

ΚΑΝΟΝΑ ΠΙΣΤΕΩΣ - MODEL OF FAITH

GREEK ORTHODOX ARCHDIOCESE OF AUSTRALIA PARISH OF SAINT NICHOLAS MARRICKVILLE

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Κυριακή 21 Απριλίου 2024 Κυριακή Ε' τῶν Νηστειῶν Τῆς Ὁσίας Μαρίας τῆς Αἰγυπτίας

Ἀπολυτίκιον Ἀναστάσιμον Ἦχος πλ. α'.

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι,
τὸν ἐκ Παρθένου τεχθέντα εἰσωτηριαν
ἡμῶν, ἀνυμνήσωμεν πιστοικαὶ
προσκυνήσωμεν, ὅτι ἠυδόκησε σαρκί,
ἀνελεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον
ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεῶτας,
ἐντῆ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Τοῦ Ὁσίας.

Ἐν σοὶ Μῆτερ ἀκριβῶς διεσώθη τὸ κατ'
εἰκόνα· λαβοῦσα γὰρ τὸν σταυρόν,
ἠκολούθησας τῷ Χριστῷ, καὶ πράττουσα
ἐδίδασκες ὑπερορᾶν μὲν σαρκὸς παρέρχεται
γάρ, ἐπιμελεῖσθαι δὲ ψυχῆς, πρᾶγμα τοῦ
ἀθανάτου· διὸ καὶ μετὰ Ἀγγέλων
συναγάλλεται Ὁσία Μαρία τὸ πνεῦμά σου.

Ἀπολυτίκιον. Τοῦ Ἁγίου Νικολάου.

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

Ἀπολυτίκιον. Κοσμά και Δαμιανού

Ἅγιοι Ανάργυροι καὶ θαυματουργοί,
επισκέψασθε τὰς ἀσθενείας ἡμῶν, δωρεάν
ελάβετε, δωρεάν δότε ἡμῖν.

Sunday 21 April 2024 5th Sunday of Lent St Mary of Egypt

Resurrectional Apolytikion

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.

For the Devout Woman

In you, O Mother, is preserved undistorted
what was made in the image of God; for
taking up the cross, you followed Christ
and by example taught, that we should
overlook the flesh, since it passes away,
and instead look after the soul, since it is
immortal. And therefore, O devout Mary,
your spirit rejoices with the angels.

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.

**Ἀπολυτίκιον τοῦ Ἁγίου Παΐσιου
Τόν συνάναρχον Λόγον**

Αὐστραλίας προστάτην, φρουρόν τε
ἄγρυπνον, καί τοῦ Ἄθωνος ὄρους στύλον
ἀείφωτον, ἀνυμνήσωμεν πιστοί, θεῖον
Παΐσιον, ἐξαιτούμενοι αὐτοῦ τάς
πρεσβείας πρὸς Θεόν, κραυγάζοντες
ὁμοφρόνως· ῥύου ᾧ πάτερ παντοίων, τῶν
τοξευμάτων τοῦ ἀλάστορος.

Κοντάκιον.

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε,
μεισιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε,
μηπαρίδης, ἀμαρτωλῶν δεήσεων φωνάς,
ἀλλὰπρόφθασον, ὡς ἀγαθή, εἰς τὴν
βοήθειαν ἡμῶν, τῶνπνιστῶν κραυγαζόντων
σοι· Τάχυνον εἰς πρεσβείαν,καὶ σπεῦσον
εἰς ἱκεσίαν, ἢ προστατεύουσα ἀεὶ,
Θεοτόκε, τῶν τιμῶντων σε.

ΑΠΟΣΤΟΛΟΣ

**Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου
(θ', 11-14)**

Ἀδελφοί, Χριστὸς δὲ παραγενόμενος
ἀρχιερεὺς τῶν μελλόντων ἀγαθῶν, διὰ
τῆς μείζονος καὶ τελειοτέρας σκηνῆς,
οὐ χειροποιήτου, τοῦτ' ἔστιν, οὐ
ταύτης τῆς κτίσεως, οὐδὲ δι' αἵματος
τράγων καὶ μόσχων, διὰ δὲ τοῦ ἰδίου
αἵματος εἰσηλθεν ἐφάπαξ εἰς τὰ ἅγια,
αἰωνίαν λύτρωσιν εὐράμενος. Εἰ γὰρ τὸ
αἷμα ταύρων καὶ τράγων, καὶ σποδὸς
δαμάλεως ῥαντίζουσα τοὺς
κεκοινωμένους, ἀγιάζει πρὸς τὴν τῆς
σαρκὸς καθαρότητα, πόσω μᾶλλον τὸ
αἷμα τοῦ Χριστοῦ, ὃς διὰ πνεύματος
αἰωνίου ἑαυτὸν προσήνεγκεν ἄμωμον
τῷ θεῷ, καθαρῆί τὴν συνείδησιν ὑμῶν
ἀπὸ νεκρῶν ἔργων, εἰς τὸ λατρεῦειν
θεῷ ζῶντι;

**St Paisios Hymn
The Word Eternal**

O Protector of Australia, vigilant
guardian and resplendent pillar of Mount
Athos, we the faithful let us praise the
holy **Paisios**, and beseeching his
intercessions before God, crying out with
one voice, deliver us, O father of all,
from the arrows of the vengeful one

Kontakion

O Protection of Christians that never
falls, intercession with the Creator that
never fails, we sinners beg you, do not
ignore the voices of our prayers. O good
Lady, we implore you, quickly come unto
our aid, when we cry out to you with
faith. Hurry to intercession, and hasten
to supplication, O Theotokos who
protect now and ever those who honor
you.

EPISTLE

**St. Paul's Letter to the Hebrews
(9: 11-14)**

BRETHREN, when Christ appeared as a
high priest of the good things that
have come, then through the greater
and more perfect tent (not made with
hands, that is, not of this creation) he
entered once for all into the Holy
Place, taking not the blood of goats
and calves but his own blood, thus
securing an eternal redemption. For if
the sprinkling of defiled persons with
the blood of goats and bulls and with
the ashes of a heifer sanctifies for the
purification of the flesh, how much
more shall the blood of Christ, who
through the eternal Spirit offered
himself without blemish to God, purify
your conscience from dead works to
serve the living God.

**Ἐκ τοῦ κατὰ Μαρκον ἀγίου Εὐαγγελίου
(I', 32-45)**

Τῷ καιρῷ ἐκείνῳ, παραλαμβάνει ὁ Ἰησοῦς τοὺς δώδεκα μαθητάς αὐτοῦ καὶ ἤρξατο αὐτοῖς λέγειν τὰ μέλλοντα αὐτῷ συμβαίνειν, ὅτι ἰδοὺ ἀναβαίνομεν εἰς Ἱερουσόλυμα καὶ ὁ υἱὸς τοῦ ἀνθρώπου παραδοθήσεται τοῖς ἀρχιερεῦσι καὶ γραμματεῦσι, καὶ κατακρινοῦσιν αὐτὸν θανάτῳ καὶ παραδώσουσιν αὐτὸν τοῖς ἔθνεσι, καὶ ἐμπαΐξουσιν αὐτῷ καὶ μαστιγώσουσιν αὐτὸν καὶ ἐμπτύσουσιν αὐτῷ καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται. Καὶ προσπορεύονται αὐτῷ Ἰάκωβος καὶ Ἰωάννης υἱοὶ Ζεβεδαίου λέγοντες· διδάσκαλε, θέλομεν ἵνα ὁ ἐὰν αἰτήσωμεν ποιήσης ἡμῖν. ὁ δὲ εἶπεν αὐτοῖς· τί θέλετε ποιῆσαί με ὑμῖν; οἱ δὲ εἶπον αὐτῷ· δός ἡμῖν ἵνα εἷς ἐκ δεξιῶν σου καὶ εἷς ἐξ εὐωνύμων σου καθίσωμεν ἐν τῇ δόξῃ σου. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· οὐκ οἶδατε τί αἰτεῖσθε. δύνασθε πιεῖν τὸ ποτήριον ὃ ἐγὼ πίνω, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθῆναι; οἱ δὲ εἶπον αὐτῷ· δυνάμεθα. ὁ δὲ Ἰησοῦς εἶπεν αὐτοῖς· τὸ μὲν ποτήριον ὃ ἐγὼ πίνω πίεσθε, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθήσεσθε· τὸ δὲ καθίσαί ἐκ δεξιῶν μου καὶ ἐξ εὐωνύμων οὐκ ἔστιν ἐμὸν δοῦναι, ἀλλ' οἷς ἡτοίμασται. Καὶ ἀκούσαντες οἱ δέκα ἤρξαντο ἀγανακτεῖν περὶ Ἰακώβου καὶ Ἰωάννου. ὁ δὲ Ἰησοῦς προσκαλεσάμενος αὐτοὺς λέγει αὐτοῖς· οἶδατε ὅτι οἱ δοκοῦντες ἄρχειν τῶν ἐθνῶν κατακυριεύουσιν αὐτῶν καὶ οἱ μεγάλοι αὐτῶν κατεξουσιάζουσιν αὐτῶν· οὐχ οὕτω δὲ ἔσται ἐν ὑμῖν, ἀλλ' ὅς ἐάν θέλη γενέσθαι μέγας ἐν ὑμῖν, ἔσται ὑμῶν διάκονος, καὶ ὅς ἐάν θέλη ὑμῶν γενέσθαι πρῶτος, ἔσται πάντων δοῦλος· καὶ γὰρ ὁ υἱὸς τοῦ ἀνθρώπου οὐκ ἤλθε διακονηθῆναι, ἀλλὰ διακονῆσαι, καὶ δοῦναι τὴν ψυχὴν αὐτοῦ λύτρον ἀντὶ πολλῶν.

**Holy Gospel according to St Mark
(10:32-45)**

At that time, Jesus took his twelve disciples, and he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

**Κυριακή Ε΄ τῶν Νηστειῶν τοῦ Ἁγίου
Τῆς Ὁσίας Μαρίας τῆς Αἰγυπτίας**

Τοῦ Τριωδίου.

Τῇ αὐτῇ ἡμέρᾳ, Κυριακῇ πέμπτῃ τῶν
Νηστειῶν, διετάχθημεν μνήμην
ποιεῖσθαι τῆς Ὁσίας Μητρὸς ἡμῶν
Μαρίας τῆς Αἰγυπτίας.

Στίχοι

*Ἀπῆρε πνεῦμα, σάρξ ἀπερρύη πάλαι.
Τὸν ὄστινον, γῆ, κρύπτε νεκρὸν Μαρίας.*

Ταῖς αὐτῆς πρεσβείαις, ὁ Θεός, ἐλέησον,
καὶ σῶσον ἡμᾶς. Ἀμήν.

**Κοντάκιον.
Του ὄρθρου**

Ἡ πορνείαις πρότερον, μεμεστωμένη
παντοίαις Χριστοῦ Νύμφη σήμερον τῇ
μετανοίᾳ ἐδείχθης, Ἀγγέλων, τὴν
πολιτείαν ἐπιποθοῦσα, δαίμονας
Σταυροῦ τῷ ὄπλῳ καταπατοῦσα· διὰ
τοῦτο βασιλείας ἐφάνης νύμφη Μαρία
ἔνδοξε.

**5th Sunday of Lent
St Mary of Egypt**

On this the last Sunday of Lent we
commemorate St Mary of Egypt so
that if we think it hard to practice a
little abstinence forty days, we might
be roused by the heroism of her who
fasted in the wilderness forty-seven
years; and also that the great loving-
kindness of God, and His readiness
to receive the repentant, might be
demonstrated in very deed.

**Kontakion of St Mary of Egypt
Othros Hymn**

You were once completely full of
fornication of all kinds. But today you
show yourself a Bride of Christ through
repentance. Longingly you imitated
the Angels' lifestyle. With the Cross,
being your weapon, you trampled
demons. Therefore, glorious Saint
Mary, you have appeared as a bride of
heaven's realm.