυτίκιον

**Ἦχος β'**

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ ζωὴ ἢ ἄθανατος, τότε τὸν Αἰδῆ ἐνέκρωσας, τῆ ἀστραπῆ τῆς θεότητος· ὅτε δὲ καὶ τοὺς τεθνεώτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ, ὁ Θεὸς ἡμῶν, δόξα σοι.

#### Ἀπολυτίκιον τῆς Μεταμορφώσεως

**Ἦχος Βαρύς**

Μετεμορφώθης ἐν τῷ ὄρει, Χριστέ ὁ Θεός, δείξας τοῖς Μαθηταῖς σου τὴν δόξαν σου, καθὼς ἠδύναντο. Λάμψον καὶ ἡμῖν τοῖς ἁμαρτωλοῖς, τὸ φῶς σου τὸ αἰδιον, πρεσβείαις τῆς Θεοτόκου, Φωτοδότα, δόξα σοι.

#### Ἀπολυτίκιον τῆς Αγίας Άννας

**Ἦχος δ'**

Ζωὴν τὴν κηύσασαν, ἐκυφόρησας, 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 τῆς Μεταμορφώσεως

**Ἦχος Βαρύς**

Ἐπὶ τοῦ ὄρους μετεμορφώθης, καὶ ὡς ἐχώρουν οἱ Μαθηταὶ σου τὴν δόξαν σου, Χριστέ ὁ Θεός εθεάσαντο, ἵνα ὅταν σὲ ἴδωσι σταυρούμενον, τὸ μὲν πάθος νοήσωσιν ἐκούσιον, τῷ δὲ κόσμῳ κηρύξωσιν, ὅτι σὺ ὑπάρχεις ἀληθῶς, τοῦ Πατρὸς τὸ ἀπαύγασμα.

**12th August 2018**

**11th Sunday of Matthew**

**Tone 2 - 11th Morning Gospel**

#### Resurrection Apolytikion

**Tone 2**

When you descended to death, O immortal life, you struck Hades dead by the flash of your Divinity; when you raised the dead from under the earth, all the Powers of heaven cried out: Giver of life, Christ our God, glory to you

#### Apolytikion of the Transfiguration

**Tone 7**

You were transfigured upon the mountain, O Christ our God, showing to Your disciples Your glory as much as they could bear. Do also in us, sinners though we be, shine Your everlasting light, at the intercession of the Theotokos, O Giver of light. 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 θ΄ 2-12

*Ισχύς μου και ὕμνησίς μου ὁ Κύριος.*

*Παιδεύων ἐπαίδευσέ με ὁ Κύριος.*

Πρὸς Κορινθίους Α΄ Ἐπιστολῆς  
Παύλου τὸ Ανάγνωσμα

Ἀδελφοί, ἡ σφραγίς μου τῆς ἀποστολῆς ὑμεῖς ἐστε ἐν κυρίῳ. Ἡ ἐμὴ ἀπολογία τοῖς ἐμὲ ἀνακρίνουσίν ἐστιν αὕτη. Μὴ οὐκ ἔχομεν ἐξουσίαν φαγεῖν καὶ πίνειν; μὴ οὐκ ἔχομεν ἐξουσίαν ἀδελφὴν γυναῖκα περιάγειν, ὡς καὶ οἱ λοιποὶ ἀπόστολοι καὶ οἱ ἀδελφοὶ τοῦ κυρίου καὶ Κηφᾶς; ἢ μόνος ἐγὼ καὶ Βαρναβᾶς οὐκ ἔχομεν ἐξουσίαν μὴ ἐργάζεσθαι; τίς στρατεύεται ἰδίους ὀψωνίοις ποτέ; τίς φυτεύει ἀμπελῶνα καὶ τὸν καρπὸν αὐτοῦ οὐκ ἐσθίει; ἢ τίς ποιμαίνει ποίμνην καὶ ἐκ τοῦ γάλακτος τῆς ποιμνῆς οὐκ ἐσθίει; Μὴ κατὰ ἄνθρωπον ταῦτα λαλῶ, ἢ καὶ ὁ νόμος ταῦτα οὐ λέγει; ἐν γὰρ τῷ Μωϋσέως νόμῳ γέγραπται, Οὐ κημῶσεις βοῦν ἀλοῶντα. μὴ τῶν βοῶν μέλει τῷ θεῷ; ἢ δι' ἡμᾶς πάντως λέγει; δι' ἡμᾶς γὰρ ἐγράφη, ὅτι ὀφείλει ἐπ' ἐλπίδι ὁ ἀροτριῶν ἀροτριά, καὶ ὁ ἀλοῶν ἐπ' ἐλπίδι τοῦ μετέχειν. Εἰ ἡμεῖς ὑμῖν τὰ πνευματικὰ ἐσπείραμεν, μέγα εἰ ἡμεῖς ὑμῶν τὰ σαρκικὰ θερίζομεν; εἰ ἄλλοι τῆς ὑμῶν ἐξουσίας μετέχουσιν, οὐ μᾶλλον ἡμεῖς; Ἄλλ' οὐκ ἐχρησάμεθα τῇ ἐξουσίᾳ ταύτῃ, ἀλλὰ πάντα στέγομεν ἵνα μὴ τινα ἐγκοπὴν δῶμεν τῷ εὐαγγελίῳ τοῦ Χριστοῦ

# THE EPISTLE

1 Corinthians 9:2-12

*The Lord is my power and my glory*

*Verse: The lord has punished me severely*

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

Brethren, you are the seal of my apostleship in the Lord. This is my defence to those who would examine me. Do we not have the right to our food and drink? Do we not have the right to be accompanied by a wife, as the other apostles and the brothers of the Lord and Cephas? Or is it only Barnabas and I who have no right to refrain from working for a living? Who serves as a soldier at his own expense? Who plants a vineyard without eating any of its fruit? Who tends a flock without getting some of the milk? Do I say this on human authority? Does not the law say the same? For it is written in the law of Moses, "You shall not muzzle an ox when it is treading out the grain." Is it for oxen that God is concerned? Does he not speak entirely for our sake? It was written for our sake, because the plowman should plow in hope and the thresher thresh in hope of a share in the crop. If we have sown spiritual good among you, is it too much if we reap your material benefits? If others share this rightful claim upon you, do not we still more? Nevertheless, we have not made use of this right, but we endure anything rather than put an obstacle in the way of the

# ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαῖον ιη΄ 23-35

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ὡμοιώθη ἡ βασιλεία τῶν οὐρανῶν ἀνθρώπῳ βασιλεῖ ὃς ἠθέλησεν συναῖραι λόγον μετὰ τῶν δούλων αὐτοῦ. Ἀρξαμένου δὲ αὐτοῦ συναίρειν προσηνέχθη αὐτῷ εἰς ὀφειλέτης μυρίων ταλάντων. Μὴ ἔχοντος δὲ αὐτοῦ ἀποδοῦναι ἐκέλευσεν αὐτὸν ὁ κύριος πραθῆναι καὶ τὴν γυναῖκα καὶ τὰ τέκνα καὶ πάντα ὅσα ἔχει, καὶ ἀποδοθῆναι. Πεσὼν οὖν ὁ δούλος προσεκύνη αὐτῷ λέγων, Μακροθύμησον ἐπ' ἐμοί, καὶ πάντα ἀποδώσω σοι. Σπλαγχνισθεὶς δὲ ὁ κύριος τοῦ δούλου ἐκείνου ἀπέλυσεν αὐτόν, καὶ τὸ δάνειον ἀφήκεν αὐτῷ. Ἐξελθὼν δὲ ὁ δούλος ἐκεῖνος εὗρεν ἕνα τῶν συνδούλων αὐτοῦ ὃς ὄφειλεν αὐτῷ ἑκατὸν δηνάρια, καὶ κρατήσας αὐτὸν ἐπνιγεν λέγων, Ἀπόδος εἰ τι ὀφείλεις. Πεσὼν οὖν ὁ σύνδουλος αὐτοῦ παρεκάλει αὐτὸν λέγων, Μακροθύμησον ἐπ' ἐμοί, καὶ ἀποδώσω σοι. Ὁ δὲ οὐκ ἤθελεν, ἀλλὰ ἀπελθὼν ἔβαλεν αὐτὸν εἰς φυλακὴν ἕως ἀποδῶ τὸ ὀφειλόμενον. Ἴδόντες οὖν οἱ σύνδουλοι αὐτοῦ τὰ γενόμενα ἐλυπήθησαν σφόδρα, καὶ ἐλθόντες διεσάφησαν τῷ κυρίῳ ἐαυτῶν πάντα τὰ γενόμενα. Τότε προσκαλεσάμενος αὐτὸν ὁ κύριος αὐτοῦ λέγει αὐτῷ, Δούλε πονηρέ, πᾶσαν τὴν ὀφειλὴν ἐκείνην ἀφήκᾳ σοι, ἐπεὶ παρεκάλεσάς με· οὐκ ἔδει καὶ σὲ ἐλεῆσαι τὸν σύνδουλόν σου, ὡς καὶ γὰρ σὲ ἠλέησα; καὶ ὀργισθεὶς ὁ κύριος αὐτοῦ παρέδωκεν αὐτὸν τοῖς βασανισταῖς ἕως ὅς ἀποδῶ πᾶν τὸ ὀφειλόμενον. Οὕτως καὶ ὁ πατήρ μου ὁ οὐράνιος ποιήσει ὑμῖν ἐὰν μὴ ἀφήτε ἕκαστος τῷ ἀδελφῷ αὐτοῦ ἀπὸ τῶν καρδιῶν ὑμῶν τὰ παραπτώματα αὐτῶν.

# THE GOSPEL

Matthew 18:23-35

The Lord said this parable: "The kingdom of heaven may be compared to a king who wished to settle accounts with his servants. When he began the reckoning, one was brought to him who owed him ten thousand talents; and as he could not pay, his lord ordered him to be sold, with his wife and children and all that he had, and payment to be made. So the servant fell on his knees, imploring him, 'Lord, have patience with me, and I will pay you everything.' And out of pity for him the lord of that servant released him and forgave him the debt. But that same servant, as he went out, came upon one of his fellow servants who owed him a hundred denarii; and seizing him by the throat he said, 'Pay what you owe.' So his fellow servant fell down and besought him, 'Have patience with me, and I will pay you.' He refused and went and put him in prison till he should pay the debt. When his fellow servants saw what had taken place, they were greatly distressed, and they went and reported to their lord all that had taken place. Then his lord summoned him and said to him, 'You wicked servant! I forgave you all that debt because you besought me; and should not you have had mercy on your fellow servant, as I had mercy on you?' And in anger his lord delivered him to the jailors, till he should pay all his debt. So also my heavenly Father will do to everyone of you, if you do not forgive

Ἀπόστολο ἐρχομένης Κυριακῆς  
**Α΄ Κορινθίους ιε΄ 1-11**

Next week's epistle reading:  
**1 Corinthians 15:1-11**

Next week's gospel reading  
**Ματθαῖον ιβ΄ 16-26**

Εὐαγγέλιον ἐρχομένης Κυριακῆς  
**Matthew 12:16-26**