



# UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

*Dedicated to our Church -- Devoted to its Youth*

VOL. 61 NO. 4

JANUARY 2015

## An Orthodox Pilgrim's Point of View Submitted by Nina James

First, I would like to give thanks to God, our creator, for giving His blessings and shelter for a life giving and life changing, Pilgrimage to the Holy Land and Constantinople. For our brothers and sisters in Christ, that were unable to attend, my hope is that you were following this extraordinary journey on Facebook, or on the UOC of USA website. I would like to extend thanks to all the faithful who made this trip possible, and for those who prayed for us.

This Pilgrimage was more than learning about the ancient ruins, history of our faith, fellowship and fun. It was about knowing God through scripture. It was about the Bible (His word becoming flesh), coming to life. It was about the manifestation of the New Testament, from the Old Testament, and how one does not exist without the other.

There were so many "Ah, ha" moments on this journey, and so many times God's hand guided the path, I was in unbelief. One such instance was at Divine Liturgy at the Church of the Holy Sepulcher. This massive place of worship covers the Tomb of Christ, and Golgotha (the site of Crucifixion). Our Bishop Daniel and our clergy participated in the service at the Tomb. There had to be close to a thousand souls praying. When it came time for Holy Communion, a monastic Orthodox nun instructed me to take communion at Golgotha. I resisted. My internal rebellious response was "no, I want to take communion at the Tomb or at the Church." A few minutes later, a Greek Orthodox clergy instructed me to take communion at Golgotha. Again my response was the same. Finally after the third instruction, I complied. After walking about a block and climbing up the stairs, I arrived at Golgotha. Much to my surprise, Father Volodymyr was holding the Chalice. It wasn't but a few days later that I realized my own rebellion, and how God through His persistence reveals His mysteries to those who are receptive to His word. His word to me, as a witness was this: As Christ died for me, (and for you), He took the sins of the world (sin meaning a separation from God), upon himself, so that through Him we are united once again with our creator God. By partaking in the Holy Eucharist, I (you) took the bread and blood of life (as was done on the Thursday of Passover meal), so that my (your) spirit will live. How ironic...or is it? The place where Christ died, I took the bread of life.

May your personal journey with Christ be as fulfilling and exciting as mine was.



Icon from the Shepherd's Field Church

## Holy Land Nativity of Our Lord Submitted by Natalie Bilynsky

As we prepare for the Nativity of our Lord, Nina's article about the pilgrimage to the Holy Land reminded me of the many inspiring sites we saw. Oleh and I have traveled to many places but none have been as inspiring as our pilgrimage. Each year when we celebrate a feast day we recall the sites that we had the blessing to see. As we are approaching the Nativity, I wanted to share some of the photographs from our pilgrimage and explain them to you. May you have a very blessed Nativity!

Beautiful temples were built to commemorate and honor the sites where our Lord was born and performed miracles. In fact, we were informed that the only temple that was never destroyed by persecutors was the Church of the



Nativity, which was built in 565 A.D. The huge Orthodox Cathedral has a tiny door that was built to keep out individuals who wanted to destroy the site. There is a huge beautiful temple with a shining silver iconostasis. To

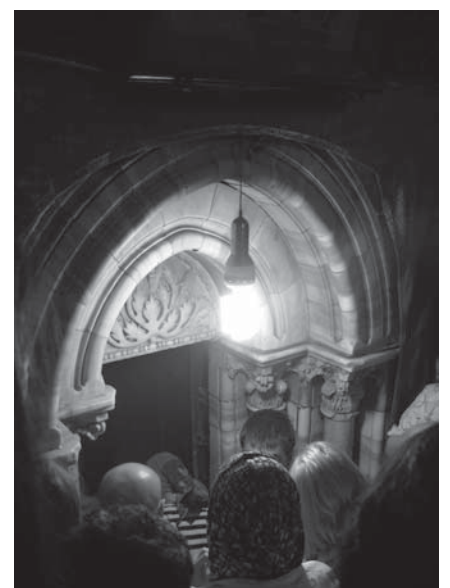
get to the site where our Lord was born, individuals walk down twelve uneven steps. The location where our Lord was born is honored with a beautiful silver, marble and jeweled star. The



exact site is venerated and pilgrims come to the site kneeling. The manger on the other side has an icon that depicts that manger.

There is also a temple built to commemorate the site where the

(continued on page 4)



**Hear Ye! Hear Ye! You are cordially invited to...**

**68<sup>th</sup> Annual U.O.L. Convention  
July 23-26, 2015**

**Hosted by  
Assumption of the Virgin Mary UOL Chapter  
Northampton, PA**

**"Put off the old, put on the new man. Be children of God.  
Walk in Christ the Light"**



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

# MESSAGE FROM THE SENIOR UOL PRESIDENT



Michael J. Komichak

*For where two or three gather in My name, there am I with them.*

Glory to Jesus Christ! Slava Isusu Khrystu!

This past November, my wife Daria and I traveled on a Pilgrimage to the Holy Land and Constantinople with a group of 25 people led by His Grace Bishop Daniel. Included in our group were V. Rev. Fr. Volodymyr Steliac of St. Andrew Cathedral in Silver Spring, MD and Rev. Fr. Anthony Perkins of St. Michael Parish in Woonsocket, RI. We visited many churches and Holy Sites in Israel, the West Bank, and Istanbul, and our group met personally with His Beatitude Theophilos III, Patriarch of the Holy City of Jerusalem and All Palestine, and with His All-Holiness Bartholomew I, Archbishop of Constantinople-New Rome and Ecumenical Patriarch.

This was a special trip not because we traveled to an exotic destination, stayed in comfortable hotels, visited beautifully decorated churches with expert local tour guides, and ate delicious regional cuisine...all of which we certainly did. It was special because of the profound spiritual experience of gathering in His name and praying at the very places where He was born, performed miracles, was crucified, and rose from the dead. At each Holy Site, one of our clergy read from the New Testament and we sang the Tropar or other hymn appropriate to the location. Because of this, instead of feeling like we were in a museum or at an archeological ruin, we felt His presence in our midst. The familiar Biblical account of Jesus walking on water takes on a certain immediacy when you hear it read aloud while you and other believers are in a small wooden ship on the Sea of Galilee. The hope of the resurrection takes on a new freshness when, after attending a midnight Diving Liturgy with hundreds of other Orthodox Christians in the Church of the Holy Sepulcher and in the midst of a chaotic crowd hurrying to their various tour buses at 3AM, our small group joyously sang *Khrystos Voskres* on a chilly November morning just a few steps from the empty tomb.

The physical surroundings at each Holy Site helped us to focus all of our attention on the same event described in the Scripture reading. It was this common focus that made each site special and each visit meaningful. If we can recreate that common prayerful focus as we worship in our local community, then we can experience that same spiritual fullness no matter where we are.

Most of us will never journey to the Holy Land on a pilgrimage. However, each year we all have the opportunity to be "pilgrims" here at home as we journey together through Great Lent. The more we focus our prayerful attention as a community and the more each of us invests in that Lenten pilgrimage, the more we will each grow in the Lord.

To help us on this annual journey, each year the UOL sponsors regional Lenten retreats. This year's retreats will be held on Saturday March 28 in Bethlehem, PA and in Villa Maria, PA near Youngstown, OH. These day-long retreats promote a spiritual renewal that is best achieved through Christian fellowship with others who share the same Lenten journey with us. In the New Testament we read "let us not neglect our meeting together, as some people do, but encourage one another" (Hebrews 10:25). I hope you will make plans now to attend one of these regional retreats this Lenten season not only for the personal renewal you will surely experience, but also for the encouragement your presence will provide the others in attendance.

Bring your children and grandchildren, and bring your fellow chapter members and parishioners to share in the renewal.

If someday you are so blessed as to travel on a pilgrimage to the Holy Land, you will not be disappointed. And if during this Great Lent you attend one of the UOL's Lenten Retreats, I believe you likewise will not be disappointed, and you will be strengthened in your faith through your fellowship with other Orthodox Christians on the same journey.

Yours in Christ,  
Michael J. Komichak



## ASK FR. HARVEY

Questions answered by Fr. John W. Harvey

*My son wants to get a tattoo. What is the Orthodox teaching about tattoos?*

Tattoos are all the rage now and often cover whole swaths of the body. No longer are people satisfied with a small heart and words declaring that Bob loves Sue. Tattoos have been around for ages, but the church has never been comfortable with them, especially as such have importance among pagan religions. Often our stand goes back to what we find in the Old Testament. Again, the Jews strictly avoided the practices of non-Jews. Even to this day, I have heard that those with tattoos are refused burial in a Jewish cemetery.

In Orthodoxy, due to the connections with paganism as well as the reluctance to alter the body in any way, tattoos are certainly discouraged. It has been a very long-standing tradition among Orthodox though to have a small cross tattooed on their hand to commemorate a pilgrimage to the Holy places of Jerusalem and the Holy Land. This is the one exception to a tradition of hearty discouragement of the use of tattoos.

It is among the islands of the Pacific that tattooing reaches a high artistic level, but all with pagan ritual significance. In modern American practice, demons and all sorts of odd things are depicted. Certainly, crosses also figure in the tattooists' art but there still is the general tendency of our church to discourage tattoos, period. God has given us a body with a natural beauty. Embellishing it with gold and jewels is certainly biblical, but tattoos can be seen as a disfigurement of this God-given beauty. Having seen the elderly where old tattoos seem to turn into an ugly smear with age, one wonders why people get themselves tattooed in the first place. Certainly the practice of all-body tattooing will someday render an ugly aged population.

Please discourage your son from taking this almost irreversible step. Although, through a painful process, tattoos can be erased, this is impractical if big areas are covered. I once met a young man who had the heart and words tattooed like I first mentioned. An ugly painful divorce had occurred, but her name was forever embellished on his arm and he rued the day he ever considered getting a tattoo.

*When someone is gravely ill, but with possibility of death on the horizon, is there a point when the priest should be called?*

Whenever a person is checked into the hospital it is a good habit to call the priest, for almost all hospitals no longer contact pastors whenever a parishioner has been admitted. There are some hospitals, due to their restrictive privacy policies, which no longer even acknowledge that such a person is in their facility unless specific permission has been given. As you can see, without your call, the pastor would never have an inkling that a parishioner was hospitalized and could benefit from a visit. Those who have chronic conditions and are housebound should have periodic visitation, so it is good that the priest be reminded that such persons would welcome a visit and administration of the sacraments. Whenever there is a profound change in a chronic patient, whether the coming of death is expected or not, the priest should be called and he should be told whether the patient can take anything by mouth.

In the case that health is definitely failing, please call the pastor before a coma sets in. When things are in a critical state, the priest not only can give the sacraments but words of definite comfort. Having presided at funerals where the deceased never received the consolation of the church, one wonders whether had the priest been called if the process of dying might have been more calm with worries assuaged. It is a fact, that many will not call on the services of a priest under such conditions because they are afraid that the patient will

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**UOL Convention 2015**  
Submitted by Martha Misko

Another year has come and gone, but don't despair! It's 2015 and time to start planning your attendance at the 68<sup>th</sup> Annual UOL Convention. The 68<sup>th</sup> Convention, hosted by the Assumption of the Virgin Mary UOL Chapter, Northampton, PA, will be held July 23-26. The 2015 Convention will be one day shorter than prior Conventions. As per the recommendation by recent Convention bodies, the 2015 event will begin Thursday, July 23 in the evening and conclude Sunday, July 26.

The modified format will begin Thursday evening with opening business sessions and the ever-popular Hospitality Evening. For folks arriving earlier on Thursday afternoon, plans are being made to conduct an educational workshop on iconography.

Friday's schedule will include Divine Liturgy, brunch, business sessions, and a "Dine and Dance at the BW" (Best Western, that is!) social evening. Saturday will include business sessions and the traditional Grand UOL Banquet and Ball. The 68th UOL Convention will conclude on Sunday with Hierarchical Divine Liturgy and the Farewell Luncheon at the Assumption of the Virgin Mary Parish in Northampton.

Lodging accommodations and our Convention site will be at the Best Western Plus, Lehigh Valley Hotel in Bethlehem, PA, at a very reasonable UOL rate of only \$89! And, speaking of good deals...we hope you saved your registration discount certificate distributed at last year's Convention Banquet! Stay tuned for registration information and further details in the next UOL BULLETIN and in future mailings!

**Holy Ascension UOL Holds Christmas Bazaar**  
Submitted by Michael J. Komichak

On Saturday December 6, 2014 the Holy Ascension Senior UOL Chapter of Maplewood, NJ hosted a Christmas Bazaar at the St. Andrew Church Hall in South Bound Brook, NJ. In the busy three months leading up to the event, chapter members prepared food, baked cookies, posted signs, distributed flyers, purchased supplies, and contacted craft vendors. Most food items were stored in Dan and Lynne Gulak's home freezer awaiting the big day.

UOL members delivered carloads of supplies and set up tables on Friday evening, followed by a frenzy of last minute activity early Saturday morning. All was ready when the doors opened to the public at 10 AM. Over the next six hours, the Bazaar attracted a steady stream of visitors who enjoyed hot food from our Ukrainian Kitchen, filled takeout boxes with Christmas cookies, and browsed holiday decorations and other crafts from local vendors.

The Ukrainian Kitchen served holubtsi, three kinds of varenyky, and Richie Jendras' "Baba's Borshch." Iryna Borovetz, PM Lidia Hucul, Daria Pishko Komichak, and Halya Shevchuk ran the kitchen, while John and Nick Holowko took food orders. Khrystyna Chorniy, Erica Holowko, Aleksandra Hucul, and Jack Roditski staffed the Cookie Walk, which offered Christmas cookies for sale by the pound and "Kutya Kits" comprised of pre-measured organic einkorn wheatberries, poppyseed, and a recipe card. One patron purchased two pounds of Marlene Piasecki's "Spider Cookies" because they reminded him of the ones his grandmother used to make. Andriy, Artem, and Bohdan Borovetz, Christopher Holowko, Fr. Oleh Hucul, Mickey Komichak, George Shevchuk, and Senior Chapter President Alex Shevchuk pitched in wherever needed.

The Bazaar raised much needed funds to support the Holy Ascension UOL Chapter in the coming year. But more important than that, it strengthened the bonds of trust and fellowship among chapter members in a way that only shared hard work can. Mnohaya Lita and thanks to all!



**NEWS FROM THE  
JUNIOR UOL  
PRESIDENT**

**Kateryna Kocelko**



Christ is Born!

I hope and pray that everyone had a blessed Thanksgiving, Christmas and New Year. The holiday season is a time for us to step back and be thankful for everything we have. We must always remember how fortunate we are and to share the blessings that God has bestowed upon us and our families.

It is with this mindset that the Junior UOL members embark upon all of the upcoming events of this New Year.

On January 25<sup>th</sup>, 2015 everyone should participate in the annual "Bring a Friend to Church Day." It gives you the chance to expose your religion and traditions to your friends. You never know how much one event could impact their lives. You might want to consider scheduling an outing event such as a movie day or bowling event so everyone can get to know each other. Just as Christ told the Apostles, we should "Go forth and make disciples of all nations" and help expose your friends to the traditions of our Holy Ukrainian Orthodox Church.

On February 1<sup>st</sup>, 2015, we ask that all of the chapters around the country participate in the annual "Souper" Bowl Sunday fundraiser. All of the proceeds that the chapters make go to Saint Andrew's Ukrainian Orthodox Society which supports soup kitchens for needy elderly and orphans in Ukraine.

It's never too early to start preparing for Lent. With Lent coming up, that means the 2015 "Great Lent Giveaway" is coming up also. Each year we ask our Junior UOL members to concentrate their efforts to support a very worthy cause. This year we will be focusing on The Ukraine Relief Fund. We ask you to take the time this Lent to give back by supporting this great cause, while growing in our Orthodox faith. If you have any questions about the 2015 GLG please do not hesitate to contact either Katherine Anderson at [kitty2882@gmail.com](mailto:kitty2882@gmail.com) or Mrs. Natalie Kapeluck-Nixon at [uocoyouth@aol.com](mailto:uocoyouth@aol.com).

Last but not least, there is the annual Jr. UOL Raffle, which is the Jr. UOL's largest fundraiser throughout the year. We ask that everyone participate by buying and selling tickets. The tickets will be sent out a little earlier than usual, so that gives everyone a little extra time to sell all your tickets.

Please don't forget to turn in your chapter dues and membership forms. They were due back in September so please make sure you get them to our Financial Secretary, Sarah Hershey, as soon as possible. Also I expect that all of the Election Report forms are in and if they aren't please also get those in as soon as possible to our Corresponding Secretary, Juliana Leis. Having updated information from all of the chapters is very crucial so we can keep all of the chapters involved and up to date on all of the information and upcoming events.

The National Executive Board sends their best wishes on the coming year and we pray that this year be fruitful for your chapter and your family. We also ask that you continue to pray for us that God continues to give us the strength to lead the UOL.

Yours in Christ,

Kateryna Kocelko

President

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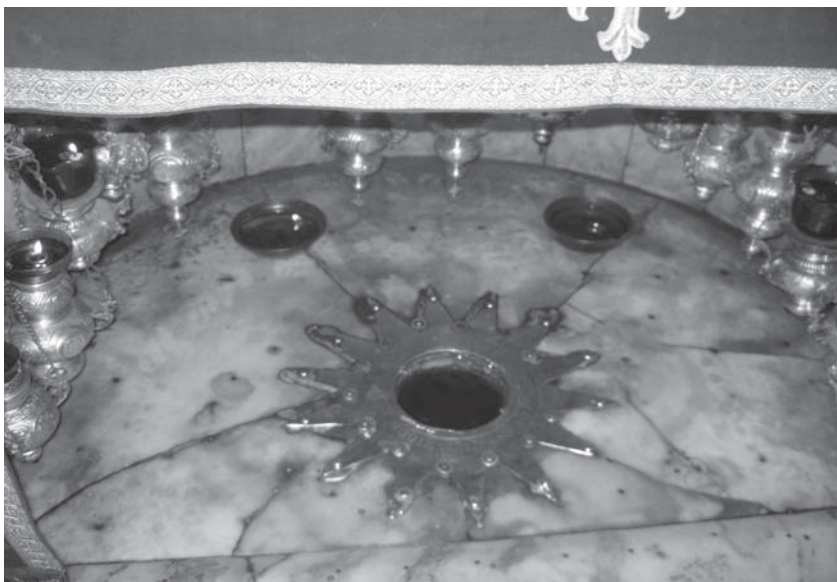
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(Nativity - continued from page 1)

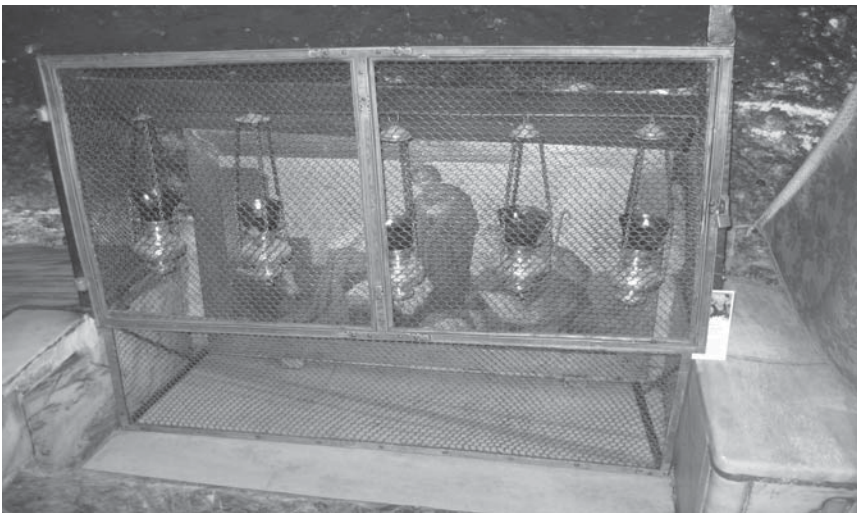
shepherds were called to our Lord. The icons within the church showed the shepherds and their calling. The grounds at this location were absolutely beautiful and one could imagine that the shepherds saw the star from the field.



Iconostasis of the Church of the Nativity



Grotto of the Nativity - Birthplace of our Lord



Manger

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Christine Mills  
641 N. Allerton Ct.  
Moon Township, PA 15108  
cmills63@comcast.net

**Fall at St. Vladimir Philadelphia PA  
Submitted by Natalie Bilynsky**

St. Vladimir's Senior UOL Chapter has had a busy fall season. We started our 2014-15 year with a chapter meeting and pot-luck dinner. We invited all parishioners to join us for dinner and to come to our chapter meeting. During our fall meeting we typically report on the UOL Convention and make our schedule for the coming year. The meeting was well attended and we started our membership drive with several members joining the UOL.

This year for the first time we planned a Country Zabava and invited everyone to come in their best country western gear. We had lots of cowboys and cowgirls for the evening and ready to learn country line dancing. Debbie Shinn was our



instructor and she was fabulous. She explained the dances and coached everyone. The event was so much fun that several of our youngest cowgirls were already asking when we were planning our next event. The evening included dancing as well as a delicious barbecue dinner prepared by Chris and Tanya Peltikis.



Our chapter also planned a visit to the Holy Protection Greek Orthodox Monastery in the Poconos. Our visit started with lunch and then a tour of the Monastery. Sister Marina showed us all of the chapels and the beautiful new iconography within the chapel. There is one icon of the last judgment within



the Church that reminded several members of the icon seen in the Church of the Apostles in the Holy Land. We are planning a spring trip to the Monastery and hope that we can coordinate the day so that our Juniors can join us.

This year we also continued a tradition that started last year. Pani Laura Naumenko served as Chairperson for our second annual Thanksgiving dinner. Similar to last year all proceeds from the dinner were donated to worthy causes. This year our chapter decided to donate proceeds to help those injured in Ukraine. After we had our meeting, sadly a family of our chapter had a fire that destroyed much of their home. We donated half of our proceeds to help,

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**Sts. Peter and Paul Carnegie  
Submitted by Alice Sivulich**

The Sts. Peter and Paul Junior UOL Chapter held its annual Masquerade Party on October 18 in the Parish Hall. Positive themed costumes were called for and they abounded. Twenty or so youthful superheroes, princesses, and animals paraded around the area before having a feast of tacos, pizza, desserts and plenty of candy. The organizing committee of Kristi Rozum, Mikaela Kapeluck and Juliana Leis were happy to see



so many youngsters enjoying themselves, but were puzzled by one slightly larger gorilla romping around and joining in the fun. To their surprise, that gorilla turned out to be Dr. Steve Sivulich!! It was a fun afternoon for all and the chapter advisors made sure that everyone had plenty of food and treats.

Photos, left to right — Mikaela Kapeluck, Kristi Rozum, Juliana Leis with Steve Sivulich behind.

(Philadelphia - Continued from page 4)

coupled with all of the proceeds from our Country Zabava. We are happy to



report that everyone is fine.

Membership has been a major focus with our initial potluck dinner. At our anniversary dinner we had invitations in both English and Ukrainian inviting everyone in our parish to all of our UOL events. We also encouraged membership at our Annual parish meeting. At our Thanksgiving dinner we also decided to do a small presentation about the UOL. We premiered the UOL video and parishioners were thrilled to see the work of our own member Adam Kennedy and hear the narration with our own Al Shinn. We are ecstatic that our chapter continues to grow. For the

last two years we have increased our membership by around 10 members each year. We are on pace this year with 7 new members and are thrilled that our membership is now at 73.

The winter is typically our busy season so we are excited about all our upcoming projects. We would like to invite everyone to come to our Malanka that is scheduled for Saturday, January 31<sup>st</sup>.

We wish you and your family a very blessed Nativity!



**3<sup>rd</sup> Annual 'First Ever Chili Cook Off'  
Submitted by Stephanie Woloschak Rimedio**

As the weather in Northeast Ohio chills, Sts. Peter & Paul Youngstown looks forward to our annual chili cook off. Our local chapter of the Senior UOL sponsors this tasty fellowship event the first weekend in November. This year's cooks were Betty Ewanish, Zenia Goodge, Joe Rimedio, Kathy Vuksanovich, Crystal Walkowiec, Mike Woloschak, and Kathy Zebel.

Chairpersons, Fr. Gregory Becker and Stephanie Rimedio, distributed to all participants certificates of participation and a commemorative apron. Walt Kishton, owner of Shirt Wizard Boardman, Ohio, again generously donated aprons.

Everyone in attendance is given 3 categories to cast their vote. The award-winning cooks were as follows: Best Traditional-Zenia Goodge for her family's secret recipe, Best Non-Traditional-Crystal Walkowiec for her "Black Bean Chili" and Best Use of Spice-Joe Rimedio for his "I hate beans."



Front row: Zenia Goodge, Marcie Goodge, Crystal Walkowiec, Betty Ewanish, Kathy Zebel. Back row: Walt Kishton, Joe Rimedio, Joey Rimedio, Fr. Gregory Becker, Fr. John Harvey

**St. Demetrius Junior UOL  
Submitted by Theresa Linck**

The St. Demetrius Jr. UOL has been busy this fall planning events for the year. They have been hosting coffee hours after church. They are busy getting ready for their annual Senior Citizen luncheon where they invite all the senior citizens from the parish and their friends for an afternoon of good food and conversation. They soon will be decorating the church for the Christmas season and selling poinsettia plants. After the New Year they will be having a soup luncheon. They are also planning a walk-a-thon to benefit the Metropolitan John Scholarship Fund. But they aren't stopping there, and will be having cupcake and other bake sales and more coffee hours.



Above they are presenting His Eminence with a check to benefit the Museum Fund. They are a small group and they are busy!

Each month we will publish the winners of the 2014 UOL Essay Contest. Next month we will publish the topics for the 2015 UOL Essay Contest. We hope you consider submitting an entry.

Grade 11 topic - Select an individual from the Bible and describe how they quenched their "hunger and thirst for righteousness."

First Place Winner - Andrea Linck, 17 years old - Carteret, New Jersey

Blessed are those who hunger and thirst for righteousness: for they shall be filled. While food and water are necessities for human life, Jesus tells us that righteousness is a spiritual need. It is vital to our spiritual life, without righteousness you cannot live spiritually. Just as food cannot just be put on a plate one must eat it to help the body, so righteousness must be absorbed and internalized so that it takes up every part of your life, every part of your being.

We read in Genesis that God made man of flesh of Him. God knew that man's time on Earth would be limited and he granted man free will. In Genesis, chapter 6 God is disgusted with man and his wickedness and vows to destroy man. Noah lived in a time when the people of Earth were drenched in sin and were rebellious against God. Noah may have been the only follower of God left on Earth. "Noah found grace in the eyes of the Lord". (Genesis 6:8) God saw Noah for what he was and decided he was the man to save humanity and all that was good in the world from that horror that God was about to bestow upon the Earth. It is hard to imagine a man not being tempted by all the evilness and corruption that was surrounding him. Noah may not have been free from sin, as he did like wine and drank to excess; but I believe he was a truly righteous man. We know from scripture that God felt Noah was the only follower of God at the time. The temptation to be like all others was strong, but for the most part Noah had an unwavering faithfulness to God. Noah listened to God's commands. Build an ark of gopher wood, it is to be 3 stories, have a door and have rooms. It was to be 300 cubits long, fifty cubits wide and thirty cubits high. Noah never questioned God's commands. He just asked what should he do next and he did just as God asked. God instructed Noah to build the ark and take his wife and sons and their wives onto the ark. Then to collect "two of every living thing of all flesh ... they shall be male and female." (Genesis 6:19) And Noah was instructed to keep them alive. "Thus did Noah; according to all that God commanded him, so did he." (Genesis 6:22) After 150 days God told Noah to go forth from the ark and Noah did so, taking all the living creatures with him. Noah built an altar unto the Lord and the Lord was happy.

Even in Genesis 7:1 it says "And the Lord unto Noah, come thou and all thy house into the ark for thee have I seen righteous before me in the generation." Noah lived to be over 900 years old and his faith in the Lord was always strong.

Grade 2 - Write 2 sentences and draw a picture. Draw a picture of Jesus teaching someone and tell what Jesus is telling them.

First Place Winner - Kayla Meenan age 8 Philadelphia, PA



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(Ask Fr. Harvey - Continued from page 2)

come to realize that death is on the threshold. This is not therapeutic to the patient, who has already figured out that he is at death's door and now realizes that family members are putting up a façade, that rather recovery to health is indicated. Those dying often see through the false picture which their loved ones are trying to portray. In short, call the priest not only at times when the patient is in crisis, but rather anytime that a therapeutic visitation would be welcomed and beneficial.

*What are the responsibilities of sub-deacons in the church?*

In our present day, Orthodox parishes around the world have altar boys serving in the altar for vespers and liturgy. In point of fact, these boys are fulfilling the subdiaconal function without benefit of ordination. Each time they serve, their vestments are blessed and they receive the blessing to function like a subdeacon. For those who are set aside and ordained to this rank they still serve as any altar boy would, but more responsibility is added. They should have knowledge of the various services and liturgies plus be able to function during the intricacies of the hierarchal liturgy. As with all ranks, reader, deacon and priest, they are ordained for a certain place. A subdeacon should be at the call of his pastor and not be wandering about serving wherever he wills. His pastor may approve him to go on occasion to different parishes for events, but this should be done at the pastor's behest. Unlike an altar boy, he has been officially set aside for a certain community and is expected to be available for services there. He is not an itinerant just serving whenever and wherever he pleases. It is expected that he be familiar

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with the scriptures and although no theological training is required, it is assumed that he will endeavor to learn more and more about the faith.

At one ecumenical council it was mandated that candidates for subdiaconate not be married after their ordination. In current practice, the hierarch has an understanding with the individual before ordination takes place that the person desires to marry later and so an exemption is given. In the history of the church, it was the West that continually wanted to restrict any married clergy and this added restriction for the subdiaconate created real problems. As most altar servers are mere boys, if ordained at that age a celibate clergy would soon be the result.

Serving within the altar, whether as an altar server or in the ordained rank of a subdeacon, is very important for the various services to be performed in a proper solemn manner.

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Interested in learning more about your faith?  
Get inspired by Fr. John Harvey.  
Attend the Western PA- Ohio Retreat  
March 28, 2015  
Retreat will focus on Holy Week  
Villa Maria Retreat Center  
2067 Evergreen Road , Villa Maria , PA

For more information contact Fr. John Harvey 330-799-3830

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**The Ukrainian Orthodox League**

**Christian Caregiving and Missions Commission**

**“Souper Bowl” Sunday ~ February 1, 2015**

*It’s NOT about football!*

*It is about feeding the hungry!*

*Help Make A Difference.*



Make a Donation to help Saint Andrew’s Society

Forward Donations to:

U.O.L. Financial Secretary

**Lauren Bentley**

818 Barley Sheaf Road

Coatesville, PA 19320-2216.

**Please Contact the Christian Caregiving and Missions’ Chairs with any questions:**

**Senior UOL Chair PM Olenka Sendeha [olenkas5@yahoo.com](mailto:olenkas5@yahoo.com)**

**Junior UOL Chair Katherine Anderson [kitty2882@gmail.com](mailto:kitty2882@gmail.com)**

**A Meditation on MLK Jr, the Sanctity of Life, and Our Own Cowardice  
Submitted by Fr. Anthony Perkins**

*The Lord God stands in the midst of the Divine Council and judges among the gods.*

*“How long will you rule unjustly, and show partiality to the wicked?*

*Defend the poor and fatherless, maintain the rights of the afflicted and the destitute.*

*Rescue the weak and needy; deliver them from the hand of the wicked.”*

(Psalm 81:1-4; this is the first Psalm we sing to proclaim the Resurrection on Holy Saturday)

One of the things that we often forget is how incredibly offensive the civil rights protests were to many Americans (not just to Southerners – there was plenty of outrage elsewhere!). **But it was right and just to cause offense because the status quo was wicked.** What truths are we afraid to proclaim not out of fear of arrest, lynching, or assassination, but out of fear of offending someone’s feelings or going against the politics of our community? Just how deep does our cowardice go? Which side are we on, exactly?

We are like the gods the Lord condemned in the midst of His council. We have failed to defend even the most vulnerable among us. Who is more vulnerable than our children? And what do we – the citizen-rulers of this country – do to protect them? One out of every five is intentionally put to death before birth (more than a million a year). Of the children we allow to see the light of day, one out of every three lives in a home without a father (24 million), and one out of five lives in poverty/“food insecurity” (16 million). [And don’t even get me started on unnecessary wars, capital punishment, creeping totalitarianism, and atheistic fervor.] All of these do injustice to the sanctity of life and the dignity of persons we are supposed to love.

These are not political issues; they are moral ones. Our apathetic indulgence of such a demonic system shows just how little we have done to become perfect as God is perfect through Jesus Christ. We are not just called to do good when it is convenient or when it matches our political convictions or personal opinions – but every second of every day. We are called to live and suffer for what is holy, right and true; even to die for it if need be. Instead, we excuse injustice with clever words (e.g. “choice,” “freedom,” “necessity,” and “economics” – both liberals and conservatives have them). Even if we have not participated in this wicked system, what have we done to oppose it? To ameliorate its terrible consequences? Have we cared for the fatherless? Supported the single mother? Healed the mother who has aborted her child? Have we taught the youth of our country (and the children in our families) the truth about chastity, marriage, and the value of human life? If not, how are we going to break this cycle?



We must repent, we must pray, and most of all, we must serve.

To quote an article by Andrew Estocin; “*Martin Luther King Jr. and Archbishop Iakovos [who marched with him] both knew that the human person as the image and likeness of God was a truth worth breaking the law, fighting and (in Rev. King’s case) ultimately dying for. Orthodoxy in America needs this type of courage today more than ever.*”

We may need that, but my fear is that we have become a nation of self-indulgent cowards. I would love to be proven wrong.

**Interested in learning more about your faith?**

**Come to the UOL Retreat on March 28, 2015 to learn more about prayer and discuss issues related to prayer and meditation. Listen to inspiring words of Fr. Anthony Perkins.**

**Be social! Be active!  
Live Our Faith!**

**How are you giving your time and talents to your parish and community?  
Share your activities and information on chapter/parish events  
Contact us!! [UOLofUSA@gmail.com](mailto:UOLofUSA@gmail.com)**

**“Like” us on Facebook!!**



**All Saints Camp**  
www.allsaintscamp.org



Volunteers Needed!!

**If you are able to provide your talents to help All Saints Camp, please contact us! We need your help!**

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**Windows/Door Repair**

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**SUPPORT FUN**

**Bunk Beds/Flooring**

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Email: [info@allsaintscamp.org](mailto:info@allsaintscamp.org)

**Western PA- Ohio Retreat  
March 28, 2015**

**“Behold the Bridegroom Comes....”  
(Insights into Holy Week)**

**Speakers : Fr. Dragan Filipovich  
Fr. John Harvey**

**Villa Maria Retreat Center  
2067 Evergreen Road , Villa Maria , PA**

**For more information contact  
Fr. John Harvey 330-799-3830**

*Let my prayer arise!*

**13th Annual  
UOL Lenten  
Retreat**

**Saturday March 28, 2015**

**Retreat will focus on prayer**

**St. Francis Center For Renewal  
395 Bridle Path Road  
Bethlehem, PA**

**Learn more about our faith!  
Get rejuvenated during Great Lent!  
Meet fellow Orthodox Christians!  
And so much more!**

**UOL Tribute**

**U** A donation to the Tribute Fund is an acknowledgment of a Milestone,  
**O** Memorial, or Accomplishment, or is a Special Recognition of an  
**L** 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.

<b>Donor</b>	<b>Occasion/Tribute</b>
<b>T</b> Martha Sawarynski and children Maria, Matthew, Christina and Paul, as well as his eleven grandchildren	In honor of the elevation of Protodeacon Michael (Mikhail) Sawarynski on November 16, 2014 by His Eminence Metropolitan Antony at the Assumption of the Virgin Mary Ukrainian Orthodox Church in Northampton, PA.
<b>R</b> Lesky Family	In memory of John Lesky on the 10th Anniversary of his repose. Memory Eternal!
<b>I</b> Mom and Uncle John	Wedding Congratulations to Denise (Spoganetz) and Christopher Strashinsky.
<b>B</b> Rose Boykas	In memory of my friends from Holy Ascension Church in Clifton, NJ. Memory eternal: Fr. Peter Hotrovich, Marion Jendras, Olga Karpluk, Adam Piasecki and William Kuzbyt.
<b>U</b> The Swans and Jennie Karbiwnyk	To Olga and Jim Sawchuk - Wishing you a blessed holiday season!

Have you been wanting to honor or thank someone special?  
The tribute fund is the ideal way  
to honor someone or commemorate a special event!  
It is very easy to submit a Tribute.  
Don't put it off -- send your tribute today!!

**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.  
Please make check payable to Ukrainian Orthodox League.



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

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