



# UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

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

VOL. 64 NO. 5

MARCH 2018

## St Sophia UOL Chapter Hosts their First Souper Bowl Fundraiser

The St. Sophia Chapter hosted the faithful of St. Andrew Memorial Church in South Bound Brook, New Jersey on Sunday, February 4 by sponsoring their first "Souper Bowl" fundraiser for the benefit of the St. Andrew Society soup kitchens in Ukraine. Chapter members participating included Subdeacons Yurii Bobko, Ihor Protsak, Volodymyr Yavorskyi, and Mykola Zomchak; and Seminarians Yaroslav Bilohans, Oleh Kravchenko, Myroslav Mykytyuk, and Ivan Venhryna. Through their efforts, with the assistance and cooperation of Mrs. Maria Morozovska (the seminary chef) and Pani Matka Lesia Siwko (the president of St. Andrew Sisterhood) and the guidance of their UOL advisors, Father Vasyl and Dobrodinka Oksana Pasakas, the attendees enjoyed a selection of four delicious soups: traditional Ukrainian borsch, pea, meatball and veggie and solyanka. Dobrodinka Oksana, Pani Matka Olena Shak, and Ginny Yavorskyi generously prepared the desserts.



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## Jr. UOL St. Vladimir Pittsburgh

Submitted by Kaleena Peters

On Saturday, December 9th, the Junior UOL of St. Vladimir's Ukrainian Orthodox Church in Pittsburgh again made sandwiches for Focus Pittsburgh (Fellowship of Orthodox Christians United to Serve). Our day began at 9:00 AM. We made ham and cheese sandwiches, and we packed a treat and a fruit in the bags along with them.



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"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."



**You are cordially invited to...**  
**The 71st Annual U.O.L. Convention**  
**South Bound Brook, New Jersey**  
**July 25-29, 2018**

*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."*

*Jeremiah 29:11*



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

# MESSAGE FROM THE SENIOR UOL PRESIDENT



**John Holowko**

Glory to Jesus Christ! Slava Isusu Khrystu!

Great Lent has arrived. To what extent and how you utilize this time to make yourself and your family spiritually stronger is in your hands. It certainly can be a challenge. We are here to try and help in some small way. There are several Lenten Retreats for you to be able to partake in this Great Lent. At the time of this Bulletin publication, there has already been one Lenten Retreat hosted by our Dover, Florida Parish. Youngstown and Western PA, along with Bethlehem are yet to come. All of them, Pan-Orthodox. These retreats provide an additional opportunity to pause from the daily grind and mind-set and to truly focus on the important things within one's self and family. They have been and are all discussed in the Bulletin.

As part of our History project, all of you as members, have been asked to write about why the UOL is important to you. For me it is summarized in one word, Family: the feeling fostered at a local level of being part of a true family in my home parish, someone to miss you when you are not there, to help you and for you to help them in those difficult times, an instrument to assist you in developing your children, and to act as family welcoming all in Church, as you would your home; at the next level to serve as a bridge to other parishes and to the Church, as a whole, as we are one family. Warmth, compassion, understanding, being there to lean on or to say a Prayer with or for you; truly acting as Ministry, not just an organization.

It continues to be a surprise about how many of our parishes appear to function in a silo, when in reality, we can help and learn from each other as family members should. Whether at an individual, local, or higher level, the benefits of a loving, caring family benefits all. The League and its related responsibilities should not be seen as a burden, but rather, an instrument to bring people together as one, to accomplish good works. That is the priority, to help, to care, to love, not the perfunctory paperwork. This past month, I believe we continued to make progress as more parishes joined our "Souper Bowl" activities to assist St. Andrew's Ukrainian Orthodox Society. Thank you to all the parishes that assisted! We hope it is something to continue to build upon.

This time of year also coincides with many of our Parish Annual Meetings. I truly hope such meetings focus on the Pastoral well-being of the local Church, the Spiritual fulfillment of our Parishioners and making it a Healthy parish. I think a healthy parish is where we truly care about one another with compassion, act accordingly, and where we do things because they are right, not because we want to be recognized or demonstrate our acumen. It also tests us to take a breath at times, when responding to an opinion or to an assertion, not knowing the source or the cause of such opinion, many times it being insecurity or hurt, and to respond with reason and in the best interests of our Parish home. I think you know the difference when you walk into a healthy parish. We truly are only "caretakers" of our Parish home and our responsibilities are not only to the parishioners of today, but of tomorrow as well. Finances have their place, but without the first, and focusing on facilitating a Healthy Spiritual Home and meeting the needs of family members, there will be no need to worry about finances.

As many of you know, our 2018 Convention will be held in conjunction with the Centennial activities held here in South Bound Brook. We hope this provides an opportunity for all attending to learn more about the League and to learn and participate in the workshops being planned. Workshops focusing on our Church history; what we can learn from the past and take forward; and how to achieve what we hope our future to be. As the months progress, you will start hearing more details about it. We continue to aim at getting better at it, for all - the Convention is not the purpose of the League- it is, however, an event where we can all unite as one family to help each other, connect, learn and grow.

I know it's only March, but I also know that many are beginning their planning for the summer.

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## *Ask Fr. Harvey Questions answered by Fr. John W. Harvey*

*Can you explain how monks/nuns pray with a prayer rope. Is it appropriate for laymen to wear a prayer bracelet even if you are not following guidelines for prayer?*

The use of the prayer rope has its origin in the Orthodox monastic tradition. The use of the Jesus prayer, a certain stance or position of the body and controlled breathing all are part of the monastic tradition and the prayers, of course, are counted on the prayer rope. The Jesus prayer is "Jesus Christ, Son of God, have mercy on me a sinner." Monks are initiated into this practice with spiritual direction, which is a recommendation.

The type of prayer ropes we usually see in use among laymen amounts to a little bracelet. With our busy lives most people fill their time with noise and raucous music and one rarely finds a totally quiet atmosphere. Quiet is really necessary for the Jesus prayer in its classical usage and the demands of our life do not easily bend to times of quiet, contemplation and prayer.

What often happens is that the wearing of a prayer bracelet simply amounts to, in reality, a piece of Orthodox jewelry. To be a conversation piece or a piece of jewelry is not the intended use and although it may make a statement that one is an Orthodox Christian, it does not presuppose a deep prayer life. For some deep prayer sessions we need the quiet and solitude of our room, which for most people can be but a rare moment indeed. I have found that the Jesus prayer can be introduced into one's busy life in certain ways. As one drives along by oneself, with no blaring radio playing, one can say the Jesus prayer with some controlled breathing without losing the concentration needed to be a safe driver. Waiting for a dental or physician's appointment is another moment when you can pray undisturbed. Stealing a few quiet moments can be a blessing to use this unique form of Orthodox prayer. An injection of even minutes of intense prayer can transform and elevate our life in the world. Consult a monk, nun or your pastor on how you can build a prayer life even in your hectic existence.



*What does it mean when in the Liturgy the priest says "All catechumens depart, depart catechumens." Does this mean that visitors or whoever should go out of church?*

In the history of the early Christian Church, the catechumens, those preparing for baptism, were kept from viewing the totality of the Liturgy and the final act of reception of Communion. In their catechumenate, or instruction period, they could stay in the Liturgy only during the instructional parts. The beginning of the Liturgy through the prayers of the litanies, the Psalms and finally the Epistle and Gospel was deemed necessary for their education. The Creed was for those who already were baptized and confirmed as believers. At this time, all those who were in the period of preparation were escorted out of church. This action we can call the arcana, or secret of the church. We have passed the age of hordes of adults being in preparation for baptism and so this command is like an archeological footnote. We DO allow visitors in church and even curious non-Christians are not thrown out at this point in the service.

You will find out that the Church retains what has been in the liturgical texts over the centuries. It is like all of Granny's old pictures and artifacts that are kept in a trunk in the attic. They may have no bearing on today's life, but they have had historical significance and importance.

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## 71st Annual UOL Convention

*Understanding our Past to Plan for our Future*

## Submitted by Michael J. Komichak

It has been 100 years since the Holy Spirit planted the Ukrainian Orthodox Church in the United States. What can we learn from our history that will allow us and our Church to meet the challenges of the next 100 years? This will be a central topic for us to explore at this summer's 71<sup>st</sup> Annual UOL Convention / 57<sup>th</sup> Annual Junior UOL Convention at the Metropolia Center of the Ukrainian Orthodox Church of the USA in South Bound Brook (Somerset), New Jersey from Wednesday July 25 to Sunday July 29.

This summer's Convention will open as is our custom on Wednesday evening, but this year we plan to conclude our business sessions on Thursday afternoon. In the evening on Thursday, in addition to dancing and socializing, we will have the opportunity to attend the opening of a UOC of USA Centennial exhibit curated by the Ukrainian History and Education Center.

In this Centennial year, we have designed the Convention schedule to devote the entire day on Friday July 27 first to an examination of our UOC of USA history, and then to understand and apply any lessons learned from that historical experience to produce healthier parishes today and in the future. The parishes of today are a product of our shared history. Of course, the essential truths of our Orthodox Faith are the same today as they were a hundred years ago, and indeed as they have been for the past two millennia. Against the backdrop of the several waves of immigration to the US from Ukraine, we hope to better understand the forces that have shaped us. Will today's new immigrants find a home in our Church while we continue to minister to existing parishioners? How do we attract new converts? Can we develop more welcoming and inclusive parishes, building a stronger UOC of USA and growing as one family in Christ?

Saturday's Convention schedule will be somewhat different than usual. On Saturday morning we will join others from across our Archdiocese at a Hierarchical Divine Liturgy marking the Centennial anniversary of the UOC of USA, immediately followed by a Centennial banquet in the afternoon. After the banquet we will relax and enjoy an evening of fellowship and dancing.

It is so important that the future leaders of our Ukrainian Orthodox Church also learn about the history of our Church in the US, as well as the vital role that the Ukrainian Orthodox League has played and continues to play in supporting our UOC of USA. As in years past, our full-time resident Seminarians from St. Sophia will be able to attend the UOL Convention free of charge. We are once again asking for your support to help defray the costs associated with their attendance. For a suggested donation of \$250, you or your Chapter can sponsor one of our eight current Seminarians at the Convention.

The 71st Annual UOL Convention Committee is looking forward to seeing you in South Bound Brook this summer. With a better understanding of our past and with the guidance of the Holy Spirit, we can discover how to best prepare our Church and the UOL for the next 100 years!



**Scholarships for orphaned children of fallen soldiers in Ukraine.  
Furthering educational pursuits of older teenagers and college students.  
A humanitarian outreach of Saint Andrew's Society  
of the Ukrainian Orthodox Church of the USA**

## MESSAGE FROM THE JUNIOR UOL PRESIDENT

**Orest Mahlay**

Слава Ісусу Христу! Glory to Jesus Christ!



The Junior UOL welcomes everyone during this Lenten Season. Great Lent is an important time in our lives, and as faithful Orthodox Christians, we are offered a focused time of prayer, many special services and extraordinary experiences as the Church begins the journey to the celebration of the Resurrection of our Lord. We hope that everyone participates in these special services all throughout Lent.

The Junior UOL would like to thank all parishes and chapters that participated in the Souper Bowl Sunday fundraiser by hosting soup sales or by simply collecting funds for this cause. This project has been an important part of the UOL for many years and has been a way for parishes outside of the UOL to become involved with its projects.

A special project, the Great Lent Giveaway, begins for all of our chapters. This year the Junior UOL is having a collection for Saint Andrew's Ukrainian Orthodox Society. This project will help fund scholarships for young adults who have lost their parents during the war in Ukraine, but who still want to get an education. Our goal is to collect \$2000 toward this cause. This project will be coordinated by Madeline Zetick, as well as the Office of Youth and Young Adult Ministry. If you would like more information about this project, please contact Madeline Zetick at 267-406-8231 or zetickm@gmail.com.

As the UOL approaches its Convention this July and the Ukrainian Orthodox Church of the USA approaches its 100<sup>th</sup> Anniversary Celebration this summer, the Junior UOL invites all parishes and UOL chapters to begin encouraging their youth to participate in the upcoming activities and proceedings. We hope to see many UOL members, as well as new faces, participate this summer.

Please feel free to contact me at orest.mahlay@gmail.com or at my number (440) 829-5873. I would be grateful if you could let me know how I could help the youth in your parish.

Yours in Christ,  
Orest Mahlay

## Seminarians Experience American Football Submitted by Michael J. Komichak

On Saturday afternoon October 28, 2017 the Holy Ascension, Maplewood UOL Chapter organized a trip to Montclair, NJ to watch the Montclair State Red Hawks play the Wesley College Wolverines. Our Holy Ascension UOL Chapter invited students and faculty from the St. Sophia Seminary UOL Chapter in South Bound Brook, NJ to join us. We were thrilled that Seminarians Yaroslav Bilohan, Oleh Kravchenko, Myroslav Mykytyuk, Ivan Venhry, Protodeacon Ihor Rusyn, newly ordained Deacon Richie Jendras (English as a Second Language Instructor at the Seminary), and Rev. Vasyl Pasakas (Assistant Dean of Students) were able to attend and enjoy this quintessentially American event with us.

While all of our seminarians were very familiar with European football (i.e., soccer), they had never attended an American football game before. Even though they are all newly-arrived from Ukraine this semester, their English language skills are quite good, so they were able to ask a lot of questions about what was going on. It turns out that American football is a very complicated game to explain to someone: try it sometime!

With over 20,000 students Montclair State University is the second largest University in New Jersey (after Rutgers). The campus covers an area of about 500 acres. The football team takes its name from the red-tailed hawks that are indigenous to this area of New Jersey.



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**Jr. UOL Philadelphia PA**  
**Submitted by Natalie Swan**

Greetings! Hope you had a blessed holiday season. Here at St. Vladimir's we have been busy. On Saint Nicholas day, we had a successful cookie walk. Also, some members of our Jr. UOL traveled into center city to look at the decorations and watch the Philly light show. We also participated in our UOL annual family fun night, where we played a variety of fun games. Along with the family fun night, we also actively participated in our Malanka. And once again, a few members of our Jr. UOL chapter visited the Ronald McDonald house to serve dinner and spend some time with the kids staying there.

As for upcoming events, we will host the "Souper Bowl" in honor of Super Bowl 52. Lastly, we will soon have our Lock-in, where some Jr. UOL members will stay a night at church and play a lot of fun games such as Chapter Challenge. In conclusion, these are just a few of the things that will be happening in our chapter and I can't wait to see what is to come for our Jr. UOL chapter!



**St. Vladimir Senior UOL Philadelphia**  
**Submitted by Natalie Bilynsky**

The winter is always a busy time for the St. Vladimir UOL in Philadelphia and this year was no different. On one of the coldest days of the winter, December 26th, a group of over 25 Junior and Senior UOL members and friends joined in the city to enjoy the holiday decorations. We saw the Macy's light show and walked through the Dickens display. We braved the cold and walked several blocks to the Comcast holiday spectacular.

Later that week we celebrated our fifth Family Fun night. It is a wonderful evening where young and old participate in challenges. This year one challenge was to use art supplies to create a beautiful Christmas eve dinner. The displays of 12 dishes were so amazing that the judges had great difficulty figuring out the winners.



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(St. Sophia - continued from page 1)



Protodeacon Ihor Mahlay, president of the St. Andrew Society who was visiting for the weekend, thanked the UOL chapter and the participants and took the opportunity to describe the work that the Society has been able to accomplish as a result of their continuing support.

The attendees reciprocated with their generous donations totaling \$1000. Great job St. Sophia UOL!



**Lynn Sawchuk-Sharon Kuzbyt Memorial Scholarship**  
**40 years "In Loving Memory"**  
**Submitted by Fr. John Charest**

The LSSK Scholarship was established at the 28th Annual UOL Convention in 1975 to perpetuate the memory of two lovely, dynamic young women whose untimely deaths left an indelible mark in the life of the Ukrainian Orthodox Church, the Ukrainian Orthodox League, and in the personal lives of their families and many friends.

Both Lynn and Sharon were leaders in their communities. Lynn was president of St. Vladimir's Junior UOL in Philadelphia, PA. Sharon was president of the Holy Ascension Junior UOL in Clifton, New Jersey. Both were active participants in our diocesan camping programs and Junior League convention delegates. Both were extremely active with the Church and the League. This scholarship is awarded annually to Junior UOL members or former members who have exhibited the dedication, energy and scholastic qualities by which these young women are remembered.

Recipients of the Lynn Sawchuk-Sharon Kuzbyt Memorial Scholarship are selected based upon the following criteria:

- a) A Junior UOL member in good standing; a past Junior UOL member enrolled in or about to enter a program of advanced education but not beyond five (5) years from high school graduation.
- b) A record of outstanding performance in the service to the Ukrainian Orthodox League and the Ukrainian Orthodox Church.
- c) Academic performance in high school.
- d) Involvement in extracurricular and civic activities.
- e) Be of high ethical and moral character.

An emphasis will always be placed on "outstanding performance in the service to the Ukrainian Orthodox League and the Ukrainian Orthodox Church," and students with only above average grade point average and outstanding contributions to the League and the Church will be considered for the scholarship.

Scholarship applications are due to the LSSK Scholarship Chair by May 31st of each year. To retrieve an application contact Anna Anderson at [musan44460@gmail.com](mailto:musan44460@gmail.com) or follow the link from the UOL webpage. [UOLO-FUSA.ORG](http://UOLO-FUSA.ORG), click Resources then Scholarships and Recognition.

Scholarship awards are announced at the Annual Grand Banquet of the National Ukrainian Orthodox League Convention in July.

## (Pittsburgh continued from page 1)

We finished making our two-hundred forty sandwiches by 10:30, and figured our day would be over at this point; however, a few workers for the pierogi kitchen were not able to help out that day. The pierogies are a huge contributor for our church. The juniors saw this and immediately began to help out.



They learned all about making pierogies, from rolling out the dough to pinching and were even given atta-boys/girls from the ladies. The job got done much faster this way, and it's fair to say that the day was as productive as it possibly could've been.



## (President continued from page 2)

I hope you and your Parishes consider sending your children to ASC, even if just for a week. I know all about the sports camps etc. and wanting to get away as well-a challenge for all. I get it! Again, a case of priorities for all families.

May you prepare and find the spiritual fulfillment you require during this Great Lent.

Yours in Christ,  
John Holowko

**Web Portal of the Strategic Plan of UOC of USA in  
“Basecamp” - Everyone is Invited  
Submitted by Tatjana Paunesku,  
Goal captain for “9.4 Portal”  
Sub-goal of the overall strategic goal “Technology”**

The strategic plan of the UOC of USA was initiated as a country wide effort to tune-up the workings of the Church so that it better meets the needs of all UOC parishes and each one of the faithful. This is a daunting task – this group of people is large and varied, and each one of us has different personal tastes and sensibilities. In truth – loving the UOC of USA is possibly the only aspect of our lives that we all share. The same is true for all present and future participants in the strategic plan (and for you too - the reader - if you want to pitch in). As we strive to execute the strategic plan, regardless of its benefits, this tie between us will strengthen and our introspection into why we each love the UOC will become deeper.

Each one of the faithful can contribute to the betterment of the strategic plan precisely because we have different talents and outside-of-church interests. The main “directions” for the plan – the so called strategic goals (administration, clergy, communication, education, family and youth, healthy parishes, outreach and evangelism, stewardship and technology) were chosen based on input from a selection of faithful who were selected to be as diverse as possible with regard to gender, age, country of birth, employment and marital status. Within these overall goals, almost any contribution is imaginable and will be welcome. The desire of the strategic plan goal captains is that all faithful who want to be should be included.

In order to make it possible for everyone to have their say and be heard, it was necessary to organize a virtual meeting place for strategic plan participants. After some deliberation, we have selected a web application called “Basecamp” to be such a space. Aside from providing us with a poetic notion that the UOC is adrift on the prairies of USA, Basecamp is a website that fosters effective work communication and cooperation without actual face-to-face meetings. The CEO and one of the founders of the company, Jason Fried, has tinkered with this website application since 1999 and has given TED talks about collaboration, productivity and the nature of work. In other words, Basecamp is not a social media website, but an application that is focused on productive work-related communication (as a voluntary assembly we receive a 50% discount). The documents and messages exchanged between the Basecamp participants are visible only to other participants and the means for communicating with each other are numerous. Inside each subsection (task) are several quasi-folders. Folder “Docs and Files” corresponds to a regular folder and participants may place any document into it without the concern that the material can be altered or downloaded by the outside world (bears and coyotes are kept outside of the camp). Folders “Schedule,” “To-dos” and “Automatic Check-ins” are meant to improve synchronicity for tasks that require timely deadlines, while folders “Campfire” and “Message Board” provide means to send a message to the team right away or post a message that will be seen when other participants log in, respectively. “Campfire” will send an email with the content of the message to all team members automatically, whereas “Message board” acts exactly as a virtual message board should. Another feature of Basecamp “Pings” (in the header) allows us to reach out to one or few of the other participants, again by an instantaneously sent email. While this seems like a fancy way to send emails at first glance – we can easily comprehend that Basecamp allows us to track all communication very simply and communicate with large groups of people and share large documents regardless of who your email provider is and how well versed you are with group communications.

We are using Basecamp as a Portal for the strategic plan for less than a year now, adding new participants as we go along. Thus, some of the Basecamp participants have used it for a long time and utilized many of its features, while others just received their invitation to join in. Whatever your status is – I invite you to email me with any questions or your desire to be included to [t.paunesku@gmail.com](mailto:t.paunesku@gmail.com) (subject line “Basecamp”). We can make our ties stronger and understand each other better if we communicate more about our goals and efforts to make the UOC of USA more successful and welcoming to everybody.

**PAN ORTHODOX YOUNG ADULT RETREAT**

Are you between the age of 18 and 35 and interested in strengthening your faith, and meeting other Orthodox young adults from the other Orthodox dioceses?

Think about attending the Pan-Orthodox young adult retreat at Camp Nazareth from May 4-6<sup>th</sup>.

Keynote speaker is His Grace Bishop Gregory.

Registration begins late February.

For further information, please contact Kateryna Kocelko at [kdkcutie25@yahoo.com](mailto:kdkcutie25@yahoo.com).



(Ask Fr. Harvey from page 2)

In our own Metropolia, at a clergy conference, this seeming anomaly came up and was thoroughly discussed. The result is, that although the text is not altered, in print the phrase about departing is in lighter print, indicating that those words are not chanted aloud. The text which the congregation hears aloud should reflect the positive message, "Let us the faithful and" etc. The omission of the words to depart sets a very positive tone to the Liturgy. Even if we should have catechumens preparing for baptism and reception in the Church there is no demand for them to exit. It is of course understood that they will not be permitted to Communion until they are baptized and/or chrismated.

*What is the difference between a mission, a church and a cathedral?*

When the church targets a place where there is potential for a Christian community to be developed, a mission is established. A priest does his evangelistic work to facilitate organization of a community and lay leaders arise to cooperate in its foundation. Worship begins on a regular basis as a priest is available. Each circumstance is different and sometimes it takes years for a mission to grow in spiritual maturity to coalesce into a viable community. Goodwill of people and a definite level of commitment is necessary before a mission is ready for acquisition of property or to build a church. Missions undergo growth pangs and some do not ever properly develop, wither on the vine and ultimately close. It is cooperation with the Holy Spirit that is most important as is the commitment of the founding individuals that can lead to success or failure. A church that is in missionary growth is one which exhibits its life and mirrors the Gospel imperative to spread the faith.

In our own diocese there are old parishes, which are now in definite decline numerically and officially have been denominated as missions. Here we find the challenge, to recoup the loss with new commitment to exist and the cooperation of all to ensure continued existence. Some communities wax old and either refuse to open their doors to newcomers or don't even encourage their offspring to continue as active Orthodox. When a parish is demoted to mission status, it is imperative that efforts be made to promote and expand the community. Sad to say, some places seem to have a death wish and do nothing to stem the flow of their demise. As long as there are people in a town, there is no reason that the power of the Gospel should not spread and potential converts arise to inject new life into a faltering mission.

A church is a regular and established worship center that our diocese has in a community. A parish has a regular life and a pastor assigned to it, with liturgies, sacraments and a full pastoral life well established. If a parish is active spiritually and is open to visitors it is a viable community and can be a beacon of Orthodoxy, an Orthodox presence, in the community as a whole. Going beyond mission status, a parish usually has a church building and an altar which has been consecrated by the hierarch attesting to the fact that this is a permanent institution.

A Cathedral is the church from which a bishop presides over his eparchy. A Cathedral signifies the place where the cathedra, or bishop's throne is situated. We have some churches that have the title of cathedral, but do not presently have a bishop in residence. This is a residue from past hierarchs who have resided there and the title remains as an historic honorific. After the unification of the UOC of the USA and the U.O.C. of America over a decade ago, we have some parishes denominated as Pro-cathedrals. This again is an honorific, for under the former administration, parishes that were far flung away from the actual diocese center in New York City were given a regional pre-eminence.



(Seminarians Football - continued from page 3)



It was a beautiful autumn day for football—sunny with a light breeze and temperatures in the upper 60s. It was a good game, but the crowd of just over 1100 in attendance saw the home team lose to the visiting Wolverines from Dover, Delaware 26-7. We snacked on hot dogs at half time, and after the game we all went to a restaurant near Dan and Lynne Gulak's house for dinner. It was the perfect ending to a very enjoyable day!

# UOL Bulletin Pictures



**This month the UOL Bulletin was widely read in Ohio!**

Here  
Michael and Dareen Jogan enjoy the UOL Bulletin at the Malanka in Parma, Ohio  
and  
Ginny (Ulbricht) Yavorsky catches up with a Bulletin at her wedding!

**Take your UOL Bulletin along and send us your pictures.  
E-mail to nsufler@aol.com.**

(Philadelphia - continued from page 4)



Later we had fun games of skill where one team member tossed a marshmallow behind their back and the other individual tried to make sure the marshmallow passed through the reindeer antlers they were wearing. The highlight of the night is always the eating contest and this year did not disappoint. Vera Sufler was the MVP eating pickled herring faster than all of her competitors. The night is a wonderful time for both young and old to be young for an evening.



On January 13<sup>th</sup> we hosted the Senior National Executive Board and sponsored our Malanka. Different this year, our Philadelphia Eagles were in the playoffs so prior to the dance beginning we had a small area where fans cheered our Eagles to victory. I can still hear the "Fly Eagles Fly" as I am writing this article.

(Continued on page 7)

(Philadelphia - continued from page 6)



Once the victory was in hand we danced and danced and danced. Approximately one hundred people enjoyed a delicious dinner prepared by Chris and Tanya Peltikis. We are incredibly lucky to have Al and Debbie Shinn as the chairpeople for the Malanka. It is always a fantastic event!



On the eve of Theophany we hosted our traditional "Holdna Kutya" dinner. We set a large table each year so we can eat as one family. With over forty people at the table we enjoyed a traditional dinner and sang carols and schedrivky. Following dinner everyone gathered in church to celebrate the first blessing of water.

Our focus now is on our beginning plans for Convention 2020. We are quite excited to have everyone join us in the City of Brotherly Love!



## 2018 UOL Essay Contest Topics

The 71<sup>st</sup> UOL convention in South Bound Brook, NJ is being run in conjunction with the celebration of the 100<sup>th</sup> anniversary of the inception of the Ukrainian Orthodox church in the United States of America. The Theme for this year's convention is "*For I know the plans I have for you,*" declares the Lord, "*plans to prosper you and not to harm you, plans to give you hope and a future.*" —Jeremiah 29:11

Essay entries can be typed or hand printed. All entries will be judged by neatness, originality and content.

### Pre-Kindergarten and Kindergarten:

In John 10:9 "Christ says, I am the door, if anyone enters by Me, he will be saved". Draw a picture of Christ welcoming people to Church. No entries larger than 12 by 18, please.

### Grades 1 and 2:

Draw a picture and write 2 to 3 sentences about the following topic: St Andrew's Society is a charitable organization of the Ukrainian Orthodox Church. One charity to which it gives money is soup kitchens in Ukraine. Soup kitchens provide meals to the homeless and the very poor. Draw a picture of what you think a soup kitchen looks like and then write why you think it is important for us, as Orthodox Christians, to help those less fortunate than us? No entries larger than 12 by 18, please.

### Grades 3 and 4:

Write a paragraph (7 to 10 sentences) about the following topic: Look at all the beautiful icons in your church. Pick one that is your favorite, describe it and tell why it is your favorite.

### Grades 5 and 6:

Write 50 to 150 words on the following topic: Why is it important that we celebrate the fact that the Ukrainian Orthodox church is 100 years old?

### Grades 7 and 8:

Write 100 to 200 words on the following topic: An important person from the history of the UOC of the USA and explain why they were important in the establishment of the church. Or a role model in your parish (not your parish priest) and tell why they are important in the life of your parish church and why you feel they should be considered role a model.

### Grades 9 and 10:

Write 200 to 300 words on the following topic: Earlier in Jeremiah 29 the Lord tells the exiles from Jerusalem that were sent to Babylon that they should "Build houses and live in them; plant gardens and eat their produce. Take wives and have sons and daughters." (Jeremiah 29: 5-6). Relate this quote to Ukrainian Orthodox Christians coming to America and establishing churches in a new land.

### Grades 11 and 12:

Write 300 to 500 words on the following topic: The first Amendment states "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof..." How did this freedom to exercise ones religious beliefs benefit the Ukrainian immigrants when establishing parishes in American and how does it provide "a hope and a future" for future generations of Orthodox Christians?

### Adults (18 and over):

Please write 500 or more words on the following topic: In the Jeremiah passage, it says "For I know the plans I have for you..." How does the fact that He has given us free will cause conflict in our daily lives?

**All entries must be post marked by Tuesday, May 1, 2018.**

**All email entries must be time stamped no later than Tuesday, May 1, 2018 at 7:00 PM.**

Please mail entries to: **UOL Essay Contest**

**C/O Teresa Linck**

**413 Juniper Lane**

**Cheshire, CT 06410**

**Or email to tlinck.essays@gmail.com**

## Great Lent Giveaway Submitted by Madeline Zetick

It is already February and Great Lent is beginning, which means the annual Great Lent Giveaway (GLG) is starting too. As Christians, we are called to live a simpler life and give back during Great Lent. This year the Jr. UOL along with the Office of Youth and Young Adult Ministry has a monetary goal of \$2000 for the St. Andrew Ukrainian Orthodox Society. The money raised will go towards funding scholarships for young adults, whose parents lost their lives as soldiers. These scholarships will allow these teens a chance to attend school and get an education. If you are in need of more information there is a short outreach video for teens and kids, explaining what GLG is, St. Andrew Society and some facts on who St. Andrew was. Please feel free to contact me with any questions at 267-406-8231 or zetickm@gmail.com.



THERE IS STILL TIME TO REGISTER FOR THE

### LENTEN RETREAT - MARCH 24, 2018

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

To register contact:  
Oleh or Natalie Bilynsky  
nsufler@aol.com

# U O L T R I B U T E S

## **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.

**Donor**

**Occasion/Tribute**

NO TRIBUTES THIS MONTH

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.

### Annual Fund Drive

Please support the Ukrainian Orthodox League's Annual Drive for UOL Projects, Lynn Sawchuk-Sharon Kuzbyt Scholarship, and Metropolitan John Scholarship Fund

Donations to UOL Projects will be used for:

- \*Publication of the **UOL BULLETIN**
- \*Supporting the Youth Commission's activities
- \*Outreach through the Christian Care-Giving and Missions Commission
- \*Continuation of the Education Commission projects and services
- \*Public Relations and other administrative necessities

Donations to the Lynn Sawchuk-Sharon Kuzbyt Scholarship Fund will:

- \*Provide Scholarships to current or former Junior UOL members who are leaders in their parishes and communities and committed to their faith
- \*Nurture the future leaders of our Church
- \*Foster the UOL's motto: "Devoted to its Youth"

Donations to the MJSF Scholarship Fund will:

- \*Provide tuition assistance to seminarians at our St. Sophia's Seminary
- \*Encourage candidates to the Holy Priesthood
- \*Provide tuition assistance to our clergy and seminarians for higher education

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

Thank you for your continued support!!

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

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