On Saturday, March 19, 2016, the Ukrainian Orthodox League of the USA welcomed His Grace, Bishop Daniel, President of the Consistory, Cristhal Chaney, Ph.D., Professor of Education (Point Park College), Rev. Fathers John Harvey, Andrew Gall, Dan Rohan, and Gregory Becker, Seminarians Tadei Surak and Vladyslav Huk, Michael Komichak, President of the UOL, Taylor Gladys, Junior UOL Advisor, and over 60 participants from parishes in Youngstown, Pittsburgh, Sharon, Philadelphia, Cleveland, Carnegie and Lyndora to the 2016 UOL Lenten Retreat (West).

The UOL also welcomed teens who participated in the “Teen Track” conducted by Dinah Fedyna, MD, and Ginny Ulbricht from SS. Peter & Paul, Youngstown, Ohio.

A day (by all accounts) that proved to be filled with “grace” and the Holy Spirit. Even as the earth—in our hemisphere—begins a new cycle of birth, renewal and growth, so, too, did clergy and faithful as they gathered with open hearts in fellowship and prayer at the Villa Maria Education and Spirituality Center in Villa Maria, Pennsylvania.

The day began with morning prayers, registration, a Continental Breakfast, and warm greetings from Stephanie Rimedio, retreat Co-chair and Michael Komichak, UOL National President. The V. Rev. John Harvey, Dean of the Penn-Ohio Deanery and pastor of SS. Peter & Paul, Youngstown, Ohio, briefly reflected on the theme of the day “Grace Shining Forth... Growing in Orthodoxy, Growing in Ministry.”

Bishop Daniel used his story—a deeply moving one—to illustrate how “grace” transformed his life—from throwing stones at icons in an atheistic society to priest, theologian and bishop—and in what way “grace” transforms ours. Moreover, by what means Great Lent helps effect that change; thus, preparing us to minister to others. Then, Dr. Chaney spoke about “Planting the Seed - Ministry to the Young.” She used her experiences as a parent, teacher and co-founder and principal of Three Hierarchs Orthodox School to provide actions, insights and learning, not only on how the child develops, but also how to apply the resources and wisdom of holy scripture and tradition and all the church has to offer, especially prayer, to meet the challenges all family members and the church confront in raising our children and keeping them in the Orthodox faith.

Sessions concluded with a discussion of Ministry to the Young at Heart conducted by Oxsana Byzckalo, MS, who shared her insights on meeting the spiritual needs of older adults gained through 23 years of service in hospice and health care, emphasizing the importance of meaning, purpose and our “presence” in their life, as well as giving love, receiving love, forgiveness, creativity and hope.

Fr. Gregory Becker, choir, church school, and adult education director at SS. Peter and Paul UOC in Youngstown, summarized what we learned and how it all tied together. He stated that, “...I want to tell you I really feel that the grace of the Holy Spirit was in our group today. It was something you could feel. I still have some goose bumps—spiritual goose bumps. ...”

At 12:30 PM, everyone enjoyed lunch served in the center’s dining room, the gift shop, walks around the grounds, and most especially, fellowship and lively discussion. The day concluded with informal conversation with speakers and clergy, confessions, Vespers (with responses led by Father Gregory Becker) and Pizza.

(continued on page 4)
2016 UOL Essay Contest
Focusing on the 2016 UOL Convention Theme
"Be quick to hear, slow to speak & slow to anger" James 1:19

It is time to start preparing your essay
Here are the topics for the essay contest. Entries must be post marked no later than April 30, 2016.

Preschool/ Kindergarten (picture)
Draw a picture of how we should act while hearing the Gospel.

Grades 1 & 2 (two sentences and a picture)
Write two sentences and draw a picture of a time when it's better to listen before acting.

Grades 3 & 4 (three or four sentences and picture may be included)
We are taught in school that bullying is not good. How would listening before acting help you to know what to do when someone bullies you or when you see someone being bullied?

Grades 5 & 6 (35-50 words)
Explain the verse, Psalm 34:13, “keep your tongue from evil and your lips from telling lies,” as it relates to 5th and 6th graders and the Convention theme “slow to speak.” Are your neighbors and how can words be used to harm them? How could choosing to listen first, and then act do the opposite?

Grades 7 & 8 (75 words)
In Matthew 5:39, Christ says “…But if anyone strikes you on the right cheek, turn to him the other also…” Explain how you apply this gospel passage to your daily life.

Grades 9 & 10 (150-200 words)
In Proverbs 12:18, it is said that “There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.” Relate this gospel verse to the theme: “Be quick to hear, slow to speak and slow to anger”.

Grades 11 & 12 (200-500 words)
As one continues to read the Letter of James, in 1:22 he says to “…Be doers of the world and not just hearers only…” What does James mean by this and why does he tell us that?

Adult 18 and over (500 words)
With all the turmoil in the world, many value swift, strong action over listening and empathy. How might the word of James be used to bring peace to our world?

Essay contest guidelines-
No names are to be on the front and a cover page with the entrant’s name, age and grade level, church and city and state are to be attached to all entries. They should be mailed to: Teresa Linck, 8 Carina Dr., Milltown, NJ 08850; or emailed to tls0430@optimum.net.

Please have parents sign the form stating: I give my permission to have my child’s work published in the UOL Bulletin.
Convention Service Projects Submitted by Carol Bentley

The 69th Annual National UOL Convention will be following Christ’s dictate to “be quick to hear” the needs of two groups who cannot speak loudly for themselves—disabled orphans in Ukraine and United States’ women veterans who suffer post-traumatic stress disorders and related disabilities acquired in the defense of our freedoms.

Holy Ghost’s goal for our orphaned “cousins” is to make 150 fleece “cuddle blankets.” These blankets will wrap around these little ones, providing warmth, comfort and love the way, I am sure, each of us would if we were in Ukraine. Directions for the creation of these blankets were sent out with a sample piece of fleece demonstrating the method for creating the edging.

Polar fleece can be purchased at fabric stores such as Joann’s as well as discount department stores such as Walmart. Individuals can work on this project independently or work parties can be held on a Saturday when league members, church youth and any other interested parties could participate. This could be a good activity for a cold Saturday. The cuddle blankets would be brought to the National Convention in July for packaging.

Our second service project is to provide necessary personal grooming items for U.S. women veterans who are housed in the Mary E. Walker House at the Veterans Administration Medical Center in Coatesville. These women, a majority of whom suffer from post-traumatic stress disorders, are involved in a residential program which provides medical assistance, psychological services and vocational training to them for their reentry into the workforce of the country they defended. Funding for this program, however, is extremely limited and personal grooming items are not provided.

To participate in this project, individuals are asked to collect personal grooming items throughout the year and have them brought to the 69th Annual Convention. Items acceptable for donation are toothbrushes, toothpaste, shampoo, hair conditioner, combs, tissues, tampons, laundry detergent, bar soap, hand lotion, body lotion, cotton underwear (various sizes), old books and DVD’s.

It is our desire to have the orphans’ “cuddle blankets” blessed at the convention. We will then be packaging the blankets for delivery to the orphans. The personal grooming items will be packaged and delivered to the Mary E. Walker House during the convention. If your Senior UOL Chapter, Junior UOL Chapter, Church School or individuals working independently plan to participate in either one or both projects, please let me know by completing and returning the form that was sent out to chapters.

Please join Holy Ghost in making this convention one which benefits two very needy, often forgotten groups and prove that we, indeed, are “quick to hear” as well as being “dedicated to our church and devoted to its youth.”

Crayon Initiative Project Submitted by Carol Bentley

Here at Holy Ghost in Coatesville, we believe that no one is too young to begin putting the words “be quick to hear, slow to speak & slow to anger” into practice. Aside from the two service projects which will culminate at the 69th Annual UOL Convention in July — “cuddle blankets” for Ukrainian orphans and personal grooming items for United States women veterans — young people will be “hearing” the needs of children in hospitals.

Children at Holy Ghost are collecting old broken crayons — you know, the kind everyone household blessed with children and grandchildren have. These crayons will be delivered to a company which melts them and turns the wax into new crayons which are given to children in hospitals.

Did you know that restaurants which provide crayons for children to use on placemats to keep them occupied until their meals arrive are suppose to discard all crayons that are left on the tables when customers leave? Did you know that the wax used in crayons is not biodegradable and, therefore, remains in landfills for years? Perhaps if you frequent a restaurant that provides crayons for young patrons you could ask for their “left over” crayons for this service project.

Join Holy Ghost’s young people shown here — Marcus (his mom, Meghan, was Holy Ghost’s Jr. UOL Convention Chairperson in 2006) and Stryker (his mom, Larissa, was a past Holy Ghost Jr. UOL President) and “hear” the needs of young hospitalized children. Let us see how many pounds of old broken crayons we can collect at our convention. Let us make even our very young “hearsers” and “doers” of God’s wishes.

I have 2006) and Stryker (his mom, Larissa, was a past Holy Ghost Jr. UOL President)

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 Vice President, Erica Holowko. If you need more tickets or have any questions feel free to contact Erica at eholowko105@aol.com.

I would also like to thank everyone who attended the two Lenten retreats. I hope they were very fruitful and spiritually enriching in your Lenten journey. 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 kdikutzie25@yahoo.com.

I am very excited for this year’s convention in Coatesville, Pennsylvania! 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

In keeping with the spirit of last Great Lent and the Psalm Reading Project, 40 pilgrims from throughout the diocese undertook another lenten journey together from December 7, 2015 to January 6, 2016 during Nativity Lent. Participants were able to read and pray on their own time each day for 26 days, with Sundays off to catch up or rest. Prayers were also said for the “prayer partners” of participants right through to Nativity.

Due to the wonderful endeavor of our Spiritual Advisor, Very Rev. Fr. John Haluszcak, participants helped to prepare themselves for the birth of our Lord and Savior, Jesus Christ, by reading a compilation from the four Gospels and biographies of December saints, such as St. Andrew, St. Barbara, and St. Nicholas. Praying Nativity Lents hymns and Feast Day offerings for the Entry of the Mother of God and the Conception of St. Anna were also incorporated. Reading/praying Nativity Royal Hours, with a culmination in Nativity Vesperls/Complete components was very special and inspired further anticipation for the Feast.

The sojourners represented 7 deaneries and 18 parishes. Two were from outside our diocese, one from Canada and one from the OCA. Many thanks are extended to Fr. John for putting the program together and to Lisa Ryan from Carnegie, PA for helping to administer the journey. Presently, we are now progressing through our Great Lent Project. Many are returning participants and many are reading the Psalter with us for the first time. The total number of pilgrims for this journey is up from last year. Glory to God!

We will also be embarking on another reading/praying project for the Apostles’ Lent. More information will be forthcoming, so be alert for further announcements and UOL website and Facebook postings.

Please consider joining us in one or more of our lenten journeys. Most participants have said they have been edified and appreciate the opportunity to pray with and for their brothers and sisters in Christ throughout the diocese.
These are just a few of the comments participants shared about the retreat.

“The retreat was much more than I expected. I came away with a new perspective. The speakers gave me much more to think about with regard to my faith. I now have a path in front of me that I did not have before. Bishop Daniel was so inspirational in his presentation of where he has been and where he is now with regard to Orthodoxy. Christal’s talk opened my eyes regarding the impact that our faith has on every aspect of life, even though she was talking about children.”

“My perspective was changed by the retreat “Grace Shining Forth…” Many years ago, while at Family Fest the first time, I heard +Bishop Paisios (of blessed memory). It was then that I fell in love with Orthodoxy. This retreat renewed my faith.”

“The retreat was not only educational, but also inspiring to me. It helped me refocus on what it means to be an Orthodox Christian. Bishop Daniel helped me put into perspective that our journey to eternal life is a day-to-day process. Christal Chanel also spoke about how to keep the youth in the church, which is a struggle for my parish. But, she said to keep trying and most importantly to listen to our children. Truly inspiring retreat that makes me blessed to be an Orthodox Christian.”

Each participant received a folder of materials, including an Adult Great Lent and Pascha Coloring Book (colored pencils or markers); the Akathist to the Theotokos for Children; the Council of Bishops’ Lenten Greeting; “Be the Bee” a reflection from “Good and Evil Thoughts,” + St. Paisios of Mt. Athos; a church assessment article, “How Good is Your Church Anyway;” copies of the PowerPoint Presentation; and a “Hold the Date” notice announcing the date of next year’s retreat at Villa Maria.

We are indeed grateful to our speakers and facilitators, His Grace, Bishop Daniel, Dr. Christal Chaney, Oxsana Byczkalo, Fr. John Harvey and Fr. Gregory Becker. This year’s committee included: Fr. John Harvey, spiritual advisor, co-chairs Stephanie Rimedio and Marianne S. Carmack and Pauline Witkowsky, supported by the advice, counsel and enthusiasm of Michael Komichak, national UOL President.

We’re already planning next year’s UOL Lenten Retreat 2017 at Villa Maria Conference and Retreat Center on March 18, 2017. We hope to see you there!

May you have a blessed Great Lent filled with peace, hope and love and a joyous and radiant Pascha.
The Philadelphia Senior UOL Chapter planned two significant fundraising events in February. This year Valentine’s Day was on a Sunday. So we decided to have a bake sale to benefit the Lynn Sawchuk Sharon Kuzbyt Scholarship Fund. Our UOL members went all out baking delicious heart shaped treats. We had heart-shaped cookies, small cakes, large cakes and even a huge heart shaped chocolate chip cookie. The table was full with beautiful baked goods. We were thrilled to raise five hundred and twenty dollars ($520) through our bake sale. It was such a huge success that at our last meeting we talked about having a Valentine LSOK Bake Sale each year.

Later than month we planned a new event. Two members of our chapter, Grigoriy and Ludmila Telizhenko, requested that we have a Memorial Luncheon and raise funds to support individuals Grigoriy and Ludmila as well as Walter Katolik who organized the movie showing. The project was a huge success. We thank Grigoriy and Ludmila as well as Walter Katolik who organized the movie showing.

The Philadelphia Senior UOL Chapter planned two significant fundraising events in February. This year Valentine’s Day was on a Sunday. So we decided to have a bake sale to benefit the Lynn Sawchuk Sharon Kuzbyt Scholarship Fund. Our UOL members went all out baking delicious heart shaped treats. We had heart-shaped cookies, small cakes, large cakes and even a huge heart shaped chocolate chip cookie. The table was full with beautiful baked goods. We were thrilled to raise five hundred and twenty dollars ($520) through our bake sale. It was such a huge success that at our last meeting we talked about having a Valentine LSOK Bake Sale each year.

Our evening included attending Vespers, having a nice pot-luck dinner and dance instruction. We are hoping to get another lesson before the Coatesville Convention so we can show off our moves at the Banquet and Ball.
With the blessing of our Hierarchs, the Great Lent Giveaway 2016 - The Miracle of Healing, will benefit the St. Jude Children's Research Hospital. St. Jude was founded by actor Danny Thomas in 1962. Since its inception St. Jude finds cures for childhood cancer and with their groundbreaking research has helped push the survival rate for childhood cancer from less than 20% in 1962 to more than 80% today. St. Jude provides care and treatment for all cancer types, ongoing multi-pronged research, and training for all levels of medical professionals.

The Great Lent Giveaway was developed as a joint program of the Consistory Office of Youth & Young Adult Ministry and the Jr. Ukrainian Orthodox League. Its purpose is to deepen the faith of our youth during the season of Great Lent through good works, stronger commitment to prayer and learning about the faith. In 13 years, the GLG has raised over $27,000 and goods for 11 organizations. Help our youth in their quest to do more!

ALL youth are encouraged to participate through their Jr UOL, parish youth group, church school or individually. Our goal is to raise $1,000 for St. Jude and awareness in our communities about their work. Each Wednesday during Great Lent a youth group session on the Miracle of Healing will be provided for use with your youth to deepen their faith.

For additional information or for questions contact the OYM Office at uocyouth@aol.com or 412-977-2010 or the GLG Jr. UOL Coordinator Orest Mahlay at orest.mahlay@gmail.com

May our Lord bless you in your journey through Great Lent!
The 2016 High School Mission Trip will travel to South Bound Brook, NJ and Philadelphia, PA. This trip is designed for teenagers 15 - 18 to give back to their church and communities in need. This unique trip which will take place August 6 - 14 in two amazing cities.

While in South Bound Brook the team will work at the Ukrainian Orthodox Church Metropolia Center and meet with our Hierarchs. The team will remodel the historic Fisher Family Cemetery which is on the property of our Metropolia cemetery. The Fisher family was instrumental in the American revolutionary war and is now a part of our American-Ukrainian History.

The Philadelphia portion of the trip will aid the parish of St. Vladimir and Pokrova. In 2014, Holy Protection parish experienced a devastating fire. Their sister parish of St. Vladimir stepped in to their aid and ultimately the two parishes decided to join. The parish is now in great need of caring for the items salvaged from the Pokrova parish. Our team will aid them in this process.

Our senior UOL will be hosting a fund raiser to help with the restoration of our rectory. Our rectory was damaged in a fire around the Christmas Holidays. They are hosting a spring luncheon on April 3, 2016.

Our junior UOL has been busy fund raising and has donated a plate to be used at the altar. This plate was blessed by Fr. Taras Chubenko on Orthodoxy Sunday.

Also during their time in Philadelphia, team members will explore this town, rich in American history, and meet with local Ukrainian Orthodox youth.

We encourage all eligible teens to consider this trip steeped in preserving American and Ukrainian history. Applications and information available from www.uocyouth.org or uocyouth@aol.com. This trip is sponsored by the Consistory Offices of Christian Charity and Youth & Young Adult Ministries.

It's Time to Plant the Sunflowers!

Did you receive a packet of sunflower seeds at the 68th National UOL Convention hosted by Northampton?

Do you still have sunflower seeds left from the seed packet you received at the 67th National UOL Convention hosted by Hamilton’s Holy Ghost chapter ten years ago?

Do you want to learn how to grow sunflowers from sunflower seeds?

Do you want to share photos of sunflowers grown by you?

If the answer is yes to any of the above then it is time to plant the sunflowers! As you can see, I have planted my sunflowers on March 27.

When you watered it well了很多 times, send photos to Carol Bailey, 818 Bailey Street Road, Canonsville, PA 17922 or electronically to frchv67@gmail.com.

Happy planting!
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.

**Donor**

St. John’s UOL

**Occasion/Tribute**

In blessed memory of Ann Wortman.

Sharon, PA

Vichnaya Pamyat!

Have you been wanting to honor or thank someone special? The tribute fund is the ideal way to honor someone or commemorate a special event!

It is very easy to submit a Tribute. Don’t put it off — send 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.

Please make check payable to Ukrainian Orthodox League.

**Quilt Raffle – 2016 National UOL Convention**

Sponsored by the Holy Ghost UOC

Senior and Junior UOL Chapters – Coatesville, PA

To be raffled off at the 2016 National UOL Convention: An original, signed quilt, queen/king size, entitled “Lightening Strike.” Created by: C. Joyce Horst. Value: $1,455.00

The winning ticket will be drawn at the Saturday night Banquet and Ball at the 69th Annual UOL Convention in 2016.

Tickets are $5 each or 3 for $10.

To purchase tickets, please contact Carol Bentley Phone:(484) 678-3675

Email: lebentley@gmail.com

Mail: 818 Barley Sheaf Road  Coatesville, PA 19320

Please visit HolyGhostUOC.org/2016

**ALL Saints Camp**

Fall Festival 2016

A new event is coming to All Saints Camp! Fall Festival | October 1 & 2, 2016 Volunteers needed to help plan, organize and run the weekend event! If you are interested or would like to contribute in any way, please contact Chris Mills or Natalie Bilynsky

April 1, 2016

Telephone conference planning meeting will be scheduled.

UOL Bulletin

c/o Natalie Bilynsky

703 Pine Ridge Road Media, PA 19063

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