



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 65 NO. 4

MARCH 2019

St. Vladimir Junior UOL Philadelphia PA
Submitted by Natalie Swan

Hope everyone had a blessed holiday season and is surviving the cold weather! Recently, the Jr. UOL has been very busy. Our main winter event is the Souper Bowl. At this fundraiser, the juniors are responsible for bringing in a variety of soups to sell. All proceeds benefit St. Andrew's Ukrainian Orthodox Society for soup kitchens in Ukraine. This year, we raised over \$600! As for upcoming events, our annual Jr. UOL spring lock-in is quickly approaching and we can't wait! Once the Pascha season is among us, the juniors will be assembling baskets for the shut-ins of our parish. Also, during the Lenten season, a Lenten Retreat will be held on April 13th in Bethlehem, PA. At this event, speakers come and inform the youth of our church about the Orthodox faith, and take us on a spiritual journey.



Lastly, I, Natalie Swan, along with the help of our Jr. Chapter, will be collecting arts and crafts supplies to donate to orphanages in Ukraine as a part of my 8th grade service project. The collection dates are March 17 through April 21. More details will be included in an upcoming church bulletin. In conclusion, the juniors have been actively working on many projects, and are excited about our upcoming events.



You are cordially invited to the...
72nd ANNUAL UOL CONVENTION at ALL SAINTS CAMP
Emlenton, Pennsylvania

AUGUST 1-4, 2019

"Train up a child in the way he should go: and when he is old, he will not depart from it."

Proverbs 22:6



1-4 СЕРПНЯ, 2019

"Привчай юнака до дороги його, і він, як постаріється, не уступиться з неї."
Приповіті 22:6

Ласкаво запрошуємо вас...
72-гу ЦОРІЧНУ КОНВЕНЦІЮ УПЛ на ОСЕЛІ ВСІХ СВЯТИХ
Емлентон, Пенсільванія

TROY NY UOL Chapter
Souper-Bowl Sunday February 3, 2019
Submitted by Patricia Walton

The Troy NY UOL chapter had its second annual Souper-Bowl Sunday on February 3, 2019. Our Spiritual Advisor Father Vasyl Dovgan encouraged all parishioners to eat several bowls of soup and take containers home with them. The UOL provided 6 different types of soup and all had fun trying the different varieties. Donations were given for St Andrew's Society and the parish generously donated \$380.00.



Let everyone know about your chapter events.

Submit your article to the UOL Bulletin.

Let us know about your Souper Bowl Sunday,

Holiday and Lenten chapter activities.

Just think you and your chapter could be on the cover of the UOL Bulletin.

It is easy to submit articles just email your article and pictures to nsufler@aol.com

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
 John Holowko Alexis Naumenko Natalie Bilynsky
 UOL President Jr. UOL President UOL Bulletin Editor UOL Bulletin
 14 Lenape Way 7 Home Road 703 Pine Ridge Road Spiritual Advisor
 Randolph, NJ 07969 Hatboro, PA 19040 Media, PA 19063
 jholowko@gmail.com alexisnaumenko20@gmail.com nsufler@aol.com

UOL Bulletin - Published six times annually - October, November, January, March, April /May and June.

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

Note to Contributors: All articles submitted to the UOL Bulletin must be in 11 point Times New Roman (font), or typed and double spaced in 12 point type. Articles may be submitted via e-mail attachments. (Submit to: nsufler@aol.com). If submitting photos please be sure to obtain consents for photos to be included in the UOL Bulletin.

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

St. Vladimir Philadelphia Pa Submitted by Natalie Bilynsky

Our chapter has been focusing on plans for the Convention in 2020. For the last year all of our chapter meetings have been joint Convention planning and chapter meetings. It has been a fantastic bonding time for all of our members.

In addition to our Convention planning we have continued to host all of our typical projects. In September we always schedule a pot luck dinner and plan our schedule for the year.

The fall and winter are usually busy for us, but this year with the 2020 Convention coming so very soon we spent some of our winter months fundraising for the convention rather than hibernating.

Our fall season starts with Thanksgiving. Pani Laura Naumenko initiated the project several years ago and it has grown. We have a lovely Thanksgiving dinner and all of the profits from the meal go to assist an individual or group in need. This year all of the funds were donated to Pani Debbie Harvey.

For the last few years we have enjoyed the beautiful Christmas decorations in Philadelphia. We saw the Macy's light show and walked through the Dickens display. We braved the cold and walked several blocks to the Comcast holiday spectacular. A new decoration this year was a Grinch snowglobe, which we enjoyed as a group.



Later that week we celebrated our sixth Family Fun night. This year we spent some time enjoying each other's company with a family game night. We had several games going at once – but the highlight was a chapter challenge round robin where Fr. Taras challenged all of us. The night is a wonderful time for both young and old to be young for an evening.

As part of our Convention fundraising we went caroling and visited several homes in the Philadelphia area. On the feast of the Nativity our chapter members and choir members sang at our parish reception. Later that week we visited ten homes and had a lovely time visiting with parishioners and caroling.

(continued on page 4)

MESSAGE FROM THE SENIOR UOL PRESIDENT **John Holowko**



Glory to Jesus Christ! Slava Isusu Khrystu!

Great Lent has arrived or is arriving depending on when you read this article. How you utilize this time to make yourself and your family spiritually stronger is in your hands; though we would like to help. There are several Lenten Retreats for you to be able to partake in this Great Lent. There will be Retreats hosted by our Dover, Florida Parish, Youngstown and Western PA Region, Troy, New York and Bethlehem, PA. All of them, Pan-Orthodox. These retreats provide an additional opportunity to pause, pray and to truly focus on the important things within one's self and family. In addition, we are also offering you the opportunity to join a group in "Praying our Way Together Through Great Lent" with daily readings from the Psalter. All these opportunities are discussed in the Bulletin or can be seen on our site, UOLOFUSA.ORG.

With respect to Prayer life, I believe The Church has a fundamental issue which we need to take on in various ways and at several levels. What follows is a summary to a large extent of what I shared with the Metropolitan Council at our most recent meeting on 2-15-19.

Young people are increasingly disaffected and disengaged from the life of the Church. We all know it as we watch it. Yes, there are exceptions, but they are the exceptions. Young people are increasingly seeking answers outside our Church -whether it be the so called "Mega Churches" or worse yet not seeking answers at all, but rather relaxation through meditation ---they now have hundreds of applications (apps) available on the phone to assist in meditation, relaxation or mindfulness. This is regardless of whether our Young people were participants in the UOL, Sunday School or other cultural programs. These apps now even exist for children to relax in order to assist parents as another form of activity or distraction.

At our past convention when engaging our Juniors in discussing some of the challenges they are facing, I have a vivid recollection of a young girl upset that she did not know what many of our prayers meant or even how properly to pray. It brought several of us to tears. I also know many young adults that listen to the aforementioned apps in order to ease their anxiety. Some of the companies that started these apps are now worth billions in fulfilling a need that exists. Unlike some others, I do not place the blame on the apps or even the Mega Churches, I place the failure at our feet and creating the large opening or a need for them to exist in the first place. I face the same challenges with my children and feel as though I have failed them-but I can't give up nor should any of us.

It seems to me we are failing, for lack of a better word, to make our Faith more **transportable** outside the walls of the Church structure. I think the family unit needs help. Whether it be: relating to the challenges of today effectively to God's teachings; educating our laity in prayer so that our minds are actively engaged, and our hearts find the serenity they seek inside and outside of Church; or simply not making our Faith only about attending Divine Liturgy on Sundays. We need to begin a process to fix this as a Church, and not simply "kick it" down the road for someone else to address or simply to just accept that we live in the secular society we do today. These are fundamental issues beyond any organizational strategic plan. There are only so many expenses that our parishes or our Church can reduce -and no real change to facilitate growth through our Faith is simply a self-fulfilling prophecy.

Writing about the problem is very easy, finding the answer is another issue. I am getting older and am worried about my children and worry about the years to come and the active presence of God in their lives to guide them and to provide them the hope, peace, healing and forgiveness we all need. I want other parents to be smarter than me-I see many of them making the same mistakes, but I continue to believe Faith is the greatest gift we can provide our children. Difficult issues are many times not easy to address -it can be sloppy, inefficient, hard work to build substance and for ideas to become actionable and sustainable around a topic that is difficult to even discuss; however, I see no option. Thank you.

One ordination in January, Deacon Valentine Olynyk. Axios! Axios! Axios! The Ukrainian Orthodox League sends our prayers and warmest wishes to you as you continue your journey.

Yours in Christ,
John Holowko

**72nd Annual UOL Convention
All Saints Camp, Emlenton, PA
August 1 - 4, 2019**

Hopefully as you read this article spring has sprung and the snow is melting in your community. As we are inching our way to the summer months, this is a reminder to make your hotel reservations for the UOL Convention. As mentioned in previous articles, UOL members have the option of staying at the Foxburg Inn or staying at cabins at All Saints Camp. Be sure to make your reservations as soon as possible.

It is also time to reach out to all of your friends and encourage them to attend the UOL Convention. If you attended Teenage Conference in the last 40 years – reach out to your cabin mates and encourage them to come to All Saints Camp. If you never had the glorious opportunity to attend All Saints Camp – this is your time to experience all of the wonder of All Saints Camp.

The Convention Committee is planning a “Ukie night” for Friday. So be sure to find your most comfortable Ukrainian attire – embroidered blouses and t-shirts are all encouraged. If you have a soccer jersey from a Ukrainian team – bring it to the Convention.



Our Friday evening Ukrainian Style will have a contemporary style with the feel of a Ukrainian street fair with food trucks. You might be thinking food trucks, that doesn't sound very Ukrainian, well they sure will be. Every UOL'er will get an event program that outlines all of the street fair activities and the food truck offerings. Each food station will have a different theme.

Here are the fun filled Ukrainian themes:

- “Lettuce, Turnip, the Beet” – salad, borscht, bread/dinner rolls
- “Oh My Cod!” - fish/olivye
- “The Kreepy Pickle” – all things pickled
- “Spuds and Smetana” – varenyky and potato pancakes
- “Captain Kabob” – variety of veggie kabobs
- “Morozyvo and More” – Ice cream, desserts (one or two offerings), coffee (iced or hot; specialty drinks)



So now that you know that you will be well-fed, we can now fill you in on the fun activities that night. There will be yard games, photo-ops, in addition to music and dancing with DJ Zenon. Friday night at the Convention will be food and fun filled. Mark your Calendar for Convention 2019! Tell your friends!

Lenten Retreat

Focusing on the Ladder of Divine Ascent and our spiritual journey one step at a time

April 13, 2019



Speakers:

His Eminence
Metropolitan Gregory
Fr. Anthony Perkins

Retreat registration:

Adults \$45 (late fee \$10)

Adolescents \$25 (late fee \$10)

Children (under 12) \$7

Registration includes all meals, breakfast, lunch and dinner.

For more information contact:

Oleh or Natalie Bilynsky at
nsufler@aol.com call – 610-892-7315

St. Francis Center for Renewal

395 Bridle Path Road

Bethlehem, PA

**MESSAGE
FROM THE JUNIOR
UOL PRESIDENT**

Alexis Naumenko



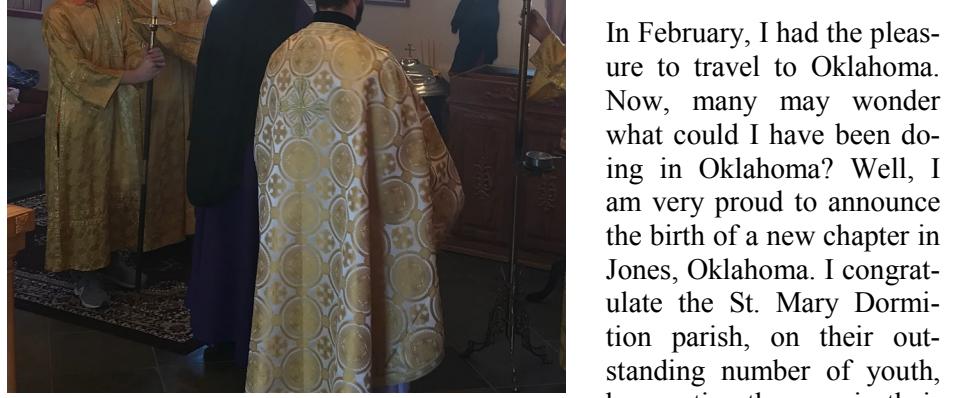
Слава Ісусу Христу! Glory to Jesus Christ!

The Junior UOL extends a big welcome to all during this Lenten Season. Great Lent is an important time in our lives, to focus on bettering ourselves with guidance from Christ. I encourage all of you to take the time during Lent and reflect on ways to strengthen yourself, whether it is taking time and attending church services more or detaching yourselves from technology, this is the time to reconnect with our Lord and Savior Jesus Christ.

The Junior UOL would like to extend our sincere thanks to those who participated in the Souper Bowl Sunday fundraiser. For those who are not familiar with what this fundraiser is, it's quite simple and this event has been a tradition for many years. Volunteers will make various types of soups and then on Super Bowl Sunday, we put a twist on the word “super” and change it to “souper,” and sell the soups to raise money for St. Andrew Society. Again, I thank all those who participated, and to those who did not, there's always next year!

During Great Lent, the National Board kicks off the Great Lent Giveaway (GLG). This year the Junior UOL is kicking off GLG with the organization, Heifer International. Heifer International is a global nonprofit organization working to eradicate poverty and hunger through sustainable, values-based holistic community development. GLG will be organized by the Office of Youth and Young Adult Ministry and our financial secretary, Maddie Zetick.

For more information or any questions on this project, please feel free to contact Maddie at 267-406-8231 or zetickm@gmail.com.



In February, I had the pleasure to travel to Oklahoma. Now, many may wonder what could I have been doing in Oklahoma? Well, I am very proud to announce the birth of a new chapter in Jones, Oklahoma. I congratulate the St. Mary Dormition parish, on their outstanding number of youth, how active they are in their

parish, and their true kind and welcoming hearts. I am elated to see the hunger in these Juniors' eyes and how excited they were to start their own Jr. UOL chapter. It is my hope that with the guidance from the Jr. National Board, this new chapter can thrive, and I truly pray that I get to see and introduce these new wonderful people to the life of the UOL and our camping ministries.

As the UOL Convention approaches I would like to encourage YOU to participate. As you may know, the UOL convention will be held at our very own All Saints Camp, in Emlenton PA. Since you may already be at camp for one of the camping programs, why not stay a little longer? And if you are planning on just coming for the convention, come a little early and see what camp has to offer! We hope to see many new, and old UOL members this summer! Wishing everyone a peaceful Lenten season.

As always, for guidance and support, please feel free to contact me at alexisnaumenko20@gmail.com or via telephone (215) 290-7878.

Yours in Christ,



(Philadelphia - continued from page 2)



On the eve of Theophany we hosted our traditional “Holdna Kutya” dinner. This year we planned dinner for after Vespers and the first blessing of water. We set a large table each year so we can eat as one family. With over fifty people we needed to add tables. We enjoyed a traditional dinner and sang carols and schedrivky.



But thankfully, we were able to continue the event with support from our brother chapter at St. Sophia Seminary. We learned that seminarian Myroslav Mykytiuk worked as a DJ previously and agreed to host our event at the last minute. He was fantastic and everyone enjoyed the evening. It was wonderful to have the seminarians and the Pasakas family with us for the Malanka. The crowd enjoyed the dancing as well as the seminarians singing for many of the numbers. We hope to have them back to the chapter to plan a night of song in the near future.



On Sunday we blessed our Traditional Ice Cross and Mark and Ann Bohen served as chairpeople for our breakfast. For over a decade Mike Fesnak along with David and Lisa Sembrot have purchased a beautiful ice sculpture for our ice cross. The entire parish and the neighborhood get to enjoy the beauty of the ice cross.

Our season ended with a bang. We hosted the NEB in Philadelphia and invited them to our Malanka. This year because of family illness our favorite host Al Shinn was unable to host the event. We greatly missed him and all of his family at the Malanka.

Our focus now is on plans for Convention 2020. We are quite excited to have everyone join us in the City of Brotherly Love.

We are bringing back an oldie but a goodie – the Pre-Convention Dance. We like the idea so much we are going to do it twice – in 2019 and again in 2020. For our 2019 Pre-Convention Dance our juniors have requested that we have a Prom Theme – so June 1, 2019 – is your opportunity to relive prom memories or make up for a missed prom. Come enjoy a fun-filled evening in Philadelphia. Relive the old days of Pre-Convention Dances and also your Prom Night. We hope that you can join us for Prom Night 2019!





Spaghetti Dinner Fundraiser

In support of Charest Family Summer Hosting

Where & When
Saturday March 16, 2019
4pm to 7:30 pm

St. Peter & St. Paul Ukrainian Orthodox Church
220 Mansfield Blvd Carnegie, PA

Menu
Spaghetti, Marinara Sauce, Clam Sauce, Salad, Bread, Beverage
GLUTEN FREE MENU AVAILABLE

Donation
Free Will Offering Basket

Additional Information
orthodoxcarnegie@gmail.com
www.orthodoxcarnegie.org
412-276-9718
<https://www.facebook.com/events/917733415280538/>

Events
Dessert Bake Sale
Raffles
And more.....

Updated: 2.18.19

Dear Friends;

Glory to Jesus Christ! Glory Forever!

A year and a half ago we committed to hosting a sibling group of orphans from Ukraine who stole our hearts. We are eager to host them again this summer and begin the adoption procedures. Hosting brings a huge financial burden and we are asking for your help in this endeavor.

A Spaghetti Fundraiser is being held in support of our hosting efforts on Saturday, March 16, 2019 at our parish of St. Peter & St. Paul Ukrainian Orthodox Church in Carnegie, PA. The time will be from 4:00 PM to 7:30 PM. A dessert bake sale and raffles will be held during the time. Please see the enclosed flyer for information or visit www.orthodoxcarnegie.org or the Facebook event page.

If you would like to provide a basket toward a raffle or item for silent auction, please email orthodoxcarnegie@gmail.com.

Any amount of assistance will be greatly appreciated. Donations are tax deductible. Thank you in advance for your financial help and especially your prayers. Let's pray we can bring them home forever!

Yours in Christ,

Fr. John Choust



Prom Themed
Pre-Convention Dance

St. Vladimir Philadelphía, PA

June 1, 2019
6:00–10:00 pm

An event for all ages—the whole family is invited!

Includes dinner, dancing and non-alcoholic beverages.

For more information contact nsufler@aol.com

Southfield MI Junior Chapter

During this year's Nativity Fast, the Southfield Junior Chapter was overjoyed to help the members of our parish chapter spread the joy of Christmas to those who are worried and burdened. Working through the City of Troy Police Department, the Southfield chapter "adopted" a family in need. The police department started the tradition years ago, of identifying local individuals who may need some assistance, with the hopes of granting them a happy Christmas celebration.




Seminary Christmas Pizgbo в Семінарії

Purchase the Musical CD *Диск з Колядками*

1. Добрий вечір тобі (Dobrij Vechir Tobi)
2. Вставай, вставай господарю (Vstavaj, vstavaj hospodaryu)
3. В Вифлеємі новина (V Vyflyjemi novyna)
4. Чути дзвінок (Chuty dzvinok)
5. Нова радість стала (Nova Radist Cтala)
6. Три славні Цари (Try Clavniji Tzari)
7. Heaven and Earth
8. Добрий вечір всім Вам (Dobrij vechir vsim Vam)
9. Ой високо над полями (Oj vysoko nad poljam)
10. А на тому слові бувайте здорові (A na tomu slovi buvajte zdrrovi)

\$15

SEMINARY CHRISTMAS PIZGO В СЕМІНАРІЇ
SAINT SOPHIA UKRAINIAN ORTHODOX THEOLOGICAL SEMINARY
Христос нараджується! Христос є! Христос є! Христос є!

Enjoy Ukrainian Christmas Carols this Holiday Season!

Saint Sophia Ukrainian Orthodox Theological Seminary
PO BOX 240; SOUTH BOUND BROOK, NJ 08880 - 732-469-7555 (PHONE)
STSUOTS.ORG

Recorded with the blessings of
HIS EMINENCE METROPOLITAN ANTHONY
Primate of the Ukrainian Orthodox Church of the U.S.A. and the Diaspora - Rector and Chairman of the Seminary Board
and
HIS EMINENCE ARCHBISHOP DANIEL
Ruling Hierarch of the Western Eparchy - Vice-Chairman of the Seminary Board

2019 UOL Essay Contest Topics

Pre-K and Kindergarten: Draw a picture of something you like to do with your family.

Grades 1 and 2: One of the Nine Fruits of the Holy Spirit is Compassion. Write 2 to 3 sentences explaining what compassion is and draw a picture of someone showing compassion to something or someone.

Grades 3 and 4: In Proverbs 1: 8-9 the Bible says, "Hear, my son, your father's instruction, and forsake not your mother's teaching..." Write 50 to 100 words explaining what this passage means to you.

Grades 5 and 6: One of the seven acts of Spiritual Mercy is to forgive all who injure us. Write 100 to 150 words on how you were taught to do this and how you continue to follow that teaching.

Grades 7 and 8: In Proverbs 20:11 the Bible says, "Even a child makes himself known by his acts, by whether his conduct is pure and upright." Write 150 to 200 words on how this relates to this year's convention theme from Proverbs 22:6: "Train up a child in the way he should go; even when he is old he will not depart from it" and accepting responsibility for one's actions.

Grades 9 and 10: In John 1:4 the Bible says, "I have no greater joy than to hear that my children are walking in the truth." Write 200 to 250 words on how this relates to this year's convention theme: "Train up a child in the way he should go; even when he is old he will not depart from it." – Proverbs 22:6.

Grades 11 and 12: Please write 250 to 500 words on the following topic. As you look forward into the upcoming years and getting ready for college, how do you plan on using what you have learned from your parents and from church teachings in your new environment? How do you plan on staying involved in the church?

Adults 18 and over: Write 500 or more words on the following topic. This year's convention theme comes from Proverbs 22:6: "Train up a child in the way he should go; even when he is old he will not depart from it." We have been taught about the Seven Capital Sins and their Opposite Virtues, which are: 1. Pride/Humility 2. Greed/Kindness 3. Lust/Chastity (body and soul) 4. Envy/Charity 5. Gluttony/Liberality 6. Anger/Patience 7. Sloth/Diligence in service and praise of God. In today's world where pride, love of money and a self-centered universe are the norm, how do we use these virtues as a guideline for training up our children?

CONTEST GUIDELINES AND RULES

1. **Entries must be postmarked by April 30, 2019.**
2. **NO NAMES ON THE FRONT OF ANY ENTRY.**
3. All entries must include the following information: **(PLEASE USE THE COVER PAGE SUPPLIED)**
 - a. Participant's first and last name
 - b. Age and grade in school
 - c. The name and address of participant's parish, including city and state
 - d. 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. **All drawings MUST be mailed.**
 - e. Written entries must be on 8 1/2" x 11" papers. Include a cover page with the identifying information listed above. Entries for 9th grade and above must be typed or printed.

Please do not take pictures of any entries. If you must send a hand printed essay, please mail it or scan it and then email it.

All entries must be submitted in English.

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

NO ENTRIES WILL BE ACCEPTED AFTER April 30, 2019

Please send entries to

Teresa Linck: 413 Juniper Lane, Cheshire , CT 06410
Teresa Linck at: tlinck.essays@gmail.com

UOL Bulletin Pictures



Mickey and Dar-
ia Komichak
travelling the
world and bring-
ing their UOL
Bulletin.

Here they are in
Sydney Australia
and Scottsdale
Arizona.

Don't forget to
bring your UOL
Bulletin when
you are travel-
ling!

Join in the fun! Take your UOL Bulletin with you and take a
picture reading your Bulletin.
Submit pictures by sending to
nsufler@aol.com

Consider Hosting the UOL Convention and Your Chapter Can Fill in the Blank



**2019 Convention All Saints
Camp**

2020 Philadelphia

2021

2022 Pittsburgh-Carnegie

Your Chapter can host the 2021 UOL Convention!

2019 UOL Pan-Orthodox Lenten Retreat

Senior/Junior Retreat Program and Activities

(Ohio/Western Pennsylvania)

8:15 AM – 5:00 PM

Saturday, March 30, 2019

Don't just go to Church, Be the Church

Why Here, Why Now, Why Me

Looking from the Inside Out, Looking from the Outside In

It's only a matter of time, Living a Life that Matters



8:15 AM – 5:00 PM: Registration, Continental Breakfast, Morning Prayers, Lecture/Discussion, Lunch, Vespers, Pizza and Refreshments, Departure

Villa Maria Education and Spirituality Center

2067 Evergreen Road • P.O. Box 424 • Villa Maria, PA 16155 •
Phone: 724-964-8886

Overnight accommodations available at Villa Maria (Single Room w/ Bath \$55.00; Double Room w/Communal Bathroom \$25.00 per/person Double Occupancy) for long-distance travelers and others. Rates are subject to change.

For more information or to request a registration form, call or text 412-565-9441 or send an email to: ohiowpalentenretreat@gmail.com

Reference Point Submitted by Nina James

Everything in life has a reference point.

35 in a yardstick is different than 35 in a meter stick. Even though the numbers are the same, the end result is not.

Christ (who identified himself as Son and God in the Trinity) also is a reference point. His reference point is how to live through Him a peaceful and abundant life without bondage (physical, emotional, psychological) in spite of adversity . . .

IFONE believes that there is someONE or something greater than ONEself and

IF.....ONE believes that there is a creator of the Universe, God, who identifies himself as omnipotent (unlimited power or authority) and

IF.....ONE believes that God is made up of the trinity (Father, Son and Holy Spirit).

This mystery is made up of ONE relationship which serves ONE another.

Then....ONE must ask ONEself "Since there are endless reference points to live by, and Christ invites us into His kingdom, then what reason do I have not to be included?"

2019 OHIO/WPA LENTEN RETREAT

Submitted by Marianne S. Carmack

Ohio/WPA Retreat Committee

On Saturday, March 30, 2019, one of several UOL Lenten Retreats will convene at Villa Maria Education and Spirituality Center in Pulaski, PA. The theme of this year's retreat is "Don't just go to Church, Be the Church."

Over the years, we have focused on creating an experience that provides an opportunity to learn and grow spiritually. One that also opens our hearts and minds to accepting the full potential of our Lenten journey and the celebration of Pascha—while at the same time—creating a fellowship that mirrors what it is to "Be the Church."

So, what does it mean to be the Church? Some might say, "I've been going to church for years, what are you talking about?" Or, "Why do I need to transform my life?" Or, "Why does it matter anyway? I'm doing just fine. I don't need the Church."

Understanding what it means to "Be the Church" begins with exploring (1) Why Here, Why Now, Why Me; (2) Looking from the Inside Out, Looking from the Outside In; and (3) It's only a matter of time, Living a Life that matters.

Father Paisius McGrath, Father John Charest, and Father Ivan Tchopko, as well as attending clergy will lead the retreat—exploring the nature of an inner life that is fully immersed and directed, as described by St. Maximus the Confessor as a "total participation in Jesus Christ."

Within a sweeping ontological and eschatological framework (our being and our ultimate destiny), Orthodox Christians are called out of the world to be the CHURCH: the body of Christ, the Bride of Christ, the assembly of the faithful. What does this mean? It is through the Church, that Christians are united to Christ and to each other. In this community, the believer receives the grace of God through the sacraments and hears the truth of the gospel. Great Lent teaches us the Orthodox Way of living. A commitment that is made through our Holy Baptism.

But, as Isaiah 53:6 says, "All we like sheep have gone astray; we have turned everyone to his own way, and the LORD hath laid on Him the iniquity of us all." Great Lent is a huge opportunity to return to the "fold" to become like the publican and the prodigal son. A time to restore and practice the fundamentals of prayer, fasting and charity (almsgiving) that are at the heart of "Being the Church." Getting back to these basics can assist us in returning and remaining close to God—a way of life that permeates every aspect of our being and behavior.

So, we hope to see you at this Retreat or one of three other UOL Retreats that also teach us how to be the Church. To download a Registration Form or register online and pay with a credit card, visit <https://www.uolofusa.org/lentenretreat.html>.

TAKE UP YOUR CROSS AND FOLLOW ME.

How can we be of service to others?

Please join us:

APRIL 6, 2019, SATURDAY

**For a Pan-Orthodox Lenten Retreat
sponsored by the Ukrainian Orthodox
League, Troy NY, Father Vasyl Dovgan
Spiritual Advisor**

St Nicholas Ukrainian Orthodox Church

376 Third Street, Troy NY

9:30am to 4:00pm

**\$25.00 per person includes light
breakfast, catered lunch, several guest
speakers. More details to follow.**

**To register send a check payable: UOL of
USA to: Patricia Walton, 3 W. Circular
Court, Saratoga Springs NY 12866**

**Questions: send an email to:
fr.vasyl.dovgan@gmail.com or
corsecr@uolofusa.org**

U O L

UOL Tribute

A donation to the Tribute Fund is an acknowledgment of a Milestone, Memorial, or Accomplishment, or is a Special Recognition of an individual or group.

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

NONPROFIT
ORGANIZATION
US POSTAGE PAID
NEW BRUNSWICK NJ
PERMIT NO 1186

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.

T R I B U T E S

Donator Tribute

Irene Nestor Thank you for the UOL Bulletin.
We just love the UOL Bulletin!

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

PAN-ORTHODOX LENTEN RETREAT 2019

HOSTED BY THE UKRAINIAN ORTHODOX LEAGUE AND
HOLY PROTECTION ORTHODOX CHURCH, DOVER, FLORIDA

"MAKING SPACE FOR GRACE IN EVERY MOMENT"

"But to each one of us grace has been given as Christ apportioned it." (Ephesians 4:7)

SATURDAY, MARCH 23, 2019

EARLY REGISTRATION (BY FEBRUARY 28): \$45 PER PERSON
\$20=STUDENT RATE 21 YEARS OF AGE AND UNDER
REGISTRATION: \$55 PER PERSON; \$25 STUDENT RATE

LOCATION: YBOR CITY CAMPUS OF
HILLSBOROUGH COUNTY COMMUNITY COLLEGE
STUDENT SERVICES BUILDING
1320 E. PALM AVENUE
TAMPA, FL 33605



FOR MORE INFORMATION CONTACT: DARIA PISHKO KOMICHA
PHONE: (813) 460-2728
E-MAIL: FLRETREAT@UOLNJ.ORG

OR REGISTER ONLINE AT
UOLOFUSA.ORG/LENTENRETREAT.HTML

MAILING ADDRESS FOR REGISTRATION FORMS:
ORTHODOX LENTEN RETREAT 2019
460 LUCERNE AVENUE
TAMPA, FL 33606





Save the date:

**Young Adult
SPRING RETREAT**

Camp Nazareth, March 29-31, 2019

Dr. Al Rossi, "Staying Sane in
a Troubled World"

Fee \$75

Questions: 724-662-4840

YOUNGADULTRETREATS@gmail.com

**What is happening in your
Chapter or Parish Community?
Tell us about your projects and ideas!
Send your pictures!
Share information about your events!
Please share with us all!**

uolofusa@gmail.com www.uolofusa.org
Ukrainian Orthodox League on Facebook
The UOL Bulletin email to NSufler@aol.com