



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 56 NO. 3

NOVEMBER, 2009

Junior Fall Meeting -- Submitted by Taylor Gladys

The Junior National Executive Board arrived in Woonsocket, Rhode Island on Friday, September 11 for their first official meeting. They were warmly greeted by members of the UOL chapters of St. Michael's and had the pleasure of staying at the St. Michael's Rectory with Fr. Anthony, Pani Matka Tina, and their family for the weekend.



On Saturday, September 12 everyone rose early to attend morning prayers in St. Michael's Church. This was followed by a delicious breakfast and time to relax before the meetings began.

The Juniors had an exceptionally productive meeting. We discussed several options for this year's Great Lent Giveaway Project, talking about new ways

in which we could reach the less fortunate during Lent this year. We also established goals for Treasurer, Jessica Roach, and the Membership committee to update the Jr. UOL slide show, pamphlets, and continue work on a DVD project that was initiated at the convention. For the Cultural Committee, Vice President Greg Markiw suggested publishing articles in



the UOL Bulletin to educate readers about various Ukrainian cultural items. Katie Zimmerman, Webmaster Liaison, has already begun work for our page on the Senior website. We hope to publish things such as the handbook, brochure, contact information, and other useful information as the website gets up and running. In addition, we discussed the upcoming Thanksgiving Tithing Project in conjunction with the Christian Care Giving and Missions Committee.

After reviewing our sales of Jr. UOL T-shirts during the course of the 2008-2009 year, the National Executive Board agreed to investigate the possibility of selling sweat shirts this year. We decided that we could better involve the entire Jr. UOL as a whole by hosting a design contest for these new sweat shirts. Vice President, Greg Markiw, and Financial Secretary, Ethan Rock, will be sending out more information regarding this project in the near future.



Later that evening, the Junior Board members attended a Greek Festival at a nearby Church. We all loved eating the food, watching the dancing, and seeing the Greek Orthodox Church. The entire day

was filled with endless fun, and we fell asleep quickly that night.

On Sunday, we rose in the morning and celebrated Divine Liturgy with the parishioners of St. Michael's. Following Liturgy, the members of the Church hosted a Festival outside. They had great Ukrainian food, played Ukrainian music, sold cultural items, and had a multitude of awesome activities (like face painting, a moon bounce, and a dunk tank!) The Juniors had a blast and were sorry they had to leave for the airport that afternoon. Thank you so much to the hospitable parish of St. Michael's in Woonsocket, Rhode Island! We had a constructive meeting and a great time, and we hope to come back soon!

Family Fest 2009



There is no better way for a UOL member to end the summer than going to Family Fest at All Saints Camp. This year the weather was picture perfect with bright blue skies, hot shining sun and cool crisp nights.

Festivities began on Friday evening of Labor Day Weekend with everyone travelling and settling into their favorite cabin, room in the Millenium Building or tent. Friday evening included welcomes, dinner and time to catch up with old friends. For those who have never been to Family Fest, it is a time when families can come and enjoy the beauty of All Saints Camp and the warmth of our Ukrainian Orthodox family.



Saturday morning started with morning prayers in the chapel and breakfast. The next scheduled event was the now famous kickball tournament. With over 50 players ranging in age from 3 to over 50, the game is highly competitive. One of the highlights of the game is seeing the youngest players run bases or be carried around the bases by their teammates. This

year Fr. Taras Naumenko served as pitcher for one of the teams. Everyone, both players and cheerleaders, worked up a great appetite and enjoyed a full lunch.

The afternoon was filled with more games, including volleyball and basketball, as well as swim time at



the pool. Others lounged on the porch and enjoyed time together. A new event at Family Fest was a "Doorak" (classic Ukrainian card game) tournament with a Family Fest twist. That is, in this case the "Doorak" — the fool, would wear a turkey hat when they lost the game.



In the early evening, Fr. John Nakonachny led choir rehearsal. His Beatitude Metropolitan Constantine led Vespers.

(Continued on page 4)

63rd Annual

Ukrainian Orthodox League Convention

hosted by the Sr. and Jr. UOL Chapters of the
Ukrainian Orthodox Church of Holy Ascension

Maplewood, New Jersey

July 28 - August 1, 2010



*"Train up a child in the way he should go:
and when he is old, he will not depart from it."*

Proverbs 22:6

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Canada \$40.00

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UOL Bulletin - Published seven times annually - September, October, November, January/February, March, April and June.

The absolute deadline for each monthly issue is the 1st of the prior month. Photos will not be returned.

Note to Contributors: All articles submitted to the UOL Bulletin must be in 12 point Times New Roman (font), or typed and double spaced in 12 point type. Articles may be submitted via e-mail attachments. (Submit to: nsufler@aol.com)

The editor reserves the right to condense any material submitted. Material cannot be returned.

MESSAGE FROM THE SENIOR UOL PRESIDENT

Oleh Bilynsky



Glory to Jesus Christ!

Slava Isusu Christu!

"Blessed are they that will share in the King's Banquet: but already on earth Thou givest me a foretaste of this blessedness. How many times with Thine own hand hast Thou held out to me Thy Body and Thy Blood, and I, though a miserable sinner, have received this Mystery, and have tasted Thy love, so ineffable, so heavenly."

We have many reasons to be thankful for Our Lord's blessings, as we are reminded by the Akathist Hymn "Glory to God for All Things" (also called the "Akathist of Thanksgiving"). It is said that this Akathist was written by an Orthodox priest in a concentration camp. Throughout the Akathist he outlines the many blessings that the Lord has bestowed upon him. During this season we have so many things for which we should be thankful.

In line with that, I would like to personally thank the St. Michael's U.O.L. Chapter in Woonsocket, RI for hosting the fall Executive Board meeting on Sept. 12. The Woonsocket chapter members were very hospitable, and went out of their way to ensure that all of our needs were taken care of. Thank you for being a shining example of Christian love and generosity.

I would also like to thank the members of the Sr. Executive Board for all of their hard work and efforts. Thanks to them we had a very productive fall meeting. Some of the results of that meeting include: approval of the work being done to make sure that our "UOL website" will soon be "up and running."

At the meeting we also discussed the upcoming UOL Retreats. This year we will once again have two UOL Lenten Retreats. One will be held in the Western Pennsylvania - Ohio area at Villa Maria on March 6, 2010 and the second in Bethlehem on March 20, 2010. I encourage everyone to mark your calendars and plan to attend one or both retreats.

The Board is also updating and finalizing the revisions to the UOL Handbook. We hope to distribute the final Handbook in early 2010. Additionally, the UOL Brochure was updated and His Grace Bishop Daniel has graciously agreed to translate it into Ukrainian.

The winter meeting of both the Junior and Senior National Executive Boards will be held in Maplewood, NJ on January 16, 2010. As always, everyone is welcome and I encourage anyone who is in the area, both Juniors and Seniors, to attend this meeting.

Lastly, I would like to thank all of our UOL members. As UOL Sunday is "right around the corner," it is an appropriate time to thank all UOL members for the time, hard work and efforts they have devoted to our Church and to the UOL. I always look forward to hearing, and reading in the *UOL Bulletin*, about all of your activities and accomplishments.

During this season we should be thankful for all that we have been blessed with, and in so doing we should also remember all who are less fortunate than ourselves. As such, I encourage all UOL members to contribute to the UOL's charitable programs, such as our "Thanksgiving Tithing" project. UOL members are asked to save the receipts from all of their Thanksgiving expenses (food, napkins, tablecloths, centerpieces, etc.) and donate 10% of what you spent to the Thanksgiving Tithing project. This year's donations will benefit our mission parish in Bel Air, MD. I also encourage all Senior members to contribute both to the "Souper Bowl Sunday" project and the Junior UOL's "Great Lent Giveaway" project.

I wish all of you a wonderful Thanksgiving celebration with family and friends, and as we prepare for St. Philip's Fast and the coming of our Lord and Savior Jesus Christ, I also wish each and every one of you a peaceful Advent.

Yours in Christ,

Oleh V. Bilynsky

Vocations and Clergy Support Corner

Few are Called...Are You Next?

Submitted by Pani Matka Linda Oryhon

O Master of all, You promised to us, "I will be with you always, even until the very end of the world," and You have taught "I will build my Church and the gates of hell shall not prevail against it." Mindful of this pledge, we beseech Your great goodness to inspire men to the holy Priesthood, the service of Your holy Orthodox Church, so that she may properly be able to fulfill Your will for Your people in this age. There are children to baptize, the sick to heal, and the dying to care for. There is the Bread of Life to distribute and the Word of God to teach. There are sins to forgive and charity to be done in Your Name. Send Your Church in this hour and in every age vessels of clay to be instruments of Your presence. Hear us, O Lord, and have mercy.

Second petition for Priestly Vocations

As a teacher of young children, it is very important to be a good role model in all I do, most importantly when I am using appropriate and expressive language. The words I use and especially the manner and tone I use are always on display. When I need to reprimand or correct students, I try to use words and a tone of voice to let them know I don't like what they did, but I still care about them. That is something I also tried to use with my own children. Now, among my friends and family, I have been known to embrace a certain amount of sarcasm in my conversations. But in the company of impressionable children and those adults who I don't know well I try to refrain from this kind of speech. There are many situations in life when certain words and expressions are not appropriate.

The power of words is never more evident than in the different services of our Church. Those, who have been divinely inspired to compose and record the words that have been used over the centuries and to this day, have given us a treasure. It is easy to be enlightened and spiritually uplifted in church when the priest speaks, the readers chant and the choir sings words that have survived the ages.

But why is it that when we go to socialize at coffee hour, attend a parish council meeting or a parish annual meeting, we revert to words, expressions and language that is less than inspiring. We aren't all called to be "golden tongued"- but we are called to strive to be good Orthodox Christians. Our lack of respect for others as well as ourselves is very evident in what we say and how we say it.

Our clergy should not only be held to a higher regard for the words they use but more importantly the manner in which they speak and treat the faithful. Words can build us up or tear us down, but it is more important for them to convey a sense of honesty, compassion, respect and true Christian caring to those entrusted to them.

And so I ask you to continue to pray for vocations. Use your own words - they will be heard if they are sincere. But instead, you may choose to use the petition at the beginning of this article. Please use the beautiful stirring words, but add your own heartfelt and honest feelings.

**Greetings from Maplewood, NJ –
Host Chapter of the 63rd Annual UOL Convention**

Glory to Jesus Christ! Glory Forever!

With the beginning of the new Church calendar year and the start of the new school year, we begin to look forward to an active year for our Ukrainian Orthodox League chapter as well. Our preparations are in full flight and we will be providing you with updates of the plans for the 63rd Annual UOL Convention, scheduled for July 28th through August 1st 2010, hosted by our Maplewood, NJ UOL Chapter.

As we look to the future, we have appropriately selected our theme which focuses on family and our children. Our theme for the 63rd UOL Convention is "Train up a child in the way he should go: and when he is old, he will not depart from it." As this proverb states, a child taught and nurtured in a loving, caring, Christian way, will live his or her life as such, and will not stray. Our



Convention logo shows a child, arms raised to the sky, with the leaf of the Maple(wood) tree in the background, standing within the loving hands of our Ukrainian Orthodox Church.

The Ukrainian Orthodox Church supports a range of programs that

together help build strong families and form lifelong bonds within the Church. Local Sunday school classes and regional retreats build a foundation of religious education that teaches us about what we believe and how we should live. Family Fest and the encampments at All Saints Camp attract Pre-Teens, Juniors and their entire families to strengthen the social ties with others in our Church from across the country.

The Annual UOL Convention is yet another occasion to reinforce the religious and social aspects of our Church on a national level. It is a wonderful opportunity for children to meet other Ukrainian Orthodox young people like themselves, from families just like theirs. But the Convention adds another dimension: it is where the League plans and organizes our efforts to support our Ukrainian Orthodox Church in the coming year.

For Juniors, participation in the Annual UOL Convention is a practical way to learn organizational skills in a moral and ethical atmosphere that will serve them well in whatever future careers they choose. The Convention also gives the UOL a means to train the future leaders of our Church and the League. If we want them to have capable, strong leadership in the generations that follow, now is the time for us to train up our children in the way they should go.



The League is fortunate that so many UOL parents recognize the importance of attending the Convention and bringing their children with them. We need to continue that commitment and make attending the Annual UOL Convention a priority for us and our families.

As we get ready to welcome you to Maplewood, NJ, we hope you are also making plans to join us. Why not make a vacation out of it? Give a summer trip to NY/NJ as a Christmas gift. You could not find a more exciting, fun-filled vacation destination than New York City and its Greater Metropolitan Area. We recommend that you bring the family, come early and stay late, and in between, enjoy the Christian fellowship of the 63rd Annual UOL Convention.

The accommodations we have selected for you are top-tier, while reasonably priced, guaranteeing you a very comfortable stay. We have planned activities that we know will give you memories that will last forever. More details will follow in future UOL Bulletins. But meanwhile, visit us on our website at www.uolnj.org

We hope that you are as excited in joining us next July as we are of hosting this wonderful event, the 63rd Annual UOL Convention.

In Jesus' Love,
The 2010 UOL Convention Committee



**NEWS FROM THE
JUNIOR UOL
PRESIDENT**

Taylor Gladys

Glory to Jesus Christ!

The Junior National Executive Board attended their first meeting on September 12, 2009 in Woonsocket, Rhode Island. We would like to thank the Chapter and Parish of St. Michael's for accommodating us and making us feel warmly welcomed. Both the Junior and Senior Boards had fun and enjoyed the Church's festival on Sunday, September 13.

While in their meeting, the Juniors thought long and hard about projects for the upcoming year. We discussed numerous possibilities for this year's Great Lent Giveaway project, for which you should be receiving information soon. We also brainstormed means to promote our other committees as well. We hope to place "Top 10" lists in the next several bulletins to help chapters come up with ideas for Membership, Culture, Education, and Christian Care Giving and Missions - so keep an eye out for those!

I would like to extend a few last minute reminders! If anyone still needs to turn in their membership dues, please send them to Financial Secretary Ethan Rock as soon as possible (the deadline for these passed on September 30). Election Report forms should have also been returned to Corresponding Secretary, Katie Zimmerman, at this time.

At this time of year, the National Executive Boards are organizing the Thanksgiving Tithing Project, and I humbly request that you all consider contributing. The project is a fantastic way to give of oneself as we approach the holiday season. I pray for the the project's success, as well as the success of the League and the safety of its members throughout this coming season.

Yours In Christ,
Taylor Gladys

Top 10 Ways to Increase Membership:

submitted by Jessica Roach

10. Sponsor a Bring a Friend to Church Day.
9. Send out emails and letters to your friends asking them to come to an event.
8. Sponsor a contest in your parish to win free membership.
7. Put ads in your church bulletin.
6. Create a poster that shows the activities that your Junior U.O.L. sponsors.
5. Put up signs and flyers around your parish.
4. Put an ad on the Ukrainian radio station.
3. Plan fun events and invite a friend.
2. Have a Youtube video of different activities we have done, so people know what they might have a chance of doing.
1. Promote your Junior U.O.L. events in the Ukrainian Orthodox Word and the U.O.L. Bulletin.

Would You Like to be / have a Prayer Pal?

At the U.O.L. Convention, one of the recommendations of the Youth Committee was to establish a cross-generational Prayer Pal Program. Once your name is submitted, it will be assigned to another participating individual, who will pray for you - for your health and wellbeing, your family and any special requests that you may have. In turn, you will be assigned a prayer pal for whom you will do likewise. You may, or may not, let the individual know that you have been selected to pray for them - that is your choice. If you are interested in having and becoming a prayer pal, please send your name, address and e-mail to Pani Matka Mary Anne Nakonachny, at: 3201 Marioncliff Drive, Parma, Ohio 44134 Phone: (440) 885-1509 Email: nackos3201@aol.com



FAMILY FEST

(Family Fest continued from page 1)

We were blessed to have His Beatitude join his family at Family Fest. He stayed for most of the day and enjoyed the games, conversation and family atmosphere.



Following Vespers everyone came to the dining hall for a delicious pig roast. Chef Genia Walters is to be commended for a wonderful weekend of meals. Everything was absolutely delicious.

Saturday evening included games and a huge campfire. The campfire sing-off included both

Ukrainian and American favorites. With a warm fire, great singing and roasted marshmallows, who can ask for more. Games in the dining hall included the Name Game and the Annual Domino tournament.



Sunday morning everyone participated in



Divine Liturgy. One of the joys of Family Fest is celebrating Divine Liturgy together as one family, singing together and partaking in the Holy Eucharist.

Sunday afternoon included a canoe trip down the



Allegheny. For some reason this year, many spoke about tipping over and landing in the water. Others got wet while enjoying the bright sunny pool.

Once again this year the street



hockey tournament was played in the old pavilion site. The game is intense with hockey sticks flying and everyone doing their best Gretzky impression. Others chose a more relaxing day, napping or lounging on the porch.



Dinner was huge with lots to enjoy. A special treat for all was Genia's wonderful apple cobbler.

That evening many attended a small question and answer session with Mike Kapeluck in the St. Thomas Chapel. He spoke about the iconography and answered questions. Sunday night at Family Fest saw the biggest and best bingo ever with nearly 50 people participating in a marathon bingo event. Sunday evening also included the Name Game Competition with



the men clobbering the women by a two to one ratio (117 to 55). Not to underestimate the women's



win the night before, but this was the first time there was such a huge score difference. Sunday night games continued late into the night, with Pictionary, dominoes and Monopoly. There were games for everyone.

Monday morning everyone joined for morning prayers at St. Thomas Chapel and came to the dining hall for breakfast. There was time to clean up and say goodbyes before our journeys home. Pani Matka Nakonachny did a wonderful job planning another great Family Fest Weekend. Thank you to her for all of her hard work. The weekend was fantastic!

St. Vladimir Sr. UOL, Ambridge, PA

Submitted by Pani Matka Stephanie Swindle

St. Vladimir UOL Chapter members hosted their 5th UOL Dinner & Vespers on September 19. This annual event has served as a kickoff to the year's upcoming activities, a venue for recruiting new members as well as serving as a thank you to the parish for their continued support of UOL projects. This year's theme was "Come sail away with the UOL for an evening of food, fellowship and fun!" This year's dinner was made extra special by the



display of the Senior Chapter Achievement Award received at this year's convention. The honor not only humbled the membership but gave them an opportunity to reflect on past Senior UOL members who

have fallen asleep in the Lord. For it was from all of their untiring efforts that helped lead up to the present day.

Along with the continued sponsoring of Bagel Sunday Coffee hour the second Sunday of each month, the chapter has an activity planned for each of the coming months: raffles, charitable projects and various dinners, including their annual Thanksgiving dinner.

The work of the Senior Chapter is aided by the parish's three Jr. UOL members-at-large. Recently, they collected used greeting cards for a local monastery, where the sisters utilized their arts and crafts skills by turning the old cards into new note cards.

Along with their Spiritual Advisor, Fr. Michael Kochis, the officers for the coming year are: Chris Mills, President; Elaine Rakovan, Vice President; Dawn Wade, Secretary; Gary Kmit, Treasurer; Sam Taylor and Debbie Kmit, Auditors.

ANNUAL JUNIOR- SENIOR U.O.L. LENTEN RETREAT

MARCH 20, 2010

Retreat will focus on Confession

St. Francis Retreat House
Bethlehem, PA

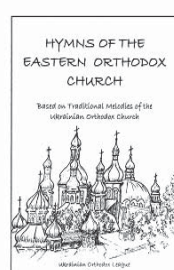
Retreat registration rate \$40
(late registration additional \$10 if mailed after
3/1/10)

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Questions?

Please contact Christian Caregiving and Missions Chairpersons:

Alexis Oryhon, amoryhon@yahoo.com

Lesia Mahlay, imahlay@yahoo.com



ASK FR. HARVEY
RELIGIOUS QUESTIONS
Answered by: *Fr. John Harvey*

Our parish has been exploring new fundraising strategies so that we may continue to survive in an adverse economic environment with the added reality of a rapidly aging parishioner roster. Among the various proposals, the establishment of bingo and an annual Las Vegas night gained a lot of negative reaction. Does our church give us direction as to what may be improper for us to adopt?

Stewardship is a ticklish subject and some ideals may not be practical in some parish situations. Basically, we have the tithe as a manner of support that IS pleasing to God and certainly biblical in origin. Ten per cent of one's intake dedicated to God's service would indeed be a blessing for all concerned. As an ideal it shines and sparkles, but coming to raw reality, most of our people would not even consider such. Being used to a dues system that is mandated by both diocese and parish, free will giving on a weekly basis is usually just the frosting on the cake. In a former parish of mine, \$6 per person per week was the minimum acceptable. It was not strange that the mandated minimum became the maximum given by the majority of parishioners and a second collection brought in just pocket change. Across the board, even a one per cent tithe would be a maximum donation rather than a minimum.

One guideline found in the New Testament is that God loves a cheerful giver. Monies given with an open heart, even if it be just the widows mite, is richly blessed in return. If one is compelled, or even in some instances shamed to give much more, where is the blessing? In modern America, things are certainly not simple. Besides basic maintenance and repairs, the costs of a parish include priest's salary, health insurance, social security, retirement and of course whatever salary is expended on caretaker or other employees, which would include workmans compensation. Fire insurance, theft insurance and liability insurance are another range of annual expenses that become part of the budget. The diocesan levy on number of parishioners is yet another expense that must be considered. It is rare that a parish can exist on parishioners' dues and donations alone, EVEN IF the majority would approach a 10% tithe.

Over the years, most parishes have devised various fundraisers to fill the gap. Again, the ideal is that all would be supported by our own freewill offerings that are given with joy of heart. Sadly, this is an impossibility due to the crush and crunch of modern living and its demands. What then are we to do? Flea markets and various food offerings provide not only a service to the general public, but are labor-intensive. To make pyroxy or holupki to sell to the general public utilizes parishioners' culinary expertise and provides a genuine service. Monies gotten this way are, shall we say, an honest buck in return for honest work. Such is well pleasing to God, as one has to put forth effort and energy and the profits are given over to the use of His parish facility.

(continue on page 7)

National Executive Board Meeting

In early September the Junior and Senior National Executive Boards gathered in Woonsocket, Rhode Island for the fall board meeting. Friday evening included some late arrivals and unfortunately some delays due to heavy rains. Saturday morning everyone gathered for morning prayers at St. Michael's.

The boards enjoyed a delicious breakfast prepared by Pani Matka Perkins. Both boards met in the parish house, a huge New England home, with lots of character and filled with lots of warmth from Fr. and Pani Matka Perkins, their family and the parishioners.



A major focus of the meeting was the development of the UOL Webpage and identifying what types of information is needed. John Meschisen, the chairperson of this committee, reviewed his plan with the Board and requested that

information for the webpage be sent to him.

Aleksandra Hucul, Co-chairperson for the Convention, presented the plans for the upcoming Convention. She also discussed the plans to visit chapters to encourage Convention participation.

Membership discussion included plans for the Woonsocket Senior Chapter to reorganize. Additionally, His Grace Bishop Daniel has also started translating the UOL Brochure. The brochure has been updated and will be printed and distributed once the translation of the brochure is complete.

The UOL Handbook is near completion and in final editing. With final corrections being made the Handbook will be completed, printed and distributed by early 2010.



For lunch the Board enjoyed New England treats prepared by Pani Matka Perkins, including clam chowder. After lunch the meeting resumed and included discussion about Retreat plans for the year. The Bethlehem Retreat has been scheduled for March. There was some discussion about the Retreat typically held at All Saints Camp. Given the fact that Pascha is early this year, the Lenten retreat can not be held at camp, and will be held at the Villa Maria Retreat Center.

The Juniors also reported on their plans and a report of their meeting is found in this issue of the Bulletin.



That evening, after Vespers, both Junior and Senior Board members attended a local Greek Orthodox Festival.

Sunday morning everyone attended Divine Liturgy at St. Michael's. Following Divine Liturgy, we attended the



Woonsocket Ukrainian Festival. The Festival, a fun event for the parish and local community, included a full Ukrainian kitchen, live music, great desserts and a dunk tank. We all witnessed UOL President Oleh Bilynsky dunk Recording Secretary John Meschisen despite intense heckling from John. The festival was a wonderful way to close the weekend.

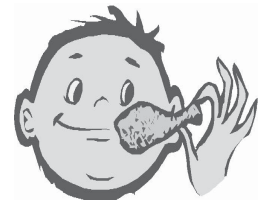
Thank you to Fr. and Pani Matka

Perkins and to all of the members of the St. Michael's parish for hosting the meeting. We had a great time. Hopefully the next time a National Executive Board is scheduled in Woonsocket they will have a chapter.



Smachnoho! Ukrainian Cultural Corner

Ukrainian traditions are closely tied to our Orthodox faith. In Ukraine many customs grew from patterns of observing religious feast days or religious fasts. One specific way that Holy Days and Fasts were commemorated was through food. To explore these traditions each issue of the UOL Bulletin a specific food item traditionally prepared for that time of the year will be described. A recipe for the food will also be included.



St. Nicholas is one of the great Feast Days of the Church and a favorite for children. As the feast day is during the Pre-Nativity Fast no meat or dairy was served for the feast. The Feast Day was commemorated with gift giving, where children would leave their boots at the window and St. Nicholas and his angels would bring candies for well-behaved children and a willow branch to punish those not behaved.

In terms of food traditions for the Feast of St. Nicholas, Mykolaichyky Cakes were prepared, in addition to pampushky (a puffed/fried dough). Additionally, a special compote was prepared, Varenykha, that was made of dried fruits and berries (pears, cherries, prunes) and spiced with thyme, mint and a hot chilly pepper.

To make Mykolaichyky (Nicholas Cookies), ingredients needed:

- 4 cups of flour
- ½ lb. (8 oz) honey
- ½ cup of sugar
- ¼ pound of margarine
- 1 tablespoon cinnamon
- 1 teaspoon of baking soda
- ¼ cup of vodka
- fresh mint



Dissolve sugar into ¼ cup of boiled water. Add mint and create a syrup. Remove mint. After syrup has cooled add honey, baking soda and mix thoroughly. Add margarine, sifted flour, cinnamon, and vodka. Mix thoroughly and knead the dough. Roll out dough and cut into different shapes with cookie cutters. Bake cookies in a 375 degree oven for 8 to 10 minutes.

(Information and recipes compiled from *Traditional Ukrainian Cuisine* by Lidia Artiukh, 2006, Baltia Druk)

ANNUAL FUND DRIVE

This year's Annual Fund Drive is here!!

Your contributions support:

- Education resources
- Missions and Care Giving endeavors
- Vocations and Clergy Support
- Publishing of The UOL Bulletin

You will find an envelope in this Bulletin issue.

Please send contributions to:

Alexis Oryhon
30 Jane Lacey Drive
Endicott, NY 13760

We will be celebrating the Golden Anniversary of the Junior UOL Convention at the UOL Convention in Philadelphia in 2011!

To begin our preparations we are looking for the addresses of all Junior Executive Board Members and former Junior UOL Members.

Please e-mail addresses and phone numbers to nsufler@aol.com or send to Natalie Bilynsky, 703 Pine Ridge Road, Wallingford, PA 19086

Save the date July 27 to July 31, 2011



(Continued from page 5)

It is true that bingo and Las Vegas nights can generate a tidy profit, and they too can be labor-intensive. Unlike food sales, such a profit is not quite so praiseworthy. Bingo is a form of gambling, and to many it can easily become an overpowering and ruling addiction. Should the church become an enabler for a person's addiction? Also, instead of providing a vital service, such as prepared foodstuffs, a parish can be supported by others through gambling, while parishioners give but a measly bit with constraint and not joy. To put it bluntly, the work of the church can be supported by such a thing as bingo, that is fleecing the outsider, who then bears the brunt of finances, which should come from parishioners.

Las Vegas nights, granted can be fun, but here is an even more overt form of gambling, that certainly does not need to be encouraged.

Bingo does provide social interaction for part of the society which would not have other social activities readily available. Parishes in which this is already a long established fact often find that a good steady profit is made, but that it is increasingly difficult to raise funds from parishioners. This is a downside of the bingo phenomenon. What I am saying is that existing bingos do provide some sort of public service and the reality is that if such were to close, the very existence of some churches would be in jeopardy.

Recapping, it is best for a parish to support itself through solid stewardship and a gradual shift to a reasonable tithe is most healthy.

If supplements are needed, then creative brainstorming should find fundraisers that fit the community's demography and genuinely provide a service to the outside community. Baba and the ladies make nutrolls and this is a marketable gift from themselves, which brings in a profit, which is then given to God's service in the church. This is quite an honorable endeavor! Baba may not be able to give much money, but her time, effort and expertise, given freely, are an acceptable offering to God, providing real financial profit as well. There are many such fundraisers which follow such a paradigm and are to be encouraged.

It may be inadvisable to eliminate a bingo already established, but certainly a church should do some heavy reflecting before deciding on such a course of action in starting a new one. A Las Vegas night is yet another spiritual pitfall. If we cannot entice people to church for Liturgy or Vespers, should we entice them for overt gambling? One should also consider the fact that several other Orthodox jurisdictions forbid such activities in their parishes outright on moral grounds.

There are a number of ways to support the church and certainly one can see that some are more worthy of blessing than others. May God guide our choices.



**St. Vladimir's Philadelphia
Junior and Senior Chapters**



For the summer Junior and Senior chapter members gathered at church every Thursday evening. Each Thursday we would plan an activity, typically cleaning out storage areas or setting up for parish events. Junior UOL members came and prepared packages for the IOCC collection. One Thursday evening we had a Convention 2011 planning meeting. We started each evening with a meal and rotated the schedule, with all members providing dinner. The evening ended with evening prayers.

For the last Thursday of the summer, St. Vladimir's Junior UOL Chapter President Lynn Nemeth organized a joint Junior and Senior Chapter event. On a Thursday evening in August chapter members enjoyed a Camden Riversharks Game. It was a sunny warm evening that was full of excitement as chapter members sat right behind Home Plate.

You Can Help to Nurture Vocations in Our Holy Ukrainian Orthodox Church!

**We are blessed with men who are responding to their "calling to the Priesthood."
Please help us to aid them.**

**Please give generously to:
METROPOLITAN JOHN SCHOLARSHIP FUND**

- * **First established and awarded by the Ukrainian Orthodox League in 1966**
- * **Provides scholarships to seminarians preparing to enter the Holy Priesthood in the Ukrainian Orthodox Church**
- * **Provides grants to Clergy of the Ukrainian Orthodox Church of the USA**
- * **Many previous recipients are currently serving in the ranks of our Clergy**

Please send donations to:

**Pani Matka Linda Oryhon
623 Jennings Street
Endicott, NY 13760**

JUNIOR UOL Top 10 List on "How to Promote Our Ukrainian Culture" submitted by Greg Markiw

How can we promote our Ukrainian culture? This question has been raised on more than one occasion anytime Ukrainian Americans see other cultures being highlighted in our communities and in the media. If we are willing to put forward a little effort, we too can have the many fascinating aspects of our Ukrainian culture basking in the limelight of center stage. I would like to suggest ten really good ways to accomplish this task. Don't forget these ten suggestions or ideas can be changed or altered to suit the needs of your local chapter.

10. Regularly attend and support Ukrainian events.
9. Create informational brochures about Ukrainian Americans and Ukrainian history to be passed out at church and other local events.
8. Organize a Ukrainian holiday choral concert.
7. Start a Ukrainian Dance Ensemble, where Ukrainian Folk Dancing is taught.
6. Collect various Ukrainian family recipes and create a church cookbook.
5. Demonstrate writing pysanky at church or other community events.
4. Create a Ukrainian cultural museum where traditional Ukrainian artifacts are displayed.
3. Begin teaching a Ukrainian language class, or Ridna Shkola at your church.
2. Organize and host a Ukrainian festival which could display Ukrainian foods, music, and history.
1. Host "Cultural Workshops" where cultural skills such as embroidery, singing, and cooking are taught.

**The Ukrainian Orthodox League
 Young Adults Committee
 Winter Weekend Getaway
 Pocono Mountains, Pennsylvania**



January 8-10, 2010
**Come and Catch up
 With Old Friends and Make New
 Ones**
**Ski, Snowboard, Snowtube,
 Shop**
**The first 15 registrants will get
 free housing!**
Questions?

**Michael Nakonachny,
 mjnako@bryantstratton.edu**

Melanie Nakonachny, MelanieNak@aol.com

*Annual Junior -Senior UOL
 Lenten Retreat*

*Ohio-Western PA
 (retreat center is 1 hour from Cleveland
 and 1 hour from Pittsburgh)*

*March 6, 2010
 "Finding your Spiritual Path"*

*Villa Maria Retreat Center
 Villa Maria, PA*

For more information contact: Diane Senedak

dxsenny@aol.com 330-792-6699

Melanie Nakonachny MelanieNak@aol.com
 440-463-6241

*The 2011 Philadelphia UOL Convention Committee
 is fundraising by selling
 Prayer Bead Bracelets*

*The bracelet, a variation of the Orthodox Prayer Rope,
 is beautifully packaged in an organza purse with a brief
 description of how to use a prayer bracelet.
 A perfect gift for the holidays or other special occasions.*

To order, make check payable to
 St. Vladimir's Senior UOL



Please include your name, e-mail and
 mailing address for all orders.
 Indicate type of bracelet you are
 ordering. Bracelets are \$10 (including
 shipping and handling) and are available in 4 bead styles,
 Hematite, Blue, Garnet Red, and Amethyst Purple Crystal.
 To place your order please send check and order information
 to:
 Natalie Bilynsky 703 Pine Ridge Road Wallingford, PA
 19086

*As we are called to pray without ceasing,
 the prayer bracelet can guide us,
 as a reminder to recite prayers throughout the day.*

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*A donation to the Tribute Fund is an acknowledgment of a
 Milestone, Memorial, or Accomplishment, or is a Special
 Recognition of an individual or group. Your much-appreciated
 contribution is used to support and further the Mission of the
 Ukrainian Orthodox League. All donations are published in the
 UOL Bulletin.*

SUBMIT YOUR TRIBUTES TODAY

To submit your Tribute:

Name _____

Address _____

City _____ State _____ Zip _____

_____ In Memory _____ To Honor

*Name _____

Occasion _____

Please send an acknowledgement card to:

*Name _____

Address _____

City _____ State _____ Zip _____

____ For my contribution of \$20 or more, I would also
 like the above name* and occasion printed in the UOL Bulletin.

*UOL Tributes should be submitted to:
 Natalie Bilynsky 703 Pine Ridge Road Wallingford, PA 19086*

Please make check payable to Ukrainian Orthodox League

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