

GENERAL 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**. 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.

Sunday School is Cool



SUNDAY SCHOOL: Sunday School classes are offered at the pre-school, kindergarten and intermediate levels. Classes occur each Sunday from 10:00 am to 11:00 am in the lower level of the Cathedral. At 11:00 am, the children come into the Church to attend the balance of the Liturgy.

UKRAINIAN SCHOOL: Classes resumed in September each Sunday after the service. To enrol your children or grandchildren, please call the office at 604-876-4747. Parents are urged to bring their children to both Sunday and Ukrainian School.

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.

WE CARE: We know that life is sometimes difficult. We are committed to the spiritual and moral care of the entire congregation. We help those who are confined at home or in the hospital, the bereaved and the lonely. To speak to or make an appointment with Father Roman please call 778-239-6252.

MEMBERSHIP: We warmly welcome all worshippers. We also encourage everyone to become a member. By doing this, you will support Holy Trinity Cathedral and also the Consistory of the UOCC and the Western Eparchy. Please feel free to approach the Priest or any member of the Executive Board to discuss membership and to obtain a copy of the Membership Application Form.

SUNDAY OFFERINGS: 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. You may also, kindly, make your donations via our web site: www.uocvancouver.com

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.

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 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.



PARKING – Free parking is available to members and visitors on the east side of the church and underground in the garage.

AUDITORIUM RENTALS: Please call 604-876-4747 or visit our website www.uocvancouver.com

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

CHURCH ETIQUETTE- Much of church etiquette is based on common sense and showing respect for God and others. Always remember that you are in church to worship God.

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

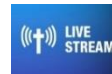
Reading of the Hours: 9:45 am

DIVINE LITURGY 10:00 am

LIVE STREAM WORSHIP SERVICE

EVERY SUNDAY 10:00 am

<https://meet.goto.com/983461333>



Holy Trinity UOC Website Link - under You Tube's icon



Сиропусна Неділя Cheesefare Sunday

Sunday, February 26, 2023

THOUGHTS ABOUT THE LENTEN SEASON



WHAT IS THE GREAT FAST? It is a title 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..."*

Сиропусна Неділя

Спомин про вигнання Адама і Єви з Раю. Сьогодні – останній день підготовки до Великого Посту. Сьогодні ввечері до нас прибуває цей довгожданий Гість. Завтра вже буде Чистий Понеділок. (продовження на uoss.ca)

ОГОЛОШЕННЯ

СЬОГОДНІ: Сповідь в 9:00; Читання Годин 9:45; Божественна Літургія в 10:00 годині.

КАВА ПІСЛЯ БОГОСЛУЖЕННЯ: Всіх присутніх сьогодні на Літургії щиро запрошуємо до катедральної аудиторії на каву і солодке.

ТАЇНСТВО СПОВІДІ: Чин сповіді звершується в кожную неділю з 9:00-ї до 9:50-ь години ранку. Просимо пам'ятати та приймати участь.

ПОЧАТОК ВЕЛИКОГО ПОСТУ в цьому році 27-го лютого це час для духовного відновлення. Ми повинні залишити гріховні звички які відділяють нас від Бога. Матір-Церква закликає всіх своїх вірних до християнських чеснот.

ЙОРДАНСЬКЕ ОСВЯЧЕННЯ ДОМІВ: Як звичайно в нашій традиції починається після свята Богоявлення. Просимо домовитись з отцем Романом після Богослуження або подзвоніть йому на число телефону 778-239-6252



ЧЛЕНСТВО: Ми тепло вітаємо всіх віруючих та закликаємо стати членами парафії. Роблячи це, ви будете підтримувати не тільки Катедру Пресвятої Тройці, але і Консисторію Української Православної Церкви та її Західну Єпархію. Будь ласка, не соромтесь підійти до священника або будь-якого члена Парафіяльної управи, щоб обговорити членство і отримати копію форми заявки на членство.

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. What a joy it is to have you praying with us.



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 service. Parents and grandparents are encouraged to remind their children about Youth Sunday. Come find joy and reason to celebrate the Divine Liturgy with us.



VENERATION OF THE CROSS: Everyone is welcome to receive the blessing at the end of the Divine Liturgy.



FELLOWSHIP HOUR: Everyone attending the service is cordially invited to join in Fellowship Coffee Hour, in the Auditorium, immediately following the Liturgy.



GREAT LENT STARTS MONDAY, February 27th: It is time for reconciliation with our Lord! It is the beginning of a spiritual discipline that continues until the Glorious Resurrection of our Lord (April 16). Please update your Memorial Books and submit them to Fr. Roman for Lenten memorial prayers.

HEAVENLY FATHER, pour out your blessing upon us. May this Lenten season of prayer, fasting and almsgiving be a time of spiritual growth in our lives.

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