

ΠΝΕΥΜΑΤΙΚΑ ΣΑΛΠΙΣΜΑΤΑ

Λόγος περί απελευθέρωσης:

Είτε γέρων. Δεν έχω ασχοληθεί με πολλά πράγματα. Λίγα πατερικά ξέρω και προσπαθώ..., τέλος πάντων. Αυτό που έχω καταλάβει είναι ότι δεν υπάρχει φαρμάκι στον άνθρωπο. Το φαρμάκι γίνεται γλυκό, όταν το αντιμετωπίσεις πνευματικά.

Βλέπουμε πολλές φορές ένα άνθρωπο να αμαρτάνει. Λυπείται όπως πραγματικά μετανοεί, νιώθει λύπη εξομολογείται και έχει θεια παρηγοριά. Και όταν δεν νιώθει αυτή την παρηγοριά, τότε πρέπει να καταλάβει ότι κάποια εξέλιξη τον πειράζει μέσα του, τον πειράζει ο λογισμός και πρέπει να πάει να το πει αυτό, όποτε έρχεται η παρηγοριά. Προχωρούμε τώρα. Συμμετέχει σε μια στεναχώρια ενός αδελφού που υποφέρει, κάνει προσευχή, παρακαλεί και τον βοηθάει ο Θεός.

Είτε πάλι, όταν κανείς είναι ελευθερωμένος από το παλιοάγχος, τότε αναπαύονται κοντά του και κάθε είδους άνθρωποι.

Αυτός που πιστεύει στο Θεό, και έχει δυνατή πίστη, αισθάνεται σε κάθε βήμα της ζωής του την παρουσία του Χριστού, και νιώθει απέραντη χαρά και ειρήνη μέσα στην ψυχή του.

Αντίθετα ο ολιγόπιστος μεμφιμοιρεί, λυπάται για τα γήινα, γογγύζει εύκολα, ταρασσεται γεμίζει άγχος.

SPIRITUAL FOOD

Abba Elias, the minister, said, 'What can sin do where there is penitence? And of what use is love where there is pride?' Observe your thoughts, and beware of what you have in your heart and your spirit, knowing that the demons put ideas into you so as to corrupt your soul by making it think of that which is not right, in order to turn your spirit from the consideration of your sins and of God.

Abba Epiphanius added, 'A man who receives something from another because of his poverty or his need has therein his reward, and because he is ashamed, when he repays it he does so in secret. But it is the opposite for the Lord God; he receives in secret, but he repays in the presence of the angels, the archangels and the righteous.'

Abba Evagrius said, "Take away temptations and no one will be saved."

Abba Gerontius of Petra said that many, tempted by the pleasures of the body, commit fornication, not in their body but in their spirit, and while preserving their bodily virginity, commit prostitution in their soul. 'Thus it is good, my well-beloved, to do that which is written and for each one to guard his own heart with all possible care.' (Prov. 4.23)

It was said of Abba Helladius that he spent twenty years in the Cells, without ever raising his eyes to see the roof of the church.

Fasting / Νηστεία

Apostles' fast until Tuesday 30/ Νηστεία Αποστόλων μέχρι Τρι 30



Τερά Αρχιεπισκοπή Αυστραλίας
Greek Orthodox Archdiocese of Australia
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21η Ἰουνίου 2020

Κυριακή Β' Ματθαίου
Ἦχος α' - Ἐωθινόν Β'

Ἀναστάσιμο Ἀπολυτίκιον

Ἦχος α'

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

Ἀπολυτίκιον τῆς Αγίας Άννας

Ἦχος δ'

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

Κοντάκιον

Ἦχος β'

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

21st June 2020

2nd Sunday of Matthew
Tone 1 - 2nd 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 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

Ρωμαίους β' 10-16

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς.

Ἀγαλλιᾶσθε, δίκαιοι, ἐν Κυρίῳ.

Πρὸς Ῥωμαίους Ἐπιστολῆς Παύλου τὸ
ανάγνωσμα

Ἀδελφοί, δόξα καὶ τιμὴ καὶ εἰρήνη παντὶ τῷ ἐργαζομένῳ τὸ ἀγαθόν, Ἰουδαίῳ τε πρῶτον καὶ Ἑλληνι· οὐ γὰρ ἐστὶ προσωποληψία παρὰ τῷ Θεῷ. Ὅσοι γὰρ ἀνόμως ἤμαρτον, ἀνόμως καὶ ἀπολοῦνται· καὶ ὅσοι ἐν νόμῳ ἤμαρτον, διὰ νόμου κριθήσονται. Οὐ γὰρ οἱ ἀκροαταὶ τοῦ νόμου δίκαιοι παρὰ τῷ Θεῷ, ἀλλ' οἱ ποιηταὶ τοῦ νόμου δικαιοθήσονται. Ὅταν γὰρ ἔθνη τὰ μὴ νόμον ἔχοντα φύσει τὰ τοῦ νόμου ποιῇ, οὗτοι νόμον μὴ ἔχοντες ἑαυτοῖς εἰσι νόμος, οἵτινες ἐνδείκνυνται τὸ ἔργον τοῦ νόμου γραπτὸν ἐν ταῖς καρδίαις αὐτῶν, συμμαρτυροῦσης αὐτῶν τῆς συνειδήσεως καὶ μεταξύ ἀλλήλων τῶν λογισμῶν κατηγορούντων ἢ καὶ ἀπολογουμένων - ἐν ἡμέρᾳ ὅτε κρινεῖ ὁ Θεὸς τὰ κρυπτὰ τῶν ἀνθρώπων κατὰ τὸ εὐαγγέλιόν μου διὰ Ἰησοῦ Χριστοῦ.

THE EPISTLE

Romans 2:10-16

May your mercy be upon us O lord.

Rejoice in the Lord all you righteous

The reading is from Paul's letter to the
Romans

Brethren, glory and honour and peace for every one who does good, the Jew first and also the Greek. For God shows no partiality. All who have sinned without the law will also perish without the law, and all who have sinned under the law will be judged by the law. For it is not the hearers of the law who are righteous before God, but the doers of the law who will be justified. When Gentiles who have not the law do by nature what the law requires, they are a law to themselves, even though they do not have the law. They show that what the law requires is written on their hearts, while their conscience also bears witness and their conflicting thoughts accuse or perhaps excuse them on that day when, according to my gospel, God judges the secrets of men by Christ Jesus.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαῖον δ' 18-23

Τῷ καιρῷ ἐκείνῳ, περιπατῶν ὁ Ἰησοῦς παρὰ τὴν θάλασσαν τῆς Γαλιλαίας, εἶδε δύο ἀδελφούς, Σίμωνα τὸν λεγόμενον Πέτρον καὶ Ἀνδρέαν τὸν ἀδελφὸν αὐτοῦ, βάλλοντας ἀμφίβληστρον εἰς τὴν θάλασσαν· ἦσαν γὰρ ἀλιεῖς· καὶ λέγει αὐτοῖς· Δεῦτε ὀπίσω μου καὶ ποιήσω ὑμᾶς ἀλιεῖς ἀνθρώπων. Οἱ δὲ εὐθέως ἀφέντες τὰ δίκτυα ἠκολούθησαν αὐτῷ. Καὶ προβάς ἐκεῖθεν, εἶδεν ἄλλους δύο ἀδελφούς, Ἰάκωβον τὸν τοῦ Ζεβεδαίου καὶ Ἰωάννην τὸν ἀδελφὸν αὐτοῦ, ἐν τῷ πλοίῳ μετὰ Ζεβεδαίου τοῦ πατρὸς αὐτῶν, καταρτίζοντας τὰ δίκτυα αὐτῶν· καὶ ἐκάλεσεν αὐτούς. Οἱ δὲ εὐθέως ἀφέντες τὸ πλοῖον καὶ τὸν πατέρα αὐτῶν, ἠκολούθησαν αὐτῷ. Καὶ περιῆγεν ὅλην τὴν Γαλιλαίαν ὁ Ἰησοῦς διδάσκων ἐν ταῖς συναγωγαῖς αὐτῶν, καὶ κηρύσσων τὸ εὐαγγέλιον τῆς βασιλείας, καὶ θεραπεύων πᾶσαν νόσον καὶ πᾶσαν μαλακίαν ἐν τῷ λαῷ.

THE GOSPEL

Matthew 4: 18-23

At that time, as Jesus walked by the Sea of Galilee, he saw two brothers, Simon who is called Peter and Andrew his brother, casting a net into the sea; for they were fishermen. And he said to them, "Follow me, and I will make you fishers of men." Immediately they left their nets and followed him. And going on from there he saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and he called them. Immediately they left their boat and their father, and followed him. And he went about all Galilee, teaching in their synagogues and preaching the gospel of the kingdom and healing every disease and every infirmity among the people

Ἀπόστολο ἐρχομένης Κυριακῆς

Ρωμαίους' ε' 1-11

Next week's epistle reading:

Romans 5:1-11

Next week's gospel reading

Ματθαῖον ζ' 22-33

Εὐαγγέλιον ἐρχομένης Κυριακῆς

Matthew 6: 22-33