

ΠΝΕΥΜΑΤΙΚΑ ΣΑΛΠΙΣΜΑΤΑ

ΕΙΠΕ ὁ ἀββᾶς Ἀντώνιος

ΑΠΟ ΤΟΝ ΠΛΗΣΙΟΝ μας

προέρχεται ἡ ζωὴ καὶ ὁ θάνατος. Γιατὶ ἂν κερδίσουμε τὸν ἀδελφὸ μας, κερδίζουμε τὸν Θεό· ἂν ὅμως τὸν σκανδαλίσουμε, ἀμαρτάνουμε στὸν Χριστό.

ΕΠΙΣΚΕΦΘΗΚΑΝ ΚΑΠΟΤΕ τὸν ἀββᾶ Ἀντώνιο γέροντες καὶ μαζί τους ἦταν ὁ ἀββᾶς Ἰωσήφ. Ὁ γέροντας θέλησε νὰ τοὺς δοκιμάσει καὶ διαλέγοντας ἓνα ρητὸ ἀπὸ τὴν Ἁγία Γραφή τοὺς ρωτοῦσε τί σημαίνει, ἀρχίζοντας ἀπὸ τοὺς μικρότερους. Καὶ ἓνας ἓνας ἔλεγε ὅπως μποροῦσε τὴ γνώμη του. Ὅταν τελείωναν ὁ γέροντας ἔλεγε σὲ ὅλους,

- Δὲν τὸ κατάλαβες ἀκόμα.

Τέλος ρώτησε καὶ τὸν ἀββᾶ Ἰωσήφ,

- Ἐσὺ τί νομίζεις ὅτι σημαίνει αὐτὸ

τὸ ρητό;

Κι ἐκεῖνος ἀπάντησε,

- Δὲν ξέρω

Τότε ὁ ἀββᾶς Ἀντώνιος εἶπε,

- Πάντως ὁ ἀββᾶς Ἰωσήφ βροῖκε τὸν δρόμο ἐπειδὴ εἶπε “δὲν ξέρω”.

ΤΡΕΙΣ ΠΑΤΕΡΕΣ εἶχαν τὴ συνήθεια κάθε χρόνο νὰ ἐπισκέπτονται τὸν μακάριο Ἀντώνιο. Κι ἐνῶ οἱ δύο τὸν ρωτοῦσαν γιὰ λογισμοὺς καὶ γιὰ τὴ σωτηρία τῆς ψυχῆς, ὁ ἓνας ἔμνε πάντοτε σιωπηλὸς καὶ δὲν ρωτοῦσε τίποτα. Μετὰ ἀπὸ πολὺ χρόνο ὁ ἀββᾶς Ἀντώνιος τοῦ λέει,

- Ὅριστε, τόσες φορὲς ἔχεις ἐρθεῖ ἐδῶ καὶ δὲν μὲ ρωτᾶς τίποτα.

Κι ἐκεῖνος τότε τοῦ ἀπάντησε,

- Μοῦ φθάνει μόνο νὰ σὲ βλέπω, πᾶτερ.

SPIRITUAL FOOD

A brother who had sinned was turned out of the church by the priest. Abba Bessarion got up and went out with him, saying, "I, too, am a sinner."

Abba Anthony said: "From our neighbor is life and death. If we gain our brother, we gain God, but if we cause our brother to stumble, we sin against Christ."

Amma Theodora said that neither asceticism, nor vigils nor any kind of suffering are able to save, only true humility can do that. There was an anchorite who was able to banish the demons; and he asked them, "What makes you go away? Is it fasting?" They replied, "We do not eat or drink." "Is it vigils?" They replied, "We do not sleep." "Is it separation from the world?" "We live in the deserts." "Then what power sends you away?" They said, "Nothing can overcome us, but only humility." Amma Theodora concluded by saying, "Do you see how humility is victorious over the demons?"

Amma Syncletica said: "Imitate the Publican and you will not be condemned with the Pharisee. Choose the meekness of Moses and you will find your heart which is a rock changed into a spring of water."

It was said of Abba John the Persian that when some evildoers came to harm him, he took a basin and wanted to wash their feet. But they were filled with confusion, and began to do penance.



Τερά Ἀρχιεπισκοπὴ Αὐστραλίας

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28 Ἰουνίου 2020

Κυριακὴ Γ' Ματθαίου

Ἦχος β' - Ἐωθινόν Γ'

Ἀναστάσιμο Ἀπολυτίκιον

Ἦχος β'

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ ζωὴ ἢ ἄθνατος, τότε τὸν Ἄϊδη ἐνέκρωσας, τὴ ἀστραπὴ τῆς θεότητος· ὅτε δὲ καὶ τοὺς τεθνεῶτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ, ὁ Θεὸς ἡμῶν, δόξα σοι.

Ἀπολυτίκιον τῆς Ἁγίας Ἄννας

Ἦχος δ'

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

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 ἰκεσίαν, ἢ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμῶντων σε.

28th June 2020

3rd Sunday of Matthew

Tone 2 - 3rd Morning Gospel

Resurrection Apolytikion

Tone 2

When you descended to death, O immortal life, you struck Hades dead by the flash of your Divinity; when you raised the dead from under the earth, all the Powers of heaven cried out: Giver of life, Christ our God, glory to you

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.

Fasting / Νηστεία

Normal fasting Wed. & Friday / Νηστεία Τετάρτη και Παρασκευή

Ο ΑΠΟΣΤΟΛΟΣ

Ρωμαίους ε' 5-11

Ἰσχύς μου καὶ ὑμνησίς μου ὁ Κύριος

Στίχ. Παιδεύων ἐπαίδευσέ με ὁ Κύριος.

Πρὸς Ρωμαίους Ἐπιστολῆς Παύλου τῶ ἀνάγνωσμα

Ἀδελφοί, δικαιοθέντες οὖν ἐκ πίστεως εἰρήνην ἔχομεν πρὸς τὸν θεὸν διὰ τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, δι' οὗ καὶ τὴν προσαγωγὴν ἐσχίκαμεν [τῇ πίστει] εἰς τὴν χάριν ταύτην ἐν ἣ ἐστήκαμεν, καὶ καυχώμεθα ἐπ' ἐλπίδι τῆς δόξης τοῦ θεοῦ. Οὐ μόνον δέ, ἀλλὰ καὶ καυχώμεθα ἐν ταῖς θλίψεσιν, εἰδότες ὅτι ἡ θλίψις ὑπομονὴν κατεργάζεται, ἡ δὲ ὑπομονὴ δοκιμὴν, ἡ δὲ δοκιμὴ ἐλπίδα· ἡ δὲ ἐλπίς οὐ κατασχύνει, ὅτι ἡ ἀγάπη τοῦ θεοῦ ἐκκέχυται ἐν ταῖς καρδίαις ἡμῶν διὰ πνεύματος ἁγίου τοῦ δοθέντος ἡμῖν, ἔτι γὰρ Χριστὸς ὄντων ἡμῶν ἀσθενῶν ἔτι κατὰ καιρὸν ὑπὲρ ἀσεβῶν ἀπέθανεν. Μόλις γὰρ ὑπὲρ δικαίου τις ἀποθανεῖται ὑπὲρ γὰρ τοῦ ἀγαθοῦ τάχα τις καὶ τολμᾷ ἀποθανεῖν· συνίστησιν δὲ τὴν ἑαυτοῦ ἀγάπην εἰς ἡμᾶς ὁ θεὸς ὅτι ἔτι ἁμαρτωλῶν ὄντων ἡμῶν Χριστὸς ὑπὲρ ἡμῶν ἀπέθανεν. Πολλῶ οὖν μᾶλλον δικαιοθέντες νῦν ἐν τῷ αἵματι αὐτοῦ σωθησόμεθα δι' αὐτοῦ ἀπὸ τῆς ὀργῆς. Εἰ γὰρ ἐχθροὶ ὄντες κατηλλάγημεν τῷ θεῷ διὰ τοῦ θανάτου τοῦ υἱοῦ αὐτοῦ, πολλῶ μᾶλλον καταλλαγέντες σωθησόμεθα ἐν τῇ ζωῇ αὐτοῦ

THE EPISTLE

Romans 5:1-11

The Lord is my strength and my glory

Verse: The lord has punished me severely

The reading is from Paul's letter to the Romans

BRETHREN, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us. While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man -- though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. Not only so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received our reconciliation.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Ματθαῖον στ' 22-33

Εἶπεν ὁ Κύριος· Ὁ λύχνος τοῦ σώματός ἐστιν ὁ ὀφθαλμὸς. ἂν οὖν ἡ ὀφθαλμὸς σου ἀπλοῦς, ὅλον τὸ σῶμά σου φωτεινὸν ἔσται· ἂν δὲ ὁ ὀφθαλμὸς σου πονηρὸς ἦ, ὅλον τὸ σῶμά σου σκοτεινὸν ἔσται. εἰ οὖν τὸ φῶς τὸ ἐν σοὶ σκότος ἐστίν, τὸ σκότος πόσον. Οὐδεὶς δύναται δυοὶ κυρίους δουλεύειν· ἢ γὰρ τὸν ἓνα μισήσει καὶ τὸν ἕτερον ἀγαπήσει, ἢ ἐνὸς ἀνθέξεται καὶ τοῦ ἑτέρου καταφρονήσει· οὐ δύνασθε θεῷ δουλεύειν καὶ μαμωνᾷ. Διὰ τοῦτο λέγω ὑμῖν, μὴ μεριμνᾶτε τῇ ψυχῇ ὑμῶν τί φάγητε [ἢ τί πίητε], μηδὲ τῷ σώματι ὑμῶν τί ἐνδύσθητε· οὐχὶ ἡ ψυχὴ πλεῖον ἐστίν τῆς τροφῆς καὶ τὸ σῶμα τοῦ ἐνδύματος; ἐμβλέψατε εἰς τὰ πετεινὰ τοῦ οὐρανοῦ ὅτι οὐ σπεύρουσιν οὐδὲ θερίζουσιν οὐδὲ συνάγουσιν εἰς ἀποθήκας, καὶ ὁ πατὴρ ὑμῶν ὁ οὐράνιος τρέφει αὐτά· οὐχ ὑμεῖς μᾶλλον διαφέρετε αὐτῶν; τίς δὲ ἐξ ὑμῶν μεριμνῶν δύναται προσθεῖναι ἐπὶ τὴν ἡλικίαν αὐτοῦ πηχυν ἓνα; καὶ περὶ ἐνδύματος τί μεριμνᾶτε; καταμάθετε τὰ κρίνα τοῦ ἀγροῦ πῶς αὐξάνουσιν· οὐ κοπιῶσιν οὐδὲ νήθουσιν· λέγω δὲ ὑμῖν ὅτι οὐδὲ Σολομῶν ἐν πάσῃ τῇ δόξῃ αὐτοῦ περιεβάλετο ὡς ἐν τούτων. Εἰ δὲ τὸν χόρτον τοῦ ἀγροῦ σήμερον ὄντα καὶ αὔριον εἰς κλίβανον βαλλόμενον ὁ θεὸς οὕτως ἀμφιένυσσιν, οὐ πολλῶ μᾶλλον ὑμᾶς, ὀλιγόπιστοι; μὴ οὖν μεριμνήσητε λέγοντες, Τί φάγωμεν; ἢ, Τί πίωμεν; ἢ, Τί περιβαλώμεθα; πάντα γὰρ ταῦτα τὰ ἔθνη ἐπιζητοῦσιν· οἶδεν γὰρ ὁ πατὴρ ὑμῶν ὁ οὐράνιος ὅτι χρῆζετε τούτων ἀπάντων. Ζητεῖτε δὲ πρῶτον τὴν βασιλείαν καὶ τὴν δικαιοσύνην αὐτοῦ, καὶ ταῦτα πάντα προστεθήσεται ὑμῖν.

THE GOSPEL

Matthew 6:22-33

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well."

Ἀπόστολο ἐρχομένης Κυριακῆς
Γαλάτας ε' 22-26, ς' 1-2

Next week's epistle reading:
Galatians 5:22-26, 6:1-2

Next week's gospel reading
Ματθαῖον η' 5-13

Εὐαγγέλιον ἐρχομένης Κυριακῆς
Matthew 8: 5-13