St. Vladimir’s Junior UOL Philadelphia, PA  
Submitted by Olesya Korotinsky  
President of Junior Chapter of St. Vladimir’s  

Starting off the New Year strong, the Junior Chapter at St. Vladimir’s has already had so many eventful fundraisers. Our famous Cookie Walk went really well and we fundraised a great amount of money. Many of the Juniors also went caroling with the Senior Chapter to raise money for All Saints Camp. Although it was very chilly, we all had a good time and received treats along the way.  

We also recently had our breakfast after the blessing of the ice cross and are now setting the stage for Souper Bowl Sunday. We have great hopes for the future and can’t wait to see what’s in store for St. Vladimir’s!

Carnegie Senior UOL Soup-er Bowl Luncheon  
Submitted by Christine Mills

HIGH FIVE ALL AROUND EVERYONE! What a wonderful “SOUPer Bowl” Luncheon on Feb 6, 2022! We held our luncheon on the normal Sunday and to keep everyone’s attention. Everyone had a wonderful time trying all the fabulous soups and deciding which one was the best! It was an all you can “Slurp” luncheon for a suggested donation. Last year we were only able to do soup to go and the parishioners were eager for the event to be back! Our soup selections were Cheeseburger Soup, Avgolemono Soup (Greek Lemon Chicken), Stuffed Pepper Soup, Vegetable Beef Soup, Chicken Soup w/ Corn & Roasted Cumin, Tomato Soup, Beef Bourguignon, Roasted Red Pepper Bisque, Cream of Broccoli and Chicken Dumpling. There was also bread, crackers, and beverages to go along with the soups. While everyone was enjoying their meal, the children sold tickets for a “Prize Bag.”
Every March 8th, we celebrate International Women’s Day. Historically, this day has been acknowledged for over a hundred years even though, more formally, the United Nations officially backed the celebration in 1975. On this day we acknowledge extraordinary women and their extraordinary contributions for the advancement of women in all areas of life. This advancement may look like equal pay, better working conditions, or just breaking barriers in areas where a female presence has been lacking. Suffice it to say, women have been leaving their mark for centuries. So, in honor of International Women’s Day, I thought I’d highlight a few Ukrainian women whose talents earned them that “extraordinary” title.

Solomiya Krushelnytska was a classically trained Opera singer. She began singing at the age of 11 and by her 20’s was drawing her own crowd at the Liviv Opera House. In 1904, Giacomo Puccini’s Madame Butterfly premiered and was greeted with terrible reviews. Desperate to save his composition, Puccini himself asked Krushelnytska to perform the role of Cio-Cio-San. Her performance, only three months after the premier, was a great success receiving a whopping 7 standing ovations. Today, in her memory, her old apartment houses a Memorial Museum, The Liviv State Academic Opera and Ballet Theatre is named after her, and streets in Kyiv, Liviv, and Terнопil are named after her.

Maria Prymachenko was a self-taught artist from the village of Bolotnya, Ukraine. She was born into a creative family of pysanka writers, woodworkers, and embroiderers. Maria was known to wear her own embroidered clothing. It was her embroidery that got her an invitation to an art workshop in Kyiv. There she gained popularity for her paintings too. God-given talent won her the National Prize of Ukraine as well as the title of Honored Artist of the USSR and People’s Artist of Ukraine. She even managed to catch the attention of Pablo Picasso. At one of her exhibits in Paris, Picasso said, “I bow down before the artistic miracle of this brilliant Ukrainian.”

In addition to all of the above, UNESCO named 2009 the Year of Maria Prymachenko and one of her designs was featured on a Finnair plane.

On October 28th, the 75th Annual UOL Convention Committee has been working hard to make this first in-person convention since 2019 a great one! Seventy-five years is quite an accomplishment and I sincerely hope you’re planning to be in Carneige with your fellow UOL members. What a great opportunity to make a difference for our Church while also seeing old friends and making new ones.

I’d like to ask you all a favor as we prepare for our convention. Would you please look around at the wonderful UOL members at your parish and nominate worthy individuals for one of our UOL Awards? These awards require competing nomination forms and getting recommendations from others. Our Lynn Sawchuk-Sharon Kuzbyt (LSSK) Memorial Scholarship also requires school transcripts, so remember to follow up with the students you’ve encouraged to apply, to be sure they fill them out completely and submit them on time. It’s not too early to get started! Spread the word of these awards in your chapters and let’s get a record number of entries as we head into our 75th gathering. Here is a list of our awards:

Senior UOL Awards:
- Metro J. Baran Award for outstanding service with the youth of the UOC of USA
- Very Reverend Protosprebyter Stephen Hallick-Holubiak Senior Recognition Award presented to the Senior “Orthodox of the Year”
- Senior Chapter Achievement Award, based on the annual chapter reports submitted. Be sure your chapter submits their report!

Junior UOL Awards:
- Very Reverend Volodymyr Bukata Award, considered the Junior “Orthodox of the Year”
- Junior Chapter Achievement Award, based on the annual chapter reports submitted. Jr. Advisors, make sure your chapter submits their report for consideration.

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

I wish you a blessed journey through Great Lent. Remember to pray for our Hierarchs, our priests, our deacons, and our seminarians. Remember the devoted families of our clergy. Pray for our country and for our ancestral homeland, Ukraine. Please also pray for those who have no one else to pray for them.

“In all things distress, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.” Ephesians 4:31-32

In Christ,
Karen Ferraro

(continued on page 4)
As Great Lent is approaching, I, on behalf of the Junior Executive Board, would like to wish you all a blessed and joyous Lenten season. Great Lent is a very important time for us as Orthodox Christians to remember. We celebrate the Life and Resurrection of our Lord. We must come together and fast. Fasting is just one way of us showing our dedication to our faith. As Orthodox Christians, we must stay hopeful and help our faith grow.

After the holidays, we all tend to forget some of our duties as Christians. As I have previously stated, we are approaching Great Lent. We as Orthodox Christians have a duty to spread our faith and profess it. We must also prepare spiritually for Great Lent. One way we do this is by going to Church and participating in Divine Liturgy every Sunday. For some, it is difficult to get up in the morning and make their way to Church, but it is an easy way for us to show our faith. Another way, especially during the Lenten season, is by fasting. Fasting is a very traditional way of preparing for Great Lent. Some people give up dairy, meat or processed foods, while others give up music and social media. While it is not important what you give up, it is important that you give up something that will challenge you and will teach you to overcome the hunger, such as when Jesus did. A third and final way you can prepare for Great Lent is by serving your community. It can be as simple as helping out a neighbor in need or helping drive them to Church. You can strengthen your faith by completing random acts of kindness as well.

As the UOL collectively prepares for Great Lent, we have the Great Lenten Giveaway. Each year, the Jr UOL, along with Ms. Natalie Kapeluck decide on a Charity to which all of our GLG contributions will benefit. In previous years we have chosen Zoe For Life, Heifer International, IOCC, etc. Each chapter works simultaneously to raise money for the chosen charity. So be on the look out for this year’s chosen Charity and join your local chapter in raising money. It is our duty as Christians to participate and spread our faith!

Also don’t forget about our annual Convention to be held from July 27-31, 2022 in Carnegie, PA. More details to follow! A friendly reminder that membership dues should have been sent in. However, if your local Jr UOL chapter has not, please do so now. If you have any questions or concerns, feel free to email me at junior-pres@uolofusa.org.

Once again, I wish you all a peaceful and glorified Lenten season.

Yours In Christ,
Natalie Hrytsay
UOL Essay Contest Topics 2022

Group A (Pre-K and Kindergarten): “And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: He made the stars also.” - Genesis 1:16 This passage tells us of God’s creation of the night sky. Draw a picture of you looking at the night sky.

Group B (Grades 1 and 2): “In the Beginning” an Angel came to Joseph in a dream telling him that Mary was with child, the child of the Holy Ghost. And she would bring forth a son and He will be called Jesus. He shall save His people from their sins. - Matthew 1:18-25. Draw a picture of the Baby Jesus in the manger and write two to three sentences on the visitors the Baby Jesus received.

Group C (Grades 3 and 4): “in the beginning God created the Heaven and the Earth.” - Genesis 1:1 Humans are not being very good to God’s creation. Write 50 to 100 words telling us some bad things that we humans are doing to the earth. Name one thing you can do to try to help.

Group D (Grades 5 and 6): “In the Beginning” Mary was engaged to Joseph, an Angel came to Joseph in a dream telling him that Mary was with child, the child of the Holy Ghost. And she would bring forth a son and He will be called Jesus. He shall save His people from their sins. - Matthew 1:18-25. 100 to 150 words on how Jesus accomplished this task of saving people from their sins.

Group E (Grades 7 and 8): The first sacrament is Baptism. In the Orthodox Church we receive Baptism and Chrismation at the same time. Write 150 to 200 words on what happens for the baby during these sacraments.

Group F (Grades 9 and 10): The First Commandment: “I am the Lord thy God... thou shalt have no other gods beside Me.” - Exodus 20: 1-3. Write 200 to 275 words discussing what was happening during this time period to make God want this as His First Commandment.

Group G (Grades 11 and 12): The first two Disciples called by Jesus were Simon (Peter) and his brother Andrew. “As He was walking by the Sea of Galilee, He saw two brothers, Simon who is called Peter, and his brother Andrew, casting a net into the sea; they were fishermen. He said to them, “Come after Me, and I will make you fishers of men.” At once they left their nets and followed Him.” - Matthew 4:18-20. Write 300 to 425 words discussing whether or not it would be difficult for someone in today’s society to do the exact same thing, leaving everything and following Christ.

Group H (Adult): Christ’s first miracle John 2: 1-11 Jesus and his mother, Mary, and the disciples attended a wedding in Cana of Galilee. When they asked for wine, they were told there was none, the bridal room did not prepare enough and they had run out. His mother told the servants to get whatever Jesus wanted. But Jesus said to her, “my hour has not yet come”. They brought him 6 stone pots that held water that was used for washing hands and feet in preparation for the feast. Jesus instructed them to fill them to the brim with water and then take the pots to the ruler. After tasting the wine he exclaimed that the bridal room kept the best wine for last. Write 500 or more words discussing the importance of this being the first miracle and theme of wine that flows throughout the gospels of Matthew, Mark, Luke and John.

Contest Rules and Guidelines

1. Entries must be postmarked by May 3, 2022.
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
   d. 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. 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 PRINTOUTS OF ENTRIES AND SEND 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.

If emailing entries, no entries will be accepted after 7:00 PM on the previously mentioned deadline. Please send entries to Teresa Linck at: tlinck.essays@gmail.com.
During the convention, our highlight speaker will be Melinda Johnson, author, and Marketing Director at Ancient Faith Ministries. Melinda is the author of Letters to Saint Lydia (AFP, 2010), The Other Side of the Bonfire (LSP, 2012), Shepherding Sam (AFP, 2016), The Barn and the Book (AFP, 2018), and Piggy in Heaven (Paraclete, 2019). As Marketing Director at AFP, she encourages creative people and organizes events. She describes herself as “A story-teller, an organizer, a connector of people and ideas for the sake of positive and fruitful outcomes.” She enjoys writing, planning, networking, speaking, and learning. Melinda is excited to speak and meet with all of us at the convention. There will be two sessions for her to speak, one with the Sr. UOL and a second with the Jr. UOL. To learn more about Melinda Johnson you can visit and follow her on her blog at melindajohnsonwriting.com

So, WHACHINZDOINTADAY? You can say, I am planning my trip to the 75th UOL Convention where I will:

- Strengthen my faith in God
- See my larger UOL and Orthodox Family
- Rekindle or make new friendships in my faith and organization that can provide a constant support in my life
- Be part of the “Bigger Picture” of the UOL and the Ukrainian Orthodox Church

Visit our convention website at https://orthodoxcarnegie.org/75thuolconvention to not only view additional information about the 75th UOL Convention such as the hotel and events, but you can also download copies of the Yearbook and Sponsorship Forms. There is much more to find and follow on our social media sites as well! And don’t forget to be learn’ your Pittsburgh Eze!

Did you know this about the LSSK Scholarship?
Submitted by Karen Ferraro

Per the guidelines in our UOL Handbook:

- The recipient of the Lynn Sawchuk- Sharon Kuzbyt Memorial Scholarship will be selected based on the following criteria:
  - A Junior UOL member in good standing; a PAST Junior UOL member enrolled in or about to enter a program of advanced education but not beyond five (5) years from high school graduation
  - A record of outstanding performance in the service to the Ukrainian Orthodox League and the Ukrainian Orthodox Church (Please note: Emphasis is placed on this criterion)
  - Academic performance in high school
  - Involvement in extracurricular and civic activities
  - Be of high ethical and moral character

Note the underlined passage: You do not need to be a high school senior to apply for this scholarship. Did you graduate in 2019, 2020, or 2021 and didn’t have a chance to apply? Well, there is still an opportunity to apply! Now is the time to start gathering the information needed to apply for the LSSK Scholarship. The LSSK set of forms can be found on the UOL Website: uolofusa.org

There are FOUR forms to be completed:

- APPLICANT’S FORM, which includes a section to be completed and signed by their Jr. UOL Chapter President or Vice President
- SPIRITUAL ADVISOR FORM, placed in a sealed envelope and signed by the Spiritual Advisor across the seal, then given to the APPLICANT
- JUNIOR CHAPTER ADVISOR FORM, placed in a sealed envelope and signed by the Junior Chapter Advisor across the seal, then given to the APPLICANT
- SCHOLASTIC ADVISOR FORM (High School Principal, guidance counselor, or teacher), placed in a sealed envelope and signed by the Scholastic Advisor across the seal, then given to the APPLICANT

An official copy of the applicant’s High School Transcript must also be submitted.

All of the above FIVE items should be placed in a single envelope and submitted via Certified Mail with “Return Receipt Requested” or by comparable means (e.g. FedEx, UPS, etc.) that provides a return receipt or means of tracking to:

Anna Anderson
908 Stewart Rd. Salem, Ohio 44460

By submitting the application packet in this manner (a single packet), the applicant is assured their application contains all required submissions. In the past, some applicants thought all parts were submitted, but some were unfortunately not received. Incomplete submissions will not be considered for scholarship award.

If you have any questions about this process, please contact Anna Anderson at VP1@uolofusa.org or at the phone number listed on the LSSK application form.
The Annual Fund Drive
Submitted by Teresa Linck – Ways and Means Commission

The Ukrainian Orthodox League works endlessly in promoting the Orthodox Faith and preserving our Ukrainian heritage and culture and we need your help. By donating to the Annual Fund Drive you will be supporting the goals and missions of not just the UOL, but of the Ukrainian Orthodox Church.

What goals you ask?

We strive to help keep our youth active in our Orthodox faith by supporting the Youth Commission’s activities with preteens, Juniors and Young Adults.

Through our Christian Care-Giving and Missions Commission we help the needy not only in our parishes, but also in our local communities. Our outreach does not stop at our borders; we aid sister eparchies in South America and Ukraine.

Our Education Commission supports spiritual retreats during our Church’s Great Lenten season, provides prayer groups during most of our Lenten seasons and encourages our youth and adults to participate in the annual Essay Contest, which challenges everyone to learn more about their faith. Our upcoming goals are to create webinars and seminars about our faith.

Promotes Ukrainian Cultural programs.

And importantly, the publication of the UOL Bulletin.

So please consider donating. You will find the envelope attached in this Bulletin.

Nourish your soul!
Attend a UOL Retreat!

Western Pennsylvania UOL Retreat - March 26, 2022
UOL Retreat Bethlehem, PA - April 2, 2022

The UOL Education Commission is pleased to invite you to the UOL Lenten Retreat on April 2, 2022. The retreat will be held at the St. Francis Center for Renewal, 395 Bridle Path Road in Bethlehem, PA. It is a lovely peaceful location that is easily accessible from most east coast parishes. This Retreat Center has been the location for our east coast retreat for a decade and we are excited to return to the beautiful location this spring.

We understand that many individuals might be reluctant to participate due to the pandemic. Our plan is to have the retreat if we can do so safely. If we need to cancel the retreat all registration fees will be returned.

This year the retreat will focus on the services of Holy Week. We are thrilled that Fr. Anthony Perkins will be speaking at the Retreat. At the Retreat you will learn about the services that occur during Holy Week and how we prepare for Pascha during this week.

We strongly encourage you to attend and to encourage chapter members to participate in the Retreat. It is a wonderful time of fellowship and an opportunity to learn more about our faith.

If you would like to post a flyer within your parish bulletin or post it in your parish hall please email nsufner@aol.com and we can send you a flyer to be posted.

Registration form to submit for the UOL Retreat April 2, 2022:

Name _________________________________________
Address _______________________________________
Phone_________________ E-mail ________________

__$40 for adults (early bird rate) - $50 after 3/22/22
__$30 for adolescents (aged 13 to 18) - $40 after 3/22/22
__$20 for children 7 to 12 - $30 after 3/22/22

Appropriate Registration fee is enclosed:
Yes _____ No _____ *amount ____________

Check made to: Ukrainian Orthodox League of the USA

Return registration to: Oleh Bilynsky 703 Pine Ridge Rd. Media, PA 19063

Please submit registration by March 22, 2022 for early bird rate. Pictures from the UOL Retreat can be used for publicity. Please indicate if you do not want pictures of you and/or your child used.
Join in the fun!
Take a picture reading your UOL Bulletin and submit nsufler@aol.com. Submit pictures by sending to nsufler@aol.com

Basket Raffle Plans
Submitted by Cindy Haluszczak

Hopefully you are planning to attend the UOL Convention this year. The 75th UOL Convention committee is excited to be hosting the in-person convention July 27-31, 2022. We will be sponsoring a “Ukrainian” basket raffle at the convention (similar to Chinese auctions only donated and raffled by Ukrainians). We would like all chapters to be represented, therefore we are requesting chapters/organizations/individuals for donations of baskets for this raffle. Any type of basket is welcome (cooking, candy, garden, something from your region, etc.).

If you would be willing to help and donate a basket, please contact Cindy Haluszczak (tetaksenia@aol.com; 412-708-6835) or Tracey Sally (twi1_21@hotmail.com; 412-327-8694). The baskets can be brought to the convention. If within the Carnegie area, perhaps we can make arrangements to pick them up. We cannot wait to see everyone in person again.

Does your parish Livestream Divine Liturgy? The UOL is working on putting together a list of parishes that livestream services on our website. If your parish provides this service, please email uolpr@uolofusa.org with the information. Thank you!

Dan and Lynne Gulak along with Mickey Komichak and Daria Pishko Komichak read their UOL Bulletin while at the Gasparilla Parade in Tampa, Florida.

Tony and Vera Sufler celebrate their 61st wedding anniversary with the UOL Bulletin. Vera is busy reading her UOL Bulletin while Tony gives her a kiss. Mnohay Lita Tony and Vera! Happy Anniversary!

We have learned that even Rudolph the Red-nosed Reindeer reads the UOL Bulletin.

UOL President Karen Ferraro made a Christmas card celebrating Rudolph’s dedication to the UOL Bulletin.

Does your parish Livestream Divine Liturgy?

UOL Bulletin Pictures
UOL Tribute

A donation to the Tribute Fund is an acknowledgment of a Milestone, Memorial, or Accomplishment, or is a Special Recognition of an individual or group. Your much-appreciated contribution is used to support and further the Mission of the Ukrainian Orthodox League. All donations are published in the UOL Bulletin.

Donor In Honor of

No Tributes this month - be sure to submit your Tribute for the next issue.

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!

UOL Bulletin

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

MARCH 2022