

KANONA ΠΙΣΤΕΩΣ - MODEL OF FAITH

GREEK ORTHODOX ARCHDIOCESE OF AUSTRALIA PARISH OF SAINT NICHOLAS MARRICKVILLE

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Κυριακή 19 Μαρτίου 2023 Κυριακή Γ' τῶν Νηστειῶν Τῆς Σταυροπροσκυνήσεως

Ἄντι τοῦ Τρισαγίου ὕμνου ψάλλομε:

Τὸν Σταυρόν σου προσκυνοῦμεν Δέσποτα,
καὶ τὴν ἀνάστασιν σου ἄνιστασιν δοξάζομεν. (ἐκ γ')

Ἀπολυτίκιον Ἀναστάσιμον Ἦχος βαρύς

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον,
ἠνέωξας τῷ Ληστῇ τὸν Παράδεισον, τῶν
Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ
τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας·
ὅτι ἀνέστης Χριστέ ὁ Θεός, παρέχων τῷ
κόσμῳ τὸ μέγα ἔλεος.

Ἀπολυτίκιον Τοῦ Σταυροῦ

Σώσον Κύριε τὸν λαόν σου καὶ εὐλόγησον
τὴν κληρονομίαν σου, νίκας τοῖς Βασιλεῦσι
κατὰ βαρβάρων δωρούμενος καὶ τὸ σὸν
φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

Ἀπολυτίκιον. Τοῦ Ἁγίου Νικολάου.

Κανόνα πίστεως καὶ εἰκόνα πραότητος,
ἐγκρατείας διδάσκαλον, ἀνέδειξέ σε τῇ
ποιμνῇ 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 ἀσθενείας ἡμῶν, δωρεάν
ελάβετε, δωρεάν δότε ἡμῖν.

Sunday 19th March 2023 3rd Sunday of Lent Veneration of the Cross

Instead of the Trisagion:

We venerate Your Cross, O Master, and
we glorify Your Holy Resurrection. (3)

Resurrectional Apolytikion

You destroyed death by your Cross, you
opened Paradise to the Thief, the Myrrh-
bearers' lament you transformed, and
ordered your Apostles to proclaim, that
you had risen, Christ our God, granting
to the world your great mercy.

Apolytikion of the Holy Cross

Save, O Lord, your people, and bless
your inheritance, granting victory to our
kings over enemies, and by your Cross
protecting your domain.

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

Κοντάκιον.

Τῆ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια,
Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια,
Ἀναγράφῳ σοι ἡ Πόλις σου Θεοτόκε.
Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον,
Ἐκ παντοίων με κινδύνων ἐλευθέρωσον,
Ἴνα κράζῳ σοι· Χαῖρε νύμφη ἀνύμφευτε.

ΑΠΟΣΤΟΛΟΣ

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου (δ' 14-16 - ε' 1-6)

Ἀδελφοί, ἔχοντες οὖν ἀρχιερέα μέγαν,
διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν
υἶόν τοῦ θεοῦ, κρατῶμεν τῆς ὁμολογίας.
Οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον
συμπαθεῖσαι ταῖς ἀσθενείαις ἡμῶν,
πεπειραμένον δὲ κατὰ πάντα καθ'
ὁμοιότητα, χωρὶς ἁμαρτίας.
Προσερχώμεθα οὖν μετὰ παρρησίας τῷ
θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον, καὶ
χάριν εὐρωμεν εἰς εὐκαιρον βοήθειαν. Πᾶς
γὰρ ἀρχιερεὺς, ἐξ ἀνθρώπων
λαμβανόμενος, ὑπὲρ ἀνθρώπων
καθίσταται τὰ πρὸς τὸν θεόν, ἵνα
προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ
ἁμαρτιῶν· μετριοπαθεῖν δυνάμενος τοῖς
ἀγνοοῦσιν καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς
περίκειται ἀσθενείαν· καὶ διὰ ταύτην
ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτως καὶ
περὶ ἑαυτοῦ, προσφέρειν ὑπὲρ ἁμαρτιῶν.
Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν,
ἀλλὰ καλούμενος ὑπὸ τοῦ θεοῦ, καθάπερ
καὶ Ἀαρών. Οὕτως καὶ ὁ Χριστὸς οὐχ
ἑαυτὸν ἐδόξασεν γεννηθῆναι ἀρχιερέα, ἀλλ'
ὁ λαλήσας πρὸς αὐτόν, Υἱός μου εἶ σύ, ἐγὼ
σήμερον γεγέννηκά σε. Καθὼς καὶ ἐν ἑτέρῳ
λέγει, Σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν
τάξιν Μελχισεδέκ.

Kontakion

To you, my Champion and Commander,
I your City, saved from disasters, dedicate,
hymns of victory and thanksgiving,
O Theotokos.
But as you have might unassailable,
from every kind of danger deliver me,
that I may cry out to you:
Hail, O bride unwedded!

EPISTLE

St. Paul's Letter to the Hebrews (4:14-16; 5:1-6)

BRETHREN, since we have a high priest
who has passed through the heavens,
Jesus, the Son of God, let us hold fast our
confession. For we have not a high priest
who is unable to sympathize with our
weaknesses, but one who in every
respect has been tempted as we are, yet
without sin. Let us then with confidence
draw near to the throne of grace, that
we may receive mercy and find grace to
help in time of need. For every high
priest chosen from among men is
appointed to act on behalf of men in
relation to God, to offer gifts and
sacrifices for sins. He can deal gently
with the ignorant and wayward, since he
himself is beset with weakness. Because
of this he is bound to offer sacrifice for
his own sins as well as for those of the
people. And one does not take the honor
upon himself, but he is called by God,
just as Aaron was. So also Christ did not
exalt himself to be made a high priest,
but was appointed by him who said to
him, "Thou art my Son, today I have
begotten thee"; as he says also in
another place, "Thou art a priest for
ever, after the order of Melchizedek."

**Ἐκ τοῦ κατὰ Μαρκον ἀγίου Εὐαγγελίου
(ἡ' 34 – θ' 1)**

Ἐἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἐλθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνθῇ με καὶ τοὺς ἐμούς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἀμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

**Holy Gospel according to St Mark
(8:34; 9:1)**

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

**Τῆς Σταυροπροσκυνήσεως
Τοῦ Τριωδίου.**

Τῇ αὐτῇ ἡμέρᾳ, Κυριακῇ τρίτῃ τῶν
Νηστειῶν, τὴν Προσκύνησιν
ἐορτάζομεν τοῦ τιμίου καὶ ζωοποιοῦ
Σταυροῦ.

Στίχοι

*Ὦν Σταυρὸν γῆ σύμπασα προσκυνησάτω,
Δι' οὗ περ ἔγνωκε σὲ προσκυνεῖν, Λόγε.*

Τῇ αὐτοῦ δυνάμει, Χριστὲ ὁ Θεός,
καὶ ἡμᾶς τῶν τοῦ πονηροῦ
διαφύλαξον ἐπηρειῶν, καὶ τὰ θεῖά
σου Πάθη, καὶ τὴν ζωηφόρον
Ἀνάστασιν προσκυνῆσαι ἀξίωσον,
τὸ τεσσαρακονθήμερον εὐμαρῶς
διανύσαντας στάδιον, καὶ ἐλέησον
ἡμᾶς ὡς ὁ μόνος ἀγαθὸς καὶ
φιλόανθρωπος.

**Veneration of the Cross
From the Triodion**

On this day, the third Sunday of Lent,
we celebrate the veneration of the
precious and life-giving Cross.

Verses

*Let all the earth adore the Cross,
Through which it learned to adore
You, the Word.*

By the power of Your Cross, O Christ
our God, guard us against the
wanton assaults of the evil one, and
make us worthy to worship Your
divine Passion and life-bringing
Resurrection, to finish the course of
the forty-day fast with ease, and
have mercy on us, as You alone are
good and love humanity.