



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 56 NO. 7

JUNE 2010

U.O.L. Convention 2010 - Maplewood, New Jersey

Summer is upon us, and that means it is UOL Convention time! The Senior and Junior Chapters of the Holy Ascension Ukrainian Orthodox League in Maplewood, New Jersey hope to see all of YOU at the 2010 UOL Convention in Morristown, New Jersey this coming July 28 through August 1.



Convention registration is in full swing. If you register by June 15, 2010 you can take advantage of reduced rates through our two early registration options: Early Senior registration is

only \$195, and our new Family Early registration packet for two adults and two juniors is only \$750. You can add additional junior family members beyond the two included in the Family Packet for only \$180 each. Preteen registration is always only \$100.

We offer a variety of other affordable registration options as well. Be sure to let your friends and family in the greater New Jersey and New York City area know that you'll be in town for the Convention and invite them to join us at our evening social activities. If you didn't receive a registration form with detailed information in the mail, download it from our website at www.uolnj.org or send an email to reg2010@uolnj.org.

Hotel rooms are going fast. Call (800) 233-1234 by July 1, 2010 to reserve your hotel room at the convention rate of only \$109/room/night + tax at the Hyatt Morristown at Headquarters Plaza. This room rate even includes breakfast at the Hyatt on Friday and Saturday mornings. A limited number of rooms are also available at the \$109 UOL Convention rate for the 3 days before and the 3 days after the Convention, so come early or stay late and enjoy the many world-class attractions in the New York City area.

What to bring? For Convention business sessions, consider bringing your laptop. The more laptops we have the quicker we can accomplish the necessary committee clerical tasks and the more time we can devote to substantive issues. If you are an altar server, please bring your gold colored vestments with you and take an active part in our worship services.

Bring your bathing suit and your workout clothes. The Hyatt offers an indoor lap pool and one of the largest hotel fitness centers in the country, with state-of-the-art equipment, saunas, whirlpools, and steam rooms. They even have an indoor running track. You can go jogging outside through the woods along the nearby paved Patriots' Path, or play golf at one of the many courses in the vicinity.

Bring casual clothes, comfortable shoes, and your camera. On Thursday evening we'll set sail for a dinner cruise around New York Harbor, offering breathtaking views of the Manhattan skyline. You'll want to explore the Morristown area around the Hyatt, and you could even work in a trip to New York City if you arrive early or stay an extra day. Direct commuter rail service from the Hyatt to Penn Station New York takes only an hour. Visit the highly

(continued on page 2)

National Executive Board Meeting

On the first day of May the Senior and Junior National Executive Boards gathered in Wilmington, Delaware for the spring meeting. His Eminence Archbishop Antony along with Fr. Myron Oryhon, Fr. Anthony Perkins and Fr. Stephen Hutnick led Morning Prayers.



After a hearty breakfast the meetings started. The Senior UOL National Executive Board was on a tight schedule and reviewed many issues. President Oleh Bilynsky had all Board members review their reports. The Board reviewed several recent projects, including reviewing the two UOL Retreats.

Both retreats were a success with over 50 people attending the Bethlehem Retreat and over 30 people attending the Western Pennsylvania/Ohio Retreat. This year both retreats were scheduled for one day. There was discussion about whether the Western Pennsylvania/Ohio Retreat would return to All Saints Camp. This year the retreat could not be held at All Saints Camp because the date was so early, and concerns that the camp grounds would not be accessible because of weather difficulties.

Natalie Bilynsky reported that the UOL Handbook is complete. She distributed Handbooks to Board Members. She also reported that several chapters had requested a hard copy of the document. The Handbook can also be downloaded from the website or requested via e-mail. Pani Matka Linda Oryhon reported that she continues to receive applications for Metropolitan John Scholarships. Shirley Skocypiec reported that essay materials had been distributed and she has already started to receive entries. The Board discussed membership and strategies for reaching out to parishes to form chapters. John Meschisen reported that he continues to get items for the UOL Website.



In the afternoon the National Executive Board focused on plans for the UOL Convention. The Board discussed ways to focus committee discussion. Daria Pishko Komichak spearheaded this revision of committees and there is an article in this issue of the UOL Bulletin outlining the changes for this Convention.

Both Boards participated in Vespers and joined the chapter for dinner. The weather was perfect for the evening plans, a minor league baseball game. We had wonderful seats behind home plate to see the Wilmington Blue Rocks. The Junior Board Members got a fun picture with the mascot. It was a lovely



evening, fun and a chance to relax together after the meeting. Sunday morning we gathered for Divine Liturgy and enjoyed a lovely French toast breakfast. To encourage Convention attendance Mickey and Daria Komichak prepared a presentation about the UOL Convention and distributed information

about registration. Board members left with a full stomach, happy heart and excitement about the upcoming UOL Convention.

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

Hyatt Morristown at Headquarters Plaza

Morristown, New Jersey

\$109.00 per room per night + tax

Come early, stay late!

www.morristown.hyatt.com Reservations: 800-233-1234

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

<i>Oleh Bilynsky</i> UOL President 703 Pine Ridge Rd Wallingford, PA 19086	<i>Taylor Gladys</i> Jr. UOL President 14 McKelvey Ave. Pittsburgh, PA 15218	<i>Natalie Bilynsky</i> UOL Bulletin Editor 703 Pine Ridge Road Wallingford, PA 19086 nsufler@aol.com	<i>Father John Harvey</i> UOL Bulletin Spiritual Advisor
---	---	---	--

UOL Bulletin - Published seven times annually - September, October, November, January/February, 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 12 point Times New Roman (font), or typed and single spaced in 12 point type. Articles may be submitted via e-mail attachments. Pictures should be submitted in JPEG format. (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



Glory to Jesus Christ! Slava Isusu Christu!

Having just completed our spring Executive Board meeting, I would like to thank the Sts. Peter & Paul UOL Chapter in Wilmington for hosting the meeting on May 1. The Wilmington chapter members were very hospitable, and went out of their way to ensure that all of our needs were taken care of. Thank you for being a shining example of Christian love and generosity.

As our fiscal year draws to a close, I hope you are all concluding another successful year of UOL activities and are anxious to share the details of your accomplishments at the 63rd Annual Convention, which will be held in Maplewood, NJ on July 28 – Aug. 1. The Holy Ascension Chapter in Maplewood has worked tirelessly to make this year’s convention as enjoyable and successful as possible, and I know your attendance at this year’s convention will be both enjoyable and memorable.

As we draw nearer to the convention, please make sure that your chapter has fulfilled all of its obligations. Chapter annual reports, membership rosters, membership and chapter dues, and chapter project donations should all have already been submitted. These items are important and must be submitted in order to remain in good standing and to seat delegates at the 63rd Annual Ukrainian Orthodox League Convention. In addition, chapter election reports (and delegate forms for the convention) are due by June 15. Please contact any National Executive Board member if you have any questions.

With the convention almost upon us, make sure to send in your registration and book your hotel room. The deadline for receiving a discount rate on the convention registration fee is June 15, and the deadline for receiving the discounted convention rate at the hotel is July 1 (registration and hotel information is located in this Bulletin). With all of the hard work that the Holy Ascension Chapter in Maplewood has put forth to ensure that convention guests have a memorable experience, you will not want to miss any of the scheduled events.

I would like to take this opportunity to thank all of the members of this year’s Executive Board for their hard work and dedication over the course of the year. As I am sure you will agree, their efforts on behalf of and dedication to the UOL is most appreciated, and vital to the continued growth of both the UOL and our Ukrainian Orthodox Church.

Lastly, it has been a great honor and privilege to serve as president of the Sr. UOL these past three years. Thank you for entrusting me with this position, and I hope I have not failed to meet your expectations. I look forward to seeing all of you at the convention in Maplewood.

Yours in Christ,
Oleh V. Bilynsky

Young Adult Days 2010 Preview

Each year, the UOL Youth and Young Adult Committee sponsors two days of fun prior to the annual convention. This year's events will include a trip to fabulous New York City on Tuesday and a local activity on Wednesday. Participants are responsible for a nominal fee and hotel accommodations. We are happy to arrange roommates at the convention hotel if you're interested. Activities are dependent on registration, so let us know if you're interested and look for more information to come in email updates. The deadline for registration is Saturday July 17 (no exceptions). If you're interested in receiving information about these events please email Kira Senedak: ksenedak@gmail.com

It's that time of year! The UOL Youth and Young Adult Committee is "cleaning up" their email contact list. Whether you have changed your email address, prefer to use a different one, or would like to begin receiving updates about Young Adult events, please let us know how we can best contact you. Young Adult activities are open to anyone graduating high school, up to 40 years old, but we encourage everyone to be informed and encourage the Young Adults in your life to participate.

If you are interested in receiving information about UOL Young Adult events, please email Kira Senedak at ksenedak@gmail.com.

Vocations and Clergy Support Corner

Few Are Called... Are You Next?

Submitted by Pani Matka Linda Oryhon

Few Are Called... Are You Next?

Many of us have had the wonderful experience of listening to our Hierarchs and clergy share their recollections of pursuing their vocations. Their paths were varied by background, geography, language, life experiences and age, etc. These differences enrich their priesthoods as well as our own lives. More importantly, they offer the Church and we, her people, a wide variety of talents and strengths. We, the laity, bring to the Church our own talents. Some of us are singers, teachers, readers, linguists, sewers, bakers and cooks. Others are skilled in finance, administration, technology, carpentry, plumbing, gardening, etc. All of us may have one or more of these talents and strengths, but very few have them all. And neither should we expect our clergy to be gifted in all areas of their priesthood.

It is in this parish environment that we give freely of our talents. Oftentimes our parishes are the places where we can be challenged to learn that we have undiscovered talents. We all want to feel an acceptance in our Parish communities for who we are and what we can contribute. And so does the priest. Take the time and opportunity to get to know him from a different perspective. Not by how he doesn't measure up to our expectations but to understand and accept what he does and how he shares his talents.

Our priests are expected to serve the Church and her people in so many ways. Celebrating our rich liturgical heritage, sharing and comforting in grief, providing guidance and advice, preaching sermons that energize us in our daily lives and educating all in the parish are just a few of the responsibilities of a parish priest. The calling to be a priest can seem to be a very daunting challenge.

The Ukrainian Orthodox League designates one day a year, the first Sunday after the Ascension as Clergy Appreciation Day. On this day we are urged to honor the clergy's dedication and service to our Church. There are usually special events planned and everyone can share in this celebration. A kind word or acknowledgement is always appreciated any day of the year.

(Convention 2010 - Continued from page 1)

acclaimed Mazepa exhibit at the Ukrainian Museum, have a bite to eat at Veselka, and take in a Broadway show.

Bring your Ukrainian shirt or blouse. Following Friday evening's dinner, the Cheres Performing Ensemble of New York will play Ukrainian folk music at our "Night in the Carpathians" *Vechornytsi*. There will even be an opportunity for us all to learn some Ukrainian folk dances!



(continued on page 6)

Convention Challenge 2010 -
Submitted by Daria and Mickey Komichak

Imagine it is the year 2020, and you are writing your first UOL Bulletin column as the new UOL President. You decide to write about the overall health of the League now at the beginning of your tenure. Then you plan to describe what the future looks like to you beyond 2020. What would you hope you could say? What do you fear you might have to say? Whether you



find the UOL in good condition with a bright future or not will depend heavily on what the League did or

did not do in the decade leading up to 2020.

Return now to present-day 2010. It's up to us to ensure that the future is bright for our successors in 2020. How? One way to approach the problem might be described as "plan, do, check, and act." Through our plans we can articulate our objectives. Then we do the work, periodically checking to determine if we are still on track. If we get off track, then we can act to adjust and improve. Assuming this process will produce the desired results, then the sooner we get started the better.

As a result of a majority vote at their May meeting, the National Executive Board (NEB) of the Ukrainian Orthodox League will present a bold challenge to the delegates of this year's 63rd Annual UOL Convention being held at the Hyatt Hotel in Morristown, New Jersey July 28-August 1. This year's Convention delegates will be asked to deliberate on the long term future of the UOL and not just on its projects for the upcoming year.

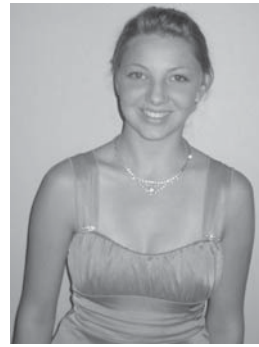
The NEB decided to change the format of this year's Convention and reorganize its proceedings in a way that facilitates systematic deliberation. The familiar Senior committees (i.e., Vocations & Clergy Support, Education, Christian Caregiving & Missions, Youth, Membership and Chapter Development, Ways and Means, Resolutions, Nominations) may be very good for managing ongoing, established projects; however, the NEB came to the conclusion that these traditional committees may not be formats conducive to generating new or grand ideas that cross committee boundaries. The Nominations and Resolutions committees will still meet at this year's Convention. However, this year the other familiar committees will be replaced by planning committees of approximately ten persons per group. The idea is for these new committees to adopt a kind of backward planning approach by considering the following "key questions": Where do we want the UOL to be by 2020? Where do we need to be by 2015 to get there? What do we need to do next year and the following year to get there?

The members of the NEB will be the facilitators of these planning committees. To encourage creativity and innovation, committees will be able to operate internally as they deem best. However, some general guidelines might help set a foundation for productive deliberation. Planning committees should think about the League issues as a whole, not just about, say, Education or Vocations or Chapter Development issues separately. Think about the League's history and past significant achievements. We don't want to rest on past success; but instead we do want to measure our current ambition against what those who came before us achieved. Develop a list of current League strengths and weaknesses. Where are we succeeding? What are our biggest problems? Always keep the UOL motto in mind: "Dedicated to our Church; Devoted to its Youth." Whatever these planning committees and ultimately this Convention produce must support the UOL values.

A suggested way to proceed is to address the "key questions" by answering: (A) What should be done? This describes our "Ends." But always remember to ask how any particular "End" supports the UOL mission. (B) How is it to be done? These are the "Ways" that we can use to achieve the "Ends." (C) What resources or "Means" are required to achieve the Ends in these Ways? This helps to determine whether what is being proposed is, in fact, practical or not.

The objective of these deliberations is to get an idea of what path the League should follow based on the collective wisdom of the delegates. The ideas generated will guide the NEB's actions in the upcoming year and beyond. This will also enable the UOL delegates to this year's Sobor in October to seek the support, cooperation and blessing of the greater Ukrainian Orthodox Church for this long-term vision. Of course, a complete and detailed strategy

(continued on page 6)



NEWS FROM THE JUNIOR UOL PRESIDENT

Taylor Gladys

Glory to Jesus Christ!

Summer is finally here and the Annual Convention is fast-approaching. I am beyond excited for the sessions and events that are scheduled to take place in Maplewood in a few months. I can't wait to see everyone again, and hopefully meet some new members as well!

Before the convention arrives, Junior chapters must fulfill their annual obligations! If you have not already turned in your Annual Progress Report Forms and Chapter Progress Donation, please do so as soon as possible. It's extremely important that we are able to monitor and record everyone's progress over the last year.

Along with the convention comes the Jr. UOL Raffle. Vice President, Greg Markiw, has sent raffle tickets out to all chapters and many members at large. If you sell all of your tickets, please do not hesitate to call and ask for more! This is the largest fundraiser hosted by the Jr. UOL and we hope to continue its success this year.

In addition, information was mailed about the Cultural Contest hosted by the Juniors that will take place in Maplewood during the Convention. I encourage all Junior and Senior members to enter! The prizes for the Cultural Contest this year include \$50 to the Junior winner and a \$50 gift card to St. Andrew's Bookstore to the Senior winner. The Cultural Contest is the perfect way for everyone to showcase their talents and embrace our Ukrainian culture!

I'd like to thank all of the members of the Ukrainian Orthodox League, both Junior and Senior, for their hard work and continued dedication throughout this year. This has been a great year for the Jr. UOL as we have achieved many new goals that will help us to set the bar higher for next year. I pray that everyone has a wonderful and safe summer, and I look forward to seeing you in Maplewood!

Yours in Christ,

Taylor Gladys



The Top 10 Ways to be More Educational in your Chapter! Submitted by Gregory Markiw

10. Start a "Book Club" with your members. Ask your parish priest or Sunday School instructor for a book recommendation. They could also help moderate the group discussions.
9. Create and present a "History of the UOL" display.
8. Consider attending a UOL sponsored conference/workshop like the Annual Lenten Retreats.
7. Get "hooked-up" to Fr. Perkins' podcasts. Just log onto iTunes®, click onto "Podcasts", browse the Podcast list by typing in "Orthoanalytika" in the search box. You'll be taken to Fr. Perkins' page where you can select an episode to listen to or download.
6. Attend this year's convention and learn about the UOL.
5. Organize a "Q and A" session with your pastor and/or deacon.
4. Find out what the Sobor is all about and consider attending as a delegate.
3. Log onto the following websites, they are full of information!
www.uocofusa.org, www.myocn.net; www.ancientfaith.com
2. Check out these groups on Facebook:
Name: [Ukrainian Orthodox League](#)
Name: [Junior Ukrainian Orthodox League](#)
Name: [Ukrainian Orthodox League of the USA \(UOL\)](#)
1. Participate in the annual UOL Essay Contest.

Jr. UOL Chapter of St. Mary the Protectress Ukrainian Orthodox Cathedral Springs into Action! Submitted by Elizabeth Symonenko

The phrase "Spring has sprung" holds new meaning this year. The kids of the St. Mary the Protectress (Southfield, MI) Jr. UOL chapter sprung into action this Spring! The chapter members are always on the lookout for new ways to serve their parish family. It seems they had just taken down the church Christmas tree and delivered bottles of Holy Water to the elderly, when it was time to prepare for Great Lent. The members cooked and served over 200 crepes on Cheesefare Sunday in anticipation of the weeks of fasting to follow. During Lent the children were often present for the Lenten Services. This year our parish held our first Icon Procession for the Sunday of Orthodoxy. The parishioners were very moved to see the children standing proudly with their icons as Otetz Pavlo Bodnarchuk prayed fervently for God's intercession and mercy upon us all during Lent and always.



Every month the Jr. UOL holds a religious class on the first Sunday of each month, in addition to the monthly meeting. In March the children each explained what Lent meant to them and realizing they were still too young to fast strictly, each child wrote down what they would "give up" for Lent. These sheets were hung in the church hall for all to see, so that everyone would not only encourage the kids, but, would be inspired by their words and sacrifices.



In addition to making pysanky, this year's Great Lent saw the children volunteering in a number of ways. To ease the burden of holiday preparations, the Jr. UOL chapter once again opened their famous "Pascha Kramnitchka" where they sold a variety of Paschal

items – crosses, icons, incense, egg dyes, greeting cards, pysanky supplies, baskets, etc. Additionally, they saved the parishioners time and hassle by working with our local Ukrainian Sausage shop in Detroit. With the approval of the shop owners, the children take orders for kovbasa, ham, bacon, and other food items for the Paschal feast. These orders are then phoned in to the shop owner, picked up by the children and distributed to the parishioners. We all know how busy everyone is the last few days before Pascha, and the parishioners are always grateful to have this service provided to them for a mere \$5 per order.



The children also wrote letters and drew pictures for the Orthodox Prison Ministry (OPM). These were sent to the OPM in addition to a \$50 donation. Another \$50 was donated to IOCC (International Orthodox Christian Charity) to aid the victims of the Haiti earthquake.

The highlight of the Lenten season was the visit of His Grace, Bishop Daniel, on Palm Sunday. Our youngest member, Liza Powers, who was also having



her first Holy Confession that day, led the way to the church door sprinkling rose petals all the way. Other members including Talia Serdiuk, Lesia Powers, Milya and Tania Smyk, Liza Jones, Christinka Bodnarchuk and Oleksandra Dehnerova greeted His Grace with flowers and pussy willows at the door. All

the boys of the chapter are Altar Servers and they were honored to serve that day including Andy and Mikey Powers, Danilko Higgins, Yarema Petruscha, and Andrew Rouditchenko. After the Divine Liturgy all the members came forward to assist in distributing bunches of pussy willows to the congregation in preparation for blessing. It was a Palm Sunday to remember, with His Grace blessing everyone along with the willow branches! Eis Polla Eti Despota!



The chapter members were active all through Holy Week. The girls once again dressed in white, led the somber procession around the church on Holy and Great Friday, as the boys helped carry the Holy Plashchanitsia (shroud). The boys proceeded in to the Altar after venerating the shroud, while the girls, holding candles took their places to either side, guarding the Body of Christ, as the congregation quietly and reverently came up to pay their respects.



On Holy Saturday, the children prepared 15 baskets to be blessed that morning, filling them with candies, paska, kovbasa, cheese and eggs. After Divine Liturgy they delivered these baskets to the elderly, ill and shut-ins, so they could greet



Pascha with a basket of blessed goodies.

All the chapter members were in attendance a few hours later as Otetz Pavlo announced to the world that Christ had Risen! Even though they had worked all day, the kids had smiles on their faces as they yelled back loudly "Indeed He is Risen!"

The week following Pascha the children busied themselves in local cemeteries, cleaning graves of parish members, those who have no local family, as well as the graves of complete strangers. Each grave was meticulously cleaned, flowers were planted and red eggs left, so that those who have "passed on" could also celebrate Pascha. On St. Thomas Sunday



the children were present at the cemeteries again, singing Christ is Risen! It was a site to behold – the Church Triumphant celebrating along with the Church Militant!

The Sunday of the Myrrh-bearing women found the members at work once again. This time in addition to preparing borscht and kanapki, they were busy passing out roses to all the women in the parish after Divine Liturgy.

With Spring winding down, the chapter members are preparing for the Summer. Besides attending the official church camps, the children will be hosting coffee hours, attending the parish Vacation Bible School, planting flowers, and most importantly attending the Jr. UOL Convention. May the Good Lord bless them and guide them, and may they grow and flourish in our parish, becoming fruitful vines in the Lord's vineyard.

St. Thomas Pilgrimage 2010

On April 10th and 11th UOL members joined Ukrainian Orthodox faithful for the St. Thomas Pilgrimage in South Bound Brook, New Jersey. For the last five years UOL Members volunteered helping with parking duties for both days. The responsibilities included selling commemorative ribbons and collecting parking fees. The proceeds made from the sale of commemorative ribbons were



donated to the Lynn Sawchuk Sharon Kuzbyt Scholarship Fund. This year over twenty seven hundred dollars was raised from the sale of ribbons. Parking fees are allocated



for the Consistory and for the expenses of the weekend, including bus transportation and set-up for the thousands of people who come to South Bound Brook to have Panakhydas to honor loved ones of blessed memory.

As part of the Pilgrimage the Cultural Center was a place to see old friends and to see a variety of cultural and religious items that were for sale. There were multiple vendors in the Cultural Center and they had cultural items made in Ukraine, religious items like icons, books, as well as jewelry, music and pysanky.



The lobby of the cultural center was setup for the organizations of the church and included two UOL tables. The first was a table with poster boards with pictures from the last two UOL Conventions and one that described the UOL. There were copies of UOL Bulletins. There was also a display from the UOL Convention and registration forms.



Speaking of the Convention the Maplewood UOL Chapter assisted with the parking as well as did significant fundraising for

the UOL Convention by manning the kitchen in the parish hall. They had a delicious menu of traditional Ukrainian food.

The weekend was sunny and a little bit breezy and UOL members provided a great service by volunteering with the parking. This year many chapters were represented in the parking duties including: Maplewood, Northampton, Coatesville, Allentown, Parma, Johnson City, Wilmington, Philadelphia and Clifton.



JUNIOR UOL REUNION LET THE PLANS BEGIN!

It is hard to believe that the Junior UOL is turning 50 in 2011. The Philadelphia Senior and Junior UOL Chapters are planning a Reunion

Event to commemorate this historic moment in UOL history. We need your help to reach out to all former UOL members. Our plan is to get as many former Junior UOL members as possible to the Convention in 2011. To

prepare for our Reunion we are collecting Junior UOL pictures from the last 50 years. If you have any Junior UOL Pictures we are asking you to scan and e-mail them to nsufler@aol.com (or place them on a cd). If you can

not e-mail the pictures, please bring them to the Maplewood Convention or mail them to - Natalie Bilynsky 703 Pine Ridge Road Wallingford, PA 19086. All pictures mailed will be returned. We plan to have a slide show of pictures and would like to have all 50 years represented in pictures.



Junior National Executive Board Meeting Submitted by Taylor Gladys

April 30 commenced the festivities involving the Junior National Executive Board's Spring meeting. This time, the Board traveled to Wilmington, Delaware, where they were greeted by parish members who were both extremely welcoming and friendly. The next morning, Saturday, May 1, 2010, the Junior Board gathered at Sts. Peter and Paul Church for a morning service. After Church and a delicious breakfast, the Juniors and Seniors attended their respective meetings. The Junior Board worked hard to have a successful and accomplishing meeting. Board members reported on projects that have recently concluded, like the Great Lent Giveaway for this year. While donations will continually be accepted for Orthodox Christian Prison Ministries, this fund raising project is complete. The entire Board later reviewed a slide show created by Corresponding Secretary, Lesia Mahlay. After revisions are made, this slide show to promote membership will be ready to send out to all parishes! Greg Markiw reported that the mailing about the Cultural Contest was sent out and we look forward to many entries this summer! We encourage all members to enter this contest that emphasizes our heritage. The Junior Webmaster Liaison, Katie Zimmerman, said that the Junior website is still successfully running and we hope everyone will check it out. After that, Greg Markiw and Lesia Mahlay both reported that their work on the Education and Christian Caregiving and Missions Committees have completed their projects at this time.



Later in the meeting, the Juniors discussed the new sweatshirts we plan to sell this summer. After reviewing our entries from the design contest, the winning design was chosen and Vice President, Greg Markiw will be finalizing the details of this project. We hope to have them ready for everyone by the time of the convention! Lastly, the Juniors discussed the sessions at the Annual Convention in Maplewood this year. Every member chose a committee, and will begin to pull together information that will help the committees with ideas when they meet this summer.

After the meetings finished, the members of the Junior Board enjoyed a fantastic evening attending a minor league baseball game with host parishioners. We had tons of fun walking around the park, spending time with our hosts, and cheering on the Wilmington Blue Rocks. It was an event I am sure none of the Board members will ever forget.



On May 2, 2010, the Junior Board attended Divine Liturgy at Sts. Peter and Paul, and shared one final meal with our generous hosts in Wilmington. The Wilmington parish was exceptionally hospitable and we had an amazing weekend. Thank you to Fr. Hutnick and all of the members

at Sts. Peter and Paul parish for your thoughtful and kind-hearted hospitality throughout the entire weekend. Your parish is truly one of a kind and we hope to return soon!

Holy Ghost Senior UOL—Remaining Doers of the Word Submitted by Carol Bentley

The Holy Ghost Chapter of the Senior UOL started its 2009-10 year with seven members attending the 62nd National UOL Convention in Youngstown, Ohio. At that convention we extended an open invitation for any and all members to visit Coatesville in October to help us celebrate our church's Centennial. Our UOL members worked hard to make our Centennial memorable and derived much personal and spiritual satisfaction. A valuable "by-product" of the preparation for our celebration was that memorabilia from 50+ years of UOL events is now collected for our own archives. Future members will be able to peruse this memorabilia and see what we did and how we grew.

After an active year during which Sr. members worked for the church at its Holiday Bazaar and annual Sausage, Pepper and Onion and Chili sale in February, the chapter has taken on two new challenges. One is a Pampered Chef fundraiser to benefit the UOL, with an emphasis on having participants purchase much needed items for the church's kitchen, and is planned for June.

Referencing Christ's Parable of the Talents, Holy Ghost's Sr. UOL is conducting a second fundraiser which will benefit All Saint's Camp. Our UOL Chapter will provide \$500 worth of "seed" money—in \$10 increments—for members to invest their \$10 into a personal project and then sell, raffle or auction that item or items to raise a greater amount. Using the Parable of the Talents as our inspiration we will see just how much money we will be able to give to All Saints Camp at our National Convention! Wish us luck!

(Convention Challenge 2010 - continued from page 3)

will take considerable effort well beyond this Convention. However, at this year's Convention we can make a start. As you can see, this is a very important Convention for you to attend to make sure your voice is heard. This year's Convention will not be "business as usual" or a "turn-the-crank" exercise. If we are successful, this Convention will set the League's course for the next decade. The UOL needs your ideas, your skills, your talents, your expertise, and your prayers. If you've attended many conventions, we need your experience and wisdom. If this is your first or second convention, we need your fresh ideas and enthusiasm.

Imagine again that you are UOL President in 2020. Will you be able to look back with satisfaction on what the League achieved over the past decade? Will you be able to acknowledge the singular impact of the 2010 Convention in putting the League on a sound path? Will you be optimistic about the future because of what those who came before—especially those at the 63rd Annual Convention—achieved?

This year's Convention theme is "Train up a child in the way he should go; and when he is old, he will not depart from it." What will the UOL look like to the Juniors of 2020? They are our future. Let's build a foundation at this year's Convention that will be a blessing for the next generation to inherit. See you at this year's Convention!

(Convention - continued from page 2) And bring your fancy *Zabava* clothes and dancing shoes for Saturday evening, because after the Annual Awards Banquet you can dance to the music of one



of the most popular Ukrainian bands around—Hrim.

Bring your family. The UOL Convention is a perfect opportunity for your children to meet other families like yours and to forge lifelong friendships within the Church. Our theme this year is: "Train

up a child in the way he should go; and when he is old, he will not depart from it." The years slip by so fast. Now is the time to get or keep your children involved in the UOL and the Ukrainian Orthodox Church. *Bring your family.*

Remember pre-teens are included in our program too. Our planned visit to Fosterfields Living Historical Farm will give them a chance to experience life on a working 18th century farm. Your children are sure to enjoy the many activities we have planned especially for them!

We invite you to visit us online at uolnj.org for up-to-date information. Find us on Facebook at facebook.com/uolnj and follow us on Twitter at twitter.com/uolnj. Still have questions? Drop us a line at info2010@uolnj.org and we'll get you the information you need. Ads for the Convention Commemorative Yearbook were due May 15, 2010. However, we will continue to accept ads as late as possible before going to press. If you haven't gotten your ad in yet, send it in as soon as you can. If you don't have an ad contract, visit uolnj.org on the web or send an email to adbook2010@uolnj.org. We are looking forward to seeing you and your family at this year's convention...and please be sure to encourage your friends to attend as well!

Summer Update from Sts. Peter & Paul Sr. UOL, Wilmington, DE Submitted by Jonathan Patronik

After hosting the Jr. and Sr. National Executive Boards in May, we're getting ready for two of our repeat fund raisers - a Flea Market in June, and Chicken BBQ in August. Held on a Saturday, the flea market provides an opportunity for everyone to do a little spring cleaning and donate household items and clothing for sale. At the end of the day, we gather the unsold items and take them to local community sites or collection centers.



A new project we've taken ownership of is the furnishing of a parish library in memory of Father Paul Hrynshyn. Following our recent elevator and kitchen expansion, we have a new empty room that needs to be furnished with shelving, books, and computers. Our goal is to have the library completed this year, so it will take a bit of dedicated planning and work.



Our last annual event for the fall will be our day-long UOL education retreat on Saturday October 16th where we usually host one or two guest speakers and hope to welcome visitors from outside the parish.

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.



Pentecost, also known as Zeleny Sviato (Green Holiday) typically occurs in early summer. Fifty days following Pascha, Pentecost is a major feast day of the church. After Divine Liturgy faithful gather and enjoy a menu of borsch, varenyky, meat pies, holubtsy and pancakes with multiple stuffings. Another tradition was to share kalachky with each other. Kalachky are small round shaped buns.

Ingredients

4 cups of flour	1 cube/packet of yeast
1 cup of milk	½ a cup sugar
½ lb of butter	½ cup of oil
2 eggs	2 egg yolks
1/2 teaspoon of salt	poppy seeds



Sift flour into a deep bowl. Mix yeast with a tablespoon of sugar, a tablespoon of lukewarm milk and a tablespoon of flour. Leave yeast to rise in a warm place.

Whisk egg yolks with the remaining sugar until the egg yolks have a whitish color. Melt the butter. When the yeast doubles in size add the mixture to the flour. Add lukewarm milk to the yolks. Add two eggs and the salt. Add the butter and oil. Stir. Place dough in a warm place to rise. When dough doubles in size knead the dough on a wooden board sprinkled with flour. Divide the dough into round balls. Place balls onto greased baking tray and leave to rise one more time. Brush with whisked eggs and sprinkle with poppy seeds. Bake in 400 degree oven for 20 minutes or until Kalychky are golden brown. To check if fully baked, insert a toothpick into the bun, if it comes out clean the kalychky are done.

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

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

Our St. Andrew's soup kitchen collection this past January again shows the commitment of our parishioners to support those less fortunate in Ukraine. We collected \$429.00 this year and want to thank our parish for their untiring support.

Our chapter sponsored Fr. Theodore Petrides from Stroudsburg, PA who spoke about "One Holy, Catholic and Apostolic Church." We invited other Orthodox Christians from our neighboring seven Orthodox churches to join us for the discussion and coffee hour afterwards. Fr. Petrides was very well received and gave much insight to what these words mean and what significance they have in our spiritual life.

During this past Lenten period we sponsored a meal after Presanctified Liturgy, which was a huge success. The number of people praying together doubled for this Friday and sharing a meal together was very enjoyable after a long day. Let's all try to sponsor a Lenten meal after Liturgy and see if attendance increases. It's a great way to spend time as a family.

Another family sharing activity was to have a potluck meal and discussion group on the topic of confession. We decided to get together to share our food and discuss for an hour, which is time well spent as a parish/UOL family. The hour time slot allowed no one to feel pressured for his or her time, and if you wanted to talk longer that was fine also. We will be scheduling another potluck meal in the near future. We have decided to use the next UOL Bulletin article written by Fr. John Harvey as a catalyst for discussion.

We had 2 fundraising meals, one a breakfast and the other a spaghetti dinner. Again it is wonderful to be able to share our meals together and this time our parish supported our fundraising efforts.

We wish the college mission trip to Ukraine much success and have helped with finances for two of the attendees.

Our chapter would like to thank Beth and Phil Harendza for their service on our board during the past 6 years in many capacities. They remain involved with our chapter and the Jr. UOL as advisers. They have been a tremendous source of encouragement. Our new officers for the 2010-2011 year are: Pam Scannell – President, Mary Harder – Vice President, Colleen Scannell – Secretary, and Bill Scannell – Treasurer. Good luck to our new officers.



ASK FR. HARVEY

Questions answered by Fr. John W. Harvey

These questions received regarding Confessions are grouped so that an all-inclusive answer may be given. a. Is it true that you can only confess the same sin once? b. Are there sins that are not forgiven in confession? c. Can you be excommunicated for something mentioned in confession? d. What is a mortal sin? Are there categories of sin in the Orthodox Church?

In confession the Lord Jesus asks us to tell our sins to one another, so the actual revealing of a sin verbally is a necessary component of this sacramental mystery. Asking absolution for a mere revelation of being sinful without enumeration is NOT in the spirit of what a confession is supposed to be. Having said that, we may tell in confession an instance of sin which we are really bothered about. The gravity, say of guilt, may be such that some people over the years tend to mention the selfsame instance over and over again, to be sure that it is really forgiven. Now this is wrong, for whatever we reveal in confession is forgiven, forgotten and will not rise up ever again at the judgement as an accusation against us. That is the beauty of a confession in which we tell all and hold nothing back, for then we are assured that all that has been mentioned has been completely obliterated, never to haunt us again.

Now let us proceed to whether there are such sins that cannot be forgiven in confession. The priest has the power to forgive sins, but also has the duty to retain them under certain circumstances. It is not that there are sins which cannot be forgiven, but the priest may perceive that the penitent is either not sorry for some sin mentioned or reveals that he is continuing in the same vein and actively planning his next sinful adventure. Here the problem of not forgiving a sin is not the type of sin, but rather what offends is the person's attitude. For instance, an act of physical violence against a rival may have been mentioned, but a casual comment made afterwards that you will get that person eventually, shows that you may regret a certain sin, but that through resentment further mischief is planned. In reality, the priest should make a call to retain sins, that is not forgive them at this time. Rather than a hypocritical use of confession be allowed, the penitent is warned to think this all over and then return to confession only when he is in a verifiable attitude of repentance.

Now as to whether one could be excommunicated for mentioning something in confession is answered by the above explanation. If whatever you say to God in the presence of the priest as a witness is said with sincerity, then absolution regularly follows. It is only with a demonstrated lack of repentance, as in the example given above, that sins are retained. By the sins being retained means that the person may not approach any other sacrament until this impasse has been resolved. As the individual's attitude is what is important here, his own excommunication (being kept from the sacraments) is totally up to his own control. Whether such a change takes but an hour or drags out over a year, is completely the penitent's responsibility. Come to your senses quickly and absolution and the reintegration into the family of the parish will come as soon as one returns to confession with a proper attitude of repentance.

Now as to categories of sin, it is only the Christian West, mainly the Roman Catholic Church, which makes a definitive distinction between mortal and venial sins. This stance, I believe, comes out of the very legalistic approach they have in many matters of faith. This is an artificial distinction and has no basis in scripture. Sin is sin and all sin, whether considered major or minor, sets a distance between us and God. Jesus Himself noted that even the just sin seven times a day, which points up our inherent weakness in the face of temptation. There are sins of commission, that is choices have been made and we go through with the sin. There are sins of omission, in which things we should have done we have neglected to do. There are things done in knowledge (with forethought) or ignorance. If it be in ignorance, there certainly is no evil or malice involved, yet a sin is a sin (just our culpability is lessened). Granted adultery, murder and fornication are heavier on the scale than what is known as a "little white lie."

All sin needs to be confessed, though some can be lumped in somewhat of a generality, such as "Father, I regularly have bouts of gossip, although not with malicious intent." In the Roman Catholic way of thinking certain sins are denoted "mortal" and keep one from the sacraments. Lesser sins do not render a proscription against sacramental life. As a rule of thumb, when you pray at night, come before the Lord and review your day. "Oops, Lord I have done it again," and ask His forgiveness. At your next confession, the forgiveness you have received will be confirmed by absolution following confessed sins.

If things appear of a more major category, it is better to come sooner to the sacrament than later. Again, we do not have cut and dried "mortal" and "venial" categories (circumstances and such can affect the gravity) but let us listen to our conscience. We inherently know when we have really gotten off the track and NEED to be reconciled with God and our neighbor.



A Call for Altar Servers! Submitted by John Holowko

"Train up a child in the way he should go: and when he is old, he will not depart from it." -Proverbs 22:6

In support of our convention theme, the 63rd UOL Convention Committee is encouraging altar servers from across the country to bring their vestments with them to this year's convention and inviting them to participate in our liturgical services by assisting our clergy and Hierarchs at this convention. All altar servers are invited to participate—younger and older—from as many of our UOL Chapters as possible. All we need is your desire, your gold-colored vestments, and you. We hope to have servers from across our entire UOL family, sharing an opportunity that is often only experienced by the hosting chapter's members.



John Holowko will compile the list of volunteers and coordinate this year's schedule. Please contact him at servers2010@uolnj.org or through our "Holy Ascension UOL" Facebook page at facebook.com/uolnj. Specific requests will be considered as they are received. Although there may be limitations based on space availability, we will endeavor to maximize the number of participants. On Thursday morning July 29, we will celebrate a Divine Liturgy at the Hyatt in Morristown, NJ. On Sunday morning August 1, we will celebrate a Hierarchical Divine Liturgy at Holy Ascension Ukrainian Orthodox Church in Maplewood, NJ. In addition, there will be shorter services every evening from Wednesday July 28 through Saturday July 31, as well as on Friday and Saturday mornings, July 30 and 31, at the Hyatt. We need your help to make this goal a reality. See you in July!



Holy Ghost's Youth—Young Doers of the Word Submitted by Carol Bentley

The youth at Holy Ghost UOC in Coatesville started the academic year preparing to help with our church's annual Holiday Bazaar. They gathered at the church hall and made ornaments to be sold at "their table." They coated pine cones with peanut butter, rolled them in bird seed, tied them with ribbons and sold them. Additionally, they "manned" a holiday gift table and earned in excess of \$350. The youth decided to apply the \$350 they earned at the bazaar to benefit children less fortunate. With adult supervision, the children went to Joann's and purchased blanket fabric. They made approximately 40 blankets for distribution to homeless and hospitalized children through Project Linus. The children carried the blankets they made into church following Divine Liturgy and Father Anthony Ugolnik blessed them the day they were presented to the representative from Project Linus.

In keeping with the UOL's desire to maintain our customs, culture and traditions, we involve our youth in our ethnic cooking activities. Two young ladies—Jaclyn Domsohn and Kira Kuzmenchuk—are particularly dedicated to volunteering in cooking activities at the church. They help with the pierogi making as well as the halupki making. Also included in the endeavor to instill the knowledge and appreciation of our heritage, the youth, through Sr. UOL support, were involved with the baking of Paskas for the third year. Miniature paskas, mixed and baked by youth, were the "highlight" of baskets prepared for 14 "shut-ins" in the parish. They were greatly appreciated.

On Good Friday, our youth conducted a "sleep-over" at the church and participated in the Gospel reading during the vigil at Christ's tomb. They gained an insight into the sacred conclusion to Great Lent and approached Pascha with renewed reverence.

On Sunday, May 9, the youth distributed chocolate coated pretzel rods and chocolate roses that they made to members of the congregation to celebrate Mother's Day. They provided a sweet "thank you" to Moms and everyone else.

As the school year draws to a conclusion, the youth are looking forward to their end-of-the-year activities and graduation—perhaps even some planning for next year!

The UOL has set a goal of \$20,000 to be raised for the MJSF. We are blessed with men who are responding to their "calling to the Priesthood." Please help us to aid them.

METROPOLITAN JOHN SCHOLARSHIP FUND

**Provides scholarships to seminarians preparing to enter the Holy Priesthood in the Ukrainian Orthodox Church
Provides grants to Clergy serving the Ukrainian Orthodox Church of the USA**

Many previous recipients are currently ordained and serving in our parishes

**Please send donations to: Pani Matka Linda Oryhon
623 Jennings Street
Endicott, NY 13760**

UOL CONVENTION REGISTRATION FORM

July 28 - August 1, 2010

Hosted by Holy Ascension

Sr. & Jr. UOL Chapters of Maplewood, NJ

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

Proverbs 22:6

Name: _____ e-mail: _____

Address: _____

Phone: Day () _____ Evening () _____

Representing: _____ (Chapter/Parish)

(City/State)

Senior Delegate/Guest \$215
Senior Early Registration \$195
Clergy \$185
Pre-Teen** \$100

Junior Delegate/Guest \$190
Family Early Registration* \$750
Weekend (Fri, Sat, Sun) \$145

*The Family Early Registration packet price is for 2 adults and 2 juniors. Additional Junior family members beyond the two included in the Family Packet are only \$180 each. If ordering a Family Early Registration Packet, please fill out a separate registration form for each attendee.

**Will Pre-Teen participate in our Pre-Teen Program? Yes No

Registration Deadline: Senior and Family Registration payments postmarked by **June 15, 2010** qualify for the Early Registration discounts.

Are you an altar server? Yes No
If yes, will you bring your vestments? Yes No

Do you plan on attending Young Adult Days before the Convention?
Tuesday Wednesday

Will attendee be under 21 years of age at the time of the Convention? Yes No

How many UOL Conventions have you attended?
First time 1 to 10 11 to 20 21 to 30 Over 30

I wish to make an additional tax-deductible contribution to support this year's convention in the amount of: \$10 \$20 Other amount \$ _____

Banquet Choices: Chicken & Fish (one entrée) Vegetarian Child (under 13)
Please list any dietary concerns or food allergies: _____

Make checks payable to: 63rd UOL Convention

Mail completed form with payment to: John Holowko
3 Woodmont Drive
Randolph, NJ 07869

Questions? Call John at (973) 933-2106 or send an e-mail to reg2010@uolnj.org

Would you like to receive our monthly e-mail newsletter highlighting our convention plans and activities? Yes No

Hotel Reservations: Hyatt Morristown at Headquarters Plaza, 3 Speedwell Avenue, Morristown, NJ. Call (800) 233-1234 to reserve your room by July 1, 2010 at the convention rate of \$109/room/night + tax. Room rate includes breakfast on Friday and Saturday. A limited number of rooms are also available at the \$109 UOL Convention rate for the 3 days before and the 3 days after the Convention, so make your reservations early to ensure availability.

Additional Event Tickets For unregistered guests wishing to attend only select activities, we offer a limited number of single tickets to individual events. If you have friends or family in the New Jersey / New York City area, invite them to join us at our Convention events without having to purchase a full registration packet. Let them know about these opportunities! Single tickets ordered in advance or purchased at the door are the same price. Note that Saturday Banquet tickets must be ordered by noon Thursday July 29.

Thursday Brunch (Hyatt) \$35
Thursday Dinner Cruise (Majestic Princess) \$85
Friday Dinner/Dance (NJ Ukrainian Cultural Center) \$45
Saturday Banquet and Ball (Hyatt) \$85
Saturday Ball (Zabava only) \$25
Sunday Brunch at Holy Ascension (Maplewood) \$20
Total for additional event tickets: \$ _____

Banquet Choices:
Chicken & Fish (one entrée) Vegetarian Child (under 13)

Please list any dietary concerns or food allergies: _____

For the best deal, purchase a Convention or Weekend packet and enjoy substantial savings over individual event prices!

Clergy Grants Available

Clergymen of the Ukrainian Orthodox Church of the USA are eligible for continuing education grants from the MJSF. The maximum amount per class (or other specified program) in continuing education is \$500. The total grant limit to any individual clergyman shall not exceed \$2,000. All classes/programs must have the approval of one Hierarch. Please contact Fr. Myron Oryhon or Pani Matka Linda Oryhon frmyron@ptd.net.

**U
O
L

T
R
I
B
U
T
E
S**

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

The Steven Sawchuk Family In Memory of Elizabeth Mitchell for all of her work with the children of Sts. Peter and Paul Church School in Carnegie. She was the author and director of so many enjoyable St. Nicholas plays!

Gayle Woloschak In Memory of Mrs. Elizabeth Mitchell who inspired a generation of UOLers! May her memory be eternal!

Sonya Patronik daughter-in-law In Memory of John Patronik whom I first met at a UOL Convention.

Lydia Rudolf In Honor of Ethan and Arianna Rock. Mom and Mark are proud of you for your work for the National Junior UOL.

David and Connie Markiw In Honor of Greg Markiw and all the Jr. National Executive Board. We are proud of you! Keep up the good work!

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

All Saints Camp Committee

Our deepest sympathy to the family and friends of **Mr. Paul Vilke** who reposed in the Lord on May 3, 2010. Memory Eternal!

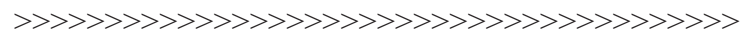
All Saints Camp Meeting

Saturday, July 10, 2010 at 1:00 PM

at All Saints Camp, Emlenton, PA

Please come to see how you can help the camp!

We are looking forward to seeing you!



Make your plans to attend the Ukrainian Days Festival

July 17 & 18, 2010

St. John the Baptist

Johnson City, NY 13790

www.stjohnuoc.org

Encourage UOL Membership -Share your UOL Bulletin with a Friend!

UOL Bulletin
c/o Natalie Bilynsky
703 Pine Ridge Road
Wallingford, PA 19086

Non Profit Org
U.S. Postage
PAID
S. Bound Brook, NJ
Permit No 96