

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 піклуються 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

Please join our service from your computer, tablet or smartphone.
<https://global.gotomeeting.com/join/842616925>

Religious gatherings and worship services

Religious worship services of up to 50 people may be held indoors



Неділя 5-та після Пасхи. Про Самарянку.
Fifth Sunday of Pascha: The Samaritan Woman.

Sunday, May 30, 2021



SPIRITUAL MESSAGE

The Fifth Sunday after Pascha is dedicated to recalling the conversation between Jesus and the Samaritan Woman. The theme, as on the Fourth Sunday, is the meaning of Christ's Resurrection for humanity. On the Fourth Sunday,

we realized that the Resurrection has brought us wholeness. Before we came to know the Lord as our Risen King, we could, like the paralyzed man whose healing we celebrate last Sunday, only lie around or crawl and wait for an Angel to help us. Now we can get up and walk and show forth the works of the Lord. (Message continued on uocc.ca)

COVID-19 Church Gathering Restriction Guidance Indoor Worship Services

Worship services may be held indoors for a maximum of 50 people, inclusive of all worship leaders, readers, speakers, musicians, and volunteers. Two extra people are allowed to ensure compliance with the variance order. All attendees must practice physical distancing of at least 2 metres. Masks are required to be worn by all in attendance, with the following exceptions allowing for them to be removed:

- A worship leader or soloist when singing
- Musicians who need to do so to play their instrument (ex. flute)
 - Preachers when speaking
 - Readers when reading aloud

Worship teams of up to 5 people are allowed, however, only the worship leader or a soloist is allowed to sing, and congregational singing is not allowed. A 3-metre separation of physical distancing must be maintained for the worship leader and a speaker between other participants, or a physical barrier must be used.

During the service, items must not be passed (ex. cup or bread for Communion, collection baskets for tithes) but single use containers may be used. Social gatherings are not allowed either before, during, or after the service.



Христос воскрес! Воістину воскрес!
Christ is risen! Indeed, He is risen!
Christ est ressuscité! Il est vraiment ressuscité!
Χριστὸς ἀνέστη! Ἀληθῶς ἀνέστη!

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. Come find joy and reason to celebrate the Divine Liturgy

WE PRAY TODAY that the joy and peace of the risen Lord may fill our hearts and change our darkness into light and our doubts into faith.

TO MEMBERS OF THE PARISH: Notice is hereby given that the Continuation of the Annual General Meeting and a General Quarterly Meeting of the Holy Trinity Ukrainian Orthodox Cathedral, Vancouver membership will be held today May 30, 2021 at 1pm via GoTo Software. The GoTo link, agendas and related documents will be distributed several days prior to those meetings. We welcome and look forward to your participation.

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.

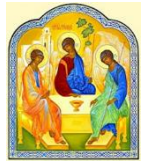
ALL OF OUR FAITHFUL ARE REMINDED - that between Easter and Pentecost (June 20), there is no kneeling in Church. Kneeling resumes after the Divine Liturgy and the reading of the kneeling prayers on Pentecost (Zelenij Svyata).



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.

DONATION RECEIVED: \$2000 from St. Mark Coptic Orthodox Congregation. 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