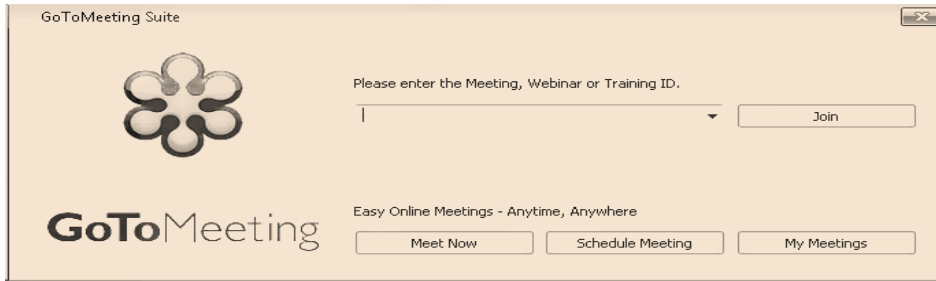


How to use GoToMeeting Step by step with Screenshots

<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
Website: 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/734766389>



17-та неділя по Пятидесятниці. Голос 8
17th Sunday after Pentecost. Tone 8
Sunday, October 4, 2020



**SCRIPTURE
READING**
Luke 6:31-36 (*Gospel*)

And just as you want men to do to you, you also do to them likewise. But if you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same.

And if you lend to those from whom you hope to receive back, what credit is that to you? For even sinners lend to sinners to receive as much back. But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil. Therefore, be merciful, just as your Father also is merciful.

Євангеліє від Від Матвія 15:21-28

І, вийшовши звідти, Ісус відійшов у землі тирські й сидонські. ²² І ось жінка одна хананеянка, із тих околиць прийшовши, заголосила до Нього й сказала: Змилуйся надо мною, Господи, Сину Давидів, демон тяжко дочку мою мучить! ²³ А Він їй не казав ані слова. Тоді учні Його, підійшовши, благали Його та казали: Відпусти її, бо кричить услід за нами! ²⁴ А Він відповів і сказав: Я посланий тільки до овечок загинулих дому Ізраїлевого... ²⁵ А вона, підійшовши, уклонилаь Йому та й сказала: Господи, допоможи мені! ²⁶ А Він відповів і сказав: Не годиться взяти хліб у дітей, і кинути щенятам... ²⁷ Вона ж відказала: Так, Господи! Але ж і щенята їдять ті кришки, що спадають зо столу їхніх панів. ²⁸ Тоді відповів і сказав їй Ісус: О жінко, твоя віра велика, нехай буде тобі, як ти хочеш! І тієї години дочка її видужала.

2 Corinthians 6:16-7:1 (*Epistle*)

And what agreement has the temple of God with idols? For you are the temple of the living God. As God has said: "I will dwell in them and walk among them. I will be

their God, and they shall be My people." Therefore "Come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you." "I will be a Father to you, and you shall be My sons and daughters, says the LORD Almighty." Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the

fear of God.



Друге послання апостола Павла до коринфян 6:16-7:1

Або яка згода поміж Божим храмом та ідолами? Бо ви храм Бога Живого, як Бог прорік: Поселюсь серед них і ходитиму, і буду їм Богом, а вони будуть народом Моїм! ¹⁷ Вийдіть тому з-поміж них та й відлучіться, каже Господь, і не торкайтесь нечистого, і Я вас прийму, ¹⁸ і буду Я вам за Отця, а ви за синів і дочок Мені будете, говорить Господь Вседержитель! Отож, мої любі, мавши ці обітницї, очистьмо себе від усякої нечисти тіла та духа, і творімо святиню у Божім страху!



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.



**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.***

If you are lonely, tired, hurting or looking for peace, hope and love; if you are looking to learn more about God, find your church home with us. Come and join us at this week's service. If you are unable to do so join us online.



TODAY'S ANNOUNCEMENTS



SUNDAY IS THE LORD'S DAY - LET US WORSHIP HIM: As God's holy people called in different ways to spread the gospel and to bring peace to the world, we turn to the Father and make our prayer for the leaders of the church, that they may develop a deepening sense of mission in their work of gathering together the scattered children of God.



TODAY: Our regular schedule of services. During the Divine Liturgy we will 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.

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



PANAKHYDA will be served today in memory of Luba Artemenko to commemorate one year since her passing. O Lord, give rest to the soul of your departed servant in a place of light, a place of refreshment and a place of repose, where there is no sickness, sighing nor sorrow. Memory Eternal! Вічна Память!

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 holytrinityuocvan-couver@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.uocvanancouver.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; \$80 from Patricia Luchak; \$100 from Berhane Desta; \$100 anonymous. Thank you and may Almighty God reward you with His Divine Grace.



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's presence in our lives. Let us be generous for God's work.

CHURCH MEMBER

PARISH MEMBERSHIP DUES: The membership dues for 2020 are as follows: Family - \$200; Singles - \$105. These are the same fees that were in effect last year. Members are asked to submit their fee payments to the Treasurer at the earliest possible date. Thank you.



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 requesting to be added to the "Loyal Patrons" list.



PARKING – Free parking is available to members and visitors on the south and east side of the church and in the underground garage.

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 rttsaplan@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
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

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 or visit us at 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