

ΠΝΕΥΜΑΤΙΚΑ ΣΑΛΠΙΣΜΑΤΑ

Ἐλεγε ο Ρώσος ασκητής παπα – Τύχων, που ἔζησε 60 χρόνια στο Ἅγιο Ὄρος, αφού γύρισε 300 μοναστήρια. Ο Θεός το πρωί ευλογεί τον κόσμο ὅλο με το ένα του χέρι και τον ταπεινό ἄνθρωπο με τα δυο χέρια. Και προσεύχεται « Κύριε ἡμῶν Ἰησοῦ Χριστέ χάρισέ μου ταπεινώση» Ἄλλο παρθενιά, ἄλλο ταπεινώση συνήθισε να λέει. Πολλοί παρθένοι υπερήφανοι πήγαν στην κόλαση.

Ὅταν οι ἀδελφοί και πατέρες εὔχονταν τον Νεοσκητιώτη γέροντα Θεοφύλακτο «καλό Παράδεισο», εκείνος απαντούσε. Δεν είναι αχυρώνας ο Παράδεισος για να δεχτεί εμένα το ζῶων! Τέτοια αυτομεμφία είχαν οι ἅγιοι πατέρες.

Εἶπε γέρων. Μπορεί κάποιος να αγωνίζεται που κα που με φιλότιμο, αλλά να μην ἔχει μεγάλη πρόοδο, γιατί δεν ἔχει ταπεινώση. Ἐνώ ἄλλοι αγωνίζονται λιγότερο (ἀσκηση, νηστεία κ.λ.π.) και προσοδεύουν πολύ περισσότερο, γιατί ἔχουν πολλή ταπεινώση και αυτή αναπληρώνει πολλά.

Ἐλεγε ἕνας ασκητής. Ο ἄνθρωπος δίνεται πρώτα ὅλος στον Θεό και μετά ο Θεός τον καθαρίζει και τον δίνει στους ανθρώπους. Ὅταν ο ἄνθρωπος πιστεύει ὅτι είναι χειρότερος ὅλων, τότε ἕνα «Κύριε ἐλέησον», που θα πει για τον κόσμο αξίζει περισσότερο ἀπό τα χίλια «Κύριε ἐλέησον» του ἄλλου.

SPIRITUAL FOOD

A brother asked one of the elders, "What shall I do? My thoughts are always turned to lust without allowing me an hour's respite, and my soul is tormented by it." He said to him, "Every time the demons suggest these thoughts to you, do not argue with them. For the activity of demons always is to suggest, and suggestions are not sins, for they cannot compel. But it rests with you to welcome them, or not to welcome them. Do you know what the Midianites did?"

They adorned their daughters and presented them to the Israelites. They did not compel anyone, but those who consented, sinned with them, while the others were enraged and put them to death. It is the same with thoughts." The brother answered the old man, "What shall I do, then, for I am weak and passion overcomes me?" He said to him, "Watch your thoughts, and every time they begin to say something to you, do not answer them but rise and pray; kneel down, saying, 'Son of God, have mercy on me.'"

Let what we call quicksilver (mercury) be a paradigm of perfect obedience. Roll it with any substance you wish, and it will nevertheless run to the lowest place and mix with nothing defiled.

Fasting / Νηστεία

Normal fasting Wed. & Friday / Νηστεία Τετάρτη και Παρασκευή



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5η Ἰουλίου 2020

Κυριακή Δ' Ματθαίου
Ἦχος γ' - Ἐωθινόν Δ'

Ἀναστάσιμο Ἀπολυτίκιον

Ἦχος γ'

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

Ἀπολυτίκιον Ἀγ' Ἀθανασίου ἐν Ἄθῳ

Ἦχος γ'

Τὴν ἐν σαρκὶ ζωὴν, σοῦ κατεπλάγησαν, Ἀγγέλων τάγματα, πῶς μετὰ σώματος, πρὸς ἀοράτους συμπλοκάς, ἐχώρησας πανεύφημη, καὶ κατετραυμάτισας, τῶν δαιμόνων, τὰς φάλαγγας· ὅθεν Ἀθανάσιε, ὁ Χριστὸς σε ἡμίψατο, πλουσίαις δωρεαῖς· Διὸ Πάτερ, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν

Ἀπολυτίκιον τῶν Ἀγ. 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 πρεσβειάν, καὶ σπεῦσον εἰς ἱκεσίαν, ἢ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

5th July 2020

4th Sunday of Matthew
Tone 3 - 4th 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 Athanasios of Athos

Tone 3

The Angels' ranks were awed by thy life in the flesh, how, though corporeal, and clad with earthly clay, thou didst set forth with courage to invisible wars and wrestlings and didst boldly smite the hordes of the demons with mortal wounds. Wherefore, Christ rewarded thee with abundant gifts in return. Entreat Him that our souls find salvation, O most renowned Father Athanasius

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 ε' 22-26, ς' 1-2

*Τίμιος ἐναντίον Κυρίου ὁ θάνατος τῶν
ὀσίων αὐτοῦ.*

*Τί ἀνταποδώσω τῷ Κυρίῳ περὶ πάντων,
ὧν ἀνταπέδωκέ μοι;*

Πρὸς Γαλάτας Ἐπιστολῆς Παύλου τό
ἀνάγνωσμα

Ἀδελφοί, ὁ καρπὸς τοῦ
πνεύματός ἐστιν ἀγάπη, χαρὰ,
εἰρήνη, μακροθυμία, χρηστότης,
ἀγαθωσύνη, πίστις, πραΰτης,
ἐγκράτεια· κατὰ τῶν τοιούτων
οὐκ ἔστιν νόμος. Οἱ δὲ τοῦ
Χριστοῦ [Ἰησοῦ] τὴν σάρκα
ἐσταύρωσαν σὺν τοῖς παθήμασιν
καὶ ταῖς ἐπιθυμίαις. Εἰ ζῶμεν
πνεύματι, πνεύματι καὶ
στοιχῶμεν. Μὴ γινώμεθα
κενόδοξοι, ἀλλήλους
προκαλούμενοι, ἀλλήλοις
φθονοῦντες. Ἀδελφοί, ἐὰν καὶ
προλημφθῇ ἄνθρωπος ἐν τινι
παραπτώματι, ὑμεῖς οἱ
πνευματικοὶ καταρτίζετε τὸν
τοιούτον ἐν πνεύματι πραΰτητος,
σκοπῶν σεαυτὸν, μὴ καὶ σὺ
πειρασθῆς. Ἀλλήλων τὰ βάρη
βαστάζετε, καὶ οὕτως
ἀναπληρώσετε τὸν νόμον τοῦ
Χριστοῦ.

Ἀπόστολο ἐρχομένης Κυριακῆς
Ρωμαίους ι' 1-10

THE EPISTLE

Galatians 5:22-26, 6:1-2

*Precious in the sight of the Lord is the death of
his holy one*

*How can I repay the Lord for all the good done
for me?*

The reading is from Paul's letter to the
Galatians

Brethren, the fruit of the Spirit is
love, joy, peace, patience, kindness,
goodness, faithfulness, gentleness,
self-control; against such there is no
law. And those who belong to
Christ Jesus have crucified the flesh
with its passions and desires. If we
live by the Spirit, let us also walk by
the Spirit. Let us have no self-
conceit, no provoking of one an-
other, no envy of one another.
Brethren, if a man is overtaken in
any trespass, you who are spiritual
should restore him in a spirit of gen-
tleness. Look to yourself, lest you
too be tempted. Bear one another's
burdens, and so fulfill the law of
Christ.

Next week's epistle reading:
Romans 10:1-10

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαίου η' 5-13

Τῷ καιρῷ ἐκείνῳ, ἐλθόντι τῷ Ἰησοῦ
εἰς Καπερναοὺμ, προσῆλθεν αὐτῷ
Ἐκατόνταρχος, παρακαλῶν αὐτὸν,
καὶ λέγων· Κύριε, ὁ παῖς μου
βέβληται ἐν τῇ οἰκίᾳ παραλυτικός,
δεινῶς βασανιζόμενος. Καὶ λέγει
αὐτῷ ὁ Ἰησοῦς· ἐγὼ ἐλθὼν
θεραπεύσω αὐτόν. Καὶ ἀποκριθεὶς ὁ
Ἐκατόνταρχος ἔφη· Κύριε, οὐκ εἰμι
ίκανός ἵνα μου ὑπὸ τὴν στέγην
εἰσέλθῃς· ἀλλὰ μόνον εἶπε λόγῳ, καὶ
ιαθήσεται ὁ παῖς μου. Καὶ γὰρ ἐγὼ
ἄνθρωπός εἰμι ὑπὸ ἐξουσίαν, ἔχων
ὑπ' ἑμαυτὸν στρατιώτας, καὶ λέγω
τούτῳ, Πορεύθητι, καὶ πορεύεται· καὶ
ἄλλῳ, Ἔρχου, καὶ ἔρχεται· καὶ τῷ
δούλῳ μου, Ποίησον τοῦτο, καὶ ποιεῖ.
Ἀκούσας δὲ ὁ Ἰησοῦς, ἐθαύμασε, καὶ
εἶπε τοῖς ἀκολουθοῦσιν· Ἀμὴν λέγω
ὑμῖν, οὐδὲ ἐν τῷ Ἰσραὴλ τοσαύτην
πίστιν εὔρον. Λέγω δὲ ὑμῖν, ὅτι
πολλοὶ ἀπὸ ἀνατολῶν καὶ δυσμῶν
ἤξουσι, καὶ ἀνακλιθήσονται μετὰ
Ἀβραάμ καὶ Ἰσαὰκ καὶ Ἰακώβ ἐν τῇ
βασιλείᾳ τῶν οὐρανῶν· οἱ δὲ υἱοὶ τῆς
βασιλείας ἐκβληθήσονται εἰς τὸ
σκότος τὸ ἐξώτερον· ἐκεῖ ἔσται ὁ
κλαυθμὸς καὶ ὁ βρυγμὸς τῶν
ὀδόντων. Καὶ εἶπεν ὁ Ἰησοῦς τῷ
Ἐκατοντάρχῳ· Ὑπάγε, καὶ ὡς
ἐπίστευσας γεννηθήτω σοι. Καὶ ἰάθη ὁ
παῖς αὐτοῦ ἐν τῇ ὥρᾳ ἐκείνῃ.

Next week's gospel reading
Ματθαίου η' 28-34, θ' 1

THE GOSPEL

Matthew 8:5-13

At that time, as Jesus entered
Capernaum, a centurion came forward
to him, beseeching him and saying,
"Lord, my servant is lying paralysed at
home, in terrible distress." And he said
to him, "I will come and heal him." But
the centurion answered him, "Lord, I am
not worthy to have you come under my
roof; but only say the word, and my
servant will be healed. For I am a man
under authority, with soldiers under
me; and I say to one, 'Go,' and he goes,
and to another, 'Come,' and he comes,
and to my slave, 'Do this,' and he does
it." When Jesus heard him, he
 marvelled, and said to those who
followed him, "Truly, I say to you, not
even in Israel have I found such faith. I
tell you, many will come from east and
west and sit at table with Abraham,
Isaac, and Jacob in the kingdom of
heaven, while the sons of the kingdom
will be thrown into the outer darkness;
there men will weep and gnash their
teeth." And to the centurion Jesus said,
"Go; be it done for you as you have
believed." And the servant was healed
at that very moment.

Εὐαγγέλιον ἐρχομένης Κυριακῆς
Matthew 8:28-34, 9:1