

Prayer

Dear God:

Help me be a good sport in this game of life. I don't ask for an easy place in the lineup. Put me anywhere you need me. I only ask that I can give you 100 per cent of everything I have. If all the hard drives seem to come my way, I thank you for the compliment. Help me remember that you never send a player more trouble than he can handle.

And, help me, Lord, to accept the bad breaks as part of the game. May I always play on the square, no matter what the others do. Help me study the Book so I'll know the rules.

Finally, God, if the natural turn of events goes against me and I'm benched for sickness or old age, help me accept that as part of the game, too. Keep me from whimpering that I was framed or that I got a raw deal. And when I finish the final inning, I ask for no laurels. All I want is to believe in my heart that I played as well as I could and that I didn't let you down.

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## At my mother's knee

I have worshipped in churches and chapels,  
I have prayed in the busy street;  
I have sought my God and have found Him,  
Where the waves of the ocean beat.

I have knelt in the silent forest,  
In the shade of some ancient tree;  
But the dearest of all my altars,  
Was built at my mother's knee.



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

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## ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ ΜΑΪΟΥ 2022

|         |    |                                          |                 |
|---------|----|------------------------------------------|-----------------|
| Κυριακή | 1  | Του Θωμά - Όρθρος, Θ. Λειτουργία         | 9:00-11:30 π.μ. |
| Κυριακή | 8  | Των Μυροφόρων - Όρθρος, Θ. Λειτουργία    | 9:00-11:30 π.μ. |
| Κυριακή | 15 | Του Παραλύτου - Όρθρος, Θ. Λειτουργία    | 9:00-11:30 π.μ. |
| Σάββατο | 21 | Κων/νου & Ελένης - Όρθρος, Θ. Λειτουργία | 8:45-10:30 π.μ. |
| Κυριακή | 22 | Της Σαμαρείτιδος - Όρθρος, Θ. Λειτουργία | 9:00-11:30 π.μ. |

Σημείωση: Στο τέλος της Θ. Λειτουργίας θα γίνει επιμνημόσυνη Δέηση για τους 353,000 σφαγιασθέντες Ποντίους αδελφούς μας απο τους Οθωμανούς Τούρκους.

|         |    |                                    |                 |
|---------|----|------------------------------------|-----------------|
| Κυριακή | 29 | Του Τυφλού - Όρθρος, Θ. Λειτουργία | 9:00-11:30 π.μ. |
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ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ ΙΟΥΝΙΟΥ 2022

Πέμπτη	2	Της Αναλήψεως - Όρθρος, Θ. Λειτουργία	8:45-10:30 π.μ.
Κυριακή	5	Άγ. Πατέρων - Όρθρος, Θ. Λειτουργία	9:00-11:30 π.μ.
Σάββατο	11	Ψυχοσάββατο - Όρθρος, Θ. Λειτουργία	8:45-11:00 π.μ.
Κυριακή	12	Της Πεντηκοστής - Όρθρος, Θ. Λειτουργία	9:00-11:30 π.μ.
Δευτέρα	21	Αγίου Πνεύματος - Όρθρος, Θ. Λειτουργία	8:45-11:00 π.μ.
Κυριακή	19	Αγίων Πάντων - Όρθρος, Θ. Λειτουργία	9:00-11:30 π.μ.
Κυριακή	26	Όρθρος, Θ. Λειτουργία	9:00-11:30 π.μ.
Τετάρτη	29	Πέτρου & Παύλου - Θ. Λειτουργία	8:45-10:30 π.μ.
Πέμπτη	30	Αγίων Αποστόλων - Όρθρος, Θ. Λειτουργία	8:45-10:30 π.μ.

HOLY SERVICES FOR THE MONTH OF MAY 2022

Sunday	1	Sunday of Thomas - Orthros, D. Liturgy	9:00-11:30 a.m.
Sunday	8	Sunday of Myrrhbearers - Orthros, D. Liturgy	9:00-11:30 a.m.
Sunday	15	Sunday of the Paralytic -Orthros, D. Liturgy	9:00-11:30 a.m.
Saturday	21	Sts. Constantine & Helen -Orthros, D. Liturgy	8:45-10:30 a.m.
Sunday	22	Sunday of the Samaritan -Orthros, D. Liturgy	9:00-11:30 a.m.
Note: At the end of the D. Liturgy, a Memorial Service will be held, for the 353,000 Pontians massacred by the Ottoman Turks.			
Sunday	29	Sunday of the Blind Man - Orthros, D. Liturgy	9:00-11:30 a.m.



HOLY SERVICES FOR THE MONTH OF JUNE 2022

Thursday	2	Ascention Day - Orthros, D. Liturgy	8:45-10:30 a.m.
Sunday	5	Holy Fathers - Orthros, D. Liturgy	9:00-11:30 a.m.
Saturday	11	Saturday of the Souls - Orthros, D. Liturgy	8:45-11:00 a.m.
Sunday	12	Pentecost - Orthros, D. Liturgy	9:00-11:30 a.m.
Monday	13	Holy Spirit - Orthros, D. Liturgy	8:45-11:00 a.m.
Sunday	19	All Saints -Orthros, D. Liturgy	9:00-11:30 a.m.
Sunday	26	Orthros, D. Liturgy	9:00-11:30 a.m.
Wednesday	29	Sts. Peter & Paul -Orthros, D. Liturgy	8:45-10:30 a.m.
Thursday	30	Synaxis of the 12 Apostles -Orthros, D. Liturgy	8:45-10:30 a.m.



If I can

If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain.

Giving and Receiving

Blessed are those who can give without remembering and receive without forgetting.

Life is such a give and take. The best way to cheer yourself up was to try to cheer up someone else. Money isn't all there is to give. It is when we give of ourselves that we truly give. We give love, we give respect, we give our attention, we give our encouragement, we give our time-the list is endless. And the more we give, the more we receive, in so many different ways.

There are also the times when we are needy. Others offer us sustenance and assistance and we humbly accept. Our gratitude, which we hope we always express, can only truly be repaid in kind somewhere else down the line. If we are generous in our giving and appreciative in our receiving, we have mastered the art of living the good life. All of us have experienced the truth of this.



Psalm of Light

The **Lord** is my lantern, I shall not falter,
He goes before me on the dark and lonely footpaths,
He lifts the shadows that wait around my door,
He lights the empty corners of my room,
In the greyness of doubt and uncertainty, He will guide me.
In the darkness of hurt and despair,
I shall seek His brightness,
His light is constant and His comfort everlasting,
I shall travel with Him always,
And He will lead me safely on the journey of my life.



Inner Strength

A quiet moment spent in prayer
Refreshes us in mind,
A cleansing of the spirit's needs
Can help us all to find,
That precious strength of will to cope,
With all the day may bring,
For if we have life's inner strength,
We have life's everything.