

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
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

LIVE STREAM WORSHIP SERVICE
EVERY SUNDAY 10:00 am



<https://global.gotomeeting.com/join/684821781>



19-a неділя після П'ятидесятниці
19th Sunday after Pentecost

Sunday, October 31, 2021

SCRIPTUREREADING

Luke 6:31:36

Do to others as you would have them do to you

“If you love those who love you, what credit is that to you? Even sinners love those who love them.³³ And if you do good to those who are good to you, what credit is that to you? Even sinners do that.³⁴ And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full.³⁵ But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked.³⁶ Be merciful, just as your Father is merciful.



Євангеліє від Луки 8:26-39

І вони припливли до землі Гадаринської, що навпроти Галілеї.²⁷ І, як на землю Він вийшов, перестрів Його один чоловік із міста, що довгі роки мав він демонів, не вдягався в одягу, і мешкав не в домі, а в гробах.²⁸ А коли він Ісуса побачив, то закричав, повалився перед Ним, і голосом гучним закликав: Що до мене Тобі, Ісусе, Сину Бога Всевишнього? Благаю Тебе, не муч мене!²⁹ Бо звелів Він нечистому духові вийти з людини. Довгий час він хапав був його, і в'язали його ланцюгами й кайданами, і стерегли його, але він розривав ланцюги, і демон гнав по пустині його.³⁰ А Ісус запитався його: Як тобі на ім'я? І той відказав: Легіон, бо багато ввійшло в нього демонів.³¹ І благали Його, щоб Він їм не звелів іти в безодню.³² Пасся ж там на горі гурт великий свиней. І просилися демони ті, щоб дозволив піти їм у них. І дозволив Він їм.³³ А як демони вийшли з того чоловіка, то в свиней увійшли. І череда кинулась із кручі до озера, і потопилась.³⁴ Пастухи ж, як побачили теє, що сталось, повтікали, та в місті й по селах звістили.³⁵ І вийшли побачити, що сталось. І прийшли до Ісуса й знайшли, що той чоловік, що демони вийшли із нього, сидів при ногах Ісусових вдягнений та при умі, і полякались...³⁶ Самовидці ж їм розповіли, як видужав той біснуватий.³⁷ І ввесь народ Гадаринського краю став благати Його, щоб пішов Він від них, великий бо страх обгорнув їх. Він же до човна ввійшов і вернувся.³⁸ А той чоловік, що демони вийшли із нього, став благати Його, щоб бути при Ньому. Та Він відпустив його, кажучи:³⁹ Вернися до дому свого, і розповіж, які речі великі вчинив тобі Бог! І той пішов, і по цілому місту звістив, які речі великі для нього Ісус учинив!

2 Corinthians 11:31-12:9 (Epistle)

The God and Father of our Lord Jesus Christ, who is blessed forever, knows that I am not lying. In Damascus the governor, under Aretas the king, was guarding the city of the Damascenes with a garrison, desiring to arrest me; but I was let down in a basket through a window in the wall, and escaped from his hands. It is doubtless not profitable for me to boast. I will come to visions and revelations of the Lord: I know a man in Christ who fourteen years ago – whether in the body I do not know, or whether out of the body I do not know, God knows – such a one was caught up to the third heaven. And I know such a man – whether in the body or out of the body I do not know, God knows – how he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter. Of such a one I will boast; yet of myself I will not boast, except in my infirmities. For though I might desire to boast, I will not be a fool; for I will speak the truth. But I refrain, lest anyone should think of me above what he sees me to be or hears from me. And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore, most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.



Послання апостола Павла до Євреїв 13:7-16

Братолюбство нехай пробуває між вами!

Не забувайте любови до приходнів, бо деякі нею, навіть не відаючи, гостинно були прийняли Анголів.³ Пам'ятайте про в'язнів, немов із ними були б ви пов'язані, про тих, хто страждає, як такі, що й самі ви знаходитесь в тілі.⁴ Нехай буде в усіх чесний шлюб та ложе непорочне, а блудників та перелюбів судитиме Бог.⁵ Будьте життям не грошолюбні, задовольняйтесь тим, що маєте. Сам бо сказав: Я тебе не покину, ані не відступлюся від тебе!⁶ Тому то ми сміливо говоримо: Господь мені помічник, і я не злякаюсь нікого: що зробить людина мені?⁷ Спогадуйте наставників ваших, що вам говорили Слово Боже; і, дивлячися на кінець їхнього життя, переймайте їхню віру.⁸ Ісус Христос учора, і сьогодні, і навіки Той Самий!⁹ Не захоплюйтесь всілякими та чужими науками. Бо річ добра зміцнити серця благодаттю, а не стравами, що користі від них не одержали ті, хто за ними ходив.¹⁰ Маємо жертівника, що від нього годуватися права не мають ті, хто скинії служить,¹¹ бо котрих звірят кров первосвященик уносить до святині за гріхи, тих м'ясо палиться поза табором,¹² тому то Ісус, щоб кров'ю Своєю людей освятити, постраждав поза брамою.¹³ Тож виходьмо до Нього поза табір, і наругу Його понесімо,¹⁴ бо постійного міста не маємо тут, а шукаємо майбутнього!¹⁵ Отож, завжди приносьмо Богові жертву хвали, цебто плід уст, що Ім'я Його славлять.¹⁶ Не забувайте ж і про добродійність та спільність, бо жертви такі вгодні Бог



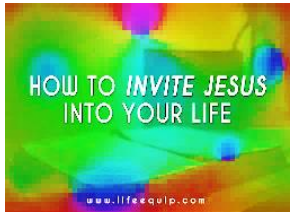
SPIRITUALMESSAGE

In Gospel (Luke 6:31-36) we are encouraged to enter into a part of our soul which is dark and uninviting. It is the place whence come the feelings of hatred, of the thirst for vengeance, for violence. Our Lord invites us to enter it together with Him, when He tells us to love our enemies and to do good to them. It is a very hard thing He is asking us to do. It is hard enough to act in this way to those who have done us some personal wrongs. But it gets even harder.

uocc.ca

God's Word for you Today: Let us enter into this uninviting place.

My Notes for Today



“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 this week.

I hope to see you soon.

Fr. Roman

HALLOWEEN

As Orthodox Christians we must carefully examine every aspect of our involvement in the world, its activities, its holidays and festivals, to be certain whether or not these involvements are compatible with our Holy Orthodox Faith.

For a while now, everything in the outside world is reminding us that Halloween is near: at school our children are busy painting pumpkins, cutting and pasting bats, ghosts, witches and planning the ideal costume in which to go trick-or-treating.

Most of our schools, organizations and entertainment on television, radio and press will share in and capitalize upon the festival of Halloween. Most of us will take part in the Halloween festivities believing that it has no deeper meaning than fun and excitement for the children.

The reason being, that most of us do not know the historical background of the festival of Halloween and its customs. The feast of Halloween began in pre-Christian times among the Celtic people of Britain, Ireland and Northern France. These pagan people believed that physical life was born from

death. Therefore, they celebrated the beginning of the “new year” in the fall, on the eve of October 31 and into the day of November 1, when, as they believed the season of cold darkness, decay and death began. Instructed by **their priests**, the Druids, the people extinguished all hearth fires and lights and darkness prevailed. According to the pagan Celtic tradition, the souls of the dead had entered into a world of darkness, decay and death and made total communion with Samhain, the lord of death, who could be appeased and cajoled by burnt offerings to allow the souls of the dead to return home for a festal visit on this day. The belief led to the ritual practice of wandering about in the dark dressed in costumes indicating witches, hobgoblins, fairies and demons. The living entered the fellowship and communion with the dead. They also believed that the souls of the dead bore the affliction of great hunger on this festal visit. This belief brought about the practice of begging and imitating the activities of the departed souls. The implication was that, if any soul and the imitator of that soul was not appeased with “treats”, i.e., offerings, will provoke the wrath of Samhain, whose angels and servants could retaliate through a system of “tricks”, or curses.

In the strictly early Orthodox Celtic Church, the Holy Fathers tried to counteract this pagan new year festival by establishing the feast of All Saints on that day (in the East, this feast is celebrated on another day).

The night before the feast (on “All Hallows Eve”), a vigil service was held and a morning celebration of the Eucharist. This custom created the term Halloween. But the remaining pagan and therefore anti-Christian people reacted to the Church’s attempt to supplant their festival by increasing fervor on this evening, so that the night before the Christian feast of All Saints became a night of sorcery, witchcraft and other occult practices, many of which involved desecration and mockery of Christian practices and beliefs. Costumes of skeletons, for example, developed as a mockery of the Church’s reverence for holy relics. Holy things were stolen and used in sacrilegious rituals. The practice of begging became a system of practice of persecution of Christians who refused to take part in these festivities; and so, the Church’s attempt to counteract this unholy festival failed.

This is just a brief explanation of the history and meaning of Halloween. It is clear that we, Orthodox Christians, cannot participate in this event at any level (even if we label it as “fun”). For if we imitate the dead by dressing up wandering about in the dark, or by begging with them, then we have willfully sought fellowship with them, whose Lord is not a Celtic lord Samhain, but satan, who stands against God. Let us remember our ancestors, the Holy Christian Martyrs of the early Church, who refused, despite painful penalties and horrendous persecution, to worship, or venerate in any way to idols who are angels of satan. The foundation of our Holy Church is built upon the blood of these Martyrs. In today’s world of spiritual apathy listlessness, which are the roots of atheism and turning away from God, one is urged to disregard the spiritual roots and origins of secular practices when their outward forms seem ordinary, entertaining and harmless. The dogma of atheism underlies many of these practices, denying the existence of both God and satan. Our Holy Church, through Jesus Christ, teaches that God alone stands in judgment over everything we do and believe and that our actions are either for God or against God. No one can serve two masters, therefore, let us not, as pagan Celts did, put out our hearth fires and wander about in the dark imitating dead souls. Let us light vigil lamps in front of our icons, and together with our families, ask God to grant us faith and courage to preserve as Orthodox Christians in these very difficult times, and deliver us from the evil one. Amen.

Borrowed from Father Evangelos’ Newsletter.

THANKS BE TO GOD

Fr. Roman

**We do not know what the future holds,
but Christians know, who holds the future.**

WELCOME TO THE CATHEDRAL

The church's doors are open on

SUNDAY and WEDNESDAY

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.

LET US ATTEND THE CHURCH ON THE LORD'S DAY SUNDAY: Every Orthodox Christian is invited to join at the specified times in the public worship of God, especially on the Lord's Day (Sunday). We attend the celebration of the Liturgy to give to Almighty God the adoration, praise, and thanksgiving which is His due

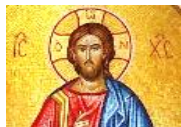


Please remember your mask and to respect physical distancing with those around you.



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 teachings of our Church.

19th SUNDAY AFTER PENTECOST — Tone 2. Hieromartyr Archpriest John Kochurov (1917). Holy Apostles Stakhys, Apelles, Amplias, Urban, and Narcissus of the 70. Martyr Epimakhos of Alexandria (250). Ven. Spyridon and Nicodemus the Prospora-bakers, of the Kiev Caves (Far Caves—12th c.). St. Maura of Constantinople (5th c.).



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. 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 with us.



THIS SUNDAY'S READERS ARE: Epistle: Alex Zubchenko; Creed: Joseph Felling; Lord's Prayer: Nikita Gurkov; Prayer before Holy Communion; Vlad Bortnick.



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

Andryi, Olena, Natalia, Victor

Gordon Lockhart

Bill Solomon, 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, Natalka, Julia, Katherine, Andrew and Alexander Mayba

Oles, Lesia, Luba and Kolya

Lena, Yuriy and Volodymyr.

GET WELL to our Parishioners who 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.

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 knows 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).



CANDLES: Worshipers are welcome to place a candle for the health of others at the candelabra on the RIGHT side and in memory of loved ones on the LEFT side of the Altar. Candles may be obtained from the Elders at the entrance to the church.



VENERATION OF THE CROSS: Everyone is welcome to receive the blessing at the end of the Divine Liturgy.



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 needed to prepare coffee/food items for the Fellowship Hour.



NOVEMBER 3, 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.

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.

Sunday School is Cool



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: \$130 from Halyna Bortnik; \$100 Larysa and Vladimir Bezglasnyi; \$200 from Gerry Parfeniuk; \$500 from Gloria and Wallace Shoemay; \$400 from Jean Yaremko. 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 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

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.

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



MEMBERSHIP: We warmly welcome all worshippers. We also encourage everyone to become a member. By doing this, you will not only support Holy Trinity Cathedral but also the Western Eparchy and the Consistory of the UOCC. 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.



FOR OUR ELDERLY MEMBERS AND DISABLED who find it difficult to use the stairs to the Church we will be live- streaming the Divine Liturgy to the church auditorium. Display screen and chairs will be set up each Sunday.



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



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 Thursday morning.



AUDITORIUM RENTALS: Please call 604-876-4747 or visit our website www.uocvancouver.com

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