



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 56 NO. 6

APRIL - MAY, 2010

Lenten Retreat at Villa Maria Submitted by Emily Kominko

The Villa Maria Retreat Center, which is located in beautiful Pulaski, Pennsylvania, was home to one of this year's Lenten Retreats. Out of thirty



nine retreat participants from Ohio, Pennsylvania, and Michigan, eight are members of the Sisterhood and ten are Young Adults and Junior UOL members. The retreat began with Morning Prayers which were led by Fr. John Harvey of Youngstown, Ohio. Then, Fr. Bob Popichak spoke to the participants

about responsibility. As Orthodox Christians, we are responsible for our own actions. After we partake in the Sacrament of Holy Confession, it is our responsibility to work for a better change in our lives. Following Fr. Bob Popichak's presentation, Fr. Demetrius Colozarro from Pittsburgh, Pennsylvania spoke about the Prayer of St. Ephraim. Moving through the prayer line by line, Fr. Demetrius explained this prayer to help the participants understand its meaning.



After lunch, Sister Therese Pavilonis of the Sisters of the Humility of Mary, who live in Villa Maria, explained the use of a Labyrinth with the assistance of Fr. John



Harvey. Many of the retreat participants followed the maze of the Labyrinth to get to the center, stand in prayer, and follow it back out. This was a prayerful and reflective time for all who chose to partake.

Following the Labyrinth, Fr. Demetrius Colozarro spoke once again, this time on the Liturgy of St. Basil. He also answered questions about the Lenten Season. Fr. John Harvey along with Fr. Daniel Rohan from Youngstown, Ohio served Vespers in the evening, with Fr. John Nakonachny from Parma, Ohio leading the choir.

(continued on page 2)

UOL Retreat 2010 Bethlehem, PA

For the last six years junior and senior UOL members have gathered in Bethlehem at the St. Francis Retreat Center during Great Lent to rejuvenate



and be inspired. One of the greatest aspects of the retreat is hearing from UOL members how the retreat has impacted them. Several years ago the retreat focused on the services of Holy Week and several juniors shared with me that they attended the Bridegroom Services for the first time. Last year after a discussion with Fr. Myron Oryhon at the retreat focusing on saints, we talked about how important it was to be centered around the church, and the Philadelphia Senior UOL Chapter planned Thursday evenings at church for the summer. Additionally, many individuals spoke about the impact of hearing clergy talk about their personal calling to the priesthood. We are hopeful that this year, like the last six years, the retreat will influence the participants.



This year over fifty UOL Members and guests participated in the east coast Lenten retreat. UOL members from Johnson City, Maplewood, Philadelphia, Allentown, South Bound Brook, Northampton, and Carteret participated in the retreat focusing on confession. It is rare to find an activity that is considered a success by both young adolescents and adults, however, the retreat was just that. The Retreat focused on Confession and included a panel where participants could ask any questions they had about confession.

This year the Retreat was scheduled for one full day starting with morning prayers and breakfast at the Center. Fr. Myron Oryhon led morning prayers and served as the Spiritual Father for the Retreat. The prayer services were a highlight of the retreat, with voices of all ages singing together to glorify our Lord.

Fr. Bazyl Zawierucha was the first speaker and he spoke eloquently about guidelines for Confession. Next Fr. Taras Chubenko spoke about how to prepare for Holy Confession. Following these inspiring lectures, the group enjoyed lunch and free time where many walked the grounds of the retreat center.



(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

Hyatt Morristown at Headquarters Plaza

Morristown, New Jersey

\$109.00 per room per night + tax

Come early, stay late!

www.morristown.hyatt.com Reservations: 800-233-1234

UOL BULLETIN - The official publication of the Ukrainian Orthodox League of the United States of America. Circulated to all UOL Members. Non-members subscription rate \$30.00 Canada \$40.00

<i>Oleh Bilynsky</i> UOL President 703 Pine Ridge Rd Wallingford, PA 19086	<i>Taylor Gladys</i> Jr. UOL President 14 McKelvey Ave. Pittsburgh, PA 15218	<i>Natalie Bilynsky</i> UOL Bulletin Editor 703 Pine Ridge Road Wallingford, PA 19086 nsufler@aol.com	<i>Father John Harvey</i> UOL Bulletin Spiritual Advisor
---	---	---	--

UOL Bulletin - Published seven times annually - September, October, November, January/February, March, April/May 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 single spaced in 12 point type. Articles may be submitted via e-mail attachments. Pictures should be submitted in JPEG format. (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



Christ is Risen! Chrystos Voskres!

I hope that you and all of your families enjoyed a blessed and joyous Pascha. As part of your preparations for Pascha I hope you had an opportunity to attend at least one of the UOL Lenten Retreats, and I look forward to seeing many of you in South Bound Brook for the weekend of Saint Thomas Sunday.

By now all chapters should have received the 2010 awards mailing. Please read the documents thoroughly and consider nominating a candidate for the Very Rev. Protopresbyter Stephen Hallick-Holutiak Senior UOL Recognition Award, the Metro J. Baran Achievement Award or the UOL Distinguished National Service Award (descriptions of all awards were enclosed in the mailing). Also, it is imperative that all chapters complete the Chapter Annual Report Form that was included in the awards mailing. This form allows the National Executive Board and other UOL members to be aware of your chapter's activities. These forms are printed in the Annual Report that is distributed at the annual convention and is a chapter requirement. The Annual Report Form will also be used to determine the Senior UOL Chapter of the Year. The deadline for all paperwork is April 30.

By now all chapters should also have received their Sr. Chapter Election and Convention Delegate forms. The deadline for these forms is June 15, and hopefully each chapter will be sending as many delegates as possible to the convention in Maplewood. It is my fervent wish that every UOL member attends the convention and actively participates in the committee deliberations. Those deliberations will not only guide the UOL in the forthcoming year, but also help to set long-term goals for the UOL, and every UOL member's input is needed.

Those long-term goals will guide the UOL for years to come, and hence it is imperative that all UOL members take part in setting them. As such, please plan on attending this year's convention, and bring all of your creative and constructive ideas for the UOL with you.

With the fiscal year winding down, I thank all who contributed to the UOL's various fund-raising efforts, and note that it is never too late to make a donation. The Jr. UOL's Great Lent Giveaway, the Sr. UOL's Annual Fund Drive, and both the LSSK and MJSF fund drives are all still in full swing, so please contribute generously to these worthy causes.

Lastly, the spring meeting of both the Junior and Senior National Executive Boards will be held in Wilmington, DE on May 1. As always, everyone is welcome and I encourage anyone who is in the area, both Juniors and Seniors, to attend this meeting.

Yours in Christ,
Oleh V. Bilynsky

(Retreat - Villa Maria continued from page 1)



Vespers was followed by dinner, and then the goodbyes from all who attended the Lenten Retreat. After the day, the



participants left feeling rejuvenated and looking forward to the Great Feast Day, Pascha.

Vocations and Clergy Support Corner

Few Are Called... Are You Next?

Submitted by Pani Matka Linda Oryhon

These past few years we have been blessed to have several men pursue their vocations as ordained clergy for our Holy Ukrainian Orthodox Church. Many of them are continuing their studies this year at Saint Sophia Seminary as well as at Holy Cross Seminary in Brookline, Mass. All had applied and satisfied academic requirements for the Metropolitan John Scholarships. With the blessing of His Beatitude, Metropolitan Constantine, Vasyl Dovgan, Vasyl Pasakas, Ivan Kostyshyn, Andriy Matlak, Borislav Kroner and Ivan Synevsky were awarded scholarships in July, 2009. Rev. Fr. Harry Linsinbigler received a Clergy Grant to further his Doctoral studies. The Vocations and Clergy Support Commission was able to give awards totaling \$18,000.

This year, 2009-2010, we have five full time students: Deacon Ivan Synevsky, Subdeacons Vasyl Dovgan, Vasyl Pasakas, Andriy Matlak and Philip Harendza. We are also pleased to announce that we have ten who are "weekend" students. They attend six hours of classes once a month on a Friday and Saturday. They are Rev. Fr. John Haluszczak, Hierdeacon Vasyl Janick, Deacons Borislav Kroner, Mark Swindle and Charles Sanderson, and Subdeacons James Guba, James Cairns, Francis Rella, Nicholas Zachary and Bohdan Khromenko.

The purpose of the Metropolitan John Scholarships and Grants is not only to help defray the financial burden of a seminary education, but also as a recognition of the choice to pursue a vocation to serve in our Church. We honor these men and acknowledge their endeavors. The commission is currently appealing for donations during its annual Fund Drive. We are asking all of the faithful in our parishes, as well as parish boards of administrations, Sisterhoods, and UOL Sr. and Jr. Chapters to contribute in this effort. We all know how crucial it is to our continued growth and strength that we have well educated spiritual leaders. We are far from our monetary goal, but we pray that you will respond as you have always in the past.

We are truly pleased to acknowledge those few who most recently have responded to our appeals:

Mrs. Natalie Corwin, New York

Daria and Mickey Komichak, New Jersey

St. John Sr. UOL Chapter, Sharon, Pa.

Please join in this effort- your donations can and will support and honor those who have chosen to follow their calling.

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@gmail.com

63rd UOL Convention Update!

Spring is finally here! As we leave the snowy winter behind we are looking forward to summer. And summertime means it is UOL Convention time! The Senior and Junior Chapters of the Holy Ascension Ukrainian Orthodox League in Maplewood, New Jersey hope to see all of YOU at the 2010 UOL Convention in Morristown, New Jersey this coming July 28 thru August 1.

This year we are offering a variety of registration options and package deals designed to make it as easy and as affordable as possible for you and your whole family to attend the convention. Register early as a Senior delegate or guest by June 15 for only \$195. This price includes admission to: two



hospitality nights (Wednesday and Friday); Thursday brunch; a dinner cruise around New York harbor aboard the Majestic Princess; our "Night in the Carpathians" Friday night dinner and dance at the Ukrainian American Cultural Center of New Jersey in Whippany; the Saturday night 63rd Annual UOL Awards Banquet and Ball at the Hyatt in Morristown featuring the "zabava" band Hrim; and our Sunday brunch at Holy Ascension in Maplewood! Hurry—because after June 15, the price goes up to \$215!

Clergy registration is \$185, and pre-teen packets are \$100. Junior delegate or guest registration is \$190. To encourage families to attend, we offer a Family Early Registration for two adults and two Juniors for only \$750. Additional Junior family members beyond the two included in the Family Packet are only \$180 each.

For those who cannot attend the entire Convention, we have a weekend package available that provides admission to the convention events on Friday evening, Saturday evening, and the Sunday brunch for \$145.

We will also offer an "à la carte" option for single tickets to individual events. If you have friends or family in the New Jersey / New York City area, invite them to come join us at these events without having to purchase a full registration packet. Do you know someone who cannot get away from work for the whole convention but would love to see their UOL friends again at the Banquet and Ball or enjoy a cruise around New York harbor? Let them know about these opportunities and invite them to join us!

Remember to call (800) 233-1234 to reserve your hotel room at the convention rate of \$109/room/night at the Hyatt Morristown at Headquarters Plaza by July 1. This room rate even includes breakfast at the Hyatt on Friday and Saturday mornings. A limited number of rooms are also available at the \$109 UOL Convention rate for the 3 days before and the 3 days after the Convention, so come early or stay late and enjoy the many world-class attractions in the New York City area.

It is also time to get your ad in to this year's Commemorative Yearbook. The deadline for ads is May 15. Even if you cannot make it to this year's convention, you can still show your support by purchasing an ad in the Yearbook! See our advertising contract for complete terms and prices.

Registration forms and advertising contracts are available on our website at uolnj.org or from your local UOL chapter president. You can also complete and submit your registration or yearbook ad information online at our website, and then separately send in your payment by check via US Mail. Please note, however, that to qualify for the Senior or Family Early Registration discounts your payment must be postmarked no later than June 15! And remember that yearbook ads are due May 15. We invite you to visit us online at uolnj.org for up-to-date information. Find us on Facebook at facebook.com/uolnj and follow us on Twitter at twitter.com/uolnj. You do not need to have a Facebook or Twitter account to view our information at those sites. Email us at reg2010@uolnj.org with your questions about registration or at ads2010@uolnj.org if you have questions about yearbook ads.

We are looking forward to seeing you and your family at this year's convention...and please be sure to encourage your friends to attend as well!

In Jesus' Love,
The 2010 UOL Convention Committee



NEWS FROM THE JUNIOR UOL PRESIDENT

Taylor Gladys

Christ Is Risen!

Here we are in April already, the year going by so quickly. I pray that everyone had a wonderful and blessed Pascha!

With the convention merely three months away, it is time to put the final touches on our Great Lent Giveaway Project for this year. Just as a reminder, the Junior UOL raised awareness of Orthodox Christian Prison Ministries, in conjunction with the Office of Youth and Young Adult Ministries. Information was sent to every chapter regarding this project, and further questions can be answered by Financial Secretary, Ethan Rock (Ejrock7@aol.com). Thank you to all of those who have participated thus far!

Raffle tickets are also currently on sale. Each chapter received raffle tickets to sell for the drawing at Convention in Maplewood. Please sell your tickets, as this is the largest fundraiser the Junior UOL will sponsor all year. If you have any questions concerning the raffle or are in need of any more tickets, please contact Vice President, Greg Markiw (marq2036@verizon.net). Please send in your stubs to Greg, no later than May 1, 2010.

In this day and age, traveling to the Maplewood Convention might be costly and we understand that financial support can be quite helpful. It is for this reason that the Pysh Travel Grant was established: to assist Jr. UOL members in paying travel expenses to attend the Annual Convention. At this time, applications have been sent out to chapters and I highly recommend that you apply and take advantage of this wonderful opportunity. If you have any questions regarding this grant or if you are in need of another application, please e-mail me at TEGladys@aol.com.

"Train up a child in the way he should go: and when he is old, he will not depart from it." For me, the Convention theme of this summer speaks directly to the Jr. UOL, the youth of our Church. This is an important time in our lives to practice ways in which we can serve, love, and be charitable to one another as we devote ourselves to the Church. Let's keep this in mind as we continue working for the rest of this year.

In Christ's Love,
Taylor Gladys
Jr. UOL President

Top 10 Ways to get the Youth to Welcome People to Church

Submitted by Jessica Roach

1. Kids would stand at the door and hand out bulletins to everyone.
2. Hold the doors open and shake hands of people who come in.
3. Say hi/ or give a greeting when people walk in.
4. During service ask if there are any visitors and have the youth introduce them.
5. Put cards in the pews and have the visitors write their names to have the youth recognize them.
6. Have a guest book, and then the youth could send Thank You cards to visitors.
7. Name tags for everyone to know the youth's names.
8. Youth give a brochure about the church to everyone who walks in.
9. Have the youth sit with new people to introduce them to the rest of the church.
10. Youth host coffee hours to give people time to meet and talk.

UOL WEBSITE UPDATE

The Public Relations Committee is proud to announce the relaunch of the official Ukrainian Orthodox League website. Thanks to webmaster Josh Oryhon we have a permanent online resource at: uol.orthodoxws.com.

Features:

- Download all important forms, including: Dues Payment, Annual Report and award nomination forms
- All information regarding the 63rd Annual UOL Convention which will be hosted by Holy Ascension Parish in Maplewood, NJ
- A link to the latest UOL Bulletin as well as archived issues
- A complete list of all UOL Commissions, Committees, and Chair People
- All chapter liaison information
- Information about how to donate to the Metropolitan John and LSSK Scholarship funds
- A full chapter directory
- Information regarding how to become a UOL Member-at-Large
- A News & Events section where any and all chapters can submit information regarding their local activities (special thanks to Sharon, PA for being the first chapter to submit information regarding an event!)
- A link to the official UOL Facebook page
- In the near future, a photo database of past Conventions and UOL activities

How can I get involved with this juggernaut of websites you may ask? SEND US STUFF!!!



Having a luncheon? Let us know when!

Doing a fundraiser? Let us know what for!

Taking those rambunctious Junior UOLers someplace? Let us know where!

All you need to do is either:

send an email to J.meschisen@hotmail.com with all the details

fill out the form here: <http://uol.orthodoxws/submission.html>

The more content each chapter contributes to the site means the less space Josh and I will have to fill with our ever and ongoing debate on which Junior National Executive Board was the best of all time: 1997-1998 or 2001-2002.

See you all in Maplewood!

John D. Meschisen and Joshua M. Oryhon

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 and 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

Greetings from Woonsocket!

Submitted by Karen Erickson, Chapter President

Yes, it's true! St. Michael's has officially resurrected its Sr. UOL chapter. We have a few new faces on board, and are eager to begin our journey back into the world of the Ukrainian Orthodox League.

We've been busy right out of the gate, with our first project already underway – our very own food pantry! Over his time here, Father Anthony has received a high volume of phone calls and requests from members of the community who are struggling during this difficult economic time. As an organization, we decided to start a food pantry so there would always be food to provide for those in need. We set up a donation jar in the church hall, and kindly asked the parishioners to donate their "pocket change" in an effort to raise money. We raised a sizeable amount over the course of a few months, and were able to stock our pantry with over 400 items! This will be an ongoing project, and we will be sure to keep you updated on its progress.

Our second endeavor involves being social and spiritual. In an effort to increase attendance at Vespers, the Sr. UOL will sponsor a monthly Saturday Social Hour following the Vespers service. It will be run in the same fashion as Coffee Hour, and we are hoping to increase attendance and morale among our parishioners. March 20th is our first scheduled event, and we are hoping it will be met with great success!

We have a few other fresh ideas in store for the upcoming year, including hosting a Blood Drive and taking time to visit the shut-ins on a monthly basis. I am truly excited over the interest our new group has generated, and am excited to see what the future holds for us.

Stay tuned, we have lots of great things in store for 2010!

(Retreat - Bethlehem continued from page 1)



After lunch, Fr. Frank Estocin and Fr. Myron Oryhon graciously filled in for His Eminence Archbishop Antony who was unable to attend due to illness. They spoke about forgiveness.

Next all of the clergy joined to form a panel where any and all questions about Confession could be asked.

The discussion was lively and many questions were generated. The questions sparked more questions and you might see some of the questions in the pages of the UOL Bulletin, as many of the questions were forwarded to Fr. John Harvey.



A tradition of the Lenten Retreat has been the games that challenge knowledge of the topic. This year the Crayosky sisters and Janet Connor-Hanninen were the grand prize winners, and won all three contests.



It was beautiful and sunny, the first lovely spring day of the year and we served Vespers outside. We have been lucky to have wonderful weather for the retreat and it has become a tradition to serve Vespers outside.

The next morning the participants joined the Allentown parish for Divine Liturgy and joined the parish family for a wonderful Lenten brunch. Special thanks to the speakers, the Allentown Senior UOL Chapter who hosted the Sunday Brunch, and our Spiritual Father for the Retreat, Fr. Oryhon.



St. Mary's Protectress Southfield Jr. UOL Chapter

Submitted by Natalie Serdiuk Jr. UOL President

Our chapter of the Jr. U.O.L. started the new Church year by organizing games at the Church Picnic in August. We took the opportunity to also hold a membership drive that day. We now have 19 members! In September, we met to plan our new calendar year. The newly elected Jr. Board was introduced. The newly elected president of the Junior Chapter is Natalka Serdiuk. This year we have two vice-presidents, Andrew Powers and Elizabeth Jones. Yarema Petrusha and Lesia Powers were elected as co-secretaries and Michael Powers is our chapter treasurer.

In September, October, and November we were busy holding our monthly meetings and religious instruction, as well as hosting friendship hour twice a month. On our Feast Day Celebration (Pokrova), we passed out icon prayer cards to all of our parishioners. We created these prayer cards with the image of the Pokrova icon hanging in our Altar, with a prayer dedicated to the Protection of the Holy Mother of God on the reverse side. These were available in both Ukrainian and English. Additionally, in order to add to the festive spirit of the day, we decorated the outside gates of the Church with wreaths. Most rewarding of all was being able to participate and take part in the Divine Liturgy. In November, we held a canned food drive for the needy in our immediate community.

In December we set up a Christmas Store, held our monthly religious meeting, attended our religious education class and hosted a Friendship Hour on St. Nicholas' Day. We decorated the Christmas tree in church, held a donation drive for St. Herman's House in Cleveland, and decorated the Church grounds with winter wreaths, as well. On Christmas Day we greeted our parishioners with Nativity icons. On January 10th, the Junior Chapter hosted a Christmas luncheon and Christmas program in our church hall for our entire congregation. We also held a raffle of items donated by our parishioners. Later that same month Junior members took part in the Theophany services and distributed holy water to our elderly, ailing and shut-in parishioners.

In early February we collected funds for St. Andrew's Soup Kitchens in Ukraine. Additionally, on Cheesefare Sunday we hosted a Crepe luncheon, where we served nalisniki, blintzi and cheesecake.

During Great Lent we plan on assisting in cleaning the church grounds, visiting and cleaning gravesites of our deceased parishioners (especially those without family), opening our Pascha store (where we will sell Easter related items) and most importantly attending and assisting in various Lenten Services.

We eagerly look forward to many more activities this Spring.



The UOL Chapter Advisor submitted the following picture and added that the Jr. UOL Chapter President attended the Ukrainian Engineers' Society of America-Detroit Branch Debutante Winter Ball on February 13, 2010 in Warren, Michigan. Debutante Natalie Serdiuk, St. Mary's-Southfield Jr. UOL Chapter President was escorted by Gregory Markiw, Jr. UOL Vice-President.

St. John's Junior UOL

Submitted by Advisor Beth Harendza

Over the course of February, St. John's Ukrainian Jr. UOL has accomplished a lot. We have really united together this month.

Many of our Jr. UOL members joined in the icon procession in the Vesper service celebrating Sunday of Orthodoxy. It was held at the Annunciation Greek Orthodox Church in Vestal. It was a great experience for us to be a part of this.

We are planning a painting party to put the finishing touches on our Jr's coat room. We are very excited! Each member has also been working very hard on our Jr. UOL cultural contest project for convention.

During the Lenten season our Jr's gather at the church hall twice a week for Pysanky classes. We have guest artists from our parish join us each week to share their talents. Families take turns bringing a meal to share. It's a fun and great way to connect.

UOL EDUCATION COMMISSION ANNUAL

ESSAY CONTEST

Train up a child in the way he should go: and

When he is old, he will not depart from it."

Proverbs 22:6

Pre-school/Kindergarten

Draw a picture of your church.

Grades 1 & 2 (two sentences & a picture)

Draw a picture of your family in church, and tell why you like going to church.

Grades 3 & 4 (three or four sentences, and a picture may be included)

Tell how you feel when you are in church.

Grades 5 & 6 (35 to 50 words)

Explain why it is important for you and your family to attend the Divine Liturgy.

Grades 7 & 8 (75 words)

During the Liturgy, the priest or bishop says "Let us lift up our hearts." How does this make you feel?

Grades 9 & 10 (150 - 200 words)

Tell of a situation in which your faith guided you in a difficult situation.

Grades 11 & 12 (200 to 500 words)

How does weekly participation in the sacrament of communion prepare you to live, on a daily basis, as an Orthodox Christian?

Adult 18 and over (500 words)

In what ways can you/we, as Orthodox Christians, "Train up a Child in the Way He Should Go: and When He Is Old, He Will Not Depart From It."

CONTEST GUIDELINES AND RULES

1. Entries must be postmarked by May 30th, 2010. **NO ENTRIES WILL BE ACCEPTED AFTER MAY 30TH 2010**
2. **NO NAMES ON THE FRONT OF ANY ENTRY.**
3. All entries must include the following information: **Participant's first and last name, age, grade, and the name and address of participant's parish, including city and state.**
4. Drawings no larger than 12" x 18" and **NO** name on the front of drawing. Please attach a **COVER PAGE** or use the **BACK** of the drawing for the information listed above.
5. Written entries must be on 8 1/2" x 11" papers. Include a cover page with the identifying information listed above. Entries for 9th grade and above must be typed or printed.

ALL ENTRIES WILL BE JUDGED FOR CONTENT, CREATIVITY AND NEATNESS.

Mail entries to:

UOL Essay Contest C/o Shirley Skocypec
135 Davidson Avenue

Great Lent Giveaway

Submitted by Natalie Kapeluck Nixon

The **Great Lent Giveaway (GLG)** is designed to give our youth the opportunity to do good works for others during Great Lent. In addition to doing good works, they learn more about their faith and devote additional time to learning, prayer and fasting during this season of preparation for Pascha. The GLG is a joint project of the Jr. Ukrainian Orthodox League and Consistory Office of Youth & Young Adult Ministry. With the blessing of our Hierarchs, the GLG of 2010 will benefit the Orthodox Christian Prison Ministry (OCPM). OCPM is the official outreach to prisoners of the Standing Conference of Canonical Orthodox Bishops in the Americas (SCOBA). They minister to prisoners and their families by mobilizing the Church to work in this important vineyard of the Kingdom of Heaven.

Learn more about OCPM at www.ocpm-scoba.org

The full program is broken into two age groups. The GLG program may be used any time throughout the year, not just during Great Lent. Please modify it for your needs. In an effort to reduce consumption of resources and live as better caretakers of our Lord's creation, the full program is available in one of two ways:

1. Downloadable on-line at www.uocofusa.org - Offices of Ministry – Office of Youth Ministry
2. Requesting a printed version from the Office of Youth & Young Adult Ministry

We encourage you to construct a program using the full program materials, as well as your own ideas, to make the GLG more than just a fundraising effort. A program that is carried out throughout Great Lent, through the spring, will help the youth of your parish more fully understand the importance and beauty of mission work during fasting periods.



Deadline for the GLG funds are June 1, 2010. Information on where to send them is included in the packet information.

For further information contact: Ethan Rock, Jr UOL, ejrock@aol.com or Natalie Kapeluck Nixon, OYM, uocyouth@aol.com

Go Forth, Make Disciples of All Nations

2010 Ukrainian Orthodox Church Camping Programs

Information and Applications Available at www.uocyouth.org, uocyouth@aol.com or 412-279-1076

Staff needed for all programs

Diocesan Church School Camp June 25-July 10 Children ages 9-13	Teenage Conference July 11-24 Teenagers ages 13-18	Mommy & Me/ Daddy & Me August 2-6 Children ages 4-8 and parents
--	--	---



The Junior UOL is turning 50!
We will be celebrating the Golden Anniversary of the Junior UOL Convention at the UOL Convention in Philadelphia in 2011!

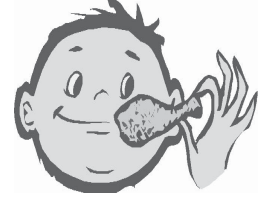
We are planning a Junior UOL Reunion Event at the Convention.

Tell your friends to start planning now for July 2011.

Submit names for the UOL Reunion list to **Natalie Bilynsky at nsufler@aol.com or Andreea Karbiwnyk Swan at aps6@comcast.net**

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.



Annunciation commemorates the day that Archangel Gabriel proclaimed to the Theotokos that she would give birth to the Son of God, and is celebrated on April 7th. Typically, this Feast Day occurs during Great Lent, therefore the menu of this Feast day was typically Lenten. It was very common to serve deruny (potato pancakes) for Annunciation.

- Ingredients:
- 4 potatoes
 - 1 small onion (finely chopped)
 - 2 large eggs beaten
 - ½ cup flour
 - Oil



Chop onion. Peel, cut and grate the potatoes. Add beaten eggs and flour to potato and onion mixture. Mix gently. Heat oil in skillet. Drop batter into oil by the spoonful. Brown each side.

Serve with sour cream.

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

**All Saints Ukrainian Orthodox Camp Annual Meeting
 Saturday, April 17, 2010
 2:00 PM
 St. John the Baptist Church Sharon, PA**

The *All Saints Camp ANNUAL* Meeting will be held on Saturday, April 17, 2010 at St. John the Baptist Church, Sharon, PA. The meeting will start at 2:00 PM. All Saints Camp provides an invaluable ministry to our church family and we encourage each parish and parishioner to get involved in this worthwhile organization. We will be discussing the upcoming season and future camp developments. It is very important that anyone who is interested in helping the camp in anyway to please attend. We ask that all parishes and parish organizations send delegates to this meeting since this is the annual meeting. If you have any questions or need more information you can contact Emil Skocypec (732) 805-3329, Eric Senedak (412) 390-8261, or Christine Mills at (412) 716-0562. Thank you and we hope to see you at the meeting!
 Christine Mills
 Secretary

NOTE TO ALL PARISHES:

***We encourage all parishes to send delegates and interested persons to the meeting. Please fill out the delegate form below and return it to Christine Mills by April 10, 2010.*

Parish Name: _____

Delegate Name: _____

Alternate Delegate Name: _____

Parish Priest Signature: _____

Please send to: Christine Mills 641 North Allerton Ct. Moon Township, PA 15108

Make your plans to attend:

**Ukrainian Days Festival
 July 17 & 18, 2010
 St. John the Baptist
 Johnson City, NY 13790
www.stjohnuoc.org**



**The True Faith In Theory And Practice
Fr. John W. Harvey**

At the basis of our stance as Orthodox Christians we proudly attest to the fact that this is the True Church. All other Christian denominations, even the Roman Catholics, have gradations of the whole truth and limp, so to speak. We have received the fullness of doctrine through Tradition, the Holy Scriptures and Patristic teaching without fads or fancies or spates of unbelief. This is a magnificent record of some 2000 years of saying the selfsame thing, in all corners of the Orthodox world. As Ukrainian Orthodox Christians we are part of this glorious heritage and we have the privilege of spreading this heritage wherever in the world we happen to go. On the Sunday of Orthodoxy we can pat ourselves on the back for this ageold steadfastness. Looking at other Christians we see that even within denominations basic issues of doctrine or morals can substantially vary between congregations and what they taught a century ago may be passe now. All this helps to give the Orthodox a certain smugness and can lead to an unwarranted arrogance.

By being alone in holding onto the undivided faith, there comes a duty not only of continued conservation of its fullness, but also the necessity of spreading it to the spiritually hungry of the world. History has not dealt the Orthodox a good hand in that for the past millenium, Orthodoxy has had to battle forces plotting against its continued existence. The rise of Islam hit the heartland of Orthodoxy in Africa, the Middle East and across the Balkans. Without the miracle which took place at Pochaiv, Turks and Islam would have placed Poland and Ukraine also firmly under their hegemony.

In all Islamic dominated lands great apostasy to Islam occurred and for those remaining as Christians, a second class existence would be their lot. Martyrdoms took place, sons were taken to be Moslem soldiers (Janisaries) and a financial burden was extracted from Christians. In such a harsh atmosphere, Orthodoxy had to fight and bide its time just to stay in existence. Missionary work was out of the question. Comes the twentieth century and the horrors of Communism cover the Balkans, Eastern Europe, Ukraine, Russia and all across the wide territory of Siberia. To keep the faith alive under the stress of the Communist system was a difficult chore and again missionary work outside was impossible.

Times have changed and Orthodoxy now mounts fruitful missionary work in many parts of the world. Our own diocese supports the marvelous work of the Orthodox Christian Mission center, so check out their website to learn of the work.

Our own diocese has worked to conserve the parishes it has held over the decades. The fruit of the different waves of immigration from Ukrainian lands. Now, jobs have caused many people to move to parts of the country where we have no diocesan churches and often no Orthodox churches at all. It came to my notice expecially when one young man from this parish found a job in another city. Although the place was a good size, still a longish drive would be necessary to reach any Orthodox church at all. Looking at the map there are great swaths of territory where no Orthodox church has gone. If we are the true faith, we should endeavor to outreach all of these untapped places.

As resources and opportunity allows, presently our church is doing just that. Las Cruces, New Mexico is a good sized town and we have found a niche there as missionaries, which is beginnng to bear fruit. Orthodox have planted missions in other New Mexico cities and towns, but we are the first in this place. Charlottesville, Virginia was not only a fruitful vineyard, but has been a spawner of vocations. It is no longer a mission, but has matured into a mission-minded parish. Bel Air, MD and Dover, Delaware are other spots in which an active outreach is taking place. Looking at the map of America, these actions may seem modest, but with the resources that are available, a truly blessed work is being done. Let us pray that all jurisdictions have this push from the Holy Spirit to plant seeds in the cities and towns where no Orthodox witness exists.

Let our holding of the true faith be not a smug arrogant boast, but rather the realization that we have the evangelization of America as a massive goal and burden on our soul. We are not to forget the Ukrainians that are our first duty to conserve as pious Orthodox, but our mission is as wide as America.



Do you have questions that you would like to submit to Fr. Harvey -

Email your questions to Nsufler@aol.com
(all questions are listed anonymously)

35 Years "In Loving Memory"

The Lynne Sawchuk-Sharon Kuzbyt Memorial Scholarship

- Keep the tradition - Please donate this year -

Submitted by Daria Pishko Komichak

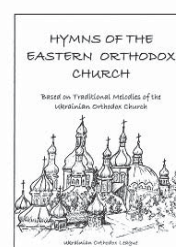
This July will mark the 35th Annual award of the Lynne Sawchuk-Sharon Kuzbyt Scholarship. The LSSK Scholarship was established at the 28th Annual UOL Convention in 1975 to perpetuate the memory of two lovely, dynamic young women whose untimely deaths left an indelible mark in the life of the Ukrainian Orthodox Church, the Ukrainian Orthodox League, and in the personal lives of their families and many friends.

Both Lynne and Sharon were leaders in their communities. Lynne was president of St. Vladimir's Junior UOL in Philadelphia, PA. Sharon was president of the Holy Ascension Junior UOL in Clifton, New Jersey. Both were active participants in our diocesan camping programs and Junior League convention delegates. Both were extremely active with the Church and the League. This scholarship is awarded annually to Junior UOL members or former members who have exhibited the dedication, energy and scholastic qualities by which these young women are remembered.

Through the dedicated efforts and generosity of many Ukrainian Orthodox League members, the LSSK Scholarship Fund has awarded 130 scholarships totaling over \$146,000. Of particular note is the dedication of Mrs. Eugenia Arson, Mr. & Mrs. William Kuzbyt and the members of the Holy Ascension UOL in Clifton, New Jersey, who for each of the last 35 years, have contributed donations to the scholarship fund in excess of \$600 per year without fail. The scholarship fund was also fortunate to receive a \$10,000 gift in 1994 from Mr. Wasyl Pysh. All of these extraordinary efforts have made these scholarships possible.

In our last fund drive, we specifically reached out to former scholarship recipients for their support. The following is a listing of the generous contributions of former LSSK scholarship recipients and their families: Mary S. Peyton, Carnegie, PA \$1,220; Clinton Greenleaf III, Austin, TX \$1,000; Mrs. Anna Kulak, Somerset, NJ \$400 in memory of her daughter and LSSK Scholarship recipient Katheryn Kulak; Gregory M. Misko, New Brunswick, New Jersey \$300 (\$50 of which donated in memory of Boris Pishko); Stephanie Unger Burk, Lake Hiawatha, NJ \$250; Timothy Patronik, Glenview, IL \$250; Anne Unger Carlantone, Goshen, NY \$200; Oleh & Natalie Sufler Bilynsky, Wallingford, PA \$100; Alexis M. Oryhon, Endicott, NY \$100; Jeffrey S. Patronik, \$100; Wendy Todd Vincent, Frankford, IL \$100; Dr. Jeremy Oryhon, Nashville, TN \$100; Melissa Sirick Josefiak, Westbrook, CT \$100; Diane Platosz Youngs, Leesburg, VA \$100; Julie Klysh Tibbets, Alexandria, VA \$100; The Carmen Family, Watertown, NY \$100; Michael Kapleuck, Carnegie, PA \$75 (\$25 in memory of Elizabeth Mitchell); The Senedak Family, Youngstown, OH \$50; Bonnie Reinhart, Carnegie, PA \$50; The Nemeth Family, Flourtown, PA \$50; Rebecca Buchan, Scotch Plains, NJ \$20; Gretchen Reinhart, Carnegie, PA \$25; Emily Klish Smorol, Syracuse, NY \$25; Stephan and Marian Zetick Sheptak, Butler, PA \$20; Oksana Mahlay, Broadview Heights, OH \$20; Anonymous \$15. As part of this fund drive effort, all donations by former scholarship recipients were generously matched by Daria and Michael Komichak. Their donations totaled \$3,075 in 2008 and \$1,000 in 2009. We thank all of these generous donors for their contributions which continue this loving memory.

Please consider a generous contribution to the LSSK Scholarship Fund Drive this year. Donations can be sent to Daria Pishko Komichak, 64 Coleman Avenue, Chatham, NJ 07928.



**HYMNS OF THE EASTERN
ORTHODOX CHURCH**

are available for \$5.00 per copy

To order contact:
Natalie Bilynsky 703 Pine Ridge Road
Wallingford, PA 19086

nsufler@aol.com 610-892-7315

I Believe

The Liturgical Music CD recorded by the Youth of our Church at Diocesan Church School Camp, Teenage Conference and Mommy and Me/Daddy and Me Summer 2009



Place your order today to enjoy this unique offering to God by His Children!

Please send order requests to :
Office of Youth and Young Adult Ministry
PO Box 869
Carnegie, PA 15106
(please include shipping address)

CD — \$15.00
(includes shipping and handling)
Please make checks payable to: UOCCP

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.

**U
O
L

T
R
I
B
U
T
E
S**

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.

CONTRIBUTOR	OCCASION
Fr. and Pani Matka Diakiw	Babee and Gigi send love and get well prayers to Jessica Roach!
Fr. and Pani Matka Diakiw	Happy Sweet 16th Birthday to Katie Zimmerman!
Fr. and Pani Matka Diakiw	Happy Birthday to Lydia Diakiw Rudolf Love, Mom and Dad

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**

**Encourage UOL Membership -
Share your UOL Bulletin with a Friend!**

UOL Bulletin
c/o Natalie Bilynsky
703 Pine Ridge Road
Wallingford, PA 19086

Non Profit Org
U.S. Postage
PAID
S. Bound Brook, NJ
Permit No 96

Ukrainian Orthodox Church of the USA
High School Mission Trip 2010
Emmaus House - New York, NY
An Orthodox Inner-city Outreach
August 8 - 15, 2010

Ages: 15-18 Cost: \$700

Join teenagers from across the country to serve at Emmaus House experience the bustle of New York City. Aid Emmaus House in helping the homeless learn to help themselves through Christian love. Learn more about Emmaus House at www.emmaushouse-harlem.org

To learn more about the trip or to download an application www.uocyouth.org, uocyouth@aol.com or 412-279-1076.