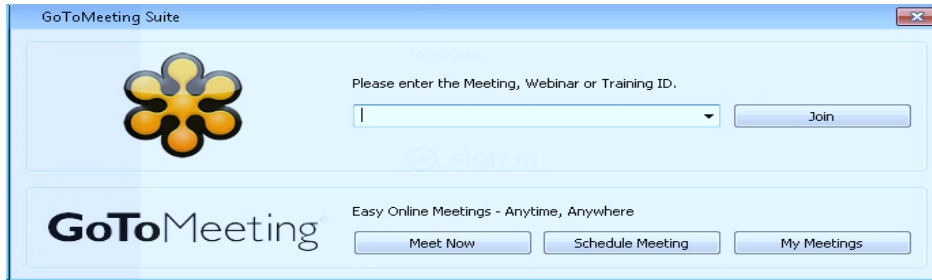


How to use GoToMeeting Step by step with Screenshots

<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, as many folks are learning this week!

To help you keep your meetings productive and professional, follow these simple virtual meeting etiquette rules and tips.

1. Leave the keyboard alone
2. Dress appropriately
3. Be aware of your surroundings
4. Mute your microphone when you're not talking
5. No food allowed
6. Stay seated and stay present
7. Minimize Distractions

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/918336973>

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

Sunday, July 19, 2020

SCRIPTURE READINGS

Matthew 9:1-8 (*Gospel*)



So, He got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you." And at once some of the scribes said within themselves, "This Man blasphemes!" But Jesus, knowing their

thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'? But that you may know that the Son of Man has power on earth to forgive sins" – then He said to the paralytic, "Arise, take up your bed, and go to your house." And he arose and departed to his house. Now when the multitudes saw it, they marveled and glorified God, who had given such power to men.

Romans (12:1-14 (*Epistle*))

Living Sacrifices to God

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service.² And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Serve God with Spiritual Gifts

³For I say, through the grace given to me, to everyone who is among you, not to think of *himself* more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.⁴ For as we have many members in one body, but all the members do not have the same function,⁵ so we, *being* many, are one body in Christ, and individually members of one another.⁶ Having then gifts differing according to the grace that is given to us, *let us use them*: if prophecy, *let us prophesy* in proportion to our faith;⁷ or ministry, *let us use it* in our ministering; he who teaches, in teaching;⁸ he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness.

Behave Like a Christian

⁹Let love be without hypocrisy. Abhor what is evil. Cling to what is good.¹⁰ Be kindly affectionate to one another with brotherly love, in honor giving preference to one another;¹¹ not lagging in diligence, fervent in spirit, serving the Lord;¹² rejoicing in hope, patient in tribulation, continuing steadfastly in prayer;¹³ distributing to the needs of the saints, given to hospitality.¹⁴ Bless those who persecute you; bless and do not curse. (12:1-14)

«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 Romans 12:6-14 (continued on uocc.ca)

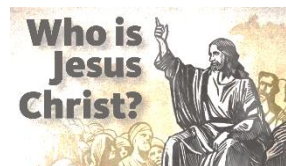


«ТУЛІТЬСЯ ДО ДОБРОГО»

«Любов нехай буде нелицемірна; ненавидьте зло та туліться до доброго!». Ми знаходимо такі слова настанови в сьогоднішньому

Апостолі (Рим. 12:6-14). (продовження на uocc.ca)

WHO IS JESUS?



The world has been pondering that question for the last two thousand years. It is still doing so. Even secular periodicals use articles at times that address that query. The Church, week in and week out, year upon year, in no uncertain terms proclaims the divinity and humanity of the Lord.

Christ Himself wanted people to ask and answer that question.

He came to the Apostles one day and asked. **Who do people say I am? It was Peter who responded for them all. "You are the Christ, the Son of the Living God,"**

Jesus Himself claimed He was God. "Who has seen Me has seen the Father." The works of Jesus amply testify of His true identity. The dead were raised, the sick were healed, the sinful were forgiven.

What difference does it make, whether we believe Jesus is God or just a man? It makes a great deal of difference. If we think He was just a man, we rank Him with the great thinkers and leaders of the world, whose teachings we may approve but we deny divine authority to them. If we believe Jesus is God come to earth, then we will take His teachings very seriously. Indeed. We will listen to Him for guidance about all things. Life, sickness, suffering, death, marriage, vocation, money, sin, war, peace, abortion, and everything else.



TODAY'S ANNOUNCEMENTS

HOLY TRINITY UKRAINIAN ORTHODOX CATHEDRAL - is now open for Sunday service in a limited way. In order to maintain social distancing in this phase of reopening attendance is limited to 32. Simultaneous on-line services will continue into the foreseeable future via GoToMeeting.

TO REGISTER FOR SUNDAY SERVICE please call 604-876-4747 or email holytrinityuocvan-couver@gmail.com by **NOON Friday before the Sunday** on which you wish to attend.

IMPORTANT: Registration does not guarantee attendance. You will be advised if you may attend. Every effort is being made to allow everyone who wishes an equal opportunity to attend a Sunday service.

DOORS OPEN SUNDAY MORNING at 9:30 AM to allow time to process parishioners attending the service. Volunteers will be present. Registrants who are not in church by 10:20 AM may lose their spot that Sunday.

DONATION ON LINE: To make donation please visit our website at uocvanancouver.com. For those in Church donation basket is located at the exit door.



TAKE OUT SALE: Frozen perogies are available. To place your order, call the office at 604-876-4747 or email holytrinityuocvanancouver@gmail.com

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.*

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

УКРАЇНСЬКА ПРАВОСЛАВНА КАТЕДРА ПРЕСВЯТОЇ ТРОЙЦІ HOLY

TRINITY UKRAINIAN ORTHODOX CATHEDRAL



154 East 10th Avenue, Vancouver, BC V5T 1Z4

Phone 604-876-4747

Email: holytrinityuocvancouver@gmail.com

www.uocvancouver.com

June 21, 2020

Dear Parishioners of Holy Trinity Ukrainian Orthodox Cathedral

Glory Be To Jesus Christ!

These are trying times in which we live. The novel coronavirus Covid-19 has affected all of our lives in ways we could not have imagined several months ago. Our Cathedral has been closed to the public since mid-March and everyone is feeling the pain of not being able to worship and commune with each other. In the meantime, we have been able to provide church services on-line using the GoToMeeting software platform.

The good news is that the pandemic situation is improving in British Columbia and places of worship are beginning to reopen. Your Executive Board has also engaged in discussing reopening the Cathedral for in-person Sunday services. However, such a reopening must occur in strict compliance with British Columbia health authority directives regarding social distancing and observance of hygienic best practices.

To that end, the Ukrainian Orthodox Church of Canada has circulated a reopening checklist to assist parishes in reopening churches for Sunday worship. The Executive Board of Holy Trinity has followed the checklist and is in a position to authorize the reopening of Holy Trinity for Sunday worship as early as June 28, 2020. However, the number of people who may attend at any one time is limited. The scriptural underpinning for exercising care is our Lord's directive that we love our neighbor as ourselves, which includes not exposing our neighbors to potential harm – in this immediate case – the novel coronavirus Covid-19.

As well, volunteers are required to serve as greeters and ushers to ensure that all health related directives are observed and that no one is put into jeopardy. We urge persons who are in the higher at-risk categories (over 60 years of age or with underlying medical conditions) not to volunteer.

With this letter you will find the following documents:

- (a) Rules for Parishioners attending church services
- (b) Covid-19 Questionnaire – you will be asked these questions before you are allowed to enter the Cathedral
- (c) Safe Use of Removable Non-Medical Masks or Face Coverings – instructing you on how to put on, wear and remove a mask safely. Masks must be worn while moving about the Cathedral. They may be removed while standing in the pews.
- (d) Symptoms of COVID-19 – Do not ask to come to church and do not come to church if you have any of these symptoms or have had any of these symptoms during the 14 days prior to coming to church.
- (e) Rules for Volunteers.

There are signs posted throughout the Cathedral facilities to remind you and help you follow the BC Government and Health Authority directives. Materials for practising and maintaining best hygienic practices have been purchased and will be available to you while you are at the Cathedral. As the situation improves in the Province, the strictness of these requirements may be relaxed.

Please review the documents carefully.

If you wish to attend a Sunday service, please follow the instructions set out in the Rules for Parishioners attending church services. You will be contacted and advised as to when you may attend a church service. Our aim is to ensure that everyone who wants to attend gets a fair chance to attend in light of the capacity restrictions imposed on the Cathedral in order to maintain the required 2-metre social distancing.

Failure to follow the Rules will result in your being denied entry into the Cathedral. Persistent failure by many individuals to follow the Rules will result in the Cathedral being closed once again to the public.

Please also note that health authorities may spot check gatherings to ensure compliance and if you fail to follow the directives, you may be exposed to a fine.

We pray that you stay healthy, stay safe and we hope to see you in church in the near future.

Yours In Christ,

Walter Pylypchuk, President

Rev. Fr. Roman Tsaplan, Parish Priest

**HOLY TRINITY UKRAINIAN ORTHODOX
CATHEDRAL, VANCOUVER, BC**

154 East 10th Avenue
Vancouver, BC V5T 1Z4

holytrinityuocvancouver@gmail.com
www.uocvancouver.com

Covid-19 Re-opening of the Cathedral
Rules for Parishioners attending church services

IMPORTANT: Due to continuing Provincial Government and BC Health Authority restrictions, only a LIMITED NUMBER of Parishioners may attend a church service in person during the Covid-19 Pandemic. To ensure compliance with government social distancing requirements in this reopening phase, the number of Parishioners permitted to be in the Cathedral during the service is limited to 32. This may change in the future depending on how the Covid-19 Pandemic unfolds. Church services will continue to be available on-line at the same time as the in-person service.

Introduction

These rules have been developed to ensure a fair method for allowing all parishioners who wish to do so, to attend a church service in the Cathedral in person.

IMPORTANT: By asking to attend in person at a church service at the Holy Trinity Ukrainian Orthodox Cathedral, you agree to assume all risks associated with the Covid-19 Pandemic and agree to indemnify and hold harmless the Holy Trinity Ukrainian Orthodox Cathedral, its trustees, directors, officers, employees agents and assigns for any losses, causes of action, suits or claims arising from your attendance at a church service during the novel coronavirus Covid-19 Pandemic.

Who may attend

1. Parishioners who wish to attend church on Sunday must communicate their desire by telephone or email to the Holy Trinity Cathedral office. The telephone number is 604-876-4747. The e-mail is holytrinityuocvancouver@gmail.com

2. Parishioners must provide their full name, address, telephone number and email address for purposes of contact tracing should an attendee come down with Covid-19 symptoms.
3. If another person or persons who reside(s) with the parishioner wish to attend church, they must also provide their full name, address, telephone number and email address.
4. Persons wishing to attend church on Sunday should provide their availability for several Sundays over the next month.
5. A person exhibiting Covid-19 symptoms or who has experienced Covid-19 symptoms within the last 14 days must **NOT** attend church. A list of symptoms is attached to these Rules.
6. A person who has been in contact with a person who has had Covid-19 or exhibited Covid-19 symptoms within the last 14 days must **NOT** attend church.
7. A person who has travelled outside of Canada and is required to isolate for 14 days must **NOT** attend church.
8. Persons who are in a high risk category (over age 60 and/or with underlying medical conditions) are strongly encouraged **NOT** to attend church.
9. Persons who reside with a person or persons in a high risk category (over age 60 and/or with underlying medical conditions) are strongly encouraged **NOT** to attend church.

IMPORTANT: Advising the Cathedral office that you wish to attend church does not guarantee that you will be able to do so. If the number of people that contact the Cathedral office exceeds 32, the Cathedral office will contact you to advise you as to what Sunday you may attend church.

10. Do not come to the Cathedral on a Sunday not designated for you. If you do, you will be turned away.
11. Do not come to the Cathedral on a Sunday if you have not contacted the Cathedral office and provided the required information. If you do, you will be turned away.

What to do upon arrival

12. The front door of the church will be propped open to avoid parishioners touching the door handle.
13. If there are people ahead of you waiting to go in, stay 2 metres back until the way is clear.

14. If you have a mask, please put it on while entering the church and moving about in the church.
15. If you do not have a mask, the Cathedral will provide a disposable mask for you. The Cathedral's supply of masks is limited so please bring your own.
16. A greeter will meet you and assist you to sanitize your hands. There is an automatic sanitizing dispenser available at the door.
17. A greeter will ask you a series of Covid-19 health related questions. You must answer truthfully for the sake of yourself and others. A failure to answer or a wrong answer will result in you being turned away. A copy of the list of questions is attached.
18. An usher will direct you or escort you to an available place in the pews. Do NOT sit in any other location.
19. An usher may give you a disinfecting wipe should you wish to wipe down the pew where you will be sitting.
20. You may remove your mask while at your spot in the pews.
21. Candles will be available at the entry. You may place a candle in the votive at the front, but do not light it. An usher will light the candle for you once you place it in the votive.

While in church

22. Do **NOT** ask for or expect Confession or Communion. There will be no Confession or Communion until the Metropolitan has received guidance from the Holy Synod and communicated with our church.
23. Do **NOT** venerate icons, relics or crosses by kissing or touching. You may venerate crosses, icons and relics with a deep, reverent and profound bow at 2 metres distance, or while wearing a mask if at less than 2 metres distance.
24. Walk only in the direction indicated by arrows taped in the aisles.
25. Do not sit in any other place other than where indicated by the usher and tape on the seats.
26. Parishioners in the same household may sit together in the designated pews.
27. Only two people per side will be permitted to hold candles during the reading of the Epistle and the Gospel.
28. You must wear a mask while holding a candle and stand only on spots clearly marked by tape in order to maintain social distancing.
29. An usher will invite you to hold a candle which you must obtain yourself. The practice of handing out communal candles will not occur. An usher will light the candles for you.
30. The same rules apply during a Memorial service (panakhyda).

Other facilities

31. Washrooms will be open for your use. Washrooms will be supplied with adequate soap and disposable paper towels.
32. Instructions on the proper washing of hands will be posted on the wall above each sink. Follow them religiously.
33. Only one person at a time will be permitted to go downstairs to the washroom.
34. Parishioners **must** sanitize your hands when leaving the church to go to the washroom and upon returning from the washroom before entering the church proper.
35. The family or cry room downstairs will not be open.

Exiting

36. Parishioners will exit through the door at the south east corner of the church to the left of the Altar.
37. You must wear a mask while exiting and keep a two metre distance from the person ahead of you.
38. The priest may stand on your way out to greet you. He will be wearing a mask. You are **NOT** to attempt to kiss or touch the cross he may be holding. You may venerate the cross with a deep, reverent bow.
39. If you engage in conversation with the priest, you **must** maintain a two metre distance.
40. There will be no in-person Sunday offering collection. However, a basket for Sunday offerings will be available next to your route for exiting the church. Please be generous.
41. Please do not congregate outside the exit door.
42. There will be no fellowship hour at this time.
43. These rules will be in effect until and including Sunday July 26, 2020. The Board will revisit the rules in the week following July 26, 2020 and make any necessary adjustments.

IMPORTANT: If you do not follow these rules, you will not be permitted to attend church at any time during the reopening process. Persistent failure by parishioners to abide by these rules will result in the church being closed again until further notice.

Covid-19 Questionnaire

1. Do you have a fever, or a cough, or breathing difficulties or any other Covid-19 symptoms such as chills, sore throat, stuffy or runny nose, loss of appetite, taste or smell, headache, fatigue, or muscle aches? **If Yes or parishioner refuses to answer, deny entry.**
2. Have you exhibited any COVID-19 symptoms as fever, cough, difficulty breathing, chills, sore throat, stuffy or runny nose, loss of appetite, taste or smell, headache, fatigue, or muscle aches in the past 14 days? **If Yes or parishioner refuses to answer, deny entry.**
3. Have you been in contact with anyone in the past 14 days who has exhibited symptoms of COVID-19 or who has travelled and is required to isolate? **If Yes or parishioner refuses to answer, deny entry.**
4. Have you travelled recently and are required to isolate? **If Yes or parishioner refuses to answer, deny entry.**
5. Do you reside with a person in a high risk category such as an elderly person or someone with underlying medical conditions? **If Yes or parishioner refuses to answer, encourage them to leave.**
6. Ask for permission to take a temperature reading. **If the parishioner refuses permission, deny entry.**

Safe Use of Removable Non-Medical Masks or Face Coverings

Removable masks or face coverings **SHOULD:**

- Should be made of multiple layers of absorbent fabric (e.g., cotton)
- Cover the mouth and nose (without big gaps)
- Fit securely to the head with ties or ear loops
- Allow for easy breathing
- Be changed as soon as possible if damp or dirty
- Stay the same shape after machine washing and drying

Removable masks or face coverings **SHOULD NOT:**

- Be placed on children under the age of 2
- Be placed on anyone who has trouble breathing or is unconscious
- Be placed on anyone unable to remove them without assistance
- Be made exclusively of plastic sheeting or materials that easily fall apart (e.g., tissues)
- Be shared with others
- Impair vision or interfere with tasks

When using a removable mask or face covering:

- wash hands immediately before putting it on and immediately after taking it off (in addition to practicing good hand hygiene while wearing it)
- it should fit well (non-gaping)
- allow for easy breathing
- do not share it with others

When wearing a mask or face covering, take the following precautions:

- avoid touching the face covering or mask while using it
- change a cloth face covering or mask as soon as it gets damp or soiled
- put it directly into the washing machine or a bag that can be emptied into the washing machine and then disposed of
- cloth face coverings or masks can be laundered with other items using a hot cycle, and then dried thoroughly
 - non-medical masks that cannot be washed should be discarded and replaced as soon as they get damp, soiled or crumpled
 - dispose of masks properly in a lined garbage bin

Symptoms of COVID-19

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. They include:

- Fever
- Chills
- Cough
- Shortness of breath
- Sore throat and painful swallowing
 - Stuffy or runny nose
- Loss of sense of smell
 - Headache
 - Muscle aches
 - Fatigue
- Loss of appetite

*Average normal body temperature taken orally is about 37°C. For more on normal body temperature and fevers, see HealthLinkBC's information for [children age 11 and younger](#) and for [people age 12 and older](#).

Symptoms can range from **mild to severe**. Sometimes people with COVID-19 have mild illness, but their symptoms may suddenly worsen in a few days. People infected with COVID-19 may also experience gastrointestinal symptoms like diarrhea, nausea and vomiting a few days after the onset of the above symptoms. If you only have gastrointestinal symptoms you may not have COVID-19.

Rules for Volunteers

1. Volunteers must be present at the Cathedral by 9:30 AM
2. The Greeters and Ushers must wear masks at all times while in the vestibule or while escorting, speaking to, or directing parishioners.
3. Volunteers must wear gloves while handling candles, doors, prayer cards, etc.
4. Volunteers must not come to church if they are exhibiting any Covid-19 symptoms or if they answer “yes” to any of the Covid-19 Questionnaire.
5. Persons in the high risk categories are urged not to volunteer.

IMPORTANT: By volunteering in person at a church service at the Holy Trinity Ukrainian Orthodox Cathedral, you agree to assume all risks associated with the Covid-19 Pandemic and agree to indemnify and hold harmless the Holy Trinity Ukrainian Orthodox Cathedral, its trustees, directors, officers, employees agents and assigns for any losses, causes of action, suits or claims arising from your attendance at a church service during the novel coronavirus Covid-19 Pandemic.