

## GENERAL ANNOUNCEMENTS

**WELCOME TO OUR PARISH:** Our warmest greetings are extended to all visitors, guests and parish members who are participating in today's Divine Liturgy. 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 its Members and Community, offering Teachings to strengthen Members' beliefs, providing Social Opportunities for Fellowship and Enjoyment, providing Spiritual and Personal Counseling.

Sunday School is Cool



**SUNDAY SCHOOL:** 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 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.



**WE CARE:** We know that life is sometimes difficult. We are committed to the spiritual and moral care of the entire congregation. We help those who are confined at home or in the hospital, the bereaved and the lonely. To speak to or make an appointment with Father Roman please call 778-239-6252.

**MEMBERSHIP:** We warmly welcome all worshippers. We also encourage everyone to become a member. By doing this, you will support Holy Trinity Cathedral and 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.

**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 honour 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. You may also, kindly, make your donations via our web site: [www.uocvancouver.com](http://www.uocvancouver.com)

**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.

**BEQUESTS TO THE PARISH:** Thankfully, from time to time, the Parish has been the beneficiary of the generosity of deceased individuals who have remembered us in their wills. These bequests assist the parish greatly, particularly with renovations or development projects which require significant capital outlays. We urge you to consider bequests to charitable beneficiaries such as your church.



**PARKING** – Free parking is available to members and visitors on the east side of the church and under the Auditorium.

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

**INCOME TAX RECEIPTS.** Income tax receipts will be issued for any individual making a donation to the church. Therefore, when making a donation, please indicate name.

**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 Thursday morning.

**CHURCH ETIQUETTE**- Much of church etiquette is based on common sense and showing respect for God and others. Always remember that you are in church to worship God.

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 the Hours: 9:45 am  
**DIVINE LITURGY 10:00 am**

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

You can watch the Sunday Liturgy live stream on our YouTube channel.  
Go to [www.uocvancouver.com](http://www.uocvancouver.com) under the YouTube logo icon.



Перша Неділя Св. Великого  
Посту – Торжество Православ'я  
First Sunday of the Great Fast:  
The Triumph of Orthodox

Sunday, March 24, 2024

## FASTING

St. John Chrysostom in one of his sermons, he said this about fasting: "The value of fasting consists not in abstinence from food, but in relinquishing of sinful practices... Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honoured, do not envy him. Do not let only your mouth fast, but also the eye, the ear, the feet, and the hands... Let the hands fast by being pure from avarice. Let the feet fast by ceasing from running to forbidden spectacles. Let the eyes fast by not fixing themselves rudely on handsome countenances. Let the ear also fast. This consists in not listening to evil talk and calumnies. It has been said: Thou shalt not receive an idle report. Let the mouth also fast from words and railing. For what good is it if we abstain from meat, but bite and devour our brothers?"



### TODAY'S ANNOUNCEMENTS

**TODAY** - Our regular schedule of service consists of the Reading of Hours, Confession and Divine Liturgy. During the Liturgy, we shall offer prayers for the health of Harry Smith.



**MEMORIAL LITIA:** Will be served today for recently departed Victor Makarevskiy. *"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!



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



**2nd WEEK OF THE GREAT LENT:** It is time for reconciliation with our Lord! Please make a real effort to participate in Holy Confession and Communion during this period. Please update your Memorial Books and submit them to Fr. Roman for Lenten memorial prayers. Panakhydas will be served on Sundays following the Liturgy. Anyone wishing to bring bread and fruit for the POMANA may do so.

**HEAVENLY FATHER,** pour out your blessing upon us. May this Lenten season of prayer, fasting and almsgiving be a time of spiritual growth in our lives.

**VOLUNTEERS NEEDED** to prepare Sunday Fellowship Lunches. Please choose a Sunday and put your name on the Fellowship Schedule which is located in the kitchen or see any member of the Executive Board.

**SUNDAY OF ORTHODOXY - VESPERS** will take place on Sunday, March 24 at **Saints Constantine and Helen Greek Orthodox Church in Surrey, BC** (13181 96<sup>th</sup> Avenue) at 7:00 p.m. Please attend this special, annual service with the participation of all Orthodox parishes, celebrating our faith and our Orthodox community in the Lower Mainland. After the Service there will be a reception for all participants

**UNLOCKING THE DIVINE LITURGY:** All are welcome and encouraged to attend the third part of Unlocking The Divine Liturgy on Sunday March 31 at 1 o'clock in the mezzanine. Following the discussion will be your questions with answers provided by Father Roman. All are encouraged to submit any of your questions ahead of time to Father Roman by text message at (778) 239 6252, or leave them in the box found inside the entrance of the church, or feel free to ask any of the HTUOC Brotherhood how to

join the monthly discussion Telegram group to receive notifications on upcoming discussions and to submit your questions there. This is the third part of an ongoing Discussion and Question and Answer to be held each month with the goal of deepening our understanding of our ancient Divine Liturgy worship. This month's focus will be on Heavenly Worship. Did you know that when we attend Divine Liturgy that we are present in 2 worlds, and that angels are present and joining us in worship? You're welcome to join us and find out more.

### ОГОЛОШЕННЯ



**СЬОГОДНІ:** Сповідь в 9:00; Читання Годин 9:45; Божественна Літургія в 10:00 годині.

**ТАЇНСТВО СПОВІДІ:** Чин сповіді звершується в кожен неділю з 9:00-ї до 9:50-ї години ранку. Просимо пам'ятати та приймати участь.



**КАВА ПІСЛЯ БОГОСЛУЖЕННЯ:** Всіх присутніх сьогодні на Літургії щиро запрошуємо до катедральної аудиторії на каву і солодке.

**ПОЧАТОК ВЕЛИКОГО ПОСТУ** в цьому році 18-го березня це час для духовного відновлення. Ми повинні залишити гріховні звички які відділяють нас від Бога. Матір-Церква закликає всіх своїх вірних до християнських чеснот.

**НЕБЕСНИЙ ОТЧЕ,** благослови нас своїм небесним благословенням. Нехай цей час Великого посту, молитви, та милостині стане часом духовного зростання в нашому житті.

**МОЛИТВА ЗА УКРАЇНУ:** В цьому важкому часі для України ми регулярно молимося під час Благальної Єктенії «за братів і сестер наших в Україні. Всемилосердний Господи, даруй їм любов, єдність, злагоду і перемогу над ворогами, щоб у нашому народі запанували свобода, правда і справедливість».

**ЙОРДАНСЬКЕ ОСВЯЧЕННЯ ДОМІВ:** Як звичайно в нашій традиції починається після свята Богоявлення. Просимо домовитись з отцем Романом після Богослуження або подзвоніть йому на число телефону 778-239-6252

**ЩИРО ВДЯЧНІ** за Ваші щедри пожертви для Катедри Пресвятої Тройці. Чи то прижиттєві чи посмертні дари, - для ДОМУ БОЖОГО завжди потрібні. **НЕ ВІДКЛАДАЙМО ЖЕРТВУЙМО НА БОЖЕ ДІЛО!**

**СПІВАКИ - ЛАСКАВО ПРОСИМО ДО СЛУЖБИ БОЖОЇ:** Катедральний хор запрошує співаків до цієї багатогранної духовної та парафіальної праці. Хористи мають зустріч і репетицію перед Службою Божою кожної неділі в 9:00 год. в катедральній аудиторії. Вихваляйте Господа своїми голосами! Будемо раді Вас привітати на хорах!

**ВІТАЄМО ВСІХ ГОСТЕЙ ТА ПРИХОЖАН КАТЕДРИ ПРЕСВЯТОЇ ТРОЙЦІ!  
СПАСИ ВАС, ГОСПОДИ, ЗА ВАШУ ПРИСУТНІСТЬ ТА МОЛИТВИ! ПІСЛЯ  
БОЖЕСТВЕННОЇ ЛІТУРГІЇ ЩИРО ЗАПРОШУЄМО ВАС НА КАВУ!**