



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 62 NO. 7

JUNE 2016

Retreat 2016 a Great Success!



On April 2, 2016 we were blessed that seventy five faithful gathered in Bethlehem, Pa at the St. Francis Center for Renewal. For over a decade the Ukrainian Orthodox League has been sponsoring a Lenten Retreat in the Bethlehem area. This was one of the highest attended retreats with every seat full in our room.

This year the retreat was entitled "*To everything there is a season and a time for every purpose under heaven.*" *Ecclesiastes 3:1*

The retreat focused on the challenges we all face throughout life, looking at the psychological stages of life. The retreat was divided into three life stages, childhood, adolescence and young adulthood, and middle and late adulthood. Natalie Bilynsky, a licensed psychologist, provided an overview of the life stages and challenges faced within each stage. Father Anthony Perkins looked at each stage from an Orthodox perspective.



The day started with morning prayers and breakfast. Following breakfast the first life stage was reviewed and Natalie reviewed the importance of attachment in early life. Fr. Perkins eloquently spoke about the ways that children are connected to the Church.

The next stage reviewed by Natalie was adolescence and young adulthood. Natalie focused on identity development and the stages involved in defining identity. Fr. Perkins focused on the role of the Church and provided sobering statistics about the number of youth that fall away from the Church during this stage.

The questions raised during the discussions were clearly thought provoking because during lunch there was continued focus on these very relevant topics.

Following lunch, the group united for the review of the next phase of life, middle and late adulthood. Natalie reviewed the importance of having a life



of generosity, where one is giving to others. Father Perkins reviewed the ways that we are called to live as Orthodox Christians.

His Eminence Metropolitan Antony joined the retreat participants for the afternoon session. The highlight of the retreat was that Fr. Mark Leasure of the Taylor, PA parish of ACROD brought the myrrh-streaming Icon of the Kardiotissa for participants to venerate. All of the retreat participants gathered in the chapel at the retreat center. Fr. Mark took the Icon of the Kardiotissa out of the case and walked from pew to pew, with drops of myrrh caught lovingly by each participant. It was awe inspiring.

Fr. Mark then humbly, but with great passion, shared the history of the icon and the impact that the icon has had on so many lives. Fr. Mark explained that the icon has been streaming myrrh for over 4 years. He also stated that many individuals have gathered to venerate the icon and many have reported healings

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The 69th Annual U.O.L Convention
Hosted By:
Holy Ghost Ukrainian Orthodox Church
Coatesville, PA
July 27-31, 2016
"Be quick to hear, slow to speak & slow to anger"
 James 1:19
Convention Information: holyghostuoc.org/2016



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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 included 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



To everything there is a season...



ASK FR. HARVEY Questions answered by Fr. John W. Harvey

In the Sacrament of the Wedding, there is that portion in which the couple are asked individually if they are not already promised to someone else. In modern times, affairs with others seem to go on even when an engagement has been arranged, so what are the consequences if one partner is not honest and forthright when asked such a question?

When the priest is preparing a couple for their wedding date, the seriousness and the utter commitment demanded of a couple is stressed. If either partner has been married before, the details of divorce, anulment or the death of the spouse must be clarified. In the case of a divorced person certain tests must be made as to whether the new wedding will be permitted to go ahead. The hierarch is consulted on this, who will review all circumstances before a blessing is made for this to go forward. If such stringent measures must be undergone before a second marriage is to be celebrated, the first also is probed to be sure the couple are truly serious about their commitment.

Let us remember that the Orthodox wedding is not merely hiring a priest to officiate as the knot is tied. The Orthodox wedding is a matrimonial coronation and by stepping forward in the solemn sanctity of the church, the couple acknowledges that their crowning presupposes a commitment which will be rewarded in heaven.

What I am saying is that the wedding service is not just uniting the couple in a physical union for their lifetime, but has serious spiritual implications for eternity. One does not just automatically marry all that approach, as in a civil registry, but questions are made and instructions given about serious commitment and mutual life in Christ.

What is there to say about those approaching marriage, who would be willing to lie about the guys or gals they are still entangled with even while engaged. Remember the story of Ananias and Sapphira in the Acts of the Apostles. They solemnly promised to give the full proceeds of a property sale to the church. They reneged on their promise (before God) and then happened to prevaricate about their action. Both dropped dead and this was a strong warning to whoever makes a solemn promise before the Lord, yet in reality is telling a falsehood. In the case of marriage, such prevarication makes the marriage bed defiled from the start, as dishonesty proves a divided heart. A mockery of the blessedness of marriage will often lead to divorce. The aggrieved party, who was honest and upfront from the start, would certainly be given the blessing for another marriage. The one who entered into the sacrament in a spirit of deceit should not be permitted a further church marriage. Matrimonial coronation is serious business, so every attempt must be made to see that both partners are of one mind and are equally committed before they even come to the church.

Attending a funeral at a Ukrainian Catholic Church, friends proudly pointed out their Sacred Heart of Jesus and Immaculate Heart of Mary "icons." Somehow I felt that this was not part of our tradition, but then I remembered that many of the old babas in our parish have the same sort of paraphernalia in their homes. What is this all about?

In the Roman Church there developed a number of different devotions, some inspired by "visions" and all supposedly symbolize God's love or that of His Mother. For non-Catholics it seems like worship of body parts, that is hearts and the precious blood of Jesus. These have arisen out of a highly sentimental sugar-coated piety. Along with this arose various novena prayers, many attaining a semi-magical aura in people's minds. Say this prayer faithfully for nine days and you will get your wish. This sort of thing is basically bad theology, but who could blame the people. In the days when liturgical services

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Christ is Risen! Khrystos Voskres!

Summer is just around the corner, and that means the 69th Annual UOL Convention hosted by the Holy Ghost UOL Chapter in Coatesville, PA is almost here. Coatesville is in the heart of Amish country, and the convention committee has planned some fun events for us that highlight "Pennsylvania Dutch" hospitality. Come as a family: your children will enjoy the activities this area of Pennsylvania has to offer.

I am also excited about our plans to spend a good portion of our business sessions at the convention somewhat differently this year. This past Spring during Great Lent, the UOL sponsored two very successful regional Lenten Retreats. In a companion article in this month's UOL Bulletin, I describe the surprising similarities in the subject matter of the retreats, even though the retreats had been separately (and expertly!) organized by completely different planning committees. Although both retreats were all-day events, each really was only able to scratch the surface of a very worthwhile and timely subject. Consequently, during this Summer's convention we intend to take the ideas that were presented at these retreats further. We plan to explore how an understanding of the psychological stages of life can be applied to the ministry of our League at both the local chapter and national levels. Thus, this year's convention will have a significant learning component, with the intention of translating somewhat abstract ideas into practical actions that we can apply after the convention is over. We will hear presentations by experts in their fields, and we will exchange ideas with our fellow convention delegates based on our experiences in our own parishes. Bring your children: they too will benefit from this learning experience as they prepare to become the next leaders of the Church in future stages of their own lives.

The ideas we will be discussing will also be applicable to the issues facing the overall UOC of USA, especially as we approach this Fall's twenty-first Regular Sobor of our Church taking place 19-23 October 2016 at our Metropolia Center in South Bound Brook, NJ. The strategic plan currently under development will be a major focus of this year's Sobor. I believe that the knowledge we will gain at this Summer's UOL Convention will help us when we examine and evaluate the proposed strategic plan at the Sobor. How will the plan address the needs of all of our parishioners regardless of their current stage of life? Will the plan help keep the Church relevant in people's lives as they transition from one life stage to another? How does the plan apply across the spectrum of people who are in the Church or who we would seek to bring into the Church at any age?

On another topic: This Fall there is a great opportunity to learn about the Bible and the life of Jesus Christ by visiting the places where he lived, preached, died, and arose from the dead. Shortly after Sobor, His Grace Bishop Daniel will be leading a ten-day trip to the Holy Land. My wife Daria and I traveled on a similar pilgrimage two years ago, and it was truly a wonderful experience. I highly recommend that you consider going on this year's trip if you are able. You can find more information about the trip on the UOC of USA website.

In closing, I have been honored and privileged to serve as President of the Senior National Executive Board of the UOL for the past three years. I have been blessed to have worked with so many capable individuals who have shown such dedication to our Church as a whole and to our youth in particular. I look forward to seeing you all once again at this Summer's convention and I wish the next President much success in leading the UOL into the future.

Yours in Christ,

Michael J. Komichak

69th Annual UOL Convention

Hosted by the Holy Ghost UOC and Senior and Junior UOL Chapters
“Be quick to hear, slow to speak and slow to anger.”

Venue: Lancaster Host Resort, Lancaster, PA
 Newly remodeled rooms, golf course, children’s play room, pool. Located in the heart of the Amish country in scenic Lancaster County opposite Dutch Wonderland and within walking distance of Tanger and Rockville Outlets.

Keynote Speaker:
 Bill Marianes – Dynamic, inspiring, motivating. Bill Marianes will be our keynote speaker addressing stewardship and long-range planning. His address will be an excellent introduction to our Sobor. With educational degrees in psychology, business administration and law, Bill Marianes stimulates all who hear him to delve into stewardship on a personal level.

Interactive Workshop:
 An interactive workshop related to the keynote address will be conducted.

Friday Night Activity:
 Dinner at the famous Shady Maple Smorgasbord.

Hospitality Nights:
 Two hospitality nights will be provided. Excellent opportunities for all to get together for friendly socialization and relaxation.

Service Project Presentations:
 Chapters have an opportunity to have ownership in this convention and live the message of our motto by supporting three service projects:

1. Cuddle Blankets for Ukrainian Orphans. Our goal is to make 150 cuddle blankets for the 120 Ukrainian orphans and the children and grandchildren of the orphanage workers. To date we have 100 completed blankets and 32 pledged. With your help, we can reach our goal. Blankets should be brought to the convention.
2. Personal Grooming Items for Women Veterans. Please collect and bring to the convention personal grooming items for women (shampoo, conditioner, tooth brushes, toothpaste, deodorant, lotions, combs, brushes, sanitary products, etc.). These items will be given to women veterans who are receiving medical, psychological and vocational services at the Mary E. Walker House which is part of the Veterans Administration Medical Center in Coatesville.
3. The Crayon Initiative. Bring broken crayons to the convention. The crayon initiative recycles these broken crayons and gives the remolded crayons to patients in various children hospitals.

Banquet and Ball:
 Fine dining and dancing with music provided by Dimitri Kauriga’s band as well as a DJ.
 “Selfie Booth” for fun photos.

Raffle Items:
 \$1,500 Amish quilt will be raffled off at the banquet and ball. Beautiful ethnic items—ostrich pysanky eggs, nesting dolls, embroidered items from Ukraine, etc.—as well as silent auction items will be available.

Farewell Luncheon:
 Bountiful “pig roast” following the Hierarchal Divine Liturgy.

Please Remember our Seminarians:
 We are blessed with 10 hard-working, full-time seminarians. We would like to be able to provide a “cost-free” convention for each. Any donation you can contribute toward this end would be greatly appreciated. A donation of \$400.00 per seminarian would guarantee this; however, any amount would be helpful.

Please send donations to: 69th Annual UOL Convention, c/o Carol Bentley, 818 Barley Sheaf Road, Coatesville, PA 19320.

NEWS FROM THE JUNIOR UOL PRESIDENT

Kateryna Kocelko



Glory to Jesus Christ!

Summer is already here, and I can’t believe how fast this year has gone. It feels like we just were together in Northampton for the annual Convention last year, and it’s already time for the 69th Annual UOL Convention in Coatesville, Pennsylvania! Our spring national executive board meeting was held in Coatesville, PA. I would like to thank the entire parish for being wonderful hosts. The entire board had a great time.

With Convention around the corner, I would like to remind everyone to turn in their completed progress reports. Please try to get those turned in as soon as possible. If you have lost your forms or need another, feel free to go on the UOL website and print another or contact one of the board members for another copy.

As we know the cost of attending and traveling to Convention can add up, we have the Pysh Travel grant to help you out! The Pysh Travel grant was set up to help people in financial need have the ability to attend Convention. If you are interested in applying please submit your application to me as soon as possible and if you are in need of another application you can find them on the UOL website as well. If you have any questions or concerns feel free to contact me at kdkcutie25@yahoo.com.

All chapters should have received their raffle tickets, and I hope everyone is selling them all! This is the Junior UOL’s largest fundraiser, so make sure your parish is a part of it by selling your tickets. Maybe one of the tickets you sold will be a winner. The winner is picked Saturday night at Convention. Please return your ticket stubs and a check for the tickets your chapter sold to the Raffle chairperson Erica Holowko before Convention. Please contact Erica if you have sold all of your tickets, and she will make sure you get more to sell. In the off chance you don’t sell all your tickets, please return the unsold tickets to Erica as well.

Lastly, I would like to remind everyone about the 2016 Great Lent Giveaway. This year it benefits St. Jude Foundation. The Office of Youth and Young Adult Ministry partners with the Junior UOL for this project. Even though Lent may be over you still have time to collect monetary funds to go to the foundation. Each week during Lent a lesson was released and I hope everyone was able to use them, if not you still have time to go and read them. The deadline for the funds is at Convention, so you still have time. If you have any questions or concerns feel free to contact Orest Mahlay at orest.mahlay@gmail.com

I would like to take this time to thank all of my board members, Erica, Sophia, Orest and Kira. Without the help of my board members, the Jr. UOL would not have been able to accomplish the things we did this year. I am very blessed to have them, as well as our Spiritual Advisor, Father Vasyl Sendeha and our Senior Advisor, Taylor Gladys.

I pray that everyone has a safe summer, and I hope to see everyone in July in Coatesville!

In Christ’s Love,
 Kateryna Kocelko

Quilt Raffle – 2016 National UOL Convention

Sponsored by the Holy Ghost UOC

Senior and Junior UOL Chapters – Coatesville, PA

To be raffled off at the 2016 National UOL Convention: An original, signed quilt, queen/king size, entitled “Lightening Strike.” Created by: C. Joyce Horst. Value: \$1,455.00

The winning ticket will be drawn at the Saturday night Banquet and Ball at the 69th Annual UOL Convention in 2016.

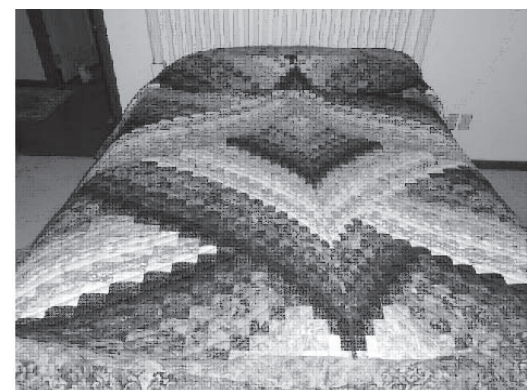
Tickets are \$5 each or 3 for \$10.

To purchase tickets, please contact Carol Bentley
 Phone:(484) 678-3675

Email:
lebentley@gmail.com

Mail: 818 Barley Sheaf Road Coatesville, PA 19320

Please visit HolyGhostuoc.org/2016



Please, come back to Coatesville and the 69th Annual UOL Convention!

SS. Peter & Paul , Carnegie, PA
Submitted by Susan Leis, Chapter Reporter

We have had another whirlwind year in Carnegie! Here is a brief synopsis of our year:

We started the year with a bang by having our annual Ukrainian Food Festival in September. This fundraiser is held in conjunction with the Kitchen Workers. It was a huge success! We had baked goods, a basket raffle, live entertainment both days, as well as the wonderful food that Ukrainians are known for! People came and stayed for hours soaking up the atmosphere and the fellowship.



During the fall, members continued to help out with other church functions, such as St. Martin's Closet (which is held once a month in the upstairs hall). We serve several families by providing new and gently used clothing, shoes, and household items. We have special projects for Christmas presents, Back to School, and prom, the Annual



Thanksgiving Dinner, the Cookie Walk, and other events in our church.

At the Church Anniversary Dinner in November, we supported the pursuit of a higher education of several church members by giving 6 candidates scholarships.

Several of our members made the trip to Washington, DC for the Holodomor Dedication on November 6th-8th.

Our charitable contributions this year have gone to the Pittsburgh FOCUS. We had a luncheon and all proceeds benefited this wonderful institution.

In the New Year, we decided to bring back a tradition that our Jr.

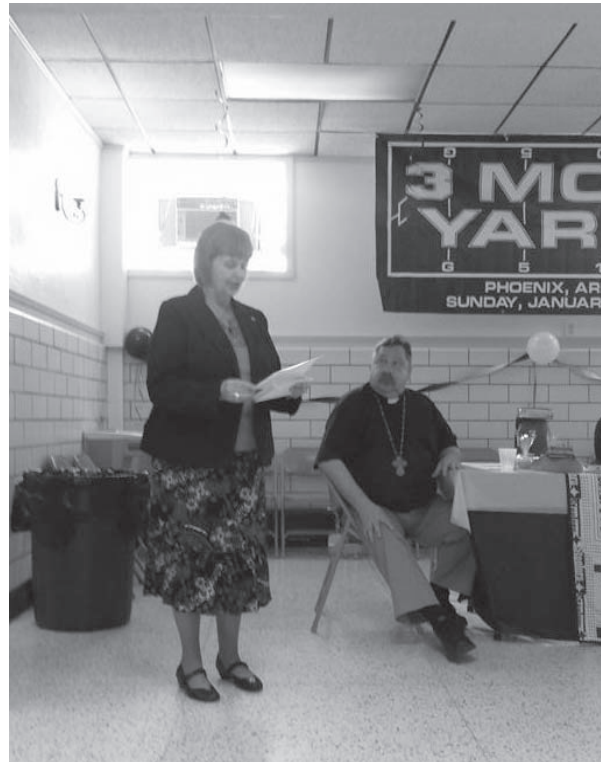
UOL started a few years ago...the \$5.00 luncheon! Since we no longer have an active Jr. UOL, members of our parish were missing the monthly \$5.00 lunches. Parishioners enjoyed the yummy food, the wonderful fellowship, and most importantly, not having to make lunch when they got home! We have been very daring with trying new menus, and the parish family has responded well. It looks like this has quickly become a tradition in our parish.



After the Christmas holidays, our chapter quickly settled down to prepare for the 49th Annual Pysanky Sale. We had to really get moving, since the sale was early this year. A wonderful young member of our chapter

opened up her house to have a weekly dinner/pysanky-making night. She provided dinner and supplies. This was warmly received and helped us in meeting our goal for the sale. We also had weekly pysanky-making on Sunday afternoons at the hall.

Along with preparing for the actual Pysanky Sale, our chapter hosted several



Pysanky Workshops in the Pittsburgh area. The biggest one was held in our hall in March. This has become quite a popular event in the community, with many people attending the workshops.

The 49th Annual Pysanky Sale was a huge success. Not only does the Senior Chapter benefit from the sale, but so do other organizations in the church; selling Paskas, kielbasa, baked goods, nut rolls, butter lambs, and a basket raffle. It is truly a team effort

with the whole church community!

The last item that our chapter sponsored is the Annual Lenten Prayer Pal. Before Great Lent begins, those members of the church who wish to participate pull a name and pray for that person throughout Lent. On Easter Sunday, they present their prayer pal with a small token, such as a pysanka, and let them know that they were praying for them. It is a wonderful tradition that brings all of us closer together. It is also a great way for newer members of our church family to get to know each other.

As this UOL year is ending, we are looking forward to the Convention and all of the promise that a new year brings to our National Board, as well as our local chapter. We are stepping up to the challenge of hosting our 50th Annual Pysanky Sale and all that that entails. Looking forward to seeing you soon at the Convention in July!



**We are the Church of Today
Submitted by Members of St. Vladimir Junior UOL**

Youth is not only the future, but God’s gift to the Church and society today. At St. Vladimir Cathedral in Philadelphia we are blessed to have advisors and a parish community who empower us, the youth, to live Christian lives of discipleship. And in return we, the youth, empower other youth by welcoming them into Church, which speaks to their hearts with love about discipleship, leadership and missions. It is through prayer and fellowship that our chapter continues to grow and more and more youth become engaged in the Parish community, because parishes “are the place where God’s people meet Christ in word and sacrament” in a concrete way.

We strive to keep our Juniors involved by combining faith and fun, and today we want to share with you some of the things our chapter has accomplished in the past year. We believe that missions and caregiving is a very important part of the Church and life.

So this year, we held multiple charitable events, such as: Thanksgiving Food Drive, where we were able to collect over 750 lbs. of food for the largest food bank in Philadelphia, Philabundance; Annual Thanksgiving Parish Dinner of which 100% of the proceeds were donated to a charitable cause; Souper Bowl collection that benefited St. Andrew’s Society; Annual Great Lent Charitable Drive where we collected boxes upon boxes of art supplies for the orphanages



in Ukraine; compiling and delivering baskets to the shut-ins of the parish; and preparing care packages for college students.



The chapter sponsored and continues to sponsor many parish events in order to raise funds and keep youth involved and active in the life of the Church: Coffee Hour; Pancake Breakfast; Church School Fall Fest; Egg-Hunt; St. Nicholas Cookie Walk; Meatfare Sunday Luncheon; and Palm Cross project, just to name a few.

We also held amazing fun events throughout the year: Pool Outing, Temple Basketball Game and Bowling outings, and everyone’s absolute favorite, the Annual Lock-In. Why favorite, you ask? This year’s Lock-In featured many fun activities, and yes, NO SLEEP. We did it all: Worship, Bible Jeopardy, Human Foosball, movies, and arts and crafts. But the highlight of the night were the Cupcake Wars. That’s right, just like the Food Network’s tastiest competition, we also decided to challenge ourselves by making the tastiest cupcake with some interesting secret ingredients, challenging utensils and of course being on a timer. We had four teams and members of each team had to pick from standard to secret ingredients, such as: ketchup, soy sauce, lemon juice and hot mustard. The kitchen was busy and our creativeness was pouring



out! We had three judges, who judged the teams on taste and presentation. The best team won a delicious prize!



All chapter members actively participate in the Liturgical life of the Church, by regularly attending services, serving in the Holy Altar and singing in the Church and youth choirs.

And now we are all getting ready for the All Saints Encampment programs and an awesome UOL Convention. To all Junior UOLers - we can do everything through Him, who gives us strength!



Did You Plant Your Convention Sunflowers?

Even “little sprouts” are planting sunflowers for the 69th Annual UOL Convention.

Little Liam Hume is planting his sunflowers for the upcoming convention. He wants a little help from his mother, Larissa Teijaro Hume, former President of Holy Ghost’s Junior UOL.



Send us your sunflower photos – we will have them on display in July.

**Great Lent Giveaway 2016
Miracle of Healing: Benefiting
St. Jude Children's Research Hospital
Submitted by Orest Mahlay**

Just because Lent is over doesn't mean you should stop collecting funds for this year's Great Lent Giveaway. You have until Convention to turn in all of your collections!

The Great Lent Giveaway (GLG) is a joint project between the Jr. UOL and the Office of Youth Ministry with the objective to deepen the faith of our Orthodox Youth through alms-giving, and deepening of prayer and faith through action and learning.

The 2016 Great Lent Giveaway benefits St. Jude Children's Research Hospital. St. Jude is a hospital that treats children with catastrophic diseases. St. Jude does not charge the families of the patients and instead, is funded by the donations of people around the world. This hospital aims to cure as many kids as possible through continued research and treatment for anyone who needs it.

Our goal for 2016 is to raise \$1500 for St. Jude Children's Research Hospital. GLG program details as well as GLG youth group lessons are available to chapters and parishes on the Office of Youth Ministry Website, www.uocyouth.org. For further information contact the GLG coordinator, Orest Mahlay, at orest.mahlay@gmail.com or the Office of Youth Ministry at uocyouth@aol.com.

**High School Mission Trip 2016 to South Bound Brook and Philadelphia
Submitted by Natalie Kapeluck-Nixon**

The 2016 High School Mission Trip will travel to South Bound Brook, NJ and Philadelphia, PA. This trip is designed for teenagers 15 -18 to give back to their church and communities in need. This unique trip which will take place August 6 -14 in two amazing cities.



While in South Bound Brook the team will work at the Ukrainian Orthodox Church Metropolia Center and meet with our Hierarchs. The team will remodel the historic Fisher

Family Cemetery which is on the property of our Metropolia cemetery. The



Fisher family was instrumental in the American Revolutionary War and is now a part of our American-Ukrainian History.

The Philadelphia portion of the trip will aid the parish of St. Vladimir and Pokrova. In 2014, Holy Protection parish experienced a devastating fire. Their sister parish of St. Vladimir stepped in to their aid and ultimately the two parishes decided to join. The parish is now in great need of caring for the items salvaged from the Pokrova parish. Our team will aid them in this process. Also during their time in Philadelphia, team members will explore this town, rich in American history, and meet with local Ukrainian Orthodox youth.

We encourage all eligible teens to consider this trip steeped in preserving American and Ukrainian history. Applications and information available from www.uocyouth.org or uocyouth@aol.com. This trip is sponsored by the Consistory Offices of Christian Charity and Youth & Young Adult Ministries.

**Lenten Retreats Examine Age-targeted Ministry
Submitted by Michael Komichak**

This past Great Lent, I attended the two day-long regional retreats sponsored by the Ukrainian Orthodox League. The first retreat was held on Saturday March 19 at the Villa Maria Education and Spirituality Center in Western Pennsylvania not far from Youngstown, OH. The second retreat was held two weeks later on Saturday April 2 at the St. Francis Center for Renewal in Bethlehem, PA. I had attended UOL Lenten retreats in previous years, so I knew roughly what to expect. However, it was during the Bethlehem retreat that I noticed a few remarkable parallels between this year's two events that I had not expected.

Each retreat was organized separately by its own regional committee, and yet both of them chose to build their presentations around the various chronological "stages" of a person's life. His Grace Bishop Daniel set the tone for the day at Villa Maria by describing his personal journey to becoming an Orthodox Christian and growing in the faith. Following Bishop Daniel we heard from Cristal Chaney, who is a Professor of Education at Point Park University in Pittsburgh, where she teaches about the philosophical models of early childhood and elementary education. In a segment titled "Planting the Seed," Dr. Chaney spoke about her experience as co-founder and director of the Three Hierarchs Eastern Orthodox School, a private, non-profit religious school. She explained how young children learn best through concrete, holistic, and multi-sensory experiences. At the other end of the chronological spectrum of life, Oxsana Byczkalo of St. Mary UOC in McKees Rocks spoke about ministering to older adults based on her many years of service in hospice care. She remarked how a reflection of their own life's meaning and purpose is among the many concerns of those at the ending stage of physical life.

Two weeks later at the Bethlehem retreat, Natalie Bilynsky gave an overview of the psychological stages of life to shed light on the challenges that we face throughout our lifetime. Dr. Bilynsky, who is a counseling psychologist, surveyed the theories and experimental work of several noted psychologists, explaining Erikson's model of the 8 stages of life, and Bowlby's, Harlowe's and Ainsworth's work on early childhood attachment theory. In his presentation, Fr. Anthony Perkins provided the bridge between these secular psychological aspects and how our Orthodox faith prepares us to face challenges at the various stages of life.

Thus, while the two retreat organizing committees had not coordinated their topics beforehand, they had chosen similar themes. Since the speakers (who were all experts in their respective fields) had independently prepared their material, the two retreats were in no way repetitive: each complemented the other with new information from different perspectives. I believe that the parallels between the two retreats went beyond simple coincidence. Rather than mere chance, the guidance of the Holy Spirit was at work to bring this topic to our attention.

Another pleasant surprise was that both retreats were very well attended, with over 65 participants each. Based on this year's attendance, Natalie remarked that there is a very real possibility that next year's retreat could be sold out. Much like the annual UOL Convention, each retreat drew attendees from many different parishes. This is significant because of the importance of the fellowship aspect of the event, reinforcing the fact that we are part of a larger Orthodox Christian family beyond the boundaries of our local parishes.

Next year's Villa Maria retreat is set for March 18, 2017. The Bethlehem retreat will occur April 1, 2017. Plan to attend one or both of these as you are able. If this year's experience is any indication, it will be time well spent. May the Holy Spirit once again bless us to make it so.

(Retreat - continued from page 1)



related to anointing. His Eminence Metropolitan Antony led a Moleben in gratitude to the Theotokos. Following the Moleben every participant venerated the icon and was anointed. The retreat participants walked the Icon of the Kardiotissa to the car and returned to the chapel for Vespers. This glorious and spiritually uplifting day ended with dinner at the retreat center.

SAVE THE DATE!
ASC FAMILY FEST 2016
SEPTEMBER 2-5, 2016

Announcing!

1st Annual Family Fest | Lip Sync Contest

Looking for 5-6 Volunteers to plan and run this event at Family Fest! Interested? Contact Chris Mills at cmills63@comcast.net or 412-716-0562

The 69th Annual Ukrainian Orthodox League Convention
 Hosted by:
Holy Ghost Ukrainian Orthodox Church
 July 27—31, 2016
 Coatesville, PA

"Be quick to hear, slow to speak & slow to anger"
 James 1:19
holyghostuoc.org/2016

REGISTRATION FORM

Name: _____ e-mail: _____
 Address: _____
 Phone: Day () _____ Evening () _____
 Representing: _____ (Chapter / Parish / MAL)

PACKET PRICES

Early Registration Discount (postmarked before June 15th, 2015)	Registration Prices (received after June 15th, 2016)
<input type="checkbox"/> Clergy (Priests, Pani Matkas, Deacons) \$125	<input type="checkbox"/> Clergy (Priests, Pani Matkas, Deacons) \$150
<input type="checkbox"/> Senior Delegate / Guest \$200	<input type="checkbox"/> Senior Delegate / Guest \$230
<input type="checkbox"/> Jr. Delegate / Guest \$195	<input type="checkbox"/> Jr. Delegate / Guest \$215
<input type="checkbox"/> Pre-Junior \$100	<input type="checkbox"/> Pre-Junior \$120
<input type="checkbox"/> Family Registration * \$760	<input type="checkbox"/> Weekend Guest (Fri, Sat, Sun) \$170
<input type="checkbox"/> Weekend Guest (Fri, Sat, Sun) \$150	

*The Family Early Registration packet price is for 2 adults & 2 Juniors. Additional Junior Family Members beyond the 2 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.

Banquet Choices: (Please choose one per registrant)
 Steak Chicken Fish Children (under 13) Food Allergies _____

Make checks payable to: 69th UOL Convention. Please mail completed forms with payment to:
 69th UOL Convention
 c/o Carol Bentley
 818 Barley Sheaf Road
 Coatesville, PA 19320
 (484) 678-3675

Hotel Reservations

Lancaster Host Resort
 2300 East Lincoln Highway
 Lancaster, PA 17602

Call (717) 299-5500 to reserve your room by June 30, 2015 at the UOL Convention rate of \$109 / room / night. A limited number of rooms are available.

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UOL Tribute

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

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

Donor	Occasion/Tribute
Karen Kalinik Sheptak	In loving remembrance of my beloved friend and Ukrainian Dance Instructor Olga Pishko whose dedicated efforts leave cherished memories in the hearts of her students through her Ukrainian Dance at St. Nicholas Church in Monessen, PA. Her memory is preserved for generations to come. Memory Eternal!

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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**ALL Saints Camp
 Fall Festival 2016**

A new event is coming to All Saints Camp!
Fall Festival | October 1 & 2, 2016
 Volunteers needed to help plan, organize and run the weekend event!
 If you are interested or would like to contribute in any way, please contact Chris Mills or Natalie Kapeluck-Nixon by **April 1, 2016!** Telephone conference planning meeting will be scheduled.

Chris Mills
chrismills@allsaintscamp.org
 412-716-0562

Natalie Kapeluck-Nixon
uocyouth@act.com
 412-977-2010