

GENERAL 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.

Sunday School is Cool



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.



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.



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.

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.

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.



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

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



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.

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

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://meet.goto.com/445636381>



Друга Неділя Св. Великого Посту
Second Sunday of the Holy Great Fast

Sunday, March 20, 2022

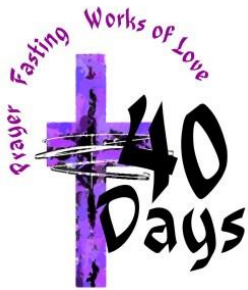
Scripture Readings



Jesus Heals a Paralyzed Man

When Jesus returned to Capernaum several days later, the news spread quickly that he was back home. Soon the house where he was staying was so packed with visitors that there was no more room, even outside the door. While he was preaching God's word to them, four men arrived carrying a paralyzed man on a mat. They couldn't bring him to Jesus because of the crowd, so they dug a hole through the roof above his head. Then they lowered the man on his mat, right down in front of Jesus. Seeing their faith, Jesus said to the paralyzed man, "My child, your sins are forgiven." But some of the teachers of religious law who were sitting there thought to themselves, "What is he saying? This is blasphemy! Only God can forgive sins!" Jesus knew immediately what they were thinking, so he asked them, "Why do you question this in your hearts? Is it easier to say to the paralyzed man 'Your sins are forgiven,' or 'Stand up, pick up your mat, and walk'? So, I will prove to you that the Son of Man has the authority on earth to forgive sins." Then Jesus turned to the paralyzed man and said, "Stand up, pick up your mat, and go home!" And the man jumped up, grabbed his mat, and walked out through the stunned onlookers. They were all amazed and praised God, exclaiming, "We've never seen anything like this before!" (Mark. 2:1-12)

THOUGHTS ABOUT THE LENTEN SEASON



WHAT IS THE GREAT FAST? It is a tithe of the year, some 40 days set aside for spiritual discipline to prepare us for the greatest of Christian feasts, the Resurrection of Our Lord.

Did Christ fast? Yes, indeed. Following His baptism in the Jordan, Jesus went into seclusion in the desert and spent forty days and nights in prayer and fasting. This was His preparation for beginning His public ministry.

What is involved in fasting? To fast means to eat sparingly, that is, to cut down on the amount of food consumed. Abstaining is different. It means the elimination of certain foods from the diet. This usually involves meat and its by-products.

Is that all there is to Lent? No, that is but one aspect, involving the discipline of the flesh. But we are spirit, too, so the Church Fathers speak of the fasting of the soul. St. John Chrysostom says. *"The value of fasting consists not so much in abstinence from food, as in relinquishment of sinful practices."*

What about prayer and worship? Now we come to the heart of the Great Fast. Prayer is the key to the renewal of life, to repentance. We stop looking outward and look inward. There is an element of silence. And then there is worship. The wise men came and "worshipped Him," falling to their knees in adoration.

What about Holy Confession and Communion? These represent a high point in religious experience in the Fast. For here we cleanse our souls and receive Christ Himself into our lives as we come to the Eucharist. Jesus Himself proclaimed. *"Unless you eat the flesh of the Son of Man... and drink His blood... you have no life in you..."*

WELCOME TO THE CATHEDRAL

The cathedral's doors are open

TODAY'S ANNOUNCEMENTS

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



WELCOME TO OUR PARISH: Our warmest greetings are extended to all visitors and guests who are participating in today's Divine Liturgy. What a joy it is to have you praying with us.

SUNDAY IS THE LORD'S DAY: We believe that attending the services and practicing Spirituality adds Hope, Meaning and Motivation to our Life.

LET US COME AND WORSHIP HIM.



TODAY OUR SCHEDULE OF SERVICES: Confession 9:00 am; Reading of Hours 9:45 am; Divine Liturgy at 10:00 am

WE PRAY today that during this holy season of Great Lent we seek reconciliation with those from whom we are presently estranged. We also 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.



PRAY FOR UKRAINE

This is a fervent call to prayers by us all in response to the tragic events unfolding in our ancestral homeland. We are all called to pray the Akathist to Our Lord Jesus Christ, the Akathist for the Protection of the Mother of God, and the Akathist to St. Michael the Holy Archangel.



Holy Communion

THE GREAT LENT BEGAN ON MARCH 7th: During the Lenten period, everyone should come forward to participate in Sacraments of Holy Confession and Communion. Renew your Baptismal Pledge and cleanse it. Lenten memorial services combined with the Divine Liturgy will be held on Sundays March 20, 27 and April 3rd at 10:00 am. Memorial candles may be purchased at the vestibule table. **Please arrange to have your loved ones remembered in these special prayers.**

EXECUTIVE BOARD MEETING: A meeting of the Board has been scheduled for Monday, March 21th at 6:00pm.



Prayer for Good Health

.PRAYERS FOR HEALTH: We shall offer prayers for the health and well-being of: Donna Sviatkevych Igor, Tetiana and Maria Kolesnyk, 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, Kolya, Lena, Yuriy and Volodymyr Pawlyshyn.

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.



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.

Holy Trinity Ukrainian
Orthodox Cathedral

154 East 10th Ave Vancouver
www.uocvancouver.com



CANDLELIGHT PRAYER VIGIL: Prayers in the Cathedral for the stopping of further war and destruction, protection from further harm, and above all peace throughout Ukraine will be held on Friday, March 25 at 7:00 pm. Proceeds will be donated to Ukrainian Canadian Congress-Ukrainian Humanitarian Relief, Maple Hope Foundation, Canadian Red Cross, and Holy Trinity Cathedral-Ukrainian Refugees coming to Canada

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

Друга Неділя Св. Великого Посту

Отож ще раз підтвердила Церква оцю невимовну таємницю: Бог втілюється, поєднався навіки з людською істотою. Ми не покинені! Ми маємо дуже високе покликання – зростати в досконалісті і Богоподібності. Ставати Божою Ласкою – і нашою співучастю в цьому процесі – святыми, як Він Святий! Це реальне покликання. Нас саме до цього й закликав Господь Ісус.. (продовження на uoss.ca)

ОГОЛОШЕННЯ

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

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

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

ПОЧАТОК ВЕЛИКОГО ПОСТУ в цьому році 7-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.

НЕДІЛЬНА І УКРАЇНСЬКА ШКОЛА: Заняття проводяться щонеділі. Щоб зареєструвати ваших дітей або внуків, будь ласка, зателефонуйте в офіс 604-876-4747. Батькам рекомендується приводити своїх дітей до обох, недільної та української школи.

СОРОКОУСТ ЗА ЗДОРОВ'Я- Ігоря, Тат'яну, Дмитрія і Марію Колесник. Дениса, Тет'яну, Даниїла і Зоряну Дяченко.

ЗАУПОКІЙНИЙ СОРОКОУСТ (місячне і річне поминання) Андрія і Анастасію Чайковську. Саверину, Романа і Юлію Славську. За слуг Божих родини Добрянських - Алексія, Ніколая, Ілью, Бориса, Александрю, Євгенію, Клавдію, Анну і Івана.

ЧЛЕНСТВО: Ми тепло вітаємо всіх віруючих та закликаємо стати членами парафії. Роблячи це, ви будете підтримувати не тільки Катедрю Пресвятої Тройці, але і Консисторію Української Православної Церкви та її Західну Єпархію. Будь ласка, не соромтесь підійти до священника або будь-якого члена Парафіяльної управи, щоб обговорити членство і отримати копію форми заявки на членство.

ЩИРО ВДЯЧНІ за Ваші щедри пожертви для Катебри Пресвятої Тройці. Чи то прижиттєві чи посмертні дари, - для ДОМУ БОЖОГО завжди потрібні.

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

Holy Trinity Ukrainian
Orthodox Cathedral

154 East 10th Ave Vancouver
www.uocvancover.com

Pray for Ukraine



CANDLELIGHT PRAYER VIGIL SATURDAY MARCH 25, 7PM



Holy Trinity Ukrainian Orthodox Cathedral
154 East 10th Ave, Vancouver
7:30pm Prayers

7pm candles available, suggested cash donation of \$5.00
Street parking is limited, use transit where possible

Donations by cash or card given to:
Ukrainian Canadian Congress-Ukrainian Humanitarian Relief,
Maple Hope Foundation, Canadian Red Cross, and
Holy Trinity Cathedral-Ukrainian Refugees coming to Canada