



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 55 NO. 4

JANUARY- FEBRUARY, 2009

News from our Newest Junior UOL Chapter St. Mary's Chapter in Southfield, Michigan *Submitted by Natalka Serdiuk*

The Jr. U.O.L. started the new Church year by selling "I Love UOL" t-shirts at our Church picnic in August. It was also our membership drive and we gained two new members. We are now 16 members and growing! In September, we met again to plan our new calendar year. The newly elected board were introduced. Elected as presidents of the Junior Chapter are Natalka Serdiuk and Andrew Powers, with Michael Powers and Yarema Petruska as vice-presidents, Elizabeth Jones as secretary and John Van Hoef as treasurer.



October brought us much joy, as we were busy preparing cards, banners and wreaths for His Eminence Archbishop Antony's and His Grace Bishop Daniel's visit on our Feast Day Celebration. Many members of our Chapter are also members of the Ukrainian school at St. Mary's and they danced, and performed



for the Bishops, as well. We really enjoyed their visit to our Parish! We were also able to do some fundraising in October. Our parishioners enjoyed buying Yankee Candle products. In November, we enjoyed meeting at Shield's Pizza to have some fun before the start of the busy Christmas season.

Our December plans include having a Christmas Store, hosting Friendship Hours, a Christmas tree decorating party, a donation drive for Orphans in Ukraine, and a donation drive for St. Herman's House. We look forward to doing many more activities in the New Year!

Update on UOL Web-page

Submitted by Aleksandra Hucul

As you are well aware, a significant amount of time at the 60th and 61st UOL Conventions was spent discussing the UOL web-page. In fact, at the Conventions, a specific fund was established to fund this project. The National Executive Board has been working to get the web-page up and running.

At the Board meeting in Philadelphia in September, Aleksandra Hucul reported that Joshua Oryhon has volunteered to be the webmaster. She also stated that she is working to upload information onto the site.

The web-page was custom designed by Orthodox Web Solutions, a web design and hosting company for use by Orthodox Christians. Orthodox Web Solutions offers many predesigned templates for parish websites and has designed several Ecclesiastical websites, such as that of our Ukrainian Orthodox Church of the USA.

The UOL web-page will feature information on the history of the Ukrainian Orthodox League, its Commissions and Committees, a Chapter Directory, updates and links to information about the Annual UOL Convention, as well as access to UOL publications, downloadable documents such as scholarship applications, and various other resources.

In the future, the UOL Handbook will also be accessible through the web-page. The web-page will be officially launched in January 2009.

Senior and Junior UOL Christian Caregiving and Missions Commission Plan Souper Bowl Sunday to Aid St. Andrew's Society *Submitted by Arianna Rock*

As Orthodox Christians we are taught to give charity and love to all. In cooperation with the St. Andrew's Ukrainian Orthodox Society, an organization that works hard in serving the less fortunate in Ukraine, we have the opportunity to help others. Because of the kindness and charity of the members of the UOL, last year an outstanding \$6,900 was donated to the St. Andrew's Society. At the 2008 Convention it was decided that the Souper Bowl Sunday project would once again be donated to St. Andrew's Society.

In 1991 Saint Andrew's Society was established to support the spiritual rebirth of the people in Ukraine and the efforts in charitable outreach. This organization provides humanitarian assistance to poor families, orphans, elderly, and handicapped people by offering daily soup kitchens. The society also organizes the visitation of St. Nicholas for the orphans throughout various cities in Ukraine, spreading the holiday joy. St. Andrew's has published books and educational pamphlets to the faithful, seminarians, and parishes at no cost. The Ukrainian Orthodox seminaries have received countless supplies and equipment on their behalf. The seminarians have received scholarships, in addition to computers and printers. Along with these great offerings, the organization has raised over \$100,000 to benefit St. Michael's Cathedral and Monastery in Kyiv, Ukraine.

On February 1st, numerous people across the country will gather to enjoy Super Bowl Sunday. After counting your many blessings and enjoying a wonderful holiday, this is a perfect opportunity to give to those that are

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62nd ANNUAL UOL CONVENTION
Sts. Peter and Paul, Youngstown, OH
July 22-26, 2009
We look forward to seeing you in Y-town!!



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

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

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



ASK FR. HARVEY RELIGIOUS QUESTIONS

Answered by: Fr. John Harvey

I am a fervent convert to Orthodoxy, but one seeming defect in my parish has me troubled. I have boys that I want to be able to observe Orthodox men as spiritual role models. Yes, men in our church are on the Parish Council and have League positions, but their visible and active presence and participation in the services and sacraments seems lacking. I don't want to be hypercritical, but I don't want my boys to get the impression that church and a spiritual life is merely a "woman's thing".

That in some Orthodox Christian cultures, women seem the dominant spiritual force in a parish is sad and runs counter to the heritage we have received from the early church. It is true that many Protestants, especially among the pentecostals, have an excellent record of strong male spiritual leadership by example within congregations and that is to their credit. Where have we gone wrong? What is the authentic tradition that we should draw from as a template?

We see from the scriptures that Jesus was in the local synagogue daily and used the opportunity to preach. Within the Jewish tradition, there are morning and evening services in the synagogue, BUT they can only go forward IF the minyon (a certain number of male congregants necessary to be present) has been fulfilled. To this day, a synagogue having daily morning worship must have a minimum number of men willing to come and pray daily. Women can be present, but they do not count for the requisite number to be fulfilled. In Jewish life, this made sense for several reasons. First, the man takes spiritual responsibility for his family and is present in the synagogue to pray for them. Women (especially in earlier ages, before any time-saving conveniences) were totally encumbered by care of children and all the duties of running a house. The Sabbath blessings, opening the Sabbath over the candles (basically like a church house), was the female role in the family prayer life. Reading the scriptures, one finds a man's role of spiritual leadership teamed with the headship, which means he must show overall responsibility. At the end of the Book of Proverbs, we see the meditation on what a perfect wife is and we see that she shows initiative and has business sense and she is in no way a slave or doormat.

Male and female alike, co-operate in a symphony or harmony each providing an active, if differing example of spirituality, for their offspring. The early church reflects that males and females actively participated in the Liturgy and sacraments. Our list of saints gives many examples like St. Basil, whose family produced many examples, male and female, of exemplary lives of spiritual leadership to be emulated.

In modern times, a husband who does not go to church or shows no spiritual leadership, is heading the family, yet in reality is shirking his duty. It is no wonder that through poor example we have the sickness of so many dysfunctional families.

In our Orthodox matrimonial coronation, each is crowned to the other and the goal is the reward of everlasting life in heaven. Yoked together, both should be pulling equally for the same spiritual goal. A society where men see faith, prayer and practical spiritual life as being solely a woman's occupation skews this view where each should be exemplifying an individual spiritual leadership. It is a grave misconception if men in an Orthodox parish embrace "political leadership" of a church community, yet are skittish about any outward showing of spirituality through participation in the liturgy and the sacraments.

All we can do is to pray that the men in our parish come to take their proper position as spiritual heads of their families and learn to lead by good example.



MESSAGE FROM THE SENIOR UOL PRESIDENT

Oleh Bilynsky



Christ is born! Glorify Him!

I pray that you and your family had a blessed Nativity season, full of happiness in the birth of our Lord and Savior Jesus Christ, and that the New Year brings you good health and prosperity. As we turn the page to a new year there are a number of UOL activities that everyone should be aware of.

The Christian Caregiving and Missions Commission is wrapping up the Tithing Program, and hopefully you have already contributed to this worthwhile project. If you have not, it is still not too late to make a contribution to this annual project. This year's donations will benefit our Mission parish in Las Cruces, NM. Also, hopefully you have participated (or will participate) in our Souper Bowl Sunday project, which raises funds to benefit the St. Andrew Society's soup kitchens in Ukraine. This project raised more than \$6,900 last year, and if you have not yet participated please contribute to this worthy cause. Anyone wishing to contribute (to either project) should send donations directly to UOL Financial Secretary Alexis Oryhon.

Now is also the time to make your donations to the UOL's Annual Fund Drive and the Metropolitan John Scholarship Fund (MJSF). Donations to the Annual Fund Drive will be used to support all of the UOL's activities, such as (to name but a few) the *UOL Bulletin*, the Youth Commission's activities with our Preteens, Juniors and Young Adults, and the various projects of the Education Commission. Among other worthy causes, the MJSF helps support our seminarians and provides grants to clergy wishing to further their education.

Materials for the 2009 UOL Essay Contest will be in the mail to chapters and parishes shortly, and please encourage all parishioners (the contest is not limited to UOL members) to participate in this annual event. For additional information please contact UOL Essay Contest Chairwoman Shirley Skocypec.

As Great Lent will soon be upon us, it is now time to make your plans for attending the Lenten Retreats sponsored by the UOL. The first retreat will be held at All Saints Camp on March 27-29, and the second will be held at the St. Francis Retreat Center (in Bethlehem PA) on April 3-5. These retreats are always spiritually enlightening and offer many benefits, such as allowing the participants to step away from their everyday lives and reflect on Pascha. An additional benefit is that these retreats are another opportunity for UOL members to come together as fellow members of our "UOL family."

As I have always stressed, in my personal opinion the most significant aspect of the UOL is the sense of family and belonging, as a UOL member and a member of our Church, created by being a part of the UOL. It is this aspect of the UOL, namely the uniting of all UOL members into one "UOL family," that to me is the greatest accomplishment of the UOL. In my humble opinion, it is this sense of family that keeps both the UOL, and indeed our Ukrainian Orthodox Church, strong and vital.

In line with this, please plan on attending this year's UOL Convention, which will be held in Youngstown, OH on July 22 - 26. While the convention is important for discussing projects and setting goals for the next year, I feel its most important aspect is that it serves as a "family reunion" for UOL members. Just as any family misses even one member's absence at a family reunion, any UOL member who does not attend the Convention will likewise be sorely missed.

Lastly, the winter meeting of both the Junior and Senior National Executive Boards will be held in South Bound Brook, NJ (and hosted by the newly reconstituted South Bound Brook chapter) on January 17, and the spring meeting will be held in Youngstown, OH on May 16. As always, everyone is welcome and I encourage anyone who is in those areas, both Juniors and Seniors, to attend those meetings.

Yours in Christ,

Oleh V. Bilynsky



Sr-Jr UOL 2009 Convention Committee Youngstown, Ohio
wishes you a

Happy New Year



“Trust in the Lord with all your HEART”

Youngstown, Ohio

JULY 22-26, 2009

Looking for a great way to ring in the New Year? How about a registration packet for the 2009 Sr/Jr UOL Convention in Y-town, Ohio? Plan ahead to attend the convention and extend the excitement of the New Year into July with our many events and activities at the beautiful, historic Avalon Inn Resort in Youngstown, Ohio. Come join us and let's ring in the "New Year" together! See you there!

Contact Kevin Thomas at KMT627@aol.com or Robert Mark @ ram4123@aol.com for more information and visit the Avalon Inn Resort's website at www.avaloninn.com to book a room and see the amazing amenities the resort has to offer! Check out our new church website with a link for the Sts. Peter & Paul 2009 UOL Convention with the "Trust in the Lord with all your HEART" icon at www.stspeterpauluoc.org for all the latest!

**Sts. Peter & Paul Youngstown, Ohio --
Proud of our Veterans!**

Submitted by Diane Senedak

The Youngstown Jr. UOL Chapter hosted a brunch for the Veterans of the parish. The program pointed out the importance of Veterans and the freedoms that we have today. The Sr. UOL President Walter Duzzny, Jr. UOL President Josh Auden as well as the National Jr. UOL Vice President Eric Perankovich, were part of the presentation ceremony. The honored Veterans present were Joe Ewanish, Ken Senediak, Richard Proch, Walter Duzzny, William Sywy, Nick Gula, Walter Malys, Steve Rappach, Charles Senediak, Nick Temnick, Steve Havvryluk, Ben Mishey, and Michael Woloschak. The service ended



with our choir singing God Bless America. We are very proud of each and every one of our men and women that gave of themselves so unselfishly to help keep our country free.

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less fortunate. Again this year, we are requesting that all U.O.L. Chapters and parishes take a collection to support St. Andrew's Society's Soup Kitchens.

Checks should be made out to the Ukrainian Orthodox League with a notation that funds are designated for St. Andrew's Society Soup Kitchens. **All money collected should be sent to:**

Alexis Oryhon, 2 Goethe St, Binghamton, NY 13905



**NEWS FROM THE
JUNIOR UOL
PRESIDENT**

Taylor Gladys

Christ is Born!

I trust that everyone had an enjoyable and loving holiday season and a spectacular Thanksgiving and Christmas. As we commence the new year, let us appreciate the past one as we glorify God for all of the endless opportunities He provided for us. I pray that He may guide us in the coming year, to unify us in His strength as we continue forward in our work. As we kick off the new year, let us remain focused on the purpose of the UOL: to show dedication to our Church, and display devotion to our youth and all those in need of God's grace and love throughout the year. On that note, I have a few reminders and thank yous to extend.

Thank you to Alexis Oryhon, Jared Burgan, and Arianna Rock for their work with the Thanksgiving Tithing Program. I hope it was successful in benefitting our mission parish of the Holy Cross in Las Cruces, New Mexico. If you missed your chance to donate, it's not too late! Contact Arianna Rock with any questions.

The annual Great Lent Giveaway Project this year is spearheaded by Financial Secretary, Ethan Rock. In cooperation with the Office of Youth Ministry, the Junior Board decided to take on an Inter Orthodox Christian Charities project involving the production of "health kits" for those in need. These kits will include little necessities such as band-aids, soap, and combs. Further information about this project will be sent out to your chapter soon.

Yet another upcoming event is the 2009 Essay Contest. Please encourage all of the youth at your church to participate! The contest is a phenomenal way to educate and evaluate their understanding of our church and faith. This rewarding experience is truly something they will not want to miss out on.

The Jr. UOL's annual raffle is also coming up fairly soon. This fund raiser has always been one of the largest and most successful projects of the Junior League. Please don't delay- the purchasing of these tickets helps to maintain and support the Jr. UOL.

Furthermore, the Jr. UOL plans to host a "Bring-a-Friend-to-Church Day" in February. In the past, this has proven a fun way to share the Orthodox faith and allow our friends to experience one of the most important aspects of our lives.

Lastly, there are a few retreats and fun activities planned for the coming months. Keep your eye out for information regarding the All Saints Camp and Bethlehem, PA Lenten Retreats, which exercise great ways for us to enjoy and learn about our faith.

I pray that all of the chapters and members of the league have a happy and safe new year. Thank you for all of your commitment and dedication. Keep up the good work!

Yours In Christ,
Taylor Gladys

**JUNIOR UKRAINIAN ORTHODOX LEAGUE
PYSH TRAVEL GRANT 2009**



The Pysh Travel Grant was established to help chapters and members attend the UOL Convention in an effort to:



- **Recruit new members**
- **Develop new chapters**
- **Reorganize old chapters**



If you are in need of financial assistance to attend the Annual Jr. UOL Convention in Youngstown, OH, the Pysh Travel Grant is here to help!

Simply complete the application sent to your chapter, or contact Taylor Gladys (TEGladys@aol.com) for an additional application. The deadline for applications is **May 1, 2009**.

A maximum of \$300 may be awarded in 3 grants per year to either a group or individual applicants.



Membership Pledge - Submitted by Helen Greenleaf

In November 1993, Helen Greenleaf (First Vice President of the National Executive Board in 1993) spoke these words as she presented the charter to the Woonsocket Senior Chapter. Her words, spoken over 15 years ago, still ring true regarding the importance of UOL membership.

I hope that her words will inspire you to reach out to others who are not members of the UOL and encourage them to join. Additionally, as we enter the New Year I hope that you set a personal resolution to work harder for our Church and her League.

Webster's definition for the word busy is: occupied in some activity characterized by much action or motion. When asked "How are you?," it doesn't seem to matter if you're a student, parent, grandparent, employed full or part-time, or retired, the answer always is – "I'm so busy, I have so much to do."

I am no exception and at times fantasize about spending the day in front of the television eating bon-bons and then sleeping until I wake up naturally. Instead, I am usually rudely awakened by the dawn alarm clock, get my coffee, check my schedule for the day and am on the go until I finally go to bed much later than I should.

I'm a board member of the Junior League of Cleveland and President of its sustainer membership which is almost 700 women. I also serve on the Board of Kashtan Ukrainian Dance Ensemble and various other volunteer organizations. I try to be a good Ukrainian Orthodox Christian, regularly go to church and am active in church life at St. Vladimir's in Parma, which is over a half hour away from my home. Between my husband, children, parents and other family members, as well as friends and community, my plate, which more often than not feels like a huge platter, is quite full. So why add more to my plate by being a very active member of the Ukrainian Orthodox League?

It is a question I had to answer before accepting the nomination for National Office. My answer is: The UOL is a national organization whose purpose is to bring all Ukrainian Orthodox Christians together for fellowship and the glory of the Ukrainian Orthodox Church in America. Our ancestors and parents brought the Orthodox faith and Ukrainian culture to America. They built the church with strong determination, dedication and hard work. They too were very busy, but the church was just as important to them as starting a new life in a new country.

Today, the survival and future of the Ukrainian Orthodox Church in America depends on our ability to reach out beyond our immediate church circle and connect with one another, in order to accomplish what we would not be able to do as separate parishes or individuals. It is the UOL that connects us to one another. No matter how busy I am, my heart and faith will not allow me to ignore our ancestor's legacy of Ukrainian fellowship, working together to worship together as one Orthodox family in Christ.

The UOL motto is: Dedicated to our church – Devoted to its youth. UOL accomplishments include: printing education materials, organizing Bible shipments and medical missions to Ukraine, making All Saints camp a reality and sponsoring a variety of religious, educational and recreational programs at the camp for all ages. The UOL also gives college and seminary scholarships along with other awards which recognize children's, adolescents' and adults' efforts. It also provides many opportunities to learn and use leadership and communication skills.

Most people are impressed with all of those achievements and endeavors and agree that they are worthwhile and even necessary, especially when it concerns our youth. But doesn't "charity start at home?" Shouldn't we be concentrating on the sisterhood, brotherhood, ladies sodality or other group that is doing so much for the parish? Why have a UOL chapter or become an active member?

In 1946 the UOL was formed in order to bring all Ukrainian Orthodox Christians together under a national organization with local parish chapters. Its purpose then and now is unity and partnership, not separation and competition. Each parish that has a UOL chapter is connected to all the other chapters so that together as a national organization we can work on issues, concerns and projects which impact and benefit our church and youth. Not only do we need to work in parish organizations on the local level, we need to work for our church on the national level. The success of one depends on the other.

Do you remember the commercial that touts how you no longer have to travel to serve customers? Excellent record breaking business results can be achieved just by picking up the phone. Of course, if you add a computer and fax you do not have to leave the comfort of your office to create this wonderful distance between you and others. Today high tech is the way of life not only on the job but in the home as well. Just to mention a few, the freezer, the microwave oven, answering machine, television, vcrs and speedy pizza delivery have made it extremely easy for a family to live under one roof and have minimum contact with one another.

It is not surprising that various studies have shown that on a daily basis, an

average person spends but a few minutes in actual conversation with another family member and then it is usually to ask or answer a question. It seems as if everybody is so busy doing "their own things" that there is little time left for much else.

Whether it is a rapidly changing society, financial or practical reasons, pressure or obligations, or by choice, we have created physical and emotional distances which have contributed to isolating us from one another. As a result of this emotional and spiritual emptiness, people become ill or depressed, marriages fall apart, family relationships suffer, children get in trouble, organizations lose members and the list goes on. Publishers and talk shows have made millions on books and discussions regarding the problems caused by this emptiness. More often than not, solutions require human connections and interaction with a group or individual.

Oprah, Dear Abby and psychiatrists aside, one of the purposes of the UOL is to connect members and chapters to one another. A UOL chapter and member in Rhode Island, Ohio, Minnesota or New York is not alone and isolated from other Ukrainian Orthodox Christians. Regardless of where we live, there is a very special and precious bond between Ukrainian Orthodox Christians. The UOL has created a wonderful network which crosses many geographical lines and brings us in touch with one another.

I'd like to give you two examples of this network in action. When my daughter Julie left home and St. Vladimir's in Parma for the University of Pennsylvania, we gave the UOL network a try. Not only did St. Vladimir's chapter in Philadelphia welcome her, but for four years they provided her rides to church, friendship, caring, a variety of holiday foods and goodie bags as well as spiritual and emotional nourishment. Father Frank Estocin and the chapter embraced her and gave her a church home away from her church and her home.

My second example has to do with the UOL Convention that was planned and sponsored by six chapters in Western Pennsylvania. Together they met, discussed and decided that by combining their talents and efforts the work would be easier and the end result better than if one of the chapters did it alone. Their Convention theme was "In fear of God in Faith and Love draw near." Obviously, the UOL Chapters and members of the Western Pennsylvania Region have already done so. We as Ukrainian Orthodox Christians are so fortunate to have this network that has been created by the Ukrainian Orthodox League.

Throughout our diocese there is a great concern about the vitality of our churches. Attention has to be given to declining church attendance, the shortage of priests and seminarians, increasing the commitment to our Church and making it financially sound, encouraging pride in our Ukrainian culture and of course the future of our youth.

One way or another, all these issues affect all parishes, yet they can not be resolved by priests alone or in the offices at South Bound Brook or by a single parish or a few individuals. We will start getting answers and positive results when we combine all of our resources, and work on feasible solutions together as one national family in Christ for the benefit of ALL Ukrainian Orthodox Christians and parishes. The opportunity to do this is at our Annual "Family Reunions" which Harry Oryhon (UOL President, 1993-94) uses as another name for our Annual UOL Conventions.

Besides getting important work done during the business sessions, the Convention also gives us the opportunity to get together for fellowship, fun, inspiration, renewal and reassurance that on our journey through life, we as individuals and parishes are not alone and that together we have the power to do so very much for our Church and its future – our youth. Throughout the year and especially at our "Family in Christ Reunions" the beauty of the Ukrainian Orthodox League is that each chapter and member receives free faith lifts and a never-ending supply of Christian Love and Fellowship.



Helen Greenleaf (center) pictured with UOL President Oleh Bilynsky and Melanie Nakonachny, UOL President 2004-2007

St. Vladimir Senior and Junior UOL Chapters, Philadelphia, PA

Submitted by Jim Sawchuk

In October, November and December, 2008, our Senior and Junior UOL Chapters were very busy hosting and assisting in various Cathedral functions. On Sunday, October 26th, we held a Bake Sale to benefit our general treasuries. Our chapter members, along with fellow parishioners, helped to clean our Cathedral on Saturday, November 22nd.



had a costume party. The Juniors planned games for the group which consisted of every princess costume you can imagine. With a room full of lovely princesses the games were fun

This has been an incredibly busy month for the Juniors. In early November the Juniors reached out to the younger "pre-pre Junior" age group from 2 to 6 and



and the treats very much enjoyed by the young girls.



The Juniors also visited Brendan Looby who has been attending boarding school in New Hope, PA. After Divine Liturgy we travelled to New Hope and had a lovely meal with Brendan at a local diner. Brendan is doing

well in school but who can resist a group of UOL'ers coming to visit.

The Cathedral Christmas Bazaar took place on Saturday and Sunday, December 6th and 7th. Natalie Sufler Bilynsky, Senior Chapter member and Editor of the UOL BULLETIN, is the

Chairperson of this annual event. Our Senior and Junior Chapter members donated their time and efforts to work with our parishioners at the various tables and in the kitchen. The annual Christmas Bazaar is one of the two major Cathedral fundraisers for the year. It was a great success and we would like to thank everyone who donated their time, energy and support.

Our up-coming sponsored events include: Junior Chapter Cookie Walk - Sunday, December 21st; Christmas Caroling to our shut-in parishioners - Sunday, January 4, 2009; Theophany-Ice Cross Blessing and Breakfast - Sunday, January 18, 2009; Malanka - Saturday, January 24, 2009. For those who haven't yet made their Malanka plans the Philly Malanka is a great event! We hope to see you there.



Five New Altar Boys at St. Vladimir's Cathedral in Parma, OH

Submitted by Pani Matka Mary Anne Nakonachny

On Sunday, November 23, 2008, at the conclusion of the Divine Liturgy, the clergy at St. Vladimir's Ukrainian Orthodox Cathedral introduced 5 new boys to the ranks of altar servers at the Cathedral.



Each boy was presented with an icon as a gift from the Senior U.O.L. Chapter and a Certificate of Recognition signed by the clergy. Special prayers were read for their health and well-being and they were blessed with Holy Water.

Pictured are (from left to right) 1st row: Andriy Kinash, Orest Mahlay, Jonathan Greaves, Mykailo Samerdak, Severyn Kushmeliuk. 2nd row: Protodeacon Ihor Mahlay, Very Rev. Michael Strapko, Very Rev. John R. Nakonachny, Rev. Michael Hontaruk

We All Can Encourage Vocations to the Priesthood

Submitted by Pani Matka Linda Oryhon

At the UOL Convention in July, the Vocations and Clergy Support committee met and brainstormed many ways we in our parishes and chapters can help to foster vocations in our Church. This discussion was animated and proved that when given a challenge UOL members rise to it.

We all recognized the need to raise the level of respect we show to all clergy. It was also apparent that it should begin with each and every one of us! It is crucial we all as Orthodox Christians honor our clergy in and around our communities. We look back to the customs and traditions of our Holy Church to regain what has been lost in modern society. The custom of kissing the priest's hand as a sign of respect is an important place to start.

The following is an excerpt from an article written by Very Rev. Fr. Frank Estocin about this custom. Hopefully this will bring a better understanding of the practice and it will once again flourish in our parishes.

"In the Eastern Orthodox Church, throughout the world and even in America, it is appropriate and common for laity to greet clergy, whether priests or bishops, by making a profound bow and saying, "Father Bless" while placing their right hand, palm up, in front of their bodies. The priest then blesses them with the sign of the cross and then places his hand in theirs, offering the opportunity to kiss his hand. Orthodox Christians kiss the priest's hand not only to honor their spiritual father confessor, but in veneration of the Body of Christ which the priest handles during the Divine Liturgy as he prepares Holy Communion. (The bow is frequently omitted.)

A similar ritual occurs when an Orthodox Christian approaches an icon for veneration. First the Christian makes a profound bow and makes the sign of the cross twice. Then he approaches the icon more closely, kissing the icon, usually on the representation of Christ's, or the saint's hand or feet. Lastly, he makes a final bow and the sign of the Cross. Orthodox theology teaches that honor given to the Virgin Mary ascends to him who was enfleshed by her. This applies to saints' relics or icons and in this case, to the priest's hand. Lastly it is also common practice when writing a letter to a priest to begin with the words "Father Bless" rather than "Dear Father" and end the letter with the words "Kissing your right hand" rather than "Sincerely."

After reading this, please use it as a catalyst to begin a conversation at your chapter meetings about ways to nurture and encourage vocations. We need opportunities to share and brainstorm. It is for all of us to take on this challenge and I am confident that with the Holy Spirit, we can accomplish much.

Please send me your ideas and suggestions : Pani Matka Linda Oryhon, 623 Jennings Street, Endicott, NY 13760.

YOU CAN HELP TO NURTURE VOCATIONS IN OUR HOLY UKRAINIAN ORTHODOX CHURCH!

PLEASE GIVE GENEROUSLY TO:

METROPOLITAN JOHN SCHOLARSHIP FUND

* FIRST ESTABLISHED AND AWARDED BY THE UKRAINIAN ORTHODOX LEAGUE IN 1966

* PROVIDES SCHOLARSHIPS TO SEMINARIANS PREPARING TO ENTER THE HOLY PRIESTHOOD IN THE UKRAINIAN ORTHODOX CHURCH

* PROVIDES GRANTS TO CLERGY OF THE UKRAINIAN ORTHODOX CHURCH OF THE USA

* MANY PREVIOUS RECIPIENTS ARE CURRENTLY SERVING IN THE RANKS OF OUR CLERGY

PLEASE SEND DONATIONS TO:
PANI MATKA LINDA ORYHON
623 JENNINGS STREET
ENDICOTT, NY 13760

St. John the Baptist Sr. UOL News

Submitted by Pam Scannell

Our Sr. and Jr. UOL and parish family have recuperated from hosting the 61st UOL Convention and have enjoyed the articles and pictures chronicling the events that took place here in Johnson City. We truly enjoyed having everyone visit our city and parish and hope and pray it won't be so long the next time around.

We held our membership drive in September and are proud to say we have some new members. We are excited that they have decided to join our mission. Our members and other parishioners continue to serve dinner at a local soup kitchen each month. They appreciate our dedication and look forward to giving some of their workers a rest. During November we held a potluck dinner to welcome Africa and Agitha to the Harendza family. It is truly a miracle to have two children embraced into the loving arms of parents who are committed to giving them an environment in which they can flourish and the UOL wanted to celebrate this occasion. The potluck dinner was so well received we decided to host another one on UOL Sunday December 7th.

Our Srs accompanied the Jr. UOL as they visited clients at a local developmental center and worked together for the Thanksgiving Tithing program. We also refurbished the Christmas trees that decorate our Memorial Center with new material and lights.

We continue to be busy raising funds with 50/50 raffles and a spaghetti dinner to help supplement our charitable donations. We are all thankful for the help and support we receive from our parish family.

God is Wonderful in His Saints!

UOL Lenten Retreat

focusing on Saints

*at St. Francis Retreat Center
in Bethlehem PA*

April 3 - 5, 2009

Speakers include:

His Eminence Archbishop Antony

Weekend rate includes retreat, lodging and meals –

\$95 for UOL Members \$105 for non-UOL members

\$60 for Young Adult & Junior UOL members who apply for subsidy

Late registration additional \$15

Day rate (Saturday only) - \$40

Late registration additional \$10

Late fee for all who register after March 15, 2009.

For more information contact: Oleh or Natalie Bilynsky at nsufler@aol.com

call – 610-892-7315

Ukrainian Christmas Eve Traditions

Sviata Vechera (Holy Supper) begins with the appearance of the first star, which symbolizes the star of Bethlehem. In preparation for Holy Supper special foods are prepared that follow the fasting guidelines of advent. It is customary to have twelve foods. The Kolach (bread) is placed in the center of the table.



The food items eaten are kutia, which is made of wheat, poppy seeds and honey. Some also add walnuts to kutia. It is the first food eaten. In some regions of Ukraine the tradition was to throw a spoonful of kutia to the ceiling. If the kutia stuck to the ceiling it meant that the new year would be prosperous. Other regions of Ukraine had the tradition that if a child sneezed while eating kutia he/she would be given a gift from the hospodar (the host, typically the grandfather). The twelve-course meal typically includes varenyky, borsht, a variety of fish, kasha, meatless holubtsi (cabbage rolls), and potatoes. The final

course is always uzvar (stewed fruits). In some regions of Ukraine the children of the family would carry the Holy Supper (that is the Kutia and Uzvar) to neighbors and other close family members. They would deliver the Holy Supper to the relatives and in return receive a small gift (typically candy, fruit or nuts). Following the Holy Supper the family would go to church.

On Christmas Day and for seven days after the feast day, the Christian greeting is Khrytos razhdayetsya (Christ is Born) and the response is "Slavite Yoho" – Glorify Him!

Christmas Carols are an integral part of Ukrainian Christmas. With books full of verses and melodies the carols (koliadky) are sung from Christmas until the celebration of Epiphany. Ukrainian carols are quite different from the many secular carols we hear on the radio today. Instead of reindeer and Santa Clause, the traditional carols tell the whole Christmas story. The words are meant to educate people about the details of the Nativity of Christ.

Translation of God Eternal (Boh Predvichny) From Hymns of the Eastern Orthodox Church (UOL Songbook)

*God Eternal is born this day
He has come from above
To save us with His Love
and was greatly pleased.*

*In Bethlehem there He was born
The Messiah Christ child
And our Lord Savior mild
Given to us this day.*

*Glory to God, Let us all sing
Honoring worshipping
Son of God Christ the King
To Him Glory be.*



All Saints Camp Lenten Retreat

March 27-29, 2009

Living an Orthodox Life in a Secular Society

All Saints Camp, Millennium Building

Emlenton, PA

For more information contact:

Diane Senedak DKSSenny@aol.com 330.792.6699

Melanie Nakonachny MelanieNak@aol.com 440.842.3820

UOL Members: \$90.00 Non-UOL Members \$100.00 Day Rate: \$30.00

(\$60.00 for Young Adult and Junior UOL members who apply for a subsidy)



2009 UOL BASKETBALL CLASSIC



Tipping off in the City of Brotherly Love
Philadelphia, PA
May 1-3, 2009

Calling all Junior and Senior basket-ballers of all levels – the basketball tournament is BACK! Register individually or with a team, the **2009 UOL Basketball Classic** is an open tournament. Join us in Philly for a weekend’s worth of activities on *and* off the court.

Please contact us if you or members of your chapter are interested and would like to get on the tournament mailing list.

Jordan Gladys: (412) 527-7703 Josh Oryhon: (518) 424-5701
e-mail: UOLhoops@hotmail.com

The UOL Basketball Classic: “It’s Not March Madness, It’s May Mayhem!”

7th Annual UOL LENTEN RETREATS All Saints Camp Millenium Building March 27-29, 2009

For more information contact:
Diane Senedak DKSSenny@aol.com 330-792-6699
Melanie Nakonachny MelanieNak@aol.com 440-842-3820

God is Wonderful in His Saints St. Francis Retreat Center Bethlehem, PA April 3-5, 2009

Retreat will focus on Saints
For more information contact:
Natalie Bilynsky nsufler@aol.com
610-892-7315



UOL Christian Caregiving and Missions

Souper Bowl Sunday Collection

Hold a collection in a soup bowl on
Sunday, February 1st
to benefit

St. Andrew’s Society Soup Kitchens in Ukraine
Donations can be sent to U.O.L. Financial Secretary
Alexis Oryhon 2 Goethe Street Binghamton, NY 13905
Questions? E-mail [Jared Burgan jaredburgan@gmail.com](mailto:jaredburgan@gmail.com)

U 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.

O The UOL sincerely thanks the following for their recent contribution:

L CONTRIBUTOR	OCCASION
Anonymous	Thank you!
T Sts. Peter and Paul Senior UOL Chapter Carnegie, PA	In honor of the 105 th Anniversary of Sts. Peter and Paul Church Carnegie, Pennsylvania Mnohaya Lita!
R Sts. Peter and Paul Senior UOL Chapter Wilmington, DE	In memory of Glenn Sheperd, UOL Member and supporter of the Wilmington Chapter. Memory Eternal!
I Anonymous	Thank you!
B Sts. Peter and Paul Senior UOL Chapter Lyndora, Pennsylvania	Congratulations to St. Vladimir of South Side Pittsburgh for the formation of their Senior UOL Chapter.
U Protopresbyter William and Pani Matka Sonia Diakiw	Sweet 16 Birthday Blessings to Jessica Roach and Ethan Rock From Babe and Gigi.
T Brenda Looby	Thank you to the St. Vladimir’s Sr. and Jr. UOL Chapters in Philadelphia for visiting!
E Marie Senyshyn and Anne Kuchirka	In Memory of our beloved husbands Walter Senyshyn and John Kuchirka.

Interested in honoring a special person or remembering a special event? Use the UOL Tribute Fund to commemorate special events.

*UOL Tributes should be submitted to:
Natalie Bilynsky 703 Pine Ridge Road Wallingford, PA 19086*

please make check payable to Ukrainian Orthodox League

*Encourage UOL Membership -
Share your UOL Bulletin with a Friend!*

UOL Bulletin
c/o Natalie Bilynsky
703 Pine Ridge Road
Wallingford, PA 19086

