



GREEK ORTHODOX COMMUNITY & PARISH OF PROPHET ELIAS NORWOOD & EASTERN SUBURBS

# ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ ΑΥΓΟΥΣΤΟΥ

## PROGRAM OF HOLY SERVICES FOR AUGUST 2021

Από της 1ης Αυγούστου άρχεται η νηστεία του Δεκαπενταυγούστου  
The Fast for the Dormition of the Theotokos Feast begins on the 1st of August

1	ΚΥΡΙΑΚΗ SUNDAY	<b>ΣΤ' ΜΑΤΘΑΙΟΥ</b> ΟΡΘ – Θ. ΛΕΙΤΟΥΡ. – ΜΕΓ. ΠΑΡΑΚΛ ΚΑΝΩΝ <b>6<sup>TH</sup> Sunday of Matthew</b> Matins - D. Liturgy - Great Supplicatory Canon	8:00am - 11:30am
2	ΔΕΥΤΕΡΑ MONDAY	ΜΙΚΡΟΣ ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ Small Supplicatory Canon	6:00pm - 7:00pm
3	ΤΡΙΤΗ TUESDAY	ΜΕΓΑΣ ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ Great Supplicatory Canon	6:00pm- 7:00pm
4	ΤΕΤΑΡΤΗ WEDNESDAY	ΜΙΚΡΟΣ ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ Small Supplicatory Canon, Bible-Study & Youth Group	6:00pm- 7:00pm
5	ΠΕΜΠΤΗ THURSDAY	<b>ΜΕΓΑΣ ΕΣΠΕΡΙΝΟΣ (ΜΕΤΑΜΟΡΦΩΣΙΣ ΤΟΥ ΣΩΤΗΡΟΣ)</b> <b>Great Vespers (Holy Transfiguration)</b>	6:00pm- 6:45pm
6	ΠΑΡΑΣΚΕΥΗ FRIDAY	<b>ΜΕΤΑΜΟΡΦΩΣΙΣ ΤΟΥ ΣΩΤΗΡΟΣ</b> ΟΡΘ.- Θ. ΛΕΙΤΟΥΡΓΙΑ <b>Holy Transfiguration</b> Matins – Divine Liturgy	8:00am- 9:30am
		ΜΕΓΑΣ ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ Great Supplicatory Canon	6:00pm- 7:00pm
7	ΣΑΒΒΑΤΟΝ SATURDAY	ΜΕΓΑΣ ΕΣΠΕΡΙΝΟΣ Great Vespers	5:30pm- 6:00pm
8	ΚΥΡΙΑΚΗ SUNDAY	<b>Ζ' ΜΑΤΘΑΙΟΥ</b> ΟΡΘ Θ. ΛΕΙΤ. – ΜΕΓ. ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ <b>7<sup>TH</sup> Sunday of Matthew</b> Matins, D. Liturgy - Great Supplicatory Canon	8:00am - 11:30am
9	ΔΕΥΤΕΡΑ MONDAY	ΜΙΚΡΟΣ ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ Small Supplicatory Canon	6:00pm- 7:00pm
10	ΤΡΙΤΗ TUESDAY	ΜΕΓΑΣ ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ Great Supplicatory Canon	6:00pm- 7:00pm
11	ΤΕΤΑΡΤΗ WEDNESDAY	ΜΙΚΡΟΣ ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ Small Supplicatory Canon Bible Study and Youth Group	6:00pm- 7:00pm
12	ΠΕΜΠΤΗ THURSDAY	ΜΕΓΑΣ ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ Great Supplicatory Canon	6:00pm- 7:00pm
13	ΠΑΡΑΣΚΕΥΗ FRIDAY	<b>ΑΠΟΔΟΣΙΣ ΜΕΤΑΜΟΡΦΩΣΕΩΣ ΤΟΥ ΣΩΤΗΡΟΣ</b> ΟΡΘ -Θ.ΛΕΙΤ. <b>Leave-taking of Holy Transfiguration</b> Matins, D. Liturgy	8:00am- 9:30am
		ΜΕΓΑΣ ΠΑΡΑΚΛΗΤΙΚΟΣ ΚΑΝΩΝ Great Supplicatory Canon	6:00pm- 7:00pm

14	ΣΑΒΒΑΤΟΝ SATURDAY	<b>ΜΕΓΑΣ ΕΣΠΕΡΙΝΟΣ ΚΟΙΜΗΣΕΩΣ ΥΠΕΡΑΓΙΑΣ ΘΕΟΤΟΚΟΥ</b> (ΕΓΚΩΜΙΑ ΤΗΣ ΘΕΟΤΟΚΟΥ, ΙΕΡΟΝ ΕΥΧΕΛΛΑΙΟΝ) <b>Great Vespers for the Dormition of the Theotokos with</b> <i>Engomia</i> and Holy Unction.	5:30pm- 7:45pm
15	ΚΥΡΙΑΚΗ SUNDAY	<b>ΚΟΙΜΗΣΙΣ ΥΠΕΡΑΓΙΑΣ ΔΕΣΠΟΙΝΗΣ ΗΜΩΝ ΘΕΟΤΟΚΟΥ</b> ΟΡΘΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ – ΙΕΡΑ ΛΙΤΑΝΕΙΑ ΙΕΡΑΣ ΕΙΚΟΝΟΣ ΠΑΝΑΓΙΑΣ ΤΟΥ ΚΥΚΚΟΥ <b>Dormition of our most Holy Lady the Theotokos</b> Matins – Divine Liturgy – Icon Procession of <i>Panagia Kykkos</i>	8:00am- 10:30am
16	ΔΕΥΤΕΡΑ MONDAY	<b>ΑΝΑΚΟΜΙΔΗ ΑΓ. ΜΑΝΔΗΛΙΟΥ</b> ΟΡΘΟΣ-Θ. ΛΕΙΤΟΥΡΓΙΑ <b>TRANSLATION OF THE HOLY VEIL</b> Matins – D. Liturgy	8:00am - 10:45am
18	WEDNESDAY	Bible Study and Youth Group	7-8 pm
21	ΣΑΒΒΑΤΟΝ SATURDAY	ΜΕΓΑΣ ΕΣΠΕΡΙΝΟΣ ΠΑΡΑΚΛ. ΚΑΝΩΝ ΠΑΝΑΓΙΑΣ ΠΡΟΥΣΙΩΤΙΣΣΗΣ Great Vespers-Supplicatory Canon ( <b>Prousiotissa Icon</b> )	5:30pm- 6:15pm
22	ΚΥΡΙΑΚΗ SUNDAY	<b>Θ' ΜΑΤΘΑΙΟΥ, ΠΑΝΑΓΙΑ ΠΡΟΥΣΙΩΤΙΣΣΑ</b> ΟΡΘ-Θ.ΛΕΙΤΟΥΡΓΙΑ <b>9<sup>TH</sup> Sunday of Matthew, Holy Prousiotissa Icon of the</b> <b>Theotokos</b> Matins – Divine Liturgy	8:00am- 10:30am
23	ΔΕΥΤΕΡΑ MONDAY	<b>ΑΠΟΔΟΣΙΣ ΚΟΙΜΗΣΕΩΣ ΘΕΟΤΟΚΟΥ</b> ΟΡΘ-Θ.ΛΕΙΤΟΥΡΓΙΑ <b>Leave-taking of the Dormition</b> Matins – Divine Liturgy	8:00am - 10:45am
24	ΤΡΙΤΗ TUESDAY	<b>ΑΓ. ΚΟΣΜΑ ΑΙΤΩΛΟΥ</b> ΟΡΘΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ <b>St Kosmas of Aitolia</b> Matins – Divine Liturgy	8:00am- 9:30am
25	WEDNESDAY	Bible Study and Youth Group	7-8 pm
27	ΠΑΡΑΣΚΕΥΗ FRIDAY	<b>ΜΕΓΑΛ. ΦΑΝΟΥΡΙΟΥ</b> ΟΡΘΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ <b>Great-Martyr Fanourios</b> Matins – Divine Liturgy	8:00am- 9:30am
28	ΣΑΒΒΑΤΟΝ SATURDAY	ΟΣΙΟΥ ΜΩΗΣΕΩΣ ΤΟΥ ΑΙΘΙΟΠΟΣ: <b>ΑΓΓΛΙΚΗ ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ</b> St Moses the Ethiopian: <b>Divine Liturgy in English</b>	6:00pm- 7:00pm
29	ΚΥΡΙΑΚΗ SUNDAY	<b>ΑΠΟΤΟΜΗ ΚΕΦΑΛΗΣ ΤΙΜΙΟΥ ΠΡΟΔΡΟΜΟΥ</b> ΟΡΘ-Θ.ΛΕΙΤ <b>Beheading of St John the Baptist</b> ΝΗΣΤΕΙΑ Matins, D. Liturgy Fasting Day ( <i>oil and wine permitted</i> )	8:00am - 10:30am
31	ΤΡΙΤΗ TUESDAY	<b>ΚΑΤΑΘΕΣΙΣ ΤΙΜΙΑΣ ΖΩΝΗΣ ΥΠΕΡ. ΘΕΟΤΟΚΟΥ</b> ΟΡΘΟΣ - ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ <b>Venerable Sash of the Theotokos</b> Matins – Divine Liturgy	8:00am- 9:30am



Though seemingly disconnected from each other, the icon of the Dormition (August 15) reveals a connection to the Feast of the Transfiguration that precedes it (August 6). In it, we see the transfigured Christ in his glory holding the soul of his mother Mary.

## August Puts Everything in Perspective

The Dormition Fast begins August 1, focusing our gaze not only on the falling asleep of the Mother of God but of our own mortality as well. She is pictured in the icon of her repose, her body resting in death but her soul embraced by her Son. This image is exactly the reverse of virtually every other icon we have of her. In them, she embraces Christ as mother to Child. Now, he embraces



her and receives her into his heavenly Kingdom. Virtually half-way through the fast, we will celebrate the Feast of the Transfiguration. Historically, it occurred “en route” to Jerusalem, to the Crucifixion and Resurrection of Christ. It was the literal mountain-top experience Christ gave Peter, James and John, so that they might have a glimpse of his Kingdom before encountering his death and consequent triumph over death.



So too, we glimpse the Kingdom, en route to the Dormition. It puts it all back into

perspective for us: why Christ has come, who He is, and what He has prepared for all who love Him and await his Second Coming, it is his eternal embrace, as we see Him embrace his Most Holy Mother at her Dormition.

### Why do we fast for 15 days for the Dormition of the Theotokos?

In a close-knit family, word that its matriarch is on her deathbed brings normal life to a halt. Otherwise important things (parties, TV, luxuries, personal desires) become unimportant; life comes to revolve around the dying matriarch. It is the same with the Orthodox family; word that our matriarch is on her deathbed, could not (or at least should not) have any different effect than the one just mentioned. The Church gives us the opportunity to come to [the Theotokos'] deathbed and eulogize and entreat the woman who bore God, the vessel of our salvation and our chief advocate at His divine throne. And as, in the earthly family, daily routines and the indulgence in personal wants should come to a halt. Fasting, in its full sense (abstaining from food and desires) accomplishes this. Less time in leisure or other pursuits leaves more time for prayer and reflection on she who gave us Christ and became the first and greatest Christian. In reflecting on her and her incomparable life, we see a model Christian life, embodying Christ's retort to the woman who stated that Mary was blessed because she bore Him: blessed rather are those who hear His word and keep it.

Mary did this better than anyone. As Fr. Thomas Hopko has stated, she heard the word of God and kept it so well, that she of all women in history was chosen not only to hear His Word but give birth to it (Him). So while we fast in contemplation of her life, we are simultaneously preparing ourselves to live a life in imitation of her. That is the purpose of the Dormition Fast.

### Dismissal Hymns and Kontakia

#### Apolytikion of Holy Transfiguration Grave Tone

You were transfigured on the Mount, Christ God revealing Your glory to Your disciples, insofar as they could comprehend. Illuminate us sinners also with Your everlasting light, through the intercessions of the Theotokos. Giver of light, glory to You.

Μετεμορφώθης εν τώ όρει Χριστέ ο Θεός, δείξας τοίς Μαθηταίς σου τήν δόξαν σου, καθώς ήδυναντο, Λάμψον και ημίν τοίς αμαρτωλοίς, τό φώς σου τό αίδιον, πρεσβείαις τής Θεοτόκου, φωτοδότα δόξα σοι.

#### Kontakion of Holy Transfiguration Grave Tone

You were transfigured upon the mount, O Christ our God, and Your disciples, in so far as they could bear, beheld Your glory. Thus, when they see You crucified, they may understand Your voluntary passion, and proclaim to the world that You are truly the effulgence of the Father.

Επί του όρους μετεμορφώθης, και ως εχώρουν οι Μαθηταί σου τήν δόξαν σου, Χριστέ ο Θεός εθεάσαντο, ίνα όταν σε ίδωσι σταυρούμενον, τό μέν πάθος νοήσωσιν εκούσιον, τώ δέ κόσμω κηρύξωσιν, ότι σύ υπάρχεις αληθώς, του Πατρός τό απαύγασμα.

#### Apolytikion: Dormition of the Theotokos First Tone

In birth, you preserved your virginity; in death, you did not abandon the world, O Theotokos. As mother of life, you departed to the source of life, delivering our souls from death by your intercessions.

Εν τή Γεννήσει τήν παρθενίαν εφύλαξας, έν τή Κοιμήσει τόν κόσμον ού κατέλιπες Θεοτόκε, Μετέστης πρός τήν ζωήν, μήτηρ υπάρχουσα τής ζωής, και ταίς πρεσβείαις ταίς σαίς λυτρουμένη, εκ θανάτου τας ψυχάς ημών.

#### Kontakion of Dormition of the Theotokos First Tone

Neither the grave nor death could contain the Theotokos, the unshakable hope, ever vigilant in intercession & protection. As Mother of life, He who dwelt in the ever-virginal womb transposed her to life.

Τήν εν πρεσβείαις ακοίμητον Θεοτόκον, και προστασίαις αμετάθετον ελπίδα, τάφος και νέκρωσις οук εκράτησεν, ως γάρ ζωής Μητέρα, πρός τήν ζωήν μετέστησεν, ο μήτραν οικήσας αιειπάρθενον.

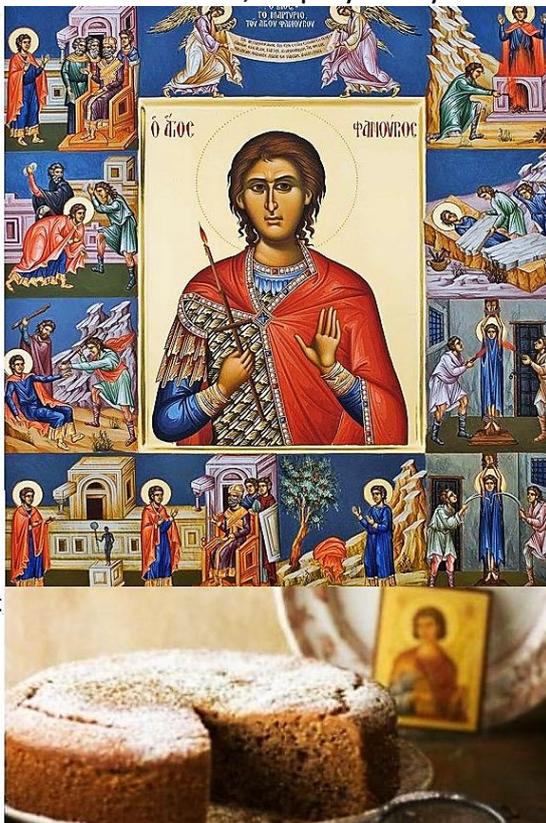
**Some things parents can do during this period:** 1. Being that the period leading up to the feast of the Dormition is one of fasting and prayer it is obviously expected that we fast during this time. Therefore encourage fasting and prayer to your children. 2. Attend the nightly Supplication services to the Theotokos which are held during this fasting period. 3. Come celebrate the Feast Day in Church as a family, if not on the day itself due to work, then at least on the eve of the feast at Vespers. 4. Use the section above and this source: ([http://www.goarch.org/special/listen\\_learn\\_share/dormition/](http://www.goarch.org/special/listen_learn_share/dormition/)) to explain the significance of the Feast to your children. 5. Use the Troparion and Kontakion hymns as prayers before and/or after meals, and as part of the children's evening prayers during the 8-day "afterfeast." 6. If you have an icon of this feast, display it in your family's place of prayer for veneration.

**Ingredients** **Fanouropita**  
**Recipe**

- 3 cups flour
- 1 cup sugar
- ¾ cup olive oil
- 1 tablespoon baking powder
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- ¾ cup orange juice
- ¼ cup brandy
- ½ cup chopped walnuts
- Zest from ½ orange
- Powdered sugar for topping

**Instructions**

1. In large bowl, combine ALL dry ingredients: flour, sugar, baking powder, cinnamon, and walnuts, mix.
2. Add in remaining wet ingredients: olive oil, vanilla, orange juice, brandy, orange zest, mix well until batter is formed.
3. Pour into cake pan (we used a bundt pan) greased with some olive oil.
4. Place in preheated oven at 350F for 40-45 minutes, until toothpick comes out clean and nice color is achieved.
5. Remove, top with powdered sugar, let cool for about 10 minutes.
6. Slice and serve!



**St. Fanourios (feast day 27/8)** is one of the saints that we ask to intercede for us when we lose things. His name is from the Greek word fanerono which means I reveal. There is not a whole lot known about his life. We know that he lived during Roman times and was in constant persecution because of his Christian beliefs. There is an icon that was discovered on the island of Rhodes during a period when the island was ruled by Turks. The Turks decided to rebuild the walls of the city that had been destroyed during the war. They sent workers outside to collect rocks from the house ruins to help rebuild the wall. While doing this a beautiful church that was also destroyed was discovered and many icons were found inside. Most of them were destroyed to

Due to Covid-19 restrictions we will not be able to share each other's Fanouropites on 27/8/21, however Fanouropita made by our Philoptohos which will be prepared and packaged (following COVID-19 regulations) will be available for our Parishioners.

the point that you could not read the lettering on them. Amazingly, one stood out from all the others completely

unharmd. It was an icon of a young man in a Roman soldier's uniform. In his right hand he held a spear and in his left hand was a cross and a lit candle. Around he perimeter of the icon were twelve events of martyrdom that the Saint suffered, which revealed much of his life. The tradition of baking a Fanouropita is a great honor bestowed upon the Saint. It is typically a small, round cake and is made whenever the saint reveals a lost object, a job, a cure or anything else the person has sought to find, is found. People often ask why they should bake a Fanouropita if they haven't lost anything. The reality is we continually lose our ways so let us do so and fervently request that our miracle working Saint Fanourios intercedes for us so that the road to our salvation may become visible to us when we lose our way and choose to take alternative routes that lead to eternal dead ends.

P	E	R	T	E	T	E	P	I	N
E	F	A	N	E	C	F	E	S	A
H	A	J	I	L	E	L	T	U	I
E	C	E	A	W	J	I	E	S	T
R	E	S	T	T	O	S	R	E	N
T	U	N	N	D	E	D	H	J	U
E	S	H	U	S	E	N	A	J	O
P	O	O	O	S	U	M	T	H	M
J	L	M	M	O	E	M	O	S	S
C	A	S	E	S	S	E	O	M	E

JESUS PETER JAMES  
JOHN MOUNTAIN FACE  
SUN MOSES ELIJAH  
TENTS CLOUD SHADOW

**QUIZ NIGHT FUNDRAISER**

**PRIZES TO BE WON!**

All proceeds donated to Catherine House

FRIDAY AUGUST 20  
6:30pm - 10pm

Church Hall, Parish and Community of Prophet Elias 87 Beulah Road Norwood  
\$15 pp (all tickets to be payed at door)  
Children Under 10 free  
ALL WELCOME!

**BOOK YOUR TABLE TODAY!\***  
DM us on instagram @norwoods\_ark or text message Kerri 0416155048 to reserve your table today.  
\*7-10 people per table

**norwoods\_ark** Grab your friends and book a table for Norwood Arks first quiz night on the 20th of August! 100% of the proceeds will be donated to Catherine House. Lots of prizes to be won 🏆 Book now to save a table 📞📍

**DORMITION OF THE THEOTOKOS**  
**word search**

V	L	Y	E	F	M	E	J	P	V	W	U
I	T	H	E	O	T	O	K	O	S	G	B
N	E	E	C	R	M	J	F	H	O	A	Z
A	F	V	G	Q	A	C	G	C	U	P	Y
U	H	I	I	F	R	K	I	H	L	O	M
G	U	I	F	R	Y	Z	Z	R	K	S	B
U	D	E	P	T	G	A	L	I	K	T	J
S	S	R	V	C	E	I	B	S	F	L	L
T	L	Z	C	D	Y	E	N	T	P	E	C
G	L	S	S	L	E	G	N	A	D	S	A
A	E	C	K	M	P	P	F	T	Y	B	W
L	O	R	S	A	M	O	H	T	H	I	J

Angels August Fifteenth Soul Thomas  
Apostles Christ Mary Theotokos Virgin