



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 66 NO. 2

NOVEMBER 2019

Junior UOL Convention - All Saints Camp - Emlenton, PA

Submitted by President Alexis Naumenko



The 72nd Annual UOL Convention began on Thursday, August 1, at All Saints Camp in Emlenton, PA. The Junior Executive Board held a meeting prior to the beginning of sessions to discuss what would occur over the next few days of convention. This Junior Convention we decided to continue modifying the sessions in order to drive a more focused aspect of committees as well as to encourage fellowship among the delegates. Chapter Challenge continued as an annual Junior activity. We also held a few icebreaker games (team building games) in order to make everyone feel comfortable. These activities helped the Juniors grow closer together, as well as break up the business sessions.

The National Executive Board reported on the activities held in the previous year, such as: Great Lent Giveaway, which is an annual fundraiser that benefits various charitable organizations. This fundraiser is held annually during the Great Lent. The organization that benefited in 2019 was Heifer International, a charitable organization that works to end hunger and poverty around the world by providing livestock and training to struggling communities.

Another important project that the Junior UOL National Executive Board worked on and will continue to work on is reaching out to parishes in order to promote the Junior UOL and to encourage activities on the local level. Furthermore, the Junior sessions this year became more focused on giving the Executive Board new ideas for the upcoming year.

Our first committee focused on Local Chapter Programming. This committee discussed different ideas and activities that chapters could build upon during

the course of the year. The committee made a list of activities and fundraisers that chapters can implement during the year, no matter what size the chapter is.

Our second committee addressed Christian Caregiving. This committee was responsible for developing ideas for the National Junior UOL Board regarding Great Lent Giveaway. Being that this is the Jr. UOL's biggest project, the National Executive Board felt it was important to obtain feedback from the delegates of the convention when selecting a charitable organization for the upcoming Great Lent Giveaway. This committee recommended the following focus areas: refugee assistance program through International Orthodox Christian Charities and aid for college mission trips. Both of the committees presented their reports to the entire Convention body.

During the closing sessions of the Convention, the Junior UOL elected new officers to serve during the 2019-2020 year. The new Jr. UOL National Board is comprised of the following individuals:

Alexis Naumenko - President, Philadelphia, PA

Maddie Zetick - Vice President, Philadelphia, PA

Hrystyna Petrylo - Treasurer, Pittsburgh, PA

Natalie Hrytsay - Recording/Corresponding Secretary, Philadelphia, PA

Rachel Harendza - Financial Secretary, Scranton, PA

Junior Committee reports are published in this Bulletin.

St. Vladimir's Senior and Junior UOL cordially invite you to the 73rd Annual UOL Convention!

July 22 - 26, 2020

Philadelphia, PA

For we walk by faith,



not by sight. Corinthians 2:5:7

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

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

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

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

Junior UOL Chapter Achievement Award 2019

St. Vladimir, Philadelphia, PA

The 2018-2019 Junior UOL Chapter Achievement Award was awarded to St. Vladimir, Philadelphia, PA. This chapter has continuously participated and assisted in many parish activities during the past year and has become a key aspect of the parish life.

The Philadelphia Junior chapter has twenty four (24) members and all juniors participate in church school. Ten members participate in the choir and twelve are altar servers. The chapter sponsors convention registration and for 2018 sponsored nine delegates to the UOL Convention.

The chapter made significant donations including \$200 each to Souper Bowl Sunday and Great Lent Giveaway (Heifer International). In addition to these donations they donated food items to Philabundance, a local food bank, and prepared paschal baskets for shut-ins.

They plan and sponsor several Junior UOL events in the parish including a cookie walk, pancake breakfasts and Salad Fest. Additionally they assist with all parish events including assisting with parish dinners, and working at the Christmas Bazaar.

The Junior UOL members work closely with the younger children in the parish. They include them in social events and also sponsor activities specifically for the younger children including a Fall Festival (where children play games and dress in costume) and an egg hunt in the spring.

The juniors participate in regional activities. Six juniors attended the UOL Retreat, four assisted with St. Thomas Sunday parking and three attended Christmas at the Seminary.

The chapter has sponsored a Lock-in for the last few years and this year all 24 members attended the Lock-in.

Spiritual Advisor, Fr. Taras Naumenko, wrote "St Vladimir Junior UOL Chapter remains active with a focus on caregiving and fellowship. The older Junior UOL members are now focusing on transitioning and introducing the 10 to 12 year old children to the chapter and including them in various activities as to ensure continuity in years to come. I am very proud of our parish youth who have truly become close friends, support one another and the younger youth of our parish as well as support all parish events."

Congratulations to the Philadelphia Junior UOL Chapter!



Meet all of the members of the St. Vladimir Junior Chapter at the 2020 Convention in Philadelphia!

MESSAGE FROM THE SENIOR UOL PRESIDENT

Karen Ferraro



Glory to Jesus Christ! Слава Ісусу Христу!

It's November and I'm sure Chapter life is up to full speed! I'd therefore like to make **Chapter Life** the focus of this month's President's message.

I know we all get very busy at our parishes. The same group of people tends to be active in everything. Yet I'm hoping all still have time to focus on the mission of our Ukrainian Orthodox League of the USA – "Dedicated to our Church, Devoted to Its Youth." At my home chapter (St. Vladimir Cathedral, Philadelphia), we have three focus areas: Major Projects, Chapter Events, and Support of Parish Events.

Major projects planned include raising funds to contribute to All Saints Camp Capital Campaign – planning for the next 50 years, and our Mission Project continues the pilot for the UOL Christian Caregiving and Missions Commission to help new immigrants.

Our Calendar of Events for the year includes cultural activities, such as the Hayivka after Pascha and Pysanky lessons. To enrich our prayer life, we are participating in the "Praying our way...." events sponsored at the national level and continuing our "Morning Prayers" teleconference Monday – Friday at 7:15AM. We are hosting parish events such as the Thanksgiving Dinner, Malanka, Holodna Kutya (Theophany Eve Dinner), and Theophany Brunch. We have other social activities planned to unite us as one family in Christ including, bowling, Family Fun Night, and a trip to see Christmas decorations in the city.

We support our parish by running the two largest fundraisers – the Basket Raffle and Christmas Bazaar, along with the annual Indoor Yard Sale. We raise funds for LSSK via a bake sale and support MJFS through a collection at a parish dinner.

Yes, the Philadelphia Chapter is large, but I will tell you all -- although we rely on the support of many of our members on the day of the event, the planning for the events mentioned is actually done by a fairly small group. You can do some of these things, too, even with a small chapter and it can serve to help your chapter grow and help others grow in the Faith.

I would be remiss if I didn't mention the person behind all of these wonderful ideas, Dr. Natalie Bilynsky, our Chapter President (and also the UOL Bulletin Editor, so I hope she doesn't edit this out!). The Light of Christ shines brightly through Natalie and she sets a wonderful example for all of us in service to Christ and His Church! Love you lots, Natalie!

In the words of the Presanctified Liturgy – "The Light of Christ illumines all!" Let the Light shine through you as you all proceed through this glorious year with God's blessing!

"There was a man sent from God, whose name was John. This man came for a witness, to bear witness of the Light, that all through him might believe. He was not that Light, but was sent to bear witness of that Light. That was the true Light which gives light to every man coming into the world."
John 1:6-9

In Christ,
Karen Ferraro



Morning Prayers

Join our morning prayer group 7:15 am
Monday through Friday

Call-in for morning prayers and join us in prayer
Email Natalie nsufler@aol.com to get call-in number

Are you interested in starting a prayer group
at a different time?

Send your preferred time and we will start a group.

Ten reasons to come to Philadelphia for the 2020 UOL Convention!

- ◇ Reason #1 – It has been nine years since the last UOL Convention in Philadelphia. Our chapter had been on the 10 year Convention hosting plan, with Conventions in Philadelphia in 1991, 2001 and 2011. We were thinking about 2021 but our Juniors strongly requested that we consider hosting in 2020. So we are a year early in hosting in 2020.
- ◇ Reason #2- We have a strong Junior UOL and the Juniors are active in planning. The Juniors have wonderful ideas and they keep us all young – so this Convention will be filled with fun events.
- ◇ Reason #3 – We are starting our Convention on Wednesday evening so we will have plenty of time to enjoy each other's company and to enjoy the wonderful greater Philadelphia area.
- ◇ Reason #4 – Thursday evening we are planning an American Band Stand night filled with Philadelphia treats! We are planning this evening in the parish hall with wonderful American Band Stand decorations.
- ◇ Reason #5 – Friday night we will be gathering at Tryzub, a Ukrainian Sports ground. The picnic grounds have an indoor area and beautiful grounds where we will enjoy a night of games and music.
- ◇ Reason #6 – For the Convention we will be staying at the Crowne Plaza Hotel in King of Prussia
- ◇ Reason #7- If you haven't attended a Convention in a while, Philadelphia is easily accessible.
- ◇ Reason #8- Our Banquet and Ball will be at the hotel and we have already reserved the Band.
- ◇ Reason #9- Divine Liturgy on Sunday will be in our large air-conditioned Cathedral. It is July in Philadelphia so air-conditioning is a plus!
- ◇ Reason #10- In preparation for the Convention our parish has completed many renovations. Our parish is newly painted, the bathrooms were refinished, our mosaics outside have been repaired. We are ready for our guests and our Cathedral is ready for your arrival.

We look forward to everyone joining us for the UOL Convention. Mark your calendar and save the dates for the 2020 Convention!



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

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

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

MESSAGE FROM THE JUNIOR UOL PRESIDENT

Alexis Naumenko



Слава Ісусу Христу! Glory to Jesus Christ!

"I planted the seed, Apollos watered it, but God has been making it grow. So neither the one who plants nor the one who waters is anything, but only God, who makes things grow. The one who plants and the one who waters have one purpose, and they will each be rewarded according to their own labor."

1 Corinthians 3:6-8

The new church year is in full swing and that usually means that UOL chapters are well under way with their projects. This is also the time when chapters are working on attracting new members as some teens have embarked on their new journey, the college life. When working on recruiting new members, one should treat them as the seeds and with proper care, love and prayer, God will make these seeds grow into strong flowers.

If your chapter did not reconvene in the new church year, it is not too late. All you need is a handful of teens who can dedicate some time with projects and events. It is also important to note that preteens are a great asset to any UOL chapter as they like to be involved and engaged, and with proper guidance they will become active UOL chapter members in no time. So plant those seeds and watch them grow.

So how do we grow? I think it is important to remember that whether you are a community of 200 or of 20, size does not matter, it is the engagement and the feeling of belonging that draws us closer. Participation will not drive engagement; engagement will drive participation.

As a Jr. UOL Chapter President at St. Vladimir Cathedral in Philadelphia, I feel that the events that are held for the youth is what keeps our chapter active and our youth engaged. For the past few years, we promote and encourage participation in the chapter projects from the age of 11 with hope that it will engage the kids early on. We work on various projects and events, both charitable and fun. I would like to share with you some ideas that worked for our parish chapter and hope that these ideas will work for your chapter as well.

IDEAS FOR CHAPTER ACTIVITIES

- Fall Fest: pumpkin patch, arts & crafts for parish youth
- Thanksgiving food drive
- Volunteer at a soup kitchen or a food bank
- Thanksgiving charitable luncheon/dinner
- Decorate church/parish tree for Christmas
- Christmas cookie walk
- Christmas caroling to shut-ins
- Make care packages for parish's college students
- Winter family fun night (games or city outing)
- SOUPer Bowl Sunday
- Bring a friend to church day
- Sunday of Orthodoxy procession with icons
- Attend local UOL Lenten retreat
- Great Lenten Giveaway
- Lazarus Saturday church clean-up
- Make palm crosses
- Palm Sunday salad fest
- Egg hunt for parish youth
- Prepare and deliver Pascha baskets to parish shut-ins
- And much more....

The support of your parish, advisors, and clergy are essential for your chapter's success. As a President of the National Jr. UOL, I am also here to help! If you need ideas or suggestions or would like to request a visit, please contact me at alexisnaumenko20@gmail.com

Respectfully submitted,
Alexis Naumenko
President National Jr. UOL

**58th Junior UOL Convention
2019 Junior UOL Committee Reports**

During the business sessions of this past convention, the Juniors formed 2 committees - their reports follow. We would like to thank all the Juniors that participated in these two committees - Chapter Programming and Christian Caregiving. As the new Junior NEB, we will do our best to work on these recommendations and achieve these goals, as well as others. By the time this has printed, we will have already had our first, in person, meeting, and several telephone meetings - we are hard at work-even planning for the SOBOR as we try and advance our cause to Clergy and Delegates as to why they, if not already, should have a Junior UOL Chapter.



Local Chapters please review the recommendations. All of us from the Junior NEB wish you a successful upcoming year in all your efforts.



**Junior UOL Convention - Local Chapter Programming
Convention Report 2019**

Technology

Website (UOL website)
add to the Junior tab
add coloring pages to help kids learn about Orthodox passages/ Saints
post videos of interviews from Juniors about what they like about Convention to get more Juniors to come

App

Make a Junior version of the *Orthodox Life* app

Parishes

Find a better way to communicate and relate with clergy
Send flyers on what is going on with other parishes
Have all the Orthodox churches in the area get together for different events such as lock ins, Easter egg hunt, etc.

Inside the church

Have a "baby room" for babies/ young kids
Have kids come up to the choir
Before Communion have all the kids in the parish sing a song that they have learned during Sunday School
Have uniform books so people can sing along



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Prayer

The Education Commission of the UOL will be featuring articles that focus on prayer. Saint Theophan the Recluse - Homily 2

Mental Prayer

Previously I showed you... how to pray in a way which corresponds to the meaning of the prayers. But this is only the beginning of the art (science) of prayer and it is necessary to go further. Consider the study of language, for example. First one studies words and phrases from books. But this is not sufficient, one must go further, and truly reach the point where he can correctly form phrases in the given language without the aid of the text-book. It is the same in the work of prayer.

First Follow Prayer Rule with Prayer Books

We get used to praying with prayer books, praying using prepared prayers given to us by the Lord and the Holy Fathers who were successful in prayer. But we should not stop at that, we need to continue on, and having accustomed ourselves to making petition to God for help with our minds and hearts, we must attempt to ascend to Him.

We must strive to reach the point where our soul by itself begins speaking, so to speak, in a prayerful conversation with God and by itself, ascends to Him and opens itself to Him and confesses what is in it and what it desires.

The soul must be taught how to ascend to God and open itself to Him. I will briefly instruct you how one should proceed in order to succeed in this art.

The skill of praying with piety, attention, and feeling according to a prayer book itself leads to this higher level. In the same way that water flows out of a bowl that is overfilled, so the soul which is filled with holy feelings by prayer begins by itself to spill out its prayer to God. But when pursuing this goal, there are particular steps which each person on this path must take.

Why is it, you ask, that one can pray for so many years with a prayer book, and still not have prayer in his heart? I think the reason is that people only spend a little time lifting themselves up to God when they complete their prayer rule, and in other times, they do not remember God. For example, they finish their morning prayers, and think that their relation to God is fulfilled by them; then the whole day passes in work, and such a person does not attend to God. Then in the evening, the thought returns to him that he must quickly stand at prayer and complete his evening rule.

Next Steps

In this case, it happens that even if the Lord grants a person spiritual feelings at the time of the morning prayer, the bustle and business of the day drowns them out. As a result, it happens that one does not often feel like praying, and cannot get control of himself even to soften his heart a little bit. In such an atmosphere, prayer develops and ripens poorly. This problem (is it not ubiquitous?) needs to be corrected, that is, one must ensure that the soul does not only make petition to God when standing in prayer, but during the whole day, as much as possible, one must unceasingly ascend to Him and remain with Him.

First Step: Cry Out to God More Often

In order to begin this task, one must first, during the course of the day, cry out to God more often, even if only with a few words, according to need and the work of the day.

Beginning anything, for example, say "Bless, O Lord!" When you finish something, say, "Glory to Thee, O Lord", and not only with your lips, but with feeling in your heart.

If passions arise, say, "Save me, O Lord, I am perishing." If the darkness of disturbing thoughts comes up, cry out: "Lead my soul out of prison."

If dishonest deeds present themselves and sin leads you to them, pray, "Set me, O Lord, in the way," or "do not give up my feet to stumbling."

If sin takes hold of you and leads you to despair, cry out with the voice of the publican, "God, be merciful to me, a sinner." Do this in every circumstance, or simply say often, "Lord, have mercy," "Most Holy Theotokos save us," "Holy Angel, my guardian, protect me," or other such words.

Say such prayers as often as possible, always making the effort for them come from your heart, as if squeezed out of it. When we do this, we will frequently ascend to God in our hearts, making frequent petitions and prayers. Such increased frequency will bring about the habit of mental conversation with God.

Second Step: Ascribe Everything to the Glory of God

But in order for the soul to begin crying out in this way, one must first teach the soul to ascribe everything to the glory of God, all of its works, whether great and small. This is the second way of teaching the soul to turn to God more often during the day, for if we apply ourselves to fulfill the apostolic commandment, that is, do all things for the glory of God, even "if we eat or drink" (1 Cor 10:31), then we will ceaselessly remember God in all that we do. Our remembrance of God will be accomplished not

(Continued on page 6)

2019 Essay Contest Winners

Congratulations to all of our UOL Essay Contest Winners!

Pre-K and Kindergarten

First Place Mia DeBias, St. Demetrius, Carteret, NJ

Second Place Katherine Koroluk, Sts. Peter and Paul, Palos Park, IL

Third Place Peter Cenusa, St. Sophia, Bayonne, NJ

Honorable Mention

Katherine Goshva, Sts. Peter and Paul, Palos Park, IL

Victoria Machnikowska, Sts. Peter and Paul, Palos Park, IL

Lila Pacowski, St. Vladimir, Philadelphia, PA

Oliver Pacowski, St. Vladimir, Philadelphia, PA

Joseph Rimedio, Sts. Peter and Paul, Youngstown, OH

Sophia Yakimischak, Sts. Peter and Paul, Palos Park, IL

Grades 1 and 2

First Place Irinia Nina Schirta, St. Sophia, Bayonne, NJ

Second Place Zachary Radio, Sts. Peter and Paul, Lyndora, PA

Third Place Lily Hatala, St. John the Baptist, Johnson City, NY

Honorable Mention

Evelyn Chorniy, Sts. Peter and Paul, Palos Park, IL

Sofia Garmatii, Sts. Peter and Paul, Palos Park, IL

Melanie Mitchell, Sts. Peter and Paul, Palos Park, IL

Zoryana Petroff, St. Nicholas, Troy, NY

Sophia Synevskyy, St. John, Johnson City, NY

Adrian Udovenko, St. Vladimir, Philadelphia, PA

Grades 3 and 4

First Place Molly DeBias, St. Demetrius, Carteret, NJ

Second Place Alexandra Sabin, St. Sophia, Bayonne, NJ

Third Place Yuriy Vartsaba, St. Vladimir, Philadelphia, PA

Honorable Mention

Paul Calin Cenusa, St. Sophia, Bayonne, NJ

Adrianna Peters, St. Vladimir, Pittsburgh, PA

Erika Tiuca, St. Sophia, Bayonne, NJ

Stephanie Tiuca, St. Sophia, Bayonne, NJ

Brandon Whitney, St. John the Baptist, Johnson City, NY

Grades 5 and 6

First Place Mia Zetick, St. Vladimir, Philadelphia, PA

Second Place Daryna Malyy, Sts. Peter and Paul, Palos Park, IL

Third Place Daria Moroz, St. John the Baptist, Johnson City, NY

Honorable Mention

Max Hatala, St. John the Baptist, Johnson City, NY

Karina Udovenko, St. Vladimir, Philadelphia, PA

Gabriel Yordy, St. Vladimir, Philadelphia, PA

Grades 7 and 8

First Place Julian Naumenko, St. Vladimir, Philadelphia, PA

Second Place Anthony Sendeha, Sts. Peter and Paul, Palos Park, IL

Third Place Sofia Moroz, St. John the Baptist, Johnson City, NY

Honorable Mention

Kayla Meenan, St. Vladimir, Philadelphia, PA

Ryan Supilowski, Sts. Peter and Paul, Palos Park, IL

Grades 9 and 10

First Place Justin Ost, Assumption of Virgin Mary, Northampton, PA

Second Place Natalie Hrytsay, St. Vladimir, Philadelphia, PA

Third Place Clarissa Sabin, St. Sophia, Bayonne, NJ

Grades 11 and 12

First Place Pavlog Pawluk, Sts. Peter and Paul, Lyndora, PA

Second Place Anna Swindle, Holy Virgin, Arnold, PA

Third Place Sabrina Ost, Assumption of Virgin Mary, Northampton, PA

Over 18

First Place Victoria Swindle, Holy Virgin, Arnold, PA

Second Place Annie Moroz, Sts. Peter and Paul, Wilmington, DE

Congratulations to all of the winners!



UOL Bulletin Pictures

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



Pam Scannell reading the UOL Bulletin in North Dakota and Bill Scannell in Sheboygan, Missouri.

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

Lynn Sawchuk-Sharon Kuzbyt Memorial Scholarship Award

Submitted by Anna Anderson

The untimely deaths of two lovely, dynamic and vibrant young women in late 1974 and early 1975 left an indelible mark in the life of the Ukrainian Orthodox Church, the Ukrainian Orthodox League and in the personal lives of their many friends. Therefore, a memorial scholarship in honor and memory of Lynn and Sharon was established at the 28th Annual Convention to perpetuate their memory. The scholarship is awarded to an applicant or applicants who are members of the Junior Orthodox League or within five years of academic performance in high school who is/are considered outstanding in several areas. Among those are: academic performance in high school, involvement in extracurricular activities and service to the League. This year's recipients are Anna Swindle, Delia Walkowiec and Christopher Pokotylo.

Anna Swindle is the daughter of Fr. Mark and Pani Stephanie Swindle of Pittsburgh, PA. Anna has shown outstanding academic performance in school having been on the honor role all her high school years. In addition, she completed 252 hours of community service, was a member of the French Club, Art Club and the Math Club where she held high offices, and was a member of the student Senate of her school.

Anna serves her parish by singing in the choir, being a church reader, being involved in church school, helping with maintenance of the church grounds, folding church bulletins, helping with mission fund raisers and being a part of the Sisterhood. She has participated in charitable fundraisers at local churches. Anna has also been active in the Orthodox League joining as a member-at-large since her home parish doesn't have a chapter. Her service to the League included being the Treasurer on the Junior National Board. Anna's commitment to her parish and God's works make her a deserving winner of the LSSK scholarship.

The next winner of the LSSK scholarship is Delia Walkowiec of Sts. Peter and Paul Ukrainian Orthodox Church in Youngstown, Ohio. Delia is the daughter of Mike and Crystal Walkowiec. Delia had excellent academic performance at school. She was very active in Drama, and was a member of the National Honor Society, Italian Club and the traveling volleyball team. Delia is an outstanding musician. She plays the cello and was in the Boardman High School Orchestra, Chamber Orchestra, and Project Mayhem, a musical group at the school. As a senior, Delia won the senior solo competition earning her a concerto performance with the Boardman Orchestra. In addition to her school activities, she was a member of the Youngstown Youth Symphony Orchestra and the librarian and manager for the Dana School of Music Orchestra. Delia's string quintet frequently plays for events at the church.

Delia has been very active in church activities. She has been a member of the Junior UOL for several years and held the office of Treasurer for one year, Vice-President for two years and President for two years. She has been dedicated to keeping the Juniors active. Delia sings in the church choir and

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(Prayer - continued from page 4)

simply, but with care, so that in no case we would act wrongly and offend God by any deed.

This will help us to turn to God with fear, prayerfully asking for help and understanding. Since we are almost always doing something, we will always be turning to God in prayer. Consequently, the art of raising up the heart in unceasing prayer to God will develop within our souls.

In order for the soul to do all things as they should be done, that is to the glory of God, one must prepare from the early morning, from the very beginning of the day, before "a man goes forth unto his work, and unto his labors until evening" (Psalm 103(104):23).

Third Step: Contemplation of God

This inclination leads to the contemplation of God, and this the third way of teaching the soul to turn frequently to God. Contemplation of God is the pious reflection on divine properties and actions, and about our necessary response to them. It means to reflect on God's goodness, righteous judgment, wisdom, omnipotence, omnipresence, knowledge of all things, about creation and industry, about the working of Salvation in our Lord Jesus Christ, about grace and the word of God, about the holy mysteries and about the Kingdom of Heaven. If you start to reflect on any one of these things, your soul will immediately be filled with pious feeling toward God.

Consider, for example, the goodness of God, and you will see that you are surrounded by God's mercies, both physical and spiritual, and that you would have to be a stone not to fall down before God pouring out feelings of thanksgiving.

Consider the omnipresence of God, and you will understand that you are always before God, and God is before you, and thus you cannot avoid being filled with pious fear.

Consider the knowledge God has of all things, and you will realize, that nothing inside of you is hidden from the eye of God, and will set yourself to be strictly attentive to the movements of your heart and mind, in order not to offend the all-seeing God in any way.

Consider the righteousness of God, and you will believe that not one evil deed remains unpunished. As a result you will firmly set yourself to cleansing all of your sins in a heartfelt way before God with brokenness and repentance.

Thus, whatever property or action of God on which you reflect, that reflection will fill your soul with pious feelings and inclinations towards God. It will align all of your human substance towards God, and it is therefore the most direct means of teaching the soul to ascend to God.

The most useful and comfortable time for this is morning, when the soul is not yet burdened with many worries and work issues. Specifically, the best time is after morning prayers. Finish your prayers, sit down, and with thoughts cleansed by prayer, begin to think now about one divine aspect, and tomorrow about another, and incline your soul to this aspect. "Come", says St. Dimitri of Rostov, "come, holy contemplation of God, and let us immerse ourselves in contemplation of the great works of God," and he passed mentally through the works of providence and creation, or the miracles of our Lord and Savior, or His sufferings, or something else, and warmed up his heart, and began to pour out his soul in prayer. Everyone can do the same. The work is small; one only needs desire and resolve, but the fruits are many.

Summary

Three means to teach the soul to ascend prayerfully to God other than the prayer rule:

1. Dedicate some time in the morning to the contemplation of God;
2. Turn every action to the glory of God, and
3. Often turn to God with short prayers.

When contemplation of God goes well in the morning, it leaves a deep inclination toward thinking about God.

Thinking about God makes the soul carefully order all of its actions, interior and exterior, and turn them to the glory of God. At the same time, this sets up a state in the soul that it often will be moved by prayerful cries to God.

These three: contemplation of God, doing all to the glory of God, and frequent short prayers are the most active weapons of mental prayer and prayer of the heart. Each of them raises the soul to God. He who decides to practice these quickly attains the habit of ascending to God in his heart. The labor put into these leads to the heights. The higher one ascends on a mountain, the freer and easier he breathes. Thus it is also here: the more one does these exercises, the higher his soul ascends, and the higher the soul ascends, the more freely prayer can act in it.

Our soul by nature is the abode of the higher divine world. Our soul should always be in this world by thoughts and feelings of the heart. But the baggage of worldly thoughts and passions leads and pulls the soul down.

These methods separate the soul little by little from the earth, and then completely pull it away. When they have completely pulled the soul from the earth, then the soul lives in its own region, and will happily live on high.

Here in heart and mind, and later in actual substance it will be vouchsafed to be before the face of God in the choirs of the angels and the saints.

May God grant this to all of you through his grace. Amen.

(Junior Convention - continued from page 4)



Christian Caregiving Convention Report 2019

As the Jr. UOL we know the importance of helping others in and out of our communities.

The Christian Caregiving committee's goal is to be an outlet for Christian stewardship and Charity.

Keeping this in mind, we focused our Christian Caregiving on Orthodox charities that we as Juniors feel passionate about.

We have narrowed it down to two possible beneficiaries for the 2020 Great Lent Giveaway collection.

College Mission Trip - As many know, each year groups of college students and adults travel to Ukraine to visit the orphanages and help other youth discover their faith. We would hope to raise money to either sponsor an individual hoping to take part in the mission trip or donate the money for supplies.

IOCC Assistance to Refugees - The IOCC Assistance to Refugees offers emergency assistance and long-term aid to millions of refugees fleeing conflict and strife around the world. We would raise money to donate to their ongoing efforts.

In order to increase interest in GLG, the Jr UOL made a motion to match all Great Lent Giveaway proceeds up to twenty-five hundred dollars (\$2,500) for the next Lenten season.

With the blessing of the Hierarchs and Mrs. Natalie Kapeluck Nixon, we hope to make one of these charities our focus in the next Great Lent Giveaway.



(LSSK - continued from page 5)

participates in parish maintenance projects, serves meals at the Community Dinner and attended church School regularly. Delia has shown good Christian values through regular church attendance, participating in Communion and is very respectful of her faith.

Delia is attending Youngstown State University majoring in dental hygiene. She continues to play her cello.

Our third winner is Christopher Pokotylo. Christopher belongs to St. Mary's Ukrainian Orthodox Church in New Britain, CT, where they have recently restarted their UOL chapter. When the chapter was reinstated, Christopher was the first to join and, he became the Treasurer. Christopher is very dedicated to the Orthodox faith. He attends church regularly and even arrives one hour early to participate in prayer group. He has served as an altar server since he was 5. Christopher studied very hard and was elevated to Sub-Deacon in 2017. He sings in the church choir as needed and participates in other church activities such as Bundles for Ukraine where he packs boxes with clothes and humanitarian items; visits the shut-ins during the holidays; is a reader and helps the Sisterhood in fundraising projects. Though Christopher holds a part-time job, he never lets work interfere with his church activities.

At school, Christopher maintained honor role status grades. He participated in Key Club and the string program. Christopher is attending the University of Connecticut majoring in computer science and engineering.

Congratulations to our LSSK recipients!

Please consider donating to the LSSK Scholarship Fund. This UOL Bulletin contains an envelop to make your donation to the LSSK Scholarship.

Meet the Junior UOL National Executive Board

It is truly an honor to have been re-elected as the President of the Jr. National Board for the second year. For those that may not know me, my name is Alexis Naumenko and I am the eldest child of Fr. Taras and PM Laura Naumenko. I also have a younger brother, Julian. We currently live in the Philadelphia area. My home parish is St. Vladimir Ukrainian Orthodox Cathedral in Philadelphia, PA.



This year I am a senior at St. Basil Academy in Jenkintown, Pennsylvania. I play lacrosse for my school and participate in numerous clubs and activities. In my free time I enjoy spending time with my friends, baking, volunteering and skiing.

In the summer, my favorite thing to do is go to All Saints Camp ("ASC") and participate in our camping ministries. I have attended ASC since the age of 5 and have continued throughout Mommy and Me/Daddy and Me, DCSC, and Teenage Conference. I was very happy

that the 2019 UOL Convention was held at ASC as it created a unique opportunity to introduce our camp to those who have never visited it before.

I look forward to working with the newly elected National Executive Board. As a reminder, the Ukrainian Orthodox League is a vital organ of the Ukrainian Orthodox Church of the U.S.A. The specific purpose of the Junior League is to aid the Ukrainian Orthodox League of the U.S.A. to further its aims and purposes among the youth of the Ukrainian Orthodox Church promoting in every way possible the growth of our Church and her League. That is why in 2019/2020 the Board will be focusing on two projects designated by the Junior Convention body. They are: 1. Christian Caregiving and 2. outreach to local chapters.

If you would like to learn more about the Jr. National UOL or have any question, please feel free to contact me at alexisnaumenko20@gmail.com or by calling 215-290-7878

My name is Madeline Zetick and I am blessed to serve as the Vice President for the National Executive Board of the Jr. UOL this year. I attend St. Vladimir's Ukrainian Orthodox Cathedral in Philadelphia, PA, where I sing in the choir, attend and help out with church school classes, and spend time with my fellow Orthodox friends. I am just beginning junior year as a student at St. Basil Academy in Jenkintown, PA. At school I take part in rigorous classes, sing in the concert and madrigal choir, and am a part of the Ukrainian Society, History Club and Health Careers Club. My favorite part of school is playing on the SBA Varsity Volleyball Team! In the next few years I hope to find a college fit for me and study to become a Nurse Anesthetist.



Some of my favorite activities in the summer are playing volleyball with my friends from school, going to the beach and most importantly traveling to All Saints Camp for Teenage Conference. I enjoy reuniting with friends from all over the U.S and Canada and sharing two faith filled weeks together. Another great activity in the summer I attend is the UOL Convention.

As I start this year as Vice President, I hope to grow and develop the Jr. UOL. I want to encourage more kids to start chapters in their home parishes so they can work with the Sr. UOL to bring their church together not only in faith but in fellowship. This 2019-2020 year I will strive to work with my fellow board members to strengthen the UOL overall.



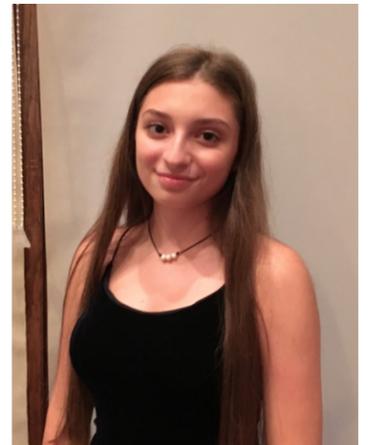
My name is Hrystyna Petrylo and I'm truly happy to serve as the Treasurer of the Jr. UOL National Board this year. I attend St. Vladimir's Ukrainian Orthodox Church in South Side Pittsburgh. I am starting my junior year at Chartiers Valley, where I help out with a lot of programs like German club. My favorite part about school is helping out in the preschool program where I find my love for teaching and am hoping to set my career into Early Education in college.

Over the summer I participated in the Ukrainian Dance program in Pittsburgh. I also attended All Saints Camp, where I helped out in the St. Nicholas program as a St. Nicholas angel, DCSC as a staff aid, and Mommy & Me and Daddy & Me as a big sister. I also was a camper at TC and went to the most recent Family Fest. I also attended UOL Convention at All Saints Camp. Lastly, I got to travel to many places over the summer like New York, Georgia and Florida.

As a new member on the National Board as Treasurer I'm hoping to keep up with all the checks and have an orderly mind and help reach out to other parishes. I'm looking forward to this year on the National Board.

My name is Natalie Hrytsay, and I am very excited to be the Recording/ Corresponding Secretary for another year. This will be my second year on the board and I am very lucky to be working with a group of people so talented and kind. This past year on the board was very productive, as well as fun.

I live in the Philadelphia area and attend St. Vladimir Ukrainian Orthodox Church every week. I am a very active member in my parish activities, I sing in the choir and love to help the younger kids during Sunday school. I am currently a Sophomore at Saint Basil Academy in Jenkintown. At school I participate in clubs including Mock Trial, the Ukrainian Club and Safety Sisters and I also play lacrosse and participate in Choir. I attend Ukrainian Saturday School every week and have been dancing for the Voloshky School of Ukrainian Dance for over 8 years now. In the future, I hope to go to Penn State after I graduate and later on study law.



This year's UOL Convention was different than past years, but really felt like home to many juniors. This year's Convention was at All Saints Camp, which is familiar to most of us. There was a great amount of Juniors that attended Convention for their first time and we planned lots of exciting and new activities that would get everyone feeling welcome and that we were one big family. I consider this year to be yet another success as the meetings were full of hard work and very cooperative Juniors. I enjoyed how both Juniors and Seniors were brought together in multiple occasions and we both got to express our ideas on benefiting the UOL as a whole. This year I will work hard to make it another successful year.

My name is Rachel Harendza, I am proud to be the new Financial Secretary for the Jr. UOL!

I am a PK and the oldest child of Father Philip and Pani Matka Bethanne Harendza, I have two younger siblings Agitha and my brother Hunter. I attend St. Michael's Ukrainian Orthodox Church in Scranton PA, where my father serves as the priest there.



I am 14 years old and a sophomore at Seton Catholic Central in Binghamton, NY. I play Tennis for my school and am very active in school musicals and I am in the school's swing choir. In my free time, I like to hang out with my friends, sing and do some photography. In the summer I always go to All Saints Camp (ASC). I have been going to camp for 8 years including DCSC and TC. I hope to go to college and get a degree in music and maybe pursue going further with singing. This year, I hope to develop and grow the Jr. UOL, not only in people and projects, but also with faith.

Being that my parish does not have a chapter of its own, I always look forward to seeing my friends and thinking about how I can help the Jr. UOL. I never thought that I would be on the Board. Convention has always made me feel as though I am part of a solution and has made me brave enough to ask questions about my Faith to my priest and other priests because I see that other people have their own questions and doubts. To say the very least, this past Convention has helped me quite a bit and has helped enhance my faith with myself and with God.

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UOL Tribute

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

Your much-appreciated contribution is used to support and further the Mission of the Ukrainian Orthodox League. All donations are published in the UOL Bulletin.

Donator Tribute
Submit your Tribute today!

To submit your Tribute:

Submit a card that includes your Name and Address, the Name of the Person to Receive the Tribute, the occasion of the Tribute (for example In Memory or To Honor), and the Name and Address of the person to whom an acknowledgment card should be sent. For a contribution of \$20 or more, the name and occasion is printed in the UOL Bulletin.

UOL Tributes should be submitted to:

Natalie Bilynsky 703 Pine Ridge Road Media, PA 19063

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

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All Saints Camp Capital Campaign

As an All Saints Camp Family, we are so appreciative of all that our supporters have done to ensure that the vision of a camp for our church youth continues to grow, and that it not only remains a vital part of the Church, but that it also stays relevant as we plan for the future. As we work towards the 50th Anniversary of All Saints Camp, we would like to acknowledge and thank those of you who have donated or pledged to the All Saints Camp Capital Campaign.

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

\$25,000

Ukrainian Orthodox League of the USA

\$5,000 - \$7,000

Fr. James, Pani Matka Denise Cairns and Family
John Holowko

\$2,000 - \$3,500

Michael Dobronos Esq.
Steve Dobronos
Hans & Jenn Harasimchuk
Fr. Philip, Pani Matka BethAnne Harendza and Family
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Michael & Emily Nakonachny
St. Vladimir's Sr. UOL Chapter – Parma, OH
Patricia Walton
Michael and Vicki Widmor

Ways to Donate

- One-time donations
- Pledge amounts payable over five years
- Remember ASC during estate planning
- Donation of time at scheduled work weekends

\$1,000 - \$2,000

Fr. John & Pani Matka
Laryssa Charest

**Ukrainian Orthodox League's Annual Drive for
UOL Projects, Lynn Sawchuk-Sharon Kuzbyt Scholarship,
And Metropolitan John Scholarship Funds**

Donations to UOL Projects will be used to support:
*UOL BULLETIN, Youth Commission, Christian Care-Giving and Missions Commission, Education projects and Public Relations

Donations to the LSSK Scholarship fund will
*Provide Scholarships to current or former Junior UOL members who are leaders in their parishes and communities and committed to their faith

*Donations to the MJSF Scholarship Fund will
*Provide tuition assistance to seminarians at our St. Sophia's Seminary
*Provide tuition assistance to our clergy and seminarians for higher education

Lenten Retreats

March 28, 2020
Villa Maria Education and Spirituality Center
2067 Evergreen Road
Villa Maria, PA

April 4, 2020
St. Francis Center for Renewal
395 Bridle Path Road
Bethlehem, PA

*Learn more about our faith,
get inspired during Great Lent,
meet fellow Orthodox Christians
and so much more!*

ALL SAINTS CAMP WAS ESTABLISHED AND IS MAINTAINED BY THE GENEROSITY AND HARD WORK OF OUR COMMUNITY.

WORK WEEKENDS

- SEPTEMBER 20-22, 2019
- OCTOBER 11-13, 2019
- NOVEMBER 15-17, 2019
- DECEMBER 14-16, 2019
- JANUARY 24-26, 2020
- FEBRUARY 21-23, 2020
- MARCH 20-22, 2020
- APRIL 3-5, 2020
- MAY 8-10, 2020

WORK WEEK: MAY 29-JUNE 6, 2020

EMAIL JOSHO@ALLSAINTSCAMP.ORG FOR MORE INFORMATION AND TO RSVP

(724) 867-5811 @ALLSAINTSCAMP