

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 жертівністю піклється 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».

УКРАЇНЬСЬКА 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

In-Person Worship Suspended until February 5th due to new COVID-19 restrictions

<https://global.gotomeeting.com/join/731668917>



34-та неділя після Пятидесятниці. Голос з
34th Sunday after Pentecost. Tone 3

Sunday, January 31, 2021



GUARD THE FAITH

Faith is the most sacred things in human life; we live with faith. We must be careful not to expose it to people who are naturally impious. Such people cannot appreciate holy things and the pearls which are contained in faith. It is possible to insult the faith with careless words and to do even harm to ourselves. The meaning of these words was lived by the Church with the heretics who did

not appreciate the sublime truth of faith in Christ as the Church lived it. A similar admonition is clearly expressed in the liturgical exhortations concerning the Divine Liturgy: "catechumens depart!" and "the holy things for the holy." Both phrases show clearly that the sacraments of faith must be communicated only by the faithful who, indeed, have fervent faith. When our faith in worship is not fervent and living, it is as if we ourselves ignore the pearls. In this case, not only will the outsiders also not respect the Christian faith, but we ourselves will remain empty of divine grace. Let us keep our faith high and alive, particularly in our worship services. Let us pray fervently that God may grant us faith and love and let us do everything for the glory of God. (Bishop Gerasimos, Orthodoxy: Faith and Life, 1981, p. 71)

+ SUNDAY IS THE LORD'S DAY – LET US
WORSHIP HIM +

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)*

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.

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.

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.**

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 GENERAL AND ANNUAL MEETINGS - Will be held on Sunday, February 7th, 2021 at 1pm via **GoToMeeting** Software. All members of the Parish are urged to attend these meetings for the conduct of Parish business and the election of the Executive Board for 2021

MEMBERSHIP DUES: Parishioners who have not paid their 2020 Membership Dues (Family - \$200; Singles - \$105) are asked to do so prior to the February 7th AGM.

NOMINATIONS COMMITTEE: The Nominations Committee which is preparing a slate for the Parish Annual General Meeting on February 7th is comprised of Mary Ann Pylypchuk, Ted Cholod and Daniel Moroz. Any member who is interested in being considered for a position on the Executive Board is asked to contact one of these members or call the office at 604-876-4747 or e-mail holyltrinityuocvancover@gmail.com

DONATIONS RECEIVED \$1000 from Ted Cholod (see January 24 Bulletin) designated for lane fence repairs; \$100 from Luba Volovenko; \$350 from Jean and Tony Yaremko. Thank you and may Almighty God reward you with His Divine Grace.

DONATION ON LINE: To make donations, please visit our website at www.uocvancover.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.uocvancover.com

SINCERE THANKS TO ALL parishioners and friends who have responded with their generosity toward the Church. Let us be generous for God's work.



BLESSING OF HOMES AT THEOPHANY has commenced. The priest asks God's blessings and protection for the home and those who dwell in it. We bless homes for many reasons, like cleansing the home, blessing everyday activities and filling the home and all who live in it with the fullness of God. Virtual house blessing through FaceTime or WhatsApp platforms is available, please call to Fr. Roman to arrange such a visit. His number is 778-239-6252.

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 let the office know. Upon entry sign the Daily Visitor's Log located at the top of the Office / Mezzanine entry stairs.

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. MAY YOU ALL HAVE A WONDERFUL SUNDAY