



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 66 NO. 1

OCTOBER 2019

72nd UOL Convention - All Saints Camp - Emlenton, PA



For the first time in UOL history the Annual UOL Convention was held at All Saints Camp in Emlenton, PA. The 72nd UOL Convention started on Thursday August 1st at our fabulous All Saints Camp. It was a wonderful time for delegates and guests from chapters and parishes throughout the country to gather, enjoy the camp, each other and also discuss issues of critical importance to our Church.

Over the course of the convention approximately 150 faithful and clergy gathered for meetings and wonderful social events. His Eminence Metropolitan Antony and His Eminence Archbishop Daniel actively took part in all aspects of the Convention. It was wonderful to come onto the grounds of All Saints Camp and to be greeted by two smiling faces, registration committee members Christine Mills and Cindy Haluszczak. It was a sunny bright afternoon and Christine and Cindy welcomed every individual with a packet of UOL materials.

While the Senior and Junior Executive Boards had meetings in the newly renovated Millennium building Protodeacon Ihor and Pani Iryna Mahlay set up a wonderful shop with items from the Consistory gift shop. They had books, religious items, Ukrainian embroidery and other cultural items for sale the entire Convention. During the day individuals arrived and gathered at the lodge. It was a joy to catch up with fellow UOL members and to enjoy the

beautiful sunny afternoon.

Dinner that evening was fantastic! Convention goers enjoyed prime rib prepared by chef extraordinaire Pete Osad. We nominate him for an additional Michelin Star. The meals at the convention were certainly not traditional camp fare – but rather gourmet quality. Following our delicious meal, everyone moved up to the Millennium Building for the first session.

The first business session of the Convention was called to order at 7:00 p.m. on Thursday, August 1st, by President John Holowko. As always the Convention started with prayer and the Invocation offered by His Eminence Metropolitan Antony. The Convention body then pledged allegiance to the flag and sang the National Anthem.

Opening remarks and greetings were given by President John Holowko, Junior UOL President Alexis Naumenko, Convention Committee Chairperson Michael Nakonachny, Spiritual Advisor of the Senior UOL, Fr. Taras Naumenko and Spiritual Father of St. Thomas Chapel of All Saints Camp, Fr. Paisius McGrath. The first formal session of the day concluded with the approval of a formal Agenda, Minutes, Financial Records and Audit Reports.

(Continue on page 2)

St. Vladimir's Senior and Junior UOL cordially invite you to the 73rd Annual UOL Convention!

July 22 - 26, 2020

Philadelphia, PA

For we walk by faith,



not by sight. Corinthians 2 5:7

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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 11 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). If submitting photos please be sure to obtain consents for photos to be included in the UOL Bulletin.

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

(Convention - continued from page 1)



That evening the entire convention body enjoyed time at the camp fire. It was nice to have time to watch the stars, sit by the campfire and enjoy s'mores by the fire.



The second day of this year's Convention began with a Divine Liturgy that with the blessing of His Eminence Metropolitan Antony was served by His Eminence Archbishop Daniel, Very Rev. Fr. Taras Naumenko, Rev. Fr. Mark Swindle, Rev. Fr. Philip Harendza, Rev. Fr. John Charest, Rev. Fr. Ivan Tchopko, Protodeacon Ihor Mahlay and Deacon Paul Cherkas.



Following Divine Liturgy everyone enjoyed a fantastic brunch. Following brunch the sessions resumed and our keynote speaker, Dr. Albert Rossi, spoke to both Senior and Junior UOL members. Dr. Rossi touched everyone in the room as he called everyone to put Christ first. For those who missed the Convention and Dr. Rossi, this was truly a keynote address that was phenomenal. Dr. Rossi has a podcast and has written the book "Becoming a Healing Presence." All members of the UOL are encouraged to listen to his podcast on Ancient Faith Radio and to read his book.

This year the convention body had several committee groups that focused on essential issues within the church. Reports from the committees are published within this issue of the UOL Bulletin.

(Continued on page 4)

MESSAGE FROM THE SENIOR UOL PRESIDENT

Karen Ferraro

Glory to Jesus Christ! Слава Ісусу Христу!



I am truly honored to have been elected President of the Senior Ukrainian Orthodox League of the USA, and kindly ask for your prayers! For those who do not know me, my home parish is St. Vladimir Cathedral in Philadelphia where I am the choir director, a member of the Parish Board of Administration, and an officer of our Senior UOL Chapter.

Our 72nd UOL Convention at All Saints Camp was so unique and heartwarming! The serene setting of our own camp "home" gave all the feeling of truly being embraced as a family in Christ. I extend most sincere thanks to His Eminence Metropolitan Antony and His Eminence Archbishop Daniel for their attendance and diligent participation in our convention. Their words were heartfelt and inspiring! My favorite times at the Convention were those spent in beautiful St. Thomas Chapel, where the open doors allowed our prayers to truly rise as they spilled out into the outdoors among the overflow of the faithful and beyond. On behalf of the entire UOL, I'd like to thank Michael Nakochny and all members of the 72nd UOL Convention Committee for the hard work that went into this amazing experience, both before and during the convention – especially for carting those heavy pans of delicious food to the Pavilion for Ukrainian Food Truck Night!

Rejuvenated by our sessions, the Senior UOL National Executive Board has already been hard at work taking the convention recommendations and turning them into reality. We are working on improving our communication, including having a video presence on the internet so those who are unable to attend a convention or a retreat can view key presentations. We would like to enhance our website with photos from events across the League and encourage you to send them to Lisa Ryan at corsecretary@uolofusa.org. We are exploring ways we can have a UOL presence at parishes where a traditional governing board may not be feasible. We are executing on plans to help new immigrants at our parishes. We'll be sharing our progress in these areas and more in the coming months.

The 2019-2020 Sr. UOL Commission and Committee appointments and assignments are as follows:

Commissions:

- Christian Caregiving & Missions
- Education
- Public Relations
- Vocations & Clergy Support
- Youth
- Ways & Means

- Anna Anderson
- Oleh Bilynsky
- Lisa Ryan
- Jack Roditski
- John Holowko
- Patricia Walton

Committees:

- 73rd Annual Convention
- All Saints Camp Committee Delegate
- Annual Fund Drive
- Archives
- Awards
- Chapter Development
- Constitution/Handbook

- Andrea Swan
- John Holowko
- Patricia Walton
- John Holowko
- Joe Goodge
- Daria Pishko-Komichak
- N. Bilynsky & D. Pishko-Komichak
- Oleh Bilynsky
- Teresa Linck
- Anna Anderson
- Natalie & Oleh Bilynsky
- Patricia Walton
- Natalie Bilynsky
- Natalie Bilynsky
- John Holowko

- Educational Seminars
- Essay Contest
- LSSK
- Retreats
- ABC Books
- UOL Bulletin Editor
- UOL Tribute Fund
- Young Adults

Keep an eye on our website uolofusa.org and our Facebook page "Ukrainian Orthodox League of the USA (uol)" for the latest news. Be sure to view the committee reports from our 72nd Annual Convention, now posted to the website.

I wish to extend sincere thanks to those who served on the Sr. UOL National Executive Board in the past year and congratulate those who have been elected to board positions for this year, including newcomers Lisa Ryan and Joe Goodge. We are pleased to welcome back our beloved Spiritual Advisor, Very Rev. Taras Naumenko.

Special thanks to John Holowko for serving the past three terms as Senior

(Continued on page 6)

Dr. Dinah Fedyna awarded UOL Orthodox of the Year Submitted by Anna Anderson

The Orthodox of the Year award was originally established in the St. Vladimir parish in Cleveland, OH, to recognize a lay member of the League for their accomplishments in furthering the aims and goals of the League. In 1991, the name was changed to the Senior Recognition Award, and in 1995, the name of Father Stephen Hallick-Holutiak was given to the award to honor the life-long role that Father Stephen exemplified as a member of the League. This award is given to a UOL member of good standing during the year of consideration. I am honored to announce that the winner of the Senior Recognition Award goes to Dr. Dinah Fedyna, of the Youngstown Parish.



Dr. Dinah has been a life-long member of Sts. Peter and Paul in Youngstown her whole life. She faithfully attended Church School and was an integral member of the Jr. UOL. As an adult, Dr. Dinah continued to be very active in many organizations. She served on the Parish Board as a trustee, sang in the choir, has been the advisor for the Jr. UOL, and has served as President and Vice-President of the Sr. UOL. Dr. Dinah was a founding member of the Church's Youth Ministry Program which supports the youth of the church by raising money to pay for our youth to attend All Saints Camp, raising money for college scholarships, and funding youth activities.

Dr. Dinah is the Chair of our Community Dinner. Every other month Sts. Peter and Paul sponsors a Community Dinner. Dr. Dinah has spearheaded this from the beginning. She collects donations, organizes the meals, supervises the making of packed lunches for the participants to take home, brings in students from the Northeast Ohio Medical School to give free blood pressure checks and has a table of donations of personal hygiene products that are free to those who come. Since she has started the ministry, the church serves nearly 200 people every other month.

The many hours that Dr. Dinah has spent supporting the church cannot be counted. Her Sr. UOL President wrote this: "Dr. Dinah is a wonderful steward of the church. She gives of herself unceasingly in order to care for her fellow man- mind body and spirit...she is a wonderful steward who loves her Lord and her church." Her pastor, Father Ivan Tchopko writes: "...she has supported our hierarchy and outreach and mission of our Diocese. Despite the many accolades that are her due, she remains a paradigm of humility and simplicity to everyone that knows her." All these words truly reflect the humble, loving, dedicated Christian that is Dr. Dinah Fedyna.



Morning Prayers

Join our morning prayer group 7:15 am

Monday through Friday

We call-in and pray together

Call-in for morning prayers and join us in prayer

Email [Natalie nsufler@aol.com](mailto:Natalie_nsufler@aol.com) to get call-in number

Are you interested in starting a prayer group
at a different time?

Send your preferred time and we will start a group.

Wouldn't it be wonderful if we had a prayer group all day.

MESSAGE FROM THE JUNIOR UOL PRESIDENT

Alexis Naumenko



Слава Ісусу Христу! Glory to Jesus Christ!

On behalf of the Jr. National UOL Board and all the youth participants of the 73rd UOL Convention, I would like to extend sincere gratitude to the convention chair, Michael Nakonachny, and the entire convention team for the time and effort they dedicated to make this year's UOL Convention a success. For the first time ever, the UOL Convention was held at our very own All Saints Camp and many individuals had the opportunity to witness how beautiful our camp is.

Our heartfelt thank you goes out to our spiritual father, Fr. John Haluszczak and Jr. UOL Advisor, Fr. John Charest. Without your guidance and spiritual support we would be lost, and so we thank you for the inspiration and love that you bestowed upon us.

Thank you to His Eminence Metropolitan Antony and His Eminence Archbishop Daniel for playing a vital role in the life of the UOL and for their continuous, unprecedented support.

I would also like to take this opportunity and thank the outgoing members of the Junior National Board, Cyril Sheptak and Anna Swindle, and all graduating Jr. UOL members. Thank you for your service and we wish you much success in your future endeavors.

Congratulations to the newly elected National Executive Board of the Junior Ukrainian Orthodox League. I am honored to be a part of such a strong and dynamic group. The National Executive Board of the Junior Ukrainian Orthodox League for the 2019-2020 year is composed of the following individuals:

Maddie Zetick - Vice President, Philadelphia, PA
Hrystyna Petrylo - Treasurer, Pittsburgh, PA
Natalie Hrytsay - Secretary, Philadelphia, PA
Rachel Harendza - Financial Secretary, Scranton, PA
Alexis Naumenko - President, Philadelphia, PA
Advisor: Mr. John Holowko, Maplewood, NJ
Spiritual Advisor: Father John Charest, Carnegie, PA.

As a National Board, we are here to help you and your chapter. I encourage YOU and all our youth to take an active part in your parish life and become a member of the Ukrainian Orthodox League. We will work hard on strengthening the League and getting our youth involved and the entire Junior Board is very excited about this mission. As we start a new year for the UOL, I pray that this year will be a productive and rejuvenating year for our UOL and for the Church as a whole.

If you should have any questions, concerns, or comments about the Junior Ukrainian Orthodox League in this coming year, please feel free to contact me, Alexis Naumenko, at alexisnaumenko20@gmail.com or via telephone (215) 290-7878.

In Christ,

Alexis Naumenko

President



Senior National Executive Board

2019-2020

(Convention - continued from page 2)



Following committee meetings, President John Holowko presented the check for “Souper Bowl Sunday” to Protodeacon Ihor Mahlay, President of St. Andrew’s Society. Accepting the donation, Protodeacon Ihor spoke of the common ministry of both organizations and the great part the UOL has played in helping St. Andrew’s Society to raise and distribute about \$1,300,000 for charitable projects in the past 25 years of St. Andrew’s Society’s ministry.

Very Rev. Fr. John Haluszczak, chairperson of the All Saints Camp Committee, addressed the delegates of the Convention, sharing with them the successes of this year’s Camping Ministry and asking the general UOL membership to be the moving spiritual force behind the spiritual and physical improvements at the Camp.

Michael Nakonachny spoke to the delegates about a campaign to raise funds for much needed upgrades and repairs at All Saints Camp. Everyone witnessed the tremendous work completed to update the Millennium Building. If you have not had the chance to see the impressive work completed at All Saints Camp, it is imperative that you visit soon. Michael provided a full brochure with the list of items that need to be repaired at the Camp. He encouraged everyone to donate to support the Camp and to have chapter projects to support the renovations. He reminded all UOL members that All Saints Camp was a dream of the UOL that came true. UOL members are encouraged to support the fundraising efforts for All Saints Camp. At the Convention the UOL pledged to donate five thousand dollars to All Saints Camp as part of this fundraising project.



Friday evening everyone had the opportunity to enjoy the camp and were treated to a fun filled evening with Ukrainian themed food trucks. The food trucks had clever names and absolutely phenomenal food. Tables were set in the pavilion and food truck cutouts encircled the pavilion. Convention participants moved from truck to truck and got wonderful treats. Varenyky, borscht, cod, fantastic mushrooms and roasted vegetables, all of the food was delicious.



After evening prayers the Philadelphia chapter hosted a hospitality night. Keeping with the theme of family fun camp night, the Philadelphia chapter planned a fun filled trivia night called “Quizzo Philly Style.” The group divided into teams of six with juniors and seniors on teams together. They answered trivia questions with a variety of topics, including some focused on Orthodoxy, some focused on Philly trivia and others just good old fashioned fun. In addition to the trivia night Philadelphia prepared wonderful snacks and sweets for the group. The hospitality night was a great introduction to the fun that will be Convention 2020.

Saturday morning began with the Akathist Service in front of the icon of Pochaiv Mother of God. UOL members joined in singing the uplifting praises to the Mother of God during the Akathist served by Fr. Ivan Tchopko. At the conclusion of the service, His Eminence Archbishop Daniel addressed the delegates of the Convention. The morning service concluded with the veneration of the icon of Pochaiv Mother of God.



Following another wonderful breakfast the sessions continued. Reports from all of the committees were presented. Junior Committees also presented their reports to the Convention body.

The Senior National UOL Board presented the UOL Essay Contest Awards. This year there were 95 entries for the UOL Essay Contest. Winners were awarded with an icon of St. Thomas. A full list of all of the winners will be published in the next issue of the UOL Bulletin.

A highlight of the Convention is always Chapter Challenge and this year our Chapter Challenge was quite exciting. The Chapter Challenge was a nail-biter with the Junior UOL National Executive Board losing.

Andrea Swan, Convention Chairperson for the 2020 UOL Convention, made a presentation and showed a fun and lively video about the upcoming Convention. The UOL Convention in Philadelphia looks like it will be a wonderful event. Start making your plans now to attend the UOL Convention hosted by the Sr. and Jr. UOL Chapters of St. Vladimir Ukrainian Orthodox Cathedral in Philadelphia, PA.



(Continued on page 5)

(Convention—continued from page 4)

On Saturday, both the Senior and Junior UOL Convention bodies elected their Executive Boards. Senior National Executive Board UOL Officers:
 President – Karen Ferraro of St. Vladimir, Philadelphia, PA;
 1st Vice President – Oleh Bilynsky of St. Vladimir, Philadelphia, PA;
 2nd Vice President – Patricia Walton of St. Nicholas, Troy, NY;
 Corresponding Secretary – Lisa Ryan of St. Vladimir, Parma, OH;
 Recording Secretary – Anna Anderson of Sts. Peter and Paul, Youngstown, OH;
 Financial Secretary – Jack Roditski of Holy Ascension, Maplewood, NJ;
 Treasurer – Daria Pishko Komichak of Holy Ascension, Maplewood, NJ;
 Auditor – Joseph Goodge of St. John the Baptist, Sharon, PA;
 Immediate Past President – John Holowko of Holy Ascension, Maplewood, NJ;
 Bulletin Editor - Natalie Bilynsky of St. Vladimir, Philadelphia, PA;
 73rd UOL Convention Chair – Andrea Swan St. Vladimir, Philadelphia, PA.

Junior UOL: President – Alexis Naumenko of St. Vladimir, Philadelphia, PA;
 Vice President – Madeline Zetick of St. Vladimir, Philadelphia, PA;
 Treasurer – Hrystyna Petrylo of St. Vladimir, Pittsburgh, PA;
 Financial Secretary – Rachel Harendza of Holy Archangel Michael, Scranton, PA;
 Recording/Corresponding Secretary – Natalia Hrytsay of St. Vladimir, Philadelphia, PA.

The 72nd Annual Ukrainian Orthodox League Convention was adjourned and the delegates closed the session with the singing of the Ukrainian National Anthem and closing prayers.

Following the close of sessions everyone enjoyed a barbecue lunch with hamburgers, hotdogs and delicious salads. The weather was perfect and everyone enjoyed another fantastic meal. In fact, many commented that the food at this Convention was the best ever.

Everyone gathered outside the Chapel for the group picture. With the picture completed everyone attended Great Vespers. There wasn't much time but everyone quickly got ready for the grand banquet and ball at the local Country Club.

The Country Club had windows that overlooked the grounds. It was nice to see many people who did not attend the Convention but gathered for the Banquet and Ball. John Holowko was the Master of Ceremony.

Awards were presented including Chapter of the Year to Northampton, PA. The Fr. Hallick-Holutiak award was presented to Dr. Dinah Fedyna; Junior Chapter of the Year was presented to the Philadelphia Junior UOL Chapter. Jack Roditski presented the Seminarians of the Church with scholarships from the Metropolitan John Scholarship Fund. (Articles about Northampton chapter and Dr. Dinah Fedyna are in this issue.)



Anna Anderson, LSSK Scholarship Chairperson presented LSS scholarships to Cyril Sheptak, Dehlia Walkowicz, Anna Swindle and Christopher Pokolylo. Details about Junior UOL winners, and MJSF and LSSK Scholarship recipients will be in the November issue of the UOL Bulletin).

The Annual UOL Convention came to a conclusion on Sunday, August 4, 2019, as the faithful gathered at the main Dining pavilion of the Camp and processed with the Hierarchs of the Church for the celebration of the Divine Liturgy of St. John Chrysostom.

As the procession of clergy and Hierarchs to the Camp Chapel of Holy Apostle Thomas took place, the Outgoing Senior UOL President John Holowko and newly elected Senior UOL President Karen Ferraro, as well Junior UOL President Alexis Naumenko, presented the Hierarchs with the traditional Bread and Salt.



It is always a joy to celebrate Divine Liturgy with our UOL members, being in St. Thomas Chapel with a choir from multiple parishes was inspiring.

At the conclusion of the service, His Eminence Archbishop Daniel called upon the newly elected executive boards of the Senior and Junior UOL to come forward in order to be presented to His Eminence Metropolitan Antony, the Prime Hierarch of the UOC of the USA for a formal induction into their service in the life of the organization and the Church. Holding candles in their hands, the officers of the organization made a solemn promise to work for the Glory of God and the fulfillment of the mission of the organization: "*Dedicated to our Church; Devoted to its Youth!*"

Following the conclusion of the Divine Liturgy, His Eminence Metropolitan Antony presented Centennial Awards to the members of All Saints Camp Committee in attendance: Michael Nanonachny, Stephen Sheptak, Eric Senedak, Chris Mills and Rob Prokopchak.

(Continued on page 6)

(Convention - continued from page 5)



Following Divine Liturgy everyone was treated to a wonderful farewell brunch. Departing the grounds of All Saints Ukrainian Orthodox Camp (Emlenton, PA), His Eminence Archbishop Daniel blessed every vehicle for a safe and blessed trip home.

Special thanks to Convention Chairperson Michael Nakonachny and all of his committee members. Their labor of love in planning this convention truly serves as an inspiration.

Be sure to make plans to attend the 73rd Annual UOL Convention in Philadelphia on July 22 –26, 2020.



UOL Bulletin Pictures

Our UOL Bulletin has travelled across the world! Enjoy pictures of our UOL members reading the UOL Bulletin.



Arianna Rock and Lydia (Diakiw) Rudolph reading the UOL Bulletin at the Leaning Tower of Pisa.



72nd UOL Convention Chairperson Michael Nakonachny enjoying his UOL Bulletin in sunny Florida!



Emaline, Evey and Baba (Janice Meschisen) reading the UOL Bulletin in The Highlands of Scotland.

Join in the fun! Take your UOL Bulletin with you and take a picture reading your Bulletin.

Submit pictures by sending to nsufler@aol.com

(UOL President continued from page 2)

UOL President with graciousness. John, you have set a great example for me and I look forward to reaching out to you for guidance! I'd also like to recognize Teresa Linck, who leaves the board but remains the head of our Essay Contest Committee. Thank you for sharing your talents with us, Teresa!

I send greetings on behalf of the new senior officers to the newly elected National Executive Board of our Junior UOL, in the capable hands of President Alexis Naumenko and Spiritual Advisor Fr. John Charest!

In closing, I'd like to ask ALL of you to put our 2020 UOL Convention on your calendars (July 22-26), as my home UOL Chapter welcomes you to the greater Philadelphia area! I look forward to greeting you there!

“And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.” Colossians 3:17

In Christ,
Karen Ferraro

Christian Caregiving and Missions: 2019 Convention Discussion Group Recommendations

1. Outreach to new immigrants via website
 - a. Piloting in Philadelphia Chapter
 - b. Share information from the Western PA Ukrainian site
 - c. Share information on Zenia Kudich's new immigrant discussion group
 - d. UOL Chapters to take part in making new immigrants and other visitors feel welcome, being careful not to "pounce on"/overwhelm them
 - e. Organize sacred-themed trips as well as social gatherings for immigrants to participate in with other parishioners
 - f. Offer English as a Second Language assistance
 - g. Include services to explain school correspondence and homework that may come home with children

Encourage new immigrants to share their gifts/skills with the parish.

In summary, UOL Chapters should show that the Light of Christ shines through us to all who come to our parishes! To quote His Eminence Metropolitan Antony at the 72nd UOL Convention, "What you do has a profound effect on everyone around you."

Membership: UOL Relationship with Clergy & Chapters 2019 Convention Committee Recommendations

Why is the UOL vital to the UOC of USA?

- Emphasis that we are a "mission" of the Church, and not a social club
- Encourage people to work for a common cause
- Focus on getting people involved on the national level (i.e. look for new opportunities for chapters and members at large to combine their efforts of charitable outreach and member education)

Members at Large

- Establish an online registration system and payment of dues
- Expand the outreach for members-at-large
- Improve outreach and communication with MAL's via better utilization of social media and website.

Introduce a new type of chapter

- Utilize "Liaisons," instead of chapter officers
- Liaisons would coordinate between the UOL and parish leadership
- Outreach and survey to regional chapters
- For new and existing chapters, a plan of action regarding retention and revitalization, and utilizing liaisons from the national board.

Online presentation: "What is the UOL about?"

- Update presentation, DVD and make available online
- Host webinars and online retreats
- Utilize social media, such as Facebook Live

Begin to expand retreats west of Ohio to increase/enhance "connectivity"

UOL to set project goals for a parish, such as coffee hour or regional projects, involving churches in the local area.

Work with clergy

- Reach out to your local deanery
- How can we help each other?
- Have a presentation at this year's clergy conference prior to the Sobor, with a focus on receiving feedback from the clergy, as well presenting the UOL in a positive light, and demonstrating our Hierarchs' support for the UOL and its mission.



Prayer

The Education Commission of the UOL will be featuring articles that focus on prayer. The following is from the writings of Saint Theophan the Recluse.

Homily 1 - Beginning to Pray

The work of prayer is the first work in Christian life. If in everyday affairs the saying: "live and learn" is true, then so much more it applies to prayer, which never stops and which has no limit.

Let me recall a wise custom of the ancient Holy Fathers: when greeting each other, they did not ask about health or anything else, but rather about prayer, saying "How is your prayer?" The activity of prayer was considered by them to be a sign of the spiritual life, and they called it the breath of the spirit. If the body has breath, it lives; if breathing stops, life comes to an end. So it is with the spirit. If there is prayer, the soul lives; without prayer, there is no spiritual life.

However, not every act of prayer is prayer. Standing at home before your icons, or here in church, and venerating them is not yet prayer, but the "equipment" of prayer. Reading prayers either by heart or from a book, or hearing someone else read them is not yet prayer, but only a tool or method for obtaining and awakening prayer.

Prayer itself is the piercing of our hearts by pious feelings towards God, one after another – feelings of humility, submission, gratitude, doxology, forgiveness, heart-felt prostration, brokenness, conformity to the will of God, etc. All of our effort should be directed so that during our prayers, these feelings and feelings like them should fill our souls, so that the heart would not be empty when the lips are reading the prayers, or when the ears hear and the body bows in prostrations, but that there would be some qualitative feeling, some striving toward God.

When these feelings are present, our praying is prayer, and when they are absent, it is not yet prayer.

It seems that nothing should be simpler and more natural for us than prayer in which the heart is turned toward God. But in fact it is not always like this for everyone. One must awaken and strengthen a prayerful spirit in oneself, that is one must bring up a prayerful spirit. The first means to this is to read or listen to prayers. Pray as you should, and you will certainly awaken and strengthen the ascent of your heart to God and you will come into a spirit of prayer

Senior Chapter of the Year Award 2019 Northampton PA Submitted by Anna Anderson

The Senior Chapter Achievement Award is presented to the Senior Chapter that has shown the greatest achievement in terms of accomplishing the aims and purposes of the UOL during a one-year period of time. The winner is selected based on the Annual Report submitted by their Chapter. This year's Chapter of the Year was awarded to the Northampton Senior UOL from the Assumption of the Virgin Mary parish.

Over the course of this past year, Northampton's Seniors raised money through many activities including a nut roll sale, Christmas and Pascha cheesecake sales as well as donations from summer coffee hours. They had a very special fundraiser called a Penny Party. This was a special fundraiser to help a parish child that needed help with medical bills. They raised money for St. Andrew's Soup Kitchen and for the Northampton Food Bank. Their exemplary charitable works stood out among the Chapters.

Members of the Senior UOL work in many capacities in the church organizations with members singing in the choir, instructing Church School, serving on the Parish Board, participating in the Sisterhood and making pierogies. They look for ways that they can be of service to God and their Parish. Northampton, through their diligence to charitable and spiritual growth, has shown that they are truly deserving of this award.



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UOL Tribute

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.

UOL Bulletin
c/o Natalie Bilynsky
703 Pine Ridge Road
Media, PA 19063

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Donator Tribute

Ed and Bonnie Zetick Congratulations to Cyril Sheptak on his graduation from Butler Area High School. Good luck as you continue your education at Wake Forest University.

Karen and Alan Ferraro In memory of Protopresbyter Frank Estocin. Vichnaya Pamyat! Memory Eternal!

Anonymous In memory of Thomas, Catherine, Alice and Olga Tychonia. We are grateful for your support of All Saints Camp, St. Sophia's Seminary and St. Nicholas UOC Troy, NY. Memory Eternal!

To submit your Tribute:

Submit a card that includes your Name and Address, the Name of the Person to Receive the Tribute, the occasion of the Tribute (for example In Memory or To Honor), and the Name and Address of the person to whom an acknowledgement card should be sent. For a contribution of \$20 or more, the name and occasion is printed in the UOL Bulletin.

UOL Tributes should be submitted to:

Natalie Bilynsky 703 Pine Ridge Road Media, PA 19063

All Saints Camp Capital Campaign

2019 marks the 41st year of All Saints Camp. In those 41 years, ASC has made a few additions to enhance its offerings. Yet even with these additions, not much has changed over the years, with the exception of St. Thomas Chapel and the recent renovation of the 1st floor of the Millennium Cultural Center. We have remained rustic and somewhat isolated, which is part of the beauty of All Saints Camp. As we have worked to sustain and maintain ASC, society has changed. The parents and youth of not only our encampments, but our renters as well, are looking for an elevated camping experience. They are looking for the luxuries of home in our outdoor, rustic setting. All Saints Camp is at a crossroads. Do we continue to sustain and maintain? Or do we look to improve while trying to capture the essence of the original structures going forward?

week. In five years time we will raise over 1 million dollars.

We, as a committee, recognize that weekly donations done manually can be a hassle. To simplify the donation process, we have selected an online tool to automate these weekly or monthly donations. You can visit allsaintscamp.org to set up your automatic donations or make a one time donation.

For additional information and to track the progress of this campaign, please visit allsaintscamp.org/50.

We invite donors to learn more about how you may be able to impact the future of All Saints Camp. Please contact Michael Nakonachny at michael@allsaintscamp.org or (440) 503-3151 to see how your assistance can make an impact on the future of All Saints Camp.

Ways to Donate

- One-time donations
- Pledge amounts payable over five years
- Remember ASC during estate planning
- Donation of time at scheduled work week-ends

In an effort to stay relevant in a rapidly changing society, the All Saints Camp committee is embarking on a major capital campaign leading up to our 50th anniversary in 2028. Starting this fundraising campaign now provides us with five years to fundraise for the capital improvements and four years after fundraising to complete the improvements prior to the 50th Anniversary celebration. Completing everything prior to this major milestone gives us the opportunity to showcase all of the improvements during this wonderful celebration, as well as show a path to the future of ASC and the role that it plays in the life and future of our Church.

Take a moment and reflect on what you have done over the past month. A good friend of mine recently gave up his two weekly large iced black coffees from McDonalds. His weekly savings is \$10. If he were to take that \$10 a week and donate it to this capital campaign, in 5 years he will have donated \$2600. That is a very generous donation that, to a lot of us, would be unnoticeable when spread out over 5 years. Now imagine that we find 399 parishes, parish organizations and/or individuals who are willing to donate \$10 a

Planned Projects

- Construct new wash houses (2)
- Remodel Millennium Cultural Center 2nd floor
- Expand and improve pool area
- Resurface all roads
- Renovate the sports courts
- Upgrade all paths and trails
- Renovate/expand the garage
- Equipment acquisitions
- Restore amphitheater area
- Build volunteer housing

Lenten Retreats

March 28, 2020

Villa Maria Education and Spirituality Center
2067 Evergreen Road Villa Maria, PA

April 4, 2020

St. Francis Center for Renewal
395 Bridle Path Road Bethlehem, PA