

**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.



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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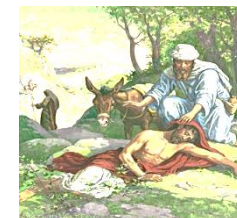
WORSHIP SERVICE SCHEDULE

Reading of Hours: 9:45 am
DIVINE LITURGY 10:00 am

Please be advised that the BC Provincial Health Authority has suspended in-person church services effective midnight November 19, 2020 until midnight December 7, 2020.

JOIN US ONLINE

<https://global.gotomeeting.com/join/172928653>



25 неділя по Пятидесятниці. Голос 8
25 Sunday after Pentecost. Tone 8
Sunday, November 29, 2020

TODAY'S ANNOUNCEMENTS



IN TIMES OF UNCERTAINTY FIND PEACE AND HOPE
*"Come to me, all who are tired from carrying heavy loads,
and I will give you rest." (Holy Bible. Matthew 11:28)*

There is a popular commercial for an antacid that asks the question: "How do you spell relief?" It continues on, and gives the name of a particular product which, in reality, is probably no better, or no worse, than any other on the market!

If that same question were posed to us in a much broader sense: "How do you spell relief? Relief from coronavirus, worry and anxiety.... relief from the problems and difficulties of daily life.... relief from temptation and sin... there is only one answer that any Orthodox Christian could give. For us, relief is spelled **C-H-R-I-S-T**.

Life is often a tremendous struggle. Who would have thought that the year 2020 will be such a challenging one? We are all tired from COVID-19. Even the strongest of individuals needs assistance in dealing with the pressures of living in what is often called the "New Normal."

How comforting it is to know that Christ is always there for us. He will never abandon those who faithfully follow him. As the Psalmist tells us: "The Lord is our strength and our song, and has become our salvation." We can always rely on His grace and His love, which will see us through the darkest of the pandemic.

"Come to me!" Christ never forces Himself upon us, but He invites all of us to take up His "easy calling." Relief will truly be ours if we accept this blessed invitation.

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.

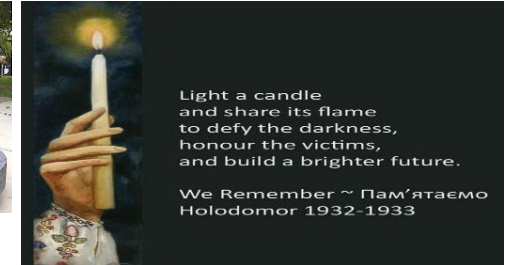


OUR MISSION STATEMENT: Observing the Truths proclaimed by the Nicene Creed. Providing Holy Sacraments to its Members and Community. Offering Teachings to strengthen Members' Beliefs. Providing Social Opportunities for Fellowship and Enjoyment. Providing Spiritual and Personal Counseling.

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 services. Parents and grandparents are encouraged to remind

their children about Youth Sunday. Join us online and find joy and reason to celebrate the Divine Liturgy with us.

DONATION RECEIVED - \$200 from Hidat Tsighehana. Thank you and may Almighty God reward you with His Divine Grace.



Today we pray for the victims of the Holodomor. The famine of 1932–33 in Ukraine, called the Holodomor (a word coined in the late 1980s, meaning a famine deliberately initiated to cause suffering and death) can be considered genocide according to the Convention on the Prevention and Punishment of the Crime of Genocide in light of Article 2 (c). This clause identifies as genocide deliberate actions that create conditions of life leading to the physical destruction in whole or in part of a national, ethnic, religious or racial group. The Holodomor (death by hunger, in Ukrainian) refers to the starvation of millions of Ukrainians in 1932–33 as a result of Soviet policies. The Holodomor can be seen as the culmination of an assault by the Communist Party and Soviet state on the Ukrainian peasantry, who resisted Soviet policies. (Reprinted from <https://holodomor.ca/resources/holodomor-basic-facts/>)

NOVEMBER IS HOLODOMOR AWARENESS MONTH. HAVE YOU SIGNED THE PETITION TO ADD THE WORD "HOLODOMOR" TO THE WORLD'S ENGLISH LANGUAGE DICTIONARIES??

If not, go to the petition link: <https://www.change.org/p/merriam-webster-dictionary-help-us-get-the-word-holodomor-included-in-allmajor-english-dictionaries>



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) by mail, or office mail drop; make sure your name appears with your donation. Be generous and thank you in advance.

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