

# ΚΑΝΟΝΑ ΠΙΣΤΕΩΣ - MODEL OF FAITH

GREEK ORTHODOX ARCHDIOCESE OF AUSTRALIA  
PARISH OF SAINT NICHOLAS MARRICKVILLE

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Κυριακή 23 Μαρτίου 2025  
Κυριακή Γ' τῶν Νηστειῶν  
Τῆς Σταυροπροσκυνήσεως

## Ἀπολυτίκιον Ἀναστάσιμον Ἦχος πλ. β΄.

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμασ σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεῖς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὀνάστας ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

## 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 ποιίμῃ 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 καὶ θαυματουργοί, επισκέψασθε τὰς ασθενείας ἡμῶν, δωρεὰν ελάβετε, δωρεὰν δότε ἡμῖν.

## Ἀπολυτίκιον Τοῦ Ἁγίου Παΐσιου

### Τόν συνάναρχον Λόγον

Αὐστραλίας προσάτην, φρουρόν τε ἄγρυπνον, καὶ τοῦ Ἄθωνος ὄρους στύλον αἰείφωτον, ἀνυμνήσωμεν πιστοί, θεῖον **Παΐσιον**, ἐξαιτούμενοι αὐτοῦ τὰς πρεσβείας πρὸς Θεόν, κραυγάζοντες ὁμοφρόνως· ῥύου ὦ πάτερ παντοίων, τῶν τοξευμάτων τοῦ ἀλάστορος.

Sunday 23 March 2025  
3<sup>rd</sup> Sunday of Lent  
Veneration of the Cross

## Resurrectional Apolytikion

Angelic Powers attended at your grave, and those who were on guard became as dead; and Mary stood in the tomb, seeking your pure Body. You have despoiled Death and not been touched by him; you met the Virgin and gave us life. O Lord who rose from the dead, glory to you.

## 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 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.

Τῆ ὑπερμάχῳ στρατηγῷ 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.

#### Ἀντὶ τοῦ Τρισαγίου ὕμνου ψάλλομε:

Τὸν Σταυρὸν σου προσκυνοῦμεν Δέσποτα,  
καϊτηνάγιαν σου Ἀνάστασιν δοξάζομεν.(γ')

### ΑΠΟΣΤΟΛΟΣ

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

Ἀδελφοί, ἔχοντες οὖν ἀρχιερέα μέγαν,  
διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν  
υἱὸν 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 ἀσθένειαν· 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 Ἀαρῶν. 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!

#### Instead of the Trisagion:

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

### 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 Μαρκὸν ἀγίου Εὐαγγελίου  
(ἡ' 34 – θ' 1)**

Εἶπεν 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.**

Τῆ αὐτῆ ἡμέρα, Κυριακῆ τρίτῃ τῶν  
Νηστειῶν, τὴν Προσκύνησιν  
ἐορτάζομεν τοῦ τιμίου καὶ ζωοποιοῦ  
Σταυροῦ.

**Στίχοι**

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

Τῆ αὐτοῦ δυνάμει, Χριστέ 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.