



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 56 NO. 4

JANUARY-FEBRUARY, 2010

News from St. John the Baptist Sr. UOL

Submitted by Pam Scannell

Our membership this year has again increased to 33 members. We are very thankful for those members who support our local chapter of the UOL. With the increased membership we are able to have more people to contribute to the good works of the UOL. Our current projects include selling discount books for a local store that in turn donates its booklet profits to local organizations such as our Sr. UOL. We also continue to serve at our local soup kitchen and have been able to have many of our Jr. UOL members join our mission of helping those in need.



In November we were very fortunate to have John and Mark Meschisen visit our parish and give a presentation to our parishioners on the Znamianka and Puhachiv orphanages. They showed a DVD, brought along pictures to share and told of their travels. We also invited a local Ukrainian Catholic church to join us for coffee hour and to hear their presentation. It was very informative and helped to increase awareness of the needs of these orphan children. We thank them for taking the time to visit and share their experiences. Well done John and Mark!!

Our chapter again participated in the National Thanksgiving Tithing project to benefit our mission parishes. Our parishioners continue to support our efforts to help the mission parishes as they continue to grow.

In preparation for Nativity we gave our Christmas trees in our Memorial Center a facelift with new fabric and lights.



This was a huge effort by many to complete this project. The trees stand 13 feet tall!! Our members also helped the Jr UOL decorate the trees in church and collect books for a local jail ministry. The books were collected to be given to our

local jail for the inmates to read and give to their children during the Holiday season. Our chapter also visited UOL members including Julie Sadowitz.



We wish you all a Blessed and joyous Nativity season!!

UOL SUNDAY

COUNCIL OF BISHOPS OF THE UKRAINIAN ORTHODOX CHURCH OF THE USA

Ukrainian Orthodox League of the USA: A Time of Prayer, Reflection and Quest for Perfection!

Since its beginning in 1947, the Ukrainian Orthodox League of the United States of America has acted as one of the vital ministries of the Ukrainian Orthodox Church of the USA. Its members, both Seniors and Juniors, have never relaxed their commitment of service to the Church and their support of the various ministries, which have enhanced the life of the Ukrainian Orthodox Church of the USA. By word and deed, the UOL is known for its faithfulness to the Gospel and its proclamation of the Word of Truth at all times and in all seasons.

Annually, the League members pause from their labors to reflect on the League's calling, its identity with our Blessed Lord and seek strength to be good stewards of the tasks entrusted to the organization. This normally occurs on the first Sunday of Pylypivka, which begins on November 28th. This year that Sunday falls on December 6th. On this day, members of Ukrainian Orthodox League's Senior and Junior Chapters in the parishes of our Holy Metropolia will celebrate UOL Sunday and will approach the compassionate Lord in the Mystery of Holy Confession and be washed of their spiritual impurities and then respond to His invitation, "...with faith and love, come forward" and receive the most sublime Mystery of the Holy Orthodox Church, Christ in the Holy Eucharist.

We, along with our entire Church thank the UOL for its contribution to the life of the UOC of the USA and pray for the perfection of its ministry. We urge all the faithful of our Holy Church to join in this annual celebration. May this season of "Christ is born! Glorify Him!" be one of growth in the love of Christ, Who calls upon League members and all of us to be perfect as our Father in Heaven is perfect and to realize our potential by being instruments of the Father, Son and Holy Spirit for the glory of the Triune God, Who so loved us that He sent to us, His Only-begotten Son for the life of the world and its salvation.

With prayers and blessings,

+Constantine, Metropolitan
+Antony, Archbishop
+Daniel, Bishop

It is time to start making your

plans to attend the

UOL Lenten Retreats

March 6, 2010 - Villa Maria, PA

March 20, 2010 - Bethlehem, PA

More information regarding the retreats and registration information is in this UOL Bulletin.

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

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

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

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

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

*MESSAGE FROM
THE SENIOR
UOL PRESIDENT*

Oleh Bilynsky



Christ is born!

Glorify Him!

I pray that you and your family had a blessed Nativity season, full of happiness in the birth of our Lord and Savior Jesus Christ, and that the New Year brings you good health and prosperity. As we turn the page to a new year there are a number of UOL activities that everyone should be aware of.

The Christian Caregiving and Missions Commission is wrapping up the Tithing Program, and hopefully you have already contributed to this worthwhile project. If you have not, it is still not too late to make a contribution to this annual project. This year's donations will benefit our Mission parish in Bel Air, MD. Also, hopefully you have participated (or will participate) in our Souper Bowl Sunday project, which raises funds to benefit the St. Andrew Society's soup kitchens in Ukraine. This project raised more than \$3,500 last year, and if you have not yet participated please contribute to this worthy cause. Anyone wishing to contribute (to either project) should send donations directly to UOL Financial Secretary Alexis Orvhon.

Now is also the time to make your donations to the UOL's Annual Fund Drive and the Metropolitan John Scholarship Fund (MJSF). Donations to the Annual Fund Drive will be used to support all of the UOL's activities, such as (to name but a few) the *UOL Bulletin*, the Youth Commission's activities with our Preteens, Juniors and Young Adults, and the various projects of the Education Commission. Among other worthy causes, the MJSF helps support our seminarians and provides grants to clergy wishing to further their education.

Materials for the 2010 UOL Essay Contest will be in the mail to chapters and parishes shortly, and please encourage all parishioners (the contest is not limited to UOL members) to participate in this annual event. For additional information please contact UOL Essay Contest Chairwoman Shirley Skocypec.

As Great Lent will soon be upon us, it is now time to make your plans for attending the Lenten Retreats sponsored by the UOL. The first retreat will be held at the Villa Maria Retreat Center (in Villa Maria, PA) on March 6, and the second will be held at the St. Francis Retreat Center (in Bethlehem PA) on March 20. These retreats are always spiritually enlightening and offer many benefits, such as allowing the participants to step away from their everyday lives and reflect on Pascha. An additional benefit is that these retreats are another opportunity for UOL members to come together as fellow members of our “UOL family.”

As I have always stressed, in my personal opinion the most significant aspect of the UOL is the sense of family and belonging, as a UOL member and a member of our Church, created by being a part of the UOL. It is this aspect of the UOL, namely the uniting of all UOL members into one “UOL family,” that to me is the greatest accomplishment of the UOL. In my humble opinion, it is this sense of family that keeps both the UOL, and indeed our Ukrainian Orthodox Church, strong and vital.

In line with this, please plan on attending this year's UOL Convention, which will be held in Maplewood, NJ on July 28 – August 1. While the convention is important for discussing projects and setting goals for the next year, I feel its most important aspect is that it serves as a “family reunion” for UOL members. Just as any family misses even one member's absence at a family reunion, any UOL member who does not attend the Convention will likewise be sorely missed.

Lastly, the winter meeting of both the Junior and Senior National Executive Boards will be held in Maplewood, NJ on January 16. 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

Vocations and Clergy Support Corner

Few Are Called... Are You Next?

Submitted by Pani Matka Linda Oryhon

“O Holy One, Your prophet David said so long ago in the psalms, “I will sing to the Lord as long as I live. I will praise my God as long as I last.” In every age, You called upon men-patriarchs and kings, prophets and wise men, apostles and disciples, bishops and priests- to serve You and to praise Your Holy Name. We implore You now, O King of all, to call from the ranks of your humble subjects young men to be Joshuas, Daniels, Davids, and Johns. Your faithful people, as always, need leaders to show us, to teach us, to keep us steadfast in Your Holy will. Call upon new priests as You called Jeremiah, purify them as You did Isaiah, and make them dedicated as You did with John the Baptist. Be they young like John or mature like Andrew, lead them to Your holy service, so that the work begun at the very beginning of Your holy Church may live forever. We pray to You, Lord, hear us and have mercy.”

Third petition for Priestly Vocations

There is an insightful book by Fr. Anthony Coniaris, published in 1977, called *Making God Real in the Orthodox Christian Home*. It is a wonderful resource for parents who wish to create an environment, in their homes and families, of real “spiritual joy.” Psychologists and theologians understand that the “home (family) is the child’s first church and it is there they first learn about Christ and faith.” This book suggests some practical things that should be done.

One chapter called, “What to Do on the Way Home from Liturgy” helps parents to take advantage of this golden opportunity to discuss the events of the morning. If the home is the child’s first church, then the parents are “the primary and most effective priests and religious educators, that the child will ever have.” Ask your child what the gospel or the sermon was about and what was learned. Encourage them to explain in their own words. This will impress upon them that listening carefully and respectfully is something you do and provides the best role model for their behavior in church. Now is not the time to critique the sermon or its delivery. Help the child to take something from the sermon or gospel reading and use it in their daily living.

It is also important to ask what was taught in Church School. Children will realize that being faithful and knowledgeable Orthodox Christians is something to strive for. They will also come to understand that spending time in and at church is our gift to God and for our own spiritual well being.

Our children will then also want to attend and participate in the liturgical life of the church. They will come to the realization that serving God and our Ukrainian Orthodox Church is something to be valued. This is how we can encourage and nurture vocations. The process can and must start in the home.

Would You Like to be / have a Prayer Pal?

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

GIVE A GIFT OF A LIFETIME - GREAT FAMILY MEMORIES!

UOL CONVENTION 2010
MAPLEWOOD, NEW JERSEY

Glory to Jesus Christ ! Glory Forever !

The Junior and Senior Chapters of the Holy Ascension Ukrainian Orthodox League wish you a blessed Christmas, filled with peace, health and joy.

Our 2010 UOL Convention Committee continues to prepare to welcome you to the Greater New York/New Jersey area this July. For our convention, we have specifically chosen a world-class hotel—with a hometown price!! At only \$109 per room per night, you won't find a better deal in the New York City area. The Morristown Hyatt has the amenities to please both young and old. From the inviting pool, to the well-equipped health club, to the on-site movie theater complex with ten screens, there are plenty of activities to enjoy right in the convention complex.

There is world-class discount shopping just across the street from our hotel, and some of the best restaurants in northern New Jersey are within easy walking distance. Morristown was the Headquarters for General George Washington and the site of an encampment of his troops. Many of these areas have been restored and preserved so visitors can get a sense of the Revolutionary War experience. New Jersey is filled with such historical sites that would serve as a great subject for that inevitable essay assignment "What I did on my summer vacation."



So...this being the giving season...why not give a gift that will be remembered forever: a trip to New York/New Jersey for your entire family! New York City is one of the world's most popular vacation destinations, offering an array of unsurpassed activities and sights. Morristown is an ideal base from which to enjoy such a vacation in conjunction with the UOL Convention. The Hyatt hotel is only a ten-minute walk from a commuter rail station that provides frequent service direct to midtown Manhattan.

Whether you are interested in seeing the art of great masters such as Rembrandt, Picasso, Renoir or van Gogh at the Metropolitan Museum of Art or some of the world's greatest stage shows on Broadway like The Lion King, Mary Poppins, Jersey Boys or dozens of others—New York is the vacation for you! Go uptown to the American Museum of Natural History or head to the lower East Side and visit the Ukrainian Museum which will be hosting a special exhibit this summer on Ukraine and Sweden to commemorate the 300th anniversary of the Battle of Poltava. Afterwards, enjoy some great Ukrainian food at several East Village restaurants, including the very popular Veselka where you can get holubtsi and varenyky 24/7.

Tour the aircraft carrier USS Intrepid, or ride an elevator to the 102nd floor of the Empire State Building for the best view of the city. Take a ferry to the Statue of Liberty and Ellis Island, where most of our forebears first set foot on American soil. Get up early, wear your favorite UOL t-shirt, go to Times Square or Rockefeller Center and wave a UOL sign and see if you can get on Good Morning America or the Today Show. This is New York City, and you and your family can affordably take advantage of it all as part of your trip to the 2010 UOL Convention.

If you are driving to the Convention, consider stopping at some of the attractions along your route. Morristown is only 130 miles north of Atlantic City, and just 60 miles north of Six Flags. Less than 60 miles to the west, visit the Crayola Factory in Easton, PA or the Sands Resort in Bethlehem. To the north, Soyuzivka is just 95 miles away.

On top of all this, add the Christian Orthodox fellowship of the UOL Convention and you create the ultimate family vacation! "Come Early and Stay Late" and bring home the memories of a lifetime.



NEWS FROM THE
JUNIOR UOL
PRESIDENT

Taylor Gladys

Christ is Born!

I hope everyone had a great Thanksgiving, New Years, and Christmas, an enjoyable holiday season on the whole. Now with the holidays behind us, it's time to get back on track for the new year. On that note, I have a few reminders and thank yous to extend.

Thank you to Alexis Oryhon and Lesia Mahlay for their work with the Thanksgiving Tithing Program. I'm sure it was a great success going to such a wonderful cause, our very own mission parishes. If you would still like to donate, please do not hesitate to contact Junior Recording Secretary, Lesia Mahlay.

This year, the annual Great Lent Giveaway project has been centered towards Orthodox Prison Ministries, a new way for our league to reach out to others in need. In conjunction with Natalie Kapeluck-Nixon and the Office of Youth Ministries, Junior Financial Secretary, Ethan Rock, will be sending further information about this project to your chapter soon.

Also approaching soon is the 2010 Essay Contest. Please encourage all of the children at your church to participate! The contest gives the youth a chance to really contemplate some of their beliefs and their knowledge and understanding of the Church. It's a great way to help keep them educated and informed.

Yet another big event coming up is the annual Jr. UOL Raffle. This raffle has always proven one of the most successful fundraisers of the Junior League. Organized by Junior Vice President, Greg Markiw, tickets for the raffle will be sent out to all the members soon. Please support the Jr. UOL and buy raffle tickets for the 2010 Convention!

Furthermore, the Jr. UOL plans to host a "Bring-a-Friend-to-Church Day" on the Sunday of the Prodigal Son, prior to Great Lent. This is a fun event in which the Juniors can bring their friends from school and outside of the Church in to see our sacred faith.

Lastly, there are a few retreats and fun activities planned for the coming months. Keep your eye out for information regarding the Western PA and Bethlehem, PA Lenten Retreats, both of which help us to retain our focus on the Church during the Lenten season.

I pray that all of the chapters and members of the league have a happy and safe new year. Thank you for all of your commitment and dedication. Keep up the good work!

Yours In Christ,
Taylor Gladys
Jr. UOL President

Bring a Friend to Church Day



Sunday, January 31, 2010

Be a Friend ~ Make a Friend

Do you have a new neighbor or friend you would like to invite to your church?

Here are some ideas to help make this a successful event~

1. Help organize a nice luncheon or covered dish meal to share with your guests that day.
2. Put together information packets about your local parish as well as general information concerning the Orthodox Church to hand out to your guests.
3. Volunteer to greet your visitors with a smile and a warm hello!

Souper Bowl Sunday
Submitted by Lesia Mahlay

As Orthodox Christians, we are taught to give charity and love to all. In cooperation with the Saint Andrew’s Ukrainian Orthodox Society, a philanthropic organization that works to serve the less fortunate in Ukraine, we have the opportunity to help those in need. **In 1991 Saint Andrew’s Society was established to support the spiritual rebirth of the people in Ukraine and the efforts in charitable outreach. This organization provides humanitarian assistance to poor families, orphans, elderly, and handicapped by providing daily soup kitchens.** These soup kitchens, located in various cities in Ukraine, provide warm meals, Monday through Friday, for the needy.

The society also organizes the visitation of Saint Nicholas to cities throughout Ukraine in December, with gifts to orphaned children and holiday joy. Saint Andrew’s Society has published books and educational pamphlets to the faithful, seminarians, and parishes at no cost. The Ukrainian Orthodox seminaries have received countless supplies and equipment on their behalf. The seminarians themselves have received scholarships, in addition to computers and printers. Along with these great offerings, the organization has raised over \$100,000 to benefit Saint Michael’s Cathedral and Monastery in Kyiv.

The Society has raised and funded over \$830,000 in various philanthropic and church related projects. The major efforts supported by St. Andrew’s Society have been: **Humanitarian Soup kitchens for needy elderly and orphanage support (\$314,300); Theological Seminaries and Scholarships including the Rev. Lewytzkyj Fund (\$236,200); Restoration of St. Michael’s in Kyiv Rebuilding of the historic Cathedral which was destroyed by the communist state under Josef Stalin (\$115,500); Various church restorations, Publications, Medical projects (\$147,000).**

Since the founding of Saint Andrew’s Society in 1991, humanitarian support to the needy and disenfranchised has been essential to the mission of the Society. From the early years after the collapse of communism, the faithful here in the United States have supported efforts in Ukraine in providing meals for the elderly poor. Presently, several centers are supported by the Society – two in Kyiv, Pereyaslav-Kmelnitsky, Chernihiv, Ternopil and Chernivtsi.

Meals are distributed at soup kitchens and cafeterias (hot meals five days a week), or delivered to home bound elderly in these cities. Food is provided to pensioners that have no family or social support, and are of limited financial resources. The funding of each free meal or food parcel costs the Society only \$3. This program is implemented with the cooperation of local faithful in Ukraine.

Recently, on his trip to Ukrainian orphanages with the College Age students of the Mission Team of the UOC of the USA, His Grace Bishop Daniel visited one of the institutions in the capital of Ukraine, where residents of Kyiv and local villages gather once a month to receive food supplies, which are paid for by St. Andrew’s Society of our Holy Church.

On Sunday February seventh, numerous people across the country will gather to enjoy Super Bowl Sunday. Because we are so fortunate and are able to spend the holiday with our families, this is the perfect opportunity to give to those less fortunate. Again this year, we are requesting that all UOL Chapters and parishes take a collection to support Saint Andrew’s Society’s Soup Kitchens in Ukraine.

All UOL Members, please be sure to submit your dues. Members at Large have received information regarding renewing membership. Please be aware that the UOL Bulletin Mailing list is updated regularly. If your dues are not submitted your name will be removed from the UOL Bulletin Mailing List.

If you hear of concerns regarding receipt of the UOL Bulletin, please contact Editor Natalie Bilynsky.

Also, 2 extra copies of the UOL Bulletin are routinely sent to clergy and to UOL Presidents to encourage UOL membership. Please share your UOL Bulletin with your fellow parishioners and encourage them to join.

Visit the UOL Web-site
www.uol.orthodoxws.com

submit items for the Web-site to John Meschisen at
J.Meschisen@hotmail.com

TOP 10 WAYS
TO BE MORE CHARITABLE IN YOUR COMMUNITY

Lesia Mahlay, Chairperson of the Christian Caregiving and Missions Committee

For I was hungry and you gave me something to eat...

- 1. Stop by a local soup kitchen or homeless shelter and see how you can help

I was a stranger and you invited me in...

- 2. Make a phone call to a lonely neighbor, relative or friend and invite them for a dinner

I needed clothes and you clothed me...

- 3. Donate your unused and unwanted clothing to a person or family with little to nothing

I was sick and you looked after me...

- 4. Visit or volunteer at a hospital, nursing home, or an elderly person in their own home

I was in prison and you came to visit me...

- 5. Visit or send a letter or card to someone in prison
- 6. Visit and talk to a relative, friend, or stranger who is battling personal struggles

"The King will reply, I tell you the truth, whatever you did for one of the least of these brothers of mine you did for me."

Ways to be charitable during the Christmas season:

- 7. Give a gift or even a Christmas dish to a godparent, friend, or stranger
- 8. Send a Christmas card to someone who normally would not receive one
- 9. Go Christmas caroling to those from your parish in nursing homes or their own homes

BEST AND MOST REWARDING WAY TO BE MORE CHARITABLE:

- 10. Go on a **mission trip**, whether it be a High School Mission Trip in this country, a College Mission Trip to Ukraine, or an OCMC Mission Trip to a country in need

2009 UOL Sweatshirt Contest

*** This year the Jr. UOL National Executive Board will be sponsoring a "Jr. UOL Sweatshirt Contest," and this year we need your input!**

*** For those of you who are artistic and creative, or just want to give it a try, please consider submitting a design this year.**

*** This will be a hooded sweatshirt. The winner will receive a free sweatshirt and a 50% discount on their 2010 National UOL Convention packet!**

*** Design Guidelines and Specifications have been sent out to all Jr. Chapter Presidents.**

*** Deadline for submissions is February 15, 2010.**

For more information contact your local Junior Chapter President or Greg Markiw at 412-221-5045 or marq2036@verizon.net



St. Vladimir Senior UOL Chapter Philadelphia, PA Submitted by Jim Sawchuk

St. Vladimir Senior UOL Chapter recently held the election of officers for the up-coming year, they are: Andi Swan - President; Natalie Sufler Bilynsky - Vice President; Oleh Bilynsky - Treasurer; Jordan Gladys - Secretary; Dori Nemeth - Junior Chapter Advisor; Jim Sawchuk and Josh Oryhon - Reporters.

Our Senior and Junior UOL Chapters were very busy in October, November and December, 2009 hosting and assisting various Chapter and St. Vladimir Cathedral functions and fundraisers.



On Sunday, October 11th, St. Vladimir Ukrainian Orthodox Cathedral held the 2009 Basket Raffle in the Cathedral Hall. Now in its 7th year, this annual fundraiser is co-chaired by Senior Chapter and Cathedral Board members Andi Swan and Dori Nemeth.

Over 60 themed baskets along with gift cards, door prizes, gift certificates and grand prizes were raffled off. Senior Chapter member DJ Al Shinn was the M.C. Many of our Senior and Junior Chapter members along with fellow parishioners and friends worked throughout the year to help create the Basket Raffle.

With over 175 people in attendance, including Chapter members, parishioners, neighbors from our community, Very Reverend Volodymyr Hanas and parishioners from St. Mary Protectress Ukrainian Orthodox Parish in Philadelphia, this year's event was very successful. St. Vladimir's Annual Basket Raffle has truly become a "fun" family tradition and has grown to serve as one of two primary yearly fundraisers at our Cathedral.



On Friday, November 13th, our Senior Chapter hosted the "Lucky 13" Bingo with all proceeds benefiting our 2011 Convention Fund.

Our other primary Cathedral fundraiser is the Annual Christmas Bazaar which took place on Saturday, December 5th and Sunday, December 6th. Natalie Sufler Bilynsky, Senior Chapter and Cathedral Board member and Editor of our UOL BULLETIN, is the chairperson of this event. Our Senior and Junior Chapter members donated their time and efforts



to work along with our parishioners at the various tables and in the kitchen. It was a great success!

As we have advertised in the UOL Bulletin, during the 64th Annual UOL Convention in Philadelphia in 2011, we will be celebrating the 50th Anniversary of the Junior UOL. We are hoping to have a reunion of past National Junior Board UOL members and Junior UOL members. We are currently collecting names and addresses of past UOL members hoping to encourage them to attend the Junior UOL Reunion. We are asking everyone to reach out to UOL members who have not attended Convention recently. Please send us names of previous Junior UOL members that would be interested in attending the Junior UOL Reunion. Please send names, addresses and e-mails to Natalie Bilynsky, 703 Pine Ridge Road, Wallingford, PA 19086 or via e-mail nsufler@aol.com.

Our up-coming Chapter sponsored events include: Christmas Caroling to our shut-in parishioners - Sunday, January 3, 2010; Theophany-Ice Cross Blessing and Breakfast - Sunday, January 24, 2010; Malanka - Saturday, January 30, 2010. For those who haven't yet made their Malanka plans, the Philly Malanka is a great event! We hope to see you there!

Saint John Junior UOL Johnson City, New York Submitted by Grace Hatala



These past few months have been very busy for Saint John's Jr. UOL chapter. Our chapter volunteered at the Buddy Walk in September. The walk raised money and awareness about the lives of people with Down Syndrome. This fall one of our most exciting goals is to completely remodel our church hall coatroom. All members have been involved in cleaning out, remodeling, painting, and organizing the space. With all the hard work being

put into this by our fellow members, the room will soon be an efficient working space, a meeting area, and a room that we will be proud of. This room will still serve as the coatroom for catered events at the church. The



coatroom is completely staffed and run by our juniors. The Jr. UOL is also participating in many fundraisers to help our community schools and families. We are purchasing items of socks and underwear for local school nurses to give children. We are also collecting new or gently used backpacks to donate to our military

families. This year our chapter welcomes 5 new members, bringing our membership to 14! Our officers for 2009-2010 are: President- Olenka Zharsky, Vice President- Adam Hatala, Secretary- Lauren Hatala, Treasurer- William Ferrente, Reporters- Julia Ferrente and Grace Hatala. Our advisers are Beth and Phil Harendza. We're all excited and are looking forward to a fun and successful year!

Don't miss the Annual JUNIOR- SENIOR U.O.L. LENTEN RETREAT MARCH 20, 2010

Retreat will focus on Confession

**St. Francis Retreat House
Bethlehem, PA**

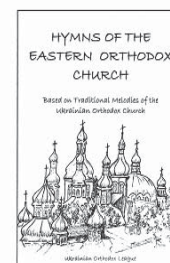
*Retreat registration rate \$40
(late registration additional \$10 if mailed after
3/1/10)*

Retreat is one full day including all meals.

**For more information contact:
Oleh or Natalie Bilynsky
at nsufler@aol.com call - 610-892-7315**

HYMNS OF THE EASTERN
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Wallingford, PA 19086
nsufler@aol.com 610-892-7315



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.”

Proverb 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 ½" x 11" papers. Include a
cover page with the identifying information listed above.
Entries for 9th grade and above must be typed or printed.

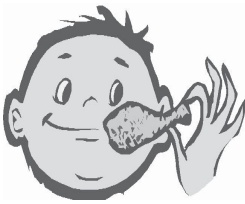
ALL ENTRIES WILL BE JUDGED FOR CONTENT, CREATIVITY AND
NEATNESS.

Mail entries to:

UOL Essay Contest C/o Shirley Skocypec
135 Davidson Avenue
Somerset, NJ 08873-1358

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 in 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.



Epiphany Eve Dinner, similar to Christmas Eve, did not
include any meat or dairy products. Epiphany Eve did not
require twelve food items, but the menu was similar with
borscht, varenyky and fish. Following Divine Liturgy and
blessing of water and traditional ice cross, families went home
and enjoyed a dinner with traditional favorites, holubtsy, home-made sausage, and
varenyky of meat.

For dessert honey cookies, honey cakes, pampushky and slastyony would be served.
To make Slastyony (Sweet Pastry – similar to donuts), ingredients needed:

- 4 cups of flour
- 1 cube/packet of yeast
- ½ cup of sugar
- 1 cup of milk
- 2 egg yolks
- 2 eggs
- ¼ lb of butter
- ¼ cup of vodka
- 4 cups of oil
- powdered sugar
- pinch of salt



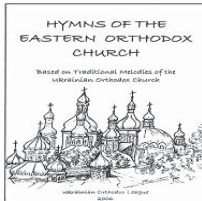
Sift flour. Mix yeast with one tablespoon of sugar, 1 tablespoon of flour and 1
tablespoon of lukewarm milk. The mixture should have the consistency of sour
cream. Leave mixture in a warm place and let rise.

Whisk eggs and egg yolks with sugar. Mix with the yeast mixture, four and remaining
milk, vodka and salt. Knead the dough. Melt butter and knead melted butter into
the dough. Let the dough rise in warm place. Repeat the process several times.
Divide the dough into small parts and roll into small balls. Bring oil to a boil Cook
dough balls in boiling oil until they are golden brown. Place pastries on a large
plate and sprinkle with powdered sugar.

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

*The Ukraintian Orthodox League
Christian Caregiving and Missions Commission
Help Make a Difference*

*Souper Bowl Sunday Collection
Hold a collection in your parish on
Sunday, February 7th*



*All proceeds will benefit
St. Andrew's Society
and the Soup Kitchens in Ukraine*

Donations can be sent to:

UOL Financial Secretary
Alexis Oryhon
30 Jane Lacey Drive
Endicott, NY 13760

Questions?

Contact Christian Caregiving and Missions Chairpersons:

Alexis Oryhon, amoryhon@yahoo.com
Lesia Mahlay, imahlay@yahoo.com



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

What with the raging reality of colds, flus and even swine flu, wouldn't it be a wise and practical thing to use disposable plastic spoons in the administration of Communion?

This question is asked time and again in various guises, but the answer is always the same. The Body and Blood of Christ, however administered, is not going to be the means by which you will contract some dread disease. The sacrament itself is life-giving, as we confirm in the prayers of the Liturgy. The church has always used precious metal spoons to administer the elements and this does not convey disease. Centuries of use has not proved that masses of Orthodox believers were wiped out in an epidemic because they all went to Communion with infected persons. One priest told me that for years he brought Communion to a leper colony and he never contracted the disease when he had to personally cleanse the spoon afterwards. Let us say that this is a matter of faith for us. Again, when you receive the Eucharist, the life-giving Body and Blood of Christ, be assured that you will not receive also some pesky disease or ailment with it.

Now to directly answer the question which was posed. The use of disposable plastic spoons, on the surface, sounds like a very practical solution, with no muss or fuss. If we analyze what we are doing, we will see that this is not really an acceptable solution. In using plastic spoons, a bit of the liquid or some particle, no doubt, will adhere to the surface of the spoon. In disposing of such, bits of the Body and Blood of Christ may end up in the dumpster with all manner of trash and even garbage and this is totally unacceptable. Lutherans have the idea that consecrated elements after a period of time, if not used immediately, return to being just bread and wine. Yes, poof, time passes and the presence of the Body and Blood of Christ just evaporates. Hmmm, this is not our belief at all and we are called to properly discern the Body and Blood of Christ. As a further note, if ever there is a Communion spill or drip, you will notice that the priest assiduously must clean the area. The bread particles that drop onto the antimimension are all consumed, so you can see that great care is taken when handling or administering Communion.

In a closing comment, if one has a cold, flu or anything else that is contagious, the prudent thing is to stay home. Going into public places when sick and contagious is insensitive and foolhardy.

Coughing and sneezing on one another and putting germ laden hands where others will touch IS the source of contagion, so, trust me, neither the Communion spoon nor Communion itself is going to be the source of your illness.



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

Please give generously to:

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- * First established and awarded by the Ukrainian Orthodox League in 1966**
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Please send donations to:
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Endicott, NY 13760

Carnegie Chapter Presents College Scholarships Submitted by Dr. Stephen Slvulich

The Sts. Peter & Paul Senior UOL Chapter, Carnegie, PA, presented nine scholarships to parish college students at the annual Anniversary Dinner of the Parish on November 15. Funds for the scholarship were raised by chapter members during the preceding year through various projects. Those students who received Chapter Scholarships were:

- Zachary Kapeluck, majoring in Dance at Point Park University
- Anastasia Markiw, majoring in Architecture at Kent State University
- Laura Quinn, majoring in Photography at Point Park University
- Ryan Quinn, majoring in Film at Penn State University
- Corinna Rozum, majoring in premed surgical at University of Pittsburgh at Johnstown
- Natalie Rozum, majoring in Industrial Engineering at University of Pittsburgh
- Olesia Stasko, majoring in Physics at Westminster College
- Christine Wachnowsky, majoring in Biochemistry at Allegheny College
- Natasha Walewski, majoring in Business at Arcadia University

The Carnegie UOL Chapter Scholarship was established in 1991 and scholarships have been presented annually to parish college students since then. There is an application procedure and a committee of Chapter members who have no vested interest in any of the applicants determines the scholarship awards. Committee members for 2009 were Chair Alice Sivulich, Pat Dorning and Elizabeth Mitchell.

IT'S A NEW YEAR

Our chapter is off and running at top speed. Carnegie Days was a huge success with a full menu of fabulous Ukrainian foods. Many of our chapter members are active with our Kitchen Workers making pyrohi each month, and with the St. Matrona Society's Cookie Walk that involves baking 2,000 or more dozen cookies for the December sale.

Chapter officers for 2009-2010 include: Steve Sivulich, President; Pat Sally, Vice President; Michael Kapeluck, Treasurer; Michele Kapeluck, Asst. Treasurer; Pat Dorning, Secretary; Auditors: Bonnie Reinhart and Steve Sawchuk; Steve Sivulich, Chapter Reporter; and Sherri Walewski, Jr. UOL Chapter Adviser. Fr. Steve Repa is our Spiritual Adviser.

THANK YOU TO ALL OF OUR ANNUAL FUND DRIVE DONORS
(DONATIONS AS OF 11.30.09)

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**Annual Junior -Senior UOL Lenten
Retreat**

Ohio-Western PA
(retreat center is 1 1/4 hours from Cleveland
and 1 1/4 hours from Pittsburgh)

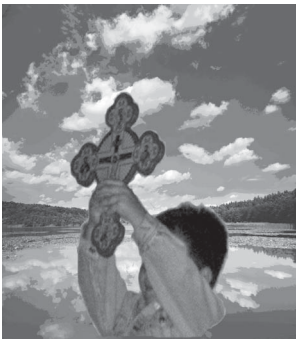
March 6, 2010
"Finding your Spiritual Path"

Villa Maria Retreat Center
Villa Maria, PA

For more information contact: Diane Senedak
dkssenny@aol.com 330-792-6699
Melanie Nakonachny MelanieNak@aol.com
440-463-6241

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

CONTRIBUTOR	OCCASION
Anne Pituch	Congratulations Patty and Jan Jennings on your 40th Wedding Anniversary. May the Dear Lord bless you with many more years of good health and much happiness!
Catherine Lesky Shaffer	In loving memory of my brother, John Lesky on the fifth anniversary of his entering into eternal rest. Vichnaya Pamyat!

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*UOL Tributes should be submitted to:
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Please make check payable to Ukrainian Orthodox League*

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