ΠΝΕΥΜΑΤΙΚΑ ΣΑΛΠΙΣΜΑΤΑ
Πρέπει οἱ ἁγωνιζόμενοι Χριστιανοὶ νὰ προσεύχωνται μὲ τὸ ὄνομα τοῦ Χριστοῦ. Κάθε ἁγωνιζόμενος Χριστιανὸς μέσα εἰς τὸν κόσμον που ἐξομολογεῖται εἰς τὸν πνευματικὸν του πατέρα καὶ κοινωνεῖ τὸ Σῶμα καὶ τὸ Αἷμα τοῦ Χριστοῦ καὶ τηρεῖ τὶς ἐντολὲς τοῦ Θεοῦ μπορεῖ νὰ χρησιμοποιεῖ τὴν νοερὰν προσευχήν, τὸ «Κύριε Ἰησοῦ Χριστέ, ἐλέησον με». Η ἐξομολόγησις καὶ ἡ θεία κοινωνία δημιουργοῦν τὶς ἀπαραίτητες προϋποθέσεις διὰ νὰ ἐνεργήσῃ ἡ χάρις τῆς νοερᾶς προσευχῆς. Ἡ κάθαρσις τῆς ψυχῆς, ποὺ ἐπιτελεῖται διὰ τῆς Ἱερᾶς ἔξομολογησεως, θὰ καταστήσῃ τὴν ψυχὴν δεκτικὴν τῆς χάριτος τοῦ Ἁγίου Πνεύματος. Ἀνάλογα πρὸς τὴν κάθαρσιν τῆς ψυχῆς ἔρχεται καὶ ὁ φωτισμὸς τῆς χάριτος τοῦ Ἁγίου Πνεύματος. Τότε ἡ ψυχὴ εἰρηνεύει, χαίρεται, ἀγωνίζεται μὲ περισσότερη βία, μὲ μεγαλύτερη διάκρισι.

SPIRITUAL FOOD
St John Cassian said: I shall speak first about control of the stomach, the opposite to gluttony, and about how to fast and what and how much to eat. I shall say nothing on my own account, but only what I have received from the Holy Fathers. They have not given us only a single rule for fasting or a single standard and measure for eating, because not everyone has the same strength; age, illness or delicacy of body create differences. But they have given us all a single goal: to avoid over-eating and the filling of our bellies... A clear rule for self-control handed down by the Fathers is this: stop eating while still hungry and do not continue until you are satisfied.”

Whoever loves true prayer and yet becomes angry or resentful is his own enemy. He is like a man who wants to see clearly and yet inflicts damage on his own eyes. Whether you pray with others or alone, try to pray not simply as a routine, but with conscious awareness of your prayer. Conscious awareness of prayer is concentration accompanied by reverence, compunction and distress of soul as it confesses its sin with inward sorrow. If you are a theologian, you will pray truly. And if you pray truly, you are a theologian.

Bread is food for the body and holiness is food for the soul: prayer is food for the intellect. Evil thoughts cut off good thoughts and are cut off by good thoughts. Spiritual reading, vigils, and prayer bring the straying intellect to stability. Hunger, exertion, and withdrawal from the world wither burning lust.

Fasting / Νηστεία
Fast free week / Κατάλυσις εἰς πάντα αὐτή την εβδομάδα
Their word has gone out to the whole world
The heavens are telling the glory of God

THE EPISTLE
Acts 2:1-11

The reading is from the Acts of the Apostles
WHEN THE DAY of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance. Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. And they were amazed and wondering, saying, “Are not all these who are speaking Galileans? And how is it that we hear, from Rome, both Jews and proselytes, Libya belonging to Cyrene, and visitors from Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Creteans and Arabians, we hear them telling in our own tongues the mighty works of God

THE GOSPEL
Mt 10:32-33, 37-38, 19:27-30

On the last day of the feast, the great day, Jesus stood up and proclaimed, “If any one thirst, let him come to me and drink. He who believes in me, as the scripture has said, ‘Out of his heart shall flows rivers of living water.’” Now this he said about the Spirit, which those who believed in him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified. When they heard these words, some of the people said, “This is really the prophet.” Others said, “This is the Christ.” But some said, “Is the Christ to come from Galilee? Has not the scripture said that the Christ is descended from David, and comes from Bethlehem, the village where David was?” So there was a division among the people because of some of them wanted to arrest him, but no one laid hands on him. The officers then went back to the chief priest and Pharisees, who said to them, “Why did you not bring him?” The officers answered, “No man ever spoke like this man!” The Pharisees answered them, “Are you led astray, you also? Have any of the authorities or of the Pharisees believed in him? But this crowd, who do not know the law, are accursed.” Nikodemus, who had gone to him before, and who was one of them, said to them, “Does our law judge a man without first giving him a hearing and learning what he does?” They replied, “Are you from Galilee too? Search and you will see that no prophet is from Galilee.” Again Jesus spoke to them, saying, “I am the light of the world; he who follows me will not walk in darkness, but will have the light of life.”