

Reaching Out

"The tragedy of life is not what men suffer, but what they miss".
Thomas Carlyle

The Bible instructs us to bear one another's burdens. And many of us have done so in the past, when our resources were greater and we felt more powerful. Now we may feel that such responsibility belongs to younger people. Our own burden seems overwhelming sometimes-how could we possibly take on more?

But there is a paradox here: **helping others often does as much for us as it does for the people we're helping.** Responding to another person's trouble rewards us with balance and perspective. It's impossible to reach out a helping hand without deepening awareness that we aren't the only ones that are hurting. And sharing someone else's struggle also means that we can share their successes, no matter how small those victories may be. As they gain heart, we do, too. As we express concern, we have less opportunity or need to express narrow self-centeredness.

We have all seen, in photographs or real life, farmers carrying buckets, one on each end of a pole, across their shoulders. For us, carrying just one bucket in that fashion would be extremely difficult-maybe impossible. For us, too, **it is really easier to share a friend's load along with our own than to go it alone.**



Kindness

Do a little kindness, any sort will do;
Sure as life's worth living It comes back to you,
Warms your heart and makes you happy as can be;
If you don't believe it, just try it and see!



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 ΝΟΕΜΒΡΙΟΥ 2022

Κυριακή	6	Όρθρος, Θ. Λειτουργία	9:00-11:45 π.μ.
Τρίτη	8	Παμμεγίστων Ταξιαρχών-Όρθρος, Θ. Λειτουργία	8:45 -10:30 π.μ.
Βράδυ	8	Εσπερινός, Παράκληση & προσκύνηση Ιερών Λειψάνων του Αγ. Νεκταρίου Καφές και γλυκίσματα απο τη Φιλόπτωχο Αδελφότητά μας.	7:00-8:30 μ.μ.
Τετάρτη	9	Αγ. Νεκταρίου-Όρθρος, Θ. Λειτουργία	8:45-10:30 π.μ.
Κυριακή	13	Ιωάννου Ελεήμονος-Όρθρος, Θ.Λειτουργία	9:00-11:45 π.μ.
Κυριακή	20	Όρθρος, Θεία Λειτουργία	9:00-11:45 π.μ.
Δευτέρα	21	Εισόδια της Θεοτόκου-Όρθρος, Θ. Λειτουργία	8:45-10:30 π.μ.
Βράδυ	21	Μέγας Εσπερινός & Παράκληση Οσίου Ιακώβου	6:30-8:00 μ.μ.
Τρίτη	22	Οσίου Ιακώβου-Όρθρος, Θεία Λειτουργία	8:45-10:30 π.μ.
Παρασκευή	25	Αγ. Αικατερίνης- Όρθρος, Θ. Λειτουργία	8:45-10:30 π.μ.
Κυριακή	27	Όρθρος, Θεία Λειτουργία	9:00-11:45 π.μ.
Τετάρτη	30	Αγίου Ανδρέου-Όρθρος, Θ. Λειτουργία	8:45-10:30 π.μ.
Σημείωση:		Προσφάτως τοποθετήθηκε στην εκκλησία μας ανελκυστήρας-Elevator, για ευκολότερη πρόσβαση των ηλικιωμένων και αναπήρων.	

Το καθιερωμένο φαγητό Αγ. Ανδρέου την Κυριακή 4 Δεκεμβρίου με κλήρωση Λαχείου.



HOLY SERVICES FOR THE MONTH OF NOVEMBER 2022

Sunday	6	Orthros, Divine Liturgy	9:00-11:45 a.m.
Tuesday	8	Archangels Michael & Gabriel-Orthros, D. Liturgy	8:45-10:30 a.m.

Tuesday Evening	8	8 Vespers, Paraklisis Service & Veneration of the Holy Relics of St. Nektarios.	7:00-8:30 p.m.
		Coffee & desserts will be offered by the Ladies Philoptochos.	
Wednesday	9	St. Nektarios-Orthros, D. Liturgy	8:45-10:30 a.m.
Sunday	13	St. John the Merciful-Orthros, Divine Liturgy	9:00-11:45 a.m.
Sunday	20	Orthros, Divine Liturgy	9:00-11:45 a.m.
Monday	21	Entry of Theotokos into the Temple-Orthros, D. Liturgy	8:45-10:30 a.m.
Evening	21	Vespers & Paraklisis of St. Iakovos	6:30-8:00 p.m.
Tuesday	22	St. Iakovos-Orthros, Divine Lityrgy	8:45-10:30 a.m.
Friday	25	St. Catherine the Great-Orthros, D. Liturgy	8:45-10:30 a.m.
Sunday	27	Orthros, Divine Liturgy	9:00-11:45 a.m.
Wednesday	30	St. Andrew-Orthros, D. Liturgy	8:45-10:30 a.m.

Note: Our church has recently added a lift/elevator for the convenient access of our elderly and special needs people.

Annual St. Andrew’s Luncheon at Church Hall with Raffle ticket draw coming on December 4, 2022!

Two Bowls of Water

In the Gospels we read about two bowls of water. One is the bowl of water in which Pilate washed his hands when he was shelving his responsibility for the fate of Jesus. Pilate symbolically washed his hands of responsibility. The other is the bowl of water Jesus used to wash His disciples’ feet, to demonstrate the need for His followers to be humble and willing to serve one another.

Which bowl of water are we using? The one in which we wash our hands of responsibility? Or the one where we accept responsibility and go out in loving service to others? We come to church to sit but do we go out to serve suffering humanity in the name of Christ?

Forget and Remember

Forget each kindness that you do as soon as you have done it;
Forget the praise that falls to you the moment you have won it;
Forget the slander that you hear before you can repeat it;
Forget each slight, each spite, each sneer, wherever you may meet it.

Remember good deeds done to you, whatever be their measure;
Remember praise by others won and pass it on with pleasure;
Remember every promise made and keep it to the letter;
Remember those who lend you aid and be a grateful debtor.

Fast and Feast

Fast from criticism, and **feast** on praise;
Fast from self-pity, and **feast** on joy;
Fast from ill-temper, and **feast** on peace;
Fast from resentment, and **feast** on contentment;
Fast from jealousy, and **feast** on love;
Fast from pride, and **feast** on humility;
Fast from selfishness, and **feast** on service;
Fast from fear, and **feast** on faith.

The companionship

The one who fears to be alone will never be anything but lonely, no matter how much he may surround himself with people. But the one who learns, in solitude and recollection, to be at peace with his own loneliness, and to prefer its reality to the illusion of merely natural companionship, come to know the invisible companionship of God.