



ΙΕΡΑ ΑΡΧΙΕΠΙΣΚΟΠΗ ΑΥΣΤΡΑΛΙΑΣ  
ΙΕΡΟΣ ΝΑΟΣ ΑΓΙΟΥ ΓΕΩΡΓΙΟΥ

GREEK ORTHODOX ARCHDIOCESE OF AUSTRALIA  
CHURCH OF SAINT GEORGE  
33 EDMONDSTONE STREET SOUTH BRISBANE 4101



PARISH PROISTAMENOS  
Father Dimitri Tsakas

Telephone: (07) 3249 1000

11η Μαρτίου 2018

Γ' Κυριακή Νηστειών

Ἦχος βαρύς' - Ἐωθινόν Ζ'

Μνήμη τοῦ ἐν Ἁγίοις Πατρὸς ἡμῶν Σωφρονίου, Πατριάρχου Ἱεροσολύμων.

11th March 2018

3rd Sunday of Great and Holy Lent

Tone 7 – 7th Morning Gospel

Memory of St Sophronius,  
Patriarch of Jerusalem

Ἀναστάσιμο Ἀπολυτίκιον

Ἦχος Βαρύς

Κατέλυσας τῷ Σταυρῷ σου τὸν Θάνατον  
ἠνέωξας τῷ ληστῇ τὸν παράδεισον· τῶν μυρροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης,  
Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Ἀπολυτίκιον τῆς Σταυροπροσκυνήσεως

Ἦχος α'

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

Ἀπολυτίκιον τοῦ Ἁγίου Γεωργίου

Ἦχος δ'

Ὡς τῶν αἰχμαλώτων ἐλευθερωτής, καὶ τῶν πτωχῶν ὑπερασπιστής, ἀσθενούντων ἰατρός, βασιλέων ὑπέρμαχος, Τροπαιοφόρε Μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

Κοντάκιον

Ἦχος πλ δ'

Τὴ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν, εὐχαριστήρια, ἀναγράφω σοὶ ἡ Πόλις σου, Θεοτόκε, ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων μὲ κινδύνων ἐλευθέρωσον ἵνα κράζω σοί, Χαῖρε, Νύμφη ἀνύμφευτε.

Resurrection Apolytikion

Tone 7

You destroyed death by your Cross, you opened Paradise to the Thief, the Myrrhbearers' 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

Tone 1

Save O Lord Your people and bless Your inheritance, granting victory to the faithful over their adversaries, and protecting Your commonwealth by Your Cross

Apolytikion of Saint George

Tone 4

As the deliverer of captives and the defender of the poor, Physician of the sick and of kings a champion, O trophy-bearer and great martyr George, intercede with Christ our God to save our souls.

Kontakion

Tone 8

O Champion General, I your City now ascribe to you \* triumphant anthems as the tokens of my gratitude, \* being rescued from the terrors, O Theotokos. \* Inasmuch as you have power unsailable, \* from all kinds of perils free me so that unto you \* I may cry aloud: \* Rejoice, O unwedded Bride.

# Ο ΑΠΟΣΤΟΛΟΣ

## Γ' ΚΥΡΙΑΚΗ ΝΗΣΤΕΙΩΝ

**Προκείμενον.** Ἦχος πλ. β'. Ψαλμὸς ΚΖ'  
Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, καὶ ποιμανὸν αὐτοὺς καὶ ἔπαρον αὐτοὺς ἕως τοῦ αἰῶνος.

**Στίχ.** Πρὸς σέ, Κύριε, κεκράξομαι, ὁ Θεός μου, μὴ παρασιωπήσης ἀπ' ἐμοῦ, μήποτε παρασιωπήσης ἀπ' ἐμοῦ καὶ ὁμοιωθῶσομαι τοῖς καταβαίνουσιν εἰς λάκκον

### Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ Ἀνάγνωσμα (4:14-16, 5:1-6)

Ἀδελφοί, ἔχοντες Ἀρχιερέα μέγαν διεληλυθότα τοὺς οὐρανούς, Ἰησοῦν τὸν Υἱὸν τοῦ Θεοῦ, κρατῶμεν τῆς ὁμολογίας. Οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθῆσαι ταῖς ἀσθενείαις ἡμῶν, πεπειρασμένον δὲ κατὰ πάντα καθ' ὁμοιότητα χωρὶς ἁμαρτίας. Προσερχώμεθα οὖν μετὰ παρησίας 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 ἀγνοοῦσι καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περικεῖται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτω καὶ περὶ ἑαυτοῦ προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ Θεοῦ, καθάπερ καὶ ὁ Ἀαρὼν. Οὕτω καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασε 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.

**Ἀλληλουῖα.** Ἦχος πλ. β'. Ψαλμὸς ΟΓ'  
Μνήσθητι τῆς συναγωγῆς σου, ἧς ἐκτίσω ἀπ' ἀρχῆς.

**Στίχ.** Ὁ δὲ Θεὸς βασιλεὺς ἡμῶν πρὸ αἰῶνων, εἰργάσατο σωτηρίαν ἐν μέσῳ τῆς γῆς

# THE EPISTLE

## THIRD SUNDAY OF LENT

**Prokeimenon. Tone pl. 2. Psalm 27 (28).**  
*O Lord, save Your people, and bless Your inheritance; and shepherd them, and raise them up forever.*

**V:** *To You, O Lord, I cry; O my God, may You not pass over me in silence; may You never be silent to me, else I would become like those who go down into the pit.*

### *The reading is from 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."

### **Allilouia Tone pl. 2. Psalm 73 (74).**

Remember Your congregation You acquired from the beginning.

**Verse:** But God is our King before the ages; He worked salvation in the midst of the earth

# ΤΟ ΕΥΑΓΓΕΛΙΟΝ

ΤΗΣ ΤΡΙΤΗΣ ΚΥΡΙΑΚΗΣ ΤΩΝ  
ΝΗΣΤΕΙΩΝ

Ἐκ τοῦ κατὰ Μάρκον  
η' 34 – θ' 1

Εἶπεν ὁ Κύριος· Ὅστις θέλει ὀπίσω μου ἀκολουθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. <sup>35</sup> ὃς γὰρ ἂν θέλη τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. <sup>36</sup> τί γὰρ ὠφελήσει ἄνθρωπον ἂν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; <sup>37</sup> ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; <sup>38</sup> ὃς γὰρ ἐὰν ἐπαισχυνθῇ με καὶ τοὺς ἐμοὺς 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. <sup>1</sup> Καὶ ἔλεγεν αὐτοῖς· Ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες ὧδε τῶν ἐστηκότων, οἵτινες οὐ μὴ γεύσωνται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

# THE GOSPEL

THIRD SUNDAY OF GREAT AND  
HOLY LENT

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."**

**Fasting / Νηστεία**

***Fast everyday until Easter / Κάθε μέρα μέχρι το Άγιον Πάσχα***

# ΣΥΝΑΞΑΡΙΟΝ

## Κυριακή τῆς Σταυροπροσκυνήσεως

Ἡ τρίτη Κυριακή των Νηστειῶν ονομάζεται «Κυριακή τῆς Σταυροπροσκύνησης». Μετά ἀπό τὴ μεγάλη Δοξολογία στὸν ὄρθρο, ὁ Σταυρὸς μεταφέρεται σὲ μιὰ σεμνὴ πομπή στὸ κέντρο τοῦ ναοῦ καὶ παραμένει ἐκεῖ ὅλη τὴν υπόλοιπη εβδομάδα, ὁπότε στὸ τέλος κάθε ακολουθίας γίνεται προσκύνηση τοῦ Σταυροῦ.

Ἀξίζει νὰ σημειωθεῖ ὅτι τὸ θέμα τοῦ Σταυροῦ, ποῦ κυριαρχεῖ στὴν υμνολογία αὐτῆς τῆς Κυριακῆς, παρουσιάζεται ὄχι μέσα στα πλαίσια τοῦ πόνου, ἀλλὰ τῆς νίκης καὶ τῆς χαράς.

Βρισκόμαστε στὴ μέση τῆς Μεγάλῆς Σαρακοστής. Ἀπὸ τὴ μιὰ πλευρὰ ἡ φυσικὴ καὶ πνευματικὴ προσπάθεια, ἀν εἶναι συστηματικὴ καὶ συνεχῆς, ἀρχίζει νὰ μας γίνεται αισθητὴ, τὸ φόρτωμα νὰ γίνεται πιο βαρὺ, ἡ κόπωση πιο φανερῆ. Ἐχομε ἀνάγκη ἀπὸ βοήθεια καὶ ενθάρρυνση. Ἀπὸ τὴν ἄλλη πλευρὰ, ἀφοῦ ἀντέξουμε αὐτὴ τὴ κόπωση καὶ ἔχομε ἀναρριχηθεῖ στὸ βουνὸ μέχρι αὐτὸ τὸ σημεῖο, ἀρχίζουμε νὰ βλέπουμε τὸ τέλος τῆς πορείας μας καὶ ἡ ἀκτινοβολία τοῦ Πάσχα γίνεται πιο ἔντονη.

Ἡ Σαρακοστή εἶναι ἡ σταύρωση τοῦ εαυτοῦ μας, εἶναι ἡ ἐμπειρία - περιορισμένη βέβαια - ποῦ ἀποκομίζουμε ἀπὸ τὴν ἐντολὴ τοῦ Χριστοῦ ποῦ ἀκούγεται στὸ εὐαγγελικὸ ἀνάγνωσμα αὐτῆς τῆς Κυριακῆς: «ὅποιος θέλει νὰ με ἀκολουθεῖ, ἄς ἀπαρνηθεῖ τὸν εαυτό του ἄς σηκώσῃ τὸ σταυρό του, καὶ ἔτσι ἄς με ἀκολουθεῖ» (Μαρκ.8,34).



# SYNAXARION

## SUNDAY OF THE VENERATION OF THE HOLY CROSS

On this third Sunday of the Great Fast we celebrate the Veneration of the precious and life-giving Cross. Since during the forty days of the Fast we are also in a way crucified, mortified to the passions, contrite, abased and despondent, the precious and life-giving Cross is offered to us as refreshment and confirmation, calling to mind the Passion of our Lord Jesus Christ and comforting us. If our God was crucified for our sake, how great should be our effort for His sake, since our afflictions have been assuaged through the Lord's tribulations, and by the commemoration and the hope of the Cross of glory. For as our Saviour in ascending the Cross was glorified through dishonour and grief; so should we also endure our sorrows, in order to be glorified with Him. Also, as those who have travelled a long hard road, weighed down by the labours of their journey, in finding a shady tree, take their ease for a moment and continue their journey rejuvenated, so now in this time of the Fast, this sorrowful and laborious journey, the Holy Fathers have planted the life-giving Cross, for our relief and refreshment, to encourage and make easier the labours that lie ahead. Or as when there is a royal procession, the king's scepter and banners precede him, he then appears himself, radiant and joyous in his victory, causing his subjects to rejoice with him. So then our Lord Jesus Christ, desiring to show His sure

victory over death and His glory on the day of the Resurrection, sends His scepter before Himself, the sign of His kingship, the life-giving Cross, to gladden and refresh us, as it greatly fortifies and enables us to be prepared to receive the King with all possible strength, and to praise Him in His radiant victory.