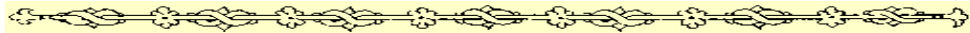


**How to use GoToMeeting
Step by step with
Screenshots**

<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
Website: www.uocvancouver.com

+ SUNDAY IS THE LORD'S DAY – LET US WORSHIP HIM +

WORSHIP SERVICE SCHEDULE

Reading of Hours: 9:45 am

DIVINE LITURGY 10:00 am

**In-Person Worship Suspended until January 8th due to new
COVID-19 restrictions**

<https://global.gotomeeting.com/join/169463429>



Неділя Святих Отців (Перед Різдом)
The Sunday of the Holy Fathers (Before the Nativity)

Sunday, January 3, 2021



SPIRITUAL MESSAGE

"How shall I describe this great mystery? For the incorporeal has become incarnate. The word took unto Himself the density of the flesh. The Unseen is seen, the Untouchable is

touched, the Beginning-less begins, and the Son of God becomes of the son of man; yea, Jesus Christ Himself who is the same yesterday, today and unto all the ages."

When Jesus was born in Bethlehem in Judea – Heaven proclaimed His Glory. The Angels sang "Glory to God in the highest, and on earth peace, goodwill toward men" (Luke 2:14). When the shepherds saw and heard, they went to Bethlehem to find the Newborn Saviour of mankind. They were seeking Him and Him alone, not men of wealth, but simple down to earth people. They told the world what they found and how they received the first news from Heaven, about the King of Kings – Lord and Saviour of mankind, who was promised to the world from the beginning of time. They found Him in a stable - not in a palace; in a manger wrapped in swaddling clothes, not in rich robes. The wise men from the Far East were seeking Him, and the heavenly star led them to Him. They brought three symbols of riches of humanity: **Gold** - the treasures of the wealthy, **Myrrh** - peace and contentment of mankind, **Incense** – prayerful state, spiritual peace. The enemies of Christ were seeking to destroy Him. Herod and his army sought Him by slaying 14,000 innocent infants and children up to two years of age. For centuries the advocates of Herod were seeking to destroy him, and continue to try to destroy Him today.

As we are reminded of this great miracle of His Birth, let us be like the poor shepherds who came to pay homage to Him. Let us be like the wise men who brought Him worldly gifts.

Let us seek Him and take Him into our hearts for ourselves, our families, and everyone around us. May His Glory be proclaimed through the whole world, and may He dwell among us forever.

CHRIST IS BORN! LET US GLORIFY HIM!



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.



SUNDAY BEFORE CHRISTMAS, THE HOLY FOREFATHERS OF OUR LORD: The Church is one huge family. We are united with each other and with all the Saints – who were not very different from us. Like us, they struggled with temptations, trials and challenges. They overcame and were inspired and strengthened by the Holy Spirit, by endeavouring to hold fast to the good in thought, in word and in deed. They had to repent countless times. They had to be patient, humble, trusting in God. They had to be brave. We, too, shall overcome with God's help and with their prayers and examples. Let us dare to love, to forgive and to follow Christ!



NATIVITY FAST: Please remember that a period of abstinence and penance is practiced by the Eastern Orthodox, and Eastern Catholic Churches, in preparation for the Nativity of Christ, (January 7). The fast is observed from November 28 to January 6 inclusive. The Nativity Fast serves to renew our spiritual unity with God and to prepare us for the Feast of the Nativity of Christ. Orthodox theology sees a synthesis between the body and the soul, so what happens to one affects the other. The church teaches that it is not enough to fast from food; one must also fast from anger, greed and covetousness. In addition to fasting, almsgiving is also emphasized.

DONATIONS RECEIVED - \$350 from Halyna and Olexander Bortnik; \$500 from Gloria and Wally Shoemay. Thank you and may Almighty God reward you with His Divine Grace.



CHRISTMAS FLOWERS: Christmas is just around the corner and 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) by mail, or office mail drop; make sure your name appears with your donation. Be generous and thank you in advance.

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 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."

SO MANY THINGS HAVE BEEN CANCELLED, BUT... The Sun has not been cancelled. Friendship has not been cancelled. Love has not been cancelled. Conversation has not been cancelled. Hope has not been cancelled. Prayer has not been cancelled. God's listening has not been cancelled.

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



РОЗКЛАД РІЗДВЯНИХ БОГОСЛУЖЕНЬ

CHRISTMAS AND NEW YEAR'S SERVICES WILL BE HELD AS FOLLOWS

THURSDAY, January 7th - CHRIST'S NATIVITY – 9:30 am Reading of Hours; Divine Liturgy 10:00 am

FRIDAY, January 8th - SYNAXIS of the THEOTOKOS - Divine Liturgy 10:00 am

SATURDAY, January 9th - FIRST MARTYR STEPHEN - Service at 10:00 am

THURSDAY, January 14th - Divine Liturgy 10:00 am

MONDAY, January 18th - The Eve of the Theophany: 5:00 pm Festal Vespers with the Great Blessing of Water.

TUESDAY, January 19th - The Holy Theophany of our Lord and Saviour Jesus Christ: 9:30 am hours; 10:00 Divine Liturgy followed by the Great Blessing of Water.



7-го січня, четвер - РІЗДВО ГОСПОДА НАШОГО ІСУСА ХРИСТА – 9:30 Читання Годин; Божественна Літургія в 10:00 г. ранку.

8-го січня, п'ятниця - Собор Пресвятої Богородиці. Божественна Літургія в 10:00 г. ранку.

9-го січня, субота - Первомученика і Архидиякона Стефана. Божественна Літургія в 10:00 г. ранку.

14-го січня, четвер - Обрізання Гоподне, Св. Василя Великого, Архиепископа Кесарії Кападокійської. Божественна Літургія в 10:00 г. ранку.

18-го січня, понеділок - Навечір'я Богоявлення (Хрещенський Святвечір). 5:00 вечора Велике Повечір'я і перше Освячення Води.

19-го січня, вівторок - БОГОЯВЛЕННЯ. В 10:00 годині ранку Божественна Літургія і друге Освячення Води.

