This year’s Jr. Convention was held on the first day of Teenage Conference at All Saints Camp, a place that is very close to the hearts of those who attend. We were blessed by the presence of His Eminence Metropolitan Antony and His Eminence Archbishop Daniel. 2021 commemorates the 60th anniversary of the Jr. UOL, and convention attendees celebrated by having cupcakes.

During the meeting, the group was split into two different committees. In these committees, everyone brainstormed fun, new, and exciting ways to keep our youth engaged in church life.

In typical fashion, the juniors were split into small teams to play a chapter challenge tournament. Lastly, three new officers were elected to be on the National Executive Board – Mia Zetick (secretary), Stephen Sheptak (financial secretary), and Natalie Swan (treasurer). Natalie Hrytsay assumed the role of president along with Rachel Harendza as vice president.

Reports from the Junior UOL Convention are included in the Bulletin.

Junior UOL Re-Boot Committee Report

In our Committee, Junior Reboot, the juniors brainstormed ways to fundraise and keep our Jr. UOL in touch.

Some ideas we came up with are to gather safely at an amusement park. One example is if chapters from PA, NJ and NY gather and travel to Six Flags Great Adventure. This would show the youth of our parishes how we keep in touch in fun and exciting ways. Focus on being together regionally, especially where there are smaller chapters involved.

Another example is chapters from Ohio and Pittsburgh joining at Cedar Point. The idea of a Pittsburgh Regional Chapter has been discussed—it requires follow through by the local chapters.

We also need to keep in mind that our juniors should be staying in touch even if they are unable to attend these events. A group chat could be formed where we could organize virtual events such as Zoom Chapter Challenge or Kahoot.

(Continued on page 4)
Ukrainian Cultural Corner
Submitted by Matsushka Laryssa Charest

PIDPENKY

Ukrainian, and Ukrainians, are wild about mushrooms. We cook with them, write about them, organize tours for picking them, and even sing about them. In October, Ukraine hosted an international conference for mushroom growers and experts alike. This gives me a good reason to write about Ukrainians and their love for mushrooms.

On October 20-21, Ukraine hosted the 4th Annual International Exhibition-Conference called Ukrainian Mushroom Days. For the mushroom industry, Ukrainian Mushroom Days is one of the biggest events in Eastern Europe and THE biggest event in Ukraine. This exhibition sees more than 400 mushroom producers from all over Europe gathering to hear over 25 mushroom experts, or mycologists. Over the course of a few days, participants hear talks ranging from topics about cultivation and composting to production equipment and storage techniques. Since Ukraine produces over 60,000 tons of mushrooms annually, it makes sense that it would host an event dedicated entirely to these “fun-guys” (fungi...get it?).

The best place for wild mushrooms to grow are darker and cooler environments. This explains why many Ukrainians will flock to the forests of the Carpathian Mountains for their mushroom picking adventures. People will travel there from the countries bordering Ukraine or even farther because the mushroompickings are so plentiful. This area grows more than 50 types of mushrooms. Last year, the amount of people traveling to Ukraine to pick mushrooms decreased largely due to Covid-19. Interestingly enough, the decrease in tourism wasn’t too bad for Ukraine because 2020 yielded a bumper crop of mushrooms. Therefore, even more Ukrainians found themselves mushroom picking because this was one of the few things they could do while abiding by social distancing recommendations.

The Porcini mushroom is the most popular in Ukraine. Coming in a close second are the Piedinky, or Hypsizygus. The word “pidpenky” is actually two words combined: ‘pid’ meaning under and ‘penky’ meaning stump. This is exactly where the mushrooms love to grow. Piedenky thrive on rotting wood, usually from an old tree. When picked, the feeding hairs or dried roots. When piedenky grow from roots, the feeding hairs at the bottom of the mushroom spread outward rather quickly, at an average rate of 1 meter per year. With an abundance of dead wood, the piedpenky can cover several square miles of land. The feeding hairs, or mycelium, are bioluminescent; so, they glow in the dark. Rotting wood that has mycelium gives off a greenish light. The green light is called “fox fire” and the wood with the green light is called “touchwood.” Touchwood has the ability to glow for up to two weeks after taken from the forest. Because of this, Benjammin Franklin, who discovered electricity, recommended the use of touchwood in the very first submarine, named the Turtle.

Now, it would be very remiss of me not to share the health benefits of mushrooms. Mushrooms are super healthy. They are high in fiber and protein and low in calories and fat. They pack many antioxidants which may help you live a longer life. Still not impressed? Mushrooms have anti-cancer properties. A recent study even showed that Alzheimer patients showed improvement after eating yellow honey fungus mushrooms.

I should add that the honey fungus mushrooms should be cooked because they can be mildly poisonous if eaten raw. Some Ukrainian families will designate a mushroom taster, usually the person with the most knowledge of mushrooms. The taster will sample some of the collected mushrooms at least a day after picking.

Note to Contributors: All articles submitted to the UOL Bulletin must be in 11 point Times New Roman (font), and double spaced in 12 point type. Articles may be submitted via e-mail attachments. (Submit to: nausler@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.

UOL Bulletin - Published six times annually - October, November, January, March, April May and June.

The absolutely deadline for each monthly issue is the 1st of the prior month. Photos will not be returned.

Glory to Jesus Christ! Čnaa icycy Xypsery! I’m so excited about the changes planned for the UOL! Come grow with us! Preview:

“Chapter Lite” concept:
Details are being finalized to establish “Mission Chapters”. These are chapters with membership of 10 people or less that will have minimal structure and requirements. The UOL National Executive Board will review all requests for this status.
Do you have a chapter that has enough members but struggles to maintain leadership team? The UOL National Executive Board will be creating simple templates to make it easy to conduct simple chapter meetings and will provide assistance where needed.
The cumbersome Annual Report is being redesigned this year for ALL chapters. We’re trying to keep it simple to establish and maintain a UOL chapter.
Youth under 18 and Young Adults
Look for the UOL to equip our clergy with ideas to support our youth and young adults.
We plan to engage in outreach to our college students via Orthodox Christian Fellowship chapters.
Our Youth Commission chair is working closely with our UOC of USA Director of Youth & Young Adult Ministry to come up with additional ideas. Stay tuned for good works!
Growing UOL Membership
Reach out to at least 4 parishes this year to start or re-establish a Sr. UOL Chapter.
Increase our Members-at-Large by at least 10% this year and work on making them feel more a part of the UOL.
Communicate the activities of the UOL to ALL UOC of USA parishes to grow interest.
Want more?
We have established a UOL YouTube Channel and have several videos planned.
The UOL will provide more opportunities for spiritual growth through education.
We have some NEW charitable projects coming up to help the missions of the Church.

November is Holodomor remembrance month and the UOL is once again asking chapters to sponsor Thanksgiving food drives for a local pantry or organization that feeds the needy. We’re providing a template for labels that will honor the memory of those who perished in the Holodomor. Print out the labels and attach them to the food items collected. May their memory be eternal!

This is the time of year that we have our UOL Annual Fund Drive. We know times may be tough for your families, but hope that those who are able will consider a donation. Our Annual Fund Drive allows us to continue to provide scholarships for our young people and seminarians, and continue on our mission as the lay arm of the Ukrainian Orthodox Church of the USA.

The Carnegie Convention Team is working hard to prepare for our 76th UOL Convention in July 2022! Please like their Facebook page, “75th UOL Convention,” and support their fundraisers!

As always, stay tuned to our website: uolofusa.org for the latest information and follow Ukrainian Orthodox League of the USA on Facebook!

“But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil. Therefore be merciful, just as your Father also is merciful.” Luke 6:35-36

In Christ,
Karen Ferraro
Come one and all!
You're invited to the 75th UOL Convention!
July 27 – 31, 2022
Hosted by Sr. UOL Chapter of Sts. Peter & Paul in Carnegie, PA!
It's time to renew those old friendships! Time to make some new friendships! It's just time to start doing UOL items again! The convention theme: "In the Beginning" will take you back to the beginning of the UOL with wonderful memories and give us the "beginnings" for the next 75 years of the UOL. The convention committee has some wonderful events planned to take you through all the years and "for all ages." We can not wait to welcome you to Carnegie & Pittsburgh!

Wednesday Night will be Hospitality Night with some special treats to help make you feel right at home! If you know anything about Sts. Peter & Paul in Carnegie, you know we "love" to feed people any way we can! The evening is a great way to catch up with your UOL friends and share memories. Bring pictures to show and stories to tell people, you never know how ideas start! (Think front porch of ASC Dining Hall and everyone sitting around and talking!)

Thursday Night we will have you dancing and remembering Thru the Decades! The evening will have a cocktail hour, dinner and desserts that were popular from each decade! We hope you will come dressed in clothing from YOUR favorite decade! Still have your grunge or poodle skirt? What about that victory suit or bell bottom pants? Tables and favors will be "decked" out from the "Decades" to reflect the periods. You will be able to dance to all the sounds from Big Band to Punk Rock to Rock’n’Roll and much more!

Friday Night is a special Ukrainian Christmas in July event. Some special eight-legged friends might be visiting us to share their Christmas Story! The Kyiv Ukrainian Dance Group will be around to provide a new Christmas show to everyone. Of course, the evening will not be complete without "caroling," so make sure you bring your voices to sing!

Saturday Night of course will be the Grand Banquet and Ball celebrating the UOL’s birthday of 75 years! The theme for the night will be of the 1940’s design with all the elegance. A jazz band will start the night during the cocktail hour and dinner. Afterwards you will be able to dance the night away to the fabulous sounds of "ZIRKA" from Canada! Make sure you bring your dancing shoes!

Sunday will be the Hierarchical Divine Liturgy at our parish, Sts. Peter & St. Paul Ukrainian Orthodox Church, Mansfield Blvd. in Carnegie. Here’s a special note: WE WILL HAVE AIR CONDITIONING IN THE CHURCH THIS DAY FOR YOUR COMFORT! After the service, everyone is invited to our Parish Hall for the Farewell Brunch. (The parish hall is air conditioned too!) There you will enjoy a fabulous sampling of food that will make you wish the convention wasn’t ending! Which the convention isn’t ending, as the memories will always be there, and new ones are “just beginning.”

The convention itself will be held at the Hilton Double Tree in Green Tree and the rooms will be $99.00 a night! Look for more information on the hotel, convention events, packet information and other exciting happenings that will be available in upcoming news information and on our Website, Facebook & Instagram Pages.

Make sure you follow us on our sites as we also have some fun and exciting convention fundraising opportunities you can participate in, and you don’t have to be local to Carnegie or the Pittsburgh Area either! Our Sure Tip Raffles continually change, and you can play along by visiting this link: https://orthodoxcarnegie.org/75throomsraffles or following along on our Facebook page. See you soon in Carnegie!

MESSAGE
FROM THE JUNIOR UOL PRESIDENT
Natalie Hrytsay
Glory to Jesus Christ!
The church year has started and most kids have gone back into school. This means the Jr. UOL is back in session and coming up with plenty new ideas for rebooting and inspiring. This year, our goal as leaders is to bring together all chapters and keep communications running. Staying in touch is key! We also want to make sure our juniors are involved in events. With determination and faith, we will have a successful year ahead of us.

This year, we strive to make sure all of our juniors, whether they are involved or not, feel welcome and excited. After our Jr. Executive Board had our meeting in September, we discussed many ways to engage kids and teenagers. In early October, St. Vladimir’s Junior UOL had a trip to Six Flags with the kids, where they get to have a little break from school. Events like these bring us together. And even though we are still in this pandemic, we can meet virtually and have some fun Kahoot nights or just get together. To all my juniors, stay in touch and get involved. It will only lead to good things. If you don’t know where to start or who to reach out to, I am here. My contact info is junior_pres@uolofiusa.org

This year we celebrated our 60 year anniversary of the Junior UOL! We held our Convention at All Saints Camp this year and once again, it was a successful one. We held our annual meeting and talked about everything necessary. We had Metropolitan Antony and Archbishop Daniel speak to the juniors about many important life lessons, staying in touch with each other and keeping in our faith. We have had a stressful year and we have to be there for each other in order for each and every one of us to thrive. We celebrated 60 years with 60 cupcakes for all Juniors, staff and clergy. We elected our new board and adjourned our meeting. This convention, we all worked hard to brainstorm ideas for events and ways to reboot the Jr. UOL. As we continue this year, we all must work hard and have faith in each other and the world around us.

Moving on to some important reminders, chapter dues and election forms have been sent out and are posted on the UOL website. They are due December 1st this year, so get them in by the deadline. If you are a chapter that wants to start again or you want to get some great ideas to continue with your chapter, reach out to any of the members of the Jr. Executive Board. Communication is the key to success, so please reach out with any questions or concerns. Know that if we all work hard and stay determined, we will have a great year ahead of us.

Yours in Christ,
Natalie Hrytsay

UOL Thanksgiving Project
Submitted by Anna Anderson

November is the month we celebrate Thanksgiving in the U.S. and also the month we commemorate the victims of the Holodomor in Ukraine. The UOL National Executive Board has decided that our yearly recommended Thanksgiving Project will focus on bringing a greater awareness of the Holodomor in Ukraine while helping the hungry in our communities now and in the future. In our remembrance, we strive to combat hunger in the present. The UOL has the following recommendations:

- Conduct a food drive at your parish collecting non-perishable foods and donate them to a local food bank or;
- Have a pop-up drive at your parish with Thanksgiving related foods to distribute to the community.

For your advertising and, if possible, label the food donations with the following message:

In 1932, 10 million people perished in an artificial famine in Ukraine. We pray no one ever goes hungry again. #Holodomor #UkrainianGenocide #NeverForget

The UOL website has this text formatted for a sheet of 30 labels (1”X2 5/8”) each. It can be easily downloaded for printing.

Send photos of your Thanksgiving Project participation to UOL Publicity Commission at uolpr@uolofiusa.org and we will post it on the UOL’s Facebook page and in our UOL Bulletin.

If you cannot participate in a food drive, please consider a fund-raising drive and send donations to a local food bank. Let’s remember the innocent victims of the Ukrainian Holodomor, honor their memory, and help those in need within our own community at this time of giving!
Junior UOL Celebrates 60 years
Submitted by John Holowko

On July 12, 2021, the Juniors celebrated their 60th year!

Little did they expect two years to pass (since last we met at ASC for us to be back together in-person, yes, in-person; that unto itself is a celebration, it has been way too long and with way too many Zoom calls. Given today was the Feast of Saints Peter and Paul, we started the day with Divine Liturgy having His Eminence Metropolitan Antony and His Eminence Archbishop Daniel celebrate with us.

We look forward to a reboot of all local Parish and UOL activities this fall. Thank you to Maddie Zetick, who served as Jr. UOL President this past year, as she has now graduated high school and will be attending Temple University. Congratulations to Natalie Hrytsay, our new Jr. UOL President for the next year.

On this day we would also like to remember and say thank you to Mrs. Andrea (Kowaleski) Manson the very first President of the Juniors, elected in Philadelphia in 1961, now a member of Saints Peter and Paul in Palos Park, IL and all that followed.

Many Blessed years to all of you and to all the new Jr. UOL NEB members!

Junior UOL Convention
Local Chapter Programming Report

During our meeting we thought of different ways in which we could keep parishes and chapters active.

One of those ideas for the youth was a lock-in within the church hall. The youth would gather at the hall and do some fun icebreakers and then do some arts and crafts. Soon after they would go to the church and maybe help clean the inside of the church. Once they're done cleaning they would go back to the hall and maybe sit down and watch a movie together. This would help the kids get acquainted with one another.

Another idea that we thought of was called “meals for the homeless.” You would get all the ingredients that would be needed in the meal which would include ingredients for a sandwich meat, cheese and small sauce packets and add a snack such as a Rice Krispy. You can make these meals at church halls with the whole parish and then deliver the meals to your local shelters.

We had some other thoughts on what to do to bring the parishes closer. One idea we had was clothing, food, and toy drives. Another thought was called “Angel Tree” which is a program with the Salvation Army. You get tags describing what toy a child wants and then you would go and buy it and bring it back to your local Salvation Army.

Now within the local church parish we came up with a Secret Santa, maybe get together picnic and maybe even an Easter egg hunt and an escape room.

You can also make candles for your priest to bless inside of the church. All these activities would not only bring the church parish and chapter together but also help keep the chapter active within the Jr. UOL.
My name is Natalie Hrytsay, and I am honored and thrilled to be the President of the Junior UOL National Board for the 2021-2022 year. This will be my 4th and final year on the board and I will continue to work my absolute hardest to make this year successful and fun. I am beyond excited to be on a board with these wonderful individuals.

I live in Philadelphia and I am a member of St. Vladimir Ukrainian Orthodox Church. I attend service every week and am an active member of my local Jr. UOL chapter. Whenever I can, I help out with activities that my local chapter participates in and I attend all of our virtual game nights too.

This year I will be a senior at Nazareth Academy High School. At school, I try to stay involved. I like to join clubs such as Mock Trial and I played lacrosse for my school. I was also a part of the Ukrainian Club. This past year I graduated from the Ukrainian Heritage School in the Philadelphia area and graduated as a dancer from the Voloshky School of Ukrainian Dance. I keep myself involved in my Ukrainian heritage as it teaches me about my ancestry and culture.

This year’s Convention was a bit different, but successful, nonetheless. Convention 2021 was held at All Saints Camp during the first official day of the Teenage Conference program. We had one long meeting discussing this past year and all of our goals for the upcoming year. All members and participants were split up into 2 committees, where we brainstormed ideas for Junior Reboot and Local Chapter Programming. The reports of the 2 committees were then presented at the Senior Meeting. I would say that this Convention was a success, as we introduced the Jr. UOL to some new teens and had a successful meeting, accomplishing all our goals. I look forward to this new year with growing new chapters while also growing my faith within the UOL.

My name is Rachel Harendra and I am blessed to be the new Vice President for the National Executive Board of the Jr. UOL this year. I attend St. Michael’s Ukrainian Orthodox Church in Scranton PA, where my father serves as the priest there. I am a PK (priest kid) and the oldest child of Father Philip and Panatka Bethanne Harendra, I also have two younger siblings.

I am just beginning my Senior year at Seton Catholic Central in Binghamton NY, where I participate in the choir and musicals and am on the varsity tennis team. I am also in the BOCES program that is linked within my school. This year I hope to find a college fit for me and study to get a masters degree in social work. This summer, my favorite activities include going to the beach, playing volleyball and spending time with friends. In the future, I hope to continue my passion for singing and making music.

Meeting the Junior National Executive Board Members 2021-2022

My name is Natalie Swan and I am blessed to serve as the Treasurer of this year’s Jr. National Board! This is my first year on the board and I am fortunate to be working with such a supportive and kind group of people. I live in the Philadelphia area and attend St. Vladimir Ukrainian Orthodox Church weekly. I am an active participant in my parish; I sing in the choir, attend and help teach Sunday school classes, and enjoy fundraising alongside my fellow Orthodox friends.

This year I will be entering my junior year at Plymouth Whitemarsh High School. I enjoy playing on both my school and travel volleyball teams and spending time with friends. In the summer, my favorite activities include going to the beach, playing volleyball and attending All Saints Camp. I have spent every summer at camp since I was 8. In the future I hope to find a college that supports my academic and athletic goals, and eventually earn a degree in Psychology.

As I start this year as Treasurer, I hope to maintain the finances of our Jr. National Board and encourage younger generations to become more involved in the UOL, ultimately strengthening their faith and helping generate a strong work ethic. This 2021-2022 year I will work hard to support the UOL as a whole.
All Saints Camp
Submitted by Joshua Oryhon

After the extended off-season, All Saints Camp reopened in July 2021 with a condensed schedule. Ensuring the safety of campers and staff while on campus was our foremost priority, so we appreciate the patience of our camper families as we all navigate this new reality. The UOCCCP sessions were shortened to 5 days but the enthusiasm was high, despite some wet weather. Campers dealt gracefully with social distancing, additional hand-washing stations, cohort groups, but, we were pleasantly surprised by al fresco dining in the Pavilion.

For the second time in three years, the Junior UOL held their Convention at All Saints Camp. This time around, the Convention was convened in conjunction with Teenage Conference. The Juniors, advisors and guests were joined by His Eminence Metropolitan ANTONY and His Eminence Archbishop DANIEL who celebrated Divine Liturgy and offered remarks during Sessions. It is always a joy to have our Hierarchs visit ASC, though we empathize with having to wear vestments during the extreme heat of their visitation. 2021 was also the first summer for a new exciting program: ASC for Adults! 12 participants ranging in age from 25 to 89 (!) gathered for a weekend of spiritual reflection, fellowship and fun around campus. Regardless of age, the pioneer campers truly enjoyed this new program and strongly encourage friends and family of All Saints Camp to attend next summer. Save the Date: August 28 - September 1, 2022

The summer also marked the return of in-person Family Fest, for the first time in two years. While the virtual programs offered online were fun, there is no substitute for gathering on campus for a weekend of swimming, games and offering praise during services. Save the Date: September 2-5, 2022 Join the #ASC2022 Team!

We are hiring for a number of positions, including a Food Service Manager and Property Manager.  
+ All Ages (14+)
+ All Interests (Program, Facilities, Food Service)
+ Paid=Volunteer Opportunities Available
Email josh@allsaintscamp.org or call (724) 867-5811 for more information ❤️❤️

A Final Word of Gratitude

Our reopening would not have been possible without the superhuman efforts of our staff and volunteers. Special shout-outs to this alphabetized list of people: JD Cairns, Fr. James Cairns, Cindy Halusczak, Fr. John Halusczak, Hans Harasimchuk, Natalie Kapeluck, Fr. Dn. Ihor Mahlay, the Mahlay families, Christine Mills, Michael Nakonachny, Carol Novosel, Rob Prokopchak, Chris Prosser, Stephen Sheptak, ‘lil Stephen Sheptak, Eric Senedak, Fr. Ivan Tchopko, the entire Executive Committee, and all the volunteers who have used their talents for the benefit of All Saints Camp and our Holy Church.

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 a one-time or recurring donation at https://www.allsaintscamp.org/30

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Metropolitan John Scholarship Fund
Submitted by Joe Goodge

Over 50 years ago, the Ukrainian Orthodox League established the Metropolitan John Scholarship Fund. More commonly referred to as MJSF, the first scholarship was awarded in 1966 and has been a part of the UOL Convention ever since. It was established in honor of and in memory of Metropolitan John Theodorovich. He was the first Metropolitan of our Holy Ukrainian Orthodox Church of the USA, who loved his church and dedicated his life to the service of his flock.

The purpose of MJSF is to provide scholarships as a source of financial aid to seminarians preparing to enter the Holy Priesthood. These seminarians become the priests, spiritual advisers and leaders in our parishes so the effect of the scholarship donations has a direct impact on our parishes. They typically have limited financial resources so it is extremely important to support them in their theological, academic training. We ask all of you, especially our parishes, to take up a collection to support the MJSF. You may send a gift to the UOL’s Metropolitan John Scholarship Fund to the UOL Financial Secretary. If you know people who might be interested in supporting the MJSF, please have them contact me at finsecretary@uolofusa.org. We count on your generosity and want to thank you in advance.

Joe Goodge
UOL Financial Secretary
1924 State Route 208
Pulaski, Pa. 16143

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UOL Thanksgiving Project

In memory of those who perished in the Holodomor
Collect non-perishable food in the month of November and donate to a local food pantry.

Label donated food with the following message:
In 1932, 10 million people perished in an artificial famine in Ukraine. We pray no one ever goes hungry again. #Holodomor #UkrainianGenocide #NeverForget
See our website for printable labels: uolofusa.org

Start preparations with your Chapter!
(Alternate: make a cash donation to a local food pantry or soup kitchen.)
Join in the fun!
Take a picture reading your UOL Bulletin and submit nsufler@aol.com.
Submit pictures by sending to nsufler@aol.com

(Pidpenky—continued from page 2)

before everyone else to ensure their safety. This may seem a little dark but necessary. There are those, however, that say, “every mushroom is edible. Some only once.”

**Pidpenky Gravy**

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<tbody>
<tr>
<td>¼ lb dried pidpenky mushrooms</td>
<td>1 ½ cups water</td>
</tr>
<tr>
<td>1 lb. fresh sliced mushrooms</td>
<td>1 large onion, diced</td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td>1 Tbsp. Vegetable oil</td>
</tr>
<tr>
<td>1 Tbsp. butter</td>
<td>3 Tbsp. flour</td>
</tr>
<tr>
<td>½ cup sour cream</td>
<td>½ cup water</td>
</tr>
<tr>
<td>1 tsp. Worchester sauce</td>
<td>pinch of thyme</td>
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1. Rinse the dried mushrooms. Place in pan and cover with 1 ½ cups of water. Bring to a boil. Simmer for 1 ½ hours until mushrooms are tender. You might need to add more liquid. Then, drain and reserve liquid. Let cool, then chop mushrooms finely and set aside.

2. Brown flour in pan, stirring constantly. When flour is a medium to dark color, remove from pan and set aside to cool.

3. Rinse and dry fresh mushrooms. Trim stems and chop into medium-sized pieces.

4. In a large fry pan, sauté onions in oil and butter until soft. Add minced garlic and fresh mushrooms. Sauté over medium heat about 10 minutes.

5. Add dried mushrooms to fresh mushroom mix and cook until golden in color. Add salt and pepper to taste.

6. Sprinkle browned flour over mushrooms and stir. Gradually, stir in the reserved mushroom liquid. Cook until the desired thickness has been achieved.

7. Stir in sour cream. Add Worchester sauce and thyme and serve.

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!!

Thank you for your continued support!!

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<tr>
<td>1 tsp. Worchester sauce</td>
<td>pinch of thyme</td>
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1. Rinse the dried mushrooms. Place in pan and cover with 1 ½ cups of water. Bring to a boil. Simmer for 1 ½ hours until mushrooms are tender. You might need to add more liquid. Then, drain and reserve liquid. Let cool, then chop mushrooms finely and set aside.

2. Brown flour in pan, stirring constantly. When flour is a medium to dark color, remove from pan and set aside to cool.

3. Rinse and dry fresh mushrooms. Trim stems and chop into medium-sized pieces.

4. In a large fry pan, sauté onions in oil and butter until soft. Add minced garlic and fresh mushrooms. Sauté over medium heat about 10 minutes.

5. Add dried mushrooms to fresh mushroom mix and cook until golden in color. Add salt and pepper to taste.

6. Sprinkle browned flour over mushrooms and stir. Gradually, stir in the reserved mushroom liquid. Cook until the desired thickness has been achieved.

7. Stir in sour cream. Add Worchester sauce and thyme and serve.

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!!

Thank you for your continued support!!
UOLO 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

UOL National

Executive Board

In memory of PM Mary Ann Cherkas.
Memory Eternal! Vichnaya Pamyat!

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!

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? nsutler@aol.com

Save the dates for our

UOL Retreats

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