



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

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2020 Lenten Retreats

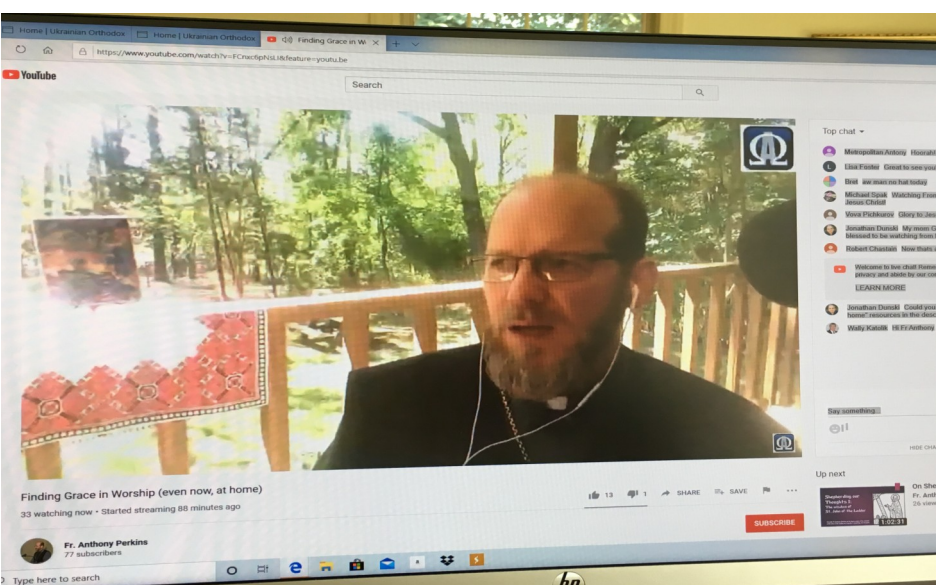
Submitted by Karen Ferraro

Our 2020 Ohio/Western Pennsylvania retreat was held on Saturday, March 28th via Webinar instead of the normal Villa Maria Spiritual and Educational Center retreat location, thanks to the efforts of Retreat Chairperson, Marianne Carmack and others. The pastor for the retreat was Fr. Ivan Tchopko from Saints Peter & Paul UO Church of Youngstown, OH and St. Thomas Chapel at All Saints Camp. Attendees were honored and comforted to have His Eminence Metropolitan Antony and His Eminence Archbishop Daniel join us on the call.

Fr. John Charest, of Saints Peter & Paul UO Church of Carnegie, PA, who is also the Spiritual Advisor of the National Jr. UOL, delivered a moving presentation on the "In Search of God" retreat topic that included a discussion of the Sacrament of Confession that many found enlightening, especially during Great Lent. Many of us have a desire to participate in this Sacrament of Confession but our churches are closed. Fr. John spoke of how we can include repentance in our spiritual lives even if we may not be able to go to Confession. This includes reading prayers of repentance and examining our conscience. He also urged us to view Confession as a gift from Jesus Christ and not a burden.

The next speaker was Dr. Stephen Esper, a physician and Orthodox Liturgical Musicologist, Musician, Cantor, and Choir Director. Wally Katolik, from St. Vladimir Chapter in Philadelphia, has continued to speak of the power of Dr. Esper's talk, enlightened by the significance of the words of the various Tropars, Kontakions, and other hymns as explained with great enthusiasm by someone who had studied them for many years. The words "mind blowing" and "phenomenal" were also expressed by attendees.

Following positive comments and requests for more seminars, a second Virtual Retreat was set up for April 11, 2020, with Fr. Anthony Perkins as the featured speaker. Fr. Anthony spoke on the topic "Finding Grace in Worship – even now, at home," building on Fr. John's and Dr. Esper's talks. He looked at how we can work with worship to experience God, and provided practical advice for deepening that experience through Holy Week. Fr. Anthony's presentation can be found on his YouTube channel. Search for "Fr. Anthony Perkins" or view this URL: <https://youtu.be/FCnxc6pNsLI>



Souper Bowl Sunday - St. Vladimir's Junior UOL Pittsburgh

Submitted by Kaleena Peters

The Junior UOL at St. Vladimir's Ukrainian Orthodox Church in Pittsburgh, Pennsylvania hosted its annual Souper Bowl on February 2, 2020. We hold this event in order to raise money and collect donations for the Saint Andrews Society Soup Kitchens, which help aid those in need and the disenfranchised in Ukraine. The six soups offered were Borscht, Sauerkraut, Chicken Noodle, Mock Turtle, Vegetable Beef, and Mushroom Minestrone, along with other refreshments and side dishes. The event was incredibly successful, and we ended up raising over 200 dollars for this cause that helps provide over 4,000 meals every month. The Juniors had a wonderful time serving the soup, and the church was more than happy to contribute to this good cause.



*The National Executive Board is scheduling a
Virtual 73rd Annual UOL Convention! July 25, 2020
We can not wait to see you all! Stay safe!*



UOL BULLETIN - The official publication of the Ukrainian Orthodox League of the United States of America. Circulated to all UOL Members.

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

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

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

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

Prayer

The Education Commission of the UOL will be featuring articles that focus on prayer.

Saint Theophan the Recluse - Homily 4

Three times I have spoken to you about prayer:

1. About how to read prayers with attention,
2. About how to ascend to God mentally and in your heart,
3. And how to stand constantly before God with a burning spirit.

The Lord instructed us in various degrees and types of prayer, so that each, according to his strength, could be a partaker in the goodness of prayer. For the work of prayer is a great work. It is, as I have said, the testimony of the spiritual life, and also the food of the spiritual life. One must work towards perfection in prayer more than all other things.

Warning - Also Need to Work on the Virtues

I have reminded you how to succeed in each type of prayer. Now I want to warn you: It is difficult, if not impossible, to succeed in prayer, if we do not at the same time work on other virtues.

If we compare prayer to a perfume, and the soul to a bottle for perfume, then we will understand that as perfume does not keep its fragrance in a container full of holes, also the soul cannot continue to pray if there is a lack of virtue.

If we compare someone who prays to the whole body, then we see the following lesson: as it is impossible for a man without legs to walk, even if the rest of his body is healthy, so it is impossible to approach God, or reach God in prayer, without active virtue. Look in the apostolic teachings, and you will see that in them prayer does not stand alone, but together with a whole host of virtues.

For example, the apostle Paul arms a Christian in spiritual battle and dresses him in the full armor of God. Look at what this is:

*The belt is truth,
the armor is righteousness,
the shoes are the gospel of peace,
the shield is faith,
the helmet is hope,
the sword is the word of God (Eph 6.14-17).*

Such weapons!

After all of this he places his warrior in prayer as if in some sort of fortress: "pray at all times in the spirit with all sorts of prayer and petition" (Eph 6.18).

It is possible for prayer alone to defeat all enemies, but to be strong in prayer, one must be successful in faith, hope, truth, righteousness, and all the rest.

In another place, the same apostle adorns the soul with bridal clothing as the bride of Christ, saying,

"Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfection. And let the peace of God rule in your hearts, to which also ye are called in one body; and be ye thankful. Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord" (Col 3:12-16).

In many other places in the word of God, prayer is bound up tightly with all the other virtues, as their queen, after which they all strive, and which draws all of them after itself, or even better, as their fragrant flower. As it

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MESSAGE FROM THE SENIOR UOL PRESIDENT Karen Ferraro



Glory to Jesus Christ! Слава Ісусу Христу!

Here we are, in June 2020. At the time of our last UOL Bulletin (January 2020), we certainly didn't realize the changes that were about to come. I hope this Bulletin finds you and your family in good physical health as well as spiritual health.

The pandemic has kept us physically out of our churches, but has given us the unique opportunity to worship together at live-streamed services. I have found this to give me much strength. In fact, it allowed me to attend more services than ever, with different sets of friends.

It has been hard to maintain our UOL Chapter life in these past months. My own home chapter has been able to have some Zoom meetings to play games or discuss what we can do to reach out to our parish community and beyond. I hope you have been able to similarly stay in touch with your fellow chapter members!

Unfortunately, we had to make the difficult decision to cancel our 2020 UOL Convention gathering in Philadelphia. As previously mentioned, we will have some virtual sessions in order to conduct our required business meetings, elections, and award presentations. We may include a lecture, as well.

As of this writing, the only firm plans are for Saturday, July 25, 2020, so please keep that date open. The Philadelphia Chapter has graciously agreed to host the UOL Convention in 2021, July 21-25.

Prior to our period of self-isolation, we had a very successful Souper Bowl Sunday in February, raising over \$8,400 for St. Andrew's Ukrainian Orthodox Society! It was heartwarming to see all of the announcements from the various chapters on their plans for Souper Bowl Sunday on Facebook!

Although we had to cancel our Eastern Pennsylvania Lenten Retreat, we had a very successful Ohio/Western Pennsylvania retreat in a virtual format. This retreat was recorded and we hope to get it posted to the UOC of USA YouTube channel when possible. Which reminds me: If you are a YouTube user and have not subscribed to the Ukrainian Orthodox Church of the USA's YouTube channel yet, please do so! The Church is hoping to get enough subscribers that they can live-stream on YouTube instead of Facebook.

I'd like to mention a new support organization of the Ukrainian Orthodox Church of the USA, established at the Sobor in 2019: The Guardians of the Metropolia, of which I am a charter member. The Guardians of the Metropolia are led by Fr. Andrii Pokotylo and are committed to raising funds for the Church. If you are interested in becoming a member, please reach out to me at President@uolofusa.org or to Fr. Andrii at frandrii@yahoo.com. Help is certainly needed!

I leave you with this quote from the Communication from the Council of Bishops of the UOC of USA, May 2020:

"Throughout all this time of threat, illness, concern and anxiety let us remain faithful witnesses of God's LOVE and COMPASSION for us.

Let us in all circumstances pray for His embrace of all humanity. Let us beseech the Mother of God for her protection and that she will intercede with her Son and our God beseeching His healing touch on all our lives." Amen.

In Christ,
Karen Ferraro

**Save the Date
Virtual UOL Convention
Saturday, July 25, 2020**

An Odd Day: St Thomas Sunday, Tacos, an Unknown Number, and a Disney Movie Submitted by Michael Nakonachny

Odd days are becoming more and more normal as time goes by during this pandemic. Morning prayers on the phone; Holy Week on Facebook; All Saints Camp not opening until the end of August.

It was the morning of St. Thomas Sunday and I participated in Divine Liturgy via Facebook. During the Gospel about doubting Thomas, it hit me that this is the St. Thomas that the chapel at All Saints Camp is named after. In the Gospel, St. Thomas says, "Unless I see the mark of the nails in His hands and put my finger in the mark of the nails and my hand in His side, I will not believe."

Doubt fills all of us. I was at the UOL convention in Parma when the youth proposed the construction of a chapel at All Saints Camp. I remember the doubt in the room. Do we need a chapel and where will we get the money? And that doubt then, momentarily, created doubt within me.

At the end of the Gospel, we read the words of Jesus: "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe." I have no clue why it has taken me 12 years to make the connection between this Gospel and the chapel but I promise you, every time I am near the chapel, those words will repeat in my head.

That evening, I was not in the mood to cook, so my wife and I decided to invite my sister over to see if we could convince her to watch a movie and buy us tacos. A short car ride later and we were back sitting at our kitchen table enjoying our tacos when I received a call from an unknown number. Like most people, I let it go to voice mail and to my surprise they left a message. I listened to the message and quickly realized I should have answered the call. I excused myself from the table and returned the call to one of our All Saints Camp neighbors. Rich and his family have owned the property across from the camp since long before All Saints Camp existed. He called to see how everyone from camp was doing and to make sure that everyone was healthy and staying safe. He commented on how it has been extremely quiet at the camp, which is unusual. Normally, volunteers are in on the weekends getting ready for the summer. His voice changed a bit when I told him when we planned on opening the camp this year. The laughter that is generated at All Saints Camp does not stop at the fence line. It rolls up the valley. It is that very sound that I have talked about with Rich's father, who will sit on his porch with his wife and simply smile when that laughter makes its way up the valley to them. We may feel isolated from the world when we are at camp, but we really aren't. Things move a bit slower but if you stop, look around, and listen, you will see and hear that we are not alone. We are surrounded by people who may be spaced out a little more than we are used to but they, too, care about All Saints Camp and the lives that it impacts.

After dinner, Melanie, Emily and I settled in to watch the Disney movie Star-girl. It was a motivational movie about doing good, during which one of the main characters gives a speech. She opts to give a speech from her heart versus what she has written and prepared.

"I don't know why I do a lot of things lately. I bet you find that, too, right? And it's because we don't think; we just do. We don't take a step back and process. Everything is so instant these days, how can we? [...] Have you ever seen a flower grow? I mean, of course not. It is nearly impossible to wait for anything that takes that long. But if you did, it would change you. It would slow you down. It would remind you that real things take time. [...] A flower. You plant a seed in the ground and a whole world develops and stretches out and opens up. It's easy to get confused when we're moving so fast and to think that we are doing the right thing when really we're not. But if we are lucky, we could find a balance. We could take a step back; we could take a breath. The next time that you see a flower sticking up out of the ground or in a vase, just remember that part of what makes it beautiful is how long it took to grow."



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MESSAGE FROM THE JUNIOR UOL PRESIDENT



Слава Ісусу Христу! Glory to Jesus Christ!

It is sad to say that this is my last time writing as the Junior National UOL President. I still remember my first convention as a delegate not knowing my future with the National Executive Board. Here I am, two years later as the Junior President getting ready to pass the baton. It has been a blessing and a privilege to serve on the National Board for the glory of God and our Ukrainian Orthodox Church of the USA.

These last few months have been challenging times and times of the unknown. For many seniors like myself, this time of year marks one of the biggest milestones in our lives - starting our adult life. It is hard for us all, seniors, to say goodbye as junior UOL members. But the time has come for us to start a new journey, with college, with the senior UOL, and with every aspect of our lives. So many things have changed in our lives in the past several weeks, and although it is hard, I believe it is all in God's plan. I always try to have a positive outlook in life, and although this was not how I imagined my senior year would end, I found that I truly grew, and used quarantine as a reflection period.

This summer will be like no other. No face-to-face camp or convention. But I promise you that the National Board is working hard to ensure that we still have a convention in some other fashion. If you have ideas, please share them with us. Although we cannot be physically together, I pray that spiritually we are together even more. All we can do is pray and hope for better times to come. I pray that everyone is healthy, and I pray that there will be a rainbow after this storm.

As always, I welcome your ideas, questions or concerns and you may contact via email at alexisnaumenko20@gmail.com or via telephone (215)290-7878.

Yours in Christ,
Alexis Naumenko

Souper Bowl Sunday - New Britain, CT Submitted by Teresa Linck

The Jr. and Sr. Chapters of St. Mary's Parish in New Britain, CT hosted their second Souper Bowl luncheon with great success. Parish members were treated to a variety of soups which included Pea, Lentil, Roasted Chicken Vegetable, Clam Chowder, Taco, Chili, Vegetable, and Baked Stuffed Potato. We also hosted a raffle of munchies for watching the Super Bowl that evening. Everyone left with a full belly!



74th Annual
UOL Convention
in
Philadelphia, PA
July 2021



**St. Vladimir Junior UOL Philadelphia, PA
Submitted by Natalie Swan**



Hello! On behalf of the St. Vladimir's Junior UOL, we hope you are staying safe and healthy in these uncertain times. Recently, the Juniors have been participating in many activities to keep busy and see some friendly faces. Every Tuesday evening, we meet on a Zoom call to play Chapter Challenge and other fun games. In our most recent Zoom, the seminarians from St. Sophia's Seminary joined us juniors in a very close game of Chapter Challenge.

Also, our parish recently held a food drive for those in neighborhoods surrounding our church. The Juniors volunteered a few hours of their day to pack and prepare countless bags filled with pasta, fruit, oatmeal, and many other healthy options.

Lastly, during the Easter season, juniors volunteered to bake paskas and deliver baskets to our shut-in parishioners. Their smiles showed how grateful they were for our socially distanced visits. We hope to see you all within the coming months!



(Continued on page 7)

**Souper Bowl Sunday - St. Nicholas, Troy NY
Submitted by Patricia Walton**

St Nicholas, Troy NY held our annual UOL Souperbowl Sunday under the guidance of Father Vasyl Dovgan. We had 6 delicious soups made by parishioners Valentyna Pichkurov, Yuliya Loytra, Nataka Petroff, Halya Korhun, Anna Zaderej, and PM Ilona Dovgan. We were fortunate enough to have these outstanding cooks who made Borscht, Halushky, Pea soup, Cabbage soup, Lobster Bisque, and Mushroom soup. The parish members were great supporters eating many different kinds and even paying additional donations towards take home containers. St Andrew's Society has become an important charity to our church. Our members are always open to supporting missions in Ukraine and this particular mission is close to our hearts, feeding the hungry, elderly and orphans. We are proud to be part of our UOL National organization helping with this great cause.



Southside Pittsburgh Junior UOL Supports IOCC

Submitted by Stephen E. Sheptak

On Saturday, February 8th, members of our Jr. UOL chapter participated in assembling emergency kits for people in need at Holy Cross Greek Orthodox



Cathedral in Mount Lebanon, PA, which is outside of Pittsburgh. The kits will be sent to the International Orthodox Christian Charities (IOCC) where they will then be sent to the sites of natural disasters. The people who will be receiving these kits will most likely have nothing because of a disaster or emergency. The event only took 45 minutes because there were Orthodox youth groups from all over the Pittsburgh area who

came to help. In total the entire group made 1,020 kits consisting of: a hand towel, a washcloth, a bar of soap, a toothbrush, nail clippers, and ten Band-Aids®. We had a really great time and it was nice to meet kids from other churches.

UOL Bulletin Pictures

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



Dr. Gayle Woloschak sharing the UOL Bulletin with students at Alexandria University in Alexandria, Egypt

Join in the fun!
Take your UOL Bulletin with you and take a picture reading your Bulletin. Submit pictures by sending to nsufler@aol.com



(An Odd Day - Continued from Page 3)

I know that times are tough right now, but please donate generously to your local parishes and, if possible, to the All Saints Camp Capital Campaign. With restaurants closed and drive-through lines extremely long, now is a good time to pass up your morning coffee and donate that money. I am going to use my dear friend as an example - the same example that I have been using for almost a year now. He has given up his two large iced black coffees from McDonald's. His weekly savings are \$10. If he were to take that \$10 a week and donate it to this capital campaign, in 5 years he will have donated \$2600. That is a very generous donation that, to most of us, would be unnoticeable when spread out over 5 years. Now imagine that we find 399 individuals who follow this example. In five years we will have raised over 1 million dollars.

While we find ourselves away from camp a lot longer than we would like, don't forget about camp. Instead, let us know what you love about All Saints Camp. Please send an email to WhatILove@AllSaintsCamp.org and share your favorite memories, pictures and what you look forward to most. I am most looking forward to the time when we all can once again pass through the front gate to stand in front of St. Thomas Chapel and say to ourselves, "Blessed are those who have not seen and yet have come to believe."

St. Vladimir Junior UOL Philadelphia, PA

The St. Vladimir Junior UOL Chapter in Philadelphia, PA has sponsored weekly chapter challenge events via Zoom. Starting on Tuesday, April 28th, the Junior UOL Chapter has met at seven in the evening to enjoy some time together and also to have a round of chapter challenge. Each week around ten to twelve Junior UOL members have gathered and enjoyed multiple rounds of chapter challenge. While there have had to be slight adjustments to the process, it is particularly difficult to judge jumping up for toss rounds, so we have modified the rules. The first person to type in a chat letter answers for their team.

The chapter challenge evening was a success the first week and chapter members invited Junior UOL members from other parishes. We were thrilled that our second week Rachel and Agatha Harendza joined in the fun.

The plan is for our Junior UOL chapter to sponsor the event every Tuesday. If you are interested in joining the chapter challenge event, please contact Alexis Naumenko or Natalie Bilynsky to get log-in information.



How has your chapter stayed in touch during the quarantine? Share your chapter events on the UOL Webpage.

St. Vladimir Senior UOL Chapter hosts chapter meeting via zoom.

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

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

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



Sts. Peter and Paul, Palos Park, IL

Submitted by Fr. Vasyl Sendeha

What a wonderful day Glory to God! God was truly glorified in our parish of Sts. Peter and Paul in Palos Park, IL on Sunday of February 2, 2020.

A warm and sunny February day turned out to be an amazing day with the parish temple welcoming worshipers who came to pray together. The Divine Liturgy was uplifting as everyone present participated in one way or another. It was nice to hear children's voices singing along with the choir. Churching the newly baptized baby Michailo. Lines to receive Holy Eucharist. These are just some of the highlights of the beginning of this wonderful day.

The celebration of the special day continued in the Church Hall as my faithful people gathered to feast upon 18 different soups. This year's Soup-er Bowl Sunday was an amazing success, as many volunteers stepped in to make it happen. Eighteen talented chefs of our parish made delicious soups; generous donors donated all kinds of supplies from napkins, bowls and utensils to monetary donations and donations of a variety of breads and sweets for the dessert table. Many volunteered their time and labor to set up and clean up after the event. To share a bowl of hot soup felt extra special, knowing that you were making a difference in the life of poor and afflicted people. Having such a big variety, it was hard to decide which one to try. I bet all of them were delicious, as after trying them people were filling containers to take home. No one was in a rush to leave. Parishioners enjoyed the soups and each others company. Our parish family, by working for a common cause and socializing and by having a great time having soup, has raised funds for Soup Kitchens of St. Andrew Society. This is the deed of the community that lives God's word. This is the faith at work. This is one of many great days of our parish family! This is the way to celebrate Super Bowl Sunday! How did yours go?



(Philadelphia Juniors - continued from Page 4)



(Prayer - continued from page 2)

is necessary for a flower to be covered with leaves as well as having a stem, branches and root, in order to attract attention, it is also necessary for prayer to be accompanied by other good spiritual inclinations and labors in order to blossom like a flower in the soul; faith is the root, active love is like a stem and branches, and labors of a spiritual-physical nature are like leaves.

When such a holy tree is planted in the soul, then in the morning, and in the evening, and during the course of the day, according to its state, the flowers of prayer will freely blossom and fill all of our inner chambers with fragrance.

I remind you of all of this, so that no one would think: "I labor in prayer, and that is enough." No - one must work and be zealous for all things together, both praying and working at all the virtues.

It is true that it is impossible to succeed in virtues without prayer, but it is also necessary to work at the virtues while praying, so that the prayer can show its cooperation in these virtues.

In order to succeed in prayer, one must pray, but the labor of prayer should be used as the means to virtues.

One must be concerned about all things, and always strive to be on the right side. The same thing happens in a clock. A clock works properly and shows the correct time only when all of the gears and other parts inside are complete and in their correct place, and joined together properly. This is the same in our inner spiritual mechanism: the striving of the soul will be true like an arrow, directed straight toward God, when all other parts of the soul are whole and are established in their correct places, so to speak, put in place by virtue.

Kind of Virtues that Surround Prayer

I will teach you what sort of virtues should surround your prayer, or what sort of prayerful, virtuous life a Christian should plant in himself, not in my own words, but in the words of the holy hierarch Dimitri of Rostov, who briefly lists these things in the following instructions (from Christian Spiritual Instruction, part 1, p. 288):

1. When you wake up, let your first thought be about God, your first word be a prayer to God your creator and keeper of your life, Who is always able to give life or destroy it, who can strike with illness and heal, and who can save or destroy.
2. Bow and give thanks to God Who raised you from sleep, and Who did not allow you to perish in your sins, but with long-suffering awaited your repentance.
3. Make a start for better things, saying with the Psalmist: "I said, now I have made a beginning" (Ps. 76:11) For no one completes the path to heaven except he who makes a good beginning everyday.
4. From the morning pray like the Seraphim, act like the Cherubim, and be surrounded with angels.
5. Do not waste time any longer. Do only those things which are necessary.
6. In all deeds and words, keep your mind in God; do not write anything

in your mind except Christ, and let no image touch your pure heart except the pure image of Christ our God and Savior.

7. Awaken yourself to the love of God in all things, whenever you are able, especially say to yourself with the Psalmist: "in my meditation a fire was kindled" (Ps. 38.4).

8. You desire to love God, Whose visitation you always see and gaze upon with your interior eyes, therefore turn away from all evil deeds, words, and thoughts. Do, say, and think all things honorably, humbly, and with the fear of a son.

9. Let meekness with praise and humility with honor be together.

10. Let your words be quiet, humble, honorable, and useful. Let silence decide the words that you say. From henceforth, let no empty or rotten word escape your lips.

11. If something funny happens, allow yourself only a smile, and this not often.

12. You will fall into prodigality through anger, wrath, and arguing: keep yourself moderate in anger.

13. Always observe moderation in eating and drinking.

14. Be condescending in all things, and God will bless you, and people will praise you.

15. You must pray about your death, which is the end of all things.

See what sort of wonderful life is taught to the praying Christian.

It is true that in one place we have spoken more about prayer, that is, of mental and heart-felt turning to God, but in another place, other virtues have been mentioned, and yet without all of them together, it is impossible to get a foothold in prayer.

Let everyone strive in knowledge: standing in prayer and exercising is according to your instruction. How can you stand to pray if you are weighed down with intemperance, or carried away with anger, or if you do not stand in peace, or you are distracted by work and lack of attention and so on?

If we are to avoid these things, then we are to strive to attain the opposite: that is, virtue. For this reason, St. John of the Ladder speaks of prayer, saying that it is the mother and the daughter of virtues.

Hearing this, some might say, "what great demands! What a heavy burden! Where can I ever find time and the strength?"

But be strong, brethren! Very little is necessary, and one must only take up one thing: zeal for God and salvation in Him in your soul.

By its nature, the soul has much good in it and it is only misdirected into all evil things. As soon as zeal for salvation and the pleasing of God is born in one's soul, all of the goodness gathers around this zeal, and immediately no small amount of good appears in the soul. Then zeal, strengthened by the grace of God, with the help of this initial good, begins to find more goodness, and enriches itself with it, and all begins to grow by degrees.

Zeal itself has the beginnings of prayer already. It is fed at first by natural virtue, and then begins to feed on the works of virtue that it engendered, and grows and becomes strong, and blossoms and begins to sing and hymn God with a harmonious and prayerful song in the heart.

May the Lord help you succeed in this. Amen.

For Junior Chapters and Advisors:

Please remember to send in your :



- Membership Roster
- Chapter Election Report
- Dues Payment Form
- Chapter Annual Report
- Fr Bukata applications
- Chapter Annual Report

Also don't forget:

- LSSK applications due May 31

All available on <https://www.uolofusa.org/resources>

U O L T R I B U T E S

UOL Tribute

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

Donator	Tribute
Patricia Walton	In honor of Arch. Deacon Ron Janick on his 14th year of ordination
Karen Ferraro	In honor of Fr. Anthony Perkins for his continued support of the Eastern PA UOL Retreat.
Mike and Martha Misko	In support of UOL Retreats
Raymond and Prudence Vito	In support of UOL Retreats

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

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

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All Saints Camp Capital Campaign Update

Since the launch of the All Saints Camp Capital Campaign in the summer of 2019 we have received over **\$100,000** in one time donations and pledges. As you can see we are off to a great start but we still have a long ways to go. Please consider donating/pledging your financial support to All Saints Camp. As an All Saints Camp Family, we are so appreciative of all that our supporters have done to ensure that the vision of a camp for our church youth continues to grow and that it not only remains a vital part of the Church, but that it also stays relevant as we plan for the future. As we work towards the 50th Anniversary of All Saints Camp, we would like to acknowledge and thank those of you who have donated or pledged to the All Saints Camp Capital Campaign.

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

Ways to Donate

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

\$25,000

Ukrainian Orthodox League of the USA

\$5,000 - \$7,000

Oleh & Natalie Bilynsky
Fr. James, Pani Matka Denise Cairns and Family
Tom & Irene Carmen
John Holowko

\$2,000 - \$4,000

Jarrold & Christy Bohuslawsky Brown
Michael Dobronos Esq.
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Fr. John and Pani Matka Ann Haluszczak
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Fr. John & Pani Matka MaryAnne Nakonachny
Melanie Nakonachny
Michael & Emily Nakonachny
Stephen and Missy Sheptak and Family
Irene Shewchuk
St. Vladimir's Sr. UOL Chapter – Parma, OH
Patricia Walton
Michael and Vicki Widmor

\$1,000 - \$2,000

David & Tabitha Bentley
Fr. John & Pani Matka Laryssa Charest
Hans & Karen Harasimchuk
Laura Mroczka
Diana Teijaro
Ukrainian Selfreliance Federal Credit Union
St. Vladimir's Sr. UOL Chapter – Philadelphia, PA

\$500 - \$900

Steve & Lydia Economou
St. Vladimir's Jr. UOL Chapter - Parma, OH

\$25 - \$400

Zachary & Elizabeth Bare
Mykhailo Korutnyuk
John Maly
Novicky Family
Sts. Peter & Paul - Lyndora, PA
Serge & Natalie Sherstyuk
Alexander & Amanda Zetick

Every effort is made to recognize our generous donors. Please notify us if a correction is needed.

Lynn Sawchuk-Sharon Kuzbyt (LSSK) Memorial Scholarship

"In Loving Memory"
<https://uolofusa.org/lssk>

2020 marks the 45th year of the LSSK Scholarship established at the 28th Annual Ukrainian Orthodox League (UOL) Convention in 1975.

As many of you know, it was named so to perpetuate the memory of two lovely, dynamic young women whose untimely deaths left an indelible mark in the life of the Ukrainian Orthodox Church, the Ukrainian Orthodox League, and in the personal lives of their families and many friends. Both Lynn and Sharon were leaders in their communities. Lynn was President of St. Vladimir's Junior UOL in Philadelphia, PA. Sharon was President of the Holy Ascension Junior UOL in Clifton, New Jersey. Both were active participants in our camping programs and Junior League convention delegates. Both were extremely active with the Church and the League.

This scholarship is awarded annually to Junior UOL members or former members who are within five years of school graduation and who have exhibited the dedication, energy and scholastic qualities by which these young women are remembered.

May their memories be eternal!

Over these 45 years we have: sisters that have been recipients; brothers that have been recipients; cousins that have been recipients; future Clergy; and even individuals that eventually became husband and wife. You will have to name them, there are more than a few.

There are too many recipient names to list here separately herein -but can anyone name the first recipient?
Answer backwards: hcaor wikaid harobed

Scholarship applications are due to Anna Anderson by May 31st. Applications and Criteria can be found on the UOL website <https://uolofusa.org/lssk>

Scholarship awards will be announced at the National Ukrainian Orthodox League Convention.

Questions can be e-mailed to Anna Anderson at recsecretary@uolofusa.org and contributions are always welcome especially from past recipients-pay it forward-if you will. Thank you.