



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 63 NO. 2

OCTOBER 2016

Junior Ukrainian Orthodox League Convention 2016 - Submitted by Orest Mahlay



The 69th Annual UOL Convention started off on Wednesday, July 27th in Coatesville, Pennsylvania. The Junior executive board met just prior to the inaugural proceedings to discuss the upcoming sessions as well as some changes regarding the Convention. This year was the time to make some adjustments in the Convention format. Our two main directions of change were having more focused committees, as well as breaking up the formal sessions with some activities to encourage fellowship amongst each other.

The Junior Sessions this year were more practical and focused on giving the Executive board new ideas and direction for the upcoming year. Our first committee focused on **Fundraising and Communication**. This committee discussed different possibilities for supporting our activities, such as production

of a new t-shirt, sweatshirts and blankets. This committee also talked about the importance of communication, especially in regard to social media. They emphasized the importance of the existing Facebook page, and encouraged new platforms, such as Snapchat or Instagram.

The other committee addressed **Membership Development and Culture**. One focus of this committee was reviewing the existing promotional pamphlet for the Junior UOL. The committee suggested the revising of this brochure to include both Ukrainian and English as well as making the content more direct and clear. Another suggestion from the committee was the use of the app Remind101 to relay information to chapter presidents more efficiently.

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Rhode Island.....the biggest little state in the Union
Cordially invites you to:
The 70th Annual U.O.L. Convention
July 26-30, 2017
Hosted by St. Michael the Archangel UOC
Woonsocket, RI
Declare Among the Nations, His Works! (Psalm 104:1)
Find us on Facebook "2017 UOL Convention"



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<i>John Holowko</i>	<i>Orest Mahlay</i>	<i>Natalie Bilynsky</i>	<i>Father John Harvey</i>
UOL President	Jr. UOL President	UOL Bulletin Editor	UOL Bulletin
101 Autumn Ct.	1893 W. Royalton Rd.	703 Pine Ridge Road	Spiritual Advisor
Ledgewood, NJ 07852	Broadview Hts., OH 44147	Media, PA 19063	
jholowko@gmail.com	orest.mahlay@gmail.com	nsufler@aol.com	

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

MJSF Scholarships Submitted by Michael J. Komichak

The Metropolitan John Scholarship Fund (MJSF) was established by the Ukrainian Orthodox League of the USA (UOL) in honor of Metropolitan John Theodorovich, the first Metropolitan of the Ukrainian Orthodox Church of the USA (UOC of USA). The first MJSF scholarship was awarded in 1966. The purpose of the MJSF scholarships is to provide scholarships and



loans to seminarians preparing to enter the priesthood in the UOC of USA, and grants to Clergy of the UOC of USA for continuing education.



Following the recommendation of the NEB Vocations and Clergy Support Commission, and with the approval of the UOL National Executive Board, scholarships totaling \$5,500 were presented at the 69th Annual UOL Convention Grand Banquet to Deacon Michael Abrahamson, Subdeacon Volodymyr Yavorksyi, Yurii Bobko, Mykhaylo Bokalo, Vladyslav Huk, Vasyl Hrytskiv, Hryhorii Matviiv, Ihor Protsak, Tadey Surak, and Mykola Zomchak. We pray for their continued success in their studies.

We thank all those who have donated to MJSF, making it possible to give scholarships to these worthy recipients.



MESSAGE FROM THE SENIOR UOL PRESIDENT

John Holowko

Glory to Jesus Christ! Slava Isusu Khrystu!



As you read this, October is upon us. Elsewhere in this Bulletin's issue you will have the opportunity to read about certain initiatives. In addition, our SOBOR is taking place within a few weeks and I hope you choose to attend, for at least the Friday session, for the reasons cited in my previous article. Herein, I would like to focus on a fundamental question(s) that some of us struggle with and expand upon certain of our other initiatives.

I have heard the question(s) posed as to why have a UOL Chapter or what does the UOL do? The more formal answer is to promote our Faith, to support our Church, and to develop our youth. That being said, in a less efficient manner here are my thoughts on this matter. I believe the real answer is more intangible, like All Saints Camp, where our children have the opportunity to meet their peers from across the country of like Faith and to make friends and family, or where families get to one know one another through encampments like Family Fest or Mommy/Daddy and Me. I believe, as others do, that the most important part of it is the "connectivity and the fostering of a larger community" that the League helps create within your Chapter and to other Chapters across the country-an extended family if you will, to help each other and to act as one united family. Frankly, we have few Church organizations that offer this opportunity to extend our family, to be there for one another, and to work on things together as one. Now what we do or do not do with that opportunity and where we prioritize it as a family, seems to be where we get lost at times. That can easily lead to frustration or lack of fulfillment.

Over the last seven decades this League has accomplished much. All Saints Camp, our outreach programs, and various scholarships are easy examples of what we can accomplish when we work together and get engaged. In addition, how we conduct business has even served as a template to other Church organizations. There are many examples. Nonetheless, we struggle. As was discussed at this past convention, our lives have stages associated with it. Those stages have different challenges associated with them. This is where an effective Senior UOL can play a greater leadership role and help ensure the needs of our entire Church family are focused upon, in addition to developing its youth. We are here to promote and demonstrate our Faith.

With struggle, at times help is needed, change required, priorities re-evaluated and new objectives developed. As a friend said to me, no one is stopping the League from accomplishing anything we want if we choose to be engaged- therein lies the rub. We need new ideas, time and if we engage together we can change the tide. Over the last several years we have lost chapters, and we want you back-tell us how to help! We will certainly be reaching out to you.

Other areas of focus this year, not discussed elsewhere in this Bulletin, will be:

Our Youth

Whether it be the membership of the Junior UOL, All Saints Camp Teenage (TC) participation, or the lack of Young Adults at the Senior level, all signs point to issues we have to work on. Simply said, we can do much better. There will a heavy emphasis this year on Young Adults and our Juniors and their needs. Monica, Taylor, the Junior Board and the Young Adults Committee members will, I hope, guide us in the right direction.

Education and Lenten Retreats

With the success of recent Lenten retreats and feedback from the recent convention, we are going to push to expand the geographic areas covered with new retreats. We need people at a local level to take on this challenge, and although we will be searching you out, nothing stops you from reaching out. What stops us having retreats on the West Coast or in the Chicago area? Nothing. We will be here to help. We have also heard you loud and clear about continuing to work on future conventions, and to de-emphasize the business end while emphasizing the needs of those attending.

In addition, we are going to do all we can to encourage a Teaching Divine Liturgy at times throughout the year, where our Clergy explain at various points what is happening—to enable us all to understand and proactively experience the Liturgy. In many ways our Seniors need this as much as our Juniors. At a local level ask for it - it is available to you.

A final point. Our membership drive is normally at the beginning of the year. Are we actually doing it? Ask new members to join now, as you will read in Natalie's article. It may help someone in their life if they feel they are a greater part of the Parish family. While one of our main goals is to develop our Youth for the future, it does not mean we ignore the needs of all. We are a family in Christ and are here to help each other regardless of what stage we are in.

Yours in Christ,
John Holowko

**UOL Convention 2017
July 26-30, 2017
Woonsocket, RI
Submitted by Christine Charest**

So.....Where/What exactly is Rhode Island?

In addition to knowing it is your host state for the 2017 Convention, you may also have heard people ask: “what island”, or “Is that part of Long Island?”

Nope, not an island at all—but we have plenty of them in our tiny state which is just 37 miles wide and 48 miles long. We are one of the six New England states, and we boast more than 30 islands to be exact!!

Rhode Island was the thirteenth (last) of the original colonies (“Fifty, Nifty United States, From Thirteen Original Colonies”). And now that I have the song stuck in your head, here’s a very brief history of how we came to be. In 1636, Roger Williams settled at the tip of Narragansett Bay, having been banished from Massachusetts Bay Colony for his religious views. He took up residence on land that was granted to him by the Narragansett Indian Tribe. He called his site “Providence Plantations” and declared it a place of religious freedom. This was how the tiniest state in the union got the longest name: “The State of Rhode Island and Providence Plantations,” a name that we still go by today.

For a little more of our state history, visit and like our Facebook Page “2017 UOL Convention” where you will find the link to our Convention 2016 video sponsored by the Smithsonian Institute. You can also find more information about our church at www.stmicheluoc.org.

A little fun.....Rhode Islandese #1. How to talk like a Rhode Islander....

What is Rhode Island’s definition of a Baba?

While “WE” all affectionately think of Baba as our loving Grandmother, in Rhode Island, a Baba will cut your hair at the Baba Shop! Rhode Islanders love to drop their “r’s” entirely or add them where they totally do not belong.

For example: Baba=Barber Warsh=wash More to come.....

**Junior Chapter Achievement Award
Youngstown Ohio
Submitted by Orest Mahlay**



The 2015-2016 recipient of the Junior UOL Chapter Achievement Award is the Saints Peter and Paul Jr. UOL Chapter in Youngstown, Ohio. This chapter has seen an increase in membership during the past year and has attracted many of the younger parishioners to join. The members of the chapter are active members of Church School and participated in the UOL Essay Contest. Two of their major contributions throughout the year went to *Daybreak Youth Crisis Shelter* and *St. Andrew’s Society Christian Caregiving Projects*. Saints Peter and Paul Jr. UOL chapter helped with events within the parish

community such as community dinners, golf outings, the church picnic, and they also participated in the annual church play. One of the chapter’s main events this year was their Annual Lock-In.

Both the spiritual advisor and the junior advisor commended the members of their local Junior UOL chapter for becoming self-sufficient and responsible within the organization. They have become a very active group within the parish. New officers were also commended for stepping up to the plate, as many members graduated.

The Junior Ukrainian Orthodox League would again like to congratulate Saints Peter and Paul Jr. UOL Chapter for its success over the past year. We wish your chapter more growth and blessings in this upcoming year.

**NEWS FROM THE
JUNIOR UOL
PRESIDENT
Orest Mahlay**



Slava Isusu Christu! Glory to Jesus Christ!

It is now October and the newly elected executive board of the Junior UOL has begun the work for this 2016-2017 year. We held our meeting on September 17th in Parma, OH and began some preliminary plans for the year. One of our main objectives will be re-energizing and connecting with existing chapters, while also encouraging parishes to join the UOL by spreading the message of fellowship and service. This objective requires individuals on a local level to be excited and willing to engage the youth in being involved at the parishes.

The list below explains each board member’s responsibility this year in regards to what chapter they engage with and what committee they will focus on. Emails and phone numbers are also provided so that you can contact these individuals.

President: Orest Mahlay (orest.mahlay@gmail.com / 440-829-5873)
Liaisons: Johnson City, NY and Northampton, PA
Committee: Pysh Travel Grant

Vice President: Erica Holowko (eholowko105@aol.com / 973-714-2700)
Liaisons: Carteret, NJ; Coatesville, PA and Woonsocket, RI
Committee: Technology Committee & Annual Raffle

Secretary: Alexis Naumenko (alexistarfish@gmail.com / 215-290-7878)
Liaisons: Allentown, PA; Boston, MA and Philadelphia, PA
Committee: Membership and Chapter Development

Financial Secretary: Sophia Dobronos (smdobronos@aol.com / 216-789-4129)
Liaisons: Palos Park, IL; Parma, OH and Youngstown, OH
Committee: Christian Care Giving

Treasurer: Cyril Sheptak (cyrilshseptak@gmail.com / 724-284-1265)
Liaisons: Carnegie, PA; Sharon, PA and Pittsburgh, PA (South Side)
Committee: Fundraising

One major topic of discussion during Convention was the fact that enthusiasm comes from parish activities and connections made in local chapters instead of Convention. Not everyone can make it to Convention. The UOL should make everyone feel welcome on a parish level and should be an inclusive organization. Everyone should make this a focus as they begin the year. I ask that chapters begin to get together and organize activities in parishes.

Please send in **election forms** to our Secretary, Alexis Naumenko, and **membership forms / dues** to our Financial Secretary, Sophia Dobronos. Contact a board member if you need to acquire one of these forms.

If you have any questions, concerns, or comments, please contact me at orest.mahlay@gmail.com or at my number (440) 829-5873. It takes every person to make the UOL a successful pursuit and we hope that everyone will join us.

Yours in Christ,
Orest Mahlay

(Junior Convention - continued from page 1)

Another change the Juniors implemented during this convention was the revamping of the agenda to create an environment of fellowship and bonding. One major reason for this change was based on the idea that the Junior UOL must become more inclusive, having youth from the age of 10 (instead of the traditional 13-18). This change included the formation of teams for Convention



activities. Chapter Challenge continued as a junior activity but expanded to include more rounds for the purpose of raising excitement and participation. Some other activities we included were Icebreakers (getting-to-know-you games), Ukrainian / UOL scavenger hunt, and Bible charades, as well as

some activities we did in the evenings. These activities helped the Juniors become one family, as well as increasing productivity during the actual sessions.

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**St. Thomas Weekend in South Bound Brook
Submitted by Michael J. Komichak**



The UOL once again played an important role in making the Annual St. Thomas Pilgrimage at the Metropolia Center in South Bound Brook, NJ a success. Alexander Shevchuk and Mickey Komichak organized the weekend parking staff, which consisted of 18 volunteers from four UOL Chapters: Holy Ascension Maplewood, St. Sophia Seminary, St. Demetrius Carteret, and St. Andrew Silver Spring. The UOL parking staff processed over 900 cars. The UOL collected \$4,544 in parking fees for the benefit of the Consistory. The commemorative ribbon sales generated an additional \$1,867 for the UOL, which had been previously designated by the NEB to benefit the Metropolitan John Scholarship Fund (MJSF).



The St. Sophia UOL chapter sponsored a picnic at the Seminary on Saturday afternoon of St. Thomas weekend. The Shevchuk and Pishko / Komichak families (Maplewood), and Linck family (Carteret) brought several side dishes and a dessert to the picnic to supplement the hamburgers, hot dogs, etc. that the Seminarians prepared. The picnic raised a total of \$502 in donations for the Seminary: \$400 in checks written directly to St. Sophia, plus \$102 in cash. After the picnic, parking volunteers attached safety pins to more commemorative ribbons in preparation for sale the following day. With so many hands working, the task was completed very quickly!

The UOL had a display table in the Cultural Center with information about the League and the upcoming Convention. Following the Divine Liturgy on Sunday, Maddie Zetick and Alexis Naumenko of St. Vladimir Junior Chapter in Philadelphia carried the UOL banner at an outdoor memorial service served on the steps of the St. Andrew Memorial Church and during the procession to the nearby Ukrainian-American Veterans National Monument.



**2016 UOL Essay Contest
Winners**

The 2016 UOL Essay contest focused on the Convention theme: *“Be quick to hear, slow to speak & slow to anger”* James 1:19



Pre-K and Kindergarten- Draw a picture of how we should act while hearing the Gospel.

- 1st Place**
Zachary Radio Sts. Peter and Paul - Lyndora, PA
- 2nd Place**
Lawrence Stryker Hume Holy Ghost - Coatesville, PA
- 3rd Place**
Jackson Zetick St. Vladimir - Philadelphia, PA
- Honorable Mentions**
Owen Abrahamson St. Michael - Woonsocket, RI
Mark Drake-Teijaro Holy Ghost - Coatesville, PA
Tatiana Korotinsky St. Vladimir - Philadelphia, PA
Teddi Zvonek Sts. Peter and Paul - Palos Park, IL

Grades 1 and 2- Write two sentences and draw a picture of a time when it's better to listen before acting.

- 1st Place**
Max Skylaryk Sts. Peter and Paul - Palos Park, IL
- 2nd Place**
Caden Hassler Sts. Peter and Paul - Lyndora, PA
- 3rd Place**
Marleena Hassler Sts. Peter and Paul - Lyndora, PA
- Honorable Mentions**
Qorey Carter St. Demetrius - Carteret, NJ
Jillian Ciapinski Sts. Peter and Paul - Palos Park, IL
David Sendeha Sts. Peter and Paul - Palos Park, IL
Darinka Olexa Sts. Peter and Paul - Carnegie, PA

Grades 3 and 4- 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?

- 1st Place**
Dana Marie Cenusa St. Sophia - Bayonne, NJ
- 2nd Place**
Mia Zetick St. Vladimir - Philadelphia, PA
- 3rd Place**
Anna Kroner St. Michael - Woonsocket, RI
- Honorable Mentions**
Abigail Baker St. Michael - Woonsocket, RI
Bryce Radio Sts. Peter and Paul - Lyndora, PA
Anastasia Peltekis St. Vladimir - Philadelphia, PA
Malory Zvonek Sts. Peter and Paul - Palos Park, IL

Grades 5 and 6 - 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?

- 1st Place**
Nicole Larson Sts. Peter and Paul Palos - Park, IL
- 2nd Place**
Gabriel Sawarynski Assumption of the Virgin Mary - Northampton, PA
- 3rd Place**
Warren Perkins St. Mary's Protection - Allentown, PA
- Honorable Mention**
Isabelle Sawarynski Assumption of the Virgin Mary - Northampton, PA

Grades 7 and 8 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.

- 1st Place**
Sabrina Ost Assumption of the Virgin Mary - Northampton, PA
- 2nd Place**
Stephanie Chubenko St. Demetrius - Carteret, NJ
- 3rd Place**
Madeline Zetick St. Vladimir - Philadelphia, PA
- Honorable Mention**
Alexis Naumenko St. Vladimir - Philadelphia, PA

Grades 9 and 10 - 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.”

- 1st Place**
Anna Swindle Holy Virgin - Arnold, PA
- 2nd Place**
Pavlog Pawluk Sts. Peter and Paul - Lyndora, PA
- 3rd Place**
Deliah Walkowicz Sts. Peter and Paul - Youngstown, OH

(continued on page 5)

**UOL History Project
Why is the UOL Important to Me?
Essay Collection
Submitted by Natalie Bilynsky**

At the UOL Convention we discussed the upcoming 100th anniversary of the Ukrainian Orthodox Church of the USA. There are plans to have a week long celebration for our Church and for the UOL to be an integral part of this celebration. It was decided that the UOL would complete the written history of our organization for this momentous occasion.

At the Convention there were also several people who spontaneously spoke about "What the UOL means to them." Fr. Jakiw Norton and Janice Meschisen spoke briefly but with such intensity that their words inspired all of the delegates at the Convention.

Coming home from the Convention, I was thinking that the history is important, but the stories of why the UOL is important to individuals also should not be lost.

I propose to create a book of essays answering the question, "Why the UOL is important to me?" I encourage every UOL member to consider writing an essay and emailing or sending it to me. I will compile the essays so that we have a book of essays in 2018.

I encourage all members, young and not so young, new and not so new, to write an essay. This collection of essays would have everyone's thoughts as to what the UOL means to them. Sadly, I wish we had this essay from members that have fallen asleep in the Lord, however, they will be with us and guiding us as we write our narratives.

I will be reaching out to past UOL National Executive Board members and award winners to put their thoughts on paper. I encourage everyone to take up this challenge and submit an essay. Also, please encourage other UOL members to write an essay. It will be wonderful to have a collection of essays outlining the importance of the UOL. I thank you in advance for your consideration.

While we have time to collect these essays, and there is no upcoming deadline, I encourage individuals to write these essays now. To submit your essay, please email it to Natalie Bilynsky at nsufler@aol.com. You can also send a hard copy to Natalie Bilynsky 703 Pine Ridge Road Media, PA 19063.

(Junior Convention- Continued from page 3)

The sessions addressed some important topics for the Junior UOL. The Junior delegates discussed Great Lent Giveaway, which is an annual collection for different charitable outreaches during the Lenten weeks. The recipient of this year's efforts was Saint Jude Children's Research Hospital, a hospital that treats childhood cancer and other life-threatening diseases. The Junior UOL pledged \$1,500 to this effort and different chapters raised funds to reach this goal. The Executive Board expressed gratitude to all those participating. Another important element that was discussed during the sessions was the fact that the Executive

Board strived to limit their expenses and implement cost cutting in operation. This goal was accomplished as the board decreased certain spending and found alternatives that are more frugal.

Highlighting both the Senior and Junior Conventions this year was Bill Marianes' inspirational presentation. He touched upon various ideas regarding our faith in the present day. One topic that resonated with the Juniors was the idea that we must brand ourselves as Orthodox, especially considering the influence we have on the world around us as "walking billboards." Another



message that was passed on to us was the importance of our being enthusiastic for our faith as well as being firm in what we believe in, even as society pressures us otherwise. This discussion energized the Seniors as well as the Juniors and gave us many concepts to think about.

During the concluding sessions of the Convention, the Junior UOL elected new officers to serve during the 2016-2017 year. The new executive board includes:

(Continued on page 6)

**National Executive Board Meets in South Bound Brook
Submitted by Ginny Ulbricht**

The newly elected National Executive Board of the Ukrainian Orthodox League of the USA held their first full meeting of the year on Saturday, August 20, hosted by the St. Sophia Seminary Chapter of the UOL. The ideas and motions of the 69th UOL Convention held in July were discussed and assigned for future action.



The most significant vote was in support of the 69th UOL Convention delegates' unanimous resolution to repay a \$16,000 van loan taken by the Seminary. Please see the accompanying article for further details on the

Board's action regarding this loan. Key projects for the 2016-2017 year that were also discussed at length included the Ukrainian Church Records Digitization Project Challenge and the undertaking of an update of the UOL History in preparation for the 2018 Centennial of the UOC of USA. UOL Chapters are encouraged and challenged to participate in these new initiatives. Details will be sent to the Chapters and published in the UOL Bulletin in the coming months.



All of the meeting attendees were truly impressed by the skillful and gracious hospitality provided by the St. Sophia UOL Chapter. The morning began with a Moleben service at St. Sophia's Three

Holy Hierarchs Chapel served by His Eminence Metropolitan Antony and His Grace Bishop Daniel. During the day-long meeting that followed, the NEB was treated to two delicious homemade meals (breakfast and lunch) prepared by the hands of the St. Sophia Seminarians themselves!

Overall, the meeting was very productive. The National Executive Board is very enthusiastic about meeting the challenges in the upcoming year and eager to take a step forward to make our church better for the future. Members in attendance were: His Eminence Metropolitan Antony, His Grace Bishop Daniel, Fr. Taras Naumenko (Spiritual Advisor), John Holowko (President), Daria Pishko Komichak (2nd Vice President), Jack Roditski (Treasurer), Monica O'Donnell-via conference call (Financial Secretary), Pani Matka Olena Sendeha (Recording Secretary), Ginny Ulbricht (Corresponding Secretary), Teresa Linck (Auditor), Christine Charest (Convention Chair Person), and Michael Komichak (Immediate Past President).

The meeting came to a close in the late afternoon. St. Vladimir Senior UOL Chapter in Philadelphia, PA graciously offered to host the winter National Executive Board meeting.

(Essay Contest - Continued from page 5)

Grades 11 and 12 - 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?

1st Place

Victoria Swindle

Holy Virgin - Arnold, PA

Adult

1st Place

Carol Bentley

Holy Ghost - Coatesville, PA

2nd Place

Valerie Crescenz

Holy Ghost - Coatesville, PA

3rd Place

Mark Host

St. Vladimir - Parma, OH

Congratulations to all the winners!

“Praying Our Way Together” Series Continues Submitted by Janice Meschisen

The Education Commission of the UOL has been sponsoring the “Praying Our Way Together” Series for over a year now. Participants have prayed psalms, hymns, prayers, hours, liturgical offerings and readings, during the four Lenten periods of the church. Many parishes have been represented, including those from other dioceses, as individuals prayed in the comfort of their own home, mostly on their own time, yet felt connected to their brothers and sisters in Christ throughout the diocese in a very special way.

The Psalter Program has been the most popular. This program is prayed during Great Lent. The entire Psalter is read in its entirety, every day, as participants are divided into teams. Over the course of 20 days, individuals themselves, also end up praying all the psalms of the Psalter.

The series continued and expanded this summer for both the Apostles’ Fast and Dormition Lent. In the summertime, when most minds turn to vacation, beaches, and barbecues, people throughout the diocese made sacrifices by attempting to adhere to St. Paul’s decree to “pray unceasingly.” (1 Thess 5:17) Participants prayed and read offerings pertinent to the summer fasting and Holy Day periods.

For the Apostles’ Fast, 27 individuals took up the great challenge to pray the prayer of St. John Chrysostom for 24 hours a day for 11 days. This was the most difficult program to date, but when these prayer warriors faulted, as we all do, they picked themselves up and tried again. Through prayer partnership, they prayed for each other to give themselves the strength, wisdom, and determination to carry on. Truly, this was a lesson in discipline that the Lents call us to do.



The ten day Dormition Lent program consisted of prayers from a small book entitled, “A Manual of Prayer and Praise to the Theotokos,” which included the Akathist and Canons to the Theotokos. The 38 participants were also able to edify and prepare themselves for the major Feast Days of Transfiguration and the Holy Dormition of the Mother of God, by reading a text which was prepared by our Spiritual Advisor, Very Rev. John Haluszczak.

Our next program will be for Nativity Lent. Please consider joining us as we “Pray Our Way Together” with, and for, our brothers and sisters to praise and thank God for His great love and mercy. Watch for further information to come through the UOL website, Facebook, and email blasts.

(Junior Convention - Continued from page 5)

Cyril Sheptak, Sophia Dobronos, Alexis Naumenko, Erica Holowko and Orest Mahlay. The junior delegates were also notified during the Convention that



Taylor Gladys would stay as the Junior Advisor and Father John Haluszczak will join as the new Spiritual Advisor.

The Junior Ukrainian Orthodox League would like to thank the co-chairs of the 2016 Convention, Mrs. Carol Bentley and Lauren Bentley, Father Anthony Ugolnik, the local pastor, and the many faithful of Holy Ghost parish for the hospitality they showed during our stay. They adjusted to our requests and accommodated our needs. We cannot wait for the upcoming Convention in 2017 hosted by Saint Michael in Woonsocket, in the Ocean State of Rhode Island!

UOL Repays \$16,000 Seminary Van Loan Submitted by Michael J. Komichak

By unanimous consent, the delegates to the 69th UOL Convention held in July in Coatesville, PA resolved to repay the \$16,000 loan that was taken by the Seminary to purchase a 12-passenger van to be used as transportation for the seminarians of St. Sophia’s. At its first full board meeting on August 20 held at St. Sophia Seminary, the National Executive Board decided to pay off the loan immediately using UOL general funds so as not to incur any additional interest charges, and to also immediately launch a National Fund Drive to replenish the UOL accounts.



The Board underscored that support from all UOL Chapters, UOL members and indeed all UOC of USA parishes will be essential for the success of this Fund Drive. All agreed that our Church is indeed blessed to have such a wonderful group of seminary students, and trust that our members will pitch in to quickly achieve the goal of raising the funds to support this payment.

Please send your donations to Ukrainian Orthodox League #SSSVan, c/o Monica O’Donnell, UOL Financial Secretary, 720 Koonce Rd, Hermitage, PA 16148. You can also make your donation online via the UOL Paypal account at uol.orthodoxws.com/donate.html. Just be sure to click on “Project / In Memory of / To Honor” and specify that your donation is for the Van Fund Drive. Funds received beyond the \$16,000 will be used to offset future insurance and maintenance expenses. Thank you!

St. Vladimir Philadelphia Submitted by Natalie Bilynsky

This summer has been an exciting one for our senior and junior chapters. In June we planned a bridal shower for our church. Our UOL chapter made a comprehensive list of items that the parish needs, such as items that are required for the office, for Sunday School, for the choir, for the kitchen and cleaning. These items were listed in a binder where people could sign the “registry” and also cards were made so that people could take a card and have a reminder of what to bring. We also scheduled a pot-luck lunch for all parishioners. The response to this



project was unbelievable. We received multiple supplies and large items, including a vacuum cleaner, large flat screen television and high chair. It was a wonderful activity that was supported by all members of our parish.



This summer we also had our most successful Wednesday evenings. Our summer Wednesday evenings started several years ago and they have become a wonderful time to gather, have a light dinner and complete a project in the church together. Typically we have juniors and seniors working together on projects. For our first Wednesday we decided that we



would make our cuddle blankets and were thrilled that we had 25 people attend. We were able to complete our 12 blankets at our next Wednesday evening. It has been a joy!

Meet the 2016-17 Junior National Executive Board

Each Junior National Executive Board Member was asked to write a brief autobiography as well as reflections on the Convention.

My name is Orest Mahlay and I have the privilege of serving as the new Junior UOL President. I belong to Saint Vladimir Cathedral in Parma, OH and participate as an altar server; sing in the choir; and help during parish fundraisers, Coffee Hours which the Jr. UOL coordinates, cultural activities, and UOL events. I have been active in my Junior UOL chapter for the past few years and love to spend my time with the parish community.



I am currently a junior at Saint Ignatius High School in Cleveland and participate in marching band playing the clarinet. I also play the bandura, hammer dulcimer, and Ukrainian folk flute, as well as participate in Ukrainian dancing. I am a graduate of the Taras Shevchenko School of Ukrainian Studies at my parish. My other interests include the Eurovision Song Contest, current events in Ukraine, as well as the expanding Ukrainian music scene.

I look forward to working as President for the opportunity to make improvements in this national organization. As the UOL evolves, it will be exciting to see what new ideas can be implemented to address challenges. I hope that this year's board can help steer the Junior UOL in a positive and productive direction. If you have any questions, do not hesitate to call me at (440) 829-5873 or email me at orest.mahlay@gmail.com.

Hi, my name is Erica Holowko and I am the newly re-elected Vice President of the Junior National Executive Board for 2016-2017. It is an honor to serve again and I look forward to a highly productive year. I attend church in Holy Ascension of Maplewood, New Jersey. During the summers, I have attended All Saints Camp (ASC) many times for Mommy/Daddy and Me, Church School Camp, Teenage Conference, and Family Fest for as far back as I can remember. I also have had the pleasure of serving as a big sister during the last two sessions of Mommy/Daddy and Me. Camp is an amazing place to learn more about our Faith and make long lasting friendships, just like the UOL can be. It is because of the UOL and ASC that I have many friends across the country.



I am sorry that so many of you missed the convention this summer. All that attended had a great time. I hope many more of us can come together next year in Rhode Island. The more of us that come, the more we can get done together.

I live in Randolph, New Jersey. As many of you know, I have three older brothers who are all currently in college- Nick, Andrew and Christopher. I am currently a sophomore at Randolph High School. I participate in playing field hockey and lacrosse for my school. In my spare time I like to play sports, draw, cook, play with my two Siberian huskies, and spend time with my family and friends.

I anticipate a very productive year working on the Jr. UOL NEB. I am very excited for this year because I truly believe this new team of Jr. UOL NEB members will make the changes needed to attract new members. If we all work together we can get many needed projects done and grow our membership. I have high hopes for this year and am anxious to get started! Please email me through the UOL Web Site or directly with any ideas or concerns at eholowko105@aol.com.

Hi, my name is Cyril Sheptak. I am the new treasurer for the Junior UOL executive board. I live in Butler, Pennsylvania and am a member of Saint Vladimir Ukrainian Orthodox Church in South Side Pittsburgh. I am an active member of my local Youth and Government delegation and I'm in the honor society at my school. I like to go biking and swimming. I go to All Saints Camp every year and this previous summer I was the lifeguard at the camp during the Diocesan Church School Camp program. I'm honored to be on the board and I look forward to a great UOL year!



I thought that the convention this year was not only fun, but very productive, too. We accomplished a lot and had a good time doing it. Between the time

spent with friends and the evening events, it was a very enjoyable experience. My favorite part was the dances we had after dinner. I also enjoyed listening to the guest speakers and being able to talk with the Bishops one on one. I'm excited to see what the future holds for the Junior UOL and I can't wait to be a part of it.

Hi, I'm Sophia Dobronos, and I'm excited to be the Financial Secretary for the National Jr. Board! I live in Brecksville, Ohio, and I have one brother, Mike, who attends college at the Ohio State University. I have a dog named Max who is a yorkie. I love spending time with my whole family, and they are very important in my life. I attend St. Vladimir Ukrainian Orthodox Cathedral in Parma, Ohio. I am in a Ukrainian dance ensemble, Kashtan, and have danced since I was five! I'm a junior at Brecksville-Broadview Heights High School. I also play lacrosse for my school. Outside of school, I love to workout at Crossfit with my whole family. Another thing I love to do is watch sports, I watch every Cavs, Browns, Indians, and Buckeyes Game! Other than that, I like to hang out with my friends and family, listen to music, run, and swim. I have gone to All Saints Camp my whole life. When I was a kid, I went to Mommy/Daddy & Me with my brother and my dad. I went to DCSC, and now I go to TC. If you've never been to camp, I recommend going, it's awesome!



This is just a brief summary about me. If you want to know anything else, feel free to email me: smdobronos@aol.com.

I think that convention was very successful this year. My favorite part was recommitting to our tithing agreement of 10% of our income to the Consistory. It is nice to see that the money we have made is going to such an important organization. I think it is important to give back to others, and I think we should be doing more service projects during convention. I really enjoyed the different format this year because it left more time for the juniors to collaborate with their committees and come up with new ideas. I think that we are making a lot of progress with our improvements. In the future, we should have more service projects and give back to the communities near wherever convention is held.

My name is Alexis Naumenko and I am honored and blessed to be elected as Secretary to the Jr. UOL National Board!

I am the oldest child of PM Laura and Fr. Taras and I have a younger brother, Julian. We currently live in the Philadelphia area. In our household we have five cats and a dog. My home parish is St. Vladimir Ukrainian Orthodox Cathedral in Philadelphia.

This year I will be a freshman at Hatboro-Horsham High School, so I am just starting my journey! I recently started cheerleading for my high school, and outside of school, I participate in Voloshky School of Ukrainian Dance. In my free time I enjoy spending time with my friends, baking, traveling, playing soccer, going to the beach, and skiing.



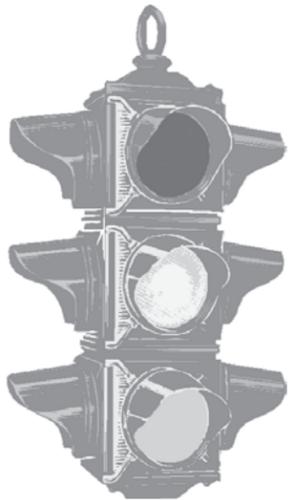
In the summer my favorite thing to do is go to All Saints Camp to participate in our camping ministry! I have attended ASC since the age of 5 and have continued with Mommy and Me/ Daddy and Me, DCSC, and Teenage Conference.

That is just a brief summary about me. If you would like to learn more about me or have any questions, please feel free to contact me at alexistarfish@gmail.com.

I have been an active member of my local junior chapter for several years, and this has been my 3rd annual UOL Convention. I like to go to convention because I get to learn about how to improve my parish chapter and get ideas from other chapters, and to see acquaintances that I have made at camp and convention. This year I enjoyed attending all the events. The church services were beautiful, as always! I encourage everyone to attend next year's Convention in Woonsocket, Rhode Island.

**The GO Challenge
Submitted by Natalie Bilynsky**

At the UOL Convention, Bill Marianes was a guest speaker. As part of his presentation, he focused on our becoming Heroes and Disciples, by practicing courage, compassion and love. In his presentation he used two visuals to motivate the faithful. One was that of the Cross, and our need to be focused on moving closer and closer to Christ. The second graphic was that of a traffic light. As part of his presentation he encouraged everyone to identify items that they want to increase (go), moderate (slow) and stop (whoa). Following his presentation, there were two breakout groups where the delegates were encouraged to provide some information about strategies to change behavior.



If you have not seen the presentation, please watch the presentation as it is available. In the break out groups, there was discussion about how individual members can grow, using this “go, slow, whoa” metaphor. But there was also discussion related to our chapters as well as the national UOL in terms of behaviors to increase and decrease.

In terms of increasing behaviors, Mr. Marianes used an example of an Olympic distance running champion who was able to win the gold medal by only focusing on the next feet in front of him. Similarly we, while focused on our mission and the Cross, need to move forward one step at a time.

Following the traffic light image and our focus on the Cross, I would like to challenge all of our membership to be heroes and disciples. We often speak about the need to increase membership. This process is a step by step, person by person challenge. While we have the vision of the gold medal, we often forget the process of reaching out person to person.

So here is the “GO challenge!” Identify five people in your parish or other parishes who are not currently active members. They might have been members of the UOL before but are not currently members. They might be young adults who are attending college. For this next year, reach out to them. Not once, but every time there is a chapter or parish event, reach out. When you think of them, say a prayer.

Minimally, reach out to these 5 individuals once a month. Encourage them to come to your local chapter activities and UOL retreats. Encourage them to come to All Saints Camp. Encourage them to come to the Convention. If one of your individuals is a young adult in college, offer to bring them to church. If you would like to make a formal commitment to this challenge, please email me. I promise to send email reminders or notes as reminders. If you wish to remain anonymous but complete the challenge, please do so. Each month in the Bulletin I will add a “GO” tip to encourage individuals who take the challenge.

If you accept this challenge, here is your first assignment: identify your 5 people. Write their names down. Keep this list in a place you often see, by the mirror, by your computer, or in your wallet. The next assignment will be in our next issue.

We are called at this very moment to be disciples. The light is green! Let's GO!

**Save the date!
UOL Lenten Retreats**

**Saturday, March 18, 2017
Villa Maria, PA**

**Saturday April 1, 2017
Bethlehem, PA**

More detailed information in the next issue!

UOL Tribute

UOL 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
T Donna Wachnowsky	In honor of my parents, Stephen and Dolores Wachnowsky of Carnegie, PA, in celebration of their 60th Wedding Anniversary! May God bless them! Mnohaya Lita!

UOL 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!!

T 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.

**Just a reminder that dues are due!
If you are a member at large - dues are \$20.
Please make check payable to "UOL"
and submit dues to
Monica O'Donnell,
UOL Financial Secretary,
720 Koonce Rd,
Hermitage, PA 16148**

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

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