



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 61 NO. 5

MARCH 2015

Exciting Chapter Events - Winter 2015 - UOL Chapters Plan Activities

Parish Family of Sts. Peter and Paul - Soup-er Bowl Sunday Submitted by Parish Priest Vasyl Sendeha

On February 1, 2015, 17 soup chefs volunteered to make soups, while others brought bread, crackers, and dessert. That morning, February 1, 2015, Super Bowl Sunday, had a winter weather advisory for Illinois with heavy snow fall and icy conditions for the area. There was a blizzard warning with 12 inches of wet heavy snow on the ground.



These people AMAZE me!



I was thinking that maybe only a few people would come for the Divine Liturgy and unfortunately we would have to cancel or postpone the Soup-er Bowl Sunday. Oh no! Things don't get canceled here! If we planned soup Sunday, we have soup and lots of it!

Twelve Soup Chefs managed to deliver their creations for Soup-er Bowl Sunday. Even with a blizzard warning in the area we had people come with children to Church. That's pretty Amazing!

These people do AMAZE me!

Our chapter planned a Soup-er Bowl Sunday and raised \$500.00 for St. Andrew's Society Soup Kitchen in Kiev, Ukraine.



I am proud of my parish family! I am proud to be their priest. I am proud of my people! I pray that the Merciful Lord and God Jesus Christ blesses my

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St. Vladimir - Philadelphia, PA Submitted by Natalie Bilynsky

St. Vladimir's Senior UOL in Philadelphia has been very busy this winter.



With a relatively mild winter we have planned many activities the last few months. For the last three years we have sponsored a Family Fun night where young and old have a dinner and have games where parishioners get to know



each other a little better. This year we had forty participants, who were joined into four teams. The four teams completed 8 activities that tested their knowledge, artistic ability and creativity. The joy of the event is that parishioners of all ages participate in the task and work together as a team. It is wonderful to see young and not so young joining together. The first task for the team was to create a name and cheer for their team. Next each team was given a bag with the same supplies and they dressed a team member as an elf. The level of creativity was absolutely amazing. With only about twenty minutes to work on the costume the elves were absolutely fantastic. The costumes were so amazing the judges could not decide on a winner. The next event was a written puzzle where teams needed to fill in the missing words for different

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Hear Ye! Hear Ye! You are cordially invited to...

**68th Annual U.O.L. Convention
July 23-26, 2015**

**Hosted by
Assumption of the Virgin Mary UOL Chapter
Northampton, PA**

***"Put off the old, put on the new man. Be children of God.
Walk in Christ the Light"***



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

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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). If submitting photos please be sure to obtain consents for photos to be includes in the UOL Bulletin.

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



MESSAGE FROM THE SENIOR UOL PRESIDENT

Michael J. Komichak

Two are better than one...And a threefold cord is not quickly broken.

Glory to Jesus Christ! Slava Isusu Khrystu!

Great Lent is of course a season of prayer, fasting, self-examination, and repentance. As we look inward, let us remember to draw upon the strength and encouragement we receive through fellowship with our brothers and sisters in Christ. Also, let us not forget the strength and encouragement others receive from us when we join them in prayer and worship. This mutual support is a key element of our parish life and an integral part of the ministry of the UOL.

As it has done for many years, the UOL is organizing two Lenten Retreats: one in Bethlehem, PA and one in Villa Maria, PA near Youngstown, OH. Both retreats will be held on Saturday March 28. Come to one of these retreats and grow spiritually as you also help strengthen the faith of those attending with you. Bring a friend. These retreats are open to all; you do not have to be a UOL member to participate and benefit from the experience.

February marks the one year anniversary since the tragic events on the "Maidan" (Kyiv's main square) that resulted in the deaths of the "Nebesna Sotnya," or the "Heaven's Brigade." At the time of this writing, the UOC of USA is sending a delegation from the Metropolitan Council led by His Eminence Metropolitan Antony and His Grace Bishop Daniel to Ukraine to participate in a solemn remembrance of the events of a year ago and to offer prayers and support for our brothers and sisters in Ukraine. We must continue to pray for Ukraine and with one voice remind our fellow Americans that the people of Ukraine deserve to live in peace, free of the tyranny of foreign domination.

The journey through Great Lent culminates in the victory of the Resurrection. Along the way, each parish celebrates additional services, such as the Liturgy of the Presanctified Gifts, to fortify us along the way. Make plans to attend as many of these services as you are able. Not only will it be a blessing to you, but your presence and participation will be a blessing to all in attendance.

On the weekend of April 18 and 19, the UOC of USA will host the annual St. Thomas Sunday Pilgrimage, or "Provody." On this occasion, thousands of our faithful will come to the Metropolia Center in South Bound Brook, NJ to participate in Divine Liturgy and the subsequent procession to St. Andrew Cemetery. The weekend's festivities also feature craft vendors and Ukrainian food at the Ukrainian Cultural Center. Once again the UOL will be part of the logistical support necessary to host such a large crowd by managing the parking. Last year the UOL fielded a team of 28 people from Carteret, Coatesville, Maplewood, Northampton, Philadelphia, and St. Sophia Seminary. In addition to raising \$2,500 for the UOL for the benefit of St. Sophia Seminary, the team enjoyed each other's fellowship and the satisfaction of a job well done. Please consider joining the crew this year and taking advantage of all that the weekend has to offer.

The greatest opportunity for reconnecting with your UOL family is, of course, the 68th Annual UOL Convention July 23-26, 2015 hosted by Assumption of the Virgin Mary UOL Chapter, in Northampton, PA. Bring your children to Convention and pass on the gifts of life-long mutual support, fellowship and leadership training that the UOL can provide.

At the beginning of February, I attended the annual meeting of the Metropolitan Council in South Bound Brook, during which we discussed preliminary plans to celebrate the Centennial of the UOC of USA in 2018. The Centennial celebration will be a big event involving the entire UOC, and certainly the UOL will have a big role to play in marking the occasion. This will be another opportunity for us to work together, to be part of a team, to build a stronger organization for the glory of God, and to achieve something greater than we can do individually.

Yours in Christ,
Michael J. Komichak



ASK FR. HARVEY

Questions answered by Fr. John W. Harvey

I heard that yoga is not approved by the Orthodox Church and is that true? Why?

Yoga in its practice is an offshoot of the Hindu faith and reflects its philosophy, and many teachers are totally immersed in its suppositions. It is hard for a Christian to separate what is acceptable from what is not. Certainly the exercises as such and the breathing techniques have a merit on their own. In the Orthodox monastic tradition, the posture and controlled breathing regarding the use of the Jesus prayer has its source in that wide body of ancient knowledge of which yoga is a part. What was good was Christianized and there is no longer reference to chakras or aspects of Hindu philosophy or pagan religion. Ayurvedic medicine and massage are becoming as known in the Western world as yoga and they have the same philosophical roots in pagan Hinduism. Like yoga there are aspects which have vital merit. Ayurvedic medicine has its place among alternative medical approaches and healing can come from its practice. Tourists to Southeast Asia rave about the blissful total relaxation which comes from ayurvedic massage, which is also gaining in popularity in American spas and massage centers. Divorced from a pagan context both the massage and the medicine can be beneficial.

When a yoga teacher suggests a mantra or some other focus to be used while breathing doing yoga exercises, it ties into Hinduism directly. By using the Jesus prayer or just the name of Jesus one has neutralized the negative side of yoga. Some teachers and practitioners of certain advanced forms of yoga do actually tie into Hinduism whether knowingly or unknowingly. Most lay folk do not have the knowledge or understanding to distinguish such subtleties and can open themselves to pagan influence unwittingly. Herein lies the danger that Orthodox Christianity is leery of and so yoga cannot be wholeheartedly approved without a discriminating inspection. Check out the teacher and his philosophical approach and be wary about mantras and other such foci if one is doing these exercises.

For example, in South America and Africa, shamans of the pagan native religions utilize herbs and plants for healing. The use of such and such herb may originally stem from pagan beliefs, but in reality the discovery of such as effective tools of healing by pagan priests does not lessen the real medical merit of such herbs. Taken out of the pagan milieu such herbs and plant discoveries have been a blessed resource for our own medical knowledge and pharmacopeia.

In short, what I am saying is that using yoga exercises can be acceptable IF one is discerning and does not tie into aspects which tie into Hindu belief and practice.

How are saints consecrated in the Orthodox Church?

From the earliest days of the church, the act of martyrdom, that is being killed for the sake of Christ, was considered a sign of sainthood. All those who died for Christ, some undergoing unbelievable tortures, were hence venerated as saints. Besides this class of saint, people noted that there were individuals whose life in service of Christ was exemplary. Some in this category were saintly bishops, monks and virgins whose spirituality and asceticism were well known, and also wonderworkers and confessors who exhibited extraordinary zeal for the Christian faith. In the first few centuries, sainthood was proclaimed by the church not in a formal way with investigative procedures, but rather as a result of a strong outpouring from among the faithful supporting the evident sanctity of the individual. As examples of popular

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UOL Convention 2015
Submitted by Martha Misko

Hurray! It's March! Spring is almost here and that means it's time to make your plans to attend the **68th Annual UOL Convention!** The 68th Convention, hosted by the Assumption of the Virgin Mary UOL Chapter, Northampton, PA, will be held July 23-26. The 2015 Convention will be one day shorter than prior Conventions. As per the recommendation by recent Convention Bodies, the 2015 event will begin Thursday, July 23 in the evening and conclude Sunday, July 26.

Lodging accommodations and our Convention site will be at the Best Western Plus, Lehigh Valley Hotel in Bethlehem, PA, at a very reasonable UOL rate of only \$89! And we are happy to announce that early registrants will enjoy an early discount rate at \$195 for Seniors and \$185 for Juniors! (Pssst...did you save your registration discount certificate distributed at last year's Convention Banquet?) The registration rate is **all inclusive** of meals and social events –

- Thursday – Afternoon Iconography Workshop; Opening Business Sessions; Hospitality Night hosted by Assumption of the Virgin Mary Chapter, Northampton
- Friday – Welcome Brunch; Business Sessions; *Dine and Dance at the BW*
- Saturday– Breakfast; Business Sessions; Lunch; UOL Grand Banquet and Ball
- Sunday – Farewell Luncheon

Start thinking about submitting greetings and well wishes to the 2015 UOL Yearbook from your chapter and parish members. Details on registration and yearbook greetings will be available in next month's mailings!

2015 Ukrainian Orthodox Church Camping Programs!

Applications for campers and staff for the 2015 summer programs are now available. The UOC Camping Ministry at All Saints Camp is the perfect way for you or your youth to spend your summer. The programs afford the campers the opportunity to deepen and live their faith on a daily basis in a supportive Orthodox community of spiritual fathers, mentors and peers. Campers also have the awesome experience of making lifelong friendships during such great activities as Ukrainian culture classes, team sports, nature classes, christian service, and camping favorites like campfires, swimming, hiking and so much more.



Adults may also be enriched through the camping experience by coming on staff in either a paid or volunteer position. We are looking for individuals ages 14 through adult to fill positions such as cabin counselor, media coordinator, property staff, kitchen staff and general staff. Giving back of you time and talents to our youth is a wonderful way to serve our Lord.

If you are unable to physically participate in our camping ministry, please keep us in your prayers for a successful season. In addition, your financial support of our programs will help ensure quality experiences for all!

Here is what one of our campers, Julianna age 17, has to say about their experience, "Camp is what I look forward to every year and it has also affected me every year that I have gone. It is not only just the regular things like friends, sports, and a majority of people like you coming together but it's a big family. I have learned through the nine years of going to the encampments that it's more of a spiritual mindset I am able to achieve. Camping at ASC is also something that helped me overcome some things such as asking questions about religion because at first I was a bit embarrassed to ask questions about my faith and would think some of them were silly. The friends, even more like family, that I made helped me overcome the loss of my mother. They talked to me and reassured me that God had different plans even though it seemed like the worst plans in that moment in time when I lost her. There is a lot more but why don't you go and see how it affects you because I'm sure that it will impact you in many ways."



For more information about what our camping ministry has to offer, applications or to donate go to www.uocyouth.org or contact us at uocyouth@aol.com or 412-977-2010.

**NEWS FROM THE
JUNIOR UOL
PRESIDENT**

Kateryna Kocelko



Glory to Jesus Christ!

I cannot believe it's already time for Great Lent to start. It feels like we were all just celebrating the Nativity and New Year. The National Executive Board has been working on activities for the upcoming season, and hope that you will all participate.

This month all of the chapters should be receiving their raffle tickets to sell for the Junior UOL's annual raffle. It is our largest fundraiser that provides for the funds to do a lot of the activities that we do. We encourage all chapters to be selling the tickets that are given to you. If you have any questions or concerns feel free to contact our Vice President, Christopher Holowko, at cholowko@yahoo.com.

This year, as well as in past years, the juniors will be doing the Great Lent Giveaway. This project is designed to help juniors give to the needy during Lent, and help them to directly do God's work. This year GLG benefits the Ukrainian Refugee Fund. There will be more information sent out to the chapters in the coming weeks before Great Lent about this year's Great Lent Giveaway. I hope everyone participates and if you have any questions, please feel free to contact the OYM director at uocyouth@aol.com.

Lastly I hope everyone is planning to attend the 68th annual UOL Convention which will be held in Northampton, Pennsylvania on July 23rd-26th. In these difficult economic times, the UOL understands that it isn't easy to come up with the funds to attend the Convention—that is why we have the project Pysh Travel Grant. It was established to help Jr. UOL members pay for travel to the Convention every year, to encourage new members to come to convention and old members to continue to come. Applications for the Pysh Travel Grant will be sent out to all chapters this month. They should be returned by May 1, 2015.

The 68th Convention is right around the corner and I am very excited to see each and every one of you and to share the love of Christ and the devotion to this organization with each other. I hope and pray God protects you all throughout this Lenten season and brings us together once again this summer.

In Christ's Love,

Kateryna Kocelko

Holy Ascension Celebrates the Holidays
Submitted by Michael J. Komichak

As in years past, Holy Ascension UOL in Maplewood, NJ had a busy holiday season ranging from community outreach activities to traditional parish events.

In response to this year's Thanksgiving Tithing project as announced by the UOL NEB's Christian Caregiving and Missions Commission, the Holy Ascension UOL chapter collected non-perishable food items and delivered them to the Market Street Mission in Morristown, NJ. Since 1889, this charitable institution "has been assisting individuals to overcome homelessness, addiction and poverty through a life centered on Christ." For over ten years, the Holy Ascension Junior and Senior UOL Chapters have been conducting food drives to help this worthwhile charity.

On December 21, 2014 our chapter sponsored our parish's annual St. Nicholas celebration. We served delicious borshech, varenyky and pizza. Svyaty Mykola i (aka Walter Stepowyj) made an appearance, distributing gifts to children of all ages. The young people of the parish acted in a Nativity play written and directed



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(Philadelphia - continued from page 1)

carols. Our next task was a physical challenge where one team member wore reindeer antlers and their team members tried to throw a marshmallow through the antlers. While the task looked easy it took a certain finesse to



be able to toss the marshmallow just right. Next, teams had another written puzzle where they needed to identify Christmas carols based on first initials.

Our next creative activity was the highlight of the night. Each group had to create a Svyat Vechir table with 12 items at the table. Our teams were so creative



making the food items from playdough, construction paper and drawings. For the last few years, there has been an eating challenge. This year that continued, with a team event where the adult had to eat pickled herring and a junior team member had to eat a Turkish delight candy. It was amazing to



see that the rose petal flavored candy was the bigger challenge. The final event was a performance by each team. The night has been special for the last three years because the Sheptak family joins in the fun.



As our chapter is growing we have been scheduling more social events to get together. We scheduled a bowling night and forty members came for the

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Have a Heart!

*The Ukrainian Orthodox League is
"Dedicated to Our Church - Devoted to its Youth"*



UOL PROJECTS – provides funds for.....
UOL BULLETIN, Youth Commission activities,
Christian Care Giving & Missions, Education,
Annual Essay Contests, Cultural projects,
and more.....



Lynn Sawchuk-Sharon Kuzbyt Scholarship Fund
...scholarships to current/former JR UOL
members
...nurtures the future leaders of our Church
...encourages our youth to strive to their potential
...fosters the U.O.L. motto – "Devoted to its
Youth"



Metropolitan John Scholarship Fund
....provides tuition assistance to seminarians at
St. Sophia's Seminary
...encourages candidates to the priesthood
...tuition assistance to clergy and seminarians for
higher education
...upholds the U.O.L. motto – "Dedicated to
Our Church"

Please complete /return the enclosed

ANNUAL FUND DRIVE envelope!!!!

UOL CONVENTION REGISTRATION FORM

Name: _____ e-mail: _____

Address: _____

Phone: Day () _____ Evening () _____

Representing: _____
(Chapter/Parish)

PACKET PRICES:

Early Registration Discount (Postmarked before June 16, 2015)

___ Clergy	\$195
___ Senior Delegate/Guest	\$195
___ Junior Delegate/Guest	\$185
___ Pre-Junior	\$100
___ Family Registration*	\$750

Registration Prices (received after June 16, 2015)

___ Clergy	\$220
___ Senior Delegate/Guest	\$220
___ Junior Delegate/Guest	\$195
___ Pre-Junior	\$120

*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 \$175 each.

Hotel Reservations

Best Western Plus, Lehigh Valley Hotel
300 Gateway Drive
Bethlehem, PA 18017

Call 1-610-866-5800 reserve your room by **June 16, 2015**
at the UOL Convention rate of \$89/room/night + tax. A limited number of
rooms are available.

Reserve your room early!

Saving Yourself from the Damage of War

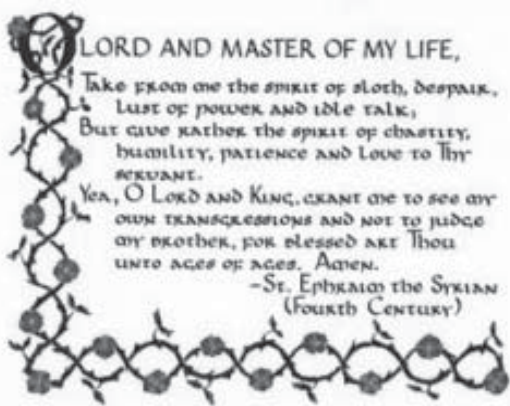
Submitted by Fr. Anthony Perkins

I am going to stay on this soapbox a bit longer because I am worried. Many people who are dear to me are following the news from Ukraine very closely, searching out every Twitter feed, Youtube release, live video feed, local (i.e. Ukrainian) blogger, and MSM commentary that will keep them updated on what is going on in their ancestral homeland.

Been there, done that (or something close enough to make no never mind), and I have experienced firsthand the damage this obsession does to the mind and spirit.

Allow me to speak to my beloved directly: You have seen graphic images of your heroes and innocents brutalized and murdered, with their many wounds witnessing to the suffering being meted out by villains, thugs, and invaders.

By this point, you have read hundreds of accounts of active conspiracies and policies designed to mete out more such carnage. A place that is viscerally sacred to you has been violated; ideas that you consider holy have been profaned. These horrible images, concepts, and data have violated you. You have become the walking wounded, real casualties of war.



As a priest who has been through this and (mostly) recovered, I say; Repent! Guard your heart! Embrace the disciplines of Lent - you need them now more than you ever have. They are your lifeline, the thing that will keep you from living in a hell (while heaven itself awaits only your attention; Revelation 3:20).

<http://www.holymyrrbearers.com>

Part of this involves the daily repetition of St. Ephraim's prayer (with prostrations). Ask the Lord and Master of your life to take from you the Spirit of

- Laziness... in this case, spending an inordinate amount of time obsessing about something whose outcome you can hardly affect while ignoring serious problems around you that you are actually responsible for treating;
- Despair... one of the greatest sins of the information war, resulting from the sense of helplessness of watching suffering without having an obvious way to ameliorate it;
- Lust for power... believing that, given the chance, we could manage the salvation of the ones we love better than God Himself.
- Idle talk... there is some justification in using social media for "spreading the word" about what was an unknown crisis or, better yet, providing a corrective spin to the coverage that is out there, but most of what goes on is a very wicked form of gossip and a siren song for the passions.

Ask the Lord to give you the Spirit of

- Chastity... the purity of your mind has been violated. Get it back. The porn addict must find a way to keep the temptation away. So do you. Limit your exposure to news and social media (I use an app on my MacBook called Antisocial) if you must. Don't go near people who will violate your purity and peace. Practice Christian meditation (a hesychasm for laity and white clergy) to bring quiet to your mind.
- Humility... give the situation in Ukraine over to the Lord. Offer up her people to Him. He loves them more than you - they are His children. And then let go. It isn't your problem to solve. If you think it is, then start by letting go for Lent. Somehow, God's plan of salvation will go on without your micromanagement. If you care about policy more than the peace and sanctity of your heart, then give that up as well.
- Patience... wash yourself in the peace that flows from its pure fountain. Again, Christian meditation and the disciplines of Lent will help with this. So will responses to stress like deep breaths and the recitation of memorized psalmody (e.g. the Jesus Prayer, Psalm 22/23).
- Charity/Love... when you are following events and you feel the darkness coming, find a way to love your enemy. One of our greatest temptations is to demonize him. This is wickedness that we chose freely and will destroy us. Walk in his shoes. See the world as he

really sees it (not as your worldview thinks he does) and understand the constraints that affect his tactics. And then love him and desire his salvation and perfection as God does. If you value policy more than peace, you will find this impossible.

Ask the Lord to give you the vision of your own sins (the log in your own eye) rather than the sins of others. You have enough to work on within your own skin than to worry about micromanaging another man's salvation.

You can ignore this advice. I have been told that there is no way I can understand because I am not Ukrainian. It is true that being Ukrainian leads many of you to feel this more strongly than I do. But God did not create an exemption for Ukrainians (or anyone else) when it came to living a perfect life. You feel events in Ukraine to your core, so your temptations are greater; **but this means you need more of the medicine, not less of it.** As I wrote in the last article, it is the soldier on the front line whose temptations are the greatest, and technology can bring the spiritual warfare of the front lines straight to you in your home or office. War doesn't just destroy bodies, it kills men's souls. You are not immune - if you are participating in war, then you are suffering its effects. Christ alone has overcome temptation, and it is only through Him that we - and the heroes and victims in Ukraine - can survive.

For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. (Hebrews 4:15)

Our Lord has seen His children suffer in greater detail than you can even imagine. Omniscience is greater than the sum of the knowledge of the internet and NSA. We cannot know as much as Him about how this world chews up good people, nor can we love them more than Him. He saw mankind's pain and His response was to love us enough to give us The Way (St. John 3:16; 14:6) to heal ourselves and to become a balm to others. This is the Good News! And it has nothing to do with better policies or regimes... it has everything to do with each of us uniting himself to Christ and then bringing His peace and healing love to the world. So let's put a filter between us and the war in Ukraine and bring peace to our souls. Only then will we have the rational objectivity and power (through Christ!) to heal the world's pain.

Interested in learning more about your faith?

Come to the UOL Retreat on March 28, 2015 to learn more about prayer and discuss issues related to prayer and meditation. Listen to the inspiring words of Fr. Anthony Perkins.

(Philadelphia - Continued from page 4)

activity. It was wonderful that we had several young adults join us for bowling. Bowling has become such a fun event that several members have asked if we could create a UOL bowling league or plan to go bowling once a month.

During the holidays our chapter members visit parishioners who have difficulty coming to church. This year we went to visit Pani Irene Estocin and had a lovely lunch at a local restaurant. It was really nice to visit with



Pani Irene and socialize with fellow chapter members.

Our chapter planned many activities toward the end of January, so tune in next month to read about our Holodna Kutya, Theophany Brunch and Ice Cross, Malanka and Souper Bowl Sunday. Also, read to find out if we have met our goal of getting ten new UOL members this year.



(Palos - continued from page 1)

(Ask Fr. Harvey - Continued from page 2)

groundswell of support one may put forward Saint Nina and St. Antony of the desert. Saint Nina brought about the conversion of a whole nation, Georgia, to Christ and so the populace, for her mighty steadfast work, sought to establish her sainthood. St. Antony was first to establish monasticism, as a viable way for a Christian to struggle and work out his salvation. Eventually countless thousands would follow his example and so sensing this palpable undeniable level of sanctity, people began to venerate him as a saint.

Even to this day, within Orthodoxy, it is the outpouring of sentiment from the people which propels the church to begin a process of formal canonization. For example, when the active missionary work of St. Gorazd in pre-World War II Czechoslovakia and his extreme witness as a bishop in Nazi concentration camps came to light, it was reasonable to expect that a push from the laity would lead the church itself to canonize him as a saint formally and recognize him as a true spiritual hero.

Most modern saints canonized by individual Orthodox Churches have miracles attributed to their intercession. Sometimes the bodies of saints are incorrupt after death and even exude myrrh. These are taken as signs, but are not a necessity for the process of canonization to proceed.

The Roman Catholic Church has quite a rigid, formal bureaucratic process in the canonization of their saints and a number of verifiable miracles are required for the process to advance. There are two stages that are taken, first to declare a person venerable and then blessed before formal canonization can take place. Many never advance even after many years to the formal canonization, when they are given a feast day on the calendar and enter into general public commemoration.

Each Orthodox autocephalous church proclaims their own local saints. Again, pressure from the people starts the process with investigation by higher church authorities. Criteria may vary from church to church, but the individual being investigated will always have exhibited a level of undeniable sanctity. A saint proclaimed in Romania, Ukraine or Poland may remain just on the calendar of that particular church, or because of popularity may end up commemorated in other churches as well, or ultimately be remembered by the universal church. St. Petro Mohyla was canonized by one church a couple of decades ago, but due to his historical importance and influence is now commemorated in several autocephalous churches. Once formally canonized in one church, another orthodox church just adds him to their calendar should his or her veneration become popular.

Saints were sinners as well, but their loyal service to Christ in their lifetime spiritual struggle points them out as true spiritual heroes worthy of veneration and emulation. Every era has its spiritual notables and it is from among believers that a push comes to the church authorities to begin a canonization process. While the process is progressing, panachydas are still served for the individual. When the church formally canonizes, there is one last Panachyda followed by a service in the saint's honour. At that time a feast day is chosen and a tropar and kondak (theme songs) are composed for use in the saint's commemoration.



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68th UOL Convention

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Organization _____

Name _____ Phone _____ Email _____

Address _____

parish family and keeps them safe under His heavenly protection! May their dedication to our parish Church, and their zealotness in faith always stay in their hearts and inspire many!



I express my sincere gratitude to all of the soup chefs who volunteered to make soups.

Those who made it to church and those who didn't, I know they still made the soups... I know they had to travel the distance... I know they decided to stay home to be safe... I still appreciate their commitment.

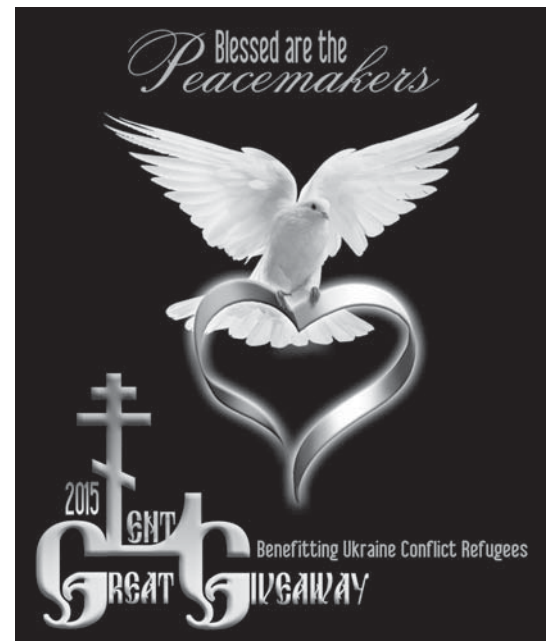
I bow my head in front of all of them with a simple, "Thank you for being my parish family."

Great Lent Giveaway

The 2015 Great Lent Giveaway – "Blessed are the Peacemakers!" benefiting refugees of the Ukraine conflict. The Great Lent Giveaway is a combined project of the Jr. Ukrainian Orthodox League and the Office of Youth and Young Adult Ministry. Each year the youth of the church choose a worthy recipient in an effort to raise awareness of their work or situation. This year the youth of the church are called to raise awareness concerning the refugees and wounded soldiers from the Ukraine conflict. Each Jr. UOL Chapter and parish youth group is asked to raise funds to aid these individuals and also to teach about their plight. In addition, our youth are encouraged to deepen their own faith through these good works, increased prayer, attending Divine Services and participating in several group sessions.

These sessions will focus on, *What is a Peacemaker?*, *Why does God allow conflict?*, and *How Can I be a Peacemaker?*.

Jr UOL Advisers and parish youth workers are asked to work together to make this an experience for our youth to live their faith out loud. The curriculum will be made available each Wednesday, for four weeks, beginning the Wednesday before Forgiveness Sunday.



To download the curriculum or for more information please go to www.uocyouth.org or contact uocyouth@aol.com.

(Maplewood - continued from page 3)

by our own Constantine Shevchuk. Constantine and his sister Oksana designed and constructed a truly amazing, professional-quality stage set for the play.

The Holy Ascension UOL chapter organized a Malanka following Divine Liturgy on Sunday January 11. We hold the Malanka in the afternoon so that all of our parishioners can enjoy the event. "Midnight" was officially declared around 3:30 PM.



Despite an ice storm that made travel quite difficult, we served a traditional Holodna Kutya meal on the eve of Theophany on Sunday January 18, featuring fresh baked cod, borsch, pyrizhky, holubtsi, kutya, compote, uzvar, and bread, all homemade and all strictly prepared without meat or dairy products. The main chefs were Daria and Mickey Komichak, and Pani Lida and Alexandra Hucul, but all chapter members pitched in to make the event special.

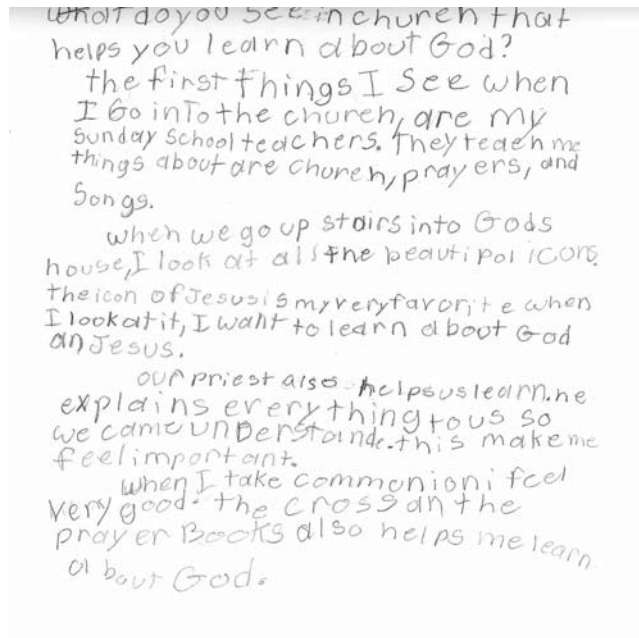
Ukrainian holidays are always a "marathon," but we wouldn't have it any other way. And there's no better way to celebrate the season than in service to others and in fellowship with your entire parish family!

**Each month we will publish the winners of the
2014 UOL Essay Contest.
We hope you consider submitting an entry.**

**Grade 3 & 4 topic - What do you see in church that helps
you learn about God?**

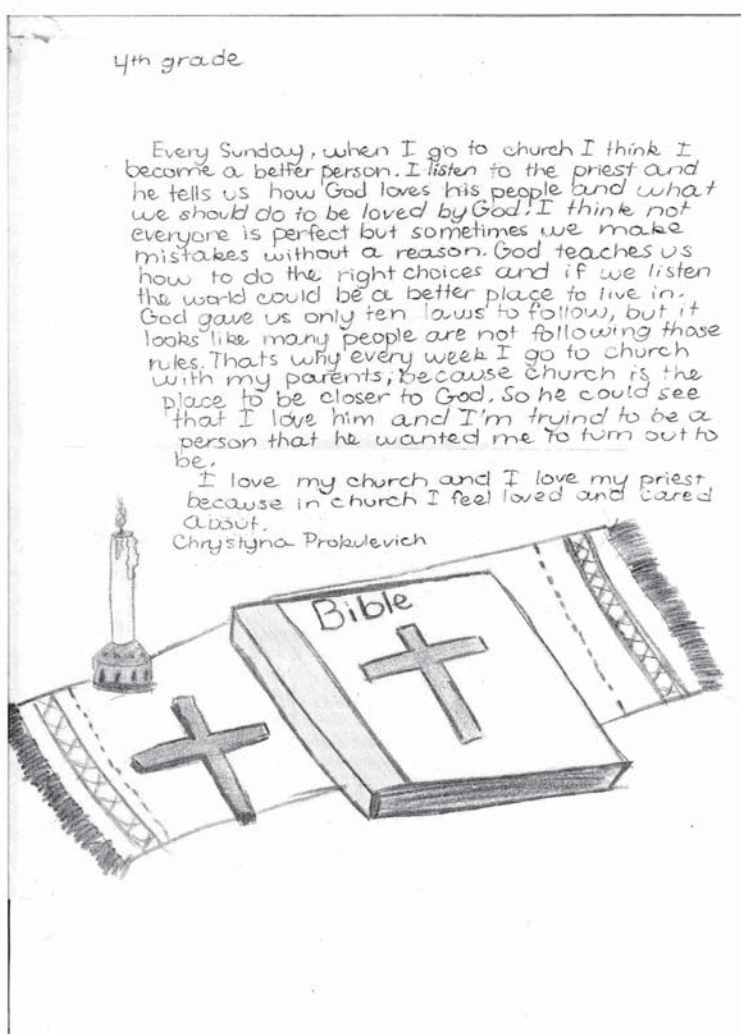
Grade 3

First place winner Piper Foy age 8



Grade 4

First Place Winner Chrystyna Prokulevich age 10



Grades 5 & 6 –

How do the Beatitudes help to “feed” us today?

First place winner - Madeline Zetick, age 11

“Blessed are Those who Hunger and Thirst for Righteousness; for They Shall be Filled.” The Beatitudes “feed” us every time we read them. The Beatitudes compare people’s love for God to people that are starving and want food. Like a person needs food to survive and fill your stomach, people also need God and Christ to fill their souls and guide them. The Beatitudes are a Prayer as well as a beautiful song to sing during church. We should also think about what we are saying or singing when we hear the words “Blessed are Those who Hunger and Thirst for Righteousness; for They Shall be Filled.”

Put off the old, put on the new man. Be children of God.
Walk in Christ the Light. Ephesians 4:24

Preschool/ Kindergarten (picture)

- Draw a picture of God giving light to our world.

Grades 1 & 2 (two sentences and a picture)

- How does Christ provide light for the world?

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

- God gave us the sun and His Son to provide light to the world. Tell why we need both to live.

Grades 5 & 6 (35-50 words)

- What does Paul mean in his letter to the Ephesians when he says “Put off the old, put on the new man?”

Grades 7 & 8 (75 words)

- We know that the disciples left their old lives to follow Christ. Choose one of the disciples and tell about what he gave up to follow Christ and why you think he was willing to give up everything for Him.

Grades 9 & 10 (150-200 words)

- Making the choices that Christ wants us to make can be hard sometimes. Tell of a time your faith in Christ showed you the correct path and lit the way to make a tough decision easier.

Grades 11 & 12 (200-500 words)

- Identify a person from the Bible who struggled in his devotion to God and how he was ultimately able to overcome the obstacles that prevented him from walking in the Light of Christ.

Adult 18 and over (500 words)

- Many people who fall away from Christ maybe feel some shame or embarrassment coming back to the faith. Using examples from the scripture, explain how can we as Orthodox Christians be more understanding and welcoming to those desiring to return to our faith.

CONTEST GUIDELINES AND RULES

1. Entries must be postmarked by May 30th, 2015.
NO ENTRIES WILL BE ACCEPTED AFTER MAY 30th 2015
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
 - 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.
6. 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 Tabitha Bentley
53 Winged Foot Drive
Coatesville, Pa 19320

Email Entries can be sent to: Tabithahouck@yahoo.com

Let my prayer arise!

**13th Annual
UOL Lenten Retreat**

Saturday March 28, 2015

Retreat will focus on prayer

St. Francis Center For Renewal
395 Bridle Path Road
Bethlehem, PA

Learn more about our faith!
Get rejuvenated during Great Lent!
Meet fellow Orthodox Christians!
And so much more!
for more information
contact nsufler@aol.com

**Help the UOC and UOL on St. Thomas Weekend
Submitted by Alexander Shevchuk**

Coming down from the joyous Christmas celebrations, we are fast approaching the solemn Lenten season of Pascha. As in past years, we again extend our hands in a request to you and yours to help in managing with the parking and collection of monies at St. Andrews Cemetery, during St. Thomas Sunday Pilgrimage weekend of 18-19 April, 2015.



After the Eucharistic Liturgy on Sunday, celebrated by Metropolitan Anthony and Bishop Daniel, they along with other clergy and faithful follow a procession to the Cemetery's Great Memorial Cross. On the completion of services there, the faithful continue to hold individual services for their deceased loved ones. The rest of the day is filled with picnics, vendors, and various planned activities.

We hope that you can again, or for the very first time, volunteer your time during the St. Thomas Pilgrimage weekend and help make it possible for yet another successful year.

UOL Tribute

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

Donor	Occasion/Tribute
Martha Dowling	In beloved memory of our mother Helena Szymonifka.
Kathy Perdziola	In honor of Dinah Fedyna and Joe Novicky for their dedication to the Ukrainian Orthodox Church and the UOL.
Daria and Michael Komichak	In honor of Bishop Daniel, Fr. Volodymyr Steliac and Fr. Anthony Perkins for their prayers and guidance during the 2014 Holy Land Pilgrimage.
National Senior UOL Executive Board	In blessed memory of Michael Komichak. Vichnaya Pamyat!

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Have you been wanting to honor or thank someone special?

The tribute fund is the ideal way to honor someone or commemorate a special event!

It is very easy to submit a Tribute.

Don't put it off -- send your tribute today!!

To submit your Tribute:

Submit a card that includes your Name and Address, the Name of the Person to Receive the Tribute, the occasion of the Tribute (for example In Memory or To Honor), and the Name and Address of the person to whom an acknowledgement card should be sent.

For a contribution of \$20 or more, the name and occasion is printed in the UOL Bulletin.

UOL Tributes should be submitted to:
Natalie Bilynsky 703 Pine Ridge Road Media, PA 19063.

Please make check payable to Ukrainian Orthodox League.



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

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