



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 60 NO. 6

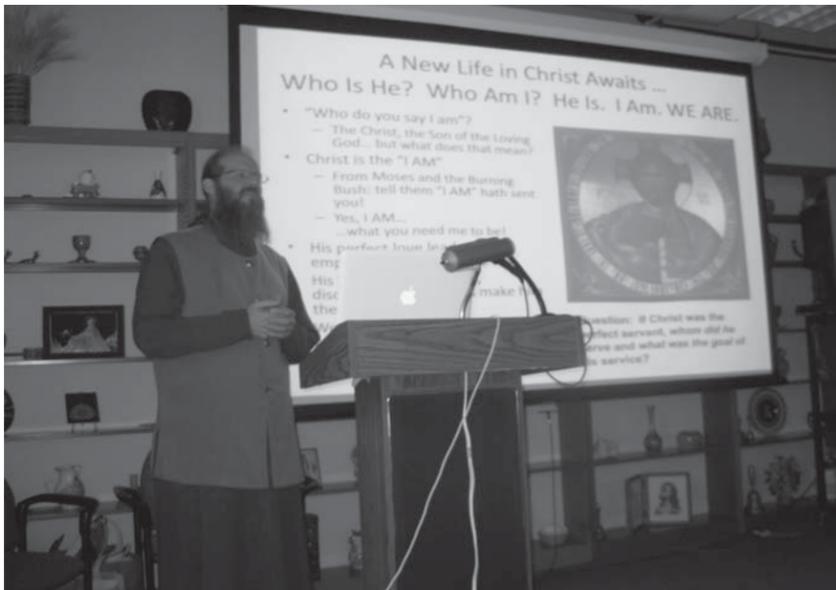
APRIL-MAY 2014

Tenth UOL Lenten Retreat in Bethlehem - A Huge Success Submitted by Natalie Bilynsky



On Saturday March 22, 2014 fifty two UOL members and friends gathered in Bethlehem, PA for a retreat that focused on talents. The retreat, entitled "Well

done good and faithful Servant," focused on how to use your talents in church. Sadly His Eminence Metropolitan Antony and His Grace Bishop Daniel were unable to join us for the retreat. However, we were blessed with phenomenal speakers including Fr. Anthony Perkins, Fr. Bazyl Zawierucha and Fr. Anthony Ugolnik. Clearly their "talent" is speaking and inspiring.



It is hard to believe that Oleh and I have been planning the retreat on the east coast for the last decade. As we celebrate our tenth retreat, I would like to briefly summarize the journey we have taken with the retreat in the last decade. The first retreat in 2005 focused on the Creed and foundations of Orthodoxy. The highlight of the retreat was that all participants had the opportunity to

verebrate the myrrh weeping icon of St. Anna. I recall vividly as we met Fr. Afanasy at his car and everyone processed with the icon into the retreat center. The icon was streaming with myrrh and the room had a fragrance that permeated the entire retreat center.

In 2006 the retreat focused on the Divine Liturgy and Fr. Frank Estocin of Blessed Memory and Fr. Bazyl Zawierucha focused on sections of the Divine Liturgy. In the afternoon Linda Winters taught the tones for tropars and kondakions that are used in Liturgies. At these early retreats we typically planned a weekend event where individuals came from a distance, stayed at the retreat center and we had a movie night on Saturday. Our first retreats were all at the St. Francis Retreat Center, with absolutely beautiful grounds. Several years we celebrated Vespers outdoors. For our first 8 retreats Fr. Myron served as Spiritual Father of the retreat, leading morning prayers and celebrating Vespers. We missed him at the ninth retreat, but he served as Spiritual Father at our most recent retreat and has agreed to serve as Spiritual Father for 2015.

Our third retreat in 2007 was special because Metropolitan Constantine of Blessed Memory spoke. This was the first time that Metropolitan Constantine spoke at the Bethlehem Retreat. Iconographer Michael Kapeluck also spoke about icons for each feast day. This was the first retreat where many had commented that we need to record the inspirational talks at the retreat and share them. Looking back now, I am sad that we didn't for I would love to hear the words of Metropolitan Constantine of Blessed Memory as well as those of Fr. Frank of Blessed Memory. He was a frequent speaker and always supported the retreats.

In 2008 the retreat focused on the services of Holy Week and David Sembrot and Richie Jendras spoke about their trip to the Holy Land.

In 2009 the retreat was entitled, God is Wonderful in His Saints. At the retreat we focused on the Orthodox teachings about sainthood. A highlight of this retreat was that clergy present shared the story of their calling to the priesthood. There were many clergy at the retreat and each of their paths to the priesthood was inspirational. (continued on page 2)



You are cordially invited to...

The 67th Annual V.O.L. Convention
South Bound Brook, New Jersey
July 23-27, 2014

"Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied."
Matthew 5:6



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

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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). 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.

MESSAGE FROM THE SENIOR UOL PRESIDENT



Michael J. Komichak

Shche ne vmerla Ukrayina...

Glory to Jesus Christ! Slava Isusu Khrystu!
At the close of the business sessions at each Annual UOL Convention, we stand and honor the heritage of our UOC of USA by singing the Ukrainian National Anthem. Written over 150 years ago, the lyrics of the anthem speak of the survival of the Ukrainian nation and the belief that the Ukrainian people will one day be free and sovereign in their own land.

Over the past several months, we have watched in sorrow as more tragic pages were added to the history of our long-suffering ancestral homeland. Peaceful demonstrations began in November 2013 against the Ukrainian government's rejection of closer ties to the European Union. The use of force against the protestors on the "Maidan" (Kyiv's main square) reached its peak at the end of February when government forces fired on the crowd. Those killed that day have become known as the "Nebesna Sotnya"—the "Heavenly Hundred" or "Heaven's Brigade." Ukraine's president fled to Moscow, leaving behind a legacy of corruption, greed, and lust for power. Russian military forces invaded Ukraine, seizing strategically important territory, while Russian provocateurs continue to destabilize the country.

Following the deaths on the Maidan, our hierarchs issued an urgent appeal for prayers for Ukraine and for donations for humanitarian assistance to help the injured. In response, the UOL National Executive Board immediately authorized a donation of \$2,000 for the effort, and encouraged individual UOL members and chapters to forward additional donations directly to the Consistory of the UOC of USA. We asked that donors separately report their contributions to our Financial Secretary Lauren Bentley in order for us to keep an informal tally of the overall UOL response. Of course, not all contributions were reported to us by the various donors; nevertheless, Lauren received confirmation of over \$5,000 of additional funds raised as a result of the UOL appeal.

Within days of the tragic events on the Maidan, His Grace Bishop Daniel personally delivered \$10,000 in humanitarian aid directly to makeshift hospitals set up in various churches in Kyiv. It is gratifying to note that the UOL and its members were among the first to support this effort. As substantial donations continue to be received by the Consistory, our Ukrainian Orthodox Church will be able to deliver significantly more humanitarian assistance to those who need it most in Ukraine.

While this humanitarian assistance helps those who have been injured, our prayers for God's mercy are even more important. The forces of evil are at work, and once again Ukraine stands at the brink of disaster. Through the Intercession and Protection of the Mother of God, the Ever-Virgin Mary, we pray that Ukraine will be spared from war and devastation.

During the month of March, the world observed the 200th anniversary of the birth of Taras Shevchenko, Ukraine's greatest poet. Now as in the past, Shevchenko's words have inspired, comforted, and brought hope to the Ukrainian people. Many of our parishes staged commemorative concerts that celebrated Shevchenko's extraordinary life and his timeless legacy. The words of his famous poem "Zapovit" ("Testament") are relevant even today, as he urges the Ukrainian people to arise, break the heavy chains of tyranny, and enter the family of free nations.

Please consider joining our Hierarchs, clergy, and hundreds of your brothers and sisters in Christ on Sunday morning April 27, 2014 for a Panakhyda to be celebrated at St. Andrew Cemetery's Great Memorial Cross in South Bound Brook, NJ. Join us in praying for the repose of the souls of our departed hierarchs, clergy and faithful, as well as for the victims of the Holodomor, the Chernobyl disaster, the September 11 terrorist attacks, the Nebesna Sotnya, and for all those who have sacrificed their lives for the freedom and independence of Ukraine and the USA. In light of current world events, this year's Providna Nedilya observance will be especially significant. Please come and pray with us.

May God bless Ukraine and may God bless the United States of America.

Yours in Christ,
Michael J. Komichak



ASK FR. HARVEY

Questions answered by Fr. John W. Harvey

Father has recently taken to tacking the Great Kneeling Prayers onto the Liturgy of Green Sunday (Pentecost). Some have places to go and other things to do, so isn't there some way of shortening or streamlining these long prayers? Hey, its vespers, so shouldn't they be better done in the evening?

Pentecost is the birthday of the church and it was the falling of the Holy Spirit on the Apostles, which gave them the power and gumption to go out throughout the world preaching Christ. The Holy Spirit is like the yeast, which causes bread dough to come miraculously alive and rise. It is true that we decorate the church with greens to remind us of new life, but we are given a chance to go beyond the mere commemoration of an event and become renewed ourselves.

What is the rush??? So you have a family luncheon date at the Olive Garden or is it the big, one day only, Sunday sale at the Mall. We can rationalize that there is a great "need" to get out of church early on Pentecost, but what are the benefits that we might miss??

Most parishes do not do the vespers in the evening, quite frankly, because only a minimal handful of the parishioners would come back for the service. As Christians with our Baptism and Chrismation we have become the dwelling place of the Holy Spirit. Hmm, just think about it! The Holy Spirit Himself deigning to dwell within us and to be our counselor. By our lifestyle we can certainly ignore the divine presence and any influence from Him. By seeking only our own will and impulsively accepting every prompting of our flesh or the evil one we can practically drive the promised divine presence from us. With the Great Kneeling prayers, granted being a trifle long, we solemnly invite the presence of the Holy Spirit again into our beings. We open ourselves to growing to our spiritual potential with the aid of the Holy Spirit. He can and will do great and marvelous things through us if we are but open. We are called by God Himself to provide fruit in due season, but unless we co-operate with the Holy Spirit it is doubtful whether we will make any progress on our own. During these prayers we also pray for our deceased brethren. They too were enlivened by the Spirit in their time. They are a part of the universal church and have gone on to their just reward. These prayers express a oneness with our departed brethren.

If we but knew what a great gift could come to us through piously listening to the kneeling prayers and accepting what blessings are freely given to us, the pressing need to rush to a restaurant or the mall would appear as rank foolishness. Better to be present for a gift that could heighten our spiritual potentiality than some petty entertainment.

Once we know of the potential benefits of the kneeling prayers it is a matter of ultimate priorities in life. If Father seeks to widen the blessings to more people by adding it at the end of Liturgy, be open to the prospect of something which could be fulfilling in the long run.



(Retreat - continued from page 1)

In 2010 the retreat focused on Confession. This retreat included a Question and Answer session that was very lively and interesting.

In 2011 the retreat focused on the Sermon on Mount, and was our last retreat at St. Francis Retreat Center. Our next year we moved to a retreat center that was also in Bethlehem. In 2012 the retreat focused on the Services of Great Lent. His Grace Bishop Daniel and Mother Raphaela addressed the retreat participants and inspired everyone with discussion about their Lenten journeys.

The retreat moved once more in 2013 and focused on the text "The Way of a Pilgrim." At this retreat His Eminence Metropolitan Antony and Fr. Bazyl Zawierucha shared a slide show about the pilgrimage to the Holy Land. This was also our highest attended retreat with 67 participants.

(continued on page 3)

**67th Annual UOL Convention Update
Submitted by Martha X. Misko**

Have you heard? The UOL will be holding its 67th Annual Convention in South Bound Brook on July 23-27, 2014!! The Convention Committee that includes members of the surrounding UOL chapters of Northampton, Allentown, Carteret, Maplewood, and South Bound Brook have been planning a great variety of spiritual and social events. Lodging accommodations will be at the Holiday Inn, Somerset at a remarkable and very reasonable rate of \$89.00 per night. Business sessions and evening activities will be held at the UOC Cultural Center.

The early registration discounted rate of \$205 for Seniors and \$195 for Juniors includes –

- Wednesday – Hospitality Night hosted by Holy Ascension Chapter, Maplewood
- Thursday – Welcome Brunch; Mystery Dinner Theatre
- Friday – Breakfast; Lunch; Cultural Evening and Dinner
- Saturday – Breakfast; Picnic Lunch hosted by Assumption of the Virgin Mary Chapter, Northampton; UOL Grand Banquet and Ball
- Sunday – Farewell Luncheon

The theme of this Convention – *“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied”* – inspires us to work together for the good of our Church, her Faithful, and all mankind. Plans are being made for a very special service project to assist those in the area who are less fortunate. Together, as Conventioneers, members of the UOL, and Orthodox Christians, we hope to assemble, during this Convention, food packages that will be distributed to needy members of the local community. And although our time together will be filled with working toward the goals of the UOL, enjoying fellowship, and sharing spirituality of our Orthodox Faith, there will still be opportunities to visit our wonderful Metropolia Center. Take some time to see how fortunate our Church is to have this lovely property and all that it holds!

Make your plans now! Come to South Bound Brook in July!

Convention Registration

Register by June 15, 2014 for Discounted Rate. Registration materials can be found at <http://www.uol.orthodoxws.com/>

Hotel Reservations

Holiday Inn Somerset 195 Davidson Avenue Somerset, NJ 08873
1-732-356-1700 UOL rate of \$89.00 by June 30, 2014

Yearbook Advertising

Submit ads and greetings by June 1, 2014. Yearbook ad contract materials can be found at <http://www.uol.orthodoxws.com/>

Questions?

Contact Martha Misko Martha.misko@rcn.com or 610-262-5292

We Need Your Help!

As you know, the Ukrainian Orthodox League of the United States of America will be holding its 67th Annual UOL Convention this summer. This year's UOL Convention will take place at the Metropolia Center in South Bound Brook, NJ, from July 23- 27, 2014. This Convention is unique in that there is not a particular hosting chapter but that it is being hosted and organized by chapters surrounding our Metropolia Center – Maplewood, Carteret, Northampton, Allentown, and our newest chapter, South Bound Brook.

In order to maximize the attendance at this year's Convention, it is important for us to keep costs as low as possible for all attendees. And to make this Convention a big financial success for the entire Ukrainian Orthodox League, we will be asking for support from all of our UOL Chapters and our members.

We are asking our fellow UOL Chapters and our members to donate funds that will help to offset the costs of the Convention's events and proceedings. A complete listing of sponsorship opportunities along with suggested donation amounts has been mailed to each chapter and is also available on the UOL Website. Examples of possible sponsorships are:

- Welcome Brunch - \$750
- Business Sessions - \$300
- Pre-Junior Activities - \$200
- Grand Banquet and Ball - \$1,000

Please consider donating these amounts or portions of these amounts. We will acknowledge your generosity at your sponsored event and in the Convention Commemorative Yearbook that will be distributed to each delegate. In most cases the amounts listed cover only a portion of the total costs for an event. Multiple donors for a particular event will be acknowledged as co-sponsors of the events. We sincerely appreciate your generous support of our efforts to make this year's Convention a success!



**NEWS FROM
THE
JUNIOR UOL
PRESIDENT**

Kateryna Kocelko

Glory to Jesus Christ!

I hope everyone is having a spiritually enriching Lent, and I pray your Pascha is rewarding.

I cannot believe that the Convention is right around the corner! That means it's time to wrap up your Great Lent Giveaway donations. This year Great Lent Giveaway benefits FOCUS North America's Back to School initiative. The Great Lent Giveaway is an annual project that is a partnership between the junior UOL and the Office of Youth Ministry. On behalf of both, I would like to thank you for your support and encourage you to still participate, because you still have time. Great Lent Giveaway funds can be submitted up until Convention, so continue to collect funds and socks to help us reach our goal of \$3,000 and 500 pairs of socks. If you have any questions or concerns, feel free to contact me about them.

Also with Convention quickly approaching, junior UOL raffle tickets are on sale now. The drawing will be at the Convention in July. Please send all of your tickets and payments to our treasurer, Kira Kuzmenchuk. If you need more tickets or have any questions feel free to contact Kira at kirakuz@verizon.net.

I would also like to encourage everyone to attend the two Lenten retreats that we have. The first one is March 22, 2014 in Bethlehem Pa. The second one is on March 29, 2014 in Villa Maria Pa. Going to the retreats and hearing the speakers really can strengthen your faith throughout this Lenten journey. I hope everyone is able to attend one.

Lastly, I would like to remind everyone about the Pysh Travel Grant. In these tough economic times, I know it can be hard to come up with the funds to travel to the Convention. The Pysh Travel Grant is designed to help relieve some of the costs of travel to the annual Convention. I strongly suggest that you take advantage of this and apply. If you are interested, please submit your applications to me by no later than April, 30th. If you have any questions feel free to contact me at kdkcutie25@yahoo.com.

I am very excited for this year's convention in South Bound Brook, New Jersey! It is a great opportunity for all of us to gather together to strengthen our faith and I hope to see everyone there.

In Christ's Love,
Kateryna Kocelko

(Retreat - continued from page 2)

This year the retreat started with morning prayers and breakfast. I provided the introduction to the retreat. Fr. Anthony Perkins spoke next about how Christ Himself is our example of how we are to use our talents and Fr. Bazyl Zawierucha next spoke about the Final Judgment. Everyone joined for lunch at the retreat center. We had delicious vegetarian chili and more importantly a time to talk and join with other retreat participants. It has been wonderful to have a lovely group of people who gather annually in our lenten journey.



(continued on page 7)

**Great Lent Giveaway 2014
FOCUS on Giving
Benefiting FOCUS North America
Back to School Program
Submitted by Kateryna Kocelko**

The Great Lent Giveaway (GLG) is a joint project between the Jr. UOL and the Office of Youth Ministry with the objectives to deepen the faith of our Orthodox Youth through almsgiving, deepening of prayer and faith through action and learning.

The 2014 Great Lent Giveaway benefits FOCUS North America's Back to School Initiative. FOCUS North America is a national movement of Orthodox Christians, united in faith and joined by a desire to provide action-oriented and sustainable solutions to poverty in communities across America. FOCUS has operations and youth volunteer experiences in more than 20 cities in the United States. The purpose of the Back to School initiative is to collect shoes and other school supplies for children in 28 cities around the country that are participating.

Our goal for 2014 is to raise \$3000 for the Back to School Initiative and collect 500 pair of socks. GLG program details will be sent to chapters and parishes prior to the start of Great Lent. GLG youth group lessons will be provided weekly on the Office of Youth Ministry Website, www.uocyouth.org, starting the last week of February. For further information contact the GLG coordinator, Kateryna Kocelko, at kdkcutie25@yahoo.com or the Office of Youth Ministry at uocyouth@aol.com.



Help us reach our goal of \$3,000 and 500 pair of socks to aid homeless and disadvantaged youth going back to school. Each week of Great Lent a session on Christ's Unconditional Love will be provided for your youth group to deepen faith and understanding.

Information on the Back to School Initiative, FOCUS North America and youth group lessons available at www.uocyouth.org. Donations may be given or sent to your local Jr. UOL Chapter, youth group or sent to the Consistory of the Ukrainian Orthodox Church of the USA, PO Box 495, South Bound Brook, NJ 08880, Attention: Treasurer, Great Lent Giveaway.

The Great Lent Giveaway is a joint project of the Jr. Ukrainian Orthodox League and the Office of Youth / Young Adult Ministry of the Ukrainian Orthodox Church.



2014 Cultural Contest!

Participation is open to ALL UOL members, juniors and seniors.

- **Entries will be displayed and voted on at the 67th Annual UOL Convention in South Bound Brook, New Jersey.**
- **Any homemade item that involves Ukrainian heritage and culture is permitted.**

For more information, contact: Sarah Hershey, Financial Secretary
Cultural Committee Chair shershey19@gmail.com

Thank you! Thank you! Thank you! Thank you! Thank you!

Thank you to everyone who has contributed to the Annual Fund Drive which includes UOL Projects, the Lynn Sawchuk-Sharon Kuzbyt Scholarship Fund and the Metropolitan John Scholarship Fund! The following is a list of contributions made so far to our Fund Drive. Thank you for your support!

Total contributions were: \$2725.00

UOL Projects \$390.00

Catherine Shaffer - In memory of my brother John Lesky

Dennis & Alexandra Ritter

Druash Family - In memory of Hazel Klipnick

Irene Pashesnik - In memory of Maryann Pacana, Florence & Craig Moran

Michael & Martha Misko

Stephen & Karen Sheptak - In memory of Anna & Raymond Kalinik

Assumption of the Virgin Mary SR UOL Chapter - Northampton

Rev. John and Pani Mary Anne Nakonachny

LSSK \$940.00

St. Demetrius SR UOL Chapter Carteret - In memory of Bill Kuzbyt, Sr.

Catherine Shaffer - In memory of Bill Kuzbyt, Sr.

Steve & Alice Sivulich - In memory of Bill Kuzbyt, Sr.

Druash Family - In memory of Nicholas Druash

Irene Pashesnik - In memory of Maryann Pacana, Florence & Craig Moran

Pam Scannell

Michael & Martha Misko

Stephen & Karen Sheptak - In honor of Stephen Sheptak & Charissa Martin

Michael Komichak & Daria Pishko-Komichak

Assumption of the Virgin Mary SR UOL Chapter - Northampton

MJSF \$1395.00

Anna Woznak - In memory of Nick Woznak

Rev. John Haluszczak - In memory of Fr. Gregory Woolfenden

Druash Family - In memory of Nicholas Druash

Irene Pashesnik - In memory of Maryann Pacana, Florence & Craig Moran

Pam Scannell

Cornelia Yavarow

Michael & Martha Misko

Stephen & Karen Sheptak - In memory of Catherine & Stephen Sheptak

Michael Komichak & Daria Pishko-Komichak

Assumption of the Virgin Mary SR UOL Chapter Northampton

If you have not yet contributed – there is still time!!! Just mail your donations indicating which fund, "In Honor/In Memory of" – to Linda Winters, 6712 American Way, Bethlehem, PA 18017

Ukrainian Orthodox Camping Ministry at All Saints Camp

Kicks-off 2014 Season

The UOC Camping Ministry at All Saints Camp is thrilled to be announcing its 2014 season which includes new programming! The summer is full of opportunities for young and old to deepen their faith through spending time in His creation. The 2014 schedule is as follows:

- April 4th to April 6th - Volunteer Work Weekend
- May 2nd to May 4th - Volunteer Work Weekend
- May 9th to May 11th - Volunteer Work Weekend
- May 26 - June 1st - Volunteer Work Week
- June 22- July 5 - Diocesan Church School Camp - Camper Ages 9-13
- July 5th - 6th - St. Joachim and St. Ann Parent Retreat - parents with teenage children
- July 6th - 19th - Teenage Conference - Camper Ages 13-18
- July 28th - August 1st - Mommy & Me/Daddy & Me Session A - Children ages 4-8 and their parent(s)
- August 28th - 22nd - Mommy & Me/Daddy & Me Session B - Children ages 4-8 and their parent (s)
- August 29 - Sept 1st - Family Fest - All ages

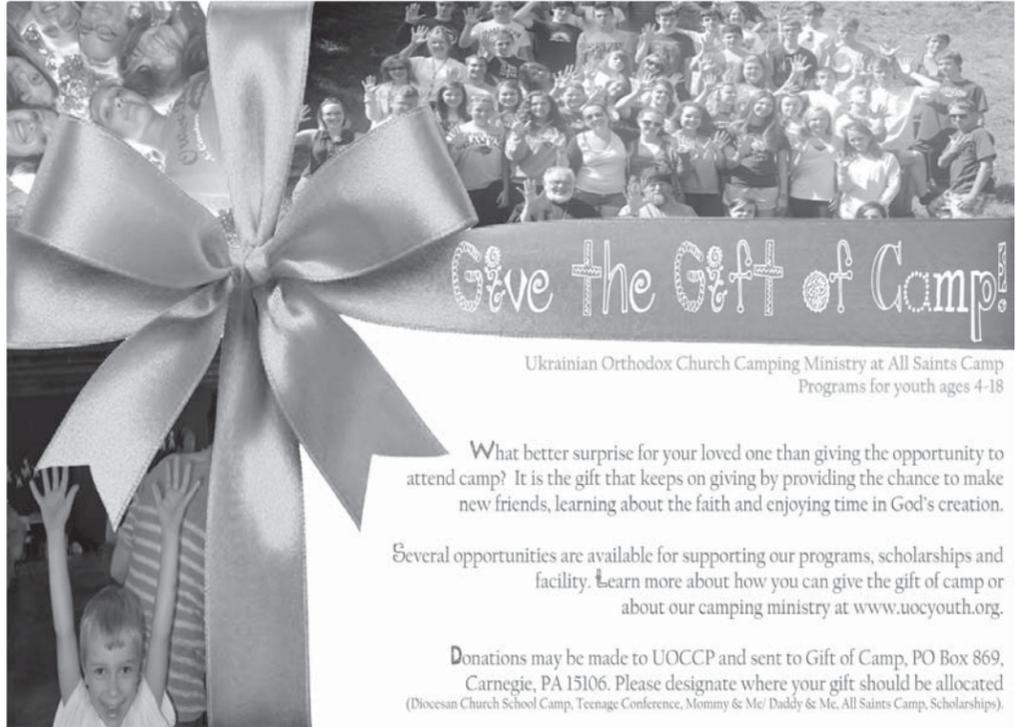
Those interested in attending the Volunteer Work Weekends/Week should contact michael@allsaintscamp.org.

Applications and all needed information for the camper programming is available at www.uocyouth.org or email at uocyouth@aol.com. Diocesan Church School and Teenage Conference are two-week programs but campers may also choose to attend for only one week. Camper scholarships are available.

All Saints Camp is our beautiful campground located in Northwestern Pennsylvania. Campers will be presented with opportunities to deepen their faith through classes, workshops and Divine Services; participate in special interest classes such as cooking, nature, crafts and Ukrainian culture; enjoy nature through hiking, swimming and develop long lasting friendships with other young Orthodox Christians.

Paid and volunteer staff opportunities are available for June - September for the entire season, single/multi-week, or weekends. Please consider giving of your talents by serving on staff - our youth need mentors of all backgrounds and ages!

Please consider spending your summer with us at All Saints Camp!



Help the UOC and UOL on St. Thomas Weekend Submitted by Mickey Komichak

After the journey through Great Lent and the joyful celebration of Pascha, the annual St. Thomas Sunday Weekend Pilgrimage to South Bound Brook is a highlight of the season. On Bright Saturday April 26, 2014 and St. Thomas Sunday April 27, 2014 thousands of the faithful will visit St. Andrew Cemetery and the Metropolia Center.

Activities this year include a 10 AM Divine Liturgy at St. Andrew Memorial Church and a 3PM picnic at St. Sophia Seminary on Saturday. On Sunday a procession to the Cemetery's Great Memorial Cross follows a 9:30 AM Eucharistic Liturgy celebrated by His Eminence Metropolitan Antony, His Grace Bishop Daniel and other Ukrainian Orthodox clergy. Throughout the weekend there will be plenty of Ukrainian food and crafts for sale at the Cultural Center.



As in years past, the UOL needs volunteers to help manage parking and collect donations at the Metropolia Center during the Pilgrimage weekend. The Consistory uses the parking money collected to help defray the costs of hosting such a large crowd. Commemorative ribbon sales are earmarked to support a worthwhile UOL cause. As it has for the past two years, this year the UOL has selected St. Sophia Seminary as the beneficiary of proceeds from the sale of commemorative ribbons. These donations will satisfy part of a larger commitment by the UOL to raise \$10,000 to support the students at the Seminary.

For more information on the weekend's activities, visit www.uocofusa.org. If you can volunteer some of your time on either Saturday or Sunday to help with parking, please email Mickey Komichak at mjk@uolnj.org. Any time you can spare will be most appreciated!



The Ukrainian Orthodox League Young Adult Memorial Day Weekend Retreat May 23-26, 2014



"I Am" Recognizing Christ in Our Daily Life

All Saints Camp Emlenton, PA All high school seniors - age 39 are invited to attend!



For more information contact:
 Emily Kominko (216) 387-0491
 kominkea@gmail.com
 Kira Senedak (412) 496-4811 ksenedak@gmail.com

This weekend is guaranteed to be spiritually uplifting, relaxing and tons of fun!
 Registration is only \$35.00
 Make plans now to attend!

Sponsor a Seminarian Submitted by Michael Komichak

It is important for our seminarians studying at St. Sophia Seminary to understand what the UOL is all about and how important the UOL is in the life of our Ukrainian Orthodox Church. A great way for them to experience the UOL is by attending the Annual UOL Convention, which will be held this year in South Bound Brook, NJ. The registration fee to attend the Convention this year is \$205 per person, which covers the costs of meals and activities. To encourage maximum attendance, this cost is traditionally waived for the seminarians, which in reality means that the cost is paid by the Convention. With eight seminarians in attendance this year, this will result in a significant reduction of any profits from the Convention. To help defray this cost, please consider sponsoring the registration cost for one of our seminarians. You, your UOL Chapter, or your business could designate a specific seminarian to sponsor, or you could simply indicate that your donation could be used by any of them. We will acknowledge your generosity in the Commemorative Yearbook that will be distributed to each Convention delegate. For further information on sponsoring a seminarian, please email the convention co-coordinator Martha Misko at martha.misko@rcn.com or call her at 610-262-5292. Your donation will help make this year's UOL Convention a success!

Meet our Seminarians

The Ukrainian Orthodox Church of the USA is fortunate to have four full-time and four part-time students enrolled in St. Sophia Seminary in South Bound Brook. Following a rigorous course of instruction, the best of these students will be selected for ordination into the Holy Priesthood. Below are profiles of the current full-time students, one of whom may someday become the pastor of your local parish. If you attend this summer's UOL Convention in South Bound Brook, you can meet these young men and get to know each of them one-on-one.

Subdeacon Ivan S. Chopko

I was born in Mostyska, Ukraine near Lviv in 1991. I am the oldest of three children and the son of a Ukrainian Orthodox priest, Father Stepan Chopko. From the time I was an altar server at the age of five, I have always wanted



to become a priest like my father. Upon graduating from high school, I began my formal religious training at the Lviv Theological Seminary. After three years there I was interviewed by Bishop Daniel and Father Bazyl Zawierucha, who accepted me and three of my classmates as students at St. Sophia. I am now in my third year at St. Sophia. I thank God for the opportunity to study at St. Sophia, and am very grateful for the continued support I receive from organizations like the UOL that make it all possible. I currently serve as Vice President of our UOL Chapter. I thank you all and always remember you

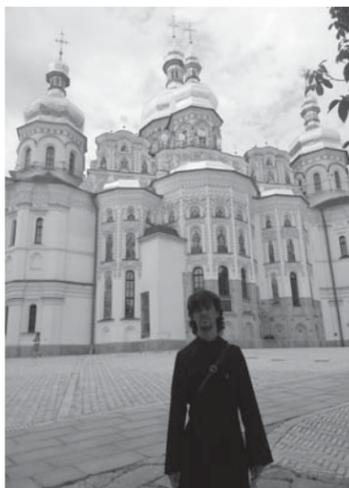
in my prayers.

Subdeacon Adrian Mazur

Glory be to Jesus Christ!!! I remember going to church around the age of 8 with my mother in Romania as if it were yesterday. At that young age, I fell in love with the beauty of the icons and the singing. As I matured, I became more and more attracted to all aspects of Church life. When my father was ordained to the Holy Priesthood, at that moment I knew I wanted to follow in his footsteps.

In the year 2000, my mother and brother joined me in the US just in time for Christmas. I fell in love with New York City, and especially with Holy Trinity Ukrainian Orthodox Church. I decided to enter St. Sophia Seminary because I felt called to play a greater role in the Church. Since entering the Seminary, my faith has grown enormously and I have gotten a better understanding of the meaning of my life and the love that Christ the Savior has for us.

In addition to my studies, I am the President of our local St. Sophia UOL Chapter. As I complete my final year at St. Sophia Ukrainian Orthodox Seminary, I especially thank my spiritual Father, my family and friends, and all who have been supporting me and keeping me in their prayers. I pray that God's Blessing and Love shines on everyone. God Bless.



Volodymyr Sukanets

I was born in the city of Buchach in the Ternopil region of Ukraine in 1995, the son of a priest — Fr. Stepan Sukanets.



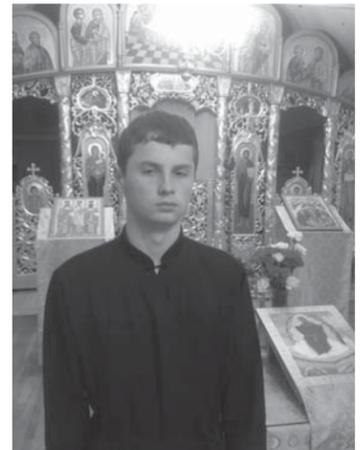
Ever since childhood I loved to come to church and pray. I enjoyed visiting nearby parishes and participating in small holiday concerts with the other children in our church Sunday school. My parents raised me to love God and the Church. In 2012, I entered the Volyn Orthodox Theological Academy. One year later, after being interviewed by Bishop Daniel and Father Bazyl Zawierucha, I transferred to St. Sophia Seminary. In my first year here I have made many new friends and learned so much. I am the Secretary of the St. Sophia UOL Chapter. I sincerely thank

all the faithful of the Ukrainian Orthodox Church of the USA, and I especially thank Metropolitan Antony and Bishop Daniel for giving me the opportunity to study at the seminary here in the US.

Volodymyr Yavorsky

I was raised in a Christian family in the rural village of Byblo in the Staryi Sambir district near Lviv, Ukraine. I was always actively involved in church life, serving as an altar boy in my hometown parish and at the Church of the

Assumption of the Blessed Virgin in the nearby village of Borshevychi. In 2011, with the support of my parents and friends, I entered the Lviv Theological Seminary. After a year and a half at the Theological Seminary, I was one of three students chosen by His Grace Bishop Daniel and Father Bazyl Zawierucha to attend St. Sophia Seminary in South Bound Brook. I have now been here for over one year and have made many new friends. I really enjoy studying here in the US at St. Sophia. This year I am the Treasurer of our UOL Chapter. I am very grateful to God and to the bishops of the UOC of USA who gave me this unique opportunity.



Few Are Called... Submitted by Pani Matka Linda Oryhon

At the recent meeting of the Metropolitan Council, Very Rev. Bazyl Zawierucha, provost, stated the purpose of our St. Sophia Seminary. "The year 2013 marks the 41st anniversary of St. Sophia Seminary. The seminary, in addition to being a training ground for future clergy, serves as a center of the spiritual and intellectual life of the Ukrainian Orthodox Church in the United States and abroad - a model of the Orthodox faith." The current resident students of the seminary are Eduardo Goncalves, Volodymyr Sukanets, Volodymyr Javorsky, Volodymyr Sukanets, Ivan Chopko and Adrian Mazur.

Non resident students, those on the "priestly track," are Deacon Theophan Mackey, Deacon Paul Cherkas and Joseph Crescenz. The following graduates of St. Sophia Seminary were ordained and have been serving in the Ukrainian Orthodox Church of the United States of America since 2010: Rev. Vasyl Dovgan, Deacon Philip Harendza, Rev. Andriy Matlak, Rev. Vasyl Pasakas, Rev. Borislav Kroner, Rev. Mark Swindle and Deacon Nicholas Zachary, and each have received Metropolitan John Scholarships. Also serving our Church is Deacon James Cairns and Rev. Francis Rella who is currently serving as Associate Dean of Academic Affairs at St. Sophia Seminary.

As Rev. Anthony Perkins, Director of Vocations, reported that although we are blessed to have students in our seminaries, there is more to be done. He is working to re-energize a plan to identify and nurture men "in stable financial and family situations, who can also serve in our parishes and missions as deacons and priests." But more importantly, Fr. Anthony would like to provide education and opportunities for men and women to fulfill their callings to serve Christ's Holy Church. This can be as cantors, choir directors, lay leaders, teachers or lay theologians. We pray for Fr. Anthony's strength and perseverance as he inspires and encourages those in his charge.

The Vocations and Clergy Support Commission are once again appealing to all to financially support our seminarians through donations to the **Metropolitan John Scholarship Fund**. We have much to be thankful for as we see our Seminary continue to grow and flourish after 40 years. But with that comes a financial responsibility to aid those students for their academic endeavors. Many of our parishes are being served by men who had studied at St. Sophia and other Orthodox seminaries. We also pray for students, faculty and staff as they continue this academic year.

2014 UOL EDUCATION COMMISSION ESSAY CONTEST

(Retreat - Continued from page 3)

Pre-school/Kindergarten –

Draw a picture showing how you learn from God.

Grades 1 & 2 – Write two sentences and draw a picture.

Draw a picture of Jesus teaching someone and tell what Jesus is telling them.

Grades 3 & 4 – Write 5 to 8 sentences.

What do you see in church that helps you learn about God?

Grades 5 & 6 – Essay should be 50 – 75 words in length.

How do the Beatitudes help to “feed” us today?

Grades 7 & 8 – Essay should be 80 – 125 words in length.

What does Jesus teach us we need to do to enter the Kingdom of God?

Grades 9 & 10 – should be 125 – 200 words in length.

What is the difference between the hunger for food and hunger for righteousness?

Grades 11 & 12 – Essay should be 200- 500 words in length.

Select an individual from the Bible and describe how they quenched their “hunger and thirst for righteousness.”

Adult 18 and over – Essay should be a minimum of 500 words in length.

How would you explain “hunger and thirst for righteousness” to a non-Christian?

**2014 ANNUAL UOL ESSAY CONTEST
ENTRY COVER PAGE**

Please print all information!

NAME: _____
(First and Last Name)

AGE: _____ GRADE: _____

NAME OF PARISH: _____

CITY AND STATE: _____

I DO NOT wish for my essay to be published.
Please attach this cover page to your essay entry.



UOL ESSAY CONTEST RULES AND GUIDELINES

Entries must be postmarked by April 30, 2014.

Please do not place names on the front of any entry.

All entries must include the following information:

- *Participant’s first and last name, age and grade in school.
- *The name and address of participant’s parish, including city and state.
- *Please attach a **COVER PAGE** to provide the information listed above.

Drawings (Pre-School – Grade 2) should not be larger than 12" x 18".

Written entries must be on 8 ½" x 11" papers.

Entries for 9th grade and above must be typed or printed.

Essay submissions may be publicized. Please indicate on cover page if you would not like your entry published.

ALL entries will be judged for content, neatness and creativity.

Judges are looking for the child’s original ideas and creativity; please keep adult involvement in the project to a minimum. NO ENTRIES WILL BE ACCEPTED AFTER APRIL 30, 2014.

Mail entries to UOL Essay Contest
C/o Christine Mills
641 N. Allerton Ct.
Moon Township, PA 15108

Fr. Anthony Ugolnik spoke beautifully about our calling to use our talents every day of the week. Following the very inspirational talks we watched a section of a video which showed St. Catherine’s Monastery. A lively question and answer session followed. We played three challenging games, where individuals grouped together to complete difficult puzzles related to knowledge about Orthodoxy. We all gathered in



the chapel for Vespers served by Fr. Myron Oryhon. It is always wonderful to sing together in praise of our Lord. Our group joined for dinner and more fellowship. It was an absolutely lovely day.

I am so incredibly grateful that Oleh and I have had the blessing of planning the retreats. During the planning we figure out the topics, get packets ready for the group and prepare the games. At this point we have a full volume of games used over the years. Oleh has joked that we should publish them.



There have been changes in some of the aspects of the retreat. At first, it was a weekend event, and at that time we had individuals stay overnight. Now the retreat is one day. There are also some similarities year to year. First there are some people who have attended all of the 10 retreats, including the Ritters and the Suflers. Others have missed one or two.

We hope that you join our retreat family. The date is in fact set for next year, and the retreat will be at the St. Francis Center for Renewal on Bridle Path Road in Bethlehem on March 28, 2015. Fr. Myron Oryhon has agreed to serve as spiritual advisor and Fr. Perkins has agreed to speak. The retreat will focus on Prayer – and is entitled “Let My Prayer Arise.”



