

## 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  
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**WORSHIP SERVICE SCHEDULE**  
Reading of Hours: 9:45 am  
**DIVINE LITURGY 10:00 am**

**LIVE STREAM WORSHIP SERVICE:**  
**EVERY SUNDAY 10:00 am**

<https://global.gotomeeting.com/join/693971893>



6-та неділя після Пятидесятниці. Голос 5.  
6th Sunday after Pentecost. Tone 5.

Sunday, August 1, 2021

## SCRIPTURE READINGS

### Romans 12:6-21



We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully. Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality.

#### «HOLD ON TO WHAT IS GOOD»

**“Love must be completely sincere. Hate what is evil, hold on to what is good”. We find these words of exhortation in today's Epistle** (continued on uocc.ca)



#### “REFLECTING, WITH GLORY, THE IMAGE OF GOD”

Whether we like it or not (and most of us do not!), a mirror does not lie. It always shows us exactly as we are, flaws and all. No matter what our own pre-conceived notions or perceptions of what our appearance may be, a mirror merely reflects our real and true self.

The Book of Genesis tells us that we have been made “in the image and likeness of God.” In like manner, those who profess to be Orthodox Christians are said to be “mirror images” of our Lord. In other words, those around us should be able to look at us and see the reflection of Christ. All our thoughts, words, deeds, and feelings should be consistent with His actions. To put it simply, Christ must be constantly visible in us. It is important to note that this does not happen without effort on our part. To reach the point where we can confidently say that we are “Christ's reflection” requires a great deal of attention. Only through prayer, fasting, reading the Scriptures and living the Gospel can this be accomplished. We cannot be Christ-like if He does not dwell in our heart!

We must all allow God to mold and shape us into what He wants us to be. We are the masterpiece of His creation – “diamonds in the rough” – waiting to be refined and polished by our Creator. May we all strive to become an Orthodox Christian who will truly reflect with glory the image of God that lies deep within all of us.

## 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** - Our regular schedule of services.



**FELLOWSHIP HOUR:** Everyone attending the service is cordially invited to join in the Fellowship Coffee Hour in the Auditorium immediately following the Liturgy. Covid protocols will be observed. Volunteers are also needed to prepare coffee/food items for the Fellowship Hour.

**TIME TO THANK GOD:** There are many ways that we could enjoy ourselves and find time to thank God for His Blessings. Sometimes the priority is given to our enjoyment, friends and whatever comes along in socializing with others, but the CHURCH seems to be the last on the list. PLEASE stop and think about this. Give priority to thank God for His Graces and then think of your enjoyment with your friends.

**AUGUST 4, WEDNESDAY:** 10:00 a.m. Akathist to our Lord, God and Saviour Jesus Christ.



**PRAYERS FOR THE HEALTH:** We shall offer prayers for the health and well-being of John Sotnyk, Harry Smith, Rev. Oleh and Dobr. Maria Krawchenko; John, Natalka, Julia, Katherine, Andrew and Alexander Mayba. Oles, Lesia, Luba and Kolya, Lena, Yurij and Volodymyr. May they be blessed with good health and graced with happiness.

**PLEASE REMEMBER DURING THIS HARD TIME TO PRAY FOR** our brothers and sisters who are in the 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.

**SUMMERTIME:** With summertime here, everyone needs time to rest and rejuvenate. However, wherever you go - remember to give thanks to the Lord for His blessings. Plan to attend an Orthodox Church. If there are none - go to a Church of your choice. Remember, as well, to support your local Church in order to ensure that its doors will always be open.



**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.

**DONATION ON LINE:** To make donations, please visit our website at [www.uocvancouver.com](http://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](http://www.uocvancouver.com)

**AUDITORIUM RENTALS:** Please call 604-876-4747 or visit our website [www.uocvancouver.com](http://www.uocvancouver.com)



**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 labor 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 week-day, 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.



**GROWTH IN PARISH MEMBERSHIP** is always a concern. We all need to recognize the need for active mission outreach to our lapsed members, prospective members, and vast number of new Ukrainian Canadians who are in some way affiliated with the Church but many have not taken the step of becoming actual members of a parish community. It is our responsibility, as Orthodox Christians, to bring these people into the folds of the Orthodox Church. We must also not forget the faithful members who are the pillars and foundations of our parish communities; they also need to be ministered to. A successful outreach ministry is not a result of one person’s effort, but is a joint effort of all - the pastor and faithful members. The latent potential for growth rests on us all.

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