The 72nd Annual UOL Convention began on Thursday, August 1, at All Saints Camp in Emlenton, PA. The Junior Executive Board held a meeting prior to the beginning of sessions to discuss what would occur over the next few days of convention. This Junior Convention we decided to continue modifying the sessions in order to drive a more focused aspect of committees as well as to encourage fellowship among the delegates. Chapter Challenge continued as an annual Junior activity. We also held a few icebreaker games (team building games) in order to make everyone feel comfortable. These activities helped the Juniors grow closer together, as well as break up the business sessions.

The National Executive Board reported on the activities held in the previous year, such as: Great Lent Giveaway, which is an annual fundraiser that benefits various charitable organizations. This fundraiser is held annually during the Great Lent. The organization that benefited in 2019 was Heifer International, a charitable organization that works to end hunger and poverty around the world by providing livestock and training to struggling communities.

Another important project that the Junior UOL National Executive Board worked on and will continue to work on is reaching out to parishes in order to promote the Junior UOL and to encourage activities on the local level. Furthermore, the Junior sessions this year became more focused on giving the Executive Board new ideas for the upcoming year.

Our first committee focused on Local Chapter Programming. This committee discussed different ideas and activities that chapters could build upon during the course of the year. The committee made a list of activities and fundraisers that chapters can implement during the year, no matter what size the chapter is.

Our second committee addressed Christian Caregiving. This committee was responsible for developing ideas for the National Junior UOL Board regarding Great Lent Giveaway. Being that this is the Jr. UOL’s biggest project, the National Executive Board felt it was important to obtain feedback from the delegates of the convention when selecting a charitable organization for the upcoming Great Lent Giveaway. This committee recommended the following focus areas: refugee assistance program through International Orthodox Christian Charities and aid for college mission trips. Both of the committees presented their reports to the entire Convention body.

During the closing sessions of the Convention, the Junior UOL elected new officers to serve during the 2019-2020 year. The new Jr. UOL National Board is comprised of the following individuals:

- Alexis Naumenko - President, Philadelphia, PA
- Maddie Zetick - Vice President, Philadelphia, PA
- Hrystyna Petrylo - Treasurer, Pittsburgh, PA
- Natalie Hrytsay - Recording/Corresponding Secretary, Philadelphia, PA
- Rachel Harendza - Financial Secretary, Scranton, PA

Junior Committee reports are published in this Bulletin.

Junior UOL Convention - All Saints Camp - Emlenton, PA
Submitted by President Alexis Naumenko
Junior UOL Chapter Achievement Award 2019

St. Vladimir, Philadelphia, PA

The 2018-2019 Junior UOL Chapter Achievement Award was awarded to St. Vladimir, Philadelphia, PA. This chapter has continuously participated and assisted in many parish activities during the past year and has become a key aspect of the parish life.

The Philadelphia Junior chapter has twenty four (24) members and all juniors participate in church school. Ten members participate in the choir and twelve are altar servers. The chapter sponsors convention registration and for 2018 sponsored nine delegates to the UOL Convention.

The chapter made significant donations including $200 each to Souper Bowl Sunday and Great Lent Giveaway (Heifer International). In addition to these donations they donated food items to Philabundance, a local food bank, and prepared paschal baskets for shut-ins.

They plan and sponsor several Junior UOL events in the parish including a cookie walk, pancake breakfasts and Salad Fest. Additionally they assist with all parish events including assisting with parish dinners, and working at the Christmas Bazaar.

The Junior UOL members work closely with the younger children in the parish. They include them in social events and also sponsor activities specifically for the younger children including a Fall Festival (where children play games and dress in costume) and an egg hunt in the spring.

The juniors participate in regional activities. Six juniors attended the UOL Retreat, four assisted with St. Thomas Sunday parking and three attended Christmas at the Seminary.

The chapter has sponsored a Lock-in for the last few years and this year all 24 members attended the Lock-in.

Spiritual Advisor, Fr. Taras Naumenko, wrote “St Vladimir Junior UOL Chapter remains active with a focus on caregiving and fellowship. The older Junior UOL members are now focusing on transitioning and introducing the 10 to 12 year old children to the chapter and including them in various activities as to ensure continuity in years to come. I am very proud of our parish youth who have truly become close friends, support one another and the younger youth of our parish as well as support all parish events.”

Congratulations to the Philadelphia Junior UOL Chapter!

Meet all of the members of the St. Vladimir Junior Chapter at the 2020 Convention in Philadelphia!

Glory to Jesus Christ! Слава Ісусу Христу!
Ten reasons to come to Philadelphia for the 2020 UOL Convention!

- Reason #1 – It has been nine years since the last UOL Convention in Philadelphia. Our chapter had been on the 10 year Convention hosting plan, with Conventions in Philadelphia in 1991, 2001 and 2011. We were thinking about 2021 but our Juniors strongly requested that we consider hosting in 2020. So we are a year early in hosting in 2020.

- Reason #2 - We have a strong Junior UOL and the Juniors are active in planning. The Juniors have wonderful ideas and they keep us all young – so this Convention will be filled with fun events.

- Reason #3 – We are starting our Convention on Wednesday evening so we will have plenty of time to enjoy each other’s company and to enjoy the wonderful greater Philadelphia area.

- Reason #4 – Thursday evening we are planning an American Band Stand night filled with Philadelphia treats! We are planning this evening in the parish hall with wonderful American Band Stand decorations.

- Reason #5 – Friday night we will be gathering at Tryzub, a Ukrainian Sports ground. The picnic grounds have an indoor area and beautiful grounds where we will enjoy a night of games and music.

- Reason #6 – For the Convention we will be staying at the Crowne Plaza Hotel in King of Prussia

- Reason #7- If you haven’t attended a Convention in a while, Philadelphia is easily accessible.

- Reason #8- Our Banquet and Ball will be at the hotel and we have already reserved the Band.

- Reason #9- Divine Liturgy on Sunday will be in our large air-conditioned Cathedral. It is July in Philadelphia so air-conditioning is a plus!

- Reason #10- In preparation for the Convention our parish has completed many renovations. Our parish is newly painted, the bathrooms were refinished, our mosaics outside have been repaired. We are ready for our guests and our Cathedral is ready for your arrival.

We look forward to everyone joining us for the UOL Convention. Mark your calendar and save the dates for the 2020 Convention!

MESSAGE
FROM THE JUNIOR
UOL PRESIDENT

Alexis Naumenko

Слава Исусу Христу! Glory to Jesus Christ!

“I planted the seed, Apollo watered it, but God has been making it grow. So neither the one who plants nor the one who waters is anything, but only God, who makes things grow. The one who plants and the one who waters have one purpose, and they will each be rewarded according to their own labor.”

1 Corinthians 3:6-8

The new church year is in full swing and that usually means that UOL chapters are well under way with their projects. This is also the time when chapters are working on attracting new members as some teens have embarked on their new journey, the college life. When working on recruiting new members, one should treat them as the seeds and with proper care, love and prayer, God will make these seeds grow into strong flowers.

If your chapter did not reconvene in the new church year, it is not too late. All you need is a handful of teens who can dedicate some time with projects and events. It is also important to note that preteens are a great asset to any UOL chapter as they like to be involved and engaged, and with proper guidance they will become active UOL chapter members in no time. So plant those seeds and watch them grow.

So how do we grow?! I think it is important to remember that whether you are a community of 200 or of 20, size does not matter, it is the engagement and the feeling of belonging that draws us closer. Participation will not drive engagement, engagement will drive participation.

As a Jr. UOL Chapter President at St. Vladimir Cathedral in Philadelphia, I feel that the events that are held for the youth is what keeps our chapter active and our youth engaged. For the past few years, we promote and encourage participation in the chapter projects from the age of 11 with hope that it will engage the kids early on. We work on various projects and events, both charitable and fun. I would like to share with you some ideas that worked for our parish chapter and hope that these ideas will work for your chapter as well.

MESSAGE
FROM THE JUNIOR
UOL PRESIDENT

Alexis Naumenko

President National Jr. UOL

IDEAS FOR CHAPTER ACTIVITIES

- Fall Fest: pumpkin patch, arts & crafts for parish youth
- Thanksgiving food drive
- Volunteer at a soup kitchen or a food bank
- Thanksgiving charitable luncheon/dinner
- Decorate church/parish tree for Christmas
- Christmas cookie walk
- Christmas caroling to parish
- Make care packages for parish’s college students
- Winter family fun night (games or city outing)
- SOUPer Bowl Sunday
- Bring a friend to church day
- Sunday of Orthodoxy procession with icons
- Attend local UOL Lenten retreat
- Great Lenten Giveaway
- Lazarus Saturday church clean-up
- Make palm crosses
- Palm Sunday salad fest
- Egg hunt for parish youth
- Prepare and deliver Pascha baskets to parish shut-ins
- And much more…. 

The support of your parish, advisors, and clergy are essential for your chapter’s success. As a President of the National Jr. UOL, I am also here to help! If you need ideas or suggestions or would like to request a visit, please contact me at alexisnaumenko20@gmail.com.

Respectfully submitted,
Alexis Naumenko
President National Jr. UOL

The 2020 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 so 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
During the business sessions of this past convention, the Juniors formed 2 committees - their reports follow. We would like to thank all the Juniors that participated in these two committees - Chapter Programming and Christian Caregiving. As the new Junior NEB, we will do our best to work on these recommendations and achieve these goals, as well as others. By the time this has printed, we will have already had our first, in person, meeting, and several telephone meetings - we are hard at work-even planning for the SOBOR as we try and advance our cause to Clergy and Delegates as to why they, if not already, should have a Junior UOL Chapter. Local Chapters please review the recommendations. All of us from the Junior NEB wish you a successful upcoming year in all your efforts.

Junior UOL Convention - Local Chapter Programming
Convention Report 2019

Technology
Website (UOL website)
- add to the Junior tab
- add coloring pages to help kids learn about Orthodox passages/ Saints post videos of interviews from Juniors about what they like about Convention to get more Juniors to come

App
- Make a Junior version of the Orthodox Life app

Parishes
- Find a better way to communicate and relate with clergy
- Send flyers on what is going on with other parishes
- Have all the Orthodox churches in the area get together for different events such as lock ins, Easter egg hunt, etc.

Inside the church
- Have a “baby room” for babies/ young kids
- Have kids come up to the choir
- Before Communion have all the kids in the parish sing a song that they have learned during Sunday School
- Have uniform books so people can sing along

(Continued on page 6)

The Education Commission of the UOL will be featuring articles that focus on prayer. Saint Theophan the Recluse - Homily 2

Mental Prayer
Previously I showed you... how to pray in a way which corresponds to the meaning of the prayers. But this is only the beginning of the art (science) of prayer and it is necessary to go further. Consider the study of language, for example. First one studies words and phrases from books. But this is not sufficient, one must go further, and truly reach the point where he can correctly form phrases in the given language without the aid of the textbook. It is the same in the work of prayer.

First Fellow Prayer Rule with Prayer Books
We get used to praying with prayer books, praying using prepared prayers given to us by the Lord and the Holy Fathers who were successful in prayer. But we should not stop at that, we need to continue on, and having accustomed ourselves to making petition to God for help with our minds and hearts, we must attempt to ascend to Him.

We must strive to reach the point where our soul by itself begins speaking, so to speak, in a prayerful conversation with God and by itself, ascends to Him and opens itself to Him and confesses what is in it and what it desires.

The soul must be taught how to ascend to God and open itself to Him. I will briefly instruct you how one should proceed in order to succeed in this art.

The skill of praying with piety, attention, and feeling according to a prayer book itself leads to this higher level. In the same way that water flows out of a bowl that is overfilled, so the soul which is filled with holy feelings by prayer begins by itself to spill out its prayer to God. But when pursuing this goal, there are particular steps which each person on this path must take.

Why is it, you ask, that one can pray for so many years with a prayer book, and still not have prayer in his heart? I think the reason is that people only spend a little time lifting themselves up to God when they complete their prayer rule, and in other times, they do not remember God. For example, they finish their morning prayers, and think that their relation to God is fulfilled by them; then the whole day passes in work, and such a person does not attend to God. Then in the evening, the thought returns to him that he must quickly stand at prayer and complete his evening rule.

Next Steps
In this case, it happens that even if the Lord grants a person spiritual feelings at the time of the morning prayer, the bustle and business of the day drowns them out. As a result, it happens that one does not often feel like praying, and cannot get control of himself even to soften his heart a little bit. In such an atmosphere, prayer develops and ripens poorly. This problem (is it not ubiquitous?) needs to be corrected, that is, one must ensure that the soul does not only make petition to God when standing in prayer, but during the whole day, as much as possible, one must unceasingly ascend to Him and remain with Him.

First Step: Cry Out to God More Often
In order to begin this task, one must first, during the course of the day, cry out to God more often, even if only with a few words, according to need and the work of the day.

Beginning anything, for example, say "Bless, O Lord!" When you finish something, say, "Glory to Thee, O Lord", and not only with your lips, but with feeling in your heart.

If passions arise, say, "Save me, O Lord, I am perishing." If the darkness of disturbing thoughts comes up, cry out: "Lead my soul out of prison." If dishonest deeds present themselves and sin leads you to them, pray, "Set me, O Lord, in the way," or "do not give up my feet to stumbling."

If sin takes hold of you and leads you to despair, cry out with the voice of the publican, "God, be merciful to me, a sinner." Do this in every circumstance, or simply say often, "Lord, have mercy," "Most Holy Theotokos save us," "Holy Angel, my guardian, protect me," or other such words.

Say such prayers as often as possible, always making the effort for them to come from your heart, as if squeezed out of it. When we do this, we will frequently ascend to God in our hearts, making frequent petitions and prayers. Such increased frequency will bring about the habit of mental conversation with God.

Second Step: Ascribe Everything to the Glory of God
But in order for the soul to begin crying out in this way, one must first teach the soul to ascribe everything to the glory of God, all of its works, whether great and small. This is the second way of teaching the soul to turn to God more often during the day, for if we apply ourselves to fulfill the apostolic commandment, that is, do all things for the glory of God, even "if we eat or drink" (1 Cor 10:31), then we will ceaselessly remember God in all that we do. Our remembrance of God will be accomplished not
2019 Essay Contest Winners

Congratulations to all of our UOL Essay Contest Winners!

Pre-K and Kindergarten
First Place Mia DeBias, St. Demetrius, Carteret, NJ
Second Place Katherine Koroluk, Sts. Peter and Paul, Palos Park, IL
Third Place Peter Cenusa, St. Sophia, Bayonne, NJ

Honorable Mention
Katherine Gosha, Sts. Peter and Paul, Palos Park, IL
Victoria Machnikowska, Sts. Peter and Paul, Palos Park, IL
Lila Pacowelski, St. Vladimir, Philadelphia, PA
Oliver Pacowelski, St. Vladimir, Philadelphia, PA
Joseph Rimedio, Sts. Peter and Paul, Youngstown, OH
Sophia Yakimischak, Sts. Peter and Paul, Palos Park, IL

Grades 1 and 2
First Place Irinia Nina Schreta, St. Sophia, Bayonne, NJ
Second Place Zachary Radio, Sts. Peter and Paul, Lyndora, PA
Third Place Lily Hatala, St. John the Baptist, Johnson City, NY

Honorable Mention
Evelyn Chorny, Sts. Peter and Paul, Palos Park, IL
Sofia Garmanli, Sts. Peter and Paul, Palos Park, IL
Melanie Mitchell, Sts. Peter and Paul, Palos Park, IL
Zoryana Petroff, St. Nicholas, Troy, NY
Sophia Synyevsky, St. John, Johnson City, NY
Adrian Udivenko, St. Vladimir, Philadelphia, PA

Grades 3 and 4
First Place Molly DeBias, St. Demetrius, Carteret, NJ
Second Place Alexandra Sabin, St. Sophia, Bayonne, NJ
Third Place Yuriy Vartsaba, St. Vladimir, Philadelphia, PA

Honorable Mention
Paul Calin Cenusa, St. Sophia, Bayonne, NJ
Adrianna Peters, St. Vladimir, Pittsburgh, PA
Erika Tiucu, St. Sophia, Bayonne, NJ
Stephanie Tiucu, St. Sophia, Bayonne NJ
Brandon Whnley, St. John the Baptist, Johnson City, NY

Grades 5 and 6
First Place Mia Zelick, St. Vladimir, Philadelphia, PA
Second Place Daryna Malyy, Sts. Peter and Paul, Palos Park, IL
Third Place Daria Moroz, St. John the Baptist, Johnson City, NY

Honorable Mention
Max Hatala, St. John the Baptist, Johnson City, NY
Karina Udivenko, St. Vladimir, Philadelphia, PA
Gabriel Yordy, St. Vladimir, Philadelphia, PA

Grades 7 and 8
First Place Julian Naumenko, St. Vladimir, Philadelphia, PA
Second Place Anthony Sendeha, Sts. Peter and Paul, Palos Park, IL
Third Place Sofia Moroz, St. John the Baptist, Johnson City, NY

Honorable Mention
Kayla Meenan, St. Vladimir, Philadelphia, PA
Ryan Supilowski, Sts. Peter and Paul, Palos Park, IL

Grades 9 and 10
First Place Justin Ost, Assumption of Virgin Mary, Northampton, PA
Second Place Natalie Hrytsay, St. Vladimir, Philadelphia, PA
Third Place Clarissa Sabin, St. Sophia, Bayonne, NJ

Grades 11 and 12
First Place Pavlog Pawluk, Sts. Peter and Paul, Lyndora, PA
Second Place Anna Swindle, Holy Virgin, Arnold, PA
Third Place Sabrina Ost, Assumption of Virgin Mary, Northampton, PA

Over 18
First Place Victoria Swindle, Holy Virgin, Arnold, PA
Second Place Annie Moroz, Sts. Peter and Paul, Wilmington, DE

Congratulations to all of the winners!
simply, but with care, so that in no case we would act wrongly and offend 
God by any deed.

This will help us to turn to God with fear, prayerfully asking for help and 
understanding. Since we are almost always doing something, we will al-
ways be turning to God in prayer. Consequently, the art of raising up the 
heart in unceasing prayer to God will develop within our souls.

In order for the soul to do all things as they should be done, that is to the 
glory of God, one must prepare from the early morning, from the very 
beginning of the day, before "a man goes forth unto his work, and unto his 
labors until evening" (Psalm 103(104):23).

Third Step: Contemplation of God
This inclination leads to the contemplation of God, and this the third way 
of teaching the soul to turn frequently to God. Contemplation of God is the 
pious reflection on divine properties and actions, and about our neces-
Sary response to them. It means to reflect on God's goodness, righteous-
ness, judgment, wisdom, omnipotence, omnipresence, knowledge of all things, 
about creation and industry, about the working of Salvation in our Lord Jesus 
Christ, about grace and the word of God, about the holy mysteries and 
about the Kingdom of Heaven. If you start to reflect on any one of 
these things, your soul will immediately be filled with pious feeling to-
ward God.

Consider, for example, the goodness of God, and you will see that you are 
surrounded by God's mercies, both physical and spiritual, and that you 
would have to be a stone not to fall down before God pouring out feelings 
of thanksgiving.

Consider the omnipresence of God, and you will understand that you are 
ever before God, and God is before you, and thus you cannot avoid be-
ing filled with pious fear.

Consider the knowledge God has of all things, and you will realize, that 
nothing inside of you is hidden from the eye of God, and will set yourself 
to be strictly attentive to the movements of your heart and mind, in order 
not to offend the all-seeing God in any way.

Consider the righteousness of God, and you will believe that not one evil 
deed remains unpunished. As a result you will firmly set yourself to clean-
sing all of your sins in a heartfelt way before God with brokenness and 
repentance.

Thus, whatever property or action of God on which you reflect, that re-
fection will fill your soul with pious feelings and inclinations towards God.
It will align all of your human substance towards God, and it is there-
fore the most direct means of teaching the soul to ascend to God.

The most useful and comfortable time for this is morning, when the soul is 
not yet burdened with many worries and work issues. Specifically, the 
best time is after morning prayers. Finish your prayers, sit down, and with 
thoughts cleansed by prayer, begin to think now about one divine aspect, 
and tomorrow about another, and incline your soul to this aspect. "Come", 
says St. Dimitri of Rostov, "come, holy contemplation of God, and let us 
immerse ourselves in contemplation of the great works of God," and he 
passed mentally through the works of providence and creation, or the 
miracles of our Lord and Savior, or His sufferings, or something else, and 
warmed up his heart, and began to pour out his soul in prayer. Everyone 
Can do the same. The work is small; one only needs desire and resolve, but 
the fruits are many.

Summary
Three means to teach the soul to ascend prayerfully to God other than the 
prayer rule:
1. Dedicate some time in the morning to the contemplation of God;
2. Turn every action to the glory of God, and
3. Often turn to God with short prayers.

A regular contemplation of God goes well in the morning, it leaves a deep 
inclination toward thinking about God.

Thinking about God makes the soul carefully order all of its actions, inte-
rior and exterior, and turn them to the glory of God. At the same time, this 
sets up a state in the soul that it often will be moved by prayerful cries to 
God.

These three: contemplation of God, doing all to the glory of God, and fre-
quent short prayers are the most active weapons of mental prayer and 
prayer of the heart. Each of them raises the soul to God. He who decides to 
practice these quickly attains the habit of ascending to God in his heart.

The labor put into these leads to the heights. The higher one ascends on a 
mountain, the freer and easier he breathes. Thus it is also here: the more 
one does these exercises, the higher his soul ascends, and the higher the 
soul ascends, the more freely prayer can act in it.

Our soul by nature is the abode of the higher divine world. Our soul 
should always be in this world by thoughts and feelings of the heart. But 
the baggage of worldly thoughts and passions leads and pulls the soul 
down.

These methods separate the soul little by little from the earth, and then 
completely pull it away. When they have completely pulled the soul from 
the earth, then the soul lives in its own region, and will happily live on 
high.

Here in heart and mind, and later in actual substance it will be vouchsafed 
to be before the face of God in the choirs of the angels and the saints. 
May God grant this to all of you through his grace. Amen.
Meet the Junior UOL National Executive Board

It is truly an honor to have been re-elected as the President of the Jr. National Board for the second year. For those that may not know me, my name is Alexis Naumenko and I am the eldest child of Fr. Taras and PM Laura Naumenko. I also have a younger brother, Julian. We currently live in the Philadelphia area. My home parish is St. Vladimir Ukrainian Orthodox Cathedral in Philadelphia, PA.

This year I am a senior at St. Basil Academy in Jenkintown, Pennsylvania. I play lacrosse for my school and participate in numerous clubs and activities. In my free time I enjoy spending time with my friends, baking, volunteering and skiing.

In the summer, my favorite thing to do is go to All Saints Camp (“ASC”) and participate in our camping ministries. I have attended ASC since the age of 5 and have continued through out Mommy and Me/Daddy and Me, DCSC, and Teenage Conference. I was very happy that the 2019 UOL Convention was held at ASC as it created a unique opportunity to introduce our camp to those who have never visited it before.

I look forward to working with the newly elected National Executive Board. As a reminder, the Ukrainian Orthodox League is a vital organ of the Ukrainian Orthodox Church of the U.S.A. The specific purpose of the Junior League is to aid the Ukrainian Orthodox League of the U.S.A. to further its aims and purposes among the youth of the Ukrainian Orthodox Church promoting in every possible the growth of our Church and her League. That is why in 2019/2020 the Board will be focusing on two projects designated by the Junior Convention body. They are: 1. Christian Caregiving and 2. outreach to local chapters.

If you would like to learn more about the Jr. National UOL or have any questions, please feel free to contact me at alexisnaumenko20@gmail.com or by calling 215-290-7878.

My name is Madeline Zetick and I am blessed to serve as the Vice President for the National Executive Board of the Jr. UOL this year. I attend St. Vladimir’s Ukrainian Orthodox Cathedral in Philadelphia, PA, where I sing in the choir, attend and help out with church school classes, and spend time with my fellow Orthodox friends. I am just beginning junior year as a student at St. Basil Academy in Jenkintown, PA. At school I take part in rigorous classes, sing in the concert and madrigal choir, and am a part of the Ukrainian Society, History Club and Health Careers Club. My favorite part of school is playing on the SBA Varsity Volleyball Team! In the next few years I hope to find a college fit for me and study to become a Nurse Anesthetist.

Some of my favorite activities in the summer are playing volleyball with my friends from school, going to the beach and most importantly traveling to All Saints Camp for Teenage Conference. I enjoy uniting with friends from all over the U.S and Canada and sharing two faith filled weeks together. Another great activity in the summer I attend is the UOL Convention.

As I start this year as Vice President, I hope to grow and develop the Jr. UOL. I want to encourage more kids to start chapters in their home parishes so they can work with the Sr. UOL to bring their church together not only in faith but in fellowship. This 2019-2020 year I will strive to work with my fellow board members to strengthen the UOL overall.

My name is Natalie Hrytsay, and I am very excited to be the Recording/Corresponding Secretary for another year. This will be my second year on the board and I am very lucky to be working with a group of people so talented and kind. This past year on the board was very productive, as well as fun.

I live in the Philadelphia area and attend St. Vladimir Ukrainian Orthodox Church every weekend. I am a very active member in my parish activities, I sing in the choir and love to help the younger kids during Sunday school. I am currently a Sophomore at Saint Basil Academy in Jenkintown. At school I participate in clubs including Mock Trial, the Ukrainian Club and Safety Sisters and I also play lacrosse and participate in Choir. I attend Ukrainian Saturday School every week and have been dancing for the Voloshky School of Ukrainian Dance for over 8 years now. In the future, I hope to go to Penn State after I graduate and later on study law.

This year’s UOL Convention was different than past years, but really felt like home to many juniors. This year’s Convention was at All Saints Camp, which is familiar to most of us. There was a great amount of Juniors that attended Convention for their first time and we planned lots of exciting and new activities that would get everyone feeling welcome and that we were one big family. I consider this year to be yet another success as the meetings were full of hard work and very cooperative Juniors. I enjoyed how both Juniors and Seniors were brought together in multiple occasions and we both got to express our ideas on benefiting the UOL as a whole. This year I will work hard to make it another successful year.

My name is Hrystyna Petrylo and I’m truly happy to serve as the Treasurer of the Jr. UOL National Board this year. I attend St. Vladimir’s Ukrainian Orthodox Church in South Side Pittsburgh. I am starting my junior year at Charters Valley, where I help out with a lot of programs like German club. My favorite part about school is helping out in the pre-school program where I find my love for teaching and am hoping to set my career into Early Education in college.

Over the summer I participated in the Ukrainian Dance program in Pittsburgh. I also attended All Saints Camp. Lastly, I got to travel to many places over the summer like New York, Georgia and Florida. As a new member on the National Board as Treasurer I’m hoping to keep up with all the checks and have an orderly mind and help reach out to other parishes. I’m looking forward to this year on the National Board.

My name is Rachel Harendza, and I am proud to be the new Financial Secretary for the Jr. UOL! I am a PK and the eldest child of Father Philip and Pani Bethanne Harendza, I have two younger siblings Agitha and my brother Hunter. I attend St. Michael’s Ukrainian Orthodox Church in Scranton PA, where my father serves as the priest there.

I am 14 years old and a sophomore at Seton Catholic Central in Binghamton, NY. I play Tennis for my school and am very active in school musicals and I am in the school’s swing choir. In my free time, I like to hang out with my friends, sing and do some photography. In the summer I always go to All Saints Camp (ASC). I have been going to camp for 8 years including DCSC and TC. I hope to go to college and get a degree in music and maybe pursue going further with singing. This year, I hope to develop and grow the Jr. UOL, not only in people and projects, but also with faith.

Being that my parish does not have a chapter of it’s own, I always look forward to seeing my friends and thinking about how I can help the Jr. UOL. I never thought that I would be on the Board. Convention has always made me feel as though I am part of a solution and has made me brave enough to ask questions about my Faith to my priest and other priests because I see that other people have their own questions and doubts. To say the very least, this past Convention has helped me quite a bit and has helped enhance my faith with myself and with God.
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.

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 acknowledgment 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

All Saints Camp Capital Campaign

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

$25,000
Ukrainian Orthodox League of the USA

$5,000 - $7,000
Fr. James, Pani Matka Denise Cairns and Family
John Holowko

$2,000 - $3,500
Michael Dobronos Esq.
Steve Dobronos
Hans & Jenn Harasimchuk
Fr. Philip, Pani Matka BethAnne Harendza and Family
Fr. John & Pani Matka MaryAnne Nakonachny
Melanie Nakonachny
Michael & Emily Nakonachny
St. Vladimir’s Sr. UOL Chapter – Parma, OH
Patricia Walton
Michael and Vicki Widmor

$1,000 - $2,000
Fr. John & Pani Matka
Laryssa Charest

Ways to Donate

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

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 to support:
*UOL BULLETIN, Youth Commission, Missions Commission, Education projects and Public Relations
*UOL BULLETIN, Youth Commission, Christian Care-Giving and Missions Commission, Education projects and Public Relations
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Donations to the LSSK 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
*Provide tuition assistance to seminarians at our St. Sophia’s Seminary
*Provide tuition assistance to our clergy and seminarians for higher education

Lenten Retreats

March 28, 2020
Villa Maria Education and Spirituality Center
2067 Evergreen Road
Villa Maria, PA

April 4, 2020
St. Francis Center for Renewal
395 Bridle Path Road
Bethlehem, PA

Learn more about our faith, get inspired during Great Lent, meet fellow Orthodox Christians and so much more!