



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 67 NO. 4

MARCH 2021

UOL Webinars - Submitted by Marianne Carmack

The need to stay in touch and reach out to one another—underscored by a passionate desire to learn, grow in faith and love, and to develop spiritually - combined to bring together many members of the UOL. To respond to this need, a series of three seminars and two Annual Lenten Retreats were scheduled for 2020-2021, focusing on Liturgy, prayer, and the practical applications of our Orthodox Faith. Thus far three seminars were held, hosting almost 100 participants from all across the US and from other Archdioceses, as well. Those that registered attended at least one or two retreats, and many, all three. The seminars have indeed accomplished many of the goals of the UOL’s Education Commission and have been extraordinarily well received by the faithful.



The retreats were facilitated by Father John Charest, Pastor of SS. Peter and Paul in Carnegie, PA and Spiritual Advisor to the Junior Ukrainian Orthodox League, and Fr. Ivan Tchopko, Pastor of SS. Peter and Paul in Youngstown, Ohio, and Chaplain of St. Thomas Chapel at All Saints Camp. Our president Karen Ferraro, was there to welcome us, to encourage our participation, and to reinforce the presence and continuity of the UOL by providing updates and previews of things to come as well as words of encouragement as we confront the challenges of the Pandemic, while Daria Pishko Komichak handled the difficult job of facilitating questions and answers and smoothing out technical difficulties and glitches.

We were blessed, along with Fr. Ivan and Fr. Charest, with four extraordinary speakers. On Friday, September 24, 2020, The Very Rev. Fr. Athanasios Haros, Dean of St. Nicholas Greek Orthodox Cathedral, Tarpon Springs, FL discussed the New Liturgical Year, reviewing the prayers offered at the beginning of the new liturgical cycle of feasts. And then, gave an inspired view of the revelation—through the fixed and movable feasts and church seasons and fasts—of our salvation. Additional materials relating to the topic are posted on the UOL of USA website.

The next seminar, held on Friday, December 11, 2020, visited the themes of “The Nativity.” Victoria Swindle, studying at the University of Pittsburgh, provided an excellent resource that included recommendations of computer apps, books, and internet resources. Victoria shared her own experience in using these resources and how they have enriched her experience. Aides, not only to celebrate The Nativity, but also many other topics as we journey in the Orthodox faith.



Father Silouan Rolando brilliantly led us through a discussion of the Nativity of our Lord and Savior Jesus Christ, one of the most joyful days in the Orthodox Church ranking next to the Resurrection of Jesus. He gave us new insights that lead to a more complete understanding of why we fast, the hymnography of the church, and how the Nativity foreshadows His Passion and Resurrection.

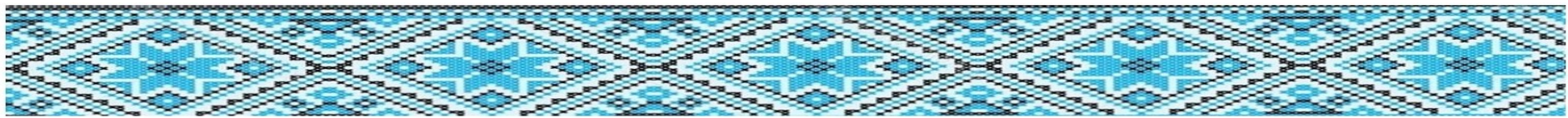
Our third seminar was presented on January 30, 2020. Not since World War II has the Church faced a crisis with the magnitude of COVID-19. Our third seminar—Stewardship in Times of Crisis explored giving and generosity and our agility in managing this crisis. Is it just a matter of money? How has your Church turned crisis into opportunity? What can we learn from our experience? What are ways we can secure the future? were explored by Fr. Robert C. Holet, Ph.D. Fr. Holet’s presentation is posted on the UOL of USA website. Father Holet left us with questions to help guide as we continue to work through matters of faith and transformation during this trying time. We encourage you to take a moment and review its content. Fr. John Charest discussed selected results from the Stewardship in times of Crisis Survey that was sent out prior to the seminar.

These results will also be posted on the website, but here are a few excerpts warming the heart and giving hope. These quotes are taken from the responses to the question How has your Orthodox Faith sustained you:

“The TRUE FOCUS of Jesus Christ and God has come more into perspective. Almost nothing else matters in life except our complete dependence of God and Christ. I have truly begun to realize what is most important in life and a lot of other things really do not matter to me any longer.”

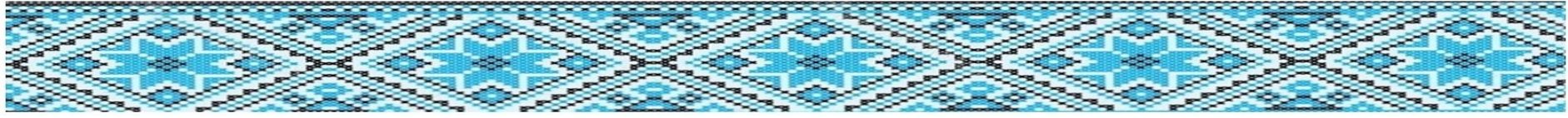
“Especially in the first few weeks, when everyone was suddenly faced with their mortality, and panic was the primary characteristic of the pandemic, being able to attend Morning, Evening, and Sunday services via mobile devices through the UOC of USA (and Seminary), Facebook pages was pivotal in retaining sanity, hope in God, and even though isolated - retaining familial ties with our brothers/sisters in Christ.”

(continued on page 7)



St. Vladimir’s Senior and Junior UOL cordially invite you to the
74th Annual UOL Convention! July 21-25, 2021

For we walk by faith not by sight. Corinthians 2 5:7



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UOL Bulletin - Published six times annually - October, November, January, March, April /May 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 11 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.

Ukrainian Cultural Corner

Submitted by Matushka Laryssa Charest

As Orthodox Christians, we are very familiar with Meatfare and Cheesefare Sundays. First, we give up meat products and then dairy products for the duration of Great Lent. For as long as I remember, my family had the tradition of attending Divine Liturgy on Cheesefare Sunday. After Liturgy, we would go to others and ask for forgiveness then exchange three kisses or a warm embrace. This was a gesture of reconciliation. An effort to cleanse yourself of ill feelings and prepare yourself for spiritual renewal. I always thought this was a Christian tradition. Though this time of renewal and celebration predates Christianity in Ukraine.



Masnitsya is an age-old Slavic celebration marking the coming of spring. Some archeologists have gone so far as to say it is the oldest Slavic celebration still observed. For Ukrainians, Masnitsya meant making cheese varenyky or mlintsi (crepes). Some Ukrainians will argue that the traditional making of mlintsi was a Russian influence since their tradition is to make blini. Either way, the cheese varenyky represented the moon and mlintsi represented the shape of the sun. This is quite fitting since the first day of spring is also referred to as the vernal equinox, a time when the time of day and night are equal.

In its fullest form, Masnitsya was a weeklong celebration. Monday was called ‘the Meeting’ or ‘Zustrich.’ Women would gather and make a doll out of straw. This doll was placed prominently on the dinner table where it would be among guests that visited throughout the week. Tuesday was “Playful/



Flirtatious games” or ‘Zahravanya.’ This day would include sledding or snow-ball fights. Wednesday was known as ‘Sweet Day’ or ‘Solodky denj. Women would gather and cook up a feast. Thursday was a day of Loud Celebrations or ‘Rozhuliaj.’ Men and women would participate in outdoor activities. Friday was ‘Mother-in-law’ day or ‘Teshchyni Vechirky.’ This was a day to be with your family. From this day comes a phrase, ‘to your mother-in-law’s for crepes.’ On Saturday, young women gathered to strengthen their relationships or newly engaged women would invite their families over. This was referred to as ‘Sister-in-law Day’ or ‘Posydenky Zovytsi.’ The last day of Masnitsya is Farewell Sunday or Forgiveness Sunday. Ukrainians would ask forgiveness of others for reconciliation as we see today on Forgiveness Sunday. This gesture was a way of ensuring growth of the family. On this day, you would also burn the straw doll and use the ashes as fertilizer for the soil.

(Continued on page 5)

MESSAGE
FROM THE
SENIOR
UOL
PRESIDENT
Karen Ferraro



Glory to Jesus Christ! Слава Ісусу Христу!

As you read this, we are likely just about ready to begin our journey through Great Lent 2021. Have you signed up for our Praying Our Way Through Great Lent event? It’s so simple and spiritually rewarding. You’ll be assigned a prayer partner – someone that you will pray for each day and they will in turn pray for you. Then, you’ll be told which Psalm to read on which day (Monday through Friday). By each person in your section reading their assigned Psalm, the entire Psalter is read in a single day and by the end of the event, you will have read the entire Psalter yourself! Such a wonderful feeling to be part of that, yet each of us reads privately, at a time that is convenient for each. Won’t you join us? Send email to Oleh Bilynsky at Vp1@uolofusa.org to register.

The Spring is a busy time for the UOL. Our Essay Contest begins this month and we encourage both our youth and our adults to take a look at this year’s questions and participate! For the first time, questions will be in both English and Ukrainian to encourage wider participation. Check our website and you’ll also see information on a Retreat being planned for April. We are also collecting nominations for the various UOL Awards and Scholarships in the next few months, too:

Senior UOL Awards include the **Metro J. Baran Award** for outstanding service with the youth of the UOC of USA and the **Very Reverend Protopresbyter Stephen Hallick-Holutiak Senior Recognition Award** presented to the Senior “Orthodox of the Year.” Please give serious thought to someone deserving of these awards in your chapter or elsewhere in the League. And, of course, we have our Senior Chapter Achievement Award that is voted on by the National Executive Board based on the annual chapter reports submitted.

Junior UOL Awards include the **Lynn Sawchuk-Sharon Kuzbyt Memorial Scholarship** (LSSK) and the **Very Reverend Volodymyr Bukata Award**, considered the Junior “Orthodox of the Year.” Some awards require letters and other documentation, so please don’t wait until the last minute. Encourage our youth to apply!

Refer to our UOL website for the forms, criteria, and due dates for award/scholarship nominations.

In May, the UOL joins with the rest of the Ukrainian Orthodox Church of the USA in commemorating the 50th Anniversary of the repose of +Metropolitan John. If you have any photos of the late Metropolitan, please send them to me at president@uolofusa.org along with any stories related to the photos. This would be a perfect time to honor his memory by taking a collection at your parish for the Metropolitan John Scholarship Fund, perhaps on or around Pascha, as the anniversary of his passing is May 3rd.

Finally, the Philadelphia Convention Committee and UOL National Executive Board are actively working to determine whether we’ll be able to have an “in person” National Convention this year, as planned in the Philadelphia area, July 21-25, 2021. A decision will be made in mid-April. Can’t wait until we can be together!

I wish you a blessed journey through Great Lent.

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

In Christ,
Karen Ferraro

All Saints Camp Update
Submitted by Josh Oryhon

In Memoriam

The All Saints Camp community lost two long-time advocates in recent months: **Pani Matka Cynthia Mycyk** and **Dr. Dinah Fedyna**. We offer prayers and support to the families and friends of these two dynamic leaders who were tireless in their support of the Church and her Camp. Memory Eternal!

Summer 2021

The goal for summer 2021 remains the same: **All Saints Camp will open if and only if the safety of our campers and staff can be ensured.** This decision will be made by reviewing data and protocols issued by the U.S. Centers for Disease Control + Prevention, Pennsylvania Department of Health, American Camp Association and the Association of Camp Nursing. Please keep an eye on our social media accounts ([@allsaintscamp](#)) and check your email for upcoming announcements about the status of ASC for summer 2021.

In the meantime, the incredible online resources produced by **Natalie Kape-luck** at the Office of Youth + Young Adult Ministry has filled the fellowship void and been a blessing for campers, staff and alumni. If you haven't already, visit [UOCyouth.org](#) for more information about upcoming virtual gatherings and other resources. While there is no substitute for face-to-face interaction, we have harnessed new tools that can enhance our ministry in profound ways.

Help Needed!

In years past, we would use this space to announce upcoming Work Weekends and the schedule for next summer. Due to ongoing pandemic protocols, we must adjust how we can gather safely on-campus --- but **there is still work to do in the coming months**. All Saints Camp was established and is maintained by the generosity of our community. We kindly ask all prospective volunteers interested in helping out to email josh@allsaintscamp.org or call (724) 867-5811.

Improving the Foundation, Cementing the Future

We are ecstatic to announce we have **raised \$125,000 for the All Saints Camp Capital Campaign.** We offer sincere gratitude to the individuals, parishes and organizations for their support!

The projects detailed in the [Capital Campaign](#) allow All Saints Camp the opportunity to expand operations by hosting private gatherings, weddings, retreats, conferences, in addition to the existing roster of summer programming. In the coming years we want our ministry to become more accessible to the faithful of the UOC and other organizations.

We will begin scheduling parish visitations as soon as the safety of ASC staff, volunteers and the host parish can be guaranteed. ASC representatives will visit your community to promote our ministry and the Capital Campaign.

Find out more about the Capital Campaign and make an one-time or recurring donation at <https://www.allsaintscamp.org/50>

Great Lent Giveaway
Submitted by Rachel Harendza

Glory to Jesus Christ!

It is that time of year to begin preparing for the Great Lent Giveaway. The GLG is a yearly program of the Jr. UOL and the Consistory Office of Youth & Young Adult Ministry. Each year we provide our chapters and parish youth the opportunity to deepen their faith and serve those around them. This year we will be using the theme, "As for me and my house, we will serve the Lord" Joshua 24:15. In past years, we have designated an organization or ministry to support. This year is a little different; we are encouraging Jr. UOL Chapters and Parish Youth Groups to serve their local community and help others. Reaching out to people in your local community could look like planning some food drives checking in with your elderly parishioners or, maybe even a clothing drive. During this time we can serve others and we can still be safe; wear a mask, and social distance. Little things can also "serve others," maybe your group can commit to making a special effort to being kind to others, waving to someone if you think they look sad, or going out of your way to smile to people (yes you may have a mask on but you can still smile)! Show your community (parish, local, school) that through these hard times, you can still smile. Don't be afraid to step outside of the box. You could do a bigger project, you could make posters encouraging kindness and put them up at your parish or your school/community.

We are asking all who participate to let us know what you are doing, take a picture, write a short explanation of your Great Lent Giveaway project and send it to us at juniorpres@uolofusa.org

MESSAGE
FROM THE
JUNIOR UOL
PRESIDENT

Madeline Zetick



Glory to Jesus Christ! Слава Ісусу Христу!

On behalf of the Junior Board, I would like to extend warm greetings this Great Lenten season. For Orthodox Christians, Great Lent is a time of reflection, prayer, fasting and service. It is a time when we slow down and find our relationship with Christ. As we prepare for the Resurrection of our Lord, we strive to grow in love for others and strengthen our faith in God.

The youth are the future of the world and it is important that they build strong, faithful foundations as they become independent adults. How can the Church help you to grow stronger in your faith? This year, the Consistory Office of Youth and Young Adult Ministry is conducting a Youth Ministry Survey. The survey provides information to review many areas of youth life in the Church. As a Junior, this is your opportunity to share what you would like to learn and what you are most interested in within the Church. There are specific age categories with questions tailored to that age group. Life evolves, but your faith and God will always be with you. In addition to the surveys for the youth, there is also a survey for parents. Parents play a very important role in the spiritual lives of their children, and I encourage parents to also participate and speak on their children's needs in the Church. I hope that each of you are able to share with the Consistory how the Church can help guide you through life, despite the difficulties that the world may bring. I encourage all youth and young adults to take part in this survey to provide a full understanding of the youth in the Church.

I would like to remind all Junior Chapters that membership dues and roster forms are due to Financial Secretary Rachel Harendza. These forms can be found on the UOL Website.

As we all continue our journey through Great Lent, I would like to leave you with this verse to reflect upon. "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you" 1 Peter 5:6-7. The Lenten season can be a challenging time as we are faced with temptations during our fasts. Fasting can seem difficult, but it is preparation for great reward in the end. If we put our trust and hope in the Lord, we will find great love and solace in Him. Again, please reach out to me with any questions or suggestions regarding the Jr. UOL. You can contact me via email at juniorpres@uolofusa.org. I wish everyone a peaceful and prayerful Lent, as we prepare ourselves for Pascha and the Resurrection of Christ.

Yours In Christ,
Madeline Zetick

The Great Lent Giveaway is sponsored by Consistory Office of Youth & Young Adult Ministry and the Jr. Ukrainian Orthodox League

Great Lent Giveaway 2021

Serve in YOUR Community!
"As for me and my house, we will serve the Lord" Joshua 24:15

Information at www.uocyouth.org

The Great Lent Giveaway is sponsored by Consistory Office of Youth & Young Adult Ministry and the Jr. Ukrainian Orthodox League

For more information on how your parish youth group or Jr UOL Chapter may participate in the program of Christian caregiving and service visit www.uocyouth.org or contact uocyouth@aol.com

UOL WEBSITE NEWS

Submitted by Chris Mills

UOL Technology News

www.uolofusa.org

Raise your hand if you “know” the UOL has a website!

Raise your hand if you have “visited” the UOL website in the past year!

Our UOL Website is an extension of the UOL Bulletin, The Executive Board, Events, Resource Center and much more! A brief overview of items that can be found on the website is going to be discussed and we hope you will visit to keep up to date with **UOL Happenings**!

Right from the HOME page (see figure 1) you can see drop down menus where you can find information about the UOL, Membership, Education, Events, Projects, Support, Media, Annual Convention, Resources, Contact, and Calendar. Not only can you see the different menu options, but also news articles and other options available on the site. (see figure 2)



Figure 1: UOL Website Homepage Screen www.uolofusa.org



Figure 2 News articles and links

UOL HAPPENINGS has the latest news articles of events or news occurring with the League, whether it is about seminars, UOL Bulletin, Chapter news or Project news, the most current items will be in this area.

ABOUT Page is exactly what you think it is, you will find information on WHAT the UOL is all about with links to detailed information about the Sr. UOL NEB and local chapters as well as Jr. UOL NEB and local chapters. Need to know who is the President of the UOL? Chairperson of Essay contest? LSSK Contact? Your chapter liaison? All that information is in this section.

Want to join the UOL? You are a Chapter President and cannot find the membership information that needed to be turned in? Items such as these are located on the **MEMBERSHIP** Page. Information for Members at Large is here as well (yes, you can even register online)!

EDUCATION Page houses, you guessed it, items related to education! These items at present are the Annual UOL Essay Contest and Praying Your Way Information. Seminars or retreats will be in the **EVENTS** Page along with any other events.

Looking for information about a specific UOL Project such as Souper Bowl Sunday, Thanksgiving Project, or the Annual Fund Drive; the project information will be listed on the **PROJECTS** Page. Any items related to the project can be found in that area or page.

SUPPORT Page will allow you to donate toward the UOL or any of its events or projects and **MEDIA** will show you the UOL Facebook page and Links to the UOL Bulletin.

AHH... the **ANNUAL CONVENTION** Page might be a favorite menu button? The menu tab will take you to the most current convention information or several of the past conventions if you would like to stroll down memory lane!

The **RESOURCES** Page has forms and resources for Annual UOL items, reports for both Senior and Junior Chapters. Scholarship applications and recognition are also located in this area as well. (See Figure 3)

Senior Forms and Other Resources:

- [Handbook and Constitution](#) (including all Forms)
- [Chapter Responsibilities](#)
- [Dues Form](#)
- [Membership Roster](#)
- [Chapter Election Report](#)
- [Chapter Annual Report](#)
- [Member-At-Large Application](#)
- [73rd Virtual Convention Senior NEB Nomination Form](#)
- [2019-2020 Convention Delegate Form](#)
- [Annual Fund Drive](#)
- [2020 Vision – 2015 Update](#)
- Awards: [Senior UOL Recognition Award](#), [Metro J. Baran Achievement Award](#)

Junior Forms and Other Resources:

- [Junior Ukrainian Orthodox League Handbook](#)
- [Membership Roster](#)
- [Delegate Form](#)
- [Election Report](#)

The final areas are **CONTACT** and **CALENDAR** which are exactly what you would expect. Under the CONTACT page you will find the current way to contact officers of the National Ukrainian Orthodox League. The CALENDAR area has a list of UOL and Parish events provided to us for publication on the website. If you have an event you would like to have listed or published on the UOL Website/Calendar; just submit it by clicking [HERE](#) on the link in the CALENDAR page! (see Figure 4)

Figure 4. Calendar

CALENDAR: PARISH AND LEAGUE EVENTS

Please submit any upcoming events

[HERE](#)

The UOL Website is maintained by the PR Commission and a few other board members. Items are always changing and improving. If there is something you would like to see included on the UOL Website, would like to submit pictures/article of a past or current UOL event, or have a question about the website please email the PR Commission at uolpr@uolofusa.org and we will add it to our “wish list”!

Hope you enjoyed your “quick website tour” this month!
Coming next month: UOL Social Media!

Very Rev. Volodymyr Bukata Award

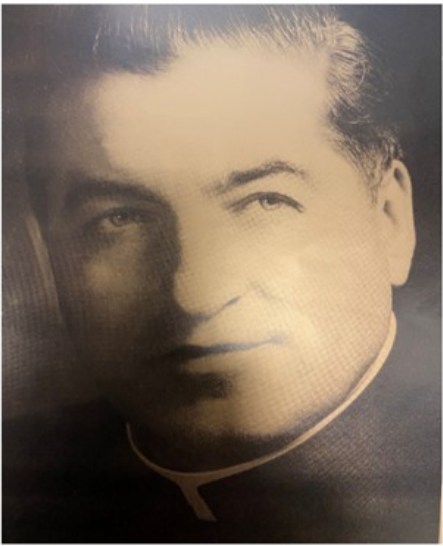
Applications due May 15, 2021-please refer to the below link for instructions.

<https://www.uolofusa.org/files/Juniors/2020-2021-Juniors-Bukata-Award.pdf>

This award was first established as the Junior Orthodox of the Year Award. In 1966, the name was officially changed as a tribute to the late Father Bukata for his dedication to the Ukrainian Orthodox League.

Father Bukata was the first spiritual advisor of the League, part of the Organizational Committee at the 7th Sobor in Philadelphia, PA and translator of our prayer book into English.

Father Volodymyr also wrote “The Orthodox Faith,” the League’s first publication. Fr. Bukata also edited the Youth Life supplement of the Dnipro which became the Bulletin we know today. Fr. Bukata and Olga served the Passaic, NJ Parish, and later the Newark Parish which ultimately today is based in Maplewood, NJ.



Please consider nominating one of your Juniors!

The deadline is **May15th** with current Jr. NEB members not being eligible.

Please refer to the link above under resources at uolofusa.org.

(Ukrainian Cultural Corner—continued from page 2)

In some villages, Masnitsya is referred to as Kolodka. This is because a smaller celebration, Kolodka, was added as part of the larger Masnitsya celebration. The coming of spring meant a rebirth and the creation of new families through marriage. Kolodka was a celebration to the pagan goddess of marriage, Koloda. During this festival, women would search for unwed males and tie a kolodka onto their arm or leg. A kolodka was a small branch (a symbol of the tree of life) that was decorated with strings or flowers. The ‘tying of the kolodka’ was a symbolic punishment for missing the opportunity to wed, an opportunity to grow the family tree. (For Christians this meant waiting until after Pascha.) The kolodka could only be removed through bribes like alcohol, jewelry, or money. If in fact a match was made, this kolodka would be replaced with a kerchief and/or a pysanka from the beloved.



The observance of Masnitsya was stopped completely during the times of the Soviet Union unfortunately. Though the intrigue of the people remained and thus we see a resurfacing and often times a rebranding of such traditions.

Masnitsya may not be an observance your family can feasibly continue. Though I do find that younger generations desire to at least know about these traditions. So in an effort to preserve a little piece of what was done in the past, I’ll leave you with this: a recipe for cheese pierogies and a recipe for crepes.

Mlintsi -Crepes

- ¾ cup flour

¾ flour

2 tsp. oil or 1 ½ T. melted butter
- 3 eggs

2-3 T. sugar



Whisk eggs in bowl. Add milk slowly. Whisk melted butter into egg and milk mixture. Sift flour, sugar, and salt. Heat an 8 in. frying pan on medium heat (do not overheat). Add about ¼ cup of batter and turn frying pan to allow the batter to create a thin layer on the bottom of the pan. When the edges are golden brown and start to pull up, carefully flip the crepe and cook the other side.

Cheese Varenyky

- Dough:

1 ½ lbs. flour

½ stick butter

2 T. sugar
- 1 c. milk

3 eggs

Salt to taste



Sift flour. Add milk and butter. Stir well. Combine with eggs, salt, and sugar. Mix well. Roll out thinly, cut dough into circles with a biscuit cutter. Set aside.

Cheese filling:

- 2 lbs. Farmer’s cheese

¼ tsp. vanilla, if desired

½ stick butter
- ½ c. sugar

2 eggs

Salt to taste

Mix cheese, sugar, and salt. Stir well. Add whipped eggs and mix again.

Place a small ball of cheese in the middle of the dough disk. Fold over and pinch edges. Cook varenyky in boiling water for 8 -10 minutes or until they float.

Serve with melted butter, browned onions, or sour cream. Enjoy!

2021 Essay Contest Topics

Category A/Kindergarten: The Prokimen in the 3rd Tone says “Sing praises to our God, sing praises! Sing praises to our King, sing praises!” Draw a picture of your church choir singing praises to our God.

Category B/Grades 1 and 2: At the end of Liturgy the priest says a prayer that includes: “For every good gift and every perfect gift is from above, coming down from Thee, the Father of Lights...” Draw a picture and write 2 to 5 sentences showing and telling us, what good gifts you have received from God.

Category C/Grades 3 and 4: In the Lord’s Prayer we say: “...and forgive us our trespasses, as we forgive those who trespass against us...” Write 50 to 100 words on why it is so important that we forgive those that trespass against us.

Category D/Grades 5 and 6: The First Antiphon, as sung on the major Feast Days of our Church, includes the refrain: “Through the prayer of the Birth-Giver of God, O Savior save us.” Why do you think it is important for us to pray to Theotokos to ask Her to pray for us? Write 125 or more words explaining your answer.

Category E/Grades 7 and 8: During the Great Litany, the Priest or Deacon prays for “Our God-loving and God-protected Country, United States of America, for the government and for the Armed Forces and for our God-loving and God-protected homeland Ukraine.” Write 150 or more explaining why it is important to do this and pray for the country.

Category F/Grades 9 and 10: During the Great Litany, the Priest or Deacon prays, “For our deliverance from all affliction, wrath, danger and necessity, let us pray to the Lord.” Write 200 words or more on what this means to you.

Category G/Grades 11 and 12: On the Sunday of the Publican and the Pharisee, the Kondak/Kontakion says: “Let us flee from the Pride of the Pharisee and learn humility from the Publican’s tears.” Write 250 words or more explaining how it is so difficult for people living today to follow these words of our Lord.

Category H/Adults: During the Supplicating Litany, the Priest or Deacon says: “A Christian ending to our life: painless, blameless, and peaceful; and a good defense before the dread judgment seat of Christ...” Have you ever really thought about this; and if so, what does this mean to you? What does this phrase mean to you and have you ever thought about how your own preparation for a Christian ending and the dread judgment seat of Christ? Write 500 words or more sharing your thoughts.

CONTEST GUIDELINES AND RULES

1. Entries must be postmarked by May 8, 2021.
2. NO NAMES ON THE FRONT OF ANY ENTRY.
3. All entries must include the following information: (PLEASE USE THE COVER PAGE SUPPLIED)

a. Participant’s first and last name

b. Age and grade in school

c. The name and address of participant’s parish, including city and state
4. Drawings must be no larger than 12 x 18 and NO names on the front of drawing. Please attach a COVER PAGE or use the BACK of the drawing for the information listed above. All drawings MUST be mailed.
- 5.. Written entries must be on 8 ½” x 11” paper. Include a cover page with the identifying information listed above. Entries for 9th grade and above must be typed or printed.
6. Emailed entries must be scanned in and emailed, SO DO NOT TAKE PHOTOS OF ENTRIES AND EMAIL THEM, THEY ARE DIFFICULT TO READ AND WILL NOT BE JUDGED. Emailed entries must be time stamped no later than 7:00 PM of the deadline date.

Entries may be submitted in English or Ukrainian.
ALL ENTRIES WILL BE JUDGED FOR CONTENT, CREATIVITY AND NEATNESS.

No entries will be accepted after the previously mentioned deadline - May 8, 2021.

Please send entries to:
Teresa Linck: 413 Juniper Lane, Cheshire, CT 06410
Teresa Linck at: mlinck.essays@gmail.com

St. Vladimir Senior UOL Philadelphia

Submitted by Natalie Bilynsky

The winter is typically a very busy season for the Philadelphia UOL Chapter. We have had a standard routine of events for over a decade. This year with social distancing we had to alter some of these projects, but we still enjoyed time together as a family in Christ.

For several years we have spent a day enjoying the beautiful decorations in the



City of Brotherly Love. This year we did something a little bit different. We joined together via Zoom and shared our decorations together. Everyone dressed in their best Christmas decorations. We had multiple categories, best dressed, best tree, best outdoor decorations, best pet costume, and most sentimental ornament. It was lovely to spend time together and to share our homes together. It was fun to see our house decorations and to spend an evening laughing and sharing family stories.

Another event that we needed to cancel was our Chapter caroling and visiting parishioners. Instead, we planned a COVID safe sing-a-long where music was shared with anyone who wanted to sing along with our Facebook streaming. Songbooks were emailed to anyone who requested them. In the parish we had 3 singers socially distant singing the carols. The caroling is still on our parish webpage if you would like to view it. The image we shared with the caroling was our parish mosaic of the Nativity. It was absolutely beautiful how our stained glass window shined on the mosaic and warmed our spirits.



We typically plan several activities for Theophany. We have sponsored a Holodna Kutya dinner for over 10 years. Sadly our dinner was not scheduled this year. For the Sunday following Theophany we typically plan a large parish brunch. Similarly, this year this event could not be scheduled.



Although we were unable to have our Chapter events, we were very excited that all parishioners were able to enjoy the ice cross provided by chapter members David and Lisa Sembrot along with Ed Zetick.

For many years, long time chapter members of blessed memory, Mike Fesnak and Dr. William Sembrot sponsored the ice cross. Having the ice cross gave everyone a sense of normalcy that we have not had in a long time.

We hope that we are able to host the Convention in July. Stay safe!

2021 UOL Award /Scholarship Applications

Submitted by Joe Goodge

Planning for the Annual UOL Convention to be held in Philadelphia has been well underway. It will be the 74th convention and will take place in very unprecedented times. Whether it is virtual or in person, you can be sure that awards will be a part of it. Your National Executive Board understands that our parishes have been very limited in what they have been able to do. On the other hand, we also realize that many parishes and parishioners have been very creative in accomplishing their program of activities.

Recognizing our chapters and members for their efforts is always one of the highlights of the convention. The NEB is seeking award applications so we can properly showcase all your efforts which assist in achieving the aims and purposes of the UOL. We look forward to reviewing many excellent applications. Award and scholarship applications can be easily found on the UOL website and are due by April 30th. We know there are many deserving members so please take the time to complete and submit applications. Please don't hesitate to contact me if you have questions regarding the application or scholarship process.

The Philadelphia UOL Convention Committee is fundraising by selling Mary's Tears Prayer Bracelets

The bracelet, a variation of the Orthodox Prayer Rope, Is made with seeds commonly called "Mary's tears." The beads are said to come from a plant that sprouted at the Cross during the crucifixion of our Lord Jesus Christ. The plant sprang from the tears of the Mother of God. A story is told that a monk struggled making a prayer rope and the Theotokos appeared to him as he was crying in desperation that he could not master the prayer rope. She placed these seeds into his hand so that he could create a prayer bracelet. The seeds of this plant naturally have an area that can be tied together.

The bracelet is beautifully packaged in an organza purse with a brief description of this story and how to use a prayer bracelet. All bracelets are made for adults (approximately 8 inches – with a slight variation based on the size of the seeds).

Please specify if you request a larger or a smaller bracelet. To order send your name, address, and phone/email. Bracelets are \$10. Please add \$2.00 for shipping. Please make check payable to "St. Vladimir's Senior UOL." Send order and payment to Natalie Bilynsky 703 Pine Ridge Road Media, PA 19063 Questions? nsufler@aol.com



(Webinars - continued from page 1)

“Something new I tried during the pandemic was reading the Bible based on the readings on the Orthodox Calendar and working on implementing the message into my own life. It helped me to see that each day is new and different and gave me a purpose to live by and incorporate into my life despite all the days feeling the same when in quarantine.”

“My faith gives me peace in the chaos around me. I am able to calm the waters since I have to love, not judge. Faith is teaching me to look for the good in everything no matter what.”

“It is a relationship like an enduring marriage. While things in the world get tough one can always count on his or her spouse for support and is also called to support when necessary. My Orthodox Faith is just like that. When I am troubled, I am able to look at the eternal truths and draw comfort and peace and when the Church, the Bride of Christ is hurting, I can offer myself to my fellow parishioners in whatever capacity they need me.”

“Praying, religious readings and my priest have helped me by seeing beyond the daily struggles. There are many issues facing the world that are greater than my concerns. Praying reading, discussing give me a positive, calming outlook.”

We are extremely grateful to all those who participated thus far in this program, supported the effort, and helped with getting out information, especially Chris Mills and Matushka Laryssa Charest. Please look forward to the Annual Lenten Retreat coming soon sponsored by the Ohio/Western PA Retreat Committee. We will be posting the date and registration information soon.



ST. VLADIMIR JR. UOL – PHILADELPHIA
VIRTUAL LOCK IN

FRIDAY, APRIL 16, 2021
7:00PM – 9:00PM EST

Do you miss your camp and convention friends?
Are you between the ages of 12 and 18?

JOIN US FOR A FUN NIGHT WITH THE PARTICIPATION
OF HIS EMINENCE METROPOLITAN ANTONY,
HIS GRACE ARCHBISHOP DANIEL
AND ST. SOPHIA SEMINARIANS

Register by April 10 via email: pmlauran@gmail.com
Provide your full name, home parish, and email address

Praying our Way Together
Sponsored by UOL Education Commission

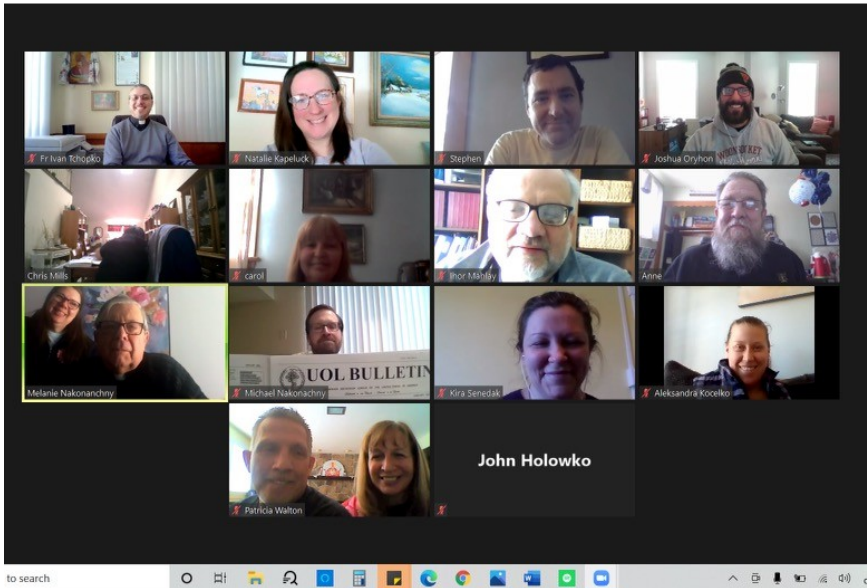
Looking for something to heighten your
spiritual journey
to prepare for Pascha.

Planning a group prayer for Lent. During
Great Lent we will be reading the Psalms.

If you would like to journey with us,
please email your name, phone number,
parish name, and parish address to
Oleh Bilynsky at nsufler@aol.com and more information
will be sent to you.



UOL Bulletin Pictures



Michael Nakonachny is one of our most avid UOL Bulletin fans.
Here he is reading the UOL Bulletin at the
All Saints Camp Meeting!
Join in the fun!
Take a picture reading your UOL Bulletin and submit
nsufler@aol.com.
Submit pictures by sending to nsufler@aol.com

LSSK Scholarship

Submitted by Anna Anderson

If you have a high school senior, or know of one in your parish, then it is time to encourage them to apply for the LSSK scholarship. In 1975, at the 28th Annual UOL Convention, the LSSK scholarship was established in the memory of two lovely, dynamic ladies; Lynn Sawchuk and Sharon Kuzbyt. Their untimely deaths left an indelible mark on the life of the Ukrainian Orthodox Church and the Ukrainian Orthodox League.

Each year, the LSSK scholarship is awarded to eligible applicants that must be high school seniors or **within 5 years of high school graduation** and be enrolled in higher education. Criteria includes: excellent academics, being a current or former member, in the case of a college applicant, of the Junior Orthodox League; have a record of outstanding performance in the service of their church and of the League; involvement in extra-curricular activities; and be of high moral and ethical character.

1. Applications must be submitted by **certified mail (preferred) or email**.
2. Each recommendation form must be submitted in a separate envelope that is sealed by the recommender and signed across the seal of the envelope or be emailed directly to the LSSK chair at the NEB email for Second-Vice President.
3. The recommender’s sealed envelope should be returned to the applicant to be submitted with all the other recommenders.
4. Recommenders include: Jr. UOL advisor; Jr. UOL president or Vice-President; Parish priest; and Guidance Counselor, principal or teacher.
5. An official transcript must be submitted.
6. All proper signatures must appear on the application.
7. The applicant gathers all the above and submits it in one envelope that is then sent by certified mail (preferred method) and must arrive by the May 31st deadline to be considered.
8. Applications are available online at UOL of the USA. On the homepage, scroll down to resources and click on scholarships and recognition; scroll to Jr. UOL Awards and you will find where to click for the application form.
9. Applications are to be sent to:
Anna Anderson LSSK Chair 908 Stewart Road Salem, OH 44460

Again the deadline is May 31st.

***We encourage donations to this worthy scholarship. Many Jr. UOL members have benefitted from this honor. If you are a past recipient, or the parent of one, I especially appeal to you to give a generous donation. Donations may be sent to: Joe Goodge NEB Financial Secretary
1924 State Rte. 208 Pulaski, PA 16143

Be sure to mark your donation for the LSSK scholarship and, please, be generous.

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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.

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

NONPROFIT
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PERMIT NO 1186

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
Send your tribute today!

Annual Lenten Retreat
Experiencing Worship Series: The Lenten Canon
9:00 am to 12:30 pm
Saturday April 17, 2021
Zoom platform
(Detailed information and registration links will be posted on Social Media in the coming weeks)

THANK YOU!!

Thank you to the following donors to MJSF so far this year! Total year to date=\$3,225
Karen Ferraro—in honor of Metropolitan Antony’s 35th Anniversary,
Gary & Natalie Gebet—in honor of Metropolitan Antony’s 35th Anniversary,
St Mary Protectress Parish Spring Valley, California in honor of Metropolitan Antony’s 35th Anniversary,
St Mary Protectress Parish, Southfield, Michigan in honor of Metropolitan Antony’s 35th Anniversary,
Daria & Michael J. Komichak—in honor of Metropolitan Antony’s 35th Anniversary, Metropolitan Antony, Archbishop Daniel,
Joseph and Holly Pritiskutch – in memory of Alix Pritiskulich, Sr.,
Alice and Steve Sivulich,
Ed & Bonnie Zetick,
Lewis Branson, Jr –in memory of Lewis Branson, Sr.,
Martha Dowling,
Michael Kapeluck,
Pam & Bill Scannell,
Peter and Karen Konchak –in honor of Father Taras Naumenko,
Joe Novicky & Dinah Fedyna

Thank you to the following donors to LSSK so far this year! Total year to date = \$1,375
Alice & Steve Sivulich,
Joseph and Holly Pritiskutch, Sr. – in memory of Alix Pritiskulich,
Ed and Bonnie Zetick,
Walter Stepowyj,
Pam & Bill Scannell,
Peter & Karen Konchak—in memory of Lynn Sawchuk,
Daria and Michael J. Komichak,
Joe Novicky& Dinah Fedyna

Thank you to the following donors to UOL Projects so far this year! Total year to date=\$825.
Alice & Steve Sivulich,
Joseph and Holly Pritiskutch, Sr. – in memory of Alice Pritiskulich,
Lewis Branson, Jr. –in memory of Anna Branson,
Ed and Bonnie Zetick,
Pam & Bill Scannell,
Peter & Karen Konchak—in memory of Anna Kuchirka,
Joe Novicky & Dinah Fedyna

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

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!!