



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 66 NO. 3

JANUARY 2020

All Saints Camp - Summary Report and Plans for 2020 - Submitted by Joshua Oryhon

"Lord, I love the Beauty of Your House and the Place where Your Glory dwells." (Ps. 26:8)

"Господи, полюбив я Красу Дому Твого, і місце перебування Слави Твоєї." (Пс. 26:8)

72nd Annual Ukrainian Orthodox League Convention

For the first time in the history of the League, the Convention was held at All Saints Camp - a fitting location for the organization "Dedicated to our Church; Devoted to its Youth." Almost 150 participants gathered at our summer home on the banks of the Allegheny for four days of deliberations and special events in the evening. In addition to the many new and rekindled friendships forged, the Convention body voted to pledge \$25,000 to the All Saints Camp Capital Campaign.

Family Fest

The culmination of summer programming is traditionally held over Labor Day weekend and is a thank-you to the staff, family and friends of All Saints Camp. 76 people of all ages spent the weekend enjoying the facilities and fellowship that ASC affords. All are welcome to attend Family Fest, so please see the dates for 2020 at the conclusion of this report.

August 23-27, 2020: Clergy Family Retreat

All clergy of the UOC and their families are invited to relax and recharge in the iconic setting of ASC. This program provides clergy and their families an opportunity to become familiar with the facilities and explore other attractions in the area.

Facilities Upgrades + The Future

A major renovation of the Millennium Cultural Center was completed in May 2019. The first floor of the MCC was renovated to include new ADA-compliant restrooms and shower facilities, climate-controlled heating and cooling, and an expanded lounge. These upgrades were greeted by much excitement from campers and staff alike. This project - and those planned for the future - allows All Saints Camp the opportunity to expand by hosting pri-

vate gatherings, weddings, retreats, and conferences, in addition to the existing roster of summer programming. In the coming years we want our ministry to become more accessible to the faithful of the UOC and other organizations.

All Saints Camp Capital Campaign

As an ASC Family, we are so appreciative of what the founders have done to ensure that their vision of a camp for our Church youth was brought to reality. Countless faithful have worked tirelessly to ensure that our camp not only remains a vital part of the Church, but that it also stays relevant.

With the celebration of All Saints Camp's 50th anniversary scheduled for 2028, it is time to improve upon our foundation by making upgrades to the facilities that will allow us the opportunity to grow, while continuing to offer a safe and fun encampment facility for programs of all ages. This will require us to continue maintenance while also making significant upgrades to the property. While volunteer efforts will be essential to this work, we will also need funds.

Please review the All Saints Camp Capital Campaign booklet that is available and will be distributed, which includes information about the planned improvements.

How to support the ASC Capital Campaign:

- One-time donations
- Recurring electronic donations
- Pledge amounts payable over five years
- Remembering ASC during estate planning

Visit allsaintscamp.org to sign up for the mailing list and please follow ASC on social media [@allsaintscamp](https://www.instagram.com/allsaintscamp) (Continued on page 8)



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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Karen Ferraro
UOL President
3109 Berkshire Dr.
Cinnaminson, NJ
08077
president@uolofusa.org

Alexis Naumenko
Jr. UOL President
7 Home Road
Hatboro, PA 19040
alexisnaumenko20@gmail.com

Natalie Bilynsky
UOL Bulletin Editor
703 Pine Ridge Road
Media, PA 19063
nsufler@aol.com

Fr. Harry Linsinbigler
UOL Bulletin
Spiritual Advisor

UOL Bulletin - Published six times annually - October, November, January, 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 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.

Junior UOL Sts. Peter and Paul Palos Park, IL

Fr. Sendeha, Pani Olenka and Sandra Hladky met with the newly re-established Junior UOL Chapter members of Sts. Peter and Paul Ukrainian Orthodox Church in Palos Park, IL. We wish the newly established Junior Chapter much success! Mnohaya Lita!



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**

MESSAGE FROM THE SENIOR UOL PRESIDENT

Karen Ferraro



Glory to Jesus Christ! Слава Ісусу Христу!

Happy New Year! As we begin 2020, I'd like to start by reflecting on the last quarter of 2019.

The 22nd Sobor of the Ukrainian Orthodox Church of the USA (October 16-19) included significant discussion about the financial challenges our Church faces. Actions are being considered, but in the meantime, I would hope each of us can look at our own family's budget and consider increasing our contribution to the UOC of USA. Requests for donations as we celebrate Christ's Nativity and Pascha are often ignored. Let's make a change in 2020 and increase the response to the financial requests of the Church, according to our means.

The Youth Sobor included a session on Stewardship and on Struggles and Solutions for our Youth. I'd like to commend our youth for the thought and time they devoted to these sessions, as evidenced by their very moving presentation at the end of the Sobor. They were small in number but mighty in their accomplishments! Particularly moving was their identification of the struggles and challenges they face and how the Church can support them. The UOL National Executive Board HEARS our youth and will use these topics as the focus of our attention, both in the remainder of this year and in the coming years.

In November, we commemorated the 86th Anniversary of the Holodomor by placing candles in our windows and sharing information on the Holodomor with our friends via social media. I know I had several friends comment back to me that they had no idea this had occurred. If your parish had a food drive over the holidays, we hope you were able to use the label sheet we provided to let those receiving the food know that we donated in memory of those who perished in the Holodomor, with hopes that no one will go hungry again.

And now it is already January. How quickly time flies! It is already time to begin planning our annual Souper Bowl Sunday project to benefit St. Andrew Society! It is wonderful to see this event expand to other parishes, even those that may not have active UOL chapters! We hope this year's event sees even more growth and that we exceed our 2019 donation of just over \$4,000!

Other upcoming events include our two Lenten retreats in Villa Maria, PA on March 28th and in Bethlehem, PA on April 4th. Too far for you to come? Let us help you organize a retreat in YOUR area!

As a member of the 2020 UOL Convention Committee in Philadelphia, I would be remiss if I didn't remind you again of this event, July 22nd - 26th. The Convention Committee is hard at work preparing some fun events including American Bandstand Night, a Picnic at nearby Tryzub Sports Camp, and the traditional Banquet and Ball. Visit historical Valley Forge National Historical Park or go shopping at the iconic King of Prussia Mall, in walking distance of the convention hotel! Join us!

I leave you with the bible verse chosen by the 2020 Convention Committee: "For we walk by faith, not by sight." Corinthians 2 5:7 and best wishes for a happy, healthy, and prayerful 2020!

In Christ,

Karen Ferraro

Morning Prayers

Join our morning prayer group 7:15 am

Monday through Friday

Call-in for morning prayers and join us in prayer

Email 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.

73rd Annual UOL Convention - Philadelphia, PA July 22-26, 2020

It is hard to believe that the 73rd Annual UOL convention is a mere 6 months away. Just think, in six months you will be arriving in Sunny (probably a little hot and humid) Philadelphia! As we are currently in the heart of winter – hot and humid sounds pretty good!

As we prepare for the UOL Convention, we hope that you consider seeing some of the wonderful sights in the City of Brotherly Love. Come early, spend some of your free time during the week, or stay a few days later to see the wonderful tourist attractions available in our wonderful city.

To help you get a sense of all of the history we have in Philadelphia, two wonderful tourists came to our fine city to get a history tour. The Convention Chairperson for the 72nd Annual Convention Michael Nakonachny and his lovely wife Emily came to see some of Philadelphia's wonderful sites. While they toured the city, they got into the fun of having their picture taken with the UOL Bulletin.

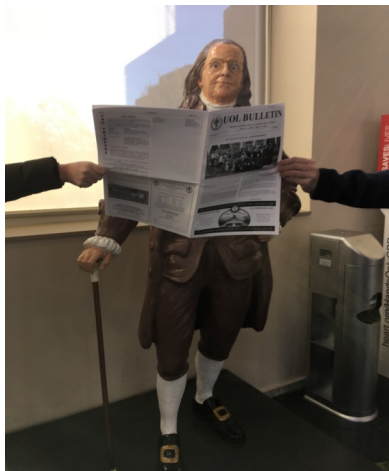
Come to Philadelphia and take a tour of Independence Hall and the Liberty



Bell. Both tours are free and you will be able to see where our founding fathers signed the Declaration of Independence. You might even catch Ben Franklin reading the UOL Bulletin.



In Philadelphia you can also tour the Art Museum and run up the Art Museum steps just like Rocky. Look, here Rocky is reading the UOL Bulletin.



Philadelphia has notorious sports fans – with the Phillies, Eagles, Sixers and Flyers in the city. During the summer you can catch a Phillies game and perhaps run into the Philly Phanatic.

Philadelphia is a wonderful place to visit – but perhaps the highlight of any Philadelphia trip is spending time with the parish family. Our Juniors are always full of fun and the 73rd UOL Convention will be fantastic. The Convention sessions will be starting on Wednesday evening. On Thursday evening we have an American Bandstand night – so dress in your favorite 1950's attire! Friday we have a fun filled evening scheduled at Tryzub, our Ukrainian American Sports Club.

We are planning a "Coney Island" inspired night with a "varenyky/pierogie" eating contest. Start preparing now to be crowned the Varenyky eating champion. Also to keep with the theme of the night we will have lots of games and tournaments - including a "Doorak" (Ukrainian card game) tournament. There is still time to learn the game and join in on the fun. Saturday is the grand banquet and ball. It is a time to dress in your finest and celebrate the UOL and all of our parishes. That evening we are thrilled that the band Solovey will be providing music – so wear comfortable shoes – we will be dancing the night away.

Sunday we will join at St. Vladimir's Cathedral. The parish is air conditioned and we have been renovating many things just in time for the Convention. So mark your calendar and prepare to come to the UOL Convention in Philadelphia - July 22-26, 2020.

MESSAGE FROM THE JUNIOR UOL PRESIDENT

Alexis Naumenko



Христос Рождається! Christ is Born!

On behalf of the National Junior UOL Board, I would like to extend a heartfelt and warm greeting to everyone during this Nativity Season. The Nativity Season is a special time that is filled with love, joy and peace. I encourage each and every one of you to take the time out of this busy, but wonderful time of the year, to reflect and reconnect as we prepare to celebrate the birth of our Savior, Jesus Christ.

The real meaning of Christmas is celebrating the birth of Jesus – God's ultimate gift of love to the world. When talking about the tradition of giving gifts at Christmas, many people point to the Magi bringing gifts to baby Jesus. It is easy to become consumed with the gift giving aspect because it has become part of our culture, but it does not mean that the tradition of giving gifts has to take away from the real meaning of Christmas.

And then there are the gifts that are invisible – love, kindness, compassion, forgiveness. These are the gifts that we hope to receive from those who love us. While addressing delegates and guests at the UOC of USA Sobor this past October, I spoke about the importance of the UOL and youth in the life of our Church. As President of the National Jr. UOL, it is my duty to encourage starting a UOL chapter, but that is not why I took this position. I took the role of Presidency to be the voice of the youth. I am not asking you to wake up one morning and start a chapter, what I am saying is - encourage the youth to attend services, open your hearts to us. We, the youth are the "now." We are growing up in the Church and as we age, some will stay and continue to be passionate Ukrainian Orthodox Christians, while others may stray away. We are teenagers – we struggle with who we are and our identity. By opening your hearts to us and by encouraging participation in Church life, you help us discover who we are and who we will be – and that is the best gift we could ever receive. With the new year – commit to a new resolution, a resolution of revitalizing the youth of your parish and building a stronger UOL. This year, my resolution is to help the youth. I want to see our children blossom into young passionate adults who are not afraid to embrace themselves and their faith.

As the Nativity season comes to an end we look forward to Great Lent, a season of "bright sadness." Great Lent brings us the Great Lent Giveaway ("GLG"). This year's recipient of the GLG collection will be OUR Church. Our goal is to help the UOC of USA so that when we, generation Z, have kids – our Church is strong and flourishing. This project is being organized by our Financial Secretary, Rachel Harendza, as well as the Office of Youth and Young Adult Ministry. More information on this project will be released soon. We look forward to your support of this initiative.

May the Nativity of Christ bring you and yours love, peace and joy!

As always, for guidance and support, please feel free to contact me at alexis-naumenko20@gmail.com or via telephone (215) 290-7878.

Yours in Christ,
Alexis Naumenko

The 2020 Philadelphia UOL Convention Committee is fundraising by selling Mary's Tears Prayer Bracelets

The bracelet, a variation of the Orthodox Prayer Rope, is made with seeds commonly called "Mary's tears." The beads are said to come from a plant that sprouted at the Cross during the crucifixion of our Lord Jesus Christ. The plant sprang from the tears of the Mother of God. A story is told that a monk struggled making a prayer rope and the Theotokos appeared to him as he was crying in desperation that he could not master the prayer rope. She placed these seeds into his hand so that he could create a prayer bracelet. The seeds of this plant naturally have an area that can be tied together.

The bracelet is beautifully packaged in an organza purse with a brief description of this story and how to use a prayer bracelet. All bracelets are made for adults (approximately 8 inches – with a slight variation based on the size of the seeds). Please specify if you request a larger or a smaller bracelet. To order send your name, address, and phone/email. Bracelets are \$10. Please add \$2.00 for shipping. Please make check payable to "St. Vladimir's Senior UOL." Send order and payment to Natalie Bilynsky 703 Pine Ridge Road Media, PA 19063 Questions? nsufler@aol.com



Youth Sobor Summary Reports Submitted by Junior UOL Advisor John Holowko

During this past Sobor of the UOC of USA, a Youth Sobor was also conducted. We believe it is important to share our Youth's concerns and perspectives, if for no other reason than to help them during these times and struggles. We encourage you to read them--please appreciate the depth of their comments.

There are two reports:

1. Stewardship
2. Struggles and Solutions for our Youth

We cannot simply put them to the side, but rather act on them to develop solutions and support wherever we can.

The UOL and Youth Ministry will work together and aim to work on these concerns moving forward.

Youth Sobor 2019 - Session 1 - Stewardship

The Youth Sobor delegates discussed the meaning of stewardship. They determined three avenues that the youth of the Church may become better stewards: in their parish, in their community and to the greater Church.

Stewards within the parish:

Stewardship Awareness - On a yearly basis, discuss stewardship with the WHOLE parish. Lead a brainstorming session on ways that the parish may be good stewards.

- ◇ ALL parishioners choose to attend church regularly
- ◇ Adults show and live stewardship as role models for the youth
- ◇ Build connections with people in your parish, just because you SEE them each week doesn't mean you know them.
- ◇ Have the parish council (or members of the parish council) meet regularly with the youth to discuss what is going on in the parish. Frame things in a way that they can understand and allow them to give feedback.
- ◇ Utilize your teenagers to mentor the younger children in stewardship
- ◇ Smile
- ◇ Encourage inter-generational interactions and discussions
- ◇ Encourage our youth to reach out to quiet and not connected parishioners
 - ◇ Show them you care
 - ◇ Create a greeter program for the youth to learn to talk to others
- ◇ Plan regular visits to the shut-ins for the parish . Have the youth visit and perhaps make care packages for them.
- ◇ Help families in your parish who may be struggling financially or are out of work
- ◇ Respect the youth the same way adults respect one another

Stewardship within the community:

Develop stewardship opportunities for the youth to participate in AND help plan and run. Some suggestions for this are:

- ◇ Put aside 10% of parish income for charitable outreach
- ◇ Have collections for the community such as winter coats, socks for FOCUS, IOCC care kits, Seminary needs, etc..
- ◇ Participate and support the stewardship programs of the Church such as Souper Bowl Sunday or the Great Lent Giveaway
- ◇ If your parish holds events such as Souper Bowl Sunday or even just has a parish dinner/brunch - invite the needy in your community to join -AT NO COST.
- ◇ Plan visits to local nursing homes to visit with the residents.

(Continued on page 5)

Prayer

The Education Commission of the UOL will be featuring articles that focus on prayer.

Saint Theophan the Recluse - Homily 3 (Part One)

I have explained to you briefly two aspects or two levels of prayer, namely: prayer which is read, when we pray to God with the prayers of others, and one's mental prayer, where we ascend mentally to God through contemplation of God, dedicating all to God, and often crying out to Him from our hearts.

But this is still not all. There is a third aspect or level of prayer... The unceasing turning of the mind and heart to God, accompanied by interior warmth or burning of the spirit. This is the limit to which prayer should aspire, and the goal which every prayerful laborer should have in mind, so that he does not work uselessly in the work of prayer.

Scripture Teaches Us -

Remember how the Word of God talks about prayer:

"Be vigilant and pray," says the Lord (Matt 26:41).
 "Be sober and bold," teaches the apostle Peter (1 Pet 5:8).
 "Be patient in prayer, and be bold in it," the apostle Paul teaches (Col 4:2).
 "Pray without ceasing," says Paul (1 Thess 5:17).
 "Pray with all prayer and petition at all times in the spirit" (Eph 6:18), Paul commands, explaining in other places the reason to be this way. "Because our life is hidden with Christ in God, and because the Spirit of God lives in us, in which we cry, 'Abba, Father,'" explains Paul. (1 Cor 3:16)

From these instructions and commands it is impossible not to see that prayer is not something done once, and in an interrupted way, but is a state of the spirit, constant and unceasing, just like our breathing and heartbeat.

Some Examples

I will explain this to you by examples.

The sun is in the middle, and all of our planets go around it, all are drawn in toward it, and all turn some side of themselves towards it. What the sun is in the material world, God is in the spiritual world - the rational sun. Bring your thoughts to heaven, and what will you see there? Angels, who, according to the word of the Lord, ever see the face of their heavenly Father. All bodiless spirits and all saints in heaven and turned towards God, all direct their mental eyes toward Him, and do not wish to turn away from Him, because of the ineffable blessedness which flows from this vision of the face of God. But what the Angels and saints do in the heavens, we should learn to do on earth: get used to the angelic, unceasing standing before God in our hearts.

Only he who reaches this state is a true man of prayer.

How can we attain this great good thing?

Labor at Prayer

I will answer this briefly as follows:

One must labor in prayer without hesitation, zealously, hopefully, trying to obtain a burning spirit through sober attention to God, as if it were the promised land. Work in prayer, and praying about everything, pray even more about this limit of prayer - a burning spirit - and you will truly attain that which you seek.

We are assured of this by St. Makarios of Egypt, who labored and tasted the fruit of prayer.

"If you do not have prayer, work at prayer, and the Lord, seeing your labor, and seeing how you are patient in the labor and wholeheartedly desire this good thing, will grant you this prayer (Homily 19)".

The labor has this as its only end. When the fire is kindled, about which the Lord speaks:

"I have come to bring fire upon the earth, and what is it to Me if it were already kindled?" (Luke 12:49)

then the work comes to an end. Prayer becomes easier and freer.

Do not think that we are talking about something very lofty which is an unattainable state for living people. No. It truly is a lofty state, but attainable by all. Does not everyone at some time feel warmth in their hearts in prayer, when the soul separates itself from all things and deeply enters into itself and prays hotly to God? This movement of the prayerful spirit, although it was once only temporary, must be made into a constant state, and it will reach the limits of prayer.

The means to this, as I have said, is the work of prayer. When one rubs two sticks together, they warm up and catch fire. Similarly, when the soul is rubbed in the work of prayer, it eventually leads to prayerful fire.

(Youth Sobor—continued from page 4)

- ◇ Adopt an underprivileged family in your community
- ◇ Christmas trees for needs in your community or Angel Trees for gifts

Stewardship to the Church

- ◇ Develop a First Offering program for families and the faithful. Provide the jars. Ask the families to decide how they will give. Perhaps 10% of their allowance, 10% of "monetary" birthday gifts, coin change, instead of Netflix put \$15 a month into the jar. Then the family gives 10% of the jar to the church and the rest can be given to a charity of their choice or 100% to the church.
- ◇ Give of your time as well as your funds. If you are unable to give monetarily, give more of your time.
- ◇ Love one Another

Youth Sobor 2019 - Session 2 - Struggles and Solutions for our Youth

The Youth Sobor delegates discussed the different struggles they face in the world and within the Church. Once identifying these struggles they brainstormed ways in which the Church may support them in overcoming and working through these issues.

Struggle within the World

Struggle - Peer Pressure - The delegates identified a multitude of areas through which we feel immense peer pressure such as alcohol/drug use, material possessions, school activities and status, social media, etc.

How the Church Can Support -

- ◇ Make your parish a 'safe space' for our youth where they do not need to worry about being pressured to make poor choices
- ◇ Host or participate in Pan-Orthodox events
- ◇ If youth fall to peer pressure and make a wrong choice, don't judge them, be honest but loving and help them get back up.

Struggle - Mental Health and Breakdowns - Many of our youth struggle with mental health issues and the pressures of stress. They don't feel as if they have anywhere for help.

How the Church Can Support -

- ◇ Provide youth with opportunities to "re-charge" and "de-stress" such as retreats, summer camp, youth days at Church.
- ◇ Create a space in the Church for a "chill out" room or corner. Somewhere they could go for some quiet time.
- ◇ Let them know who is in their adult support system at Church. Who can they turn to for an open ear?
- ◇ Clergy- Set aside devoted time (once a week, once a month) when youth can arrange to meet with you privately if they need to. REMIND them that you are available and there for them. We have a lot to remember and often forget these things.

Struggle - Conflict with school and teachers. Youth are often expected to choose school activities and assignments over Church services and related functions. Our youth who attend Catholic school often find themselves at odds with their teachers in explaining our beliefs.

How the Church Can Support -

Clergy and Parish Boards can offer to provide letters of explanation to provide an excuse for missing school or an event. LET YOUR YOUTH AND FAMILIES KNOW that this is an option for them. Be available to call the school if needed.

(Continued on page 7)

UOL Bulletin Pictures

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



On a recent trip, Christine Charest brought our UOL Bulletin to the Eiffel Tower, Arc de Triomphe, and the Swiss Alps!



Michael Nakonachny enjoying the most recent edition while spending some time at the Emlenton Fire Station.

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

**St. Vladimir Junior UOL Chapter
Submitted by Natalie Swan**

Greetings from the Philadelphia Junior UOL Chapter! This has been a busy season for our chapter. The Juniors went on their second trip to Six Flags Great Adventure for the Fright Fest event held at the park.



The Junior National Executive Board meeting was hosted by the Philadelphia Parish in October. Our chapter also collected non-perishable items for the "Beet Hunger Drive Collection." The food drive was held from October 27th to November 24th. Along with these activities, the Juniors hosted their annual Pancake Flip and Fall Festival for the children of the parish. Also, Junior chapter members served at the Annual Senior UOL Thanksgiving Dinner where all of the proceeds were donated to the All Saints Camp Fund Drive.



In December the Juniors will hold their Annual Cookie Walk and Family Fun Night. Lastly, the Juniors will help at the Annual Parish Christmas Bazaar.



We look forward to seeing you at the 73rd Annual UOL Convention in Philadelphia, PA on July 22 – 26, 2020

(Youth Sobor—continued from page 5)

- ◇ Clergy- speak to teachers or administrators at Catholic schools to help them understand the needs of your parishioner who attends there.

Struggle- Feeling as if you are "not good enough" to attend the college of your choice or at all

How the Church Can Support

- ◇ Have the parish provide a "sounding board" service, where youth could practice speeches in front of an audience, get help with college entrance papers, etc.
- ◇ Use social media to help youth understand that not being "1st" or the "Best" is OK. You are successful where you are at in your ability.
- ◇ Set up discussions on vocation with your high school students.
- ◇ Set up a mentor system of parishioners with high school seniors to check in with them and aid them in the application process
- ◇ Encourage THE WHOLE parish to "check-in" with your juniors and seniors to ask how their process is going and "cheering you on"

Struggle - Fear of not making your parents proud of you

How the Church Can Support

- ◇ Provide parent opportunities for workshops on parenting, Orthodox parent groups that meet regularly, resources and article for parents
- ◇ Train youth workers to be able to sit and talk with youth and help them determine different ways to approach parents in discussions
- ◇ Clergy, Youth Workers and Parishioners - Go out of your way to support the POSITIVE things about your youth. Let them know that you see their accomplishments and talents.

Struggle— Fear of not being good enough

How the Church Can support

- ◇ Have more discussion with youth on how God Sees us, His unconditional love and God's expectations for us
- ◇ Discussions on self-worth

Struggle— Having friends . . . But not really — Our youth often feel that friendships are hollow. Facebook says you have 1000 friends, but you really have none. This can make youth feel very alone.

How the Church Can Support

- ◇ Provide open discussions with youth about friendship - What is real friendship? During life transitions, how do we handle changes in friendships? How do we handle losing friends? Etc.
- ◇ Engage with our youth in social media. Given them real friends and mentors from the Church to connect with.
- ◇ Sponsor or take our youth to more pan-Orthodox events. This provides more opportunities to make real friends who understand you and where you are at.
- ◇ Let your youth know that you are there for them when they are having difficulties with friendships. That they have people they can talk to.
- ◇ Provide more opportunities (retreats, events, etc) for youth who can meet one another and forge friendships there.
- ◇ Sponsor "Camp Reunions" in your area/city/deanery. This would be for all ages not just youth.

Struggles within the Church

Struggle—Small numbers of Youth in the Parish

How the Church Can Support

- ◇ Learn to be better at evangelizing in your area to grow the parish
- ◇ Teach our youth how to be better at evangelizing

Struggle - Social and Moral Issues (Suicide, LGBTQ, Abortion)

Youth often feel as if they do not receive real explanations about the Church's standing on social and moral issues. When they ask questions the answer is often "Because that is what the church teaches" and nothing else. This is confusing and doesn't provide them with the knowledge and understanding to discuss these issues or make serious decisions about them. Many of our youth are struggling themselves with these issues and having no real answers about what the Church teaches and why, does

not help them in their struggle.

How the Church Can Support

Have REGULAR discussion with our youth on these issues. Discuss and explain don't just dictate.

Help our youth to understand that you can disagree with someone's choices but that you can still love them.

When our youth make a choice or make a wrong decision - don't shun or shame them. Treat them with love. Help them through this difficult time. Be Christ to them and for them. Let them know they can turn to the Church not someone else.

Struggle - Negative and Toxic People in the Parish - Parishioners who may have negative attitudes deeply effect our youth's desire to be in the Church family.

How the Church Can Help

- ◇ Promote and develop better communication in the parish on all levels.
- ◇ Encourage youth and the whole parish to pray for one another - especially those with whom we might have conflict.
- ◇ Encourage the parish to find the positives in one another and not the negatives.

Struggle - The children of our clergy have different struggles than other youth in the Church. They often feel as if they are constantly being judged and held to a higher standard than other youth their age. This can create a lot of stress for them and create negative feelings for the Church.

In the aftermath of the scandals in the Catholic church, many of our clergy children are questioned about their integrity of their fathers.

Our clergy children often feel as if they don't have the same support system being that the "dad" is the parish priest. They often don't know who they can turn to in time of need or for spiritual guidance.

How the Church Can Support

- ◇ Give our clergy kids a break. Clergy and faithful need to support our clergy children and not judge them.
- ◇ Have spiritual fathers talk to their parish about the situation in the Catholic church and how we as Orthodox Christians can be compassionate and discuss the issue
- ◇ Help clergy kids connect with spiritual fathers who are not their dad



Ukrainian Orthodox League of the USA Christian Caregiving and Missions Commission Announces

**"Souper Bowl" Sunday
February 2, 2020**

Sponsor a "Souper Bowl Sunday" Fundraising event at your parish or just make a donation!

Proceeds benefit St. Andrew's Ukrainian Orthodox Society for soup kitchens in Ukraine serving the most needy

Please send fundraiser proceeds and donations payable to:

Ukrainian Orthodox League
c/o Mr. Jack Roditski, Financial Secretary
252 Cambridge Drive
Ramsey, NJ 07446-1259



Questions? Contact Senior UOL Christian Caregiving and Missions' Chairperson,
Anna Anderson, recsecretary@uolofusa.org

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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.

Donator Tribute
Submit your Tribute today!

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

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

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(Camp - continued from page 1)

As an All Saints Camp Family, we are so appreciative of all that our supporters have done to ensure that the vision of a camp for our church youth continues to grow, and that it not only remains a vital part of the Church, but that it also stays relevant as we plan for the future.

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

For information about this fundraising campaign, please visit allsaintscamp.org/50 or contact Michael Nakonachny at (440) 503-3151 or michael@allsaintscamp.org

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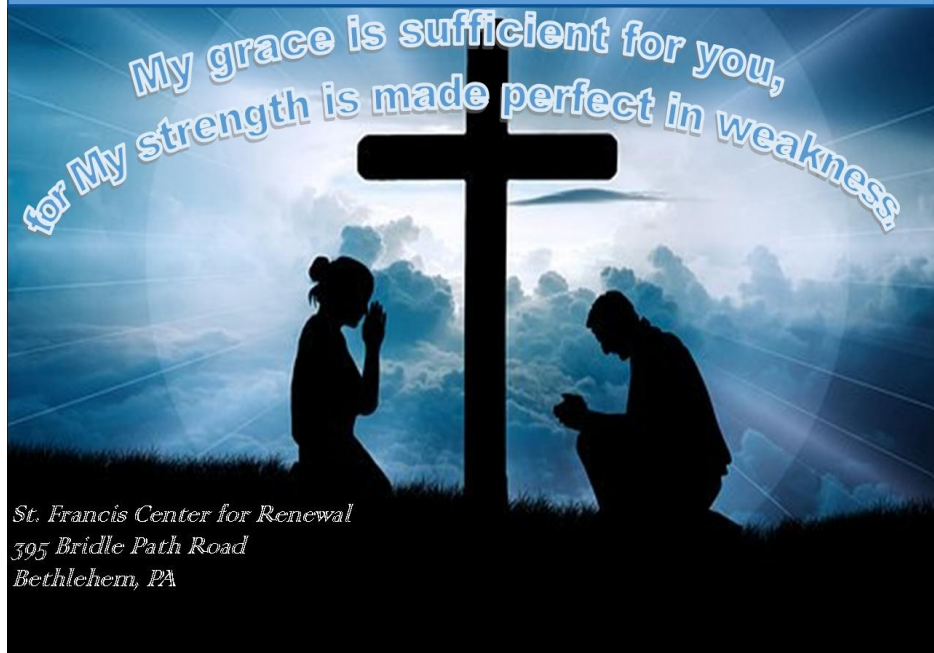
<p>2020 Work Weekends</p> <p>January 24-26, 2020 February 21-23, 2020 March 20-22, 2020 April 3-5, 2020 May 8-10, 2020</p>	<p>2020 Programs</p> <p>June 12-15: St. Nicholas Special Needs Family Camp (All Ages)</p> <p>June 21 - July 4: Diocesan Church School Camp (Ages 9-13)</p> <p>July 5-18: Teenage Conference (Ages 13-18)</p> <p>July 18-25: People of God</p> <p>July 27-31: Mommy/Daddy + Me Camp (Ages 4-8 + Parent/s)</p> <p>August 1-14: Kobzars'ka Sich - Bandura and Vocal Programs</p> <p>August 23-27: Clergy Family Retreat</p> <p>September 4-6: Family Fest</p> <p>TBA: Fall Festival</p>
<p>May 29 - June 6, 2020 Work Week</p> <p>All Saints Camp was established and is maintained by the generosity and hard work of our community. Friends of all ages and skill-sets are invited to participate in light labor and beautification projects around campus - no experience is necessary. Volunteers will stay on campus and meals will be provided.</p>	

LENTEN RETREAT APRIL 4, 2020

RETREAT WILL FOCUS ON HUMILITY

Speakers:
His Eminence Metropolitan Gregory
His Eminence Archbishop Daniel
Fr. Anthony Perkins

*My grace is sufficient for you,
for My strength is made perfect in weakness.*



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

Retreat registration:
Adults \$50 (late fee \$10)
Clergy \$25 (late fee \$10)
Adolescents \$25 (late fee \$10)
Children (under 12) \$7
Registration due March 20, 2020

Registration includes all meals, breakfast, lunch and dinner.
For more information contact:
Oleh or Natalie Bilynsky at nsufler@aol.com call - 610-892-7315

Start making your plans to attend the

73rd Annual UOL Convention

in **Philadelphia, PA**

July 22-26, 2020

