

## ΠΙΝΕΥΜΑΤΙΚΑ

Ένας ασκητής έστειλε τον υποτακτικό του να πουλήσει το εργόχειρο του στις Καρυές. Εκεί ο υποτακτικό του άκουσε στο Πρωτάτο ωραιότατες ψαλμωδίες, μουσική κ.λ.π. Μια μέρα λέει στον γεροντά του. Γέροντα έχω ένα λογισμό. Εμείς εδώ πέρα στην έρημο δεν κάνουμε τίποτα. Να δεις πως εκεί υμνούν τον Θεό. Ψαλμωδίες, πράγματα, χορωδίες. Εμείς εδώ μόνο κομποσχοίνι, μόνο ΚΥΡΙΕ ΙΗΣΟΥ ΧΡΙΣΤΕ... Τον παίρνει ο Γέροντας τότε μια άλλη μέρα και του λέει. Ας, πάμε παιδί μου να δούμε τι κάνουν αυτοί οι πατέρες. Να κάνουμε κι εμείς το δικό τους τυπικό. Και όταν πήγαν σκύβει στο αυτί του, μέσα στην εκκλησία και του λέει ψιθυριστά. Πράγματι τέκνο, εδώ δοξάζουν τον Θεό. Δεν πρόλαβε να τελειώσει και πιάνει δυνατός σεισμός. Σείστηκαν τα σύμπαντα. Τότε αμέσως οι ψάλτες άφησαν τα μουσικά βιβλία και τα «τεριζέμ» και άρχισαν να τραβούν κομποσχοίνι, φωνάζοντας «ΚΥΡΙΕ ΙΗΣΟΥ ΧΡΙΣΤΕ ΥΙΕ ΤΟΥ ΘΕΟΥ ΕΛΕΗΣΟΝ ΗΜΑΣ»!!!! Γέροντα πάμε να φύγουμε, πάμε στη δουλειά μας, στην ησυχία μας, στο καλύβι μας. Αυτό που κάνουμε εμείς, είναι ανώτερο από τα ψαλτικά. Διαπίστωσαν πράγματι, ότι καλύτερη προσευχή είναι η προσευχή με το κομποσχοίνι.

## SPIRITUAL FOOD

The Lord of all gave to His apostles the power of the gospel, and by them we also have learned the truth, that is, the teaching of the Son of God - as the Lord said to them, 'He who hears you hears Me, and he who despises you despises Me, and Him Who sent Me' [Lk.10:16]. For we learned the plan of our salvation from no other than from those through whom the gospel came to us. The first preached it abroad, and then later by the will of God handed it down to us in Scriptures, to be the foundation and pillar of our faith. For it is not right to say that they preached before they had come to perfect knowledge, as some dare to say, boasting that they are the correctors of the apostles. For after our Lord had risen from the dead, and they were clothed with the power from on high when the Holy Spirit came upon them, they were filled with all things and had perfect knowledge. They went out to the ends of the earth, preaching the good things that come to us from God, and proclaiming peace from heaven to all men, all and each of them equally being in possession of the gospel of God.

Every day you provide your bodies with good to keep them from failing. In the same way your good works should be the daily nourishment of your hearts. Your bodies are fed with food and your spirits with good works. You aren't to deny your soul, which is going to live forever, what you grant to your body, which is going to die.

### Fasting / Νηστεία

Fish on Wed. normal fast Fri / Κατάλυσις ψαριού Τετάρτη.



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

### 29η Αύγουστου 2010

**Άποτομή Κεφαλῆς Προδρόμου**  
**Ἦχος πλ α' - Έωθινόν Γ'**

#### Αναστάσιμο Απολυτίκιον

**Ἦχος Πλ α'**

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν, πιστοὶ καὶ προσκυνήσωμεν· ὅτι ἠδύοκῆσε, σαρκὶ ἀνελθεῖν ἐν τῷ σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγειρῆσαι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

#### Απολυτίκιον τοῦ Προδρόμου

**Ἦχος β'**

Μνήμη δικαίου μετ' ἐγκωμίων, σοὶ δὲ ἀρκέσει ἡ μαρτυρία τοῦ Κυρίου Προδρόμε. Ἀνεδείχθης γὰρ ὄντως καὶ Προφητῶν σεβασμιώτερος· ὅτι καὶ ἐν ρεῖθροις βαπτίσαις κατηξιώθης τὸν κηρυττόμενον. Ὅθεν τῆς ἀληθείας ὑπεραθλήσας, χαίρων εὐηγγελίσω καὶ τοῖς ἐν Ἄδῃ, Θεὸν φανερωθέντα ἐν σαρκί, τὸν αἰρόντα τὴν ἁμαρτίαν τοῦ κόσμου, καὶ παρέχοντα ἡμῖν τὸ μέγα ἔλεος.

#### Απολυτίκιον τῶν Ἁγίων Ἰωακείμ καὶ Ἄννας

**Ἦχος πλ α'**

Ἡ Δυάς ἡ ἁγία καὶ Θεοτίμητος, Ἰωακείμ...

#### Κοντάκιον τῶν Θεοπατόρων

**Ἦχος δ'**

Ἰωακείμ καὶ Ἄννα ὄνειδισμού ἀτεκνίας, καὶ Ἀδάμ καὶ Εὐά, ἐκ τῆς φθορᾶς τοῦ θανάτου, ἠλευθερώθησαν, Ἄχραντε, ἐν τῇ ἁγία γεννήσει σου, αὐτὴν ἐορτάζει καὶ ὁ λαός σου, ἐνοχῆς τῶν πταισμάτων, λυτρωθεὶς ἐν τῷ κράζειν σοί, Ἡ στείρα τίκτει τὴν Θεοτόκον, καὶ τροφὸν τῆς ζωῆς ἡμῶν

### 29th August 2010

**Beheading of John the Baptist**  
**Tone 5—3rd Morning Gospel**

#### Resurrection Apolytikion

**Tone 5**

The Word eternal with the Father and the Spirit, born of the Virgin for our Salvation, let us believers praise and worship; for he was pleased to go up on the Cross in his flesh, to endure death and raise the dead, by his glorious resurrection.

#### Apolytikion of the Forerunner

**Tone 2**

The memory of the righteous is observed with praises, but for you sufficient is the testimony of the Lord, O Forerunner. You were shown to be more venerable than the Prophets, for you were counted worthy to baptise in the river the One whom they proclaimed. Then, when you had contended for the sake of the truth, joyfully you evangelised to those in Hades, that God appeared in the flesh, and takes away the sins of the world, and grants us the great mercy

#### Apolytikion of Saints Joachim & Anna

**Tone 5**

Let us sing praises to Joachim and Anna...

#### Kontakion of the Ancestors of God

**Tone 4**

Joachim and Anna were freed from the reproach of childlessness, and Adam and Eve from the corruption of death, O Immaculate One, by your holy nativity. Your people, redeemed from the guilt of sin, celebrate your birth by crying to you: The barren woman gives birth to the Theotokos and the nurse of our life

# Ο ΑΠΟΣΤΟΛΟΣ

Πράξεων ιγ' 25-32

*Εὐφρανθήσεται δίκαιος ἐν τῷ Κυρίῳ.*

*Εἰσάκουσον, ὁ Θεός, τῆς φωνῆς μου.*

Πράξεων τῶν Ἀποστόλων τὸ  
Ἀνάγνωσμα.

Ἐν ταῖς ἡμέραις ἐκείναις, ὡς ἐπλήρου ὁ Ἰωάννης τὸν δρόμον, ἔλεγε· Τίνα με ὑπονοεῖτε εἶναι; Οὐκ εἰμὶ ἐγώ, ἀλλ' ἰδοὺ ἔρχεται μετ' ἐμὲ οὗ οὐκ εἰμὶ ἄξιος τὸ ὑπόδημα τῶν ποδῶν λῦσαι. Ἄνδρες ἀδελφοί, υἱοὶ γένους Ἀβραάμ καὶ οἱ ἐν ὑμῖν φοβούμενοι τὸν Θεόν, ὑμῖν ὁ λόγος τῆς σωτηρίας ταύτης ἀπεστάλη. Οἱ γὰρ κατοικοῦντες ἐν Ἱερουσαλὴμ καὶ οἱ ἄρχοντες αὐτῶν τοῦτον ἀγνοήσαντες, καὶ τὰς φωνὰς τῶν προφητῶν τὰς κατὰ πᾶν σάββατον ἀναγινωσκομένας κρίναντες ἐπλήρωσαν, καὶ μηδεμίαν αἰτίαν θανάτου εὐρόντες ἠτήσαντο Πιλάτον ἀνααιρεθῆναι αὐτόν. Ὡς δὲ ἐτέλεσαν πάντα τὰ περὶ αὐτοῦ γεγραμμένα, καθελόντες ἀπὸ τοῦ ξύλου ἔθηκαν εἰς μνημεῖον. Ὁ δὲ Θεὸς ἤγειρεν αὐτόν ἐκ νεκρῶν ὡς ὤφθη ἐπὶ ἡμέρας πλείους τοῖς συναναβᾶσιν αὐτῷ ἀπὸ τῆς Γαλιλαίας εἰς Ἱερουσαλὴμ, οἵτινές εἰσι μάρτυρες αὐτοῦ πρὸς τὸν λαόν. Καὶ ἡμεῖς ὑμᾶς εὐαγγελιζόμεθα τὴν πρὸς τοὺς πατέρας ἐπαγγελίαν γενομένην, ὅτι ταύτην ὁ Θεὸς ἐκπεπλήρωκε τοῖς τέκνοις αὐτῶν, ἡμῖν, ἀναστήσας Ἰησοῦν.

# THE EPISTLE

Acts 13:25-32

*Let the righteous exult in glory*

*Hear my voice O God*

The Reading is from the Acts of the  
Apostles

IN THOSE DAYS, as John was finishing his course, he said, "What do you suppose that I am? I am not he. No, but after me one is coming, the sandals of whose feet I am not worthy to untie." Brethren, sons of the family of Abraham, and those among you that fear God, to us has been sent the message of this salvation. For those who live in Jerusalem and their rulers, because they did not recognize him nor understand the utterances of the prophets which are read every sabbath, fulfilled these by condemning him. Though they could charge him with nothing deserving death, yet they asked Pilate to have him killed. And when they had fulfilled all that was written of him, they took him down from the tree, and laid him in a tomb. But God raised him from the dead; and for many days he appeared to those who came up with him from Galilee to Jerusalem, who are now his witnesses to the people. And we bring you the good news that what God promised to the fathers, this he has fulfilled to us their children by raising Jesus.

# ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Μάρκον ς' 14-30

Τῷ καιρῷ ἐκείνῳ, ἤκουσεν ὁ βασιλεὺς Ἡρῴδης φανερὸν γὰρ ἐγένετο τὸ ὄνομα αὐτοῦ· καὶ ἔλεγεν ὅτι Ἰωάννης ὁ βαπτίζων ἐκ νεκρῶν ἠγέρθη, καὶ διὰ τοῦτο ἐνεργοῦσιν αἱ δυνάμεις ἐν αὐτῷ. Ἄλλοι ἔλεγον ὅτι Ἡλίας ἐστίν· ἄλλοι δὲ ἔλεγον ὅτι προφήτης ἐστὶν ὡς εἰς τῶν προφητῶν. Ἀκούσας δὲ ὁ Ἡρῴδης εἶπεν ὅτι ὃν ἐγὼ ἀπεκεφάλισα Ἰωάννην, οὗτός ἐστιν· αὐτὸς ἠγέρθη ἐκ νεκρῶν. Αὐτὸς γὰρ ὁ Ἡρῴδης ἀποστείλας ἐκράτησε τὸν Ἰωάννην καὶ ἔδησεν αὐτὸν ἐν φυλακῇ διὰ Ἡρωδιάδα τὴν γυναῖκα Φιλίππου τοῦ ἀδελφοῦ αὐτοῦ, ὅτι αὐτὴν ἐγάμησεν. Ἐλεγε γὰρ ὁ Ἰωάννης τῷ Ἡρῴδῃ ὅτι οὐκ ἔξεστί σοι ἔχειν τὴν γυναῖκα τοῦ ἀδελφοῦ σου. Ἡ δὲ Ἡρωδίας ἐνεῖχεν αὐτῷ καὶ ἠθέληεν αὐτὸν ἀποκτεῖναι, καὶ οὐκ ἠδύνατο γὰρ Ἡρῴδης ἐφοβεῖτο τὸν Ἰωάννην, εἰδὼς αὐτὸν ἄνδρα δίκαιον καὶ ἅγιον, καὶ συνετήρει αὐτόν, καὶ ἀκούσας αὐτοῦ πολλὰ ἐποίει καὶ ἠδέεω αὐτοῦ ἤκουε. Καὶ γενομένης ἡμέρας εὐκαιροῦ, ὅτε Ἡρῴδης τοῖς γενεσίοις αὐτοῦ δεῖπνον ἐποίει τοῖς μεγιστᾶσιν αὐτοῦ καὶ τοῖς χιλιάρχοις καὶ τοῖς πρώτοις τῆς Γαλιλαίας, καὶ εἰσελθούσης τῆς θυγατρὸς αὐτῆς τῆς Ἡρωδιάδος καὶ ὀρχησαμένης καὶ ἀρεσάσης τῷ Ἡρῴδῃ καὶ τοῖς συνανακειμένοις, εἶπεν ὁ βασιλεὺς τῷ κορασίῳ· αἰτήσον με ὃ ἐὰν θέλῃς, καὶ δώσω σοι. Καὶ ὤμοσεν αὐτῇ ὅτι ὃ ἐὰν με αἰτήσῃς δώσω σοι, ἕως ἡμίσου τῆς βασιλείας μου. Ἡ δὲ ἐξελθοῦσα εἶπε τῇ μητρὶ αὐτῆς· τί αἰτήσομαι; ἡ δὲ εἶπε· τὴν κεφαλὴν Ἰωάννου τοῦ βαπτιστοῦ, καὶ εἰσελθοῦσα εὐθέως μετὰ σπουδῆς πρὸς τὸν βασιλεῖα ἠτήσατο λέγουσα· θέλω ἵνα μοι δῶς ἐξαυτῆς ἐπὶ πίνακι τὴν κεφαλὴν Ἰωάννου τοῦ βαπτιστοῦ. Καὶ περιλυπὸς γενόμενος ὁ βασιλεὺς, διὰ τοὺς ὄρκους καὶ τοὺς συνανακειμένους οὐκ ἠθέλησεν αὐτὴν ἀθετησαί. Καὶ εὐθέως ἀποστείλας ὁ βασιλεὺς σκεκουλάτωρα ἐπέταξεν ἐνεχθῆναι τὴν κεφαλὴν αὐτοῦ. Ὁ δὲ ἀπελθὼν ἀπεκεφάλισεν αὐτὸν ἐν τῇ φυλακῇ, καὶ ἤνεγκε τὴν κεφαλὴν αὐτοῦ ἐπὶ πίνακι καὶ ἔδωκεν αὐτὴν τῷ κορασίῳ, καὶ τὸ κοράσιον ἔδωκεν αὐτὴν τῇ μητρὶ αὐτῆς. Καὶ ἀκούσαντες οἱ μαθηταὶ αὐτοῦ ἦλθον καὶ ἤραν τὸ πτῶμα αὐτοῦ, καὶ ἔθηκαν αὐτὸ ἐν μνημείῳ. Καὶ συνάγονται οἱ ἀπόστολοι πρὸς τὸν Ἰησοῦν, καὶ ἀπήγγειλαν αὐτῷ πάντα, καὶ ὅσα ἐποίησαν καὶ ὅσα ἐδίδαξαν.

# THE GOSPEL

Mark 6:14-30

At that time, King Herod heard that Jesus' name had become known. Some said, "John the baptizer has been raised from the dead; that is why these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it he said, "John, whom I beheaded, has been raised." For Herod had sent and seized John, and bound him in prison for the sake of Herodias, his brother Philip's wife; because he had married her. For John said to Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and kept him safe. When he heard him, he was much perplexed; and yet he heard him gladly. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and the leading men of Galilee. For when Herodias' daughter came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will grant it." And he vowed to her, "Whatever you ask me, I will give you, even half of my kingdom." And she went out, and said to her mother, "What shall I ask?" And she said, "The head of John the baptizer." And she came in immediately with haste to the king, and asked, saying, "I want you to give me at once the head of John the Baptist on a platter." And the king was exceedingly sorry; but because of his oaths and his guests he did not want to break his word to her. And immediately the king sent a soldier of the guard and gave orders to bring his head. He went and beheaded him in the prison, and brought his head on a platter, and gave it to the girl; and the girl gave it to her mother. When his disciples heard of it, they came and took his body, and laid it in a tomb. The apostles returned to Jesus, and told him all that they had done and taught.

Ἀπόστολο ἐρχομένης Κυριακῆς  
Β' Κορινθίους δ' 6-15

Next week's epistle reading:  
2 Corinthians 4:6-15

Next week's gospel reading  
Ματθαίου κβ' 35-46

Εὐαγγέλιον ἐρχομένης Κυριακῆς  
Matthew 22:35-46