The UOL Lenten Retreat took place on Saturday, April 13, 2019 at St. Francis Center for Renewal in Bethlehem, PA. For the last several years the UOL has worked with ACRY (American Carpatho-Russian Youth) in hosting the retreat. The retreat was a huge success with one hundred and twenty-seven participants. The event is truly a Pan-Orthodox Retreat. This year for the first time retreat participants had the opportunity to start the day with Divine Liturgy early in the morning. Fr. Anthony Perkins celebrated Divine Liturgy.

Following Divine Liturgy and morning prayers retreat participants gathered in the Retreat Center dining hall for breakfast. It has been wonderful that we have created a wonderful community of retreat participants, with individuals getting to know each other at the retreat. For some it is our annual time to cross paths and it is nice to catch up and to see familiar faces. The retreat this year was symbolic of this theme as we focused on the Ladder of Divine Ascent and our spiritual journeys.

This year we were blessed with a beautiful spring day. After a cold and wet week it was great to walk around the beautiful retreat center grounds. His Eminence Metropolitan Gregory and Fr. Anthony Perkins were our primary speakers and they were inspirational. They spoke eloquently on the retreat theme: "Focusing on the Ladder of Divine Ascent and Our Spiritual Journey One Step at a Time."

Fr. Anthony started with an introduction to the Ladder of Divine Ascent and also provided wonderful articles for the retreat participants to enjoy. At the end of the day several individuals requested additional folders with the articles.

Each year the retreat center provides wonderful meals that are delicious. This year was no exception with a delicious meal available for everyone. Our hosts the sisters at the St. Francis Retreat Center have been kind and wonderful hosts as we have grown in size.

(continued on page 4)
MESSAGE FROM THE SENIOR UOL PRESIDENT

John Holowko

Glory to Jesus Christ! Slava Isusu Khrystu!

Camping season is upon us. I hope you and your Parishes are sending your children to All Saints Camp (ASC), even if it is just for a week. Wanting and needing to get away as a family is wonderful, needed, as well as a challenge for all with many things to balance. As I have often said, I believe ASC is one of our jewels that can offer your children so much for a small investment. It is minor in costs, as compared to sports or other camps. I hope Parish Boards, not just families, ask if their children can go and even help with the investment. Again, it is an investment in your Parish children, and should our Boards not be focused on our children? “Train up a child in the way he should go: and when he is old, he will not depart from it,” Proverbs 22:6, yes, this year’s Convention Theme.

Our Convention is less than two months away at ASC—please read our articles about it. June 15th is the cutoff date for your significant savings. We will continue to work hard for us to unite as one family and to walk away feeling better than before we arrived, seniors and juniors. Our Keynote topic will focus on the topic of prayer, in a real and practical manner, given the world we live in today. We hope to bring all of you further spiritual growth and time to enjoy the beautiful setting and all the activities the Camp has to offer. Whether it be the entire Convention or just the weekend, please come, if for no other reason than to introduce your children to the camp or simply to come to understand why so many people love the serenity that All Saints Camp brings to them. Between the speakers, planned meals, making new bridges and the activities, we hope you truly find the Convention fulfilling— you can register online at https://uolofusa.org/convention.html.

This article will be my last, as my term is ending, and perhaps my shortest. I want to thank all of you for the last three years, truly, all kidding aside. The UOL is not meant to be some administrative body or some insular clique, rather a ministry to help our children, people with true needs (known or not known) and our Church. I had a conversation recently with a certain clergy member who was thinking of facilitating the closing of a chapter, it very much troubled me. Clearly, our goals of our ministry were not being achieved—would you intentionally close a choir because of the quality of the combined voices heard? Or should you work on it together to achieve the goals of the League—people are flawed (especially me) we need help—like a good choir director to produce the harmony those voices are capable of. The League has provided me with an opportunity to remind myself of what is truly important and the greatest gift we can provide our children, our Faith. Thank you.

Also, thank you to the Board members that have served with me whether it be your dedication or your patience with me. Lastly, thank you to CANE. I know some of you did not understand when I took this additional role on. I hope in time, all of you do. I love you more than you will ever know.

From the band, The Alternate Routes and the song “Nothing More.”

To be humble, to be kind
It is a giving of the peace in your mind
To a stranger, to a friend
To give in such a way that has no end
We are love, we are one
We are how we treat each other when the day is done.

Yours in Christ,
John Holowko
MESSAGE
FROM THE JUNIOR
UOL PRESIDENT
Alexis Naumenko

Слава Ісусу Христу!
Glory to Jesus Christ!

It is hard to believe that the dream of having the UOL Convention at All Saints Camp will be coming true in a few short months. Within this issue of the UOL Bulletin you can find registration forms for the Convention. You can also obtain copies of registration forms on the UOL webpage or email Michael Nakonachny, Convention Chairperson to obtain forms.

Registration is due by June 15, 2019 to not incur late fines, so be sure to submit your registration as soon as possible. There are special registration packets for families so be sure to bring the entire family to the Convention.

As part of your registration, please indicate if you would like to stay at the camp. Camp accommodations are available for the very low price of $50 for the entire Convention Session and $30 if staying for the weekend only. All of the details about registration are described on the registration forms (page 2 of the UOL Bulletin).

Remember to make your reservations at the Foxburg Inn if you plan to stay there.

Within this Bulletin you also have information about yearbook ads. The deadline for ads is June 10, 2019. There is still a short amount of time available to include your ad in the UOL Convention Yearbook.

As you know the Convention Committee is planning a Basket Raffle. We hope that you will consider donating a basket to be raffled at the Convention.

Be sure to attend the 72nd UOL Convention - the first UOL Convention hosted at All Saints Camp!
In the afternoon His Eminence Metropolitan Gregory spoke with such energy and zeal that many individuals forgot about the time and missed their break time.

Retreat participants were thrilled that Metropolitan Antony was able to attend the retreat.

Our Juniors had the opportunity to participate in the larger retreat program and also had smaller breakout sessions where they learned to make prayer bracelets and also enjoyed a “chapter challenge” trivia round with our seminarians.

Fr. Matthew Stagon and Fr. William Bennett led the children’s program and spoke on the topic: “All Strings Detached: Freeing our Hands and Feet to Climb.”

In the afternoon we had smaller breakout sessions for the retreat participants. Some individuals participated in a Question and Answer session with Metropolitan Gregory where individuals had the chance to ask any questions that they had. We also had smaller discussion groups led by Fr. Anthony Perkins and Fr. Taras Naumenko.

The entire group joined in the chapel for Vespers. Following Vespers we enjoyed dinner together. It was a wonderful spiritually renewing day for everyone.

If you have never been to a UOL Retreat we encourage you to attend. The next Bethlehem retreat is scheduled for April 4, 2020.
St Nicholas UOC Troy, NY welcomed all to our Pan Orthodox retreat on April 6, 2019. Our theme was “Take up your Cross and Follow me” - - How to serve others.

Father Phillip Hernandez started the day with morning prayers and Father Vasyl Dovgan, Pastor of the church, had a warm welcome to all during this lenten season and encouraged us to open our hearts to serving others and enjoying the day with our wonderful speakers.

Chaplain Jay Klein spoke first. He currently works at Albany Medical Center and discussed the needs of patients at the hospital. We forget that our listening skills are more important than checking the box of proper questions asked and answered. He talked about realizing we all have much more going on underneath the surface that can’t be seen so remembering this should keep us humble.

Brother Christopher Savage is a Monk at New Skete in Cambridge NY. He spoke of communion and confession and the importance of both but not letting the fact you didn’t go to confession stop you from partaking in the body of Christ. When we have the bread and blood of Christ it fills us to help serve others.

Father Victor Wronskyj from our Ss. Peter and Paul UOC, West Islip NY Mission Church spoke on carrying your cross. God didn’t promise we would not have difficult times but that He would be with us through them and we could find strength in him. Turning to scripture will help us through our difficult times.

Father Matthew Markewich from Christ the Savior Orthodox Church in Ballston Lake, NY spoke on growing our connection with God through prayer. Father Matthew gave concrete rules that we can use to build our prayer life.

He suggested that we set aside specific times to pray, to be consistent and to make prayer a daily habit. Pray as if you never prayed before (don’t pray based on the past or future). When you get distracted start again.

Participants came from all over the local capital region, New Jersey, Pennsylvania and Rhode Island.

Some of our key takeaways were:

- Meet people where they are without judgement.
- Let God help us be of service by being quiet and letting Him provide guidance to work through us to achieve the outcome He desires which will be much more beneficial than anything we come up with.
- Pray, pray, pray and pray again for your family, for strangers, for your enemies to bring you closer to God.

Father Vasyl Dovgan thanked all for attending and he greatly appreciated all who came from near and far to participate.
Once again it has been a whirlwind year in Carnegie! We started the new year by adding a few members to our roster, including our new Spiritual Advisor, Father John Charest and his wife, Matushka Laryssa. We have enjoyed getting to know all of our new members and appreciate the enthusiasm that they all bring to our group!

As with most of the chapters in the UOL, we have many staples that we do from year to year. This year, we once again co-hosted the Fall Ukrainian Food Festival with our Kitchen Workers. At the 115th Anniversary Dinner, we presented several students Educational Scholarships. Then it was on to hosting the annual Thanksgiving Dinner which serves not only our parish members, but the public. To add a little more fun to the mix, we held our annual Pie Contest the Sunday before Thanksgiving. This is a relatively new event in our repertoire, but it has become widely anticipated! Members love showing off their pie making skills and the judges love tasting all of the different types of pies. Winners receive bragging rights for the next 12 months and a fun gag gift.

Throughout the year, we also hosted our $5.00 Lunches. These are fun lunches that not only feed our parishioners, but the proceeds benefit a different charity each year. This year, our recipient was FOCUS of Pittsburgh. It was a humbling experience to visit FOCUS and to see what good works they provide to those in need.

This Winter, right after Christmas, we began preparing for our 52nd Annual Pysanky Sale. Egg making sessions were held weekly after church on Sundays, either in the hall or at one of our houses. Another activity that has developed from our Pysanky Sale is our renowned Pysanky Workshops. Every year we have more and more people attending them, either at our hall or in libraries in Pittsburgh area communities.

This year, we have added a new program, the Seminarians Plus Club, to our chapter. Several times throughout the year, we send care packages to our Seminarians, such as a Movie Night Tote filled with DVD's, candy, popcorn, and snacks. We also send cards and small goodies to our college students and members who are serving in our Military. As an added bonus, we have invited individuals and families to "adopt" individual Seminarians. I'm happy to say that all of our Seminarians have an "adopted" family who enjoy the opportunity to send them a little love and brighten their day!

As the UOL calendar year winds down, and we prepare for the Convention at All Saints Camp, we continue to look for ways to help our church and our community.

Would you like us to visit in 2021? Prior to our summer months, talk amongst your chapter members—can you host a convention? It is much work—but so rewarding in so many ways for the parish family! You will get the help you need. Interested? Ask questions! Make a bid at this year’s convention! Convention 2021?

Years ago, everyone wanted to be on the UOL Board. If you believe the UOL is important and you want to help or make changes, we ask you to consider coming to the Convention and running for a position. People engaged for the right reasons can change things, make things better and inspire people. When you are at that Convention fill out that nominee form. We want and need ideas!
Greetings! Recently, the Philadelphia Jr. UOL chapter has been very busy. For the past couple weeks, we have held a charitable drive for the orphanages in Ukraine. We collected art supplies such as crayons, markers, etc. Also, the juniors held their annual lock-in in the church hall. At the lock-in, the juniors played chapter challenge, went to Sky Zone trampoline park, participated in Cupcake Wars and much more.

Palm Sunday is always a busy day at St. Vladimir’s. This year, the juniors hosted the annual Salad Fest and Easter Egg hunt for the younger children in our church. Lastly, the Juniors made Easter baskets for the shut-ins of our parish.

We hope to see you all at the 2019 Convention at All Saints Camp.

On Bright Saturday afternoon of 2019 during the annual St. Thomas Sunday Weekend everyone had a chance to join the seminarians of the Church for a picnic at the Seminary. The picnic was organized and sponsored by the seminary chapter of UOL, with the blessing of our Archpastors Metropolitan Anthony and Archbishop Daniel.

The friends and guests of the seminary had a wonderful opportunity to enjoy hamburgers and hot dogs grilled by the seminarians and tour St. Sophia Ukrainian Orthodox Theological Seminary. Both Hierarchs, Metropolitan Antony and Bishop Daniel, joined the picnic in order to learn about the culinary skills of the seminarians and taste delicious food. The event was held in a warm, friendly atmosphere of Paschal joy. Everyone shared an unforgettable experience of the celebration of the Resurrection of Christ.

The picnic was concluded by the Great Vesper in the Three Hierarchs Seminary Chapel served by Father Vasyl Shak. The evening worship was accompanied by seminarians. The verses of Easter were performed particularly solemnly by the seminary choir. The seminary event was completed with the words of prayer and gratitude. Seminarians of the St. Sophia Seminary express sincere gratitude to all the friends and guests of this event, who came to visit and were present at the seminary picnic.
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
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Patricia Walton | In gratitude for the blessing of Father Vasyl Dovgan, PM Ilona, Solomia and David.
Donald Zyry | In memory of Fr. Bazyl Zawierucha and Fr. John Harvey, two extraordinary people, who are greatly missed. Memory Eternal! Vichnaya Pamyat!

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

Basket Raffle at UOL Convention
Submitted by Patricia Walton, Corresponding Secretary UOL

The 72nd UOL convention is fast approaching. This year it will be at All Saints Camp in Emlenton, PA on August 1-4, 2019. We will have our traditional basket raffle and humbly ask each chapter to please contribute a basket for the raffle.

The baskets can be any theme at all. Wine, movie night, game night, products from your hometown, beer lovers, cheese and crackers, chocolate lovers, scratch off lottery tickets or school supplies, etc. Please let me know your plans to participate so I can prepare how much space we will need.

This year’s convention is hosted by the National UOL board so we don’t have a Parish host. If each chapter could host a fundraiser that is specifically for the camp convention that would help the convention immensely. Whether it is $100 or $500 your donation makes a big difference.

We appreciate your participation. If you have any questions please feel free to reach out to me. Thank you so much for your help. See you by the bonfire at our Camp convention!!