

## A MORNING PRAYER

**O Lord Jesus Christ my God**, give me a good, sinless and spotless day.  
**O Lord**, forsake me not.  
**O Lord**, do not stand afar off from me.  
**O Lord**, stretch out to me a helping hand.  
**O Lord**, support me with the fear of you.  
**O Lord**, plant this fear and the love for you in my heart.  
**O Lord**, teach me to do your will.  
**O Lord**, grant mourning and humility to my heart.  
**O Lord**, give me unceasing tears, compunction, and remembrance of death.  
**O Lord**, free me from every temptation of soul and body.  
**O Lord**, expel from me every unclean thought and every shameful and improper imagination.  
**O Lord**, wipe out of me the negligence, the indolence, the sorrow, the forgetfulness, the insensitivity, the hardness and the captivity of my mind.  
**O Lord**, have mercy on me, as you know and as you wish, and forgive all my transgressions. And grant that my pitiful soul may depart from my wretched body in quietude repentance, in unhesitating confession, and in pure and spotless faith. Amen.

*St. Paisios the Great*

**Σημείωση: Κυριακή των Βαΐων, 9 Απριλίου** η Φιλόπτωχος θα παραθέσει φαγητό στην αίθουσα της Εκκλησίας.

Δηλώστε συμμετοχή εγκαίρως.

**Note: Palm Sunday Luncheon on April 9th** at Church Hall.

Reserve your tickets promptly.



GREEK ORTHODOX ARCHDIOCESE OF CANADA  
ST. GEORGE'S GREEK ORTHODOX COMMUNITY OF TORONTO  
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΚΟΙΝΟΤΗΤΑ ΑΓΙΟΥ ΓΕΩΡΓΙΟΥ

ESTABLISHED IN 1909

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### ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ ΜΑΡΤΙΟΥ 2023

Παρασκευή	3	Α Χαιρετισμοί	7:00-8:30 μ.μ.
Σάββατο	4	Ψυχοσάββατο	8:45-11:00 π.μ.
Κυριακή	5	Της Ορθοδοξίας- Όρθρος, Θ. Λειτουργία	9:00-11:30 π.μ.
Τετάρτη	8	Προηγιασμένη Θ. Λειτουργία	6:00-7:30 μ.μ.
Παρασκευή	10	Β Χαιρετισμοί	7:00-8:30 μ.μ.
Κυριακή	12	Γρηγορίου Παλαμά-Όρθρος, Θ. Λειτουργία	9:00-11:30 π.μ.
Τετάρτη	15	Προηγιασμένη Θεία Λειτουργία	6:00-7:30 μ.μ.
Παρασκευή	17	Γ Χαιρετισμοί	7:00-8:30 μ.μ.
Κυριακή	19	Σταυρ/νήσεως- Όρθρος, Θ. Λειτουργία	9:00-11:30 π.μ.
Τετάρτη	22	Προηγιασμένη Θεία Λειτουργία	6:00-7:30 μ.μ.
Παρασκευή	24	Δ Χαιρετισμοί	7:00-8:30 π.μ.
Σάββατο	25	Ευαγγελισμός της Θεοτόκου-Όρθρος, Θ. Λειτουργία	8:45-11:00 π.μ.
Κυριακή	26	Ιωάννου της Κλίμακος- Όρθρος, Θ. Λειτουργία	9:00-11:30 π.μ.
Τετάρτη	29	Προηγιασμένη Θεία Λειτουργία	6:00-7:30 μ.μ.
Παρασκευή	31	Ακάθιστος Ύμνος	7:00-8:45 μ.μ.

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### Least said-soonest mended

I'll not willingly offend

Nor be easily offended.

What's amiss I'll strive to mend,

And endure what can't be mended.

HOLY SERVICES FOR THE MONTH OF MARCH 2023

|           |    |                                              |                 |
|-----------|----|----------------------------------------------|-----------------|
| Friday    | 3  | 1st Salutations to the Theotokos             | 7:00-8:30 p.m.  |
| Saturday  | 4  | Saturday of the Souls-Orthros, D. Liturgy    | 8:45-11:00 a.m. |
| Sunday    | 5  | Sunday of Orthodoxy- Orthros, D. Liturgy     | 9:00-11:30 a.m. |
| Wednesday | 8  | Divine Liturgy of the Presenctified Gifts    | 6:00-7:30 p.m.  |
| Friday    | 10 | 2nd Salutations to the Theotokos             | 7:00-8:30 p.m.  |
| Sunday    | 12 | St. Gregory Palamas-Orthros, D. Liturgy      | 9:00-11:30 a.m. |
| Wednesday | 15 | Divine Liturgy of the Presanctified Gifts    | 6:00-7:30 p.m.  |
| Friday    | 17 | 3rd Salutations to the Theotokos             | 7:00-8:30 p.m.  |
| Sunday    | 19 | Vener. Of the Holy Cross-Orthros, D. Liturgy | 9:00-11:30 a.m. |
| Wednesday | 22 | Divine Liturgy of the Presanctified Gifts    | 6:00-7:30 p.m.  |
| Friday    | 24 | 4th Salutations to the Theotokos             | 7:00-8:30 p.m.  |
| Saturday  | 25 | Annunciation of the Theotokos                | 8:45-11:00 a.m. |
| Sunday    | 26 | St. John of the Ladder-Orthros, D. Liturgy   | 9:00-11:30 a.m. |
| Wednesday | 29 | Divine Liturgy of the Presanctified Gifts    | 6:00-7:30 p.m.  |
| Friday    | 31 | Akathist Hymn                                | 7:00-8:30 p.m.  |



Bible Verses for Daily Life  
Forgiveness

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. *(Colossians 3:13)*

And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins. *(Mark 11:25)*

A man’s wisdom gives him patience; it is to his glory to overlook an offense. *(Proverbs 19:11)*

Do not gloat when your enemy falls; when he stumbles, do not let your heart rejoice. *(Proverbs 24:17)*

DISCONTENT

*What makes us so discontented with our condition is the absurd, exaggerated idea we have of the happiness of others.*

The grass generally does look greener on the other side of the fence, doesn’t it? Why should that be?

***Insecurity can mean lack of self-knowledge.*** It has been said that if we were allowed to trade our troubles with someone else, chances are we would choose to keep our own. However, observing others’ lives, we are often misled. The couple we envy because they are apparently so devoted to one another indeed may be. Then again, their personal relationship may be much more shallow and less satisfactory than ours. The person always talking about how devoted her children are to her may be devastatingly lovely and neglected. The rich and famous, who apparently have it all, may be lacking in some of the things that make our lives abundant.

**The truth is we are made rich by what we give. And we all have the ability to give.** There is no need to envy those whom we perceive to be full of truth, beauty, goodness, and love. These are gifts for the taking. **Be observant. Be aware of the necessity to look beneath the surface.**

**Rather than discontent, let loving and accepting be our motivating force.**



Fear

**The Lord is my light and my salvation-whom shall I fear? The Lord is the stronghold of my life-of whom shall I be afraid?** *(Psalm 27:1)*

***God has said: “Never will I leave you; never will I forsake you”.*** So we say with confidence. ***“The Lord is my helper; I will not be afraid. What can man do to me?”*** *(Hebrews 13:5,6)*