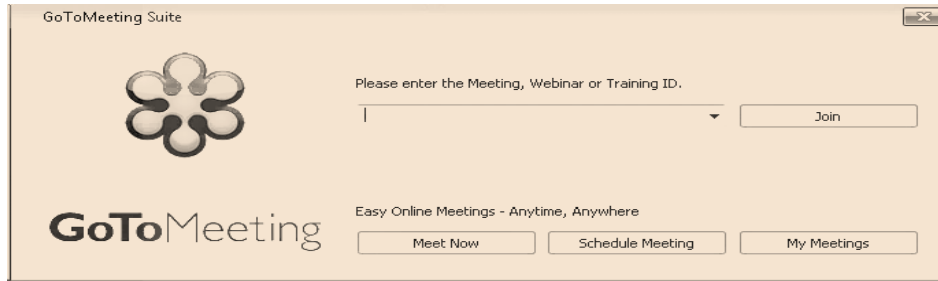


# How to use GoToMeeting Step by step with Screenshots

<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, as many folks are learning this week!

To help you keep your meetings productive and professional, follow these simple virtual meeting etiquette rules and tips.

1. Leave the keyboard alone
2. Dress appropriately
3. Be aware of your surroundings
4. Mute your microphone when you're not talking
5. No food allowed
6. Stay seated and stay present
7. Minimize Distractions

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  
Office: 604-876-4747  
Cell: 778-239-6252  
E-mail: [rttsaplan@yahoo.ca](mailto:rttsaplan@yahoo.ca)  
Website: [www.uocvancouver.com](http://www.uocvancouver.com)



### WORSHIP SERVICE SCHEDULE

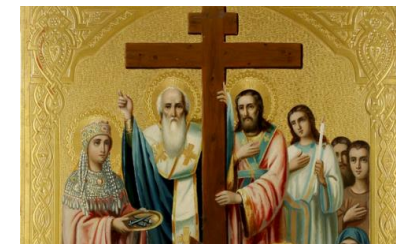
Reading of Hours: 9:45 am

**DIVINE LITURGY 10:00 am**

**OUR DOORS ARE OPEN AGAIN  
COME IN AND JOIN US**

**If you are unable to do so  
join us online**

<https://global.gotomeeting.com/join/179974333>



16-та неділя по Пятидесятниці. Голос 7

16th Sunday after Pentecost. Tone 7

Sunday, September 27, 2020



## SCRIPTURE READING

### 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

<sup>1</sup> І сталось, як тиснувся натовп до Нього, щоб почути Слово Боже, Він стояв біля озера Генісаретського. <sup>2</sup> І Він побачив два човни, що стояли край озера. А рибалки, відійшовши від них, полоскали невода. <sup>3</sup> 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. <sup>4</sup> А коли перестав Він навчати, промовив до Симона: Попливи на глибіню, і закиньте на полов свій невід. <sup>5</sup> А Симон сказав Йому в відповідь: Наставнику, цілу ніч ми працювали, і не вловили нічого, та за словом Твоїм укину невода. <sup>6</sup> А зробивши оце, вони безліч риби набрали і їхній невід почав прориватись... <sup>7</sup> 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. <sup>8</sup> А як Симон Петро це побачив, то припав до колін Ісусових, кажучи: Господи, вийди від мене, бо я грішна людина! <sup>9</sup> Бо від половину риби, що зловили вони, обгорнув жах його та й усіх, хто з ним був, <sup>10</sup> також Якова й Івана, синів Зеведєєвих, що були спільниками Симона. І сказав Ісус Симонові: Не лякайся, від цього часу ти будеш ловити людей! <sup>11</sup> 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. <sup>2</sup> Бо каже: Приємного часу почув Я тебе, і поміг Я тобі в день спасіння! Ось тепер час приємний, ось тепер день спасіння! <sup>3</sup> 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, <sup>5</sup> у вдарях, у в'язницях, у розрухах, у працях, у недосипаннях, у постах, <sup>6</sup> у чистості, у розумі, у лагідності, у добрості, у Дусі Святій, у нелицемірній любові, <sup>7</sup> у слові істини, у силі Божій, зо зброєю правди в правиці й лівиці, <sup>8</sup> через славу й безчестя, через ганьбу й хвалу, як обманці, але ми правдиві; <sup>9</sup> як незнані, та познані, як умираючі, та ось ми живі; як карані, та не забиті; <sup>10</sup> як сумні, але завжди веселі; як убогі, але багатьох ми збагачуємо; як ті, що нічого не мають, але всім володіємо.



**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).

## A PRAYER OF PROTECTION FROM CORONAVIRUS

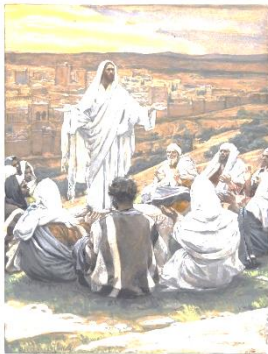
O Lord our God, Who are rich in mercy and with careful wisdom direct our lives, hear our prayers and receive our repentance for our sins, bring an end to this new infectious disease, just as You averted the punishment of Your people in the past time. You Who are the Physician of our souls and bodies, 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 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.



### 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 that you frequently smoked. 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.**

## TODAY'S ANNOUNCEMENTS



**SUNDAY IS THE LORD'S DAY:** We believe that attending the services in person or on line and practicing Spirituality adds Hope, Meaning and Motivation to our Life.



life.

**WORSHIP:** Having gathered together in the name of Jesus Christ, we worship Him individually as believers and publicly as a church family. The Worship of the Orthodox Church vividly expresses the truth that God dwells among His people and that we are created to share in His



**YOUTH SUNDAY:** The last Sunday of each month has been designated Youth Sunday in our Parish. This is also the Sunday in which the English language is used predominantly in the Liturgy.

**PRAYERS FOR THE HEALTH:** We shall offer prayers for the health and well-being of Hulnara, Pouya, Kousha and Farangis. May they be blessed with good health and graced with happiness.

**QUARTERLY MEETING:** Notice is hereby given that a Quarterly Meeting of the Holy Trinity Ukrainian Orthodox Cathedral membership will be held TODAY, September 27, 2020 at 12 noon via GoTo software.

**DAILY VISITORS LOG:** If you plan to come to Holy Trinity Ukrainian Orthodox Auditorium during the weekday please let the office know. Upon entry sign the Daily Visitor's Log located at the top of the Office / Mezzanine entry stairs.

**HOLY TRINITY UKRAINIAN ORTHODOX CATHEDRAL** - is now open for Sunday service in a limited way. In order to maintain social distancing in this phase of reopening attendance is limited to 32; please register if you plan to attend. Simultaneous on-line services will continue into the foreseeable future via GoToMeeting.

**TO REGISTER FOR SUNDAY SERVICE** please call 604-876-4747 or email [holytrinityuocvancover@gmail.com](mailto:holytrinityuocvancover@gmail.com) by NOON Friday before the Sunday on which you wish to attend.

**IMPORTANT:** Registration does not guarantee attendance. You will be advised if you may attend. Every effort is being made to allow everyone who wishes an equal opportunity to attend a Sunday service.

**DOORS OPEN SUNDAY MORNING** at 9:30 AM to allow time to process parishioners attending the service. Volunteers will be present. Registrants who are not in church by 10:20 AM might lose their spot that Sunday.

**DONATION ON LINE:** To make donations, please visit our website at [www.uocvancover.com](http://www.uocvancover.com) For those attending Church, a donations basket is located at the exit door. Your donations are deeply appreciated.





**DONATIONS RECEIVED** - \$50 from Ted Cholod; \$60 from Huijia Rong; \$100 from Anna Zubchemko. Thank you and may Almighty God reward you with His Divine Grace.

**SATURDAY AFTERNOON SALES (SAS)** Our "Saturday Afternoon Sales" takes place between 2:00-5:00pm. To purchase your food, please come to the kitchen entrance where signage is visible. If you would like to be on our weekly notice, please email: [ukrainianfood@vancouver.com](mailto:ukrainianfood@vancouver.com) requesting to be added to the "Loyal Patrons" list.

**PLEASE REMEMBER DURING THIS HARD TIME TO PRAY FOR OR PHONE** our brothers and sisters who are in 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.

**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.

**SPIRITUAL GROWTH:** The fruit of Worship is the gift of the Spirit which takes place by following Christ; *through prayer; virtues of faith, hope and love; friendship with others; listening and forgiving.*

THANK YOU FOR ATTENDING THE SERVICE TODAY AND MAY YOU ALL HAVE A  
WONDERFUL SUNDAY

Holy Trinity Ukrainian  
Orthodox Cathedral

154 East 10th Ave Vancouver  
[www.uocvancouver.com](http://www.uocvancouver.com)  
[ukrainianfood@uocvancouver.com](mailto:ukrainianfood@uocvancouver.com)

# PEROGY



## SALE



### SATURDAY AFTERNOONS

2-5 PM TAKE-OUT AT THE KITCHEN DOOR

#### Sept 26 Menu:

	By the doz.
- Pan Fried Perogies in Butter with Onions (add sour cream +\$1)	\$ 8.00
- Boiled Perogies	7.00
- Frozen Perogies	6.00
Carrot Cake	3.00
Pop	2.00

Items are subject to availability and first come basis only. Cash and card accepted.  
Please adhere to social distancing rules and posted signage.  
For questions, please email [ukrainianfood@uocvancouver.com](mailto:ukrainianfood@uocvancouver.com)

## WE MISSED YOU!

For over 25 years Holy Trinity Ukrainian Orthodox Cathedral has been serving you our Ukrainian Cuisine on the first Friday of every month. We have appreciated your loyalty all these years and we're thrilled to be able to welcome you back to our kitchen!

- Take-out food sales will be available each Saturday at the Kitchen Door from 2-5 pm. Look for signs on East 10th Ave.
- Food items may change slightly each week. An email will be sent with menu changes and updates! Sign up or unsubscribe at: [ukrainianfood@uocvancouver.com](mailto:ukrainianfood@uocvancouver.com) or visit us at [www.facebook.com/@ukrainianchurch](https://www.facebook.com/@ukrainianchurch)
- Cash and card accepted. Feel free to bring a reusable bag for takeout.

Our main concern is the safety of our customers and volunteers. Information about COVID-19 changes quickly and we will adapt as new information becomes available.

Our plan was created using the information provided by WorkSafeBC and the BC Government. During food preparation there will be minimal touching of food and packaging of items, along with sanitizing procedures, frequent hand washing and use of gloves and masks in the kitchen.

### THANK YOU FOR YOUR SUPPORT!

FNS/SAS Committee