

# KANONA ΠΙΣΤΕΩΣ - MODEL OF FAITH

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

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**Κυριακή 16 Μαρτίου 2025**  
**Κυριακή Β' τῶν Νηστειῶν**  
**τοῦ Ἁγίου Γρηγορίου Παλαμᾶ**

### **Ἀπολυτίκιον Ἀναστάσιμον Ἰησους πλ. α'.**

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι,  
τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν,  
ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι  
ἠϋδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ  
θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς  
τεθνεῶτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

### **Ἀπολυτίκιον Τοῦ Ἁγίου Γρηγορίου**

Ὁρθοδοξίας ὁ φωστὴρ, Ἐκκλησίας τὸ στήριγμα  
καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν  
θεολόγων ὑπέρμαχος ἀπροσμάχητος·  
**Γρηγόριε** θαυματουργε Θεσσαλονίκης τὸ  
καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ  
παντὸς, σωθῆναι τὰς ψυχὰς ἡμῶν.

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

Κανόνα πίστεως καὶ εἰκόνα πραότητος,  
ἐγκρατείας διδάσκαλον, ἀνέδειξέ σε τῇ  
ποιίμῃ σου, ἡ τῶν πραγμάτων ἀλήθεια·  
διὰ τοῦτο ἐκτίσῃ 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 ασθενείας ἡμῶν, δωρεάν  
ελάβετε, δωρεάν δότε ἡμῖν.

### **Ἀπολυτίκιον Τοῦ Ἁγίου Παΐσιου**

#### **Τόν συνάναρχον Λόγον**

Αὐστραλίας προστάτην, φρουρόν τε  
ἄγρυπνον, καὶ τοῦ Ἄθωνος ὄρους στύλον  
ἀείφωτον, ἀνυμνήσωμεν πιστοί, θεῖον  
**Παῖσιον**, ἐξαίτουμένοι αὐτοῦ τὰς πρεσβείας  
πρὸς Θεόν, κραυγάζοντες ὁμοφρόνως ῥύου ᾧ  
πάτερ παντοίων, τῶν τοξευμάτων τοῦ  
ἀλάστορος.

**Sunday 16 March 2025**  
**2<sup>nd</sup> Sunday of Lent**  
**St Gregory Palamas**

### **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.

### **Hymn of St Gregory**

Beacon of Orthodox belief, the strong  
support of the Church and her teacher  
inspired by God, you are the ornament of  
monks, the unassailable champion of  
theologians, O **Gregory** the Wonder-worker  
and the boast of Thessalonica, the  
messenger of grace. Forever earnestly  
entreat for the salvation of our souls.

### **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  
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.

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

### ΑΠΟΣΤΟΛΟΣ

#### Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου (α', 10-14; β', 1-3)

Κατ' ἀρχάς, Κύριε, τὴν γῆν  
ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου  
εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ  
δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον  
παλαιωθήσονται, καὶ ὡσεὶ περιβόλαια  
ἐλίξεις αὐτούς, καὶ ἀλλαγῆσονται· σὺ  
δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ  
ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν  
ἀγγέλων εἶρηκέν ποτε, Κάθου ἐκ  
δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς  
σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ  
πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς  
διακονίαν ἀποστελλόμενα διὰ τοὺς  
μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ  
τοῦτο δεῖ περισσοτέρως ἡμᾶς  
προσεῆχειν τοῖς ἀκουσθεῖσιν, μήποτε  
παραρρῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων  
λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ  
πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν  
ἔνδικον μισθοποδοσίαν, πῶς ἡμεῖς  
ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες  
σωτηρίας; Ἦτις, ἀρχὴν λαβοῦσα  
λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν  
ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

### 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 (1:10-14; 2:1-3)

"In the beginning, You, Lord, didst  
found the earth in the beginning, and  
the heavens are the work of thy hands;  
they will perish, but thou remainest;  
they will all grow old like a garment,  
like a mantle thou wilt roll them up,  
and they will be changed. But thou art  
the same, and thy years will never  
end." But to what angel has he ever  
said, "Sit at my right hand, till I make  
thy enemies a stool for thy feet?" Are  
they not all ministering spirits sent  
forth to serve, for the sake of those  
who are to obtain salvation?  
Therefore we must pay closer  
attention to what we have heard, lest  
we drift away from it. For if the  
message declared by angels was valid  
and every transgression or  
disobedience received a just  
retribution, how shall we escape if we  
neglect such a great salvation? It was  
declared at first by the Lord, and it was  
attested to us by those who heard him.

**Ἐκ τοῦ κατὰ Μαρκὸν ἀγίου Εὐαγγελίου  
(β', 1-12)**

Τῷ καιρῷ ἐκεῖνῳ, εἰσηλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοῦμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσει αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοῦς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἴνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἶδομεν.

**Holy Gospel according to St Mark  
(2: 1-12)**

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

Κυριακή Β' τῶν Νηστειῶν τοῦ Ἁγίου  
Γρηγορίου Παλαμᾶ

Τοῦ Τριωδίου

Τῇ αὐτῇ ἡμέρᾳ, Κυριακὴ δευτέρα τῶν  
Νηστειῶν, μνήμην ἐπιτελοῦμεν τοῦ ἐν  
Ἁγίοις Πατρὸς ἡμῶν Γρηγορίου  
Ἀρχιεπισκόπου Θεσσαλονίκης τοῦ  
Παλαμᾶ.

**Στίχοι**

*Φωτὸς λαμπρὸν κήρυκα νῦν ὄντως  
μέγαν, Πηγὴ φάους ἄδυτον ἄγει πρὸς  
φέγγος.*

Ταῖς αὐτοῦ πρεσβείαις, ὁ Θεός, ἐλέησον  
καὶ σῶσον ἡμᾶς.

2<sup>nd</sup> Sunday of Lent –  
St Gregory Palamas

On the Second Sunday of Lent the Orthodox Church commemorates our Holy Father Gregory Palamas, Archbishop of Thessalonica, the Wonderworker. The feast day of Saint Gregory Palamas is November 14, however, he is commemorated on this Sunday as the condemnation of his enemies and the vindication of his teachings by the Church in the 14<sup>th</sup> century was acclaimed as a second triumph of Orthodoxy.

St Gregory has been acclaimed as a saint and given the title "**Father and Doctor of the Orthodox Church**", placing him amongst the Great Saints of Our Church.