

ΠΝΕΥΜΑΤΙΚΑ ΣΑΛΠΙΣΜΑΤΑ

Η καρδιά καθαρίζει με αναστεναγμό, με φιλότιμο. Να βάλουμε την ψυχή στο μούσκιο των δακρύων. Αλλά και ένας αναστεναγμός με πόνο ψυχής ισοδυναμεί με δυο κουβάδες δάκρυα.

Υπήρχαν μοναχοί κανδηλανάπτες στην σκήτη της αγίας Άννας και στα κοινόβια, οι οποίοι κατά την ιερά διακονία τους, δάκρυζαν ενώπιον των ιερών εικόνων.

Παιδί μου συμβούλευε ο Ρώσος ασκητής Τύχων, να πλένεις με δάκρυα το ποδιά του Χριστού, και ο Χριστός θα ξεπλύνει τις αμαρτίες σου.

Είπε γέρον. Τα πρώτα δάκρυα είναι της θειας παρηγορίας. Σπάει και κλαίει εκείνος που λέει την ευχή.

Η δεύτερη κατάσταση είναι της δοξολογίας. Κινείται σε άλλο χώρο.

Τα πρώτα δάκρυα και το σώμα καταβάλλουν, ενώ τα δεύτερα δίνουν τις βιταμίνες και για την ψυχή και για το σώμα.

Είναι της αγαλλιάσεως της δοξολογίας. Απ' αυτού βλέπει κανείς την διάφορα.

Κάποτε ο άγιος Σιλουανός συνάντησε ένα ασκητή ο οποίος είχε το χάρισμα της κατανύξεως και έχυne πολλά δάκρυα κάθε μέρα όταν σκέπτονταν τα πάθη και τον Σταυρό του Κυρίου.

Είναι καλό να προσεύχομαι για τους νεκρούς; Ρώτησε ο άγιος.

Εκείνος αναστέναξε και είπε. Εάν θα ήταν δυνατό να έβγαζα όλους από τον Άδη τότε θα αναπαύομαι και θα χαιρόταν η ψυχή μου. Τότε έκανε μια χειρονομία σαν να μάζευε στάχια και δάκρυσε.

SPIRITUAL FOOD

Now it happened one year that the Nile did not rise enough to water all our fields, and a multitude of the poor came to Abba Aaron weeping and saying, "Our holy father, we and our children are going to die because the waters have not risen!" He said to them, "Believe in God and He will deliver you. As it is written, 'The prayer of the poor man who is downhearted, he pours out entreaty before the Lord.' Again it says, 'The Lord has heard the desires of the poor.'" He quoted them numerous other passages from scripture and explained them to them, and he comforted them, and in this way they departed from him praising God. Now the holy man Aaron was not unconcerned about their distress, and he would go to the river each evening and immerse himself in the water up to his neck and he would pray to God, saying, "My good Christ, compassionate one, have compassion upon your image and likeness." Indeed, he continued this practice until God had compassion for his tears and made the waters of the Nile flow over the face of the whole country.

Someone asked Abba Agathon, "Which is better, bodily asceticism or interior vigilance?" The old man replied, "Man is like a tree, bodily asceticism is the foliage, interior vigilance the fruit. According to that which is written, 'Every tree that brings not forth good fruit shall be cut down and cast into the fire' (Matt.3:10) it is clear that all our care should be directed towards the fruit, that is to say, guard of the spirit; but it needs the protection and the embellishment of the foliage, which is bodily asceticism."

Fasting / Νηστεία

Normal fasting Wed. & Friday / Νηστεία Τετάρτη και Παρασκευή



Τερά Αρχιεπισκοπή Αυστραλίας
Greek Orthodox Archdiocese of Australia
Ἱερός Ναός Ἁγίας Ἄννας, Χρυσή Ἀκτή
Church of St Anna Gold Coast
31a Crombie Ave Bundall, QLD. (07) 5574 0777 or (07) 5574 0434

26η Ἰουλίου 2020
Κυριακή Ζ' Ματθαίου
Ἦχος πλ β' - Ἑωθινόν Ζ'

Ἀναστάσιμο Ἀπολυτίκιον

Ἦχος πλ. β'

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνημᾶ σου, καὶ οἱ φυλάσσοντες, ἀπενεκρώθησαν· καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄϊδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ· ὑπήντησας τῇ Παρθένῳ, δωροῦμενος τὴν ζωὴν. Ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Ἀπολυτίκιον τῆς Ἁγίας Παρασκευῆς

Ἦχος α'

Τὴν σπουδὴν σου τῇ κλήσει κατάλληλον, ἐργασαμένη φερόνουμε, τὴν ὁμώνυμόν σου πίστιν εἰς κατοικίαν κεκλήρωσαι, Παρασκευὴ ἀθλοφόρε· ὅθεν προχέεις ἰάματα, καὶ πρεσβεύεις ὑπὲρ τῶν ψυχῶν ἡμῶν

Ἀπολυτίκιον τῶν Ἁγ. Ἰωακείμ & Ἄννας

Ἦχος πλ α'

Ζωὴν τὴν κυήσασαν ἐκυοφόρησας...

Κοντάκιον

Ἦχος β'

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

26th July 2020

7th Sunday of Mathew
Tone 6 - 7th Morning Gospel

Resurrection Apolytikion

Tone 6

Angelic powers attended at Your grave, and those who were on guard became as dead. And Mary stood in the tomb, seeking Your pure body. You have despoiled Death and not been touched by him; you met the Virgin and gave us life. O Lord who rose from the dead, glory to you

Apolytikion of St Paraskevi

Tone 1

Your diligence corresponded to your name, Paraskevi, which denotes preparedness. Through faith you inherited the promised dwelling that was prepared for you, O prize-winning Martyr. Therefore you pour out cures and healings, and you intercede on behalf of our souls.

Apolytikion of Saints Joachim & Anna

Tone 5

You gave birth to God's holy 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

Γαλάτας γ' 23-29, δ' 1-5

Θαυμαστός ὁ Θεὸς ἐν τοῖς ἁγίοις αὐτοῦ.

Ἐν ἐκκλησίαις εὐλογεῖτε τὸν Θεόν.

Πρὸς Γαλάτας Ἐπιστολῆς Παύλου τὸ
Ἀνάγνωσμα

Ἀδελφοί, πρὸ τοῦ ἔλθειν τὴν πίστιν ὑπὸ νόμον ἐφρουρούμεθα συγκεκλεισμένοι εἰς τὴν μέλλουσαν πίστιν ἀποκαλυφθῆναι. Ὡστε ὁ νόμος παιδαγωγὸς ἡμῶν γέγονεν εἰς Χριστόν, ἵνα ἐκ πίστεως δικαιοθῶμεν· ἐλθούσης δὲ τῆς πίστεως οὐκέτι ὑπὸ παιδαγωγόν ἐσμεν. Πάντες γὰρ υἱοὶ Θεοῦ ἐστε διὰ τῆς πίστεως ἐν Χριστῷ Ἰησοῦ· ὅσοι γὰρ εἰς Χριστόν ἐβαπτίσθητε, Χριστόν ἐνεδώσαθε. Οὐκ ἐνὶ Ἰουδαίῳ οὐδὲ Ἑλλήν, οὐκ ἐνὶ δούλῳ οὐδὲ ἐλεύθερῳ, οὐκ ἐνὶ ἄρσεν καὶ θήλῃ· πάντες γὰρ ὑμεῖς εἰς ἐστε ἐν Χριστῷ Ἰησοῦ. Εἰ δὲ ὑμεῖς Χριστοῦ, ἄρα τοῦ Ἀβραάμ σπέρμα ἐστὲ καὶ κατ' ἐπαγγελίαν κληρονόμοι. Λέγω δέ, ἐφ' ὅσον χρόνον ὁ κληρονόμος νηπιὸς ἐστίν, οὐδὲν διαφέρει δούλου, κύριος πάντων ὢν, ἀλλὰ ὑπὸ ἐπιτρόπους ἐστὶ καὶ οἰκονόμους ἄχρι τῆς προθεσμίας τοῦ πατρὸς. Οὕτω καὶ ἡμεῖς, ὅτε ἦμεν νηπιοὶ, ὑπὸ τὰ στοιχεῖα τοῦ κόσμου ἦμεν δεδουλωμένοι· ὅτε δὲ ἦλθε τὸ πλήρωμα τοῦ χρόνου, ἐξαπέστειλεν ὁ Θεὸς τὸν υἱὸν αὐτοῦ, γενόμενον ἐκ γυναικός, γενόμενον ὑπὸ νόμον, ἵνα τοὺς ὑπὸ νόμον ἐξαγοράσῃ, ἵνα τὴν υἰοθεσίαν ἀπολάβωμεν

THE EPISTLE

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

God is marvelous amongst His saints

Bless God in the Churches

The Reading is from Paul's letter to the
Galatians

BRETHREN, before faith came, we were confined under the law, kept under restraint until faith should be revealed. So that the law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth his Son, to redeem those who were under the law, so that we might receive adoption as sons

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαῖον θ' 27-35

Τῷ καιρῷ ἐκείνῳ, παράγοντι τῷ Ἰησοῦ, ἠκολούθησαν αὐτῷ δύο τυφλοὶ, κρᾶζοντες καὶ λέγοντες· Ἐλέησον ἡμᾶς, Ὡς Δαυῖδ. Ἐλθόντι δὲ εἰς τὴν οἰκίαν, προσῆλθον αὐτῷ οἱ τυφλοὶ, καὶ λέγει αὐτοῖς ὁ Ἰησοῦς· Πιστεῦετε ὅτι δύναμαι τοῦτο ποιῆσαι; Λέγουσιν αὐτῷ· Ναί, Κύριε. Τότε ἤψατο τῶν ὀφθαλμῶν αὐτῶν, λέγων· Κατὰ τὴν πίστιν ὑμῶν, γενηθήτω ὑμῖν. Καὶ ἀνέψαθησαν αὐτῶν οἱ ὀφθαλμοί· καὶ ἐνεβριμήσατο αὐτοῖς ὁ Ἰησοῦς λέγων· Ὁρᾶτε μηδεὶς γινωσκέτω. Οἱ δὲ ἐξεληθόντες, διεφήμισαν αὐτὸν ἐν ὅλῃ τῇ γῆ ἐκείνῃ. Αὐτῶν δὲ ἐξερχομένων, ἰδοὺ προσήνεγκαν αὐτῷ ἄνθρωπον κωφόν, δαιμονιζόμενον· Καὶ ἐκβληθέντος τοῦ δαιμονίου, ἐλάλησεν ὁ κωφός· καὶ ἐθαύμασαν οἱ ὄχλοι λέγοντες· Ὅτι οὐδέποτε ἐφάνη οὕτως ἐν τῷ Ἰσραὴλ. Οἱ δὲ Φαρισαῖοι ἔλεγον· Ἐν τῷ ἄρχοντι τῶν δαιμονίων ἐκβάλλει τὰ δαιμόνια. Καὶ περιῆγεν ὁ Ἰησοῦς τὰς πόλεις πάσας καὶ τὰς κώμας διδάσκων ἐν ταῖς συναγωγαῖς αὐτῶν, καὶ κηρύσσων τὸ εὐαγγέλιον τῆς βασιλείας καὶ θεραπεύων πᾶσαν νόσον καὶ πᾶσαν μαλακίαν ἐν τῷ λαῷ.

THE GOSPEL

Matthew 9:27-35

At that time, as Jesus passed on from there, two blind men followed him, crying aloud, "Have mercy on us, Son of David." When he entered the house, the blind men came to him; and Jesus said to them, "Do you believe that I am able to do this?" They said to him, "Yes, Lord." Then he touched their eyes, saying, "According to your faith be it done to you." And their eyes were opened. And Jesus sternly charged them, "See that no one knows it." But they went away and spread his fame through all that district. As they were going away, behold, a dumb demoniac was brought to him. And when the demon had been cast out, the dumb man spoke; and the crowds marvelled, saying, "Never was anything like this seen in Israel." But the Pharisees said, "He casts out demons by the prince of demons." And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity among the people

Ἀπόστολο ἐρχομένης Κυριακῆς
Α' Κορινθίους α'10-17

Next week's epistle reading:
1 Corinthians 1:10-17

Next week's gospel reading
Ματθαῖον ιδ' 14-22

Εὐαγγέλιον ἐρχομένης Κυριακῆς
Matthew 14:14-22