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
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 entertaining 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 her 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.

THE GOSPEL
(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, paralyzed, 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 befal you." The man went away and told the Jews that he was healed who had helped him.