

## 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](mailto:rttsaplan@yahoo.ca)  
Website: [www.uocvancouver.com](http://www.uocvancouver.com)

**WORSHIP SERVICE SCHEDULE**  
Reading of Hours: 9:45 am

**DIVINE LITURGY 10:00 am**

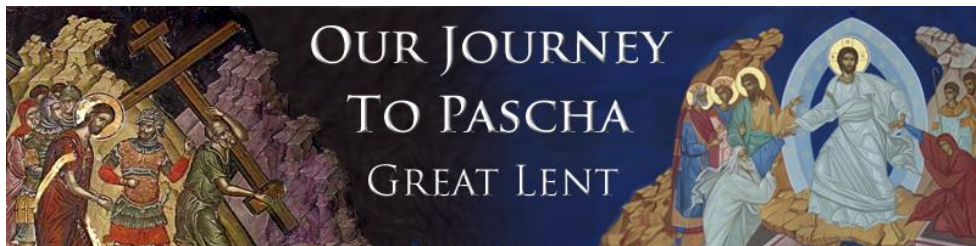
B.C.'s ban on social gatherings and events, including church worship, has been extended indefinitely, but Dr. Bonnie Henry has suggested planning could begin for resumption of faith services and other gatherings at the end of February

<https://global.gotomeeting.com/join/684765205>



Перша Неділя Св. Великого  
Посту – Торжество Православ'я  
First Sunday of the Great Fast:  
The Triumph of Orthodox

Sunday, March 21, 2021

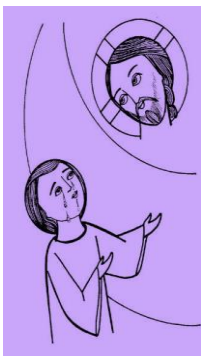


## First Sunday of Lent

*(Hebrews 11:24-40 and John 1:43-53)*

### Jesus Calls Philip and Nathanael

The next day Jesus decided to leave for Galilee. Finding Philip, he said to him, "Follow me." Philip, like Andrew and Peter, was from the town of Bethsaida. Philip found Nathanael and told him, "We have found the one Moses wrote about in the Law, and about whom the prophets also wrote—Jesus of Nazareth, the son of Joseph." "Nazareth! Can anything good come from there?" Nathanael asked. "Come and see," said Philip. When Jesus saw Nathanael approaching,



he said of him, "Here truly is an Israelite in whom there is no deceit." "How do you know me?" Nathanael asked. Jesus answered, "I saw you while you were still under the fig tree before Philip called you." Then Nathanael declared, "Rabbi, you are the Son of God; you are the king of Israel." Jesus said, "You believe because I told you I saw you under the fig tree. You will see greater things than that." He then added, "Very truly I tell you, you will see 'heaven open, and the angels of God ascending and descending on' the Son of Man."

**We have a three-fold obligation on this first Sunday of Lent:**

1. First, we must remind ourselves of the religious heritage that is ours.
2. Next, we should give honor today to those through the centuries past who have lived, sacrificed, and died for God's Church.
3. Thirdly, on this day of Orthodoxy, we must rededicate ourselves to Christ and to the Christian Faith.

---The finest way to do this is to heed the invitation of Christ which we hear today. "Come and follow Me" It means, "Come and live like Me." Our Lord extended this call to Philip in the Gospel lesson, but in truth it is extended to every Christian of every age.



The first Sunday of the great Fast is called the Sunday of Orthodoxy in our Church. It is a day when we take a long and deep look at our Christian Faith, the ancient Faith of our fathers.

As for fasting, it is important to know why we fast and how to fast. St. John Chrysostom in one of his sermons, he said this about fasting: "The value of fasting consists not in abstinence from food, but in relinquishing of sinful practices... Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honoured, do not envy him. Do not let only your mouth fast, but also the eye, the ear, the feet, and the hands... Let the hands fast by being pure from avarice. Let the feet fast by ceasing from running to forbidden spectacles. Let the eyes fast by not fixing themselves rudely on handsome countenances. Let the ear also fast. This consists in not listening to evil talk and calumnies. It has been said: Thou shalt not receive an idle report. Let the mouth also fast from words and railing. For what good is it if we abstain from meat, but bite and devour our brothers?"