

ΠΝΕΥΜΑΤΙΚΑ ΣΑΛΠΙΣΜΑΤΑ

Ενας μονάχος ρώτησε τους επισκέπτες του. Εσείς τι δουλειά κάνετε; Γέροντα δεν έχουμε καλό επάγγελμα. Έμποροι είμαστε, απάντησαν με συστολή. Έχουμε αδελφοί μου, μεγάλη ανάγκη από καλούς εμπόρους. Αλήθεια, για πείτε μου τι κάνετε όταν ακριβαίνουν τα πράγματα; Πουλάτε και τα παλιά, που είχατε στο μαγαζί με καινούργιες τιμές; Ναι γέροντα. Πώς να κάνουμε αλλιώς; Πρέπει να ξαναφέρουμε πράγμα στο μαγαζί. Καλά, αλλά εσείς από τα παλιά βγάζετε δυο φορές κέρδος. Φυσικά δεν μπορείτε να το πουλήσετε με τις παλιές τιμές, γιατί θα αντιδράσουν οι άλλοι έμποροι. Εσείς όμως, το δεύτερο κέρδος, που βγάζεται από τα εμπορεύματα που είχατε στο μαγαζί, να το δίνετε ελεημοσύνη.

Όταν υπηρετούσε ο γέρον Αρτέμιος σε ένα Γρηγοριάτικο μετόχι στην Άρτα και πήγαινε να ψωνίσει, στην αγορά, επέστρεφε με άδεια χέρια. Ότι είχε το μοίραζε σε πτωχούς και γεροντάκια.

Είπε γέρον. Για τους άσπλαχνους που πεθαίνουν να κάνουνε μνημόσυνα και προπαντός ελεημοσύνη. Ελεημοσύνη. Υπάρχουν πολλοί πτωχοί. Σ' αυτούς να δίνεται. Στα μνημόσυνα να χρησιμοποιείται κόλλυβα και όχι γλυκά, όπως κάνουν πολλοί τώρα τελευταία.

SPIRITUAL FOOD

Abba Epiphanius said, 'A man who receives something from another because of his poverty or his need has therein his reward, and because he is ashamed, when he repays it he does so in secret. But it is the opposite for the Lord God; he receives in secret, but he repays in the presence of the angels, the archangels and the righteous.'

O monk, take the greatest possible care that you do not sin, lest you disgrace God Who dwells in you, and you drive Him out of your soul.

Abba Evagrius said, "Take away temptations and no one will be saved."

Abba Gerontius of Petra said that many, tempted by the pleasures of the body, commit fornication, not in their body but in their spirit, and while preserving their bodily virginity, commit prostitution in their soul. 'Thus it is good, my well-beloved, to do that which is written and for each one to guard his own heart with all possible care.' (Prov. 4.23)

It was said of Abba Helladius that he spent twenty years in the Cells, without ever raising his eyes to see the roof of the church.

From Palistine, Abba Hilarion went to the mountain to Abba Anthony. Abba Anthony said to him, 'You are a welcome torch which awakens the day.' Abba Hilarion said, 'Peace to you, pillar of light, giving light to the world.'

Fasting / Νηστεία

Normal fasting Wed. & Friday / Νηστεία Τετάρτη και Παρασκευή



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31η Μαΐου 2020

Κυρ. τῶν Ἁγίων Πατέρων
Ἦχος πλ β' - Ἐωθινόν Ι'

Ἀναστάσιμο Ἀπολυτίκιον **Ἦχος πλ β'**

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνημῆμά 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, δωρούμενος τὴν ζωὴν. Ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Ἀπολυτίκιον τῆς Ἀναλήψεως **Ἦχος δ'**

Ἀνελήφθης ἐν δόξῃ, Χριστέ ὁ Θεὸς ἡμῶν, χαροποιήσας τοὺς Μαθητάς, τῇ ἐπαγγελίᾳ τοῦ ἁγίου Πνεύματος, βεβαιωθέντων αὐτῶν διὰ τῆς εὐλογίας, ὅτι σὺ εἶ ὁ Υἱὸς τοῦ Θεοῦ, ὁ λυτρωτὴς τοῦ κόσμου.

Ἀπολυτίκιον τῶν Ἁγίων Πατέρων **Ἦχος πλ. δ'**

Ὑπερδοξασμένους εἶ, Χριστέ ὁ Θεὸς ἡμῶν, ὁ φωστήρας ἐπὶ γῆς τοὺς Πατέρας ἡμῶν θεμελιώσας, καὶ δι' αὐτῶν πρὸς τὴν ἀληθινὴν πίστιν, πάντας ἡμᾶς ὁδηγήσας, πολυεύσπλαγχνε, δόξα σοί.

Ἀπολυτίκιον τῶν Ἁγίων Ἰωακείμ & Ἄννας **Ἦχος πλ α'**

Ζωὴν τὴν κυήσασαν ἐκυοφόρησας...

Κοντάκιον τῆς Ἀναλήψεως **Ἦχος πλ. δ'**

Τὴν ὑπὲρ ἡμῶν πληρώσας οικονομίαν, καὶ τὰ ἐπὶ γῆς ἐνώσας τοῖς οὐρανίοις, ἀνελήφθης ἐν δόξῃ, Χριστέ ὁ Θεὸς ἡμῶν, οὐδαμόθεν χωριζόμενος, ἀλλὰ μένων ἀδιάστατος, καὶ βῶων τοὺς ἀγαπῶσί σε, Ἐγὼ εἰμι μεθ' ὑμῶν, καὶ οὐδεὶς καθ' ὑμῶν.

31st May 2020

Sunday of the Holy Fathers
Tone 6 - 10th 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. Lord who rose from the dead, glory to you.

Apolytikion of the Ascension **Tone 4**

You were taken up in glory, Christ our God, giving joy to your Disciples by the promise of the Holy Spirit, when through the blessing they had been assured that you are the Son of God, the Redeemer of the world.

Apolytikion of the Holy Fathers **Tone 8**

You are greatly glorified, O Christ our God, who established our Fathers as luminaries upon the earth, and through them led us all to the true Faith. O Most compassionate, glory to You.

Apolytikion of Saints Joachim & Anna **Tone 5**

You gave birth to God's pure mother...

Kontakion of the Ascension **Tone 8**

When you had fulfilled the dispensation for our sake and united things on earth with those of heaven, you were taken up in glory, Christ our God, in no way parted, but remaining undivided and crying to those who love you: I am with you, and no one against you.

Ο ΑΠΟΣΤΟΛΟΣ

(Πράξεων κ' 16-18, 28-36)

Εὐλογητὸς εἶ Κύριε ὁ Θεὸς ὁ τῶν Πατέρων ἡμῶν

Στίχ. Ὅτι δίκαιος εἶ ἐπὶ πᾶσιν, οἷς ἐποίησας ἡμῖν

Πράξεων τῶν Ἀποστόλων τὸ Ἀνάγνωσμα

Ἐν ταῖς ἡμεραῖς ἐκεῖναις, ἔκριεν ὁ Παῦλος παραπλεῦσαι τὴν Ἔφεσον, ὅπως μὴ γένηται αὐτῷ χρονοτριβῆσι ἐν τῇ Ἀσίᾳ, ἔσπευδεν γὰρ εἰ δυνατὸν εἶναι αὐτῷ τὴν ἡμέραν τῆς πεντηκοστῆς γενέσθαι εἰς Ἱεροσόλυμα. Ἀπὸ δὲ τῆς Μιλήτου πέμψας εἰς Ἔφεσον μετεκαλέσατο τοὺς πρεσβυτέρους τῆς ἐκκλησίας. Ὡς δὲ παρεγένοντο πρὸς αὐτὸν εἶπεν αὐτοῖς, Ὑμεῖς ἐπίστασθε ἀπὸ πρῶτης ἡμέρας ἀφ' ἧς ἐπέβην εἰς τὴν Ἀσίαν πῶς μεθ' ὑμῶν τὸν πάντα χρόνον ἐγενόμην, προσέχετε ἑαυτοῖς καὶ παντὶ τῷ ποιμνίῳ, ἐν ᾧ ὑμᾶς τὸ πνεῦμα τὸ ἅγιον ἔθετο ἐπισκόπους, ποιμαίνειν τὴν ἐκκλησίαν τοῦ θεοῦ, ἣν περιεποιήσατο διὰ τοῦ αἵματος τοῦ ἰδίου. Ἐγὼ οἶδα ὅτι εἰσελεύσονται μετὰ τὴν ἀφίξίν μου λύκοι βαρεῖς εἰς ὑμᾶς μὴ φειδόμενοι τοῦ ποιμνίου, καὶ ἐξ ὑμῶν αὐτῶν ἀναστήσονται ἄνδρες λαλοῦντες διεστραμμένα τοῦ ἀποσπᾶν τοὺς μαθητὰς ὀπίσω αὐτῶν. Διὸ γοηγορεῖτε, μνημονεύοντες ὅτι τριετίαν νύκτα καὶ ἡμέραν οὐκ ἐπαυσάμην μετὰ δακρῶν νοσητῶν ἕνα ἕκαστον. Καὶ τὰ νῦν παρατίθειμαι ὑμᾶς τῷ θεῷ καὶ τῷ λόγῳ τῆς χάριτος αὐτοῦ τῷ δυναμένῳ οἰκοδομῆσαι καὶ δοῦναι τὴν κληρονομίαν ἐν τοῖς ἡγιασμένοις πᾶσιν. Ἀργυρίου ἢ χρυσοῦ ἢ ἱματισμοῦ οὐδενὸς ἐπεθύμησα· αὐτοὶ γινώσκετε ὅτι ταῖς χρεῖαις μου καὶ τοῖς οὐσιν μετ' ἐμοῦ ὑπηρετήσαν αἱ χεῖρες αὐταί. Πάντα ὑπέδειξα ὑμῖν ὅτι οὕτως κοπιῶντας δεῖ ἀντιλαμβάνεσθαι τῶν ἀσθενούντων, μνημονεῦν τε τῶν λόγων τοῦ κυρίου Ἰησοῦ ὅτι αὐτὸς εἶπεν, Μακάριόν ἐστιν μάλλον δίδοναι ἢ λαμβάνειν. Καὶ ταῦτα εἰπὼν θείας τὰ γόνατα αὐτοῦ σὺν πᾶσιν αὐτοῖς προσήύξατο.

THE EPISTLE

(Acts 20:16-18, 28-36)

Blessed are You Lord, the God of our fathers

V.: For you are just in everything, which you have created for us

The reading is from the Acts of the Apostles

IN THOSE DAYS, Paul had decided to sail past Ephesus, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletos he sent to Ephesus and called to him the elders of the church. And when they came to him, he said to them: "Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears. And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how he said, 'it is more blessed to give than to receive.'" And when he had spoken thus, he knelt down and prayed with them all.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

(Ἰωάννην ιζ' 1-13)

Τῷ καιρῷ ἐκείνῳ, ἐπάρας ὁ Ἰησοῦς τοὺς ὀφθαλμοὺς αὐτοῦ εἰς τὸν οὐρανὸν εἶπεν, Πάτερ, ἐλήλυθεν ἡ ὥρα· δόξασόν σου τὸν υἱόν, ἵνα ὁ υἱὸς δοξάσῃ σέ, καθὼς ἔδωκας αὐτῷ ἐξουσίαν πάσης σαρκός, ἵνα πᾶν ὃ δέδωκας αὐτῷ δώσῃ αὐτοῖς ζωὴν αἰώνιον. Αὕτη δὲ ἐστὶν ἡ αἰώνιος ζωὴ, ἵνα γινώσκωσιν σὲ τὸν μόνον ἀληθινὸν θεὸν καὶ ὃν ἀπέστειλας Ἰησοῦν Χριστόν. Ἐγὼ σε ἐδόξασα ἐπὶ τῆς γῆς, τὸ ἔργον τελειώσας ὃ δέδωκάς μοι ἵνα ποιήσω· καὶ νῦν δόξασόν με σύ, πάτερ, παρὰ σεαυτῷ τῇ δόξῃ ἣν εἶχον πρὸ τοῦ τὸν κόσμον εἶναι παρὰ σοί. Ἐφανερώσα σου τὸ ὄνομα τοῖς ἀνθρώποις οὓς ἔδωκάς μοι ἐκ τοῦ κόσμου. σοὶ ἦσαν κάμοι αὐτοὺς ἔδωκας, καὶ τὸν λόγον σου τετήρηκαν. Νῦν ἔγνωκαν ὅτι πάντα ὅσα δέδωκάς μοι παρὰ σοῦ εἰσιν· ὅτι τὰ ῥήματα ἃ ἔδωκάς μοι δέδωκα αὐτοῖς, καὶ αὐτοὶ ἔλαβον καὶ ἔγνωσαν ἀληθῶς ὅτι παρὰ σοῦ ἐξῆλθον, καὶ ἐπίστευσαν ὅτι σύ με ἀπέστειλας. Ἐγὼ περὶ αὐτῶν ἐρωτῶ· οὐ περὶ τοῦ κόσμου ἐρωτῶ ἀλλὰ περὶ ὧν δέδωκάς μοι, ὅτι σοὶ εἰσιν, καὶ τὰ ἐμὰ πάντα σὰ ἐστὶν καὶ τὰ σὰ ἐμὰ, καὶ δεδόξασμαι ἐν αὐτοῖς. Καὶ οὐκέτι εἰμὶ ἐν τῷ κόσμῳ, καὶ αὐτοὶ ἐν τῷ κόσμῳ εἰσιν, κἀγὼ πρὸς σὲ ἔρχομαι. Πάτερ ἅγιε, τήρησον αὐτοὺς ἐν τῷ ὀνόματί σου ᾧ δέδωκάς μοι, ἵνα ὧσιν ἐν καθὼς ἡμεῖς. Ὅτε ἤμην μετ' αὐτῶν ἐγὼ ἐτήρουν αὐτοὺς ἐν τῷ ὀνόματί σου ᾧ δέδωκάς μοι, καὶ ἐφύλαξα, καὶ οὐδεὶς ἐξ αὐτῶν ἀπώλετο εἰ μὴ ὁ υἱὸς τῆς ἀπωλείας, ἵνα ἡ γραφὴ πληρωθῇ. Νῦν δὲ πρὸς σὲ ἔρχομαι, καὶ ταῦτα λαλῶ ἐν τῷ κόσμῳ ἵνα ἔχωσιν τὴν χαρὰν τὴν ἐμὴν πεπληρωμένην ἐν αὐτοῖς.

THE GOSPEL

(John 17: 1-13)

At that time, Jesus lifted up his eyes to heaven and said, "Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him power over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work which you gave me to do; and now, Father, you glorify me in your own presence with the glory which I had with you before the world was made. "I have manifested your name to the men whom you gave me out of the world; yours they were, and you gave them to me, and they have kept your word. Now they know that everything that you have given me is from you; for I have given them the words which you gave me, and they have received them and know in truth that I came from you; and they have believed that you did send me. I am praying for them; I am not praying for the world but for those whom you have given me, for they are mine; all mine are yours, and yours are mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. While I was with them, I kept them in your name, which you have given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to you; and these things I speak in the world, that they may have my joy fulfilled in themselves."

Ἀπόστολο ἐρχομένης Κυριακῆς

Πράξεων β' 1-11

Next week's epistle reading:

Acts 2:1-11

Next week's gospel reading

Ἰωάννην ζ' 37-52, η' 12

Εὐαγγέλιον ἐρχομένης Κυριακῆς

John 7:37-52, 8:12