

# ΚΑΝΟΝΑ ΠΙΣΤΕΩΣ - MODEL OF FAITH

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

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**Κυριακή 2 Μαρτίου 2025**  
**Κυριακή τῆς Τυρινῆς**

### **Ἀπολυτίκιον Ἀναστάσιμον Ἦχος γ΄.**

Εὐφραίνεσθω τὰ οὐράνια, ἀγαλλιάσθω  
τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν  
βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ  
θανάτῳ τὸν θάνατον, πρωτότοκος τῶν  
νεκρῶν ἐγένετο, ἐκ κοιλίας ᾄδου  
ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ  
μέγα ἔλεος

### **Ἀπολυτίκιον Τοῦ Ἁγίου Νικολάου.**

Κανόνα πίστεως καὶ εἰκόνα πραότητος,  
ἐγκρατείας διδάσκαλον, ἀνέδειξε σε τῆ  
ποίμνη σου, ἡ τῶν πραγμάτων ἀλήθεια·  
διὰ τοῦτο ἐκτήσω τῆ ταπεινώσει τὰ ὑψηλά,  
τῆ πτωχεῖα τὰ πλοῦσια, Πάτερ ἱεράρχα  
**Νικόλαε**· πρέσβευε Χριστῷ τῷ Θεῷ,  
σωθῆναι τὰς ψυχὰς ἡμῶν.

### **Ἀπολυτίκιον. Κοσμά και Δαμιανού**

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

### **Ἀπολυτίκιον Τοῦ Ἁγίου Παΐσιου** **Τόν συνάναρχον Λόγον**

Αὐστράλιας προστάτην, φρουρόν τε  
ἄγρυπνον, καὶ τοῦ Ἁθωνος ὄρους στύλον  
ἀείφωτον, ἀνυμνήσωμεν πιστοί, Θεῖον  
**Παῖσιον**, ἐξαιτούμενοι αὐτοῦ τὰς πρεσβείας  
πρὸς Θεόν, κραυγάζοντες ὁμοφρόνως· ρύου ᾧ  
πάτερ παντοίων, τῶν τοξευμάτων τοῦ  
ἀλάστορος.

**Sunday 2 March 2025**  
**Cheesefare Sunday**

### **Resurrectional Apolytikion**

Let the heavens rejoice and the earth be  
glad, for the Lord has done a mighty  
deed with his arm: by death he has  
trampled on death, the first-born of the  
dead he has become; from Hades'  
depths he has delivered us, and granted  
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.

### **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.

### Κοντάκιον.

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

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

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἡ σωτηρία ἢ ὅτε ἐπίστευσάμεν. Ἡ νύξ προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ, εὐσημῶνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ. Ἄλλ' ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιεῖσθε, 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 ἐξουθενεῖτω, 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 δὲ δυνατὸς γὰρ ἐστὶν ὁ θεὸς στήσαι αὐτόν.

### 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.

### 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 Συγχώρευση  
Ἐκ τοῦ κατὰ Ματθαῖον ἁγίου Εὐαγγελίου  
(στ', 14-21)**

Ἐἶπεν 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 σκυθρωποὶ· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἀλειψαί 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 φανερωῷ. 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 ἐστὶν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία 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.**