

# KANONA ΠΙΣΤΕΩΣ - MODEL OF FAITH

## GREEK ORTHODOX ARCHDIOCESE OF AUSTRALIA PARISH OF SAINT NICHOLAS MARRICKVILLE

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### Κυριακή 6 Μαρτίου 2022 ΚΥΡΙΑΚΗ ΤῆΣ ΤΥΡΟΦΑΓΟΥ

#### Ἀπολυτίκιον Ἀναστάσιμον Ἰησους δ΄

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριαι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

#### Ἀπολυτίκιον Τοῦ Ἁγίου Νικολάου.

Κανόνα πίστεως καὶ εἰκόνα πραότητος, ἐγκρατείας διδάσκαλον, ἀνέδειξέ σε τῇ ποιίμῃ σου, ἢ τῶν πραγμάτων ἀλήθεια· διὰ τοῦτο ἐκτήσω τῇ ταπεινώσει τὰ ὑψηλά, τῇ πτωχείᾳ τὰ πλούσια, Πάτερ ἱεράρχα **Νικόλαε**· πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

#### Ἀπολυτίκιον. Κοσμά και Δαμιανού

Ἅγιοι Ανάργυροι καὶ θαυματουργοί, επισκέψασθε τὰς ασθενείας ἡμῶν, δωρεάν ἐλάβετε, δωρεάν δότε ἡμῖν.

#### Κοντάκιον.

Τῆς σοφίας ὁδῆγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριζον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρός Λόγος· ἰδοὺ γὰρ τὰ χεῖλη μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

### Sunday 6 March 2022 Cheesefare Sunday

#### Resurrectional Apolytikion

The joyful message of the resurrection the women Disciples learnt from the Angel, and casting off the ancestral sentence, to the Apostles they announced in exultation: Death has been despoiled and Christ our God has risen, granting to the world his great mercy.

#### St Nicholas Hymn

A model of faith and the image of gentleness, the example of your life has shown you forth to your sheep-fold to be a master of temperance. You obtained thus through being lowly, gifts from on high, and riches through poverty, **Nicholas**, our father and priest of priests, intercede with Christ our God that He may save our soul.

#### Sts Cosmas & Damianos

Sainted Unmercenaries and Wonder Workers, regard our infirmities; freely you have received, freely share with us.

#### Kontakion of Forgiveness

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

**ΑΠΟΣΤΟΛΟΣ**

**Πρὸς Ῥωμαίους Ἐπιστολῆς Παύλου  
(ιγ', 11-14; ιδ', 1-4)**

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἢ  
σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νύξ  
προέκοπεν, ἡ δὲ ἡμέρα ἤγγικεν·  
ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκοτους,  
καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς  
ἐν ἡμέρᾳ, εὐσχημόνως περιπατήσωμεν  
μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ  
ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ. Ἀλλ'  
ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν  
καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιήσθε,  
εἰς ἐπιθυμίας. Τὸν δὲ ἀσθενοῦντα τῇ  
πίστει προσλαμβάνεσθε, μὴ εἰς  
διακρίσεις διαλογισμῶν. Ὅς μὲν  
πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν  
λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ  
ἐσθίοντα μὴ ἐξουθενείτω, καὶ ὁ μὴ  
ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ θεὸς  
γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ  
κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ  
κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δέ·  
δυνατὸς γὰρ ἐστὶν ὁ θεὸς στήσαι αὐτόν.

**EPISTLE**

**St. Paul's Letter to the Romans  
(13:11-14; 14:1-4)**

Brethren, salvation is nearer to us now  
than when we first believed; the night is  
far gone, the day is at hand. Let us then  
cast off the works of darkness and put on  
the armor of light; let us conduct  
ourselves becomingly as in the day, not  
in reveling and drunkenness, not in  
debauchery and licentiousness, not in  
quarreling and jealousy. But put on the  
Lord Jesus Christ, and make no provision  
for the flesh, to gratify its desires.

As for the man who is weak in faith,  
welcome him, but not for disputes over  
opinions. One believes he may eat  
anything, while the weak man eats only  
vegetables. Let not him who eats despise  
him who abstains, and let not him who  
abstains pass judgment on him who eats;  
for God has welcomed him. Who are you  
to pass judgment on the servant of  
another? It is before his own master that  
he stands or falls. And he will be upheld,  
for God is able to make him stand.

**Εὐαγγελίου τῆς Συγχώρεση  
Ἐκ τοῦ κατὰ Ματθαῖον ἀγίου Εὐαγγελίου  
(στί, 14-21)**

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατήρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατήρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὡσπερ οἱ ὑποκριταὶ σκυθρωποί· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαι σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σῆς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σῆς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γὰρ ἔστιν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδιά ὑμῶν.

**Gospel of Forgiveness  
Holy Gospel of Matthew  
(6:14-21)**

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

## Κυριακή τῆς Τυρινῆς

### Τοῦ Τριωδίου

Τῇ αὐτῇ ἡμέρᾳ, ἀνάμνησιν ποιούμεθα  
τῆς ἀπὸ τοῦ Παραδείσου τῆς τρυφῆς  
ἐξορίας τοῦ Πρωτοπλάστου Ἀδάμ.

#### Στίχοι

*Κόσμος γενάρχαις πικρὰ συνθρηνησάτω.  
Βρώσει γλυκεία, συμπεσῶν πεπτωκόσι*

Τῇ ἀφάτῳ σου εὐσπλαγχνία, Χριστέ ὁ  
Θεὸς ἡμῶν, τῆς τρυφῆς τοῦ Παραδείσου  
ἡμᾶς καταξίωσον, καὶ ἐλέησον, ὡς μόνος  
φιλόανθρωπος. Ἀμήν.

## Cheesefare Sunday

The Holy Fathers have appointed today as the **Sunday of Forgiveness**, and the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are overindulgence and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind.

The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the overindulgence and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, **we also ask forgiveness this day, first from God, then from one another and all creation.**