Greetings! Hope you have had a blessed fall season. At St. Vladimir’s, we have been very busy. In September, we held an outing to Six Flags Great Adventure for their fright fest festivities. About 15 juniors came along to join in the fun.

On October 21, the juniors welcomed the Metropolitan at the parish anniversary dinner and helped clean up afterwards. On October 28, the juniors hosted their annual fall festival for the youth of our parish. At this event, the kids were able to decorate cupcakes, pumpkins, and participate in other fall activities.

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St. Vladimir Junior UOL Submitted by Natalie Swan

Wilmington Retreat Submitted by Ann Duncan and Sonya Patronik

On Saturday, October 13, 2018, under the guidance of our spiritual father and pastor, Fr. Stephen Hutnick, the Senior UOL Chapter of Ss. Peter & Paul Ukrainian Orthodox Church in Wilmington, Delaware, presented their annual retreat attended by parishioners from Wilmington, Dover and Philadelphia. This year the featured speaker was the Very Reverend Archpriest Andrew Stephen Damick, pastor of St. Paul Antiochian Orthodox Church of Emmaus, Pennsylvania. Father Andrew is the well known author of several books including the popular “Orthodoxy and Heterodoxy.” He is also the author of “Roads to Emmaus” blog and podcasts on Ancient Faith Ministries (https://blogs.ancientfaith.com/roadsfromemmaus).

The retreat opened with a continental breakfast prepared by UOL members followed by an Akathist for Our Youth. Fr. Andrew’s first presentation was An Introduction to God - Encountering the Divine in Orthodox Christianity.

Fr. Andrew explained that God introduces Himself into a place of humility, and we must make ourselves available in a place of humility. What you bring to an encounter bears greatly on what will result from that encounter. Many times we want something from God. He is with us just because we are ourselves; we must consider if we are with God just because He is our God or am I with Him because I want something? Meeting God is not casual; we must prepare our hearts and minds. We must repent, that is, open ourselves to receive God.

Next addressed was the idea of knowing if you are connecting with God. If you only ask for things, you are just present with your ego. Consider someone who you love being with and are very happy in their presence. We grow and become better just by being with them. Likewise, are we happy just being with God and does that change us for the better? A synopsis of this session simply stated is, “You can't be full of God if you're full of yourself.” God reveals Himself to individuals, if we quiet ourselves, standing in wonder and become humble. God is present anywhere humans allow Him to be.

When encouraging people to come to our church, find a way to communicate that it’s not just the surface, such as music, icons, etc. A more successful approach is asking someone to come struggle with you as you search for God.

(Continued on page 7)
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

John Holowko
Alexis Naumenko
UOL President
Alexis Naumenko
UO’s Chief Editor
John Holowko
UOL Bulletin
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MESSAGE FROM THE JUNIOR UOL PRESIDENT

Alexis Naumenko

Христос Рождается! Christ is Born!

On behalf of the National Junior UOL Board, I would like to extend a heartfelt and warm greeting to everyone during this Nativity Season. The Nativity Season is a special time that is filled with love, joy and care. I encourage each and every one of you to take the time out of this busy, but wonderful time of the year, and show appreciation and affection towards one another.

As the Nativity season comes to an end we look forward to Great Lent, a season of "bright sadness." Great Lent brings us the Great Lent Giveaway ("GLG"). This year’s recipient of the GLG collection will be Heifer International.

More information on this project will be released soon. We look forward to your support of this initiative.

May the Nativity of Christ bring you and yours love, peace and joy! As always, for guidance and support, please feel free to contact me at alexisnaumenko20@gmail.com or via telephone (215) 290-7878.

Yours in Christ,
Alexis Naumenko

Christian Caregiving and Missions Commission
Submitted by Karen Ferraro

At our 2018 UOL Convention, a suggestion was made to show brotherly love to new immigrants attending our parishes by helping them acclimate to life in the United States. The Christian Caregiving and Missions Commission is creating a project based on this suggestion and is seeking volunteers to develop a pilot program that can be rolled out to our parish communities.

Initial thoughts include helping these individuals with:

a. Finding employment
b. Navigating healthcare options
c. Learning the English language or translating documents
d. Explaining the local school system to parents
e. Help finding a car or a place to live
f. Guidance on purchasing a cell phone or acquiring internet service
g. Help with filing Federal and State Income Tax returns

Willing to help with planning? Contact Chairperson Karen Ferraro, kalmtrio@comcast.net

THE FOXBURG INN

HOTEL

TO Box 130 / 20 Main Street
Foxburg, PA 16036

Phone: 724-659-3116
Fax: 724-659-3122

We hope you will join us at our magical location alongside the Allegheny River. There are twenty-four spacious, state of the art garden or river view rooms, offering an at home feel to take your mind off the stresses of life.

72nd Annual UOL Convention
All Saints Camp, Emlenton, PA
August 1 - 4, 2019

The 2019 UOL Convention Committee wishes you a very blessed Nativity. As we celebrate Nativity and face the cold winter, this is the perfect time to think about summer.

Let’s imagine it is Saturday, August 3rd, 2019.  You wake up in your lovely room at the Foxburg Inn. Or perhaps you decided to have the full All Saints Camp experience and you wake up in your cabin. It is a sunny warm August Saturday and you have the full realization that you will be able to relax in the company of your fellow UOL members.

The day awaits with wonderful opportunity. Opportunities abound for all.

Perhaps you are interested in participating in a workshop. You typically come to the Convention and enjoy the speakers and workshops offered. There is a place for you at the UOL ASC Convention – you can partake in the workshops schedule that day.

Perhaps you are athletic and want to partake in the multiple sporting events. You join a game of kickball or volleyball. Later that afternoon you decide to take a swim in the pool.

Perhaps you have had a particularly busy work week and need the time to decompress. Sitting in one of the wooden camp chairs around the Dining Hall is a perfect place to relax and replenish enjoying the mountain air.

On Saturday of the UOL Convention you will have the opportunity to live the ASC experience.

Saturday afternoon you will get ready for the UOL Banquet and Ball. The Ball will be formal and held at the Grove City Country Club. The Banquet, a celebration of the achievements of the past year will be similar to past Conventions, including formal dinner with a delicious menu. The Grove City Country Club has a beautiful patio overlooking the golf course. Following the banquet all will get a chance to celebrate and dance the night away.

As you are thinking about the UOL Convention this is the time to start thinking of ways that you can support the Convention planning. This year fundraising for the Convention is taking a different approach. The Convention committee is hoping to have sponsors for activities to help defray the packet price.

Please consider serving as a sponsor for the following items:

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<td>Sunday Brunch</td>
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If you or your chapter are considering sponsoring an event please contact Michael Nakonachny Convention Chairperson.

Interested in learning more about the Convention Hotel, please review the Foxburg Inn description within this article. Book early, as there are a limited number of rooms for those that want the luxuries of a hotel, ask for the UOL rate.

Look forward to seeing you at the 2019 Convention!!
2018 L.S.S.K. Scholarship Recipients
Submitted by Anna Anderson

At the Annual UOL Convention that was held in South Bound Brook, NJ in conjunction with the 100th Anniversary of the UOC of the USA, the Lynn Sawchuk-Sharon Kurzby Memorial Scholarship Committee awarded scholarships to outstanding Junior UOL members whose dedication to the Church and the League went above and beyond the norm.

The scholarship was established in 1975 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. In the last 43 years, the UOL has awarded 150 Scholarships totaling over $180,000.

The Scholarship Committee considers the following criteria when reviewing applicants: being a current or past member of the Junior UOL; enrolled in or about to enroll into a program of advanced education; a record of outstanding performance in the service to the Holy Ukrainian Orthodox Church and the UOL; academic performance in high school; involvement in extracurricular activities and being of high and moral character. This year we awarded scholarships to two deserving young men with scholarships totaling $5,000.

Jeffrey Senediak, of Youngstown, OH, is the son of Mike and Carol Senediak. Jeffrey exemplified the characteristics for consideration for the L.S.S.K. through his high academic accomplishments by holding a 4.0 all the way through high school which included many college advanced courses. This outstanding academic performance earned him the position of Valedictorian of his senior class. He was involved in many school activities including National Honor Society, Spanish Club, Interact, PTA and Health Professions Affinity Community. He was a member of the baseball and basketball teams, as well. He was elected as vice president of his senior class. In his church life, he faithfully served as the president of his church’s Youth Ministry. He served for 8 years as an altar server, attended Church School regularly and was a member of the Junior UOL for 6 years. In that time, he served as treasurer, vice-president and president. As president, he spearheaded different charitable projects including raising money for a local Youth Crisis Center. Jeffrey volunteered his time to bake pies and serve meals at the local food kitchen. His outstanding service to his church and community made him an excellent candidate for the L.S.S.K. scholarship.

Jeffrey is attending Youngstown State University majoring in Mechanical Engineering.

Orest Mahlay, of Parma, OH is the son of Father Deacon Dr. Ihor and Pani Matka Irene Mahlay. Orest was deserving of the L.S.S.K. scholarship by showing great dedication and service to his Church in many ways. He was active as an altar server, Reader, choir member, and Junior UOL member for 8 years where he served as treasurer, vice-president and president arranging meetings and outings for the Juniors. Orest was instrumental in reviving the coffee hour at St. Vladimir’s Cathedral so parishioners could once again enjoy fellowship with one another. Orest helped in the church kitchen, with parish fund raising and with maintenance around the church. He was part of the Ukrainian dance group even serving as a student instructor.

On the National level, Orest attended All Saints Camp each year. He also faithfully served as the president of the Junior UOL National Board for two years. While remaining so very active in parish life, Orest showed exemplary academic excellence at school. With a stellar GPA, he earned high academic honors. Orest played in the school band all through his high school career. Between his academic excellence and exemplary dedication to his Church, Orest was an excellent candidate for the L.S.S.K. Scholarship. Orest attends Georgetown University.
2019 UOL Essay Contest Topics

Pre-K and Kindergarten: Draw a picture of something you like to do with your family.

Grades 1 and 2: One of the Nine Fruits of the Holy Spirit is Compassion. Write 2 to 3 sentences explaining what compassion is and draw a picture of someone showing compassion to someone or someone.

Grades 3 and 4: In Proverbs 1: 6-9 the Bible says, “Hear, my son, your father’s instruction, and forsake not your mother’s teaching...” Write 50 to 100 words explaining what this passage means to you.

Grades 5 and 6: One of the seven acts of Spiritual Mercy is to forgive all who injure us. Write 100 to 150 words on how you were taught to do this and how you continue to follow that teaching.

Grades 7 and 8: In Proverbs 20:11 the Bible says, “Even a child makes himself known by his acts, by whether his conduct is pure and upright.” Write 150 to 200 words on how this relates to this year’s convention theme from Proverbs 22:6: “Train up a child in the way he should go; even when he is old he will not depart from it” and accepting responsibility for one’s actions.

Grades 9 and 10: In John 1:4 the Bible says, “I have no greater joy than to hear that my children are walking in the truth.” Write 200 to 250 words on how this relates to this year’s convention theme: “Train up a child in the way he should go; even when he is old he will not depart from it.” – Proverbs 22:6.

Grades 11 and 12: Please write 250 to 500 words on the following topic. As you look forward into the upcoming years and getting ready for college, do you plan on using what you have learned from your parents and from church teachings in your new environment? How do you plan on staying involved in the church?

Adults 18 and over: Write 500 or more words on the following topic. This year’s convention theme comes from Proverbs 22:6: “Train up a child in the way he should go; even when he is old he will not depart from it.” We have been taught about the Seven Capital Sins and their Opposite Virtues, which are: 1. Pride/Humility 2. Greed/Kindness 3. Lust/Chastity (body and soul) 4. Envy/Charity 5. Gluttony/Liberality 6. Anger/Patience 7. Sloth/Diligence in service and praise of God. In today’s world where pride, love of money and a self-centered universe are the norm, how do we use these virtues as a guideline for training up our children?

CONTEST GUIDELINES AND RULES

1. Entries must be postmarked by April 30, 2019.
2. NO NAMES ON THE FRONT OF ANY ENTRY.
3. All entries must include the following information: (PLEASE USE THE COVER PAGE SUPPLIED)
   a. Participant’s first and last name
   b. Age and grade in school
   c. The name and address of participant’s parish, including city and state
   d. 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. All drawings MUST be mailed.
   e. Written entries must be on 8 ½” x 11” papers. Include a cover page with the identifying information listed above. Entries for 9th grade and above must be typed or printed.

Please do not take pictures of any entries. If you must send a hand printed essay, please mail it or scan it and then email it.

All entries must be submitted in English. ALL ENTRIES WILL BE JUDGED FOR CONTENT, CREATIVITY AND NEATNESS. NO ENTRIES WILL BE ACCEPTED AFTER April 30, 2019

Please send entries to
Teresa Linck: 413 Juniper Lane, Cheshire, CT 06410
Teresa Linck at: linck.essays@gmail.com

Ukrainian Orthodox League’s Annual Drive For
UOL Projects, Lynn Sawchuk–Sharon Kuzbyt Scholarship, and
Metropolitan John Scholarship Funds
Donations to UOL Projects will be used for
*Publication of the UOL BULLETIN
*Supporting the Youth Commission’s activities
*Outreach through the Christian Care-Giving and Missions Commission
*Continuation of the Education Commission projects and services
*Public Relations and other administrative necessities

Donations to the Lynn Sawchuk–Sharon Kuzbyt Scholarship fund will
*Provide Scholarships to current or former Junior UOL members who are leaders in their parishes and communities and committed to their faith
*Nurture the future leaders of our Church
*Foster the UOL’s motto: “Devoted to its Youth”

Donations to the MJSF Scholarship Fund will
*Provide tuition assistance to seminarians at our St. Sophia’s Seminary
*Encourage candidates to the Holy Priesthood
*Provide tuition assistance to our clergy and seminarians for higher education

Please take a moment and use the enclosed envelope to make your donation today!!

(UOL President - continued from page 2)

Your UOL Board will be meeting in Philadelphia this month on the 26th. Please, if you have any ideas or matters that you believe should be brought to the Board’s attention, please contact one of us.

Yours in Christ,
John Holowko

The Ukrainian Orthodox League of the USA
Dedicated to our Church – Devoted to its Youth

Saturday, March 30, 2019
8:30 AM to 5:00 PM

2019 UOL Pan-Orthodox Lenten Retreat

Senior/Junior Retreat Program and Activities
(Ohio/Western Pennsylvania)

Don’t just go to Church, Be the Church!

Why Here, Why Now, Why Me
Looking from the Inside Out, Looking from the Outside In
It’s only a matter of time, Living a Life that Matters

Villa Maria Education and Spirituality Center
2067 Evergreen Road
Villa Maria, PA 16155 Phone: 724-964-8836
(Philadelphia Juniors - continued from page 1)

On the same day, the juniors held the pancake flip, which is a pancake breakfast that is a fun and creative way to raise money for the parish.

Lastly, our parish members are now participating in Philabundance. Philabundance is a non-profit food bank that gives food to less fortunate families in our city. We have asked everyone to donate non-perishable items to our church, which will be delivered to the Philabundance headquarters. As the holidays approach, our parish juniors will continue to be busy with our annual church bazaar, cookie walk, college student care packages and family fun night!

To conclude, our Philly chapter would like to wish you a blessed holiday season filled with peace, love and happiness!

Can You Find the UOL Member?

Can you guess which clown is a UOL member and puts smiles on little children’s faces in hospitals? (answer in President’s article)

Consider Hosting the UOL Convention and Your Chapter Can Fill in the Blank

FILL IN THE BLANK

2019 Convention All Saints Camp
2020 Philadelphia
2021 ______________
2022 Pittsburgh-Carnegie

Your Chapter can host the 2021 UOL Convention!
After a tasty lunch served by UOL members, a session of Stump the Priests was held in the church hall. The three panel priests were Fr. Damick; Fr. Mark Kozak of Assumption of St. Mary, OCA parish in Philadelphia; and Fr. Mina of St. Mary Coptic Orthodox parish in Newark, Delaware. Many thought-provoking questions were asked and the panel gave instructive answers. Fr. Kozak is well known to Ss Peter & Paul members as he served our parish before being assigned to his current church in Philadelphia. It was wonderful to hear Fr. Mina’s contribution to the retreat.

Next came the afternoon conference, Fr. Andrew’s presentation of The Mystery of Worship - Why Go to Church? Humans have a desire to connect. We bear a likeness to what we worship. Idolatry is the chasing of fantasy; worshipping idols makes us similar to idols. Worshiping God makes us similar to God.

For years, worship involved blood, such as the sacrifice of animals. The life of all is in its blood and the giving of blood is for making atonement of the soul. The blood had a sacrifice and became holy by sitting on the altar. It was also sprinkled on people, both Jews and pagans. Christians have the body and blood of Christ.

In the Bible, there was no spontaneous worship. Those who break from our ritualistic worship are just following pop culture. In the sermon, the person presiding over the service entreats all to act like those who came before—the apostles, saints, etc. Mankind was not created to be alone, as when God created Eve to be with Adam. Likewise, we do not worship alone; we worship together.

After each session there was time for questions and answers to clarify the information provided. The day wrapped up with Vespers and travelers’ blessing. All who attended were left with much information to ponder and a renewal of faith!

St. Sophia Seminary UOL Chapter Elects Officers
Submitted by Daria Pishko Komichak

On Sunday, November 11, the seminarians at St Sophia Seminary met with their advisors, Father Vasyl and Pani Dobrodijka Oksana Pasakas and National Board Liaison, Daria Pishko Komichak along with Mickey Komichak to kick off their UOL year. The meeting began with an overview and update especially for the new seminarians so they could learn more about the UOL and be active participants in organizing their first official UOL chapter activities.

Daria and Mickey presented the UOL Promotional CD and then spoke of the activities and responsibilities of individual chapters and members. The seminarians were interested in learning about all of the advisor’s experiences and agreed that they would be willing to be responsible for their chapter’s organization and look forward to involving more of the local community in their activities.

The officers elected were Subdeacon Yurii Bobko, President, Subdeacon Ihor Protosak Vice President, Subdeacon Mykola Zomchak, Treasurer, Oleg Kravchenko, Secretary, Yaroslav Bilohan, Corresponding Secretary and Ivan Vehrnyk, Assistant Treasurer.

The first meeting of the chapter was held on Sunday, December 2 with 12 members in attendance. President Yurii Bobko welcomed the new members who had joined them since the last meeting. After reviewing the agenda, the initial goal was to assign projects to members for the upcoming semester to be researched and reported on at the next meeting.

Those projects included: a CD of Christmas Carols being developed for sale to benefit St Sophia Seminary and its UOL Chapter, Souper Bowl Sunday to be held on Sunday, February 3 to benefit the St Andrew Society, and the “Meet the Seminarians Picnic” to be held on Saturday, May 4, the weekend of the St Thomas Sunday Annual Pilgrimage, among other ideas. The chapter is also planning to attend the UOL’s Lenten Retreat in Bethlehem, PA on April 13.

Since their meeting, their Christmas CD has officially launched and is available for purchase through the UOC of USA bookstore online at https://www.uocofusa.org/stsophia.html

With such a strong start, the chapter is looking forward to a successful year!
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: Steven and Alexis Sawchuk

Tribute: Congratulations to our son, Steven Thomas Sawchuk who was tonsured to the office of Reader in the Orthodox Church by His Grace Metropolitan Antony. Steven has served at the altar of Sts. Peter and Paul in Carnegie for over twenty years. May God grant him the blessing to serve the Church and our parish for many years to come.

Mnohaya Lita!

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

With so much being on-line now on uocofusa.org, Did you know that you could subscribe to news right from the Church website? Scroll to the bottom of Home page.

You will see the subscribe button on the very bottom right hand side of the page-click and fill out your information.

Be in the loop!

What is happening in your Chapter or Parish Community? Tell us about your projects and ideas! Send your pictures! Share information about your events! Please share with us all!

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Ukrainian Orthodox League on Facebook

The UOL Bulletin email to NSufler@aol.com