

ΠΝΕΥΜΑΤΙΚΑ ΣΑΛΠΙΣΜΑΤΑ

Ας ξέρουμε και τούτο, οτι εμείς και οι δαίμονες μαζί κάνουμε τις αμαρτίες: Οι άσαρκοι δαίμονες προξενούν με τους λογισμούς την αμαρτία, ενώ εμείς με τις πράξεις μας αμαρτάνουμε. Η προσευχή όμως τους κατακαίει και τους αφανίζει. Αυτή κόβει σαν με το μαχαίρι την πολυλογία, την ειρωνεία, τις κατακρίσεις και όλες τις τιποτένιες επιθυμίες, γιατί δεν ανέχεται ούτε για μια στιγμή να μας αποστερήσει από τη γλυκιά της.

Την τελειότητα των Αγίων Πατέρων δεν μπορούμε να τη φθάσουμε όλοι μας, γιατί δεν έχουμε όλοι την ίδια προθυμία και δυνατότητα. Για τους τέλειους όλα είναι ευκολοκατόρθωτα. Αυτοί κατά τον πνευματικό νόμο σαββάτισαν δηλαδή, δεν έκαναν καμιά χειρωνακτική εργασία, αλλά ευχαριστούνταν μόνο στο να μιλούν με τον Θεό τρεφόμενοι με θεϊκή τροφή.

Ας μην αμελήσουμε να τα κατακτήσουμε αυτά τα αγαθά του Αγίου Πνεύματος, με την πνευματική αυτή εργασία της νοεράς προσευχής.

Κι αν θέλεις να μάθεις τον τρόπο δεν έχεις παρά να μιμηθείς εκείνον που παίζει κιθάρα:

" Εκείνος γέρνει το κεφάλι του στο στήθος του και μετά αρχίζει να χτυπάει τις χορδές της με την πένα του· έτσι αναγκάζει την κιθάρα να βγάλει μελωδία, η οποία κάνει τον κιθαρωδό να πηδάει από την γλυκιά της..."

Έτσι κάνε και συ, αδελφέ μου:
" Για κιθάρα έχει την καρδιά σου, για χορδές τις αισθήσεις σου και για πένα τη διάνοια, που με το λογιστικό κινεί την προσευχή προσεκτικά. Και επειδή η προσευχή είναι ενθύμηση του Θεού, φέρνει ανείπωτη ηδονή στην ψυχή και μας κάνει να βλέπουμε νοερά το Θείο Φως."

Fasting / Νηστεία

Normal fasting Wed. & Friday / Νηστεία Τετάρτη και Παρασκευή

SPIRITUAL FOOD

When the blessed Eulogius saw an angel distributing gifts to the monks who toiled at all-night vigils, to one he gave a gold piece with the image of Our Lord Jesus Christ, to another a silver piece with a cross, to another a copper piece, to another a bronze piece, and to another nothing. The others who had remained in the church, left the church empty-handed. It was revealed to him that the ones who had obtained the gifts are those who toil at vigils and are diligent in prayers, supplications, psalms, chants, and readings. Those who received nothing or who left the church empty-handed are those who are heedless of their salvation, are enslaved to vainglory and the clamors of life, and stand feebly and lazily at vigils and whisper and jest.

Do we forgive our neighbors their trespasses? God also forgives us in His mercy. Do we refuse to forgive? God, too, will refuse to forgive us. As we treat our neighbours, so also does God treat us.

The forgiveness, then, of your sins or unforgiveness, and hence also your salvation or destruction, depend on you yourself, man. For without forgiveness of sins there is no salvation. You can see for yourself how terrible it is.

When anyone is disturbed or saddened under the pretext of a good and soul-profitting matter, and is angered against his neighbour, it is evident that this is not according to God: for everything that is of God is peaceful and useful and leads a man to humility and to judging himself.



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

19η Ἰουλίου 2020

Κυριακή τῶν Ἁγ. Πατέρων
Ἦχος πλ α' - Ἐωθινόν ΣΤ'

Ἀναστάσιμο Ἀπολυτίκιον

Ἦχος Πλ α'

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν, πιστοὶ καὶ προσκυνήσωμεν· ὅτι ἠδόκησε, σαρκὶ ἀνελθεῖν ἐν τῷ σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγείραι τοὺς τεθνεώτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Ἀπολυτίκιον τῶν Ἁγίων Πατέρων

Ἦχος πλ. δ'

Ὑπερδεδοξαμένους εἰ, Χριστέ ὁ Θεὸς ἡμῶν, ὁ φωστήρας ἐπὶ γῆς τοὺς Πατέρας ἡμῶν θεμελιώσας, καὶ δι' αὐτῶν πρὸς τὴν ἀληθινὴν πίστιν, πάντας ἡμᾶς ὀδηγήσας, πολυεύσπλαγχνε, δόξα σοί.

Ἀπολυτίκιον τῆς Ἁγίας Ἄννας

Ἦχος δ'

Ζωὴν τὴν κύησασαν, ἐκυφοφόρησας...

Κοντάκιον

Ἦχος β'

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεστεία πρὸς τὸν Ποιητὴν ἀμετάθετε, Μὴ παρίδης ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασσον, ὡς ἀγαθὴ, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοί. Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἢ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

19th July 2020

Sunday of the Holy Fathers
Tone 5 - 6th Morning Gospel

Resurrection Apolytikion

Tone 5

The Word eternal with the Father and the Spirit, born of the Virgin for our Salvation, let us believers praise and worship; for he was pleased to go up on the Cross in his flesh, to endure death and raise the dead, by his glorious resurrection.

Apolytikion of the Holy Fathers

Tone 8

You are greatly glorified, O Christ our God, who established our Fathers as luminaries upon the earth, and through them led us all to the true Faith. O Most compassionate, glory to You.

Apolytikion of St Anna

Tone 4

You gave birth to God's pure Mother...

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

Τίτον γ' 8-15

*Εὐλογητός εἶ, Κύριε, ὁ Θεός τῶν
Πατέρων ἡμῶν.*

*Ὅτι δίκαιος εἶ ἐπὶ πᾶσαν, οἷς ἐποίησας
ἡμῖν.*

Πρὸς Τίτον Ἐπιστολῆς Παύλου τὸ
Ἀνάγνωσμα

Τέκνον Τίτε, πιστὸς ὁ λόγος· καὶ περὶ
τούτων βούλομαι σε διαβεβαιοῦσθαι, ἵνα
φροντίζωσι καλῶν ἔργων προϊστασθαι
οἱ πεπιστευκότες τῷ Θεῷ. ταῦτά ἐστι τὰ
καλὰ καὶ ὠφέλιμα τοῖς ἀνθρώποις·
μωρὰς δὲ ζητήσεις καὶ γενεαλογίας καὶ
ἔρεις καὶ μάχας νομικὰς περιίστασο· εἰσὶ
γὰρ ἀνωφελεῖς καὶ μάταιοι. αἰρετικὸν
ἄνθρωπον μετὰ μίαν καὶ δευτέραν
νουθεσίαν παραιτοῦ, εἰδὼς ὅτι
ἐξέστραπται ὁ τοιοῦτος καὶ ἀμαρτάνει
ὦν αὐτοκατάκριτος. Ὅταν πέμψω
Ἀρτεμᾶν πρὸς σε ἢ Τυχικόν, σπούδασον
ἐλθεῖν πρὸς με εἰς Νικόπολιν· ἐκεῖ γὰρ
κέκρικα παραχειμάσαι. Ζηγᾶν τὸν
νομικὸν καὶ Ἀπολλῶ σπουδαίως
πρόπεμψον, ἵνα μηδὲν αὐτοῖς λείπη.
μανθανέτωσαν δὲ καὶ οἱ ἡμέτεροι καλῶν
ἔργων προϊστασθαι εἰς τὰς ἀναγκαίας
χρείας, ἵνα μὴ ὦσιν ἄκαρποι.
Ἀσπάζονται σε οἱ μετ' ἐμοῦ πάντες.
ἄσπασαι τοὺς φιλοῦντας ἡμᾶς ἐν πίστει.
Ἡ χάρις μετὰ πάντων ὑμῶν· ἀμήν.

THE EPISTLE

Titus 3:8-15

Blessed are you O Lord the God of our Fathers

*V.: For you are just in everything, which you
have created for us*

The Reading is from Paul's letter to Titus

TITUS, my son, the saying is sure. I desire
you to insist on these things, so that those
who have believed in God may be careful
to apply themselves to good deeds; these
are excellent and profitable to men. But
avoid stupid controversies, genealogies,
dissensions, and quarrels over the law, for
they are unprofitable and futile. As for a
man who is factious, after admonishing him
once or twice, knowing that such a person
is perverted and sinful; he is self-
condemned. When I send Artemas or
Tychicos to you, do your best to come to me
at Nicopolis, for I have decided to spend
the winter there. Do your best to speed
Zenas the lawyer and Apollos on their way;
see that they lack nothing. And let our peo-
ple learn to apply themselves to good
deeds, so as to help cases of urgent need,
and not to be unfruitful. All who are with
me send greeting to you. Greet those who
love us in the faith. Grace be with you all.
Amen.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαίου ε' 14-19

Εἶπεν ὁ Κύριος τοῖς ἑαυτοῦ
μαθηταῖς· Ὑμεῖς ἐστε τὸ φῶς τοῦ
κόσμου. οὐ δύναται πόλις
κρυβῆναι ἐπάνω ὄρους
κειμένη· οὐδὲ καίουσιν λύχνον καὶ
τιθέασιν αὐτὸν ὑπὸ τὸν μῶδιον
ἀλλ' ἐπὶ τὴν λυχνίαν, καὶ λάμπει
πᾶσιν τοῖς ἐν τῇ οἰκίᾳ. Οὕτως
λαμψάτω τὸ φῶς ὑμῶν
ἔμπροσθεν τῶν ἀνθρώπων, ὅπως
ἴδωσιν ὑμῶν τὰ καλὰ ἔργα καὶ
δοξάσωσιν τὸν πατέρα ὑμῶν τὸν
ἐν τοῖς οὐρανοῖς. Μὴ νομίσητε ὅτι
ἦλθον καταλῦσαι τὸν νόμον ἢ
τοὺς προφήτας· οὐκ ἦλθον
καταλῦσαι ἀλλὰ πληρῶσαι. Ἀμήν
γὰρ λέγω ὑμῖν, ἕως ἂν παρέλθῃ ὁ
οὐρανὸς καὶ ἡ γῆ, ἰῶτα ἐν ἡ μία
κεραία οὐ μὴ παρέλθῃ ἀπὸ τοῦ
νόμου ἕως ἂν πάντα γένηται. Ὅς
ἐὰν οὖν λύσῃ μίαν τῶν ἐντολῶν
τούτων τῶν ἐλαχίστων καὶ διδάξῃ
οὕτως τοὺς ἀνθρώπους,
ἐλάχιστος κληθήσεται ἐν τῇ
βασιλείᾳ τῶν οὐρανῶν· ὅς δ' ἂν
ποιήσῃ καὶ διδάξῃ, οὗτος μέγας
κληθήσεται ἐν τῇ βασιλείᾳ τῶν
οὐρανῶν.

THE GOSPEL

Matthew 5:14-19

The Lord said to his disciples,
"You are the light of the world. A
city set on a hill cannot be hid.
Nor do men light a lamp and put
it under a bushel, but on a stand,
and it gives light to all in the
house. Let your light so shine be-
fore men, that they may see your
good works and give glory to
your Father who is in heaven.
Think not that I have come to
abolish the law and the prophets;
I have come not to abolish them
but to fulfil them. For truly, I say
to you, till heaven and earth pass
away, not an iota, not a dot, will
pass from the law until all is ac-
complished. Whoever then re-
laxes one of the least of these
commandments and teaches men
so, shall be called least in the
kingdom of heaven; but he who
does them and teaches them shall
be called great in the kingdom of
heaven."

Ἀπόστολο ἐρχομένης Κυριακῆς

Γαλ. γ' 23-29, δ' 1-5

Next week's epistle reading:

Galatians 3:23-29, 4:1-5

Next week's gospel reading

Ματθαίου θ' 27-35

Εὐαγγέλιον ἐρχομένης Κυριακῆς

Matthew 9:27-35