

ΠΝΕΥΜΑΤΙΚΑ ΣΑΛΠΗΣΜΑΤΑ

«Η ειρήνη είναι το πνεύμα του Θεού, το άλλο (ταραχή, σύγχυση) προέρχεται από τον διάβολο».

Πρόσεχε πολύ να μην επηρεασθεί από «το ανήσυχο κοσμικό πνεύμα που έχει κάνει τον κόσμο τρελοκομείο». Αγωνιζόταν να διατηρεί την ειρηνική κατάσταση του. Έβαζε πάντα το ρολόι του επίτηδες μπροστά. Όταν πήγαινε επίσκεψη, ξεκινούσε νωρίτερα, για να μην κινείται βιαστικά και με σύγχυση, και επηρεάζει η κατάσταση αυτή την προσευχή του. Προ παντός στην Εκκλησία ήθελε να προσευχόμαστε με ειρήνη. Όταν σε ώρα ακολουθίας έβλεπε αταξία που δημιουργούσε σύγχυση, επενέβαινε διακριτικά και επανέφερε την τάξη.

«Η πραγματική ειρήνη έρχεται, αν τακτοποιηθεί εσωτερικά ο άνθρωπος και προσέχει να μη δίνει δικαιώματα, γιατί ο πειρασμός προσπαθεί να του αφαιρέσει την ειρήνη με αιφνιδιασμούς».

— Γιατί συμβαίνει μερικές ψυχές με ασήμαντα γεγονότα να χάνουν την ειρήνη τους;

— Λείπει η εγρήγορση. Χρειάζεται εγρήγορση, γιατί κάνει αιφνιδιασμό το ταγκαλάκι. Αυτή η ειρήνη δεν είναι πραγματική. Νομίζει χάνει την ειρήνη. Απλώς προστέθηκε ταραχή στην ταραχή. Ένας που έχει την πραγματική ειρήνη δικαιολογεί τα πάντα.

Ευχέτης του σύμπαντος κόσμου «Χωρίς δικαιοσύνη η προσευχή δεν εισακούεται».

SPIRITUAL FOOD

A brother questioned Abba Poemen in this way, 'My thoughts trouble me, making me put my sins aside, and concern myself with my brother's faults'. The old man told him the following story about Abba Dioscorus (the monk), 'In his cell he wept over himself, while his disciple was sitting in another cell. When the latter came to see the old man he asked him, "Father, why are you weeping?" "I am weeping over my sins," the old man answered him. Then his disciple said, "You do not have any sins, Father." The old man replied, "Truly, my child, if I were allowed to see my sins, three or four men would not be enough to weep for them."

If we wear our heavenly robe, we shall not be found naked, but if we are found not wearing this garment, what shall we do, brethren? We, even we also, shall hear the voice that says, "Cast them into outer darkness; there men will weep and gnash their teeth." (Matt. 22:13) And, brethren, there will be great shame in store for us, if, after having worn this habit for so long, we are found in the hour of need not having put on the wedding garment. Oh what compunction will seize us! What darkness will fall upon us, in the presence of our fathers and our brethren, who will see us being tortured by the angels of punishment!

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

Fasting / Νηστεία

Normal fasting Wed. & Friday / Νηστεία Τετάρτη και Παρασκευή



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Greek Orthodox Archdiocese of Australia
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10η Μαΐου 2020

Κυριακή τοῦ Παραλύτου
Ἦχος γ' - Ἐωθινόν Ε'

Ἀναστάσιμο Ἀπολυτίκιον
Ἦχος γ'

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω
τὰ ἐπίγεια, ὅτι ἐποίητε κράτος ἐν
βραχίονι αὐτοῦ ὁ Κύριος· ἐπάτησε τῷ
θανάτῳ τὸν θάνατον. πρωτότοκος τῶν
νεκρῶν ἐγένετο, ἐκ κοιτίας Ἰδίου
ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ
τὸ μέγα ἔλεος.

Ἀπολυτίκιον τῆς Αγίας Άννας
Ἦχος δ'

Ζωὴν τὴν κῆσασαν, ἐκνοφόρησας, ἀγνήν
Θεομήτορα, θεόφρον Ἄννα, διὸ πρὸς λήξιν
οὐράνιον, ἔνθα εὐφραινομένων, κατοικία
ἐν δόξῃ, χαίρουσα νῦν μετέστης, τοῖς
τιμῶσί σε πόθῳ, πταισμάτων αἰτουμένη,
ἰλασμόν ἀειμακάριστε.

Κοντάκιον
Ἦχος πλ δ'

Εἰ καὶ ἐν τάφῳ κατήλθες ἀθάνατε, ἀλλὰ
τοῦ Ἄδου καθεῖλες τὴν δύναμιν, καὶ
ἀνέστης ὡς νικητής, Χριστέ ὁ Θεός,
γυναίξι Μυροφόροις φθελγᾶμενος,
Χαίρετε, καὶ τοῖς σοῖς Ἀποστόλοις
ειρήνην δωρούμενος ὁ τοῖς πεσοῦσι
παρέχων ἀνάστασιν.

10th May 2020

Sunday of the Paralytic
Tone 3 - 5th Morning Gospel

Resurrection Apolytikion
Tone 3

Let the heavens rejoice and the earth be
glad, for the Lord has done a mighty
deed with His arm; by death He has
trampled on death. The first born of the
dead He has become. From Hades
depths He has delivered us; and granted
to the world His great mercy.

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 8

Even though You went down into the
tomb, You destroyed Hades' power, and
You rose the victor, Christ God, saying
to the myrrh-bearing women, "Hail!"
and granting peace to Your disciples,
You who raise up the fallen.

Ο ΑΠΟΣΤΟΛΟΣ

(Πράξεων θ' 32-42)

Ψάλατε τῷ Θεῷ ἡμῶν ψάλατε.

Πάντα τὰ ἔθνη κροτήσατε χεῖρας

Πράξεων τῶν Αποστόλων τὸ Ανάγνωσμα

Ἐν ταῖς ἡμεραῖς ἐκεῖναις, ἐγένετο δὲ Πέτρον διερχόμενον διὰ πάντων κατελθεῖν καὶ πρὸς τοὺς ἁγίους τοὺς κατοικοῦντας Λύδδα. Εὗρεν δὲ ἐκεῖ ἄνθρωπον τινὰ ὀνόματι Αἰνέαν ἐξ ἐτῶν ὀκτῶ κατακείμενον ἐπὶ κραβάττου, ὃς ἦν παραλελυμένος. Καὶ εἶπεν αὐτῷ ὁ Πέτρος, Αἰνέα, ἰάταί σε Ἰησοῦς Χριστός· ἀνάστηθι καὶ στῶσον σεαυτῷ. καὶ εὐθέως ἀνέστη. Καὶ εἶδαν αὐτὸν πάντες οἱ κατοικοῦντες Λύδδα καὶ τὸν Σαρῶνα, οἵτινες ἐπέστρεψαν ἐπὶ τὸν κύριον. Ἐν Ἰόππῃ δὲ τις ἦν μαθήτρια ὀνόματι Ταβιθά, ἡ διερμηνευομένη λέγεται Δορκάς· αὕτη ἦν πλήρης ἔργων ἀγαθῶν καὶ ἐλεημοσυνῶν ὧν ἐποίει. Ἐγένετο δὲ ἐν ταῖς ἡμέραις ἐκεῖναις ἀσθενήσασαν αὐτὴν ἀποθανεῖν· λούσαντες δὲ [αὐτὴν] ἔθηκαν ἐν ὑπερῷῳ. Ἐγγὺς δὲ οὖσης Λύδδας τῇ Ἰόππῃ οἱ μαθηταὶ ἀκούσαντες ὅτι Πέτρος ἐστὶν ἐν αὐτῇ ἀπέστειλαν δύο ἄνδρας πρὸς αὐτὸν παρακαλοῦντες, Μὴ ὀκνήσης διελθεῖν ἕως ἡμῶν. Ἀναστὰς δὲ Πέτρος συνήλθεν αὐτοῖς· ὃν παραγενόμενον ἀνήγαγον εἰς τὸ ὑπερῶνον, καὶ παρέστησαν αὐτῷ πᾶσαι αἱ χήραι κλαίουσαι καὶ ἐπιδεκνύμεναι χιτῶνας καὶ ἱμάτια ὅσα ἐποίει μετ' αὐτῶν οὖσα ἡ Δορκάς. Ἐκβαλὼν δὲ ἕξω πάντας ὁ Πέτρος καὶ θεὸς τὰ γόνατα προσήυξατο, καὶ ἐπιστρέψας πρὸς τὸ σῶμα εἶπεν, Ταβιθά, ἀνάστηθι. ἡ δὲ ἤνοιξεν τοὺς ὀφθαλμούς αὐτῆς, καὶ ἰδοῦσα τὸν Πέτρον ἀνεκάθισεν. Δοὺς δὲ αὐτῇ χεῖρα ἀνέστησεν αὐτὴν, φωνήσας δὲ τοὺς ἁγίους καὶ τὰς χήρας παρέστησεν αὐτὴν ζῶσαν. Γνωστὸν δὲ ἐγένετο καθ' ὅλης [τῆς] Ἰόππης, καὶ ἐπίστευσαν πολλοὶ ἐπὶ τὸν κύριον.

**Ἀπόστολο ἐρχομένης Κυριακῆς
Πράξεων ια' 19-30**

THE EPISTLE

(Acts 9:32-42)

Sing praises to our Lord, sing praises

Verse: Clap your hands all you nations

The Reading is from Acts of the Apostles

IN THOSE DAYS, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

**Next week's epistle reading:
Acts 11:19-30**

THE GOSPEL

(Ἰωάννου ε' 1-15)

Τῷ καιρῷ ἐκεῖνῳ, ἀνέβη ὁ Ἰησοῦς εἰς Ἱερουσόλυμα. Ἔστιν δὲ ἐν τοῖς Ἱεροσολύμοις ἐπὶ τῇ προβατικῇ κολυμβήθρᾳ ἡ ἐπιλεγομένη Ἐβραῖστί Βηθζαθά, πέντε στοὰς ἔχουσα. Ἐν ταύταις κατέκειτο πλήθος τῶν ἀσθενούντων, τυφλῶν, χωλῶν, ξηρῶν. Ἦν δὲ τις ἄνθρωπος ἐκεῖ τριάκοντα [καί] ὀκτῶ ἔτη ἔχων ἐν τῇ ἀσθενείᾳ αὐτοῦ· τοῦτον ἰδὼν ὁ Ἰησοῦς κατακείμενον, καὶ γνοὺς ὅτι πολὺν ἤδη χρόνον ἔχει, λέγει αὐτῷ, Θέλεις ὑγιῆς γενέσθαι; ἀπεκρίθη αὐτῷ ὁ ἀσθενῶν, Κύριε, ἄνθρωπον οὐκ ἔχω ἵνα ὅταν ταραχθῆ τὸ ὕδωρ βάλη με εἰς τὴν κολυμβήθραν· ἐν ᾧ δὲ ἔρχομαι ἐγὼ ἄλλος πρὸ ἐμοῦ καταβαίνει. Λέγει αὐτῷ ὁ Ἰησοῦς, Ἐγειρε ἄρον τὸν κράβαττόν σου καὶ περιπάτει. Καὶ εὐθέως ἐγένετο ὑγιῆς ὁ ἄνθρωπος, καὶ ἦρεν τὸν κράβαττον αὐτοῦ καὶ περιπάτει. Ἦν δὲ σάββατον ἐν ἐκείνῃ τῇ ἡμέρᾳ. Ἐλεγον οὖν οἱ Ἰουδαῖοι τῷ τεθεραπευμένῳ, Σάββατόν ἐστιν, καὶ οὐκ ἔξεστίν σοι ἄραι τὸν κράβαττόν σου. Ὁ δὲ ἀπεκρίθη αὐτοῖς, Ὁ ποιήσας με ὑγιῆ ἐκεῖνός μοι εἶπεν, Ἄρον τὸν κράβαττόν σου καὶ περιπάτει. Ἠρώτησαν αὐτόν, Τίς ἐστὶν ὁ ἄνθρωπος ὁ εἰπὼν σοι, Ἄρον καὶ περιπάτει; ὁ δὲ ἰαθεὶς οὐκ ᾔδει τίς ἐστίν, ὁ γὰρ Ἰησοῦς ἐξένευσεν ὄχλου ὄντος ἐν τῷ τόπῳ. Μετὰ ταῦτα εὗρίσκει αὐτόν ὁ Ἰησοῦς ἐν τῷ ἱερῷ καὶ εἶπεν αὐτῷ, Ἴδε ὑγιῆς γέγονας· μηκέτι ἀμάρτανε, ἵνα μὴ χειρόν σοί τι γένηται. Ἀπῆλθεν ὁ ἄνθρωπος καὶ ἀνήγγειλεν τοῖς Ἰουδαίοις ὅτι Ἰησοῦς ἐστὶν ὁ ποιήσας αὐτόν ὑγιῆ.

**Next week's gospel reading
Ἰωάννην δ' 5-42**

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

(John 5:1-15)

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda which has five porticoes. In these lay a multitude of invalids, blind, lame, paralysed, waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. Now that day was the sabbath. So the Jews said to the man who was cured, "It is the sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befall you." The man went away and told the Jews that it was Jesus who had healed him.

**Εὐαγγέλιον ἐρχομένης Κυριακῆς
John 4:5—42**