

Fasting / Νηστεία

Wed & Fri: Normal Fast

Τετ & Παρ: Νηστεία

ΠΝΕΥΜΑΤΙΚΑ ΣΑΛΠΙΣΜΑΤΑ

Ήταν κάποιος Γέροντας που έτρωγε καθημερινά τρία παξιμάδια. Τον επισκέφθηκε κάποιος αδελφός και όταν κάθησαν 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».

Έλεγαν οι Γέροντες τίποτε δεν είναι χειρότερο από την κατάκριση.

Spiritual food for thought

For St. Dionysios of Olympus, God was his total enjoyment, spiritual pleasure, and care during his ascetic struggles in Panagia's garden. Taking no care for his bodily sustenance, he fed only on wild chestnuts. But the all-merciful and all-caring God, to show His endless care and protection toward those who are His friends and servants, allowed the following to happen on a Saturday before the Great Lent.

A monk from the monastery of Zographou came to him and said, "Holy Father, the Great Lent is here. Take this food to comfort your weak body a little bit, and give thanks to God, Who provides abundantly and satisfies the entire world with His love." After he said this, he vanished, in spite of the saint's pleading for him to stay and share the food with him. The saint was amazed that the fish brought by the unknown monk was still alive, and the cheese was so fresh that whey was dripping from it, and he praised the all-providing God.

At the monastery of Vatopedi on Mt Athos, lived a blessed deacon who was the *Vimataris* (monk in charge of preparing the sanctuary) who hid the icon of the Theotokos, called "Vimatarissa," in the monastery's well.

It was found, many years after the monk's capture by barbarians, standing upright on the water with a lighted candle beside it. That same candle is still miraculously alight today, more than 100 years since it was found.



Τερά Αρχιεπισκοπή Αυστραλίας

Greek Orthodox Archdiocese of Australia

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1η Ἰουλίου 2018

Κυριακή Ε΄ Ματθαίου

Ἦχος δ΄ - Ἐωθινόν Ε΄

Ἀναστάσιμο Ἀπολυτίκιον

Ἦχος δ΄

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα,
ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου
Μαθητριά, καὶ τὴν προγονικὴν
ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις
καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ
θάνατος, ἠγέρθη Χριστὸς ὁ Θεός,
δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

Ἀπολυτίκιον τῶν Ἁγίων Ἀναργύρων

Ἦχος πλ δ΄

Ἅγιοι Ἀναργυροὶ καὶ θαυματουργοί,
ἐπισκέψασθε τὰς ἀσθενείας ἡμῶν,
δωρεὰν ἐλάβετε, δωρεὰν δότε ἡμῖν.

Ἀπολυτίκιον τῆς Ἁγίας Ἄννας

Ἦχος δ΄

Ζωὴν τὴν κυήσασαν, ἐκνοφόρησας, ἀγνήν
Θεομήτορα, θεόφρον Ἄννα, διὸ πρὸς λήξιν
οὐράνιον, ἔνθα εὐφραينوμένων, κατοικία
ἐν δόξῃ, χαίρουσα νῦν μετέστης, τοῖς
τιμῶσί σε πόθῳ, παισιμάτων αἰτουμένη,
ἱλασμὸν ἀειμακάριστε.

Κοντάκιον

Ἦχος β΄

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

1st July 2018

5th Sunday of Matthew

Tone 4 - 5th Morning Gospel

Resurrection Apolytikion

Tone 4

The joyful message of the resurrection the women disciples learnt from the Angel, and casting off the ancestral sentence, to the Apostles they announced in exultation: Death has been despoiled and Christ our God has risen, granting to the world his great mercy.

Apolytikion of the Holy Unmercenaries

Tone 8

Holy Unmercenaries and Wonder Workers, regard our infirmities; for you have freely received, freely share with us.

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 ιβ' 27-31, ιγ' 1-8

Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε· πάντα ἐν σοφίᾳ ἐποίησας.

Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον.

Πρὸς Κορινθίους Α' Ἐπιστολῆς Παύλου
Ἀνάγνωσμα

Ἀδελφοί, ὑμεῖς ἐστε σῶμα Χριστοῦ καὶ μέλη ἐκ μέρους. Καὶ οὐς μὲν ἔθετο ὁ θεὸς ἐν τῇ ἐκκλησίᾳ πρῶτον ἀποστόλους, δεύτερον προφήτας, τρίτον διδασκάλους, ἔπειτα δυνάμεις, εἶτα χαρίσματα ἰαμάτων, ἀντιλήψεις, κυβερνήσεις, γένη γλωσσῶν. Μὴ πάντες ἀπόστολοι; μὴ πάντες προφήται; μὴ πάντες διδάσκαλοι; Μὴ πάντες δυνάμεις; Μὴ πάντες χαρίσματα ἔχουσιν ἰαμάτων; Μὴ πάντες γλώσσαις λαλοῦσι; Μὴ πάντες διερμηνεύουσι; Ζηλοῦτε δὲ τὰ χαρίσματα τὰ κρείττονα. Καὶ ἔτι καθ' ὑπερβολὴν ὁδὸν ὑμῖν δείκνυμι. Ἐὰν ταῖς γλώσσαις τῶν ἀνθρώπων λαλῶ καὶ τῶν ἀγγέλων, ἀγάπην δὲ μὴ ἔχω, γέγονα χαλκὸς ἢ ἤχων ἢ κύμβαλον ἀλαλάζον. Καὶ ἐὰν ἔχω προφητείαν καὶ εἰδῶ τὰ μυστήρια πάντα καὶ πᾶσαν τὴν γνῶσιν, καὶ ἐὰν ἔχω πᾶσαν τὴν πίστιν, ὥστε ὄρη μεθιστάνειν, ἀγάπην δὲ μὴ ἔχω, οὐδὲν εἰμι. Καὶ ἐὰν ψωμίσω πάντα τὰ ὑπάρχοντά μου, καὶ ἐὰν παραδῶ τὸ σῶμά μου ἵνα καυθήσομαι, ἀγάπην δὲ μὴ ἔχω, οὐδὲν ὠφελοῦμαι. Ἡ ἀγάπη μακροθυμεῖ, χρηστεύεται, ἡ ἀγάπη οὐ ζηλοῖ, ἡ ἀγάπη οὐ περπερεύεται, οὐ φυσιοῦται, οὐκ ἀσχημονεῖ, οὐ ζητεῖ τὰ ἑαυτῆς, οὐ παροξύνεται, οὐ λογίζεται τὸ κακόν, οὐ χαίρει ἐπὶ τῇ ἀδικίᾳ, συγχαίρει δὲ τῇ ἀληθείᾳ· πάντα στέγει, πάντα πιστεύει, πάντα ἐλπίζει, πάντα ὑπομένει. Ἡ ἀγάπη οὐδέποτε ἐκπίπτει.

Ἀπόστολο ἐρχομένης Κυριακῆς
Ρωμαίους ιβ' 6-14

THE EPISTLE

I Corinthians 12:27-31;13:1-8

How manifold are your works Lord, you created everything in wisdom

Bless the Lord O my soul

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

Brethren, you are the body of Christ and individually members of it. And God has appointed in the church first apostles, second prophets, third teachers, then workers of miracles, then healers, helpers, administrators, speakers in various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak with tongues? Do all interpret? But earnestly desire the higher gifts. And I will show you a still more excellent way. If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver my body to be burned, but have not love, I gain nothing. Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things. Love never

Next week's epistle reading:
Romans 12:6-14

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαῖον η' 28-34, θ' 1

Τῷ καιρῷ ἐκείνῳ, ἐλθόντος τῷ Ἰησοῦ εἰς τὸ πέραν εἰς τὴν χώραν τῶν Γαδαρηνῶν ὑπήντησαν αὐτῷ δύο δαιμονιζόμενοι ἐκ τῶν μνημείων ἐξερχόμενοι, χαλεποὶ λίαν, ὥστε μὴ ἰσχύειν τινὰ παρελθεῖν διὰ τῆς ὁδοῦ ἐκείνης. Καὶ ἰδοὺ ἔκραξαν λέγοντες, Τί ἡμῖν καὶ σοί, υἱὲ τοῦ Θεοῦ; ἦλθες ὧδε πρὸ καιροῦ βασανίσαι ἡμᾶς; ἢν δὲ μακρὰν ἀπ' αὐτῶν ἀγέλη χοίρων πολλῶν βοσκομένη. Οἱ δὲ δαίμονες παρεκάλουν αὐτὸν λέγοντες, Εἰ ἐκβάλλεις ἡμᾶς, ἀπόστειλον ἡμᾶς εἰς τὴν ἀγέλην τῶν χοίρων. Καὶ εἶπεν αὐτοῖς, Ὑπάγετε. οἱ δὲ ἐξεληθόντες ἀπήλθον εἰς τοὺς χοίρους· καὶ ἰδοὺ ὤρμησεν πᾶσα ἡ ἀγέλη κατὰ τοῦ κρημνοῦ εἰς τὴν θάλασσαν, καὶ ἀπέθανον ἐν τοῖς ὕδασι. Οἱ δὲ βόσκοντες ἔφυγον, καὶ ἀπελθόντες εἰς τὴν πόλιν ἀπήγγειλαν πάντα καὶ τὰ τῶν δαιμονιζομένων. Καὶ ἰδοὺ πᾶσα ἡ πόλις ἐξήλθεν εἰς ὑπάντησιν τῷ Ἰησοῦ, καὶ ἰδόντες αὐτὸν παρεκάλεσαν ὅπως μεταβῆ ἀπὸ τῶν ὁρίων αὐτῶν. Καὶ ἐμβὰς εἰς πλοῖον διεπέρασεν καὶ ἦλθεν εἰς τὴν ἰδίαν πόλιν.

Next week's gospel reading
Ματθαῖον θ' 1-8

THE GOSPEL

Matthew 8: 24-34, 9:1

At that time, when Jesus came to the other side, to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city

Εὐαγγέλιον ἐρχομένης Κυριακῆς
Matthew 9:1-8