

# ΚΑΝΟΝΑ ΠΙΣΤΕΩΣ - MODEL OF FAITH

GREEK ORTHODOX ARCHDIOCESE OF AUSTRALIA  
PARISH OF SAINT NICHOLAS MARRICKVILLE

Priest: Fr Michael Tsolakis 0418 883 107 | 9558 4453  
[www.stnicholas.com.au](http://www.stnicholas.com.au) | Facebook: Parish St Nicholas Marrickville



Κυριακή 26 Μαρτίου 2023

Ἡ Σύναξις τοῦ Ἀρχιστρατήγου Γαβριήλ.

Κυριακή Δ' τῶν Νηστειῶν

Τοῦ Ὁσίου Ἰωάννου τῆς Κλίμακος

**Ἀπολυτίκιον Ἀναστάσιμον Ἦχος πλ.δ'.**

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφήν  
κατεδέξω τριήμερον, ἵνα ἡμᾶς  
ἐλευθερώσῃς τῶν παθῶν. Ἡ ζωὴ καὶ ἡ  
Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

**Ἀπολυτίκιον. Τοῦ Ἁγίου Νικολάου.**

Κανόνα πίστεως καὶ εἰκόνα πραότητος,  
ἐγκρατείας διδάσκαλον, ἀνέδειξέ σε τῇ  
ποιμνῇ σου, ἡ 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 και θαυματουργοί,  
επισκέψασθε τὰς ασθενείας ἡμῶν, δωρεάν  
ελάβετε, δωρεάν δότε ἡμῖν.

Sunday 26 March 2023

The Synaxis in Honour of the Chief  
Commander Gabriel.

4<sup>th</sup> Sunday of Lent - St John Climacus

**Resurrectional Apolytikion**

From on high you descended,  
Compassionate One, you accepted three  
days in the tomb, in order to free us  
from our suffering. Our life and  
resurrection, Lord, glory to you.

**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.

### 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 (στ', 13-20)

Ἀδελφοί, τῷ Ἀβραάμ ἐπαγγειλάμενος ὁ  
θεός, ἐπεὶ κατ' οὐδενὸς εἶχεν μείζονος  
ὁμόσαι, ὥμοσεν καθ' ἑαυτοῦ, λέγων, Ἥ  
μὴν εὐλογῶν εὐλογήσω σε, καὶ  
πληθύνων πληθυνῶ σε. Καὶ οὕτως  
μακροθυμήσας ἐπέτευχεν τῆς  
ἐπαγγελίας. Ἄνθρωποι μὲν γὰρ κατὰ  
τοῦ μείζονος ὁμνύουσιν, καὶ πάσης  
αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν  
ὁ ὄρκος. Ἐν ᾧ περισσότερο  
βουλόμενος ὁ θεὸς ἐπιδειξάτωι τοῖς  
κληρονόμοις τῆς ἐπαγγελίας τὸ  
ἀμετάθετον τῆς βουλῆς αὐτοῦ,  
ἐμεσίτευσεν ὄρκῳ, ἵνα διὰ δύο  
πραγμάτων ἀμεταθέτων, ἐν οἷς  
ἀδύνατον ψεύσασθαι θεόν, ἰσχυρὰν  
παράκλησιν ἔχωμεν οἱ καταφυγόντες  
κρατῆσαι τῆς προκειμένης ἐλπίδος· ἦν  
ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ  
τε καὶ βεβαίαν, καὶ εἰσερχομένην εἰς τὸ  
ἐσώτερον τοῦ καταπετάσματος· ὅπου  
πρόδρομος ὑπὲρ ἡμῶν εἰσῆλθεν  
Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδέκ  
ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

### 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 (6: 13-20)

BRETHREN, when God made a promise  
to Abraham, since he had no one  
greater by whom to swear, he swore  
to himself, saying, "Surely I will bless  
you and multiply you." And thus  
Abraham, having patiently endured,  
obtained the promise. Men indeed  
swear by a greater than themselves,  
and in all their disputes an oath is final  
for confirmation. So when God desired  
to show more convincingly to the heirs  
of the promise the unchangeable  
character of his purpose, he interposed  
with an oath, so that through two  
unchangeable things, in which it is  
impossible that God should prove  
false, we who have fled for refuge  
might have strong encouragement to  
seize the hope set before us. We have  
this as a sure and steadfast anchor of  
the soul, a hope that enters into the  
inner shrine behind the curtain, where  
Jesus has gone as a forerunner on our  
behalf, having become a high priest for  
ever after the order of Melchizedek.

**Ἐκ τοῦ κατὰ Μαρκον ἀγίου Εὐαγγελίου  
(θ', 17-31)**

Τῷ καιρῷ ἐκεῖνῳ, ἀνθρωπὸς τις προσῆλθε τῷ Ἰησοῦ λέγων, διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σε, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τριζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· ὦ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπληρώτησε τὸν πατέρα αὐτοῦ· πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· παιδιόθεν. καὶ πολλὰκις αὐτόν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἶ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνοσθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ τὸ εἰ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεύοντι. καὶ εὐθέως κράξας ὁ πατὴρ τοῦ παιδίου μετὰ δακρῶν ἔλεγε· πιστεύω, κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος, ἐπέτιμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοι ἐπιτάσσω, ἐξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράξας καὶ πολλὰ σπαράξας αὐτόν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτόν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. καὶ εἰσελθόντα αὐτόν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπληρώτων αὐτόν κατ' ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. καὶ ἐκεῖθεν ἐξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἦθελεν ἵνα τις γνῶ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.

**Holy Gospel according to St Mark  
(9:17-31)**

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

## Συναξάριον του Μηναίου

Τῆς Κς' τοῦ αὐτοῦ μηνός, τὴν Συναξιν ἐπιτελοῦμεν τοῦ Ἀρχαγγέλου Γαβριήλ, ἐξ ἀρχῆς καὶ ἄνωθεν παραδεδομένην, ὡς τῷ θείῳ καὶ ὑπερφυεῖ Μυστηρίῳ καὶ ἀπορόρητῳ καθυπουργήσαντος.

### Κυριακὴ Δ' τῶν Νηστειῶν τοῦ Ἁγίου Τοῦ Ὁσίου Ἰωάννου τῆς Κλίμακος

Ὁ ἅγιος Ἰωάννης ὁ Σιναΐτης – ὁ συγγραφέας τῆς Κλίμακος, γεννήθηκε στὴν Παλαιστίνη γύρω στα 523 Μ. Χ. Μόνασε ἀπὸ νεαρῆ ἡλικία (16 ἐτῶν). Στὴν ἐρημο τοῦ Σινά ἀξιοποίησε τὴν σοφία του, καὶ ἀνέβηκε σε υψηλὲς κορυφὲς αἰγιότητος. Εἶχε καὶ τὸ χάρισμα τῆς θαυματουργίας. Σε μεγάλῃ ἡλικία ἐγένε ἠγούμενος τῆς μονῆς τοῦ Σινά.

Συνέγραψε τριάντα λόγους περὶ ἀρετῆς, ὅπου ὁ καθένας λόγος περιλαμβάνει καὶ μιὰ ἀρετὴ, ξεκινώντας ἀπὸ τις πιο πρακτικὲς, καὶ ἀνεβαίνοντας σαν σκαλοπάτια κατέληξε στὶς θεωρητικὰ υψηλὲς. Στὴν πνευματικὴ ζωὴ ἔχουμε βαθμίδες χαμηλὲς καὶ υψηλὲς, καταστάσεις κατώτερες καὶ ἀνώτερες. Γι' αὐτὸ καὶ τὸ σύγγραμμα ὀνομάζεται Κλίμακα τῶν ἀρετῶν.

Στὸ ἔργο του αὐτὸ παρουσιάζει συστηματικὰ γιὰ τὴν κοινοβιακὴ κυρίως, ἀλλὰ καὶ γιὰ τὴν ἐρημικὴ ζωὴ, ταξινομώντας αὐτὲς κατὰ τρόπο που δείχνει πορεία πρὸς τὴν ἠθικὴ τελείωση. Οἱ διδασκαλίες του εἶναι ὀλοκάθαρα νάματα που προέρχονται ἀπὸ ἁγιασμένη πηγὴ καὶ εἶναι ἓνα θεόπνευστο κείμενο.

Ἐπειδὴ εἶναι παγκόσμιον κειμήλιον ἀναλύσεως ὅλων τῶν παθῶν καὶ τῶν ἀρετῶν, ἡ Ἐκκλησία τιμᾷ ιδιαίτερα σε αὐτὴν τὴν πνευματικὴν περίοδο τὸν συγγραφέα ἅγιο Ἰωάννη τῆς Κλίμακος, καὶ προτείνει τὸ ἔργο γιὰ ἀνάγνωσιν.

## Synaxarion - From the Menaion.

On March 26 we hold services in honour of the Archangel Gabriel, which practice was instituted very early on, since he ministered the divine and supernal and ineffable mystery.

### 4<sup>th</sup> Sunday of Lent St John Climacus

His name stems from his spiritual book, “The Ladder of Divine Ascent”, which is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seekers after salvation how to lay a sound foundation for their struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility.

It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.