

## ΠΝΕΥΜΑΤΙΚΑ ΣΑΛΠΙΣΜΑΤΑ

Ο αββάς Παλλάδιος εἶπε:

- Η ψυχή που αγωνίζεται σύμφωνα με το θέλημα του θεού, πρέπει ή να μαθαίνει σωστά όσα δεν ξέρει ή να διδάσκει με σαφήνεια όσα έμαθε. Αν δεν θέλει να κάνει τίποτε από τα δύο, τότε δεν είναι καλά. Γιατί η αρχή της αποστασίας βρίσκεται στην έλλειψη της διδασχής και στην ανορεξία του θεού λόγου, που τον πεινάει πάντα η φιλόθεη ψυχή.

Εἶπε πάλι ο αββάς Παλλάδιος:

- Περισσότερο κι από παράθυρο φωτεινό, πρέπει να κυνηγάει κανείς τις συναναστροφές εναρέτων ανθρώπων, γιατί με τη βοήθειά τους θα μπορέσει να δει την καρδιά του σαν ένα καθαρογραμμένο βιβλίο, και συγκρίνοντας τη ζωή του με τη ζωή εκείνων, να διαπιστώσει τη δική του ραθυμία ή επιμέλεια. Γιατί στους εναρέτους υπάρχουν πολλά, και εξωτερικά ακόμα στοιχεία, που φανερώνουν την καθαρότητα της ψυχής τους: το χρώμα, που απλώνεται στο πρόσωπο με τη θεάρεστη πολιτεία, ο τρόπος της ενδυμασίας, η απλότητα του ήθους, η σεμνότητα στα λόγια, το απέρριτο στις λέξεις, η σύννεση στις σκέψεις, η προσοχή στις εκδηλώσεις. Όλα τούτα ωφελούν υπερβολικά όσους τα παρατηρούν και αποτυπώνουν στις ψυχές τους αναλλοίωτα πρότυπα αρετής.

## Fasting / Νηστεία

Normal fasting Wed. & Friday / Νηστεία Τετάρτη και Παρασκευή

## SPIRITUAL FOOD

St. Nikephoros of Chios said: "Fortunate is the man who has come to have God as his helper and to have his hopes in Him alone. Let the Devil bear malice towards him, let all men persecute him and plot against him, let all his adversaries fight against him - he never fears anyone, because he has God as his helper. He remains always a victor, always glorified, always happy, always rich, always cheerful and joyful, even if he happens to fall into extreme poverty and into a great many adverse and grievous circumstances of this present life. For inasmuch as he hopes in Almighty God, he does not despair, he is not sorry, is not anxious, but expects help from Above. Fortunate, then, is such a man and worthy to be deemed happy, just as the Prophet-king David regards such a man as happy, saying: "Blessed is he whose helper is the God of Jacob, whose hoe is in the Lord his God." Such were all the Prophets, the Apostles, the Martyrs, the Holy Ascetics and all the Saints from the beginning of time."

The body is a slave, the soul a sovereign, and therefore it is due to Divine mercy when the body is worn out by illness: for thereby the passions are weakened, and a man comes to himself; indeed, bodily illness itself is sometimes caused by the passions.



Τερά Αρχιεπισκοπή Αυστραλίας  
Greek Orthodox Archdiocese of Australia  
**Τερός Ναός Αγίας Άννας, Χρυσή Άκτή**  
**Church of St Anna Gold Coast**  
31a Crombie Ave Bundall, QLD. (07) 5574 0777 or (07) 5574 0434

**12η Ίουλίου 2020**

**Κυριακή Ε΄ Ματθαίου**  
**Ήχος δ΄ - Έωθινόν Ε΄**

### Άναστάσιμο Απολυτίκιον

**Ήχος δ΄**

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριά, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

### Απολυτίκιον τῆς Αγίας Άννας

**Ήχος δ΄**

Ζωὴν τὴν κηῆσασαν, ἐκνοφόρησας, ἀγνήν Θεομήτορα, θεόφρον Ἄννα, διὸ πρὸς λήξιν οὐράνιον, ἐνθα εὐφραينوμένων, κατοικία ἐν δόξῃ, χαίρουσα νῦν μετέστης, τοῖς τιμώσί σε πόθῳ, πταισμάτων αἰτουμένη, ἰλασμὸν ἀειμακάριστε.

### Κοντάκιον

**Ήχος β΄**

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

**12th July 2020**

**5th Sunday of Matthew**  
**Tone 4 - 5th Morning Gospel**

### Resurrection Apolytikion

**Tone 4**

The joyful message of the resurrection the women disciples learnt from the Angel, and casting off the ancestral sentence, to the Apostles they announced in exultation: Death has been despoiled and Christ our God has risen, granting to the world his great mercy.

### 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 ι' 1-10

*Ὡς ἐμεγαλύνθη τὰ ἔργα σου, Κύριε·  
πάντα ἐν σοφίᾳ ἐποίησας.*

*Εὐλόγει, ἡ ψυχὴ μου, τὸν Κύριον*

Πρὸς Ρωμαίους Ἐπιστολῆς Παύλου τό  
ἀνάγνωσμα

Ἀδελφοί, ἡ μὲν εὐδοκία τῆς ἐμῆς  
καρδίας καὶ ἡ δέησις ἡ πρὸς τὸν Θεὸν  
ὑπὲρ τοῦ Ἰσραὴλ ἐστὶν εἰς σωτηρίαν·  
μαρτυρῶ γὰρ αὐτοῖς ὅτι ζήλον Θεοῦ  
ἔχουσιν, ἀλλ' οὐ κατ' ἐπίγνωσιν.  
ἀγνοοῦντες γὰρ τὴν τοῦ Θεοῦ  
δικαιοσύνην, καὶ τὴν ἰδίαν δικαιοσύνην  
ζητοῦντες στήσαι, τῇ δικαιοσύνῃ τοῦ  
Θεοῦ οὐχ ὑπετάγησαν. τέλος γὰρ νόμου  
Χριστὸς εἰς δικαιοσύνην παντὶ τῶ  
πιστεύοντι. Μωϋσῆς γὰρ γράφει τὴν  
δικαιοσύνην τὴν ἐκ τοῦ νόμου, ὅτι ὁ  
ποιήσας αὐτὰ ἄνθρωπος ζήσεται ἐν  
αὐτοῖς· ἡ δὲ ἐκ πίστεως δικαιοσύνη οὕτω  
λέγει· μὴ εἴπῃς ἐν τῇ καρδίᾳ σου, τίς  
ἀναβήσεται εἰς τὸν οὐρανόν, τοῦτ' ἔστι  
Χριστὸν καταγαγεῖν· ἡ τίς καταβήσεται  
εἰς τὴν ἄβυσσον, τοῦτ' ἔστι Χριστὸν ἐκ  
νεκρῶν ἀναγαγεῖν. ἀλλὰ τί λέγει; ἐγγύς  
σου τὸ ῥῆμά ἐστιν, ἐν τῷ στόματί σου  
καὶ ἐν τῇ καρδίᾳ σου· τοῦτ' ἔστι τὸ ῥῆμα  
τῆς πίστεως ὃ κηρύσσομεν. ὅτι ἐὰν  
ὁμολογήσῃς ἐν τῷ στόματί σου Κύριον  
Ἰησοῦν, καὶ πιστεύσῃς ἐν τῇ καρδίᾳ σου  
ὅτι ὁ Θεὸς αὐτὸν ἤγειρεν ἐκ νεκρῶν,  
σωθήσῃ· καρδίᾳ γὰρ πιστεύεται εἰς  
δικαιοσύνην, στόματι δὲ ὁμολογεῖται εἰς  
σωτηρίαν

# THE EPISTLE

Romans 10:1-10

*O Lord, how manifold are Your works! In  
wisdom You have made them all.*

*Bless the Lord, O my soul*

The reading is from Paul's letter to the  
Romans

BRETHREN, my heart's desire and prayer  
to God for them is that they may be saved. I  
bear them witness that they have a zeal for  
God, but it is not enlightened. For, being  
ignorant of the righteousness that comes  
from God, and seeking to establish their  
own, they did not submit to God's right-  
eousness. For Christ is the end of the law,  
that every one who has faith may be justi-  
fied. Moses writes that the man who prac-  
tices the righteousness which is based on  
the law shall live by it. But the righteous-  
ness based on faith says, Do not say in your  
heart, "Who will ascend into heaven?" (that  
is, to bring Christ down) or "Who will de-  
scend into the abyss?" (that is, to bring  
Christ up from the dead). But what does it  
say? The word is near you, on your lips and  
in your heart (that is, the word of faith  
which we preach); because, if you confess  
with your lips that Jesus is Lord and believe  
in your heart that God raised him from the  
dead, you will be saved. For man believes  
with his heart and so is justified, and he  
confesses with his lips and so is saved

# ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαῖον η' 28-34, θ' 1

Τῷ καιρῷ ἐκείνῳ, ἐλθόντος τῷ  
Ἰησοῦ εἰς τὸ πέραν εἰς τὴν χώραν  
τῶν Γαδαρηνῶν ὑπήντησαν αὐτῷ  
δύο δαιμονιζόμενοι ἐκ τῶν  
μνημείων ἐξερχόμενοι, χαλεποὶ  
λίαν, ὥστε μὴ ἰσχύειν τινὰ  
παρελθεῖν διὰ τῆς ὁδοῦ ἐκείνης.  
Καὶ ἰδοὺ ἔκραξαν λέγοντες, Τί  
ἡμῖν καὶ σοί, υἱὲ τοῦ Θεοῦ; ἦλθες  
ᾧδε πρὸ καιροῦ βασανίσαι  
ἡμᾶς; ἦν δὲ μακρὰν ἀπ' αὐτῶν  
ἀγέλη χοίρων πολλῶν  
βοσκομένη. Οἱ δὲ δαίμονες  
παρεκάλουν αὐτὸν λέγοντες, Εἰ  
ἐκβάλλεις ἡμᾶς, ἀπόστειλον ἡμᾶς  
εἰς τὴν ἀγέλην τῶν χοίρων. Καὶ  
εἶπεν αὐτοῖς, Ὑπάγετε. οἱ δὲ  
ἐξεληθόντες ἀπήλθον εἰς τοὺς  
χοίρους· καὶ ἰδοὺ ὥρμησεν πᾶσα ἡ  
ἀγέλη κατὰ τοῦ κρημνοῦ εἰς τὴν  
θάλασσαν, καὶ ἀπέθανον ἐν τοῖς  
ὑδασιν. Οἱ δὲ βόσκοντες ἔφυγον,  
καὶ ἀπελθόντες εἰς τὴν πόλιν  
ἀπήγγειλαν πάντα καὶ τὰ τῶν  
δαιμονιζομένων. Καὶ ἰδοὺ πᾶσα ἡ  
πόλις ἐξῆλθεν εἰς ὑπάντησιν τῷ  
Ἰησοῦ, καὶ ἰδόντες αὐτὸν  
παρεκάλεσαν ὅπως μεταβῆ ἀπὸ  
τῶν ὁρίων αὐτῶν. Καὶ ἐμβὰς εἰς

# THE GOSPEL

Matthew 8:28-34, 9:1

At that time, when Jesus came to the  
other side, to the country of the  
Gergesenes, two demoniacs met him,  
coming out of the tombs, so fierce  
that no one would pass that way.  
And behold, they cried out, "What  
have you to do with us, O Son of  
God? Have you come here to tor-  
ment us before the time?" Now a  
herd of many swine was feeding at  
some distance from them. And the  
demons begged him, "If you cast us  
out, send us away into the herd of  
swine." And he said to them, "Go."  
So they came out and went into the  
swine; and behold, the whole herd  
rushed down the steep bank into the  
sea, and perished in the waters. The  
herdsmen fled, and going into the  
city they told everything, and what  
had happened to the demoniacs.  
And behold, all the city came out to  
meet Jesus; and when they saw him,  
they begged him to leave their  
neighborhood. And getting into a  
boat he crossed over and came to his  
own city

Ἀπόστολο ἐρχομένης Κυριακῆς

**Τίτον γ' 8-15**

Next week's epistle reading:

**Titus 3:8-15**

Next week's gospel reading

**Ματθαῖον ε' 14-19**

Εὐαγγέλιον ἐρχομένης Κυριακῆς

**Matthew 5:14-19**