

**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.



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)

**CHRIST IS BORN! LET US GLORIFY HIM!**

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

**In-Person Worship Suspended until February 5<sup>th</sup> due to new  
COVID-19 restrictions**

<https://global.gotomeeting.com/join/265166357>



Неділя після Різдва Христового  
Sunday after the Nativity

Sunday, January 10, 2021

## TODAY'S ANNOUNCEMENTS



**WELCOME TO ALL** the guests and visitors who are in our city during the CHRISTMAS FESTIVITIES and are praying with us today. May the Newborn Christ Bless you all with His Divine Graces. May He give us a new birth of ideas in our hearts so that we are able to be with Him throughout our lives and to obtain His Everlasting Kingdom.



**TODAY** – Our regular schedule of services. During the Divine Liturgy, we ask our Lord for His blessing for all of us here present. We also pray for those who are absent from home and away from family and friends during this Christmas time - that they may receive a welcome wherever they are.



**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.

**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.



**VARANYKY MAKING AND SALES (January 2nd and 3rd):**The SAS Committee would like to acknowledge and congratulate the volunteers from last weekend. It was the first time that this new team of volunteers made varenyky. On Saturday morning volunteers diligently cleaned the kitchen and kitchen equipment. They worked hard and well into the late afternoon. Many of them stayed a little later to finish up the pinching and with clean up. Volunteers produced 9 bins or 2700+ (approximately) varenyky. The SAS committee appreciated the volunteers' patience and understanding as this was a new venture during COVID-19. Volunteers were great at abiding by SAS safety protocols. Volunteers were all consciousness about signing in, wearing masks, washing hands and maintained a safe distance from one another. On Sunday afternoon we sold over 175 dozen varenyky in 3 hours and brought in approximately \$1000. This was a record setting afternoon sales day for the church. Of course, money was not our primary focus. The focus was the safety of the volunteers, provide traditional Ukrainian food for our loyal patrons and to bring in a little revenue for the church. Once again tremendous job and thank you for your time and effort! This wouldn't have happened or have been such a success without all of you. Volunteers included: Nettie Holonko, Wayne Jensen, Marcia Moroz, Elena Murgoci, Larisa Andrushko, Liz Kaminsky, Karina Trubin, Lorraine Jang, Alan Kukurudz, Rebecca Kukurudz and Fr. Roman.

**DONATIONS RECEIVED** \$100 from Larisa Bezglasna; \$50 from Patricia Bhandari; \$50 from Philip Ackril; \$ 500 from Alice Polonich; \$ 100 from Gerry Parfeniuk; \$300 from Irena Niebuhr. Thank you and may Almighty God reward you with His Divine Grace.



**CHRISTMAS FLOWERS:** Once again the Sisterhood is appealing for donations to purchase poinsettias to beautify our Cathedral for the Nativity of our Lord Jesus Christ and the New Year. You may donate online, ([www.uocvancouver.com](http://www.uocvancouver.com)) by mail, or office mail drop; make sure your name appears with your donation. Be generous and thank you in advance.

**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."

**ST. ANDREW'S COLLEGE**, the Theological school of the Ukrainian Orthodox Church of Canada, will be offering 2 online courses starting January 18, 2021 and everyone is welcome to take as auditors. The weekly day and time will be decided by the instructor in consultation with the students. The courses are: Liturgics 240. What, Where, How and Why of the worship of the Ukrainian Orthodox Church of Canada. The Church Calendar, Feasts and Fasts and their special features. Patristics 124. Pious and educational literature from the period after the Apostles (ie. after the Bible) until the First Ecumenical Council. The writings of the Orthodox Church for the first 300 years. Please check below for more information.



**PATRISTICS 124**  
**LITURGICS 240**

with Dr. R. Yereniuk  
with Fr. Dr. T. Chrapko

**BEGINNING OF COURSES**

January 18, 2021

**REGISTRATION**

Please contact  
St. Andrew's College by  
January 12, 2021

**TUITION**

\$400.00 - regular  
\$200.00 - auditor

**Get in touch:**

29 Dysart Road, Winnipeg, MB R3T 2M7  
+1 (204) 474-8895  
st\_andrews@umanitoba.ca  
www.umanitoba.ca/colleges/st\_andrews

**ST. ANDREWS COLLEGE**

all part-time students or auditors are welcome

**DEAR FRIENDS,** Malanka has become a tradition where families, both young and old, grandparents and children, come together to celebrate the New Year Ukrainian-style. We are asking you to keep the tradition alive but know that your concerns about safety are paramount during the COVID-19 pandemic. That is why we will hold a "Virtual Malanka" on Saturday, January 16, 2021. You can dress up with glitz and glamour, or choose to stay comfy in warm pyjamas in the comfort and security of your own home. No need to worry about road conditions, parking or choosing a designated driver. Your menu will be the favourite dishes that you prepare for yourself. We'll send you a link to a playlist and you can dance to all the songs, or just the ones that get your toes tapping. Tickets last year were priced at \$65 per person, but tickets for Malanka 2021 are set at \$30 and are eligible for a tax-deductible charitable receipt. Tickets this year are a bargain! Your donations are highly appreciated and will help our church survive. To purchase a ticket, E-transfer funds to [yuliya.shokalyuk@gmail.com](mailto:yuliya.shokalyuk@gmail.com), donate through our Facebook page (<https://www.facebook.com/UkrainianOrthodoxSurrey>) or send a cheque to Malanka, UOC St. Mary, PO Box 163 Station Main, Surrey BC V3T 4W8. For more info, you can call 604-531-1923 or reply to this email. **Let's celebrate together while apart!**

***Ukrainian Orthodox Church of St. Mary presents:***  
a Ukrainian New Year's Eve Celebration

**...MALANKA...**

January 16, 2021  
Virtual FUNDRAISER

**\$30**

***Let's celebrate together while apart***

*An occasion to dress-up and enjoy family dinner.  
Playlist will be provided  
Door prizes*

Your donations are highly appreciated and help our church survive.  
All virtual tickets will be provided with a charitable receipt.  
E-transfer to [yuliya.shokalyuk@gmail.com](mailto:yuliya.shokalyuk@gmail.com) or donate through our Facebook page or  
send cheque to PO BOX 163 Station Main, Surrey BC V3T 4W8