

ΠΙΝΕΥΜΑΤΙΚΑ

Μὲ λιμάνια μέσα στὸ πέλαγος
μοιάζουν οἱ ναοί, πού ὁ Θεὸς ἐγκατέστησε
στὶς πόλεις πνευματικὰ λιμάνια, ὅπου
βρίσκουμε ἀπερίγραπτη ψυχικὴ ἡρεμία
ὅσοι σ' αὐτὰ καταφεύγουμε, ζαλισμένοι
ἀπὸ τὴν κοσμικὴ τύρβη. Κι ὅπως ἀκριβῶς
ἓνα ἀπάνεμο κι ἀκύμαντο λιμάνι
προσφέρει ἀσφάλεια στὰ ἀραγμένα
πλοῖα, ἔτσι καὶ ὁ ναὸς σώζει ἀπὸ τὴν
τρικυμία τῶν βιοτικῶν μεριμνῶν ὅσους σ'
αὐτὸν προστρέχουν καὶ ἀξιώνει τοὺς
πιστοὺς νὰ στέκονται μὲ ἀσφάλεια καὶ ν'
ἀκοῦνε τὸ λόγο τοῦ Θεοῦ μὲ γαλήνη
πολλή.

Ὁ ναὸς εἶναι θεμέλιο τῆς ἀρετῆς καὶ
σχολεῖο τῆς πνευματικῆς ζωῆς. Πάτησε
στὰ πρόθυρά του μόνο, ὅποιαδήποτε ὥρα,
κι ἀμέσως θὰ ξεχάσεις τὶς καθημερινὲς
φροντίδες. Πέρασε μέσα, καὶ μία αὐρα
πνευματικὴ θὰ περικυκλώσει τὴν ψυχὴ
σου. Αὐτὴ ἡ ἡσυχία προξενεῖ δέος καὶ
διδάσκει τὴ χριστιανικὴ ζωὴ ἀνορθώνει τὸ
φρόνημα καὶ δὲν σὲ ἀφήνει νὰ θυμᾶσαι τὰ
παρόντα· σὲ μεταφέρει ἀπὸ τὴ γῆ στὸν
οὐρανό. Κι ἂν τόσο μεγάλο εἶναι τὸ κέρδος
ὅταν δὲν γίνεται λατρευτικὴ σύναξη,
σκέψου, ὅταν τελεῖται ἡ λειτουργία καὶ οἱ
προφῆτες διδάσκουν, οἱ ἀπόστολοι
κηρῦσσουν τὸ Εὐαγγέλιο, ὁ Χριστὸς
βρίσκεται ἀνάμεσα στοὺς πιστοὺς, ὁ Θεὸς
Πατέρας δέχεται τὴν τελούμενη θυσία, τὸ
Ἅγιο Πνεῦμα χορηγεῖ τὴ δική Του
ἀγαλλίαση, τότε λοιπόν, μὲ πόση ὠφέλεια
πλημμυρισμένοι δὲν φεύγουν ἀπὸ τὸ ναὸ
οἱ ἐκκλησιαζόμενοι; Μὲ τὴν πνευματικὴ
ἀπόλαυση θεραπεύει τὴ στενοχώρια καὶ
μὲ τὴ χαρὰ τὴ λύπη.

Fasting / Νηστεία

Normal fasting Wed. & Friday / Νηστεία Τετάρτη καὶ Παρασκευή

SPIRITUAL FOOD

Our holy fathers have renounced all
other spiritual work and concentrated
wholly on this one doing, that is, on
guarding the heart, convinced that,
through this practice, they would easily
attain every other virtue, whereas without
it not a single virtue can be firmly estab-
lished.

If you are praised, be silent. If you are
scolded, be silent. If you incur losses, be
silent. If you receive profit, be silent. If
you are satiated, be silent. If you are hun-
gry, also be silent. And do not be afraid
that there will be no fruit when all dies
down; there will be! Not everything will
die down. Energy will appear; and what
energy!

When anyone is disturbed or saddened
under the pretext of a good and soul-
profiting matter, and is angered against
his neighbour, it is evident that this is not
according to God: for everything that is of
God is peaceful and useful and leads a
man to humility and to judging himself.

What, then, are the things which are being
prepared for those who wait for Him? The
Creator and Father of the ages, the All-holy
One, Himself knows their greatness and
beauty. Let us then strive to be found among
the number of those that wait, that we may
receive a share of the promised gifts.

Even if an angel should indeed appear to
you, do not receive him but humiliate yourself,
saying, 'I am not worthy to see an angel, for I
am a sinner.'



Τερά Ἀρχιεπισκοπὴ Αὐστραλίας

Greek Orthodox Archdiocese of Australia

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15η Αὐγούστου 2010

Η ΚΟΙΜΗΣΙΣ ΤΗΣ
ΥΠΕΡΑΓΙΑΣ ΘΕΟΤΟΚΟΥ

Ἀναστάσιμο Ἀπολυτίκιον

Ἦχος γ'

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιᾶσθω
τὰ ἐπίγεια, ὅτι ἐποίητε κράτος ἐν
βραχίονι αὐτοῦ ὁ Κύριος· ἐπάτησε τῷ
θανάτῳ τὸν θάνατον. πρωτότοκος τῶν
νεκρῶν ἐγένετο, ἐκ κοιλίας Ἰδίου
ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ
τὸ μέγα ἔλεος.

Ἀπολυτίκιον Κοιμήσεως τῆς Θεοτόκου

Ἦχος α'

Ἐν τῇ Γεννήσει τὴν παρθενίαν
ἐφύλαξας, ἐν τῇ Κοιμήσει τὸν κόσμον
οὐ κατέλιπες Θεοτόκε, Μετέστης πρὸς
τὴν ζωὴν, μήτηρ ὑπάρχουσα τῆς ζωῆς,
καὶ ταῖς πρεσβείαις ταῖς σαις
λυτρουμένη, ἐκ θανάτου τὰς ψυχὰς
ἡμῶν.

Κοντάκιον τῆς Κοιμήσεως τῆς

Θεοτόκου

Ἦχος πλ β'

Τὴν ἐν πρεσβείαις ἀκοίμητον
Θεοτόκον, καὶ προστασίαις ἀμετάθετον
ἐλπίδα, τάφος καὶ νέκρωσις οὐκ
ἐκράτησεν, ὡς γὰρ ζωῆς Μητέρα, πρὸς
τὴν ζωὴν μετέστησεν, ὁ μήτραν
οικήσας ἀειπαρθενον

15th August 2010

THE DORMITION OF
THE THEOTOKOS

Resurrection Apolytikion

Tone 3

Let the heavens rejoice and the earth be
glad, for the Lord has done a mighty deed
with His arm; by death He has trampled
on death. The first born of the dead He has
become. From Hades depths He has deliv-
ered us; and granted to the world His
great mercy.

Apolytikion for Dormition of the Theotokos

Tone 1

In birth, you preserved your virginity;
in death, you did not abandon the
world, O Theotokos. As mother of life,
you departed to the source of life, de-
livering our souls from death by your
intercessions.

Kontakion for Dormition of the Theotokos

Tone 6

Neither the grave nor death could con-
tain the Theotokos, the unshakable
hope, ever vigilant in intercession and
protection. As Mother of life, He who
dwelt in the ever-virginal womb trans-
posed her to life.

Ο ΑΠΟΣΤΟΛΟΣ

Φιλιππησίους β' 5-11

Μεγαλύνει ἡ ψυχὴ μου τὸν Κύριον καὶ ἠγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτῆρί μου.

Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπεινῶσιν τῆς δούλης αὐτοῦ.

Πρὸς Φιλιππησίους Ἐπιστολῆς Παύλου τό
Ἀνάγνωσμα

Ἀδελφοί, τοῦτο γὰρ φρονείσθω ἐν ὑμῖν ὁ καὶ ἐν χριστῷ Ἰησοῦ· ὃς ἐν μορφῇ θεοῦ ὑπάρχων, οὐχ ἄρπαγμὸν ἠγήσατο τὸ εἶναι ἴσα θεῷ, ἀλλ' ἑαυτὸν ἐκένωσεν, μορφὴν δούλου λαβὼν, ἐν ὁμοιώματι ἀνθρώπων γενόμενος· καὶ σῆματι εὐρεθεὶς ὡς ἄνθρωπος, ἐταπείνωσεν ἑαυτόν, γενόμενος ὑπήκοος μέχρι θανάτου, θανάτου δὲ σταυροῦ. Διὸ καὶ ὁ θεὸς αὐτὸν ὑπερύψωσεν, καὶ ἔχαρίσατο αὐτῷ ὄνομα τὸ ὑπὲρ πᾶν ὄνομα· ἵνα ἐν τῷ ὀνόματι Ἰησοῦ πᾶν γόνυ κάμψη ἐπουρανίων καὶ ἐπιγείων καὶ καταχθονίων, καὶ πᾶσα γλῶσσα ἐξομολογήσεται ὅτι κύριος Ἰησοῦς χριστός, εἰς δόξαν θεοῦ πατρὸς.

THE EPISTLE

Philippians 2:5-11

My Soul magnifies the Lord, and my spirit rejoices in God my saviour

For He has regarded the low estate of His servant

The Reading is from Paul's first letter to the Philippians

BRETHREN, have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name which is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

ΤΟ ΕΥΑΓΓΕΛΙΟΝ

Λουκᾶν ι' 38-42, ια' 2

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς κώμην τινὰ· γυνὴ δέ τις ὀνόματι Μάρθα ὑπέδέξατο αὐτόν. Καὶ τῆδε ἦν ἀδελφὴ καλουμένη Μαριάμ, [ἡ] καὶ παρακαθесθεῖσα πρὸς τοὺς πόδας τοῦ κυρίου ἤκουεν τὸν λόγον αὐτοῦ. Ἡ δὲ Μάρθα περιεσπάτο περὶ πολλὴν διακονίαν· ἐπιστᾶσα δὲ εἶπεν, Κύριε, οὐ μέλει σοι ὅτι ἡ ἀδελφὴ μου μόνην με κατέλιπεν διακονεῖν; εἰπέ οὖν αὐτῇ ἵνα μοι συναντιλάβηται. Ἀποκριθεὶς δὲ εἶπεν αὐτῇ ὁ κύριος, Μάρθα, Μάρθα, μεριμνᾷς καὶ θορυβάζῃ περὶ πολλά, ἐνὸς δὲ ἐστὶν χρεια· Μαριάμ γὰρ τὴν ἀγαθὴν μερίδα ἐξέλεξατο ἣτις οὐκ ἀφαιρεθήσεται αὐτῆς. Ἐγένετο δὲ ἐν τῷ λέγειν αὐτὸν ταῦτα ἐπάρασά τις φωνὴν γυνὴ ἐκ τοῦ ὄχλου εἶπεν αὐτῷ, Μακαρία ἡ κοιλία ἢ βαστάσασά σε καὶ μαστοὶ οὓς ἐθήλασας. Αὐτὸς δὲ εἶπεν, Μενοῦν μακάριοι οἱ ἀκούοντες τὸν λόγον τοῦ Θεοῦ καὶ φυλάσσοντες αὐτόν.

THE GOSPEL

Luke 10:38-42, 11:2

At that time, Jesus entered a village; and a woman called Martha received him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving; and she went to him and said, "Lord, do you not care that my sister has left me to serve you alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things; one thing is needful. Mary has chosen the good portion, which shall not be taken away from her." As he said this, a woman in the crowd raised her voice and said to him, "Blessed is the womb that bore you, and the breasts that you sucked!" But he said, "Blessed rather are those who hear the word of God and keep it!"

Ἀπόστολο ἐρχομένης Κυριακῆς
Α' Κορινθίους ιστ' 13-24

Next week's epistle reading:
1 Corinthians 16:13-24

Next week's gospel reading
Ματθαίου κα' 33-42

Εὐαγγέλιον ἐρχομένης Κυριακῆς
Matthew 21:33-42