

**GREEK - CANADIAN ORTHODOX COMMUNITY OF BELLEVILLE
TRENTON AND DISTRICT INC.**



**HOLY TRINITY GREEK ORTHODOX CHURCH
Η ΑΓΙΑ ΤΡΙΑΔΑ ΕΛΛΗΝΟΡΘΟΔΟΞΗ ΕΚΚΛΗΣΙΑ**

70 HARDER DRIVE, BELLEVILLE, ONTARIO, CANADA K8P 5J7
(613) 968-3327 www.gocbelleville.com



Part-Time Parish Priest : Rev. Fr. Demetre Mouselimis

ΠΡΟΓΡΑΜΜΑ ΙΕΡΩΝ ΑΚΟΛΟΥΘΙΩΝ SCHEDULE FOR DIVINE SERVICES

MARCH - ΜΑΡΤΙΟΣ 2026

DATE	SERVICE	ORTHROS	LITURGY	EVENING SERVICE
Sunday 01	1 st Sun of Lent – Sunday of Orthodoxy Α' Νηστειών – Τῆς Ορθοδοξίας <i>(Bring your icons from home to church)</i>	9:00am	10:15am	-
Friday 06	Salutations Χαιρετισμοί	-	-	5:30pm
Sunday 08	2 nd Sun of Lent – St. Gregory Palamas Β' Νηστειών – Αγ. Γρηγορίου Παλαμά	9:00am	10:15am	
Friday 13	Salutations / Χαιρετισμοί No Service	-	-	0:00
Sunday 15	3 rd Sun of Lent – Veneration of the Holy Cross Γ' Νηστειών – Σταυροπροσκυνήσεως	9:00am	10:15am	-
Friday 20	Salutations Χαιρετισμοί	-	-	5:30pm
Sunday 22	4 th Sun of Lent – St. John the Ladder Δ' Νηστειών – Ιωάννου της Κλίμακος	9:00am	10:15am	-
Tuesday 24	The Annunciation of the Holy Theotokos Ευαγγελισμός τῆς Θεοτόκου	Evening Divine Liturgy Θεία Λειτουργία		5:30pm
Friday 27	The Akathist Hymn Ακάθιστος Ὑμνος	-	-	5:30pm
Sunday 29	5 th Sun of Lent – St. Mary of Egypt Ε' Νηστειών – Αγ. Μαρίας Αιγυπτίας	9:00am	10:15am	-



During the week days of Lent, we say the prayer of St. Ephraim.

O Lord and Master of my life, a spirit of idleness, despondency, ambition
and idle talking give me not. **Prostration**

But rather a spirit of Chasity, humble-mindedness, patience, and love,
bestow upon me Thy servant. **Prostration**

Uea, O Lord and King, grant me to see my failings and not condemn my
brother, for blessed art Thou unto the ages of ages. Amen. **Prostration**

Then 12 repetitions of "O God, cleanse me a sinner." (bowing each time)

And the prayer is said once more in full, with one prostration at the end.