



# UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

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

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JANUARY 2021

## SS. Peter & Paul Carnegie, PA

Submitted by Susan Leis

It's hard to believe that so many months have passed since I wrote about our chapter's activities. It was winter and we were busy preparing for our annual Pysanky Sale. We were hosting egg making sessions after church in the hall or in people's houses. Those sessions not only produced a bountiful supply of beautiful eggs to make our sale a success, but more importantly, helped to create a bond of fellowship and love that, in hindsight, helped us in the following months. As you can imagine, we were all heartbroken not being able to host our annual Pysanky Sale. It has become much more than just a fundraiser; it is a tradition that has reached all over the Pittsburgh area. People come far and wide to buy pysanky, eat traditional Ukrainian food, and enjoy the fellowship in our hall.

Although we had to attend church online for quite a few weeks, we still sponsored our Lenten Prayer Pal ministry. We extended it past Pascha, and waited until we were able to attend church in person to reveal to each other whose prayer pal we were.

In July, we had quite a few members attend the Annual UOL Convention via Zoom. While Archbishop Daniel was talking, he mentioned how to be present in each other's lives and how we need to make an effort to reach out to others. That led to a discussion between some of our members about what we could do in our own parish during the Pandemic and later on, too. We used to have a program called the Myrrhbearers who would visit our shut ins. We decided to revamp and rename this ministry to our Guardian Angel Program. We've had to take time to really define the parameters, so we're just getting ready to kick off the program. Initially, we will assign one of our elderly or shut in parishioners to one of our members or someone from church who would like to participate. That person will make sure to call once every two weeks and to send a note once a month. If they would like to be visited, Father John will make sure to drop by and check in for an in person visit.

As summer came to a close, we decided to attempt a go at our annual Fall Festival held the second weekend in September. We were very cognizant of covid protocols and made sure that we limited the food festival to take out and outdoor dining only. We were still able to have a small bake sale and basket raffle too! We were blessed to be able to connect with the Carnegie community once again. People were so thankful to see us out and ready to safely share our wonderful heritage with them.

Fall also brought about another season for our Seminarian's Plus Club. We had several Seminarians graduate last Spring, but we are fortunate to have three new Seminarians join our Club! We were able to find "families" for our new Seminarians and have been busy getting to know each other. Although Seminarians make up a big part of our ministry, we also have our local college students in the club. This year members have donated gift cards so that once a month our college students receive a note card, a prayer or words of encouragement, and a small gift card to a favorite fast food place, coffee joint, etc. This is our way to stay connected to our young adults as they journey through college and find out who they are.

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## UOL Thanksgiving Project – Philadelphia Chapter

Submitted by Karen Ferraro

The UOL Junior and Senior Chapters conducted a food drive for the month of November. Donated food was labeled with the Holodomor remembrance statement and was included in the parish's Pop-Up Food Pantry held on December 12, 2020. Each of the approximately 150 bags of food prepared for the community contained a labeled item collected during the UOL project.

The Philadelphia Junior UOL Chapter is heavily involved each month in the packing of food and carrying it out to the front of the church on the pantry days. This month, members of the Senior UOL worked with the Juniors and other members of the parish to assemble the donated food. The Cathedral's Pop-Up Food Pantry has been serving a grateful community one day per month since May 2020 as a gift of love.



Be sure to submit articles and pictures of your

Thanksgiving projects!

To submit articles please send to [nsufler@aol.com](mailto:nsufler@aol.com)



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*





**UOL BULLETIN** - The official publication of the Ukrainian Orthodox League of the United States of America. Circulated to all UOL Members.  
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<i>Karen Ferraro</i> UOL President 3109 Berkshire Dr. Cinnaminson, NJ 08077 president@uolofusa.org	<i>Madeline Zeitck</i> Jr. UOL President	<i>Natalie Bilynsky</i> UOL Bulletin Editor 703 Pine Ridge Road Media, PA 19063 nsufler@aol.com	<i>Fr. Harry Linsinbigler</i> UOL Bulletin Spiritual Advisor
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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



On January 6<sup>th</sup>, many of our parishes celebrate the eve of Christmas or Sviat Vechir. This day is filled with many traditions that we have been practicing in our family homes for many years, even generations. Many of you may know of the more common traditions, like waiting for the first star to appear in the sky before the meal is started. The star signifies the journey of the three magi who followed the bright star in the east until the star came and stood over the place where the Young Child was.

Before the star is seen and the meal begins there are a variety of traditions that go into the preparation of the Sviat Vechir, or Holy Supper. Tables are adorned with sheaths of wheat before putting a decorative table cloth on top. This tradition can vary with some families placing the wheat on top of the table cloth. Having wheat underneath the dishes or underneath the table cloth is a reminder that the Christ child was born in a stable. A lesser known tradition is to put two table cloths on the table, the first being for the departed members of the family and the top covering for the living who will partake of the meal. A common tradition to remember the departed family members is to arrange a place setting in which nobody will sit so that it is open for the departed’s spirit. Another take on the tradition of having an empty place is so that anyone without a place for the Holy Supper can stop by and have a place, unlike the Virgin Mary and Joseph who were told there was no room for them at the inn. When setting the table there is a tradition to have three braided bread rings tiered in the center with a candle on top. Some traditions call for a child under the age of 7 to place the breads on the table. Three breads represent the three persons of the Holy Trinity and the circular shape is important because a circle has no beginning and no end just like our Lord, “God Eternal.”

Along with wheat on the table, a sheaf of wheat can be placed under icons in the house. The wheat, which is dead but will bring forth life when it is planted in the ground, is like the departed members of the family who will have life again when Christ returns. The wheat is referred to as a didukh, which is translated “grandfather spirit.” The wheat (or oats in some regions) are removed from their place by the icons on the feast of Theophany and the seeds are sprinkled on the houses of relatives with wishes for a prosperous new year. When oats are used they can be combined with Holy Water brought home from the Theophany service and given to the family’s farm animals.

The Christmas Eve meal consists of 12 Lenten dishes that represent the 12 apostles of Christ. The first dish to be served or eaten is kutia (a sweet wheat and poppy dish). Some families may have someone throw kutia onto the ceiling of their house. If the kutia sticks, this symbolizes a good harvest for the upcoming year. The evening continues with the sharing of the remaining 11 dishes. One of the other small dishes is a piece of bread dipped in honey and offered to each guest. The meal concludes with caroling and the Grand Compline service at church.

(Continued on page 3)

MESSAGE  
FROM THE  
SENIOR  
UOL  
PRESIDENT  
*Karen Ferraro*



Christ is Born! Glorify Him!

Happy New Year to all of you! I hope you had a blessed celebration of the Nativity of Christ, even if it was different than in the past. 2020 did not go as planned for us – hitting some harder than others and my prayers go out to those who have lost loved ones or have lost their employment. With faith in our Lord, there is always hope. It is with that hope that I look forward to 2021.

May 2021 see our UOL Chapters reinvigorated. I look forward to us being able to gather in larger groups in person, and yes, hugging each other. I’ve missed that so much! In the near term, I look forward to us pressing on with our largest annual project – **Souper Bowl Sunday**, on February 7<sup>th</sup>. Last year, we raised over \$13,000 for St. Andrew Ukrainian Orthodox Society. I hope you’ll all put on your thinking caps to come up with a way to raise funds for this organization by hosting Souper Bowl Sunday at your parish according to the rules for safety that are in place at the time.

May 2021 find us hosting additional virtual seminars. I always long for our retreats during Great Lent! Whether virtual or in person, our retreats are very well planned and well received. I hope you’ll join us!

May 2021 find us having increased participation in our Praying our Way series. As with our recent Praying our Way through the Nativity Fast, this activity involves following a schedule to read from the Bible and pray for your fellow participants. Give it a try, and you’ll be back next time! Look for information on how to register (for free) in the weeks prior to the start of Great Lent.

On May 3, 2021, we commemorate the 50<sup>th</sup> anniversary of the repose of His Eminence Metropolitan John Theodorovich. The UOL will focus on his life and legacy and will encourage projects to raise funds for the Metropolitan John Scholarship Fund in his memory. More to come, as plans are still in being formulated.

It is with hope that we continue to plan for an “in person” **2021 UOL Convention in the Philadelphia** area. Save the date – July 21-25, 2021!

For now, many remain mostly secluded in their homes – especially those with underlying conditions that put them at greater risk during this pandemic. Paraphrasing Fr. Taras Naumenko, my parish priest and our Sr. UOL Spiritual Advisor, we can be of much help to those who are lonely in our communities. If your parish has a Sunshine Committee, ask to become a member and reach out to those who may be homebound. Your voice may be just what they need to brighten their day. Perhaps you can say some prayers with them. Ask them if there is something they need. Send them a card to let them know you are thinking of them. Don’t have a Sunshine Committee at your parish? Start one within your UOL Chapter! It doesn’t take much time and the rewards are great.

Your UOL Sr. National Executive Board meets on January 14<sup>th</sup> so look for more activities for this new year coming out of that meeting. Have some ideas? Write to me at [president@uolofusa.org](mailto:president@uolofusa.org).

**“For unto us a Child is born, unto us a Son is given; and the government will be upon His shoulder. His name will be called the Angel of Great Counsel, for I shall bring peace upon the rulers, peace and health by Him.”**  
*Isaiah 9:5*

With love in Christ,

Karen Ferraro



74th Annual UOL Convention  
Philadelphia, PA  
July 21-25, 2021

So here we are in January 2021 and if all goes well, we will be meeting in Philadelphia in July 2021. We hope that this year we will be able to gather in Philadelphia for our UOL Convention.

In preparation for writing this article I looked at the article I wrote last year this time inviting everyone to the Convention. You might remember the article – we had Michael and Emily Nakonachny tour Philadelphia and take pictures with their UOL Bulletin. I added one for fun. As part of the article last year, I wrote, “Just think in 6 months you will be arriving in Sunny (probably a little hot and humid) Philadelphia!”

How everything changed since this time last year! Who would think that the Philadelphia Convention would change and be hosted in 2021 rather 2020.

We hope that our plans from last year will come to fruition in 2021. We want to remind you of the events we had and have planned for this summer.



Our plan is for the Convention sessions to be starting on Wednesday evening. The Naumenko family are the hosts for hospitality night on Wednesday evening. On Thursday evening we have an American Bandstand night – so dress in your favorite 1950’s attire! Also you will enjoy a menu of Philadelphia favorites. Friday we have a fun filled evening scheduled at Tryzub, our Ukrainian American Sports club. We are planning a “Coney Island” inspired night with a “varenyky/pierogie” eating contest. Start preparing now to be crowned the Varenyky eating champion. Also to keep with the theme of the night we will have lots of games and tournaments - including a “Doorak” (Ukrainian card game) tournament. There is still time to learn the game and join in on the fun. Saturday is the grand banquet and ball. It is a time to dress in your finest and celebrate the UOL and all of our parishes. That evening we are thrilled that the band Solovey will be providing music – so wear comfortable shoes – we will be dancing the night away. Sunday we will join at St. Vladimir’s Cathedral. The parish is air conditioned and we have been renovating many things just in time for the Convention.

Our plan is to have a fun and safe Convention. We understand that some of our plans might change. We are ready to change to keep everyone safe.

Of course if safety can not be maintained, our plans will be shifted.

As we think about the impact of COVID, we ask that you take the time today to reach out to someone in the UOL that you have not seen in a while. Email them, text them, give them a call or send them a card. One of the wonderful things about the UOL is the friendships that develop over time.

It was particularly difficult last year to not see everyone. In the spirit of Philadelphia (Brotherly Love) – we ask you – please reach out to a UOL member and send your greetings to them. We hope that you all can and will come to Philadelphia!

**UOL Virtual Retreat**  
**Saturday February 27, 2021**  
**9:30 - 12:30**  
**Speaker Fr. Anthony Perkins**

*Being Orthodox during  
COVID and Social Unrest*



Registration materials available on UOL website  
Or email [nsufler@aol.com](mailto:nsufler@aol.com) to get form  
Suggested donation for retreat \$10.

MESSAGE  
FROM THE  
JUNIOR UOL  
PRESIDENT

Madeline Zetick



Christ is Born! Христос Рождается!

I greet you all with joy as we celebrate the Nativity of Our Lord. The Nativity season is such a joyous and Holy time of year. While the holiday season may look different with this year, our faith in God keeps us connected in spirit.

The Christmas season is full of love, graciousness and giving back. We each have great gifts and talents which make us unique. Whether you love to sing, prefer crafting or enjoy writing; each of these talents can be used to brighten someone else’s holiday season. It can be as simple as calling someone and singing a Christmas carol, sending a festive holiday card or writing a nice letter to a friend. There are endless ways to use your God given talents to bring joy to someone in need of Christmas cheer.

The Nativity season is the perfect time to reach out to a parish member who cannot make it to Liturgy or to a parish member away at college. I encourage you to find a unique way to bring forth your talents and spread some love during this joyous time!

I would like to remind chapters that membership dues and roster forms are due to Financial Secretary Rachel Harendza by December 1. These forms can be found on the UOL Website.

I also remind chapters to find ways to come together in faith and fellowship. As we continue to social distance during the COVID-19 Pandemic, there are many ways to spend time together while staying safe. This can be as easy as meeting via Zoom to catch up with one another and playing a game or planning a chapter project such as a canned food drive where Juniors can spend time together safely. Through our faith in God and our love for one another, we will make it out of this Pandemic stronger.

As we start the new year, I want to leave you all with this Bible quote. Isaiah 40:30-31 says, “Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.” Life will test us, and challenges will continue to get in our way. Through the last year, we have seen time and time again, that the bad times will come, but if we remain strong in our faith in the Lord, we will prosper and flourish. I pray that the new year brings everyone peace, love and hope.

Please do not hesitate to reach out to me with any questions or suggestions regarding the UOL. You can contact me via email at [zetickm@gmail.com](mailto:zetickm@gmail.com). I wish you all the best as we begin the new year!  
Yours in Christ,  
Madeline Zetick

(Carnegie– continued from page 1)

Although these past few months have been challenging and sometimes difficult to all of us in ways we never imagined, it has also created ways for us to really live the words of the Gospel and to see Jesus in others. Our members have provided food for families in Carnegie who struggled because of the Pandemic. They have reached out to each other by way of phone calls, text messages (Thursday Senior Coffee Hour members ..), notes and cards, drive bys & driveway visits, and sometimes Zoom.

Whatever happens, we are finding ways to be there for our church family, connecting with each other, and doing what needs to be done. We are looking for a brighter 2021 when we can all be together again. Stay safe friends!

(Cultural Corner - Continued from page 2)

Over the next 12 days the family will bring their kutia to neighbors and relatives singing carols and exclaiming, “Christ is Born” to hear the answer, “Glorify Him.”

While the eve of the Nativity is a strict fasting day, the next days, January 7<sup>th</sup> through January 17<sup>th</sup> are fast free. On the 18<sup>th</sup> of January many of the Christmas traditions return and another Sviat Vechir is served with many of the same traditions to begin the Feast of Theophany.



All Saints Camp January 2021 - Submitted by Joshua Oryhon

Best wishes and prayers for a happy and healthy New Year from the Executive Board, staff, counselors, campers, alumni and friends of All Saints Camp! We also extend our sincere gratitude to the frontline workers who have been put in harm’s way during this pandemic.

2020 was certainly a long decade year, and we remain cautiously optimistic that everyone will be able to return to All Saints Camp this summer. 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 guaranteed** .



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.

In the meantime, the incredible content produced by **Natalie Kapeluck** 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.

**So, what’s been happening at ASC?** (So glad you asked!) We are incredibly blessed to have highly skilled and energetic volunteers who help us accomplish routine maintenance and campus improvements. We addressed a major need for storage in the Millennium Building by constructing a closet at the top of the stairs in September 2020.

Special thanks to **Michael Nakonachny** , **Hans Harasimchuk**, **Eric Senedak** , **Keith Snyder**, **Chris Prosser** and **Neil Whitehill** for their hard work in the planning and construction of the new storage space.



Down the road at St. Thomas Chapel, **Fr. Ivan Tchopko**, **Fr. Dn. Ihor Mahlay** and **Lesia Mahlay** have been hard at work over multiple weekends cleaning, updating and reorganizing the Chapel and Clergy Cabin.

As soon as the nice weather returns, we will be spreading mulch (generously donated by a local tree removal company) at the playground and in other beds around campus. We also plan to do a top-to-bottom cleaning and painting of both Washhouses, so both spaces will be ready to go for the summer. (And there was great rejoicing...)

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 [josho@allsaintscamp.org](mailto:josho@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>**





The UOL Education Commission Submission Readings Focusing on Prayer

On Prayer by Saint Silouan

He who loves the Lord is ever mindful of Him, and the thought of God begets prayer. If you are forgetful of the Lord, you will not pray, and without prayer the soul will not dwell in the love of God, for the grace of the Holy Spirit comes through prayer. Prayer preserves a man from sin, for the prayerful mind stays intent on God, and in humbleness of spirit stands before the Face of the Lord, Whom the soul of him who prays knoweth.

But the novice naturally needs a guide, for until the advent of the grace of the Holy Spirit the soul is involved in fierce struggle against her foes, and is unable to disentangle herself if the enemy offer her his delights. Only the man with experience of the grace of the Holy Spirit can understand this. He who has savored the Holy Spirit recognizes the taste of grace.

The man who sets out without guidance to engage in prayer (imagining in his arrogance that he can learn to pray from books), and will not go to a spiritual director, is already half beguiled. But the Lord succors the man who is humble, and if there be no experienced guide and he turns to any confessor he finds, the Lord will watch over him for his humility.

Think in this wise: the Holy Spirit dwells in your confessor, and he will tell you what is right. But if you say to yourself that your confessor lives a careless life, how can the Holy Spirit dwell in him, you will suffer mightily for such thoughts, and the Lord will bring you low, and you are sure to fall into delusion.

Prayer comes with praying, as the Scriptures say; but prayer which is only a habit, prayer without contrition for our sins, is not pleasing to the Lord.

Let me interrupt for a while my talk concerning prayer.

My soul yearns after the Lord, and I seek Him ardently, and my soul suffers thought of no other matter.

My soul yearns after the living Lord, and my spirit strains towards Him, my Heavenly Father, my kin. The Lord made us His kin by the Holy Spirit. The Lord is dear to the heart - He is our joy and gladness, and our firm hope.

O gracious Lord, mercifully seek out Thy creation, and shew Thyself to Thy people in the Holy Spirit, as Thou shewest Thyself to Thy servants.

Rejoice every afflicted soul, O Lord, by the coming of Thy Holy Spirit. Let all who pray to Thee know the Holy Spirit.

O all ye people, let us humble ourselves for the sake of the Lord and the Kingdom of Heaven. Let us humble ourselves and the Lord will give us to know the power of the Jesus Prayer. Let us humble ourselves and the Spirit of God Himself will instruct the soul.

O man, learn the humility of Christ and the Lord will give you to taste of the sweetness of prayer. And if you would pray purely, be humble and temperate, confess yourself thoroughly, and prayer will feel at home in you. Be obedient, submit with a good conscience to those in authority. Be content with all things, and your mind will be cleansed of vain thoughts. Remember that the Lord sees you, and be fearful lest anyway you offend your brother. Neither dispraise nor grieve him, even by a glance, an expression on your face, and the Holy Spirit will love you and Himself be your help in all things.

The Holy Spirit is very much like a dear mother. A mother loves her child and has pity on it; and the Holy Spirit likewise has pity on us, forgives and heals us, enlightens and rejoices us. And the Holy Spirit is to be known through humble prayer.

The man who loves his enemies soon comes to know the Lord in the Holy Spirit, but of the man who does not love his enemies I have no wish to write. Yet he is to be pitied, for he is a torment to himself and to others, and will not know the Lord.

The soul that loves the Lord cannot help praying, for she is drawn to Him by the grace she has come to know in prayer.

We are given churches to pray in, and in church the holy offices are performed according to books. But we cannot take a church away with us, and books are not always to hand, but interior prayer is always and everywhere possible. The Divine Office is celebrated in church, and the Spirit of God dwells therein, but the soul is the finest of God's churches, and the man who prays in his heart has the whole world for a church. However, this is not for everyone.

Many use their lips to pray, and like to read prayers from books; and this is good and the Lord accepts their prayers and is merciful to them. But if a man prays to the Lord while thinking of other things, the Lord hearkens not to his prayer.

people; and in all this he has need of fortitude. Ask counsel of the experienced, if such you find, and humbly entreat the Lord, and the Lord will give you understanding because of your humility.

If our prayer is pleasing to the Lord, then the Spirit of God bears witness in our soul. The Spirit of God is pleasant and tranquil. But in the past I did not know whether or not the Lord had heard my prayer, nor how it is possible to tell.

Sorrow and danger have brought many people to prayer.

A soldier came to see me in the storehouse. He was on his way to Salonika. My soul took a liking to him, and I said to him:

“Pray to the Lord that there be less affliction in the world.”

And he replied, 'I know how to pray. I learnt in the war, when I was fighting. I prayed hard to the Lord to let me live. Bullets showered down, shells burst, and few of us were left alive; but I was in many a battle and the Lord preserved me.' As he spoke he showed me how he prayed and by the attitude of his body it was plain how he had been utterly rapt in God.

Many people like to read good books, and this is right, but it is best of all to pray; while he who reads newspapers or bad books condemns his soul to go hungry - hungry because the food of the soul and her true satisfaction lie in God. In God are life, joy, gladness, and the Lord loves us ineffably, and this love is made known by the Holy Spirit.

If you are minded to pray in your heart and are not able, repeat the words of your prayer with your lips and keep your mind on the words you are saying, as St. John Climacus explains. In time the Lord will give you interior prayer without distraction, and you will pray with ease. Some there are who have injured their hearts in their efforts to force their minds into their hearts to pray, so much so that afterwards they were unable to pronounce the words of their prayer with their lips either. But do not forget the pattern of spiritual life: God bestows His gifts on the simple, lowly and obedient soul. The man who is obedient and temperate in all things - in food, in speech, in movement - receives the gift of prayer from the Lord Himself, and prayer continues without difficulty in his heart.

Unceasing prayer is born of love, while fault-finding, idle talk and self-indulgence are the death of prayer. The man who loves God is able to keep his mind on Him day and night since no form of activity interferes with loving God. The Apostles loved the Lord, and the world did not hinder them - though they were not forgetful of the world and prayed for it, and preached. True, Arsenius the Great was bidden to 'shun people' but in the desert, too, the Spirit of God teaches us to pray for people and for all the world.

Everyone in this world has his task to perform, be he king or patriarch, cook, blacksmith or teacher, but the Lord Whose love extends to everyone of us will give greater reward to the man whose love for God is greater. The Lord gave us the commandment to love God with all our hearts, with all our minds, with all our souls. But without prayer how can one love? The mind and heart of man, therefore, must always be free to pray.

When we love someone, we like to think about that person, talk about him, be with him. Now the soul loves the Lord, as her Father and Creator, and stands before Him in awe and love; in awe because He is the Lord; in love because the soul knows Him for her Father - He is all mercy, and His grace sweeter than aught else.

And experience has shown me that the grace of God makes prayer easy. The Lord loves us and in His mercy grants us to converse with Him in prayer, and to repent and give thanks. I lack the power to describe how greatly the Lord loves us. This love is made known in the Holy Spirit, and the soul when she prays knows the Holy Spirit.

Some there are who say that prayer beguiles. This is not so. A man is beguiled by listening to his own self, not by prayer. All the Saints lived in prayer, and they call others to prayer. Prayer is the best of all activities for the soul. Prayer is the path to God. Through prayer we obtain humility, patience and every good gift. The man who speaks against prayer has manifestly never tasted of the goodness of the Lord, and how greatly He loves us. No evil ever comes from God. All the Saints prayed without ceasing: they filled every moment with prayer.

When the soul loses humility, she loses grace and love for God at the same time, and ardent prayer is extinguished. But when the soul stills her passion and grows humble, the Lord gives her His grace, and then she prays for her enemies as for herself, and sheds scalding tears for the whole world.



St. Vladimir Senior UOL Philadelphia

Submitted by Natalie Bilynsky

The St. Vladimir Senior UOL chapter typically has a busy fall season with multiple projects around Thanksgiving and Christmas. Like all of our chapters with the pandemic we have had to alter our projects. For around a decade our chapter has sponsored a Thanksgiving dinner for the parish and has donated all of our proceeds to support someone in need. While we could not have a large dinner gathering, our chapter continued this project and sold take-out dinners. Pani Matka Laura Naumenko has served as the chairperson for this event since its inception. This year she was the primary chef and she prepared a scrumptious dinner with turkey, stuffing, mashed potatoes and green bean casserole. The dinner was prepared and put in take-out containers by chapter members. On Sunday after Liturgy Junior UOL members served as delivery people to get the dinners to all who had ordered the meal. This year all of the proceeds from the dinner were donated to the Parish Hope Fund which has been providing food packages for members of the Philadelphia community in need. Father Taras along with our Juniors have been creating packages of food and having food distribution for the community. All of the funds from our dinner were donated to this very important project.

In addition to our Thanksgiving dinner our chapter held a drive for canned goods to supplement our Hope Fund. We had a huge box in the narthex where faithful could donate canned goods. Our chapter is also supporting the National UOL project of placing labels on food items commemorating the Holodomor. (See article on the front page regarding our food collection.)



Similar to other chapters we have been holding our chapter meetings via Zoom. We meet monthly to catch up and to think of ways to alter our projects. For Christmas we typically visit the decorations in center city Philadelphia and also plan a Family Fun Night of games in the parish hall. This year, we are changing our plans a little and having a parish “share your Christmas decorations with the group.” We will meet via Zoom and have different categories for decorations – best tree, most sentimental, best decorated family member (sibling, husband, etc), best outdoor, best decorated pet. We are looking forward to sharing some laughs with each other during the holiday season.

We wish you a very blessed Nativity Season. Please stay safe – we hope that we are able to host you in Philadelphia in July. It will be wonderful to see everyone in person!



ASC BOOSTER CLUB – UPDATE FOR 2021

The ASC Booster Club Program is being modified a little for 2021 to allow for all the changes in the present environment in which we are living. We hope these adjustments will help make things easier and simpler for our current and future ASC Booster Club Members.

An ASC Booster Club Website with online options has been developed for both ASC Representatives and/or those who just wish to become members for 2021! Visit <https://ascboosterclub.weebly.com> for information, please keep in mind there may still be a number of adjustments and updates required as we work through this new process.

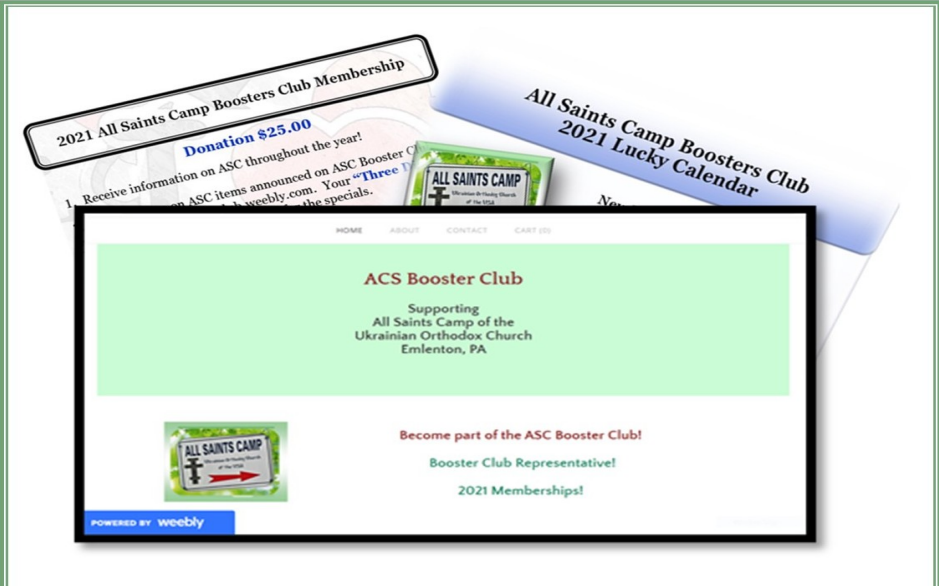
Current and New ASC Booster Club Representatives can request membership packets online by completing a simple form with basic questions. The items will then be mailed to the Representative/Seller who will proceed as normal in selling ASC Booster Club Memberships. A list of ASC Booster Club Representatives will be available on the website.

You do not want to be a seller, but you want to become an ASC Booster Club Member for 2021!! The website can help with that too!! You will be able to request and even make your booster club donation payment online if you choose. A form questionnaire will ask you the basic information required. If you choose to make your donation online, the membership information can either be emailed or mailed to you. If you prefer to mail a check for your membership donation, once donation is received your information will be mailed.

There will be other exciting items added to the website and by the time you read this information it might already be there! Check it out!

Please be patient with our changes and updates as we navigate this new territory. Suggestions and ideas are welcome, please let us know by emailing [boosters@allsaintscamp.org](mailto:boosters@allsaintscamp.org).

We are in this together to help ASC!  
Thank you and God Bless you for your continued support of this program and All Saints Camp.



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



Souper Bowl Sunday 2021

Submitted by Anna Anderson

It's time to begin planning for the annual Souper Bowl fund drive. This year's Souper Bowl will be held on Sunday, February 7, 2021. Proceeds raised on Souper Bowl Sunday go to fund the St. Andrew's Society Soup Kitchens of Ukraine. St. Andrew's Society provides many meals to the hungry throughout Ukraine by providing numerous meals through its soup kitchens. In addition to the soup kitchens, St. Andrew's Society stocks food pantries and delivers food staples to shut-ins all over Ukraine. With the current pandemic, it is imperative that we raise extra funds to help all those who are sheltered in place due to the pandemic. Meals are more difficult to serve in crowds as social distancing is necessary to keep people safe. The pandemic has made the logistics of feeding the hungry a challenge.

This year's Souper Bowl challenges will be felt by all parishes as we embark on our annual fundraiser. It is suggested to raise money by more creative means. Perhaps a drive-thru soup dinner where sandwiches and soup can be provided for a donation or a set fee and be set up outside so as to keep participants safe. Pre-ordering may be necessary. Placing soup pots in your church's vestibule is also a good way to solicit donations. Be creative! Please make an all out effort to participate in this very important charitable event.

Donations made be made directly by sending your check to:  
Joe Goodge, UOL Financial Secretary;  
1924 State Rte. 208  
Pulaski, PA 16143

If you have any questions, please feel free to contact me through the UOL NEB.

Praying our Way Together

Sponsored by UOL Education Commission

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

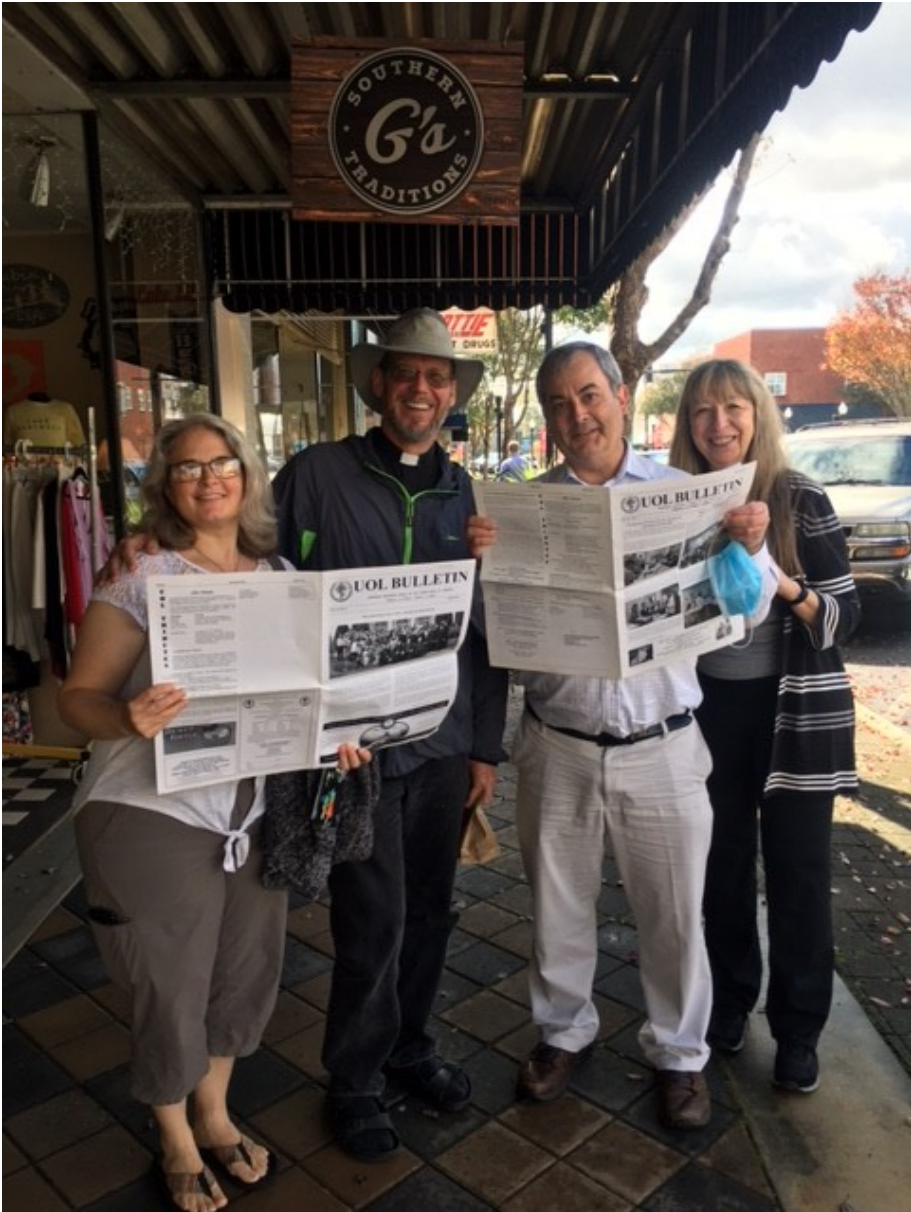
Planning a group prayer for Lent. During Great Lent we will be reading the Psalms.

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](mailto:nsufler@aol.com) and more information will be sent to you.

Please sign up by March 5, 2021



UOL Bulletin Pictures



Mickey Komichak and Daria Pishko Komichak meet with Fr. Anthony and Pani Tina Perkins reading the UOL Bulletin in Hartwell, Georgia.

Join in the fun!

Take a picture reading your UOL Bulletin and submit [nsufler@aol.com](mailto:nsufler@aol.com).

We have determined that we will be unable to safely host the UOL Retreat in Bethlehem, PA during Lent.

We are pleased to announce

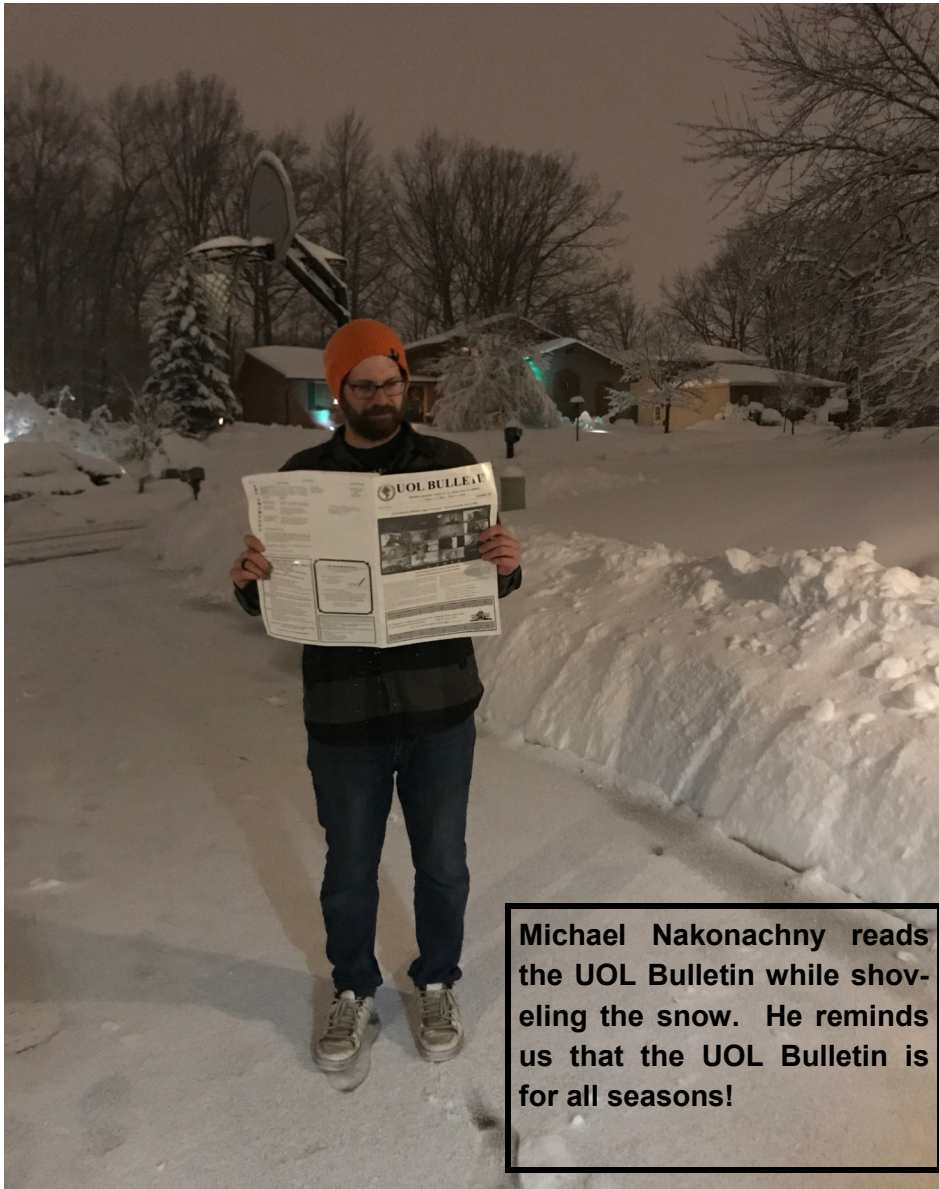
**UOL Retreat - Via Zoom**

**Saturday February 27, 2021**

**Being Orthodox during Covid 19 and Social Unrest**

**Speaker: Father Anthony Perkins**

More information will be distributed to chapters, past attendees and be available on the UOL Website.



Michael Nakonachny reads the UOL Bulletin while shoveling the snow. He reminds us that the UOL Bulletin is for all seasons!



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.

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

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Donator	Tribute
Stephen and Dori Nemeth	In memory of Mary Konchak who was 101 when she fell asleep in the Lord. Memory Eternal!

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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!



All Saints Camp

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Ways to Donate

- One-time donations
- Pledge amounts payable over five years
- Remember ASC during estate planning
- Donation of time at scheduled work week-ends

\$1,000 - \$2,000

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Every effort is made to recognize our generous donors. Please notify us if a correction is needed.