

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

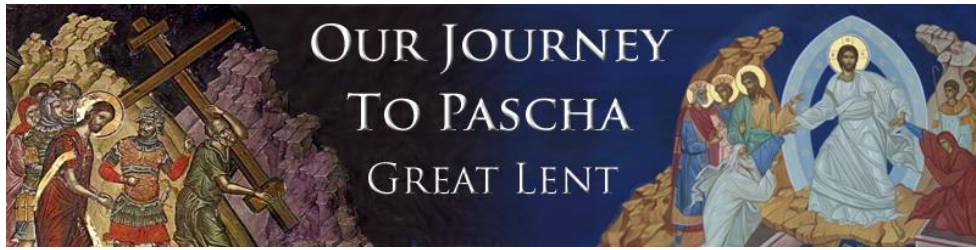
<https://global.gotomeeting.com/join/683468085>



Third Sunday of the Great Lent: Adoration of Cross. Tone 2

Третя неділя Великого Посту. Хрестопоклінна. Голос 2

Sunday, April 4, 2021



SUNDAY GOSPEL

The Way of the Cross Then he called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father’s glory with the holy angels.” And he said to them, “Truly I tell you, some who are standing here will not taste death before they see that the kingdom of God has come with power.” Mark 8:34-9:1



OUR LENTEN JOURNEY REACHES ITS MIDWAY POINTS

This coming Sunday, April 4th our Holy Orthodox Church will be reaching the midway point of Great Lent. For three weeks, spiritual disciplines of prayer and fasting have been emphasized. The theme of repentance has been placed before us repeatedly. Those who are “weak in spirit” may be faltering on this 40-day journey to Pascha.

In her wisdom, on Sunday, the Church places before us the greatest of symbols, the precious and life-giving Cross. We are encouraged to focus our attention on this instrument of Christ’s passion. At the same time, we are reminded of the necessity of being willing to deny ourselves, take up our own cross, and follow Christ. These thoughts should serve to strengthen us as we continue along the road that will take us to Golgotha and, ultimately, to the empty tomb.

On the third Sunday of Lent, the following hymn from Matins clearly expresses the essence of spiritual message. “On this day, when we look at the precious Cross of Christ, let us adore it in faith, let us embrace it, fervently asking our Lord, Who of His own choice, give Himself to be crucified upon it, to make us worthy of adoring His most precious Cross, so that, free from all defilement, we may attain the day of Resurrection.”



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.



TODAY – This is the third Sunday of Great Lent. The Orthodox Church commemorates the Precious and Life-Giving Cross of our Lord and Savior Jesus Christ. Services include a special veneration of the Cross, which prepares the faithful for the commemoration of the Crucifixion during Holy Week.



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>



3rd WEEK OF THE GREAT LENT: It is time for reconciliation with our Lord! Please make a real effort to participate on live-streaming services during this period. Please update your Memorial Books and submit them by e-mail to Fr. Roman for Lenten memorial prayers. Panakhydas will be served on Sundays following the Liturgy.

THE GREAT LENT COMMENCED ON MARCH 15th: Lenten memorial services combined with the Divine Liturgy will be held on Sundays April 4 and 11 at 10:00 am. Please arrange to have your loved ones remembered in these special prayers.



DONATIONS FOR EASTER FLOWERS: Easter will soon be upon us and we the Cathedral Sisterhood are making an appeal to members and adherents for donations to purchase flowers to beautify our Cathedral for the celebration of the Resurrection of our Lord Jesus Christ. Thank you in advance for your generosity.

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.

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 Paulette and Jorek Hucul; \$200 from Angela and Gerry Parfeniuk; \$150 from Leona Polonich. 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.

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.

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).

LENTEN NECESSITIES: Increased Prayer; Fasting; Repentance and a sincere Confession; Works of Love and Generosity; Mutual Forgiveness. HOW HAVE YOU DONE?

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