

## 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 КОРОНА ВІРУСА

«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  
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Website: [www.uocvancouver.com](http://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/699924405>



24-a неділя після Пятидесятниці  
24th Sunday after Pentecost

Sunday, December 5, 2021

# Scripture Readings

## Luke 17:12-19 (*Gospel*)



Then as He entered a certain village, there met Him ten men who were lepers, who stood afar off. And they lifted up their voices and said, “Jesus, Master, have mercy on us!” So when He saw them, He said to them, “Go, show yourselves to the priests.” And so it was that as they went, they were cleansed. And one of them, when he saw that he was healed, returned, and with a loud voice glorified God, and fell down on his face at His feet, giving Him thanks. And he was a Samaritan. So Jesus answered and said, “Were there not ten cleansed? But where are the nine? Were there not any found who returned to give glory to God except this foreigner? And He said to him, “Arise, go your way. Your faith has made you well.”

## Ephesians 2:14-22 (*Epistle*)

For He Himself is our peace, who has made both one, and has broken down the middle wall of separation, having abolished in His flesh the enmity, that is, the law of commandments contained in ordinances, so as to create in Himself one new man from the two, thus making peace, and that He might reconcile them both to God in one body through the cross, thereby putting to death the enmity. And He came and preached peace to you who were afar off and to those who were near. For through Him we both have access by one Spirit to the Father. Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God, having been built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief cornerstone, in whom the whole building, being fitted together, grows into a holy temple in the Lord, in whom you also are being built together for a dwelling place of God in the Spirit

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

## WELCOME TO THE CATHEDRAL

The cathedral’s doors are open.

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



## TODAY’S ANNOUNCEMENTS



**PLEASE NOTE: THE WEARING OF MASKS DURING CHURCH SERVICES IS MANDATORY – PLEASE RESPECT THIS COVID PROTOCOL**

**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.

**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.

**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.



**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.



**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; Lord’s Prayer: Patricia; Prayer before Holy Communion: Amir.



**PRAYERS FOR HEALTH:** We shall offer prayers for the health and well-being of: **Таня Сафронова**, Nancy Worobets, Gordon Lockhart, Irena Raviv, Amelia and William Chucko. Stella Shulhan, Anna Khyzhniak, Liz Kaminsky, Harry Smith, 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.



**PRAYERS FOR THE REPOSE OF THE SERVANTS OF GOD:** Lydia Kowalevska, Олександра, Станіслава, Анну, Галину, Павла. Elias, Demetrious, Konstantinos, Sotiria, Vasiliki, Sofia.



**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.



**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 Needed!**



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



**A CABBAGE ROLLS MAKING** session was held on December 2<sup>nd</sup>. A big thank you to the volunteers and especially to Nettie Holonko. Another session is scheduled for Tuesday, December 7th. Many thanks to all those volunteers who assist with this big task.

**SALE OF CABBAGE ROLLS:** For anyone wanting to purchase these, please see Elena Edwards or call the office at 604-876-4747.

**THE AKATHIST HYMN TO THE MOTHER OF GOD**



**DECEMBER 8, 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.

**GENERAL MEETING OF THE PARISH:** A General Meeting of Parish members will be held on Sunday, December 12th via GoToMeeting platform, immediately following the Fellowship Hour. Members are encouraged to attend the meeting to receive reports from the Executive Board and the delegates who attended the Western Eparchy Assembly on ZOOM in October.



**ST. NICHOLAS DAY:** The annual St. Nicholas Concert will be held on Sunday, December 19th, immediately following the Fellowship Hour. Children, parents and grandparents are invited to attend this special celebration and visit from St. Nicholas with gifts for all the children.



**HOLY RELIC OF ST. NICHOLAS** -This was brought to our Cathedral from Florence, Italy. The relics of the saints are venerated because in Orthodox belief the body remains temple of the Holy Spirit even after death. **St. Cyril of Jerusalem writes:** "Though the soul is not present a power resides in the bodies of the saints because of the righteous soul which has for so many years dwelt in it, or used it as its minister.

"Please participate in the Divine Liturgy and come to venerate the Holy Relic of Saint Nicholas.



**CHRISTMAS FLOWERS:** Christmas is just around the corner and once again the Sisterhood is appealing for donations to purchase poinsettias to beautify our Cathedral for the Nativity of our Lord Jesus Christ and the New Year. You may donate online, ([www.uocvancouver.com](http://www.uocvancouver.com)), by mail, or office mail drop; make sure your name appears with your donation. Be generous and thank you in advance.

**NATIVITY FAST:** Please remember that a period of abstinence and penance is practiced by the Eastern Orthodox, and Eastern Catholic Churches, in preparation for the Nativity of Christ, (January 7). The fast

is observed from November 28 to January 6 inclusive. The Nativity Fast serves to renew our spiritual unity with God and to prepare us for the Feast of the Nativity of Christ. Orthodox theology sees a synthesis between the body and the soul, so what happens to one affects the other. The church teaches that it is not enough to fast from food; one must also fast from anger, greed and covetousness. In addition to fasting, almsgiving is also emphasized.

**Sunday School is Cool**



of the Liturgy.

**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



**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; \$50 Ted Cholod. 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.

**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 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. A 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](mailto:rttsaplan@yahoo.ca) by no later than Thursday morning.



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

**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 capital 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.

**FOR PONDERING:** " Bread for myself can save my body; bread for my neighbor can save my soul." – Anonymous

**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).

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

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