

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 жертвовністю 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

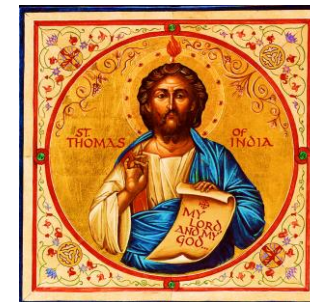
SUNDAY BULLETIN НЕДІЛЬНИЙ БЮЛЕТЕНЬ

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

<https://global.gotomeeting.com/join/155465173>



Неділя Ап. Фоми
St. Thomas Sunday

Sunday, May 9, 2021

Scripture Readings



Epistle

The Apostles Heal Many

The apostles were performing many miraculous signs and wonders among the people. And all the believers were meeting regularly at the Temple in the area known as Solomon's Colonnade. ¹³But no one else dared to join them, even though all the people had high regard for them. ¹⁴Yet more and more people believed and were brought to the Lord—crowds of both men and women. ¹⁵As a result of the apostles' work, sick people were brought out into the streets on beds and mats so that Peter's shadow might fall across some of them as he went by. ¹⁶Crowds came from the villages around Jerusalem, bringing their sick and those possessed by evil^[a] spirits, and they were all healed.

The Apostles Meet Opposition

The high priest and his officials, who were Sadducees, were filled with jealousy. ¹⁸They arrested the apostles and put them in the public jail. ¹⁹But an angel of the Lord came at night, opened the gates of the jail, and brought them out. Then he told them, ²⁰“Go to the Temple and give the people this message of life!” (Acts 5:12-20)

Gospel

Jesus Appears to His Disciples

That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! “Peace be with you,” he said. ²⁰As he spoke, he showed them the wounds in his hands and his side. They were filled with joy when they saw the Lord! ²¹Again he said, “Peace be with you. As the Father has sent me, so I am sending you.” ²²Then he breathed on them and said, “Receive the Holy Spirit. ²³If you forgive anyone's sins, they are forgiven. If you do not forgive them, they are not forgiven.”

Jesus Appears to Thomas

One of the twelve disciples, Thomas (nicknamed the Twin),^[a] was not with the others when Jesus came. ²⁵They told him, “We have seen the Lord!”

But he replied, “I won't believe it unless I see the nail wounds in his hands, put my fingers into them, and place my hand into the wound in his side.”

Eight days later the disciples were together again, and this time Thomas was with them. The doors were locked; but suddenly, as before, Jesus was standing among them. “Peace be with you,” he said. ²⁷Then he said to Thomas, “Put your finger here, and look at my hands. Put your hand into the wound in my side. Don't be faithless any longer. Believe!”

“My Lord and my God!” Thomas exclaimed.

Then Jesus told him, “You believe because you have seen me. Blessed are those who believe without seeing me.”

Purpose of the Book

The disciples saw Jesus do many other miraculous signs in addition to the ones recorded in this book. ³¹But these are written so that you may continue to believe^[a] that Jesus is the Messiah, the Son of God, and that by believing in him you will have life by the power of his name

(John 20:19-31).

We have all heard of "doubting Thomas," and we all have a "doubting Thomas" in us. Doubt keeps us from faithfully committing ourselves to the Lord. We remember Thomas for his doubt, but the Church remembers him for his ministry as a faithful servant of God. After Pentecost, Thomas went on to serve the Lord faithfully, unto death, by preaching the Gospel in India. Let us, trusting in the Lord's presence in our lives, be among those about whom Jesus said, "Blessed are those who have not seen and yet have believed.



Χριστος воскрес! Воистину воскрес!

Christ is risen! Indeed, He is risen!

Christ est ressuscité! Il est vraiment ressuscité!

Χριστὸς ἀνέστη! Ἀληθῶς ἀνέστη!

THE WEEK following the Feast of our Lord's Resurrection is a joyful continuation of our Paschal celebration. This period is called **Bright Week** in Slavic Churches, while among Greeks it is referred to as the **Week of Renewal**. During this time, the doors of the icon screen remain open, reminding us that Christ's victory over death gave us access to the Kingdom of Heaven again. The Church dispenses from fasting during these seven days, further emphasizing the spiritual happiness that encompasses us during this jubilant time.

The Feast of the Resurrection of our Lord is celebrated with great splendor and solemnity for 40 days in our Holy Orthodox Church. For the duration of this period, faithful believers greet one another with the sweetest and most glorious of messages: CHRIST IS RISEN! INDEED HE IS RISEN.

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.

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.

ST. THOMAS SUNDAY: Today we bring our petitions before our gracious, loving and all forgiving Lord who is the source of life, confident that he will listen to our prayers.

GRAVESIDE SERVICES at Forest Lawn Cemetery will be held today at 2:00 pm.

INDOOR RELIGIOUS GATHERINGS AND WORSHIP SERVICES: “Indoor in-person religious gatherings and worship services of any size are prohibited. You can still visit your place of worship for individual activities such as guidance from spiritual leader, contemplation or personal prayer.”

<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

PLEASE REMEMBER DURING THIS HARD TIME TO PRAY FOR 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.

MANY THANKS to the Church Elders, the members of the Sisterhood, Brotherhood and all the other volunteers who helped prepare our Cathedral for the celebration of Holy Pascha.



SATURDAY AFTERNOON FOOD SALES – VOLUNTEERING: Friday Night Suppers are still suspended until further notice; however, Vancouver Coastal Health has permitted us to make and sell Ukrainian food for takeout. If you wish to volunteer with making Ukrainian food and/or Saturday Afternoon Sales please contact one of the following people for more details: Marcia Moroz (604 553-2112) or Elena Murgoci or Daniel Moroz Lisk or email: ukrainianfood@uocvancouver.com.

VOLUNTEERS Needed: The Maintenance Committee has a number of projects to undertake for enhancement of our church property. Volunteers who could assist with some of these projects would be greatly appreciated. Anyone interested is asked to contact Viktor Kulyk, Vice President, Maintenance and Property Development at: 778-869-3644 or email at: vkulyk@gmail.com

CHURCH CALENDARS - We have now received a supply of calendars that designate Holidays and Feast days according to our Orthodox tradition. Copies are available in the office on request.



PARISH FEAST DAY - KHRAM - JUNE 20, 2021: We do not know what the future holds, but Christians know, who holds the future.

DONATIONS RECEIVED: \$100 from Philip Ackrill; \$80 from Valeria Cameron; \$300 from Wally Hawryshkewich; \$500 from Liz Kaminsky; \$200 from Deborah and Alexius Nazarevich. Thank you and may Almighty God reward you with His Divine Grace

MEMBERSHIP DUES: Parish members are asked to pay their 2021 Membership Dues (Family - \$200; Singles - \$105) at the earliest date possible.

DONATION ON LINE: To make donations, please visit our website at www.uocvancouver.com Your donations are deeply appreciated.

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. During this time of the pandemic, kindly make your donations via our web site: 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.

CHURCH GROWTH BEGINS WITH ME: Consider these thoughtful quotations: "Church growth involves spiritual as well as numerical growth." "Orthodox Christianity is the faith for all mankind." " As a steward, I must wisely manage the gifts God has given me and use them for building up of the Church." "I am called to work with Christ in reaching others." " I want my parish to serve as the means by which others are brought to Christ and His Church." "I must share God's love with others

by sharing my faith with them." "Evangelization is the heart of the Church's life and experience." " I must help to make the Church more visible and invite others to services and activities." " Church growth begins with me."

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.*

SUCCESS WHEN WE WORK TOGETHER: Each of us has been gifted by God and being part of our congregation gives all of us the opportunity to live our faith; be part of helping the Church operate; share responsibilities and lighten the labour for others; demonstrate and teach our children and grandchildren the value of serving and forge deeper and more meaningful relationships with our Brothers and Sisters in Christ. Please take time to call someone when you think of them. Remember our congregation is here for all of us. Belonging and feeling included takes time. A personal commitment, financial support and taking responsibility to participate fully. **“Coming together is a beginning. Keeping together is progress. Working together is success.**

DAILY VISITORS LOG: If you plan to come to Holy Trinity during the weekday, please advise the office at 604-876-474. 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.

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