

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 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

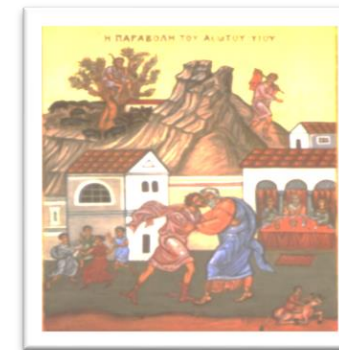
Rev. Father Roman Tsaplan, Parish Priest
Office: 604-876-4747
Cell: 778-239-6252
E-mail: rttsaplan@yahoo.ca
Website: www.uocvancouver.com

WORSHIP SERVICE SCHEDULE
Reading of Hours: 9:45 am

DIVINE LITURGY 10:00 am

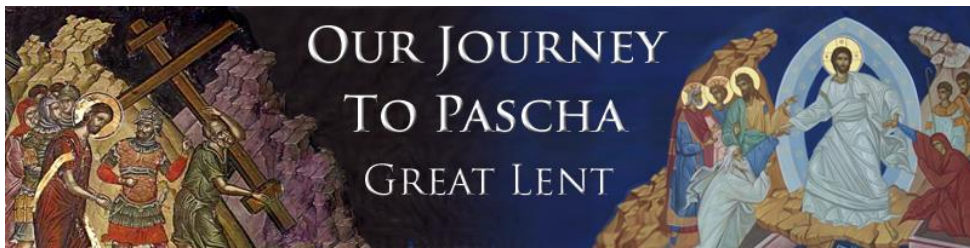
B.C.'s ban on social gatherings and events, including church worship, has been extended indefinitely, but Dr. Bonnie Henry has suggested planning could begin for resumption of faith services and other gatherings at the end of February

<https://global.gotomeeting.com/join/748767485>



SUNDAY OF THE PRODIGAL SON. Tone 5
НЕДІЛЯ БЛУДНОГО СИНА. Голос 5

Sunday, February 28, 2021



OUR JOURNEY TO PASCHA GREAT LENT

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..."*



It's never too late to repent...

Throughout His public ministry, Christ preached the message of repentance, and stressed the forgiving nature of His Heavenly Father. On this second Pre-Lenten Sunday, The Orthodox Church places before us the most classic example of this, the Parable of the Prodigal Son.

In this well-known story, the younger son impatiently demands his share of his promised inheritance, and sets out on his own. He soon finds, however, that his new-found independence and wealth do not bring him happiness. His fortune disappears very quickly. His "friends" desert him in an equally rapid manner. Soon, he is left with nothing.

From the depths of his despair, the Prodigal Son has one glimmer of hope, his Father. Swallowing his pride and recognizing the folly of his wasteful and sinful behavior, the Prodigal Son begins his long journey home, hoping that his Father will, at least, treat him like one of the servants.

The welcome he received, however, went far beyond his expectations. His Father and his entire household rejoiced that this "lost son" had returned home safely! No lectures or reprimands were given, only the warm embrace of a father delighted that his son had returned to his home and to his senses.

Sin brings all of us down to the level experienced by the Prodigal Son. At such times, we are confronted with two distinct choices, remain in such a hopeless state, or follow the example of the Prodigal Son and arise and return to our Father. It is never too late to repent. Our Heavenly Father awaits our return to Him with outstretched loving arms. His capacity to forgive is without limit. As we approach Great Lent, the season of repentance, may this wonderful parable encourage us to return to the road that will lead us back to our Father... and to our salvation!

**+ 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.



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.

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

WORSHIP: Having gathered together in the name of Jesus Christ, we worship Him individually as believers and publicly as a church family. The Worship of the Orthodox Church vividly expresses the truth that God dwells among His people and that we are created to share in His life.



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.

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.

COMMUNION BREAD "Prospora" this bread is specially baked for the purpose of communion. We would like to express our thanks to Nettie Holonko, Valia Malko, Jean Yaremko and Elena Edwards for preparing the dough and baking the prospora. May our Lord reward you with His blessing for your dedication.



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.



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

DONATIONS RECEIVED: \$500 from Amelia and William Chucko; \$200 from Helena Ohonovska. Thank you and may Almighty God reward you with His Divine Grace.

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.



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.*

**COMING TOGETHER IS A BEGINNING.
KEEPING TOGETHER IS PROGRESS.
WORKING TOGETHER IS SUCCESS.**

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.

SUNDAY BULLETIN - If you have any announcements for the bulletin relating to Parish life, please submit them to Fr. Roman at rtsaplan@yahoo.ca by no later than Friday morning.



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