

## 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/273228021>



16-a неділя після Пятидесятниці  
16th Sunday after Pentecost

Sunday, October 10, 2021

## SCRIPTUREREADING

### Luke 5:1-11 (*Gospel*)



So it was, as the multitude pressed about Him to hear the word of God, that He stood by the Lake of Gennesaret, and saw two boats standing by the lake; but the fishermen had gone from them and were washing their nets. Then He got into one of the boats, which was Simon's, and asked him to put out a little from the land. And He sat down and taught the multitudes from the boat. When He had stopped speaking, He said to Simon, "Launch out into the deep and let down your nets for a catch." But Simon answered and said to Him, "Master, we have toiled all night and caught nothing; nevertheless, at Your word I will let down the net." And when they had done this, they caught a great number of fish, and their net was breaking. So, they signaled to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. When Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord!" For he and all who were with him were astonished at the catch of fish which they had taken; and so also were James and John, the sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid. From now on you will catch men." So, when they had brought their boats to land, they forsook all and followed Him.

### Євангеліє від Луки 5:1-11

І сталося, як тиснувся натовп до Нього, щоб почути Слово Боже, Він стояв біля озера Генісаретського. І Він побачив два човни, що стояли край озера. А рибалки, відійшовши від них, полоскали невода. І Він увійшов до одного з човнів, що був Симонів, і просив, щоб він трохи відплив від землі. І Він сів, та й навчав народ із човна. А коли перестав Він навчати, промовив до Симона: Попливи на глибінь, і закиньте на полов свій невід. А Симон сказав Йому в відповідь: Наставнику, цілу ніч ми працювали, і не вловили нічого, та за словом Твоїм укину невода. А зробивши оце, вони безліч риби набрали і їхній невід почав прориватись... І кивали вони до товаришів, що були в другім човні, щоб прийшли допомогти їм. Ті прийшли, та й наповнили обидва човни, аж стали вони потопати. А як Симон Петро це побачив, то припав до колін Ісусових, кажучи: Господи, вийди від мене, бо я грішна людина! Бо від полу риби, що зловили вони, обгорнув жах його та й усіх, хто з ним був, також Якова й Івана, синів Зеведеєвих, що були спільниками Симона. І сказав Ісус Симонові: Не лякайся, від цього часу ти будеш ловити людей! І вони повитягали на землю човни, покинули все, та й пішли вслід за Ним.

### 2 Corinthians 6:1-10 (*Epistle*)



We then, as workers together with Him also plead with you not to receive the grace of God in vain. For He says: "In an acceptable time I have heard You, and in the day of salvation I have helped You." Behold, now is the accepted time; behold, now is the day of salvation. We give no offense in anything, that our ministry may not be blamed. But in all things we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses, in stripes, in imprisonments, in tumults, in labors, in sleeplessness, in fasting's; by purity, by knowledge, by longsuffering, by kindness, by the Holy Spirit, by sincere love, by the word of truth, by the power of God, by the armor of righteousness on the right hand and on the left, by honor and dishonor, by evil report and good report; as deceivers, and yet true; as unknown, and yet well known; as dying, and behold we live; as chastened, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing all things.

### Друге послання апостола Павла до коринфян 6:1-10

А ми, як співробітники, благаємо, щоб ви Божої благодаті не брали надармо. Бо каже: Приємного часу почув Я тебе, і поміг Я тобі в день спасіння! Ось тепер час приємний, ось тепер день спасіння! Ні в чому ніякого спотикання не робимо, щоб служіння було бездоганне, <sup>4</sup> а в усьому себе виявляємо, як служителів Божих, у великім терпінні, у скорботах, у бідах, у тіснотах, у вдарях, у в'язницях, у розрухах, у працях, у недосипаннях, у постах, у чистості, у розумі, у лагідності, у доброті, у Дусі Святім, у нелицемірній любові, у слові істини, у силі Божій, зо зброєю правди в правиці й лівиці, через славу й безчестя, через ганьбу й хвалу, як обманці, але ми правдиві; як незнані, та познані, як умираючі, та ось ми живі; як карані, та не забиті; як сумні, але завжди веселі; як убогі, але багатьох ми збагачуємо; як ті, що нічого не мають, але всім володіємо.



### MAKE AN EFFORT TO RESIST TEMPTATION

**And lead us not into temptation, but deliver us from the evil one.**

**Mt. (6:13)** Dear Brothers and Sisters in Christ in the Lord's Prayer we read, "and lead us not into temptation" we ask God to protect us against all temptations which come to us from evil persons,

from the infirmities of our body and especially from the evil spirit (devil). Our Lord God does not tempt anyone. When God allows temptation-trial to come upon us, then it is to test our Faith and pious living. Therefore, we ask Him to help us overcome the temptation and avoid

sin. **"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."** (Mt.26.41)

**"Some people are more prone to temptation than others, but it is possible for everyone to practice and succeed in using willpower to resist temptations"**

**Recognize temptation.**

Did anyone ever ask you to do something that was wrong? Or did he say that it would be fun and that it would be not really wrong to do it. When someone does this to us, he is trying to tempt us. What will

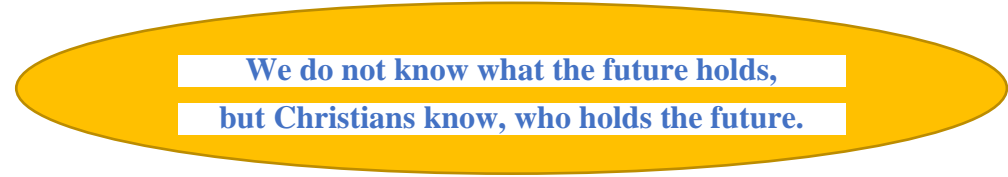
you do if you are tempted? Should we give in and do what is wrong?

**Be honest.** If you're refusing something or someone that's tempting you, don't feel guilty or like you need to lie. Be honest about why you're refusing something. No matter what others say, we should never do things that God says are wrong. In that way, we will always make God happy, and we will never please the Devil.

**Keep away from temptation.** Make it easier to deal with temptation by getting away from what tempts you. For instance, if you're trying to quit smoking, avoid places where you frequently smoke. You may even want to avoid people that you usually smoked with.

**More information about how to resist temptation to do wrong can be found at Psalm 1:1, 2; Proverbs 1:10, 11; and Timothy 2:22.**

God Bless You All and I hope to see you at church on Sunday  
Fr. Roman



### TODAY'S ANNOUNCEMENTS

**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.



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



**HOLY CONFESSION:** True repentance involves much more than merely saying "I'm sorry" to God for past transgressions. A sincerely repentant person is one who is willing to undergo a total, complete change of life, casting aside forever their former sinful ways. As we struggle to make our life more pleasing to God, may we remember the example of our Holy Fathers and the teaching of our Church.

**16th SUNDAY AFTER PENTECOST — Tone 7. Fathers of the 7th Ecumenical Council.** Martyrs Eulampius and Eulampia, at Nicomedia, and 200 Martyrs with them (303-311). St. Amphilókhy (Amphilochius), Bishop of Vladimir, Volyn' (1122). Synaxis of the Saints of Volyn': Ven. Job of Pochaev, Ss. Stephen and Amphilókhy, Bishops of Vladimir in Volyn'.



**TODAY -** Our regular schedule of services. During the Liturgy we ask the Lord to bless our sick friends and relatives. May they receive the healing power of Jesus Christ through the care and concern of those around them.



**THIS SUNDAY'S READERS ARE:** Creed: Nikita Gurkov; Lord's Prayer: Patricia Bhandari; Prayer before Holy Communion: Amir.



**PRAYERS FOR HEALTH:** We shall offer prayers for the health and well-being of

Irena Raviv  
Amelia and William Chucko  
Stella Shulhan  
Anna Khyzhniak  
Liz Kaminsky  
Harry Smith  
Victor  
Vlad  
Elena



Lynne Blake  
John Sotnyk  
Rev. Oleh and Dobr. Maria Krawchenko  
John, Nataalka, Julia, Katherine, Andrew and Alexander Mayba  
Oles, Lesia, Luba and Kolya  
Lena, Yuriy and Volodymyr.

**GET WELL** to our Parishioners that are ill and recuperating. Our thoughts and prayers are with you always, may you get well very soon. Please let Father Roman know of anyone who is ill or needing prayers.



**FELLOWSHIP HOUR:** Everyone attending the service is cordially invited to join in Fellowship Coffee Hour in the Auditorium immediately following the Liturgy. **Covid protocols will be observed.** Volunteers are also needed to prepare coffee/food items for the Fellowship Hour.



**LET US THANK THE LORD FOR OUR BLESSINGS** -This weekend is Thanksgiving. It certainly has been a challenging year for everyone; however, we must reflect and be thankful for our family and friends and the good memories that we've shared over the years. Let us celebrate with our families in love and peace! Let us remember those less fortunate than ourselves. Wishing you good health, happiness and blessings.

THE AKATHIST HYMN  
TO THE MOTHER OF GOD



**OCTOBER 13, 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.

**THURSDAY, October 14, PROTECTION OF MOTHER OF GOD ( Pokrova Preswiatoi Bohorodysi) - Service at 10:00 am.** Please come and worship with us on this GREAT DAY.



**THE LIGHTING OF A CANDLE:** Symbol that represents the Light of God or, more specifically, the Light of Christ. The lighting of a Memorial Candle provides a gesture of sympathy and support to the family. Friends are invited to participate in the service by holding the candles.

**HARRY SMITH:** Our long-time member, Harry Smith, is at a care home in Langley and has limited mobility. He would greatly appreciate a telephone call from Parish members. Please do give Harry a call and cheer him up with news about yourself and the Parish. He would be so pleased to hear from you

Sunday School is Cool



**SUNDAY SCHOOL:** From September through to June, Sunday School classes are offered at the pre-school, kindergarten and intermediate levels. Classes occur each Sunday from 10:00 am to 11:00 am in the lower level of the Cathedral. At 11:00 am, the children come into the Church to attend the balance of the Liturgy.



**UKRAINIAN SCHOOL:** Classes are held each Sunday after the service. To enrol your children or grandchildren, please call the office at 604-876-4747. Parents are urged to bring their children to both Sunday and Ukrainian School.



**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:** \$100 from Philip Ackrill; \$130 from Halyna Bortnik; \$100 from Bernard Cherak; \$300 from Gloria Katnick; \$40 from Julia Mayba. Thank you and may Almighty God reward you with His Divine Grace.

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

**SUNDAY OFFERINGS:** 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)

**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.

**URGENT – HELP NEEDED:** The Sisterhood of the Parish is urgently in need of new members. Their work is at the heart of our church life and Liturgical services. We urge our female members to seriously consider becoming part of this essential group. For more information, please contact Jean Yaremko at 604-434-1743 or at [tyaremko@telus.net](mailto:tyaremko@telus.net)

CHURCH  
MEMBER

**MEMBERSHIP:** We warmly welcome all worshipers. We also encourage everyone to become a member. By doing this, you will not only support Holy Trinity Cathedral but also the Consistory of the UOCC and the Western Eparchy. Please feel free to approach the Priest or any member of the Executive Board to discuss membership and to obtain a copy of the Membership Application Form.

**MEMBERSHIP DUES:** Parishioners are reminded that their 2021 Membership Dues (Family - \$200; Singles - \$105 unchanged from 2020) are payable now.



**SUNDAY BULLETIN -** If you have any announcements for the bulletin relating to Parish life, please submit them to Fr. Roman at [rttsaplan@yahoo.ca](mailto:rttsaplan@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)

**THANK YOU** for attending the service and we hope that you have received inspiration and comfort by participating in this Divine Liturgy and we invite you to come again.