

## How to use GoToMeeting Step by step with Screenshots

<http://www.quicksetupguide.com/others/gotomeeting1.htm>

**ETIQUETTE EVERY PERSON SHOULD KNOW:** As the Coronavirus (COVID-19) continues to spread, few organizations remain unscathed – and virtual meetings have become an essential part of how modern organizations maintain productivity and continuity. They're an easy, cost-effective way to align multiple locations. While virtual meetings have likely been a part of your daily work routine for some time now, it's still easy to fall victim to some major meeting faux pas. Virtual meeting etiquette is a whole new ball game compared to in-person meetings. To help you keep your meetings productive and professional, follow these simple virtual meeting etiquette rules and tips. **Leave the keyboard alone. Dress appropriately. Be aware of your surroundings. Mute your microphone when you're not talking. No food allowed. Stay seated and stay present. Minimize Distractions**

### A PRAYER OF PROTECTION FROM CORONAVIRUS

O Lord our God, Who are rich in mercy and with careful wisdom direct our lives, hear our prayers and receive our repentance for our sins, bring an end to this new infectious disease, just as You averted the punishment of Your people in the past time. You Who are the Physician of our souls and bodies, grant restored health to those who have been seized by this illness raising them from their bed of suffering so that they may glorify You, O Merciful Saviour, and preserve in health those who have not been infected. By Your grace, O Lord, bless, strengthen, and preserve, all those who out of love and sacrifice care for the sick, either in their homes or in the hospitals. Deliver people in this city, in our country, and around the world from all illnesses and suffering, and teach us to value life and health as gifts from You. Give us Your peace, O God, and fill our hearts with unflinching faith in Your protection, hope in Your help, and love for You and our neighbor. For it is Yours to be merciful and to save us, O our God, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto the ages of ages. Amen.

### МОЛИТВА ЗАХИСТУ ВІД КОРОНАВІРУСА

«Господи, Боже наш, багатий милосердям і милістю, що Своїм мудрим Провидінням керуєш нашим життям, вислухай нашу молитву, прийми покаєння за гріхи наші, припини пошесть згубну, яка спіткала нас, як Ти і раніше припиняв згубні пошесті серед людей. Милосердний Спасителю, захисти здоров'я тих, хто на Тебе уповає. Лікарю душ і тіл наших, дай одужання тим, що хворіють, і підведи їх з ложа недуги та страждань. Благослови, Господи, укріпи і захисти Своєю благодаттю усіх тих, хто з благодійністю і жертівністю піклується про хворих вдома чи в лікарнях. Визволи людей в нашому місті (селі, монастирі), в нашій країні і по всьому світу від пошесті згубної, від хвороб і страждань та навчи нас цінувати життя і здоров'я як Твої дари. Дай нам, Боже, Твій мир і наповни наші серця непохитною вірою в Твій захист, надією на Твою підтримку і любов'ю до Тебе і наших ближніх. Твоє бо є, щоб милувати і спасати нас, Боже наш, і Тобі славу возсилаємо, Отцю, і Сину, і Святому Духу, нині і повсякчас і навіки віків. Амінь».

УКРАЇНСЬКА ПРАВОСЛАВНА КАТЕДРА ПРЕСВЯТОЇ ТРОЙЦІ  
HOLY TRINITY UKRAINIAN ORTHODOX CATHEDRAL  
154 East 10th Avenue, Vancouver, BC V5T 1Z4

## SUNDAY BULLETIN НЕДІЛЬНИЙ БЮЛЕТЕНЬ

Rev. Father Roman Tsaplan, Parish Priest  
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**WORSHIP SERVICE SCHEDULE**  
Reading of Hours: 9:45 am  
**DIVINE LITURGY 10:00 am**

**LIVE STREAM WORSHIP SERVICE**  
**EVERY SUNDAY 10:00 am**

<https://global.gotomeeting.com/join/643969101>



10-та неділя по П'ятидесятниці. Голос 1  
10th Sunday after Pentecost. Tone 1

Sunday, August 29, 2021

## SCRIPTURE READING

### Matthew 17:14-23 (Gospel)



And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, “Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. So, I brought him to Your disciples, but they could not cure him.” Then Jesus answered and said, “O faithless

and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.” And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” So, Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.” Now while they were staying in Galilee, Jesus said to them, “The Son of Man is about to be betrayed into the hands of men, and they will kill Him, and the third day He will be raised up.” And they were exceedingly sorrowful.

## Євангеліє від Матвія (17:14-23)

І як вони до народу прийшли, то до Нього один чоловік приступив, і навколішки впав перед Ним, і сказав: Господи, змилуйсь над сином моїм, що біснується у новомісяччі, і мучиться тяжко, бо почасти падає він ув огонь, і почасти в воду. Я його був привів до учнів Твоїх, та вони не могли вздоровити його. А Ісус відповів і сказав: О роде невірний й розбещений, доки буду Я з вами? Доки вас Я терпітиму? Приведіть до Мене сюди його! Потому Ісус погрозив йому, і демон вийшов із нього. І видужав хлопець тієї години! Тоді підійшли учні насамоті до Ісуса й сказали: Чому ми не могли його вигнати? А Він їм відповів: Через ваше невірство. Бо поправді кажу вам: коли будете ви мати віру, хоч як зерно гірчичне, і горі оцій скажете: Перейди звідси туди, то й перейде вона, і нічого не матимете неможливого! Цей же рід не виходить інакше, як тільки молитвою й постом. Коли пробували вони в Галілеї, то сказав їм Ісус: Людський Син буде виданий людям до рук, і вони Його вб'ють, але третього дня Він воскресне. І тяжко вони зажурились...



### 1 Corinthians 4:9-16 (Epistle)

For I think that God has displayed us, the apostles, last, as men condemned to death; for we have been made a spectacle to the world, both to angels and to men. We are fools for Christ's sake, but you are wise in Christ! We are weak, but you are strong! You are distinguished, but we are dishonored! To the present hour we both hunger and thirst, and we are poorly clothed, and beaten, and homeless. And we labor, working with our own hands. Being reviled, we bless; being persecuted, we endure; being defamed, we entreat. We have been made as the filth of the world, the offscouring of all things until now. I do not write these things to shame you, but as my beloved children I warn you. For though you might have ten thousand instructors in Christ, yet you do not have many fathers; for in Christ Jesus, I have begotten you through the gospel. Therefore, I urge you, imitate me.



### YOU CANNOT DO ANYTHING WITHOUT GOD CONNECT TO GOD THROUGH PRAYER

*If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. John 15:5 "And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert*

*and always keep on praying for all the saints." – Ephesians 6:18*

Dear brothers and sisters in Christ -Prayer may best be defined as our mortal method of communicating with the Immortal One. Some people feel comfortable approaching prayer by reading from a prayer book. Others are very much at ease speaking to God on a more informal, personal level. What is most important is that we approach our Heavenly Father in a respectful manner, confident that our petitions are always heard and our requests are always answered, even if the answer to our prayers may be “no” at times. St. John Chrysostom, the famous Church Father, called prayer “a support for the weak, a treasure for the poor, a defense for the rich, a medicine for the sick and a preservative for the healthy.” Saint John of Kronstadt had this to say concerning the necessity of prayer in our lives: “it is absolutely essential that we pray in order to support the life of the soul, just as we support the life of our bodies with proper nourishment.” Christ Himself is seen in prayer on numerous occasions throughout the Gospel. In the Garden of Gethsemane, He placed His life in the hands of His Father as He uttered these powerful words. “Not my will, but thine be done.” What a wonderful relationship we have with God. He will never abandon us, for we are His children. No matter what our needs may be, “He is only a prayer away.” **“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest”**. Matthew 11:28.



**EXTRA PRAYER:** When the world falls down around you, \* And a prayer will see you through, \* Say an extra prayer for someone, \* Who may need it more than you. \* For who know what hearts are breaking, \* In the silence of the night? \* Just that extra prayer you whisper, \* May help someone see the light! \* Every time you help a stranger, \* With an extra prayer - or two - \* You are building secret blessings, \* That will come back to you! (Nick Kenny).

## TODAY'S ANNOUNCEMENTS

We do not know what the future holds,

but Christians know, who holds the future.

**WELCOME TO OUR PARISH:** Our warmest greetings are extended to all visitors and guests who are participating in today's Divine Liturgy via **GoToMeeting** Software. What a joy it is to have you praying with us.

**OUR MISSION STATEMENT:** Observing the Truths proclaimed by the Nicene Creed. Providing Holy Sacraments to our Members and Community. Offering Teachings to strengthen Members' Beliefs. Providing Social Opportunities for Fellowship and Enjoyment. Providing Spiritual and Personal Counseling.



**YOUTH SUNDAY:** The last Sunday of each month is designated Youth Sunday in our Parish. This is also the Sunday on which the English language is used predominantly in the Liturgy. During the service, our Children will participate in various parts of the service. Parents and grandparents are encouraged to remind their children about Youth Sunday. Come find joy and reason to celebrate the Divine Liturgy.



**YOUNG READERS:** Epistle: Alex Zubchenko. Creed and prayer before Holy Communion: Natalia Tsaplan. Lord's Prayer: Julian and Christina Tsaplan



**MEMORIAL LITIA:** This will be served today for the recently departed Ronald Baron. *"Blessed is the way you walk today, O soul; a place of rest has been prepared for you."* May Merciful God give rest to the departed as he "Enter into the joy of our Lord" and may his Memory Be Eternal. Vichnaya Pam'yat!



**CHURCH BBQ:** A *Church BBQ* will be held today, Sunday, August 29th. This is our first major gathering since our last picnic, which took place 2 years ago. Everyone attending the service is cordially invited to the Church BBQ in the Auditorium immediately following the Liturgy. **Covid protocols will be observed.**



**Please remember your mask and to respect physical distancing with those around you.**

**SEPTEMBER 1, WEDNESDAY:** 10:00 am Akathist to the Mother of God and Catechetical discussions for those embracing the Orthodox Faith. Please call Fr. Roman for details 778-239-6252.



**PRAYERS FOR HEALTH:** We shall offer prayers for the health and well-being of Lynne Blake, Niki, Nicholaos, Apostolos, Bardokos, John Sotnyk, Harry Smith, Rev. Oleh and Dobr. Maria Krawchenko; John, Natalka, Julia, Katherine, Andrew and Alexander Mayba. Oles, Lesia, Luba and Kolya, Lena, Yurij and Volodymyr. May they be blessed with good health and graced with happiness.

**PLEASE REMEMBER DURING THIS HARD TIME TO PRAY FOR** our brothers and sisters who are in the hospital, care homes, nursing facilities, shut-ins or at home: **LORD OUR GOD, HEAL** our ills, forgive our sins and help us to realize your goodness toward us. Crown us with your love and compassion so that we may live our lives for you.



**BAPTISM, WEDDINGS, MEMORIAL SERVICES, BLESSING OF HOMES, PASTORAL VISITS or SPIRITUAL COUNSELLING:** Please use the cards at the candle table to request a visit with Fr. Roman or call him directly to arrange a time for services, counselling or discussion 778-239- 6252.

**DONATIONS RECEIVED:** \$500 from Marianne Bereziak; \$500 from Audrey Sojonky; \$80 from Valorie Cameron. Thank you and may Almighty God reward you with His Divine Grace.

**DONATION ON LINE:** To make donations, please visit our website at [www.uocvancouver.com](http://www.uocvancouver.com) Your donations are deeply appreciated.

**SUNDAY OFFERING:** Brothers and sisters! God calls us on Sunday to share our abundance with a thankful heart. It is a privilege to share and an honor to be fortunate enough to do so. St. Paul encourages us to continue to do so because, as we do so, we glorify God and others see the evidence of Christ. During this time of the pandemic, kindly make your donations via our web site: [www.uocvancouver.com](http://www.uocvancouver.com)



**SUCCESS WHEN WE WORK TOGETHER:** Each of us has been gifted by God, and being part of our congregation gives all of us the opportunity to live our faith; be part of helping the Church operate; share responsibilities and lighten the labor for others; demonstrate and

teach our children and grandchildren the value of serving, and forge deeper and more meaningful relationships with our Brothers and Sisters in Christ. Please take time to call someone when you think of them. Remember our congregation is here for all of us. Belonging and feeling included takes time, a personal commitment, financial support and taking responsibility to participate fully. **"Coming together is a beginning. Keeping together is progress. Working together is success."**

**DAILY VISITORS LOG:** If you plan to come to Holy Trinity on a weekday, please advise the office at 604-876-4747. Upon entry, please sign the Daily Visitor's Log located at the top of the Office / Mezzanine entry stairs.

**OPPORTUNITIES FOR INVOLVEMENT:** Members and adherents of the Parish have many opportunities to become involved in the life of the Parish. Such volunteer participation is greatly encouraged and much appreciated. Indeed, our Parish functions through the efforts of our volunteers; their contributions form the basis of our Church organization and community life.

**SUNDAY BULLETIN** - If you have any announcements for the bulletin relating to Parish life, please submit them to Fr. Roman at [rtsaplan@yahoo.ca](mailto:rtsaplan@yahoo.ca) by no later than Friday morning.

**AUDITORIUM RENTALS:** Please call 604-876-4747 or visit our website [www.uocvancouver.com](http://www.uocvancouver.com)



**GROWTH IN PARISH MEMBERSHIP** is always a concern. We all need to recognize the need for active mission outreach to our lapsed members, prospective members, and vast number of new Ukrainian Canadians who are in some way affiliated with the Church but many have not taken the step of becoming actual members of a parish community. It is our responsibility, as Orthodox Christians, to bring these people into the folds of the Orthodox Church. We must also not forget the faithful members who are the pillars and foundations of our parish communities; they also need to be ministered to. A successful outreach ministry is not a result of one person's effort, but is a joint effort of all - the pastor and faithful members. The latent potential for growth rests on us all.

**Church Fathers Speak:** Your prayer must have four constituent parts, says Basil the Great: adoration, thanksgiving, confession of sin and petition for salvation.

**THANK YOU FOR ATTENDING THE SERVICE. MAY YOU ALL HAVE  
A WONDERFUL SUNDAY**