



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 56 NO. 5

MARCH, 2010

LETTER FROM THE EDITOR -- ISSUE DEDICATED TO ELIZABETH MITCHELL



As many of you know Elizabeth Mitchell fell asleep in the Lord in January. I wanted to write a special note to dedicate this issue of the UOL Bulletin in her honor. Elizabeth Mitchell, tireless servant in her local parish, was the guiding force of the UOL Bulletin. She served as editor for many years and contributed articles after she stepped down as editor. She was truly an inspiration to anyone who had the blessing of meeting her. She was always positive, and always spoke kind words of encouragement and appreciation.

Mrs. Mitchell was a true role model, a shining example of how to live one's life. I recall that when I took over the task of UOL Bulletin Editor she sent me a personal note of encouragement and when the first issue was published she sent a congratulatory note. She was truly a role model as Editor, UOL Member and a shining example of Christ's love! While dedicating this UOL Bulletin is one way to honor her memory, perhaps the greater way is to live as she did — Dedicated to Our Church — Devoted to its Youth!

May her Memory be Eternal! Vichnaya Pamyat!

Junior Winter Meeting Article Submitted by Taylor Gladys

For their 2010 winter meeting, the Junior National Executive Board ventured



out to the place of our next convention, Maplewood, New Jersey. We enjoyed a wonderful evening of hospitality with our hosts, complete with delicious food, beautiful caroling, and quality time spent with missed friends.

The next morning, Saturday, January 16, 2010, the group convened

at Holy Ascension Parish for Church services and the meeting itself. After yet another spectacular meal, the Juniors and Seniors split for their sessions. The Junior meeting was smooth and as always, productive. We discussed several topics and projects that we hope to accomplish during the rest of the year.

One of these topics included the Great Lent Giveaway, which will encompass Orthodox Christian Prison Ministry, and will fund raise for the spiritual care of those in prison. We also reviewed the membership slide show that had been created since our fall meeting, and hope to revise it and send it out to parishes soon. Also, dealing with the Membership Committee,



the Junior board set a plan in motion for the making of a video that will help to educate nonmembers about the Junior League. Later, we talked about amendments to our annual Cultural Contest, where we

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UOL Young Adult Ski Weekend Submitted by Kira Senedak

The third annual UOL Winter Ski Weekend Getaway was held on January 8-10, 2010.



Once again, Oleh and Natalie Bilynsky graciously opened their home in the Poconos to the participants. A good time was had by the nine participants of this event,

including Young Adult Chairperson Michael Nakonachny.

Participants arrived in Pocono Lake, PA throughout Friday evening, greeted by the smells of dinner from Amadeo's Pizza. Their pizza and subs are quickly becoming a permanent part of the Ski Weekend festivities. After the meal, people played board and card games and enjoyed a much needed dose of rest and relaxation.



The skiing contingency awoke early Saturday morning to make their

(continued on page 2)

63rd Annual Ukrainian Orthodox League Convention

hosted by the Sr. and Jr. UOL Chapters of the
Ukrainian Orthodox Church of Holy Ascension
Maplewood, New Jersey
July 28 - August 1, 2010



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

Proverbs 22:6

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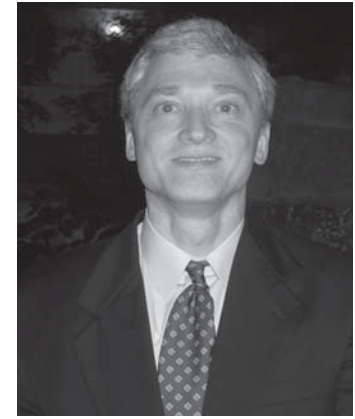
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UOL Bulletin - Published seven times annually - September, October, November, January/February, March, April and June.

The absolute deadline for each monthly issue is the 1st of the prior month. Photos will not be returned.
 Note to Contributors: All articles submitted to the UOL Bulletin must be in 12 point Times New Roman (font), or typed and double spaced in 12 point type. Articles may be submitted via e-mail attachments. (Submit to: nsufler@aol.com)
 The editor reserves the right to condense any material submitted. Material cannot be returned.

MESSAGE FROM THE SENIOR UOL PRESIDENT



Oleh Bilynsky

Having just completed our winter Executive Board meeting, I would like to thank the members of the Holy Ascension UOL Chapter in Maplewood, NJ, for hosting the meeting on Jan. 16. As always, the Maplewood chapter members were very hospitable, and went out of their way to ensure that all of our needs were taken care of. Having been reminded of just how hospitable our Maplewood chapter members are, I eagerly look forward to more of their hospitality at our 63rd UOL Convention, which will be held in Maplewood on July 28 – August 1. Everyone is sincerely invited to attend this year’s convention, and see this hospitality for themselves (I guarantee that you will not be disappointed).

As to the winter meeting, some of the results include: approving the final revised version of the UOL Handbook, which will be available to all members by being posted on the UOL website; approval of a UOL Facebook site, which will be in the very capable hands of John Meschisen and our “UOL Webmaster” Joshua Oryhon; discussing and implementing various means of increasing both our total UOL membership and the total number of UOL chapters, and along those lines we heartily greet our newly reconstituted chapter in Woonsocket.

I would like to sincerely thank everyone who participated in the Thanksgiving Tithing program and the “Souper Bowl” Sunday project, and it is still not too late to participate. Over the last few years these projects have truly made a difference in the lives of those less fortunate. Along those same lines, the Annual Fund Drive and the LSSK and MJSF fund drives are now in full swing, so please contribute generously to these worthy causes.

Also, information concerning the 2010 UOL Essay Contest has been mailed to chapters and parishes. Please encourage all parishioners (the contest is not limited to UOL members) to participate in this annual event. If you need more information please contact UOL Essay Contest Chairwoman Shirley Skocypec.

Lastly, as we prepare to begin our journey through Great Lent I invite everyone to include, in their journeys, plans for attending the Lenten Retreats sponsored by the UOL. The first retreat will be held at the Villa Maria Retreat Center in Villa Maria, PA on March 6, and the second will be held at the St. Francis Retreat House (in Bethlehem, PA) on March 20. Besides being an opportunity for you to spend more time with your fellow UOL members, the retreats will help you to “step away” from the everyday “hustle and bustle” of life and reflect on and prepare for Pascha, the Resurrection of our Lord and Savior Jesus Christ.

Yours in Christ,
 Oleh V. Bilynsky



Vocations and Clergy Support Corner

Few Are Called... Are You Next?

Submitted by Pani Matka Linda Oryhon

At the UOL Convention, the following survey was distributed by the Vocations and Clergy Support Commission. This survey is intended to be used to help the Commission inform their decisions as well as give direction to their efforts. Please take the time to share your answers and ideas. Thank you so much for your cooperation.

To complete the survey, please answer the following questions:

Please circle: Male Female Age: _____
 Please circle: Clergyman Seminarian Senior member Junior member

In your opinion, what are the most important characteristics for a priest to have?

In your opinion and experience, what is the most difficult aspect of the priesthood?

In your opinion and experience, what is the best aspect of the priesthood?

Would you consider becoming a priest? Please explain why or why not? Answer if applicable.

What can you (and others in your chapter/parish) do to encourage vocations to the priesthood?

What more would you like to know about the priesthood, clergy life in the United States or any other related topics?

Please send your answers to:
 Vocations & Clergy Support Commission
 Pani Matka Linda Oryhon
 623 Jennings Street
 Endicott, NY 13760



63RD ANNUAL UOL CONVENTION—SEEKING ALTAR SERVERS!

WE WOULD LIKE TO ENCOURAGE MORE ALTAR SERVERS TO PARTICIPATE AT EVERY SERVICE DURING THE CONVENTION!



WE WILL ORGANIZE IT—WE JUST NEED YOU, YOUR LOVE FOR SERVING AND YOUR VESTMENTS!

WE ARE ANXIOUS TO MAKE THIS THE CONVENTION TO REMEMBER AND REALLY BELIEVE THAT YOUR PARTICIPATION CAN MAKE IT SOMETHING SPECIAL FOR YOU!

—MORE INFORMATION TO FOLLOW—

(Ski Weekend- continued from page 1)

way to Jack Frost Big Boulder Ski Area. They enjoyed sunny weather and a (mostly) injury free day. The participants interested in warmer activities, and a later wakeup call, enjoyed a relaxing morning with a fabulous breakfast spread and more board games. Both groups met for lunch at the Jack Frost Big Boulder



lodge. The evening was spent with more great food, fun, and fellowship.

On Sunday, everyone packed up and headed to Scranton, PA for Divine Liturgy, where they were greeted warmly by Protopresbyter Nestor Kowal and his parish. After some tasty treats at coffee hour, the group

spent one more meal together at a restaurant in the area. Final goodbyes were said and the participants went their separate ways, looking forward to next year’s festivities!

UOL CONVENTION UPDATE!

Glory to Jesus Christ! Glory Forever!

The Senior and Junior chapters of the Holy Ascension Ukrainian Orthodox League in Maplewood, New Jersey wish you and your family a healthy and happy New Year. And we hope to see all of YOU at the 2010 UOL Convention in Morristown, New Jersey this coming July 28 thru August 1!

Our Senior and Junior chapters have been working diligently to plan a convention that promotes Orthodox Christian fellowship, while taking full advantage of the many exciting activities uniquely available in Northern New Jersey and the greater New York City metropolitan area. We are striving to ensure that all attendees come away from the convention with wonderful memories that will last a lifetime. As our plans become more and more definite each day, it is clear that this will be one convention that you will not want to miss!

When you arrive at the Hyatt Hotel at Headquarters Plaza on Wednesday evening, we will be pleased to welcome you to our hospitality suite. Here you will find an assortment of tasty foods and beverages to refresh you after your travels. Our menu will feature many local "Jersey Fresh" products that are sure to satisfy young and old alike.

Thursday morning begins with a Divine Liturgy that, as in years past, will refresh the spirit and put us all in the proper frame of mind for a blessed day of working for the Lord. After breaking the fast at brunch at the Hyatt, we will spend the rest of the morning and afternoon conducting the business of the convention. This will be your opportunity to discuss the important issues facing the League and to voice your ideas for the UOL in the coming year and beyond. In conjunction with our Hierarchs and the other UOL members in attendance, this is where you can make a difference in the life of the League!

Thursday evening brings a night of wonder and escape from the cares of the day. We will take you on a breathtaking dinner cruise aboard the Majestic Princess. The boat will dock in Weehawken, New Jersey and cruise around Manhattan Island—down the Hudson River past the Statue of Liberty and Ellis Island in New York Harbor and up the East River beneath the grand Brooklyn and Manhattan Bridges. In addition to a sumptuous dinner, there will be a DJ and dancing on board to rock the night away. Not in the mood to dance after a long day of business sessions? Just sit back and relax in air conditioned comfort as the world's greatest skyline floats by. Don't miss out on this chance to cruise with your UOL friends and watch as New York City lights up at night!

After Friday's convention business sessions, it will again be time to enjoy an evening of entertainment. And what kind of Ukrainian Orthodox League Convention would it be without a Ukrainian night? On Friday night, our "Night in the Carpathians" will bring you not only some tasty Ukrainian treats but a chance to dance and also to learn something new about Ukraine. At our very own "Vechornytsi" we will be presenting some of New York/New Jersey's finest Ukrainian entertainers who will encourage all in attendance to join in the program. Finish up the evening with a visit to the 2011 Convention's hospitality room and learn about their plans for next year's gathering in Philadelphia.

Saturday is a day to relax and get ready for the 63rd Annual UOL Awards Banquet. The Banquet will be held in a spacious ballroom of the Hyatt at Headquarters Plaza in Morristown. Following the Grand Banquet will be the Annual Ball featuring the well-known "zabava" band Hrim.

Unfortunately, all good things must come to an end. But don't worry: you won't leave disappointed—or hungry. On Sunday, after the Hierarchical Divine Liturgy in the Holy Ascension Church in Maplewood, New Jersey we invite you all to join us for a delicious farewell brunch before you get on the road.

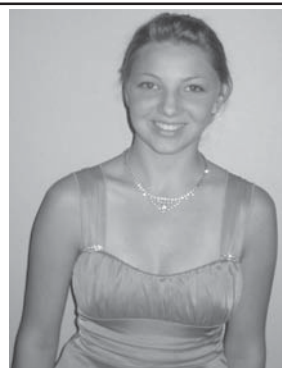
We are looking forward to seeing you and your family at this year's convention. It won't be the same without YOU, so start making your plans now to attend!

In Jesus' Love,

The 2010 UOL
Convention
Committee



Maplewood UOL Members host UOL Executive Board Meeting and on Friday evening share their caroling with the Board.



NEWS FROM THE JUNIOR UOL PRESIDENT

Taylor Gladys

Glory to Jesus Christ!

I cannot believe Great Lent is already here because it seemed to come up so fast. The Junior Board has been planning a great deal of activities and events for the season, and we hope to get all of our Church family involved!

In February, the Juniors commenced the sale of raffle tickets. As our largest fundraiser, we greatly depend on the success of this project and we humbly ask all of you to help us sell our tickets! The drawing for raffle tickets will take place at the Annual Convention in Maplewood, NJ. All Junior chapters and many Members At Large have already received tickets, and further information regarding this project will be available through Junior Vice President, Greg Markiw.

The Juniors also participate in a Great Lent Giveaway Project every year. This project is designed to help Junior Chapters give to those in need during the Lenten Season. The focus this year will be to support a program called "Orthodox Christian Prison Ministry," in conjunction with Natalie Kapeluck-Nixon and the Office of Youth and Young Adult Ministry. This group collects money and uses it to purchase books and prayer cards for those who are serving time in prison and are often forgotten. An informational packet will be sent out to all chapters, and we would really appreciate your support with this unique project. If you have any questions about this project, please contact Junior Financial Secretary, Ethan Rock.

Year after year, the Juniors discuss ways in which we can improve our Cultural Contest at the Annual Convention. This year, we have again decided upon new prizes for our future contest winners. The Senior winner will be awarded a \$50 gift card to St. Andrew's Bookstore in South Bound Brook, NJ. The Junior contest winner will receive a cash prize of \$50. We hope you will consider entering!

Lastly, I'm sure everyone of us is excited to get to the convention in Maplewood, NJ. However, I understand that a few people might need some extra help, as travel nowadays can be costly. That's why the Junior UOL is happy to inform you of the Pysh Travel Grant. This grant was established to award three groups (chapters or individual members) a year with financial aid in attending the convention. Applications for the grant have been sent out and can be returned to me by May 1, 2010.

The Maplewood Convention is coming soon! I am so excited to see everyone again and to share in our love of the Church, and our devotion to the organization. I pray that God protects and guides all of us through this Lenten season, and brings us together once more this summer.

Yours In Christ,
Taylor Gladys

Greetings from St. John's Jr. UOL Chapter! Submitted by Julia Ferrante

We took advantage of some nice fall weather and spent a Saturday afternoon at a local apple farm. We picked (and sampled) lots of apples and distributed them to our parishioners on Sunday during coffee hour. We also went on a hayride and enjoyed cider and donuts afterwards. At the Sisterhood Holiday bake sale we worked a booth and sold hotdogs, pizza, and other refreshments. On Thanksgiving Day, several of our members visited some of our parishioners in the local nursing homes. In preparation for Nativity, we continued our tradition of decorating the church along with the Sr. UOL. All of our members participated in the St. Nicholas Day program, followed by a visit from St. Nicholas. On Christmas Day, some of our members participated in caroling-visiting some of our parish families and shut-ins. We look forward to the upcoming months.

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

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

Please share your UOL Bulletin with your fellow parishioners and encourage them to join the UOL.

(Junior Winter Meeting - continued from page 1)

decided to change the prizes this year to a \$50 cash prize for the Junior contest winner, and a \$50 gift card to St. Andrew's Bookstore for the Senior winner. The Junior Webmaster Liaison, Katie Zimmerman, reported the website is up and running and that Junior information has been posted. We encourage everyone to check it out! Both Greg Markiw and Lesia Mahlay reported that the Education and Christian Caregiving and Missions committees were both doing well and still had work in progress.



As the Junior Board discussed upcoming projects, we talked about the Junior UOL Sweatshirt Contest that has taken place over the last several weeks. The members of the board will vote for a winner of the contest at their Spring meeting in May. The chosen design will then be produced to be sold this summer, and the board will pay for half of the creator's packet for Convention. Participation is much appreciated!

Lastly, the Juniors decided to make some donations on behalf of the League. To answer the Consistory's call for help in the Relief of the Haiti earthquake, the Junior board elected to send \$500 to the relief fund. They also discussed joining the 100 for 100 program to support the encampments at All Saints Camp, many of which league members attend. The Juniors felt both of these donations were paramount because we strongly support the efforts going into both programs. (continued on page 5)

Volunteers Needed for St. Thomas Pilgrimage Submitted by Daria Pishko Komichak

We may have just completed our celebration of the Nativity but this year, Great Lent is just around the corner. I wanted to wish you all of God's blessings this holiday season and to ask you to mark your calendars to plan to help our Consistory and the UOL in this year's St. Thomas Sunday Pilgrimage April 10 and April 11, 2010.



As you may know, each year, thousands of faithful travel on the weekend after Easter to our Metropolia Center in South Bound Brook to honor their departed loved ones at the St. Andrew Cemetery. In addition to the religious services scheduled at the St. Andrew Memorial Church, there is a cultural festival of

Ukrainian foods and gift items and a display of the activities of our Offices of Ministry, Consistory Institutions and Church Organizations at our Ukrainian Cultural Center. Other organizations, such as the St. Andrew Ukrainian School and Sisterhood also sponsor activities on the grounds that weekend. Tours of St. Sophia Seminary and the Mausoleum beneath St. Andrew Memorial Church are also offered. The Office of Youth and Young Adult Ministry sponsors an Ice Cream Social with our Hierarchs inviting all children to participate.

As you may imagine, the organization and manpower necessary to make this event successful is tremendous and is an extraordinary burden for our small Consistory staff. As such, four years ago local members of the UOL stepped up to offer assistance for many of the tasks that needed to be accomplished. The greatest of these tasks involves the logistics of people and traffic management.

Parking donations need to be collected at both the Cultural Center and Fisher House parking entrances from 8 a.m. to 4 p.m. both days. As an additional bonus, the UOL, and specifically, the Lynn Sawchuk-Sharon Kuzbyt Scholarship Fund, has been the beneficiary of the proceeds from memorial ribbons which are collected with the parking donations for the weekend event. The manpower required to accomplish these tasks is too great for a few. Last year twenty-seven volunteers supported this effort. We would like to increase the number of volunteers so that the burden is not overwhelming on any one person or chapter. That is why we are writing to you for help.

Please mark your calendars and ask your members if they would be available for at least a two hour commitment for either one or both of those days. Both Junior and Senior UOL members have been great resources in the past years and so we are looking to both for assistance again this year. If you have a preference for a date and time for your participation, please either call or e-mail Daria Pishko Komichak at dapia@aol.com or 973-635-8124.



PALOS JRS. MAKING A DIFFERENCE! "Orthodox Christians Freeze-out Homelessness" Submitted by Father Taras Naumenko

On Friday, November 20th, Sts. Peter and Paul Jr. UOL chapter hosted a fundraiser on the grounds of the church "Orthodox Christians Freeze-out Homelessness". The goal of this event was to raise funds and bring awareness about the local non-profit organization "Stand-up for kids-Chicago." This organization assists homeless and street kids in Chicago (www.Standupforkids.org). Many teenagers gathered for this worthy cause including those from the neighboring churches of St. Luke's Orthodox Church in Palos Hills, St. Volodymyr's Cathedral in Chicago and Sts. Peter and Paul Orthodox Church in



Burr Ridge.

Friday evening began with registration and Vespers for the Feast of St. Michael. Following the teenagers were divided into groups by birthdays and each group proceeded outdoors to set up tents. The night was cold! But the brave youth were not intimidated by the chilly temperatures. All were prepared to sleep outside. As everyone enjoyed a delicious hot dinner, the clergy addressed all participants on the importance of missionary works abroad and in our own backyard. They especially touched on homelessness and starvation in our own great country of the USA. Fr. Taras Naumenko, pastor of Sts. Peter and Paul UOC, Fr. Andrew Harrison, pastor of St. Luke's OCA and Fr. Herman Kinkaid, pastor of Sts. Peter and Paul OCA, delivered a strong and encouraging message. The night continued with building a bonfire and games. All enjoyed playing "Capture the Flag" and "Saint in the Churchyard." Kudos to the girl's team who won every game!!!

After games everyone warmed up by the bonfire with hot cocoa. By midnight participants dressed up in layers and layers of clothing for the cold night and settled in their tents. As the temperatures dipped to 32 degrees all but a few were troopers and slept through the night in the chilling weather. At 6:00 am, refreshed by the outdoor temperature, the youth participated in morning prayers, had breakfast and helped clean-up. It was wonderful and uplifting to see so many young Orthodox Christians, the future of the Orthodox Church,

gather in one body to make a difference and make friends.



This missionary project was a HUGE success!!! Thanks to the countless donors the Jr. UOL chapter was able to collect enough funds to provide sack lunches

for 5 months! A special thank you to Dennis Koranda, Jr. UOL president, and Laura and Chris Koranda, for helping to organize this event and to our Sr. volunteers Victor Kwitka and Jennifer Mihalkanin. Let us all remember that we can change the world to make it a better place by doing one random act of kindness at a time.

News from St. John the Baptist Senior UOL Submitted by Pam Scannell

We continued the Nativity celebration by caroling with the Jr. UOL and many other parish members. We sang to parishioners in nursing homes and those who invited

us into their private homes.



As in the past a school bus was rented to carry all the joyous singers. This tradition has been a long-standing tradition of our parish and the caroling star that accompanies us was made and donated by our Jr. UOL.

With the Lenten season upon us, we decided to subsidize any member who was going to attend one of the Lenten Retreats. We have been advertising them and hope a great showing from St. John's will be present. We also have a Presanctified Lenten meal planned for March 5th after the Presanctified Liturgy. Finally, our chapter is working on bringing a speaker into our parish during the Lenten Season to enlighten not only our parishioners, but other Orthodox Christians in our area. We are looking forward to seeing everyone in the near future events of the UOL.

Parma's Senior U.O.L. Chapter - Always Doing Something Submitted by Pani Matka Nakonachny

The members of Parma's Senior U.O.L. have been busy since the Convention in Youngstown this past summer. We began our calendar year with our first meeting and pot-luck dinner. And it was during that meeting that the plans for the upcoming year got off to a running start.

Our chapter members are very active in the life of the parish as a whole, so we were in the center of the dedication of Parma's "Ukrainian Village" on September 19th. On September 26th, our chapter hosted the luncheon that was shared when we visited our parish's first church in the Tremont area of Cleveland. Our visit to the church was a walk down memory lane for many – they shared their stories of Holy Days, caroling, plays and concerts, as well as living in the parish basement with other families when they immigrated to the U.S. after the 2nd World War. Fr. Nakonachny led us in singing carols and Holy Day hymns in the old church.

In October, we celebrated the parish's 85th anniversary with a Birthday Party for the children, Vespers and a reception on Saturday, October 17th, and a Hierarchal Divine Liturgy and banquet on October 18th, when His Beatitude Metropolitan Constantine honored us with his presence and participation.

Although November appeared to be a relatively quiet month, we'd already begun baking Christmas Cookies for December's Christmas Cookie Sale, which followed on the heels of our Christmas Craft Fair. We celebrated the Holy Day of St. Nicholas and finished 2009 preparing the church for the Nativity of Our Lord and Savior Jesus Christ. We caroled at nursing homes, and helped serve food and caroled at St. Herman's Monastery and House of Hospitality.

For the 22nd consecutive year, our Senior chapter prepared the Holy Supper on January 6th. Over 130 people shared that meal with us. Our members participated in reading and singing during all the Christmas services.



Because of our busy schedule, we celebrated a rather late "UOL Sunday" on January 10th, with lunch at Dimitri's Restaurant. Among the 35 people present were guests from Watertown, NY and Boston, MA. Now we begin our spiritual preparation for Great Lent. During Lent, we will also hold our Spring Craft Fair.

It's hard to believe that, before too long, we'll be heading to Maplewood, NJ for the convention. We are certainly looking forward to seeing old friends and making new ones as we continue the work of the UOL for the Glory of God and His Holy Church.

(Junior Winter Meeting - Continued from page 4)

At the conclusion of the meetings, the members spent time at the Church hall socializing with members from the parish, playing games, and helping to prepare for a Malanka to take place the next day. Again, the hospitable members of Holy Ascension provided fantastic food, and a good time was had by all.



On Sunday, January 17th, the Junior Board attended Divine Liturgy at Holy Ascension, followed by a celebratory parish Malanka in the afternoon. Thank you to Fr. Hucul, Mr. and Mrs. Komichak, Mr. Holowko, and all of the members at Holy Ascension parish for your

generosity and hospitality throughout the weekend. It truly was a wonderful stay, and we cannot wait to return this summer!

UOL EDUCATION COMMISSION ANNUAL ESSAY CONTEST

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

Proverb 22:6

Pre-school/Kindergarten

Draw a picture of your church.

Grades 1 & 2 (two sentences & a picture)

Draw a picture of your family in church, and tell why you like going to church.

Grades 3 & 4 (three or four sentences, and a picture may be included)

Tell how you feel when you are in church.

Grades 5 & 6 (35 to 50 words)

Explain why it is important for you and your family to attend the Divine Liturgy.

Grades 7 & 8 (75 words)

During the Liturgy, the priest or bishop says "Let us lift up our hearts." How does this make you feel?

Grades 9 & 10 (150 - 200 words)

Tell of a situation in which your faith guided you in a difficult situation.

Grades 11 & 12 (200 to 500 words)

How does weekly participation in the sacrament of communion prepare you to live, on a daily basis, as an Orthodox Christian?

Adult 18 and over (500 words)

In what ways can you/we, as Orthodox Christians, "Train up a Child in the Way He Should Go: and When He Is Old, He Will Not Depart From It."

CONTEST GUIDELINES AND RULES

1. Entries must be postmarked by May 30th, 2010. **NO ENTRIES WILL BE ACCEPTED AFTER MAY 30TH 2010**
2. **NO NAMES ON THE FRONT OF ANY ENTRY.**
3. All entries must include the following information: **Participant's first and last name, age, grade, and the name and address of participant's parish, including city and state.**
4. Drawings no larger than 12" x 18" and NO name on the front of drawing. Please attach a **COVER PAGE** or use the **BACK** of the drawing for the information listed above.
5. Written entries must be on 8 ½" x 11" papers. Include a cover page with the identifying information listed above. Entries for 9th grade and above must be typed or printed.

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

Mail entries to:

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

St. Vladimir Senior UOL Chapter Philadelphia, PA

While many hibernate in the winter our Senior UOL Chapter is full of pep, planning multiple activities in the busiest time of the year. Our Senior Chapter members were very busy in December and January, with five major chapter activities. Our action packed months started with a fun trip to Dave and Busters. This was our second holiday trip to the game



room and restaurant. We had a wonderful group dinner followed by time to enjoy the arcade games and sports challenges. We had over 25 chapter members participate.

The following Sunday chapter members went caroling and visited those parishioners in nursing homes or who are unable to attend church. It was one of the coldest caroling days, but it did not dampen our spirits. Our chapter goes caroling and brings treats for our parishioners.



On the Eve of Theophany we hosted our first H o l o d n a Kutya, where all proceeds from the supper were designated for the UOL Convention Fund. Despite our first time

hosting the event, we had fifty people attend. To create a family atmosphere we made one large table where all guests were seated together around the table. The dinner included traditional Theophany Eve items, including kutya and uzvar, as well as holubtsy and varenyky. The event was such a huge success that Fr. Frank announced that it would become an annual event.

The next Sunday, January 24th, our chapter's celebration of Theophany continued as we sponsored the blessing of the Theophany Ice Cross. Senior Chapter members Michael Fesnak and David Sembrot, "Godfathers of the Cross," as named by Father Frank, made all the arrangements for the Ice Cross, which included their generous donations for the entire cost of the Cross. Following the outdoor blessing by Father Frank, along with St. Vladimir's Alexander Koshetz Choir under the direction of Senior Chapter member Karen Ferraro, and fellow parishioners, our chapter hosted a delicious Soup and Salad Buffet in



Submitted by Jim Sawchuk



o u r Cathedral Hall. Senior Chapter member / Editor of the UOL Bulletin Natalie Bilynsky and Senior Chapter member / President of the UOL

Oleh Bilynsky served as chairpersons for this luncheon, which included a number of soups, a variety of salads, biscuits and an assortment of desserts.



Chapter festivities for the month continued with our Annual Malanka. Al and Debbie Shinn were the



chairpeople for the event and they planned a wonderful fun filled evening. The dinner included roasted pig, roast beef and a wide range of salads and desserts. After a huge meal Malanka goers had the opportunity to

burn off the calories consumed in a fun night of dance. As is typical for our Malanka we had a huge age range with very young children to senior citizens enjoying the evening. At the Malanka we also had our drawing for two flat screen televisions. As part of our Convention Fundraising we had been selling raffle tickets to win the two HD televisions. That evening the



winning tickets were drawn and winners were named.

The next morning our parish greeted His Eminence Archbishop Antony on his birthday and



name day. His Grace Bishop Daniel and our seminarians Vasyl Pasakas, Vasyl Dovhan and Andriy Matlak joined in the birthday celebration. Our parish hosted a luncheon and birthday cake for His Eminence.

We are looking forward to a very busy spring! With the 2011 Convention coming up -- we have no time to hibernate.



ASK FR. HARVEY
RELIGIOUS QUESTIONS

Answered by Fr. John Harvey

Must the wine used for Communion always be of the syrupy Mogen David type? For our domestic use, society has moved to the general appreciation of dry wines and we have so many lovely types like white zinfandel, merlot, pinot grigio and the blush wines among others. If our tastes have changed, why not use a fruity riesling or some other dry or semi-dry type for liturgical purposes?

The wines used for liturgical purposes are not dictated by personal enological taste, fads or preferences current among the general public, but are chosen by a different criteria. The wine used in our services, and for Liturgy in particular, must be a pure vintage. As it will be transformed into the Blood of Christ, it should at least have the color of normal blood, which is definitely reddish/purplish in hue. Neither white nor blush color connotes a healthy blood type. I believe the Romanian Patriarchate has allowed white types when red varieties are unavailable. In our current American market, one just has to look at a shelf in the local liquor store to realize that wine from every corner of the world is presently available. What with vintage coming from Greece, South Africa, Australia, Argentina and every other conceivable place, a sweet red wine should always be readily at hand. If this then decides the color which is to be used, why not use a dry or semi-dry wine for the purposes of the altar? If one looks at catalogues of Roman Catholic altar wines, one notes a definite positive nod to the use of such dry wines today. I would suspect that the Roman Catholic view was traditionally the same as ours, but with them, traditional guidelines on so many subjects have just evaporated. Our reasoning for the use of a sweet wine, generally in the accepted notion of a dessert wine, is that Jesus is our sweet, gracious, loving Lord. What would be transformed into His Blood should then be sweet, for He said that His Body and Blood are food indeed! A sour, dry or bitter wine as a base would not fulfill the bill when this is considered.

There is yet another factor to consider. Blood itself is not watery, but coagulates easily and though liquid can be a bit thick. Ordinary wine used in the Orthodox Church tends to be of a higher alcohol content, often a bit fortified, which tends to be a bit thicker. For example, Concord varieties made in Pennsylvania and Ohio for the American drinking public, though somewhat sweet have a fairly low alcohol content and to begin with are weak and watery. As we add hot water (teplota) to the chalice just before Communion, the wine itself must have a certain body or thickness to it or the end result will be utterly watery and miserable. In the past, Manischewitz and Mogen David were the main resources that Orthodox Churches used as well as rich Port varieties. Over the past few decades other varieties have become available, which have needed a level of alcohol content, body and requisite sweetness without being cloyingly sweet or syrupy. There are Mavrodaphnes from Greece, a number of acceptable vintages from Moldova and Georgia, King David Sacramental from Israel, St. John's Commandaria from Cyprus, Brotherhood Winery's Rosario from New York state and the always acceptable Port.

Sorry that we cannot use your favorite Gewurtztraminer in church, but I hope that you now understand the criteria we use for ecclesiastical wine. There is a certain variety available, but it will always be red, sweet and with body, usually meaning an alcohol content of at least 14%.



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

Retreat will focus on Confession

St. Francis Retreat House
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if mailed after 3/1/10)

Retreat is one full day including all meals.

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

Smachnoho! Ukrainian Cultural Corner

Ukrainian traditions are closely tied to our Orthodox faith. In Ukraine many customs grew from patterns of observing religious feast days or religious fasts. One specific way that Holy Days and Fasts were commemorated was through food. To explore these traditions each issue of the UOL Bulletin a specific food item traditionally prepared for that time of the year will be described. A recipe for the food will also be included.



Great Lent is one of four major fast periods of the Orthodox Church. The other three fast periods include: the Sts. Peter and Paul Fast in the summer, Spasivska Fast (the last two weeks in August), and the Pylypivka Fast, six weeks prior to Nativity.

Great Lent is the longest and most strict fast. Traditionally in Ukraine the first Monday of Great Lent was called Zhylyana Monday when cookies of unleavened dough were eaten. These zhylyanyky cookies were believed to make people stronger for the great fast.

Ingredients to make the Zhylyanyky:

- 3 cups flour
- 1.5 cups oil
- ¼ teaspoon baking soda
- ½ cup poppy seeds
- ½ cup sugar



Preheat oven to 350 degrees.

Mix sugar with oil. Add flour, baking soda and a pinch of salt. Mix and knead thoroughly. Roll out dough to ¼ inch thickness and cut into circles. Brush each cookie with oil and sprinkle with poppy seeds and sugar. Put cookies on greased cookie tray. Bake for 6 minutes.

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

All Saints Camp Lucky Calendars
Submitted by Christine Mills

The All Saints Camp Committee & Booster Club would like to extend a big **"Thank You"** to all of our **"Lucky Calendar"** sellers and buyers so far for 2010! Your help in this project is greatly appreciated. Sales have been good, but we still have calendars available. What is a **"Lucky Calendar?"** It is a calendar that you have a chance to win at **minimum \$25** a day (more on special days listed in the calendar)! With your \$25 donation, you receive a three digit number that is your number for the entire year of 2010. If your number is the number of the first Three Number Drawing of the Evening Pennsylvania Daily Lottery you win the prize listed on the calendar for that day! Prizes are mailed out weekly. You don't need to live in Pennsylvania to play! If the number you receive has already come up this year, you will still be a winner!

This is an important project that continues to help support the camp. The profits from "Lucky Calendar" help to continue the workings and upkeep of the camp. There are many projects that need to be done at the camp in addition to normal maintenance of the camp. This past year, just to name a few items, the bathrooms were renovated and buildings were painted. If you are interested in selling **"Lucky Calendars"** at your parish or would just like to obtain your own calendar you can just get in touch with Paul Vilke or Christine Mills. You can send your \$25 check made out to "All Saints Camp Boosters" to one of the addresses below and we will get your calendar(s) out to you as soon as possible!

Again, **"Thank You"** to all our sellers and buyers so far! **Hope you are a winner!**

Paul Vilke
8439 Music St.
Chagrin Falls, OH 44022-3854
440-729-4969
pvilke@roadrunner.com

Christine Mills
641 N. Allerton Ct.
Moon Township, PA 15108
412-716-0562
cmills63@comcast.net

Top Ten Ways to Fundraise
Submitted by Ethan Rock

1. Coffee hours
2. Luncheons
3. Bake sales
4. Bingo
5. 50/50 Raffles
6. Rummage Sales
7. Lock Ins
8. Bowlathons
9. Walkathon
10. Spaghetti Dinners

AT THE UOL CONVENTION WE SET A GOAL OF \$20,000 TO BE RAISED. WE ARE BLESSED WITH MEN WHO ARE RESPONDING TO THEIR "CALLING TO THE PRIESTHOOD." PLEASE HELP US TO AID THEM.

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

CONTRIBUTOR OCCASION

Natalie Bilynsky In Memory of Elizabeth Mitchell, a role model as UOL Bulletin Editor, UOL member and wonderful person! May her memory be eternal!
Vichnaya Pamyat!

To submit your Tribute:

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*UOL Tributes should be submitted to:
Natalie Bilynsky 703 Pine Ridge Road Wallingford, PA 19086
Please make check payable to Ukrainian Orthodox League*

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SAVE THE DATE



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VISIT THE UOL WEB-SITE
www.uol.orthodoxws.com

**YOU CAN SUBMIT ITEMS FOR THE
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J.Meschisen@hotmail.com

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