



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 62 NO. 5

MARCH 2016

Sts. Peter and Paul, Palos Park, IL Hosted Chicago Stewardship Presentation Submitted by Nina James

"Where there is no vision, the people will perish." Proverbs 29:18

Bill Marianes did an amazing presentation on Orthodox Christian Stewardship. It is a highly interactive, informative, practical and inspirational step-by-step experience that effectively teaches how to improve your Parish's results, ministries and most importantly, spiritual health. We hosted this event, which occurred on September 26th in our church hall. Our provisions were our hospitality, lunch and beverages. This was taped for viewing, and can be viewed by visiting www.chicagosynergy.org



Stewardship is what you do with all of the gifts God gave you. "Every man shall give as he is able, according to the blessings the Lord your God gave you." Deut 16:17 In order to multiply God's gifts, Christ must be in the center. He challenged the disciples to feed the people. He also commanded them to "Bring them to me." You know the rest of the story... They not only fed the crowds but even had leftovers. The question is, why are we here? "Go, therefore and make disciples of all the nations." Matt 28:19. Each Parish must ask themselves this question. "Why does our Parish exist?" We need to articulate why anyone would want to be a part of our Parish and Ministries.

God has a vision for us. "For I know that the plans I have for you" declares The Lord, "plans for well-being, and not for calamity, in order to give you a future and a hope. When you call out to me and come and pray to me, I'll hear you." Jeremiah 29:11-12. Each Parish must also have a Christ-centered vision.

God's core values are His Ten Commandments. Every Church Parish needs to establish their core values, which are Christ-centered, using all tools available, such as communication, using all media, outreach and evangelism, ministering, active participation in sacramental life, and financial responsibilities, all done with integrity. So, how did the Greatest Steward Solicit? "Zachariah, come down immediately, I must stay at your house today." He taught us that personal interaction is vital. Study after study shows that personal in-home visitations are most effective. He also continuously served the people around Him.

The biggest Parish challenges presented are: 1. Unemployment - the parishioners who are not involved in any ministries or services. 2. Underemployment - the parishioners who are not as actively engaged in ministries and services as they could be. In conclusion, a Strategic Plan must answer the fundamental questions. 1. Why do we exist? 2. Where are we now? 3. Where do we want to be? 4. How will we get there? Priests/ Parish Boards /Stewardship and Ministry Leaders all must be completely on the same page and lead the process.



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Holy Ascension, Maplewood Celebrates the Holidays Submitted by Michael J. Komichak

The Holy Ascension Senior UOL chapter was very busy in December and January, organizing several events that have become a tradition in our Maplewood, NJ parish. Chapter members baked dozens of homemade cookies for sale at our Cookie Walk and Christmas Bazaar, held on Saturday, December 5 at the Ukrainian Cultural Center in Somerset (South Bound Brook), NJ. The Bazaar featured several outside vendors who sold Christmas gift items and crafts.



Two weeks later, St. Nicholas stopped by our church hall to greet all of the parishioners and distribute gifts. The UOL served free pizza and varenky to the children. Our annual UOL Malanka was held following Divine Liturgy on Sunday, January 10. The Malanka is a family event complete with food, music, dancing, noise makers and balloons. Sometime around 2:45PM we simply declare it to be midnight and ring in the New Year.

On the Eve of Theophany on Monday, January 18, following the blessing of water at a Vespers Divine Liturgy, our chapter served a traditional Holodnya Kutya meal, including baked cod, borshch, buckwheat holubtsi, kapusta, varenky, kutya, compote, and uzvar.

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This year we were blessed with good weather for all of these events. The first snowfall this season held off until January 23, but when it came it was a doozy, dumping two to three feet of snow in our area. Looking forward, our chapter is making plans to mark a significant milestone this year: the 60th Anniversary of our Holy Ascension UOL Chapter!



The 69th Annual U.O.L Convention

Hosted By:

Holy Ghost Ukrainian Orthodox Church

Coatesville, PA

July 27-31, 2016

"Be quick to hear, slow to speak & slow to anger"

James 1:19

Convention Information: holyghostuoc.org/2016



UOL BULLETIN - The official publication of the Ukrainian Orthodox League of the United States of America. Circulated to all UOL Members. Non-members subscription rate \$30.00 Canada \$40.00

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UOL Bulletin - Published seven times annually - September, October, November, January/February, March, April and June.

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). If submitting photos please be sure to obtain consents for photos to be included in the UOL Bulletin.

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

MESSAGE FROM THE SENIOR UOL PRESIDENT

Michael J. Komichak



An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge.

Glory to Jesus Christ! Slava Isusu Khrystu!



ASK FR. HARVEY Questions answered by Fr. John W. Harvey

For over a year now I have become a confirmed vegan for health and esthetic reasons. As I have voluntarily adopted this dietary life style, I am no longer tempted by steak, ham, bacon, salmon steaks or even the enticing aroma of grilled breakfast sausages. For me, Friday abstinence and the four church Lenten periods are easy, so is there anything special I should do for Lent?

Most of our parishioners have great difficulty in periods of fast and many do not even make an attempt at trying at all. You have met that challenge and then some, so for this time to be spiritually therapeutic you must adopt a different strategy. Another pillar of a Lenten period is almsgiving. Using your funds to help the needy or causes such as the Orthodox Christian Mission Center or the relief work of I.O.C.C., is a blessed action that produces good by blessing others. In light of this, entering into some service project yourself or personally visiting or being of assistance to a sick relative or lonely elderly person are positive actions. This is a stance in becoming a conduit of blessing as an instrument of the mystical body of Christ.

The goal of fasting, in the process of eating less or consciously avoiding certain foods so that we are engaged in a spiritual exercise, is curtailing our flabby will which so easily succumbs to whims and impulses. In doing battle with our temptations of a culinary sort, we also gain spiritual muscle, a beginning of self-mastery when it comes to the resistance to temptations of the passions to sin. Even though we no longer consume meats or meat derived products, we should not pig out (pardon the pun) on our favorite tofu rissoles or other vegetarian treats. Restraint is always a good guide to consumption of foods during Lent and should be adopted by all.

A distant relative of ours recently died in South Carolina and his body was shipped back to his home town for burial. To my knowledge he never was active in any Orthodox church there as long as he lived in the South. He was buried straight from the funeral home and Father commented that his burial was one of "Christian mercy." Please explain to me what that means?

When one lives the active Christian life in one of our Orthodox parishes and is conscientious in receiving the sacraments, it is expected that one will be buried from the church. For those who have absented themselves from the Orthodox Church and the sacraments, often for decades, burial is frequently only allowed by a parish from the funeral home. A person may have had a tenuous connection with their home parish by a minimal financial annual contribution, thus ensuring burial in the parish cemetery by their parents' plot. Just fulfilling a financial obligation is not a substitute for being a parishioner in spiritual good standing. Many are deluded by the fact that they give something financially and then think that all is right with them. Consider the parable of the wise and foolish maidens waiting for the bridegroom to arrive. The moment of the groom's arrival comes and the foolish, who have not prepared, find themselves locked out. Those who have been spiritually inattentive may just find that through negligence, they have put themselves outside the Kingdom of Heaven. It is not as if they did not know what was expected of them for by choosing to neglect the spiritual life, it is put in utter jeopardy.

We never presume to make a final judgment on the spiritual state, even of those who have absented themselves from church life, but we can say that such is risky behaviour and is then left to the judgment of God. As the individual was baptized and chrismated, on that basis, out of mercy, a funeral is given even though we may know that inactivity has lasted for many years.

(Continued on page 7)



During the season of Great Lent and Pascha, we have the opportunity through prayer, fasting, study, and Christian fellowship to experience more fully the victory of the Resurrection. There are several educational opportunities during this season to help us all increase our knowledge of our faith and our heritage. As summarized below, much of the information about these activities is distributed online, consuming fewer resources than traditional advertising methods and mailings.

The UOL is once again sponsoring day-long Lenten retreats led by talented, engaging speakers in an atmosphere of learning, discussion, worship, and prayer. If you have participated in a retreat in the past, you know what a satisfying experience it is. If you have never attended, I invite you to come this year and see for yourself what a blessing such an event can be. All of the retreats encourage families and people of all ages to attend.

On Saturday March 19, His Grace Bishop Daniel and Professor Christal Chaney of Point Park College will lead the retreat program in Villa Maria, PA near Youngstown, OH. See 2016lentenretreatblog.wordpress.com for details. Then on Saturday April 2, Fr. Anthony Perkins of St. Mary UOC in Allentown will be the featured speaker at the retreat in Bethlehem, PA. Fr. Anthony is an engaging speaker who is Professor of Church History at St. Sophia Seminary and host of the OrthoAnalytika podcast. Visit uol.orthodoxws.com/news.html for registration information. Bishop Daniel will be in New England on Saturday April 16 speaking at St. Andrew UOC in Boston, MA.

Continuing the success of last year, the UOL Education Commission is organizing a Psalter reading program to "pray our way together through Great Lent." There is room for all to participate in this popular and free activity from the comfort of your own home. Contact Janice Meschisen at bridesong150@gmail.com to sign up.

Following Pascha, the annual St. Thomas Weekend Pilgrimage will be held at the Metropolia Center in South Bound Brook, NJ on Saturday May 7 and Sunday May 8. If you are in the area that weekend, please plan to spend an hour or two helping the UOL manage the parking at this major UOC of USA and UOL fundraising event. No experience necessary! Email sts@uolnj.org for more information or to volunteer. Also on Saturday afternoon, treat your family to lunch at the Seminary Picnic and Cookout sponsored by the St. Sophia UOL Chapter.

On a more serious note, a recent article by Frank Sysyn of the University of Alberta and posted at www.holodomor.ca outlines how the UOC of USA has always been at the forefront of efforts to ensure that the Holodomor Famine Genocide is not forgotten. As chronicled in the January UOL Bulletin, this past November saw the dedication of a major memorial in Washington, DC commemorating this monstrous tragedy. Beyond this milestone of remembrance, the U.S. Committee for Ukrainian Holodomor-Genocide Awareness 1932-33 (of which the UOL and its members are an integral part) is continuing its efforts to get a Holodomor study unit incorporated into the mandated high school curriculum in all 50 states. Lessons learned and experiences gained from communities who have been successful in this effort will be the subject of a special seminar to be held on Saturday of the St. Thomas Weekend at the Metropolia Center. If you are interested in learning about this project to raise awareness in the general US population about the terrible events of 1932-33, please plan to attend this education seminar. Visit ukrainegenocide.com for more information.

Please reserve time to participate in these upcoming UOL educational and fellowship activities. Up-to-date information about the retreats, the Psalter reading program, and the St. Thomas weekend can always be found at uol.orthodoxws.com and facebook.com/uolusa. And remember that you can find back issues of the UOL Bulletin at uocofusa.org/uol_publications.html.

Yours in Christ,
Michael J. Komichak

**Sunflowers and the 69th Annual UOL Convention
Submitted by Carol Bentley Convention Co-Chair**

Sunflowers have always held a special place in the lives of those in Ukraine and have held a special significance to those of us at the Holy Ghost UOC in Coatesville. After reviewing the following facts about sunflowers, perhaps they will be of greater significance for you.

Did you know . . .

- *Sunflowers originated in North America in 2,600 B.C.
- *There are 60 species of sunflowers.
- *Every sunflower head has between 1,000 and 2,000 florets.
- *The name of the sunflower is derived from the Greek language, Helvos, meaning sun and Anthus, meaning flower.
- *The average sunflower is 10 feet tall.
- *The record height of the tallest sunflower is 27 feet.
- *The sunflower has a phenomenal relationship with the sun. The head of the sunflower faces the rising sun in the morning and turns westward during the day to face the settling sun at dusk, returning to face east the next morning.
- *The shortest mature sunflower measured 2 inches in height.
- *There are two kinds of sunflower seeds—black used for oil; striped used for eating.
- *The sunflower is the state flower of Kansas.
- *Van Gogh painted sunflowers. Gauguin, the artist, painted 10 pictures with sunflowers.
- *Sunflowers come in yellow, orange, red-orange, tan, maroon, pearl and striped varieties.
- *The largest sunflower head grown measured 32 ½ inches. It was grown in Canada.
- *Two folklores are attributed to sunflowers: (1) It is “bad luck” to cut down a sunflower; and (2) Sleeping with a sunflower under your pillow will make you wise.
- *Peter the Great brought the sunflower to Eastern Europe after seeing it on a visit to Holland.
- *Medical research is being conducted with sunflowers in attempting to find a cure for asthma.
- *“Raffs” of sunflower stalks were used to clean up 95% of the radiation in the water after the Chernobyl and Fukushima nuclear disasters.
- *The sunflower is the national flower of Ukraine.



As you can see, the sunflower is more than a pretty flower—it is useful, nutritious and beautiful. Join us as we celebrate the sunflower at the 69th Annual UOL Convention. Grow your own plant, take a photograph and email the photograph to fladad11001@verizon.net. Your photograph will be on display at convention. Prizes will be awarded!

**NEWS FROM THE
JUNIOR UOL
PRESIDENT**

Kateryna Kocelko



Glory to Jesus Christ!

I cannot believe it's already time for Great Lent to start. It feels like we were all just celebrating the Nativity and New Year. The National Executive Board has been working on activities for the upcoming season, and hope that you will all participate. Our National Executive Board meeting was held in Parma, Ohio on January 16th. I want to thank all of Parma for the warm welcome and hospitality. At our meeting we have already started planning new events for our Junior Convention body to participate in, so I hope to see you all there!

This month all of the chapters should be receiving their raffle tickets to sell for the Junior UOL's annual raffle. It is our largest fundraiser that provides for the funds to do a lot of the activities that we do. We encourage all chapters to sell the tickets that are given to you. If you have any questions or concerns feel free to contact our Vice President, Erica Holowko, at eholowko105@aol.com.

This year, as well as in past years, the juniors will be doing the Great Lent Giveaway. This project is designed to help juniors give to the needy during Lent, and help them to directly do God's work. This year GLG benefits the Saint Jude Foundation. Saint Jude is a non-profit organization designed to be a research and treatment center for children suffering catastrophic diseases. I hope everyone participates and if you have any questions, please feel free to contact the GLG coordinator, Orest Mahlay, at orest.mahlay@gmail.com or the OYM director at uocyouth@aol.com.

Lastly I hope everyone is planning to attend the 69th annual UOL Convention which will be held in Coatesville, Pennsylvania on July 27th-31st. In these difficult economic times, the UOL understands that it isn't easy to come up with the funds to attend the Convention—that is why we have the project Pysh Travel Grant. It was established to help Jr. UOL members pay for travel to the Convention every year, to encourage new members to come to convention and old members to continue to come. Applications for the Pysh Travel Grant will be sent out to all chapters this month. They should be returned by May 1, 2016 to me. If you have any questions on how to apply for the Pysh Travel Grant please contact me at kdkcutie25@yahoo.com.

The 69th Convention is right around the corner and I am very excited to see each and every one of you and to share the love of Christ and the devotion to this organization with each other. I hope and pray God protects you all throughout this Lenten season and brings us together once again this summer.

In Christ's Love,
Kateryna Kocelko

St. Vladimir Philadelphia Senior UOL Chapter - Submitted by Natalie Bilynsky

As our chapter is growing we have been scheduling more social events to get together. This year we had a little more difficulty scheduling our social events because many of our members were travelling during the holidays. During the holiday season we hosted a bowling night and 15 members and friends came for the activity. It is always nice to have a relaxing evening with friends. For our chapter one of the challenges is that many members live far from church and from each other.



For the last two decades our chapter members have visited parishioners who have difficulty coming to church. Similar to members living far from church, we have many elderly who live quite a distance from our parish. One Sunday after church we went caroling and visited two parishioners who live about 45 minutes from church. We were thrilled to visit Mrs. Oksana Nabor who sang along with us.

The next Saturday we went to visit Pani Irene Estocin who lives outside of the Bound Brook area. We sang multiple carols to a large group of residents. Thankfully, our choir director and wonderful soprano Karen Ferraro was there to lead us in song. Pani Irene lives over an hour and a half and almost two hours away from most who came to visit. It was very nice to spend some time with Pani Irene.

Following our caroling a smaller group went with Pani Irene and our seminarians for the holidays (Ivan and Vlad) to New York City. Over the holidays two seminarians stayed with Fr. Taras Naumenko and his family. For our chapter, they were "our" seminarians. Both Ivan and Vlad came to the United States in September, so we wanted to be sure that they got to see a little of the United States. Our seminarians had a whirlwind tour of New York City with stops at Times Square and Rockefeller Center.

We met Charissa (Sheptak) Martin at the Taras Bulba Restaurant and had a wonderful tour of the icon studio in New York. At the Taras Bulba restaurant they encouraged us to don large flowered wreaths and fur caps. If you have



not been to the restaurant, it is a fun ethnic restaurant with Ukrainian food and lots of pictures and paintings. Charissa invited us to the iconography studio a few blocks away. She masterfully explained the writing of icons and the studio had an icon in stages from wood to final icon. It was absolutely amazing.

The next Sunday we had a joint Junior-Senior UOL project and had a small tour of Philadelphia. We wanted to be certain that our Seminarians got to see a little bit of historic Philadelphia. We had lunch at a Chinese restaurant, saw the Liberty Bell and toured Independence Hall. It was the first flurry of the



season, so we had a snowy walk to the Love statue. No trip to Philadelphia is complete without a tour of the Rocky steps and statue – so we took a quick trip to the Art Museum to run the steps and pose in front of the statue. It was a fun day to see the sights.



Our next chapter event was our Theophany Eve Supper, Holodna Kutya. For the last eight years our chapter has sponsored a Theophany Eve Supper. We set a large table so we can sit together as one parish family and this year all forty seats around the table were full. Mrs. Vera Sufler is the chef for the

(continued on page 5)

(Philadelphia - continued from page 4)



evening and prepared delicious mushroom holubtsi, fish, varenyky and garlic rolls. A highlight of the evening is a caroling sing-a-long. I prepared caroling song books and I look forward to the sing-a-long where we just enjoy each other and get to sing as one family. After our supper and impromptu concert, we went for Vespers as one family. It was wonderful that we had about seventy faithful in church that Sunday evening for Vespers and the first blessing of water.

The next Sunday we were scheduled to have our chapter sponsored Theophany breakfast but we postponed the event because we had two feet of snow and all of our roads were closed. So the next weekend was particularly busy with our

had a fantastic night. Al Shinn was our wonderful master of ceremony and the crowd danced and danced.

That night we set our tables for the next day and our chapter sponsored a Theophany breakfast. For over a decade UOL Members David Sembrot



and Michael Fesnak have sponsored the purchase of the ice cross. Despite the two feet of snow the week before, the weather on Sunday was balmy.



Some years it is freezing when we go outside to bless the cross. The entire parish came outside to bless the ice cross and returned to the parish hall for a delicious breakfast.



Our chairpeople for the event, Mark and Anne Bohlen and Dori and Stephen Nemeth, prepared a wonderful breakfast for the over 100 people who attended.

Malanka on Saturday night and our Theophany Ice Cross breakfast the next day.

Fifty adults and children attended Malanka 2016. Al and Debbie Shinn were the chairpeople and Tanya and Chris Peltikis prepared a delicious meal. The night is particularly fun because it is family focused. The young and not-so-young get a chance to relax and dance the night away. One highlight of the evening is that our host Al Shinn decides when we call it the New Year. This year, it was 10:14. So at 10:14 we had a wonderful Happy New Year countdown, a signing of Auld Lang Syne and the Mummers Strut. Crowds were a little lighter this year because of the snow the previous week, but those who came

Our chapter currently has 80 members. Our goal this year is to encourage both our juniors and seniors to attend the UOL Convention. Our Coatesville chapter is very close to Philadelphia and our hope is to get many first time Convention attendees as well as many "haven't been to a Convention in a little while" to come. If you haven't realized, our Philadelphia UOL Chapter sponsors UOL events almost every week. It is wonderful that we have a large group of supporters and workers to plan all of our events. We have something planned for every weekend of February. Stay tuned next issue to see what's up in Philadelphia.

Annual Fund Drive

Please support the Ukrainian Orthodox League's Annual Drive for the: Projects, Lynn Sawchuk-Sharon Kuzbyt Scholarship, and Metropolitan John Scholarship Fund Invest in the Future of our Church and Foster the UOL's Missions

Mission Statement:

The Ukrainian Orthodox League is a national volunteer organization of members in the Ukrainian Orthodox Church of the U.S.A. who are committed to:

- *Promoting the Orthodox Faith
- *Supporting the goals and missions of the Church
- *Developing the potential and active participation of our youth
- *Preserving our Ukrainian heritage and culture

"Dedicated to Our Church - Devoted to its Youth"

Donations to UOL Projects will be used for:

- *Publication of the **UOL BULLETIN**
- *Supporting the Youth Commission's activities with preteens, Juniors and Young Adults
- *Outreach through the Christian Care-Giving and Missions Commission to the needy in our parish families, communities, and sister eparchies in South America and Ukraine
- *Continuation of the Education Commission projects and services
- *Ukrainian Cultural Projects
- *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
- *Encourage youth to strive to their ultimate potential as it benefits their Mother Church and her League
- *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
- *Uphold the UOL's Motto: "Dedicated to Our Church"

**Please take a moment and use the enclosed envelope to make your donation today!!
Thank you for your continued support!!**

Quilt Raffle – 2016 National UOL Convention Sponsored by the Holy Ghost UOC

Senior and Junior UOL Chapters – Coatesville, PA

To be raffled off at the 2016 National UOL Convention: An original, signed quilt, queen/king size, entitled "Lightening Strike." Created by: C. Joyce Horst. Value: \$1,455.00 The winning ticket will be drawn at the Saturday night Banquet and Ball at the 69th Annual UOL Convention in 2016.

Tickets are \$5 each or 3 for \$10

To purchase tickets, please contact Carol Bentley

Phone:(484) 678-3675 Email: lebentley@gmail.com

Mail: 818 Barley Sheaf Road Coatesville, PA 19320

Please visit HolyGhostuoc.org/2016



Praying Our Way Together Through Great Lent

Eph. 6:17-18 "And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to the end with all perseverance..."



Looking for something to heighten your spiritual journey through Great Lent this year? Come join your fellow brothers and sisters in Christ of the UOC of USA as we pray and read the Psalter each day for 20 days!

What: Reading an assigned reading from the Psalter

Where: The Comfort of Your Own Home

When: March 21, 2016 - April 15, 2016 at any convenient time

5 days per week - Monday through Friday

How: By Prayer and the Grace of the Holy Spirit!

If you would like to journey with us, please email your name, address, phone number, parish name and parish address to Janice Meschisen at Bridesong150@gmail.com and more information will be sent to you.

Please Sign up by March 16, 2016!

Great Lent Giveaway 2016

With the blessing of our Hierarchs, the Great Lent Giveaway 2016 - The Miracle of Healing, will benefit the St. Jude Children's Research Hospital. St. Jude was founded by actor Danny Thomas in 1962. Since its inception St. Jude finds cures for childhood cancer and with their groundbreaking research has helped push the survival rate for childhood cancer, from less than 20% in 1962 to more than 80% today. St. Jude provides care and treatment for all cancer types, ongoing multi-pronged research, and training for all levels of medical professionals.



The Great Lent Giveaway was developed as a joint program of the Consistory Office of Youth & Young Adult Ministry and the Jr. Ukrainian Orthodox League. Its purpose is to deepen the faith of our youth during the season of Great Lent through good works, stronger commitment to prayer and learning about the faith. In 13 years, the GLG has raised over \$27,000 and goods for 11 organizations. Help our youth in their quest to do more!

ALL youth are encouraged to participate through their Jr UOL, parish youth group, church school or individually. Our goal is to raise \$1000 for St. Jude and awareness in our communities about their work. Each Wednesday during Great Lent a youth group session on the Miracle of Healing will be provided for use with your youth to deepen their faith.

A How To packet will be made available on-line March 9th at www.uocyouth.org, which will provide further instruction for participation in the Great Lent Giveaway

If you would like to support the efforts of our youth, please aid their fundraising in the parish or donate directly to the GLG Miracle of Healing at our on-line donation site through St. Jude. <http://events.stjude.org/greatlentgiveaway>.

For additional information or for questions contact the OYM Office at uocyouth@aol.com or 412-977-2010 or the GLG Jr. UOL Coordinator Orest Mahlay at orest.mahlay@gmail.com

May our Lord bless you in your journey through Great Lent!



2016 UOL Essay Contest

**Focusing on the 2016 UOL Convention Theme
"Be quick to hear, slow to speak & slow to anger"
James 1:19**

It is time to start preparing your essay~

Here are the topics for the essay contest. Entries must be post marked no later than April 30, 2016.

Preschool/ Kindergarten (picture)

Draw a picture of how we should act while hearing the Gospel.

Grades 1 & 2 (two sentences and a picture)

Write two sentences and draw a picture of a time when it's better to listen before acting.

Grades 3 & 4 (three or four sentences and picture may be included)

We are taught in school that bullying is not good. How would listening before acting help you to know what to do when someone bullies you or when you see someone being bullied?

Grades 5 & 6 (35-50 words)

Explain the verse, Psalm 34:13, "keep your tongue from evil and your lips from telling lies," as it relates to 5th and 6th graders and the Convention theme "slow to speak." Who are your neighbors and how can words be used to harm them? How could choosing to listen first, and then act do the opposite?

Grades 7 & 8 (75 words)

In Matthew 5:39, Christ says "...But if anyone strikes you on the right cheek, turn to him the other also..." Explain how you apply this gospel passage to your daily life.

Grades 9 & 10 (150-200 words)

In Proverbs 12:18, it is said that "There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing." Relate this gospel verse to the theme: "Be quick to hear, slow to speak and slow to anger".

Grades 11 & 12 (200-500 words)

As one continues to read the Letter of James, in 1:22 he says to "...Be doers of the world and not just hearers only..." What does James mean by this and why does he tell us that?

Adult 18 and over (500 words)

With all the turmoil in the world, many value swift, strong action over listening and empathy. How might the word of James be used to bring peace to our world?

Essay contest guidelines-

No names are to be on the front and a cover page with the entrant's name, age and grade level, church and city and state are to be attached to all entries. They should be mailed to: Teresa Linck, 8 Carina Dr., Milltown, NJ 08850; or emailed to tiz0430@optimum.net.

Please have parents sign the form stating: I give my permission to have my child's work published in the *UOL Bulletin*.

On behalf of all Lynn Sawchuk/Sharon Kuzbyt

Scholarship recipients and donors,

we extend our deepest sympathies to the family of

Madeline Kuzbyt

who fell asleep in the Lord on January 10, 2016.

May her Memory Be Eternal!

Vichnaya Pamyat!



(Ask Fr. Harvey - continued from page 2)

Okay, I understand now that I just cannot approach the priest and ask for absolution, but that I must verbally reveal my sins. To what extent and detail am I expected to do this?

Just to say, "yes father I am a sinner" does not cover what is necessary for a confession. After a review of the period since your last confession, you must examine your conscience and call to mind those things which are sinful. One does not have to go into detail about each, as this is not expected from you. If you mention anger and cursing, for example, it would be good to mention if this is frequent or daily or perhaps just an occasional outburst. Say you had a scene with your spouse and they left for their parents for a couple of days, resulting in your resorting to pornography in your anger and loneliness. To confess that occasion is quite different than not revealing that this is a daily occurrence and habit. Let us remember that the priest is but a witness of what you are telling the Lord Jesus. He is not sitting in the judgment seat over you, but a realistic listing of your sinful actions can help him to understand you so as to give some therapeutic advice if deemed necessary.

Let us remember, that temptations are not sins and need not be confessed. Say that you have been greatly offended by a co-worker and you have been mulling all day (as a temptation) just how to get back at them and humiliate them before friends. You might have definitely decided upon your actions, but in the end never put them into practice. This then, although the mind went through a day long struggle, is but a temptation and not a sin to be confessed.

Revealing all of your spiritual wounds is healing and therapeutic action. Your sincerity and honesty are healing actions and the priest is happy to see the reconciliation. The priest is interested in a forthright explanation of your faults, but this is not to be like viewing a racy film with all of the gross details. In some instances, just a general telling is all that is necessary. A tendency to tell fibs or embroider the truth is probably best confessed as such without going into details.

Each problem area in your daily life should be briefly addressed. The things that bother you are usually pretty self-evident and our conscience is unsettled even by the memory of them. If you are stumped, the priest should be able to help you through and also to give you some consolation.



Lynn Sawchuk - Sharon Kuzbyt Scholarship

The Scholarship was established 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.

In Loving and Blessed Memory of



Lynn Sawchuk
1957-1974



Sharon Kuzbyt
1959-1975

In the last forty years, the UOL has awarded over \$175,00 to 148 deserving leaders and future leaders of our holy Church.

Please continue to support our mission to honor Lynn and Sharon's memory by making a donation.

Donations can be mailed to:

Alexander Shevchuk

1 Glenbrook Court ~ Whippany, NJ 07981-2313

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Christian Caregiving and Missions



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

Senior UOL Chair PM Olenka Sendeha olenkas5@yahoo.com
Junior UOL Chair Orest Mahlay orest.mahlay@gmail.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
Diakiw Family	In honor of Metropolitan Antony's anniversary in God's vineyard.
Fr. Bill and Pani Sonia Diakiw	In honor of Debbie (Diakiw) Roach on her birthday! Love Mom and Dad.
Fr. Bill and Pani Sonia Diakiw	In honor of Joshua Roach on his birthday! Love Babe and GiGi.
National Senior Executive Board	In blessed memory of Dorothy Scharba. Vichnaya Pamyat!

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Grace Shining Forth. . .

2016 Lenten Retreat



Speakers:
His Grace, Bishop Daniel
President of the Consistory
UOC of the USA

Christal Chaney, Ph.D.
Orthodox Educator
Professor of Education, Point Park College
Co-Founder of T.H.E.O.S.
Three Hierarchs Eastern Orthodox School



*Getting Ready to Shine (Boot Camp for the Soul)
Planting the Seed - Ministering to the Young
Polishing the Apple - Ministering to the Young at Heart*

Grace Shining Forth. . .

Growing in Orthodoxy. . . Growing in Ministry

To register visit: <https://2016lentenretreatblog.wordpress.com> or
Email: OhioWestPAretreat@outlook.com
If you have questions or need more information email
Stephanie Rimedia at OhioWestPAretreat@outlook.com

Registration Fee \$35.00

Overnight accommodations available at Villa Maria (Single Room w/Bath \$48.00;
Double Room w/Communal Bathroom \$20.00 per/person Double Occupancy) for long-distance travelers and others.

Sponsored by the Ukrainian Orthodox League of the USA
Saturday, March 19, 2016
9:00 AM to 5:00 PM

Villa Maria Education and Spirituality Center
2067 Evergreen Road - P.O. Box 434 - Villa Maria, PA 15150 - Phone: 724-664-8806



Ukrainian Orthodox League of the USA
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Lenten Retreat

Sponsored by the Ukrainian Orthodox League

April 2, 2016

This year the retreat will focus on the challenges we all face throughout life, looking at the psychological stages of life. Fr. Anthony Perkins will speak about how to face these challenges from an Orthodox perspective.

Fr. Mark Leasure of the Taylor, PA parish of ACROD will be bringing the myrrh-streaming Icon of the Kardiotissa for participants to venerate

Open to Adults and Adolescents

**St. Francis Center for Renewal
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Bethlehem, PA**

**Retreat registration rate \$45 (late fee \$10)
Registration includes all meals, breakfast, lunch and dinner.
For more information contact:
Oleh or Natalie Bilynsky at
nsufler@aol.com call - 610-892-7315**