



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 56 NO. 1

SEPTEMBER, 2009



The 62nd Annual Ukrainian Orthodox League Convention was a great success!! UOL delegates and guests gathered at the Avalon Inn in Youngstown, Ohio to review the accomplishments of the past year and to make plans for the upcoming year. In addition to the business sessions, the UOL Convention served as a time to rekindle friendships and to make new ones.

On Wednesday, July 22, 2009, both the Senior and Junior National Executive Boards held their pre-convention meetings. Registration was opened on Wednesday and coordinated by Stephanie Rimedio. Throughout the Convention the Registration room was wonderfully helpful with directions and suggestions for restaurants, and was always welcoming. The cultural room, combined with registration, allowed for individuals to see wonderful items from Ukraine and to participate in a raffle for beautifully decorated baskets.

At 6:00 p.m. that evening President Oleh Bilynsky called the 62nd Annual Convention to order. Joe Ewanish, the oldest veteran at the Convention and also Youngstown Parish President, led the presentation of colors. The pledge of allegiance was followed by the singing of the National Anthem, led by Anna Anderson. All UOL members participated in a moment of silence in honor of UOL members of Blessed Memory. His Beatitude Metropolitan Constantine was unable to attend the Convention due to illness and His Eminence Archbishop Antony sent greetings on his behalf. He also reported that His Beatitude was recuperating and was optimistic that our Vladyko would soon be released from the hospital. When sessions adjourned for the day, everyone joined the Youngstown Chapter in the hospitality room. The warmth and hospitality of the Youngstown Chapter was evident in the evening event chaired by Joe and Betty Ewanish. The hospitality room was crowded with UOL members catching up with old friends. (continued on page 4)



63rd Annual Ukrainian Orthodox League Convention

hosted by the Sr. and Jr. UOL Chapters of the
Ukrainian Orthodox Church of Holy Ascension
Maplewood, New Jersey
July 28 - August 1, 2010



*"Train up a child in the way he should go:
and when he is old, he will not depart from it."*

Proverbs 22:6

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<i>Oleh Bilynsky</i> UOL President 703 Pine Ridge Rd Wallingford, PA 19086	<i>Taylor Gladys</i> Jr. UOL President 14 McKelvey Ave. Pittsburgh, PA 15218	<i>Natalie Bilynsky</i> UOL Bulletin Editor 703 Pine Ridge Road Wallingford, PA 19086 nsufler@aol.com	<i>Father John Harvey</i> UOL Bulletin Spiritual Advisor
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Sr. Staff Writer- Elizabeth Mitchell 46 Lexington Court, Carnegie, PA 15106

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Note to Contributors: All articles submitted to the UOL Bulletin must be in 12 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)

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

MESSAGE FROM THE SENIOR UOL PRESIDENT

Oleh Bilynsky



Glory to Jesus Christ! Slava Isusu Christu!

I am honored and privileged to once again greet you as the re-elected president of the Ukrainian Orthodox League. This issue of the Bulletin will highlight the 62nd Annual U.O.L. Convention, and as such I would like to take this opportunity to thank Robert Mark, the Convention Chairperson, and all of the Senior and Junior U.O.L. Chapter members of Sts. Peter and Paul Parish in Youngstown, OH for hosting the 62nd Annual U.O.L. Convention. Thanks to their hard work and efforts every single event during the Convention was a huge success and thoroughly enjoyable. Thank you Youngstown for sponsoring such a wonderful and outstanding convention.

I am once again very fortunate to be blessed with a very talented and dedicated National Executive Board, who I know will make my job easier. Below you will find the commission and committee appointments, who are already diligently working hard to implement the 62nd Annual U.O.L. Convention recommendations.

Commissions

Christian Caregiving and Missions
Education
Vocations & Clergy Support
Ways and Means
Youth

Alexis Oryhon
Eric Senedak
Pani Matka Linda Oryhon
Martha Misko
Oleh Bilynsky

Committees

ABC Books
Annual Fund Drive
Awards
Bulletin, Tribute Fund, Constitution,
Membership
LSSK
Essay Contest, Camp Delegate
Jr. U.O.L. Advisor
Chapter Development, UOL Archives
MJSF
Public Relations (Website)

Helen Greenleaf
Alexis Oryhon
Martha Misko

Natalie Bilynsky
Daria Pishko Komichak
Shirley Skocypec
Melanie Nakonachny
Emil Skocypec
Very Rev. Myron Oryhon
John Meschisen

The purpose of the National Executive Board is to assist the chapters in whatever way possible. In an effort to best serve our chapters, each chapter is assigned a National Executive Board liaison to remain in communication with you throughout the year and bring your needs to the National Executive Board. Do not hesitate to contact your chapter liaison (listed below) or myself if we can assist you in any way possible.

Oleh Bilynsky	Philadelphia, Rochester
Daria Pishko Komichak	Coatesville, Silver Springs, Wilmington
Emil Skocypec	Boston, Los Angeles, New Britain
John Meschisen	Carteret, Maplewood, Woonsocket
Shirley A. Skocypec	Carnegie, South Bound Brook
Martha Misko	Allentown, Northampton
Alexis Oryhon	Clifton, Johnson City, Palos Park
Eric Senedak	Pittsburgh, Sharon, Youngstown
Melanie A. Nakonachny	Ambridge, Lyndora, Parma

The fall meeting of both the Junior and Senior National Executive Boards will be held in Woonsocket, RI on September 12, 2009. As always, everyone is welcome and I encourage anyone who is in the area, both Juniors and Seniors, to attend this meeting.

Please be reminded that U.O.L. dues are due to financial secretary Alexis Oryhon no later than September 30th. Now is the perfect time to kick off a membership drive and encourage not only existing members to pay their dues but also new members to consider joining this worthwhile organization.

Lastly, I would like to congratulate Taylor Gladys, newly re-elected Junior U.O.L. National President, and all of this year's Junior National Executive Board members. They have already begun working hard to lay the groundwork for an outstanding year, and I am sure they will have a very successful and productive year.

Yours in Christ,
Oleh V. Bilynsky



Vocations and Clergy Support Corner

Few Are Called... Are You Next? Submitted by Pani Matka Linda Oryhon

O Lord, the High Priest of God's People, You have shown us that it is Your will that men be called to the service of Your holy Church. From the ranks of fishermen, you called Andrew and Peter and James and John, and made them and their successors in every age to be the fishers of men. We, Your people in this age, call upon Your great love to inspire for our churches, young men to be Your future priests. (from the first petition for Priestly Vocations)

The Vocations Commission has announced the 2009 recipients of the Metropolitan John scholarships. This year's recipients are: Vasyl Dovgan, Vasyl Pasakas, Ivan Kostyshyn, Andriy Matlak, Borislav Kroner (from St. Sophia's Seminary) and Ivan Synevsky (from Holy Cross Seminary). Also Rev. Fr.



Harry Linsinbigler, Protection of the Most Holy Mother of God parish, Dover Florida, received a Clergy grant to further his doctoral studies. Monies awarded were \$20,000 in total. We will continue to pray for their academic success as well as their spiritual growth!

During the convention in Youngstown, there was an

"impromptu" session with our Hierarchs and clergy. We thank Archbishop Antony, Bishop Daniel, Fr. John Harvey, Fr. Myron Oryhon, Fr. Anthony Perkins, Fr. Oleh Hucul, and Fr. Andrew Gall for sharing their "journeys" to the Holy Priesthood. Although each journey was unique and very interesting, one common denominator became evident. At some point in each of their lives, each willingly accepted the grace of the Holy Spirit to direct them. Some knew it was the path to the priesthood, but others didn't. In the end, the Holy Spirit guided them to their ordinations.

As the first petition for Priestly Vocations continues... Touch their lives with Your Holy Spirit, give them the courage to answer Your call and the strength to work all the days of their lives in Your service. You told us with Your precious lips, "Without me, you can do nothing." As we call upon Your Name for more vocations, O great High Priest, hear us and have mercy.

Metropolitan John Scholarship Fund Drive

(Donations received June 1-August 1, 2009)

We are grateful for the following MJSF donors:

St. Demetrius Sr. UOL Chapter, Carteret, NJ

Fr. Paisius McGrath

Pauline Witkowsky

His Grace Bishop Daniel

Jennie Krause

Ann Rabyk

Dennis and Sandy Ritter

Sr. Ukrainian Orthodox League

UOL Convention late fines

*We are on our way to our 2009-2010 goal
of raising \$20,000!*

**It's the 63rd Annual UOL Convention...
And YOU'RE invited!**

The 63rd Annual UOL Convention, hosted by the Holy Ascension Junior and Senior UOL Chapters of Maplewood, NJ, will be held from July 28 - August 1, 2010 at the Hyatt Regency Hotel at Headquarters Plaza in Morristown, New Jersey. The 63rd UOL Convention Committee members were in Youngstown in full force – 19 members strong – to kick off the advertising for next year's program!



Their year-long public relations campaign started off Friday afternoon at the combined Junior and Senior business session, with a terrific and inspiring audio/visual presentation by Convention Co-chairs Aleksandra Hucul and Michael J. ("Mickey") Komichak. Holy Ascension's Junior UOL members distributed "goody bags" of New Jersey treats, such as blueberry saltwater taffy and Mars chocolates, for all the delegates and guests to enjoy.



On Friday evening, "Jersey Fresh" Hospitality Night featured farm fresh vegetables, popcorn, blueberries, chips and snacks, along with New Jersey craft-brewed Flying Fish Ale, fine wines, plenty of soda, water, and juices for the Juniors – and lots of time for socializing.

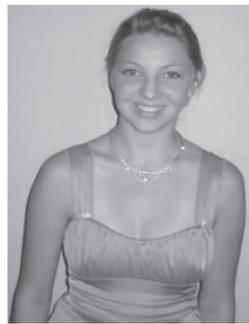
The most important mission of the evening was to let the UOL members learn more about our chapter, our 63rd UOL Convention Committee members, and the program we are busy developing. Here's a summary, in case you missed out on Friday night.

The #1 question of the evening: I'm an "old-timer" just back into the Convention swing. How long has there been a chapter in Maplewood, and why don't I remember them?

The answer: Holy Ascension Parish was established in Newark, New Jersey in 1918. They welcomed Most Reverend Metropolitan John (Theodorovich) upon his arrival to the United States in February of 1924 and were the host of the first Sobor of the Ukrainian Orthodox Church of the USA in March of that year. Our chapter received its UOL Charter in 1955. In 1970, the parish sold its property on South 19th Street in Newark to initiate construction on a new church in Maplewood. The church on 652 Irvington Avenue in Maplewood was consecrated in June of 1975.

The #2 question of the evening: Will there be time for some sightseeing during our convention program?

The answer: Yes! Our committee developed a survey which was distributed and collected at our Hospitality Night to see what type of sightseeing topics would be of interest to the Convention guests and delegates. We're hoping to plan a few "add-on" outings for Wednesday, Saturday, and possibly Sunday afternoon that would be of interest to the delegates and guests. In addition, we're hoping to incorporate a "UOL first" dinner cruise around the tip of Manhattan Island for Thursday evening. Keep up with our plans by following our website at www.uolnj.org! If you have any sightseeing preferences or specific interests and didn't get your survey in, please e-mail us at activities_2010@uolnj.org. (continued on page 8)



**NEWS FROM THE
JUNIOR UOL
PRESIDENT**

Taylor Gladys

Glory to Jesus Christ!

I am incredibly honored to again have the opportunity to write in this column as the Junior National Executive Board President. Thank you to all who worked and participated in UOL events in the past year, bringing the league great success.

The Annual Convention in Youngstown, Ohio was spectacular this year. Thank you to the UOL Chapters of the parish, especially Mr. Robert Mark and Mr. Josh Auden for their hard work and preparation for this event. The Church services were reverent, the meetings were productive, and the evening activities were filled with endless fun. I would like to commend the convention committees on a job well done.

Congratulations to Arianna Rock and Eric Perankovich, graduating seniors from the Junior National Executive Board this year. The coming year will certainly be difficult without you two, and I wish you the best in college. You are always in our prayers!

Lastly, I would like to extend a special "thank you" to Elizabeth Hucul and John Walewski. Both of you worked diligently as you served on the board and you both did wonderfully. I wish you well in all of your endeavors in the coming year.

Now, it is my distinct honor to introduce the Junior National Executive Board of the 2009-2010 year:

Spiritual Advisor: Rev. Fr. Anthony Perkins of Woonsocket, RI

Senior Advisor: Ms. Melanie Nakonachny of Parma, OH

President: Taylor Gladys of Pittsburgh, PA

Vice President: Gregory Markiw of Carnegie, PA

Recording Secretary: Lesia Mahlay of Parma, OH

Corresponding Secretary: Katie Zimmerman of Allentown, PA

Financial Secretary: Ethan Rock of New Castle, PA

Treasurer: Jessica Roach of Harrisonburg, VA

Every member of this board is eager to get to work in the coming year, as they are all radiating with excitement at having been elected. They are all so dedicated to the Junior League and look forward to serving it with the best of their abilities.

At our first "post-convention" meeting in Youngstown, the board members were assigned a list of committees and liaison chapters. These are as follows:

Taylor Gladys: *Pittsburgh, PA, Philadelphia, PA; Pysh Travel Grant Committee*

Greg Markiw: *Carnegie, PA, Youngstown, OH; Education Committee, Cultural Committee, Raffle*

Lesia Mahlay: *Parma, OH, Palos Park, IL, Southfield, MI; Christian Care Giving/Missions*

Katie Zimmerman: *Allentown, PA, Coatesville, PA, Northampton, PA; Yearbook, Website Committee*

Ethan Rock: *Boston, MA, New Britain, CT, Woonsocket, RI; Fundraising/GLG Committee*

Jessica Roach: *Carteret, NJ, Johnson City, NY, Maplewood, NJ; Membership & Chapter Development*

The first official meeting of our new board has been set for September 12, 2009 in Woonsocket, Rhode Island, in conjunction with the Senior National Executive Board. Please feel free at any time to contact us with comments or questions!

I'd also like to ask that all Junior chapters be mindful that roster forms, chapter dues, and membership dues should be mailed in by September 30. All of these items may be sent to Ethan Rock (Financial Secretary). All chapters should be receiving further instruction about these forms in the mail soon.

I pray for another safe, productive, and fun year as we commence our work for the League. I also pray that the Lord will strengthen all of the members of the UOL so that we may better serve Him and His Church.

Yours In Christ,

Taylor Gladys

(continued from page 1)



Thursday morning His Grace Bishop Daniel celebrated Divine Liturgy. The chapel was large and beautifully adorned. David Woloschak and members of the parish diligently worked to set up a chapel that was

beautiful. With large windows looking out onto the grounds of the resort, the windows served as icons of nature.



Following Divine Liturgy, all members joined for a full brunch including both breakfast and lunch items. That afternoon the major work of the Convention sessions was completed. This included the approval of the 61st Annual UOL Convention Minutes, review of the Annual Report for 2008-2009, Audit Report, and review and approval of the Financial Report for 2008-2009 that also included the acceptance of a 2009-2010 Budget.

Convention committees met to discuss important issues within our chapters and parishes, as well as to make goals and objectives for the Executive Board and local chapters. Several committees were for Senior delegates including: Vocations and Clergy Support, Ways and Means, Nominating, and Resolutions. There were also several committees that were combined Junior-Senior Committees: Christian Caregiving and Missions, Website, Youth, Membership & Chapter Development, and Education. After the individual committees met and discussed appropriate topics, each submitted a report to the convention body for final ratification.

Highlights of the Committee reports included the establishment of a Prayer Pal Program (more information can be found in this issue of the UOL Bulletin), discussion about expansion of the website, a goal to raise \$20,000 for MJFSF scholarships, as well as a commitment from the UOL to re-establish Altar Server Programming.



During Thursday sessions President Oleh Bilynsky presented Protodeacon Ihor Mahlay, President of St. Andrew's Society, with a check for over \$3,500 to the St. Andrew's Society, for soup kitchens in

Ukraine. These funds were raised as part of the UOL's Souper Bowl Sunday fund-raising project.

Pre-Teen activities were coordinated by Kira Haluszczak Senedak. The pre-teens participated in projects that focused on learning more about Orthodoxy. The pre-teens were a wonderful group who participated in all evening events, dancing and enjoying the festivities of the Convention.



On Thursday evening Ohio was transformed into a Hawaiian Luau with every member greeted at the door with a lei. The dinner, including roast pork and yams, was delicious. The band entertained the UOL'ers with a variety of music, including a highly competitive limbo dance. Despite the fact that the pre-teens



had size in their favor, the juniors marveled the crowds when it



appeared that they had bent in half to get under the limbo stick. The Luau night was chaired by Robin Thomas and she is to be commended



for a wonderful evening. In addition to the dancing and Luau events, the weather on Thursday evening was perfect, and many enjoyed the beautiful grounds and well-manicured golf course.



Friday sessions continued with presentation of reports and a highly competitive chapter challenge competition, where junior teams competed answering questions about our faith. Their knowledge of our faith was impressive.

The Keynote speaker, life-time UOL Member and former National UOL President Gayle Woloschak, focused on the UOL, including a review of UOL history and a discussion about the challenges faced by the UOL.



(continued on page 5)

(UOL Convention - continued from page 4)

An enthusiastic presentation was made by the Maplewood UOL Chapter for the 2010 Convention. Aleksandra Hucul, convention co-chairperson, spoke to delegates and guests about the plans for the Convention. Mickey Komichak, convention co-chairperson, played a video presentation that highlighted the attractions of the New Jersey-New York region and also underscored the importance of the UOL Convention in building families. This presentation included pictures from past Conventions. Maplewood had a large group attending the Convention and made it clear that next year will be a wonderful Convention. Each Convention delegate and guest was given a package of New Jersey treats.

Sessions started winding down with the election of officers, those individuals challenged to fulfill the goals set at this UOL Convention. The Officers of the Senior UOL Executive Board – 2009-2010:

President- Oleh Bilynsky, Philadelphia, PA

First VP- Daria Pishko Komichak, Maplewood, NJ

Second VP-Emil Skocypec, South Bound Brook, NJ

Recording Secretary- John Meschisen, Woonsocket, RI

Corresponding Secretary- Shirley Skocypec, South Bound Brook, NJ

Treasurer- Martha Misko, Northampton, PA

Financial Secretary- Alexis Oryhon, Johnson City, NY

Auditor- Eric Senedak, Pittsburgh, PA

His Beatitude Metropolitan Constantine appointed Very Rev. Myron Oryhon as Spiritual Advisor. Additionally, the Editor of the UOL BULLETIN will remain Natalie Bilynsky.

Junior UOL Executive Board – 2009-2010:

President- Taylor Gladys, Pittsburgh, PA

Vice President- Gregory Markiw, Carnegie, PA

Recording Secretary- Lesia Mahlay, Parma, OH

Corresponding Secretary- Katie Zimmerman, Allentown, PA

Financial Secretary- Ethan Rock, New Castle, PA

Treasurer- Jessica Rock, Harrisonburg, VA

His Beatitude Metropolitan Constantine appointed Rev. Anthony Perkins as Spiritual Advisor to the Junior Board. Melanie Nakonachny was appointed as Advisor to the Juniors.

Sessions ended late afternoon on Friday, leaving the evening for celebration.



Walking to the Pavilion that housed the event, everyone was greeted by a large Matroshka doll (Ukrainian nesting doll), that served as a wonderful



background for pictures. Ben Mischev was the chairperson for Friday evening's Night in Ukraine. The evening featured the performance of the Kyiv Dance Ensemble from Carnegie,

PA. The dance troupe, under the direction of Natalie Kapeluck-Nixon, performed several traditional dances and inspired the group to dance that evening.

Later that evening, everyone joined a fantastic Hospitality Night sponsored by the Maplewood Senior and Junior Chapters. Quite unique, the Hospitality room was huge, with plenty of room for all of the guests. The room was decorated in several New Jersey themes with areas representing different regions of New Jersey. Additionally, the chapter had a video presentation playing the entire evening. With no sessions the next day, everyone enjoyed a fun, but late evening in the Hospitality room. (continued on page 6)



Glory Days!
by Oleh Bilynsky

Several individuals have requested that we publish the speech presented by UOL President Oleh Bilynsky at the UOL Convention.

Your Eminence Archbishop Antony, Your Grace Bishop Daniel, Reverend Fathers, Pani Matkas, delegates and guests. Glory to Jesus Christ! Slava Isusu Christu!



Newly elected 2009-2010 National Executive Board

It is a pleasure to be here with you at the 62nd Annual Convention Banquet. I am thrilled that at this year's convention we have delegates and guests from 14 chapters. I am hopeful that next year you will all return to the Convention and bring even more delegates and guests with you.

One often hears that the "glory days" of the UOL have passed – that in the past the Education Commission used to publish dozens of brochures and pamphlets, that we used to have regional choirs that performed regularly, and that UOL Conventions used to have 500 attendees. While this may be true, and I do not wish to lessen the achievements of the past, I for one feel that our "glory days" have not passed us by, and indeed looking at our recent accomplishments and achievements, our "glory days" are still with us.

Last year the UOL completed its fund-raising for the icons and the interior of the All Saints Camp Chapel, and was able, in just over two years time, to raise over \$165,000.00 for this worthy cause. This accomplishment amply demonstrates that there is truly nothing, no matter how daunting and unachievable it may seem, that can not be accomplished by dedicated and motivated Ukrainian Orthodox League members.

There are other recent accomplishments that we can also be proud of. The UOL continues to hold at least two retreats every year, and in some years even holds three or four retreats. All of these retreats are well attended, not just by members of our Ukrainian Orthodox Church but also by members of other Orthodox Churches. More importantly, these UOL retreats are regularly praised by the attendees as being truly inspirational and uplifting.

It also gives me particular pleasure in pointing out that there has recently been increased participation in UOL events by the young adults of the UOL, and the Young Adults now hold at least three events every year. In an age when young adult participation in churches is typically decreasing, there has been increased young adult participation in these UOL events, highlighted by the fact that there were 20 young adult attendees at this year's Memorial Day Retreat.

Moreover, at a time when membership in churches and church organizations around the country is decreasing, the UOL is growing. Almost half of our UOL chapters reported an increase in membership this past year, highlighted by our newly rejuvenated chapter in Pittsburgh, and hopefully our soon to be newly rejuvenated chapters in South Bound Brook and Woonsocket.

The UOL has accomplished this while at the same time remaining fiscally responsible, with our expenses being lower than budgeted for during the past two years. In line with this, while we hope to have the new, improved and technologically-savvy UOL website up and running very shortly, the cost will be minimal, thanks largely to our dedicated UOL volunteers.

The fact that the UOL will always be a volunteer organization, and as I have repeatedly stated will always be, at its core, one big family, is our greatest asset. As long as we never forget that we are not just individual chapter members or members-at-large, but part of a much larger UOL family, one that cares about our Holy Ukrainian Orthodox Church and every member of that Church, particularly its youth, the UOL will never see an end to its "glory days." As long as we do that, 62 years from now, at our 124th Convention, everyone will look back and say, "those sure were glorious days for the UOL 62 years ago, but you know, the UOL hasn't lost a step since then, and we're still in our glory days."

**2009 Very Reverend Protopresbyter Stephen Hallick-Holutiak
Award Winner Michele Kapeluck**

The Very Reverend Protopresbyter Stephen Hallick-Holutiak Senior UOL Recognition Award was presented to Michele Kapeluck of Sts. Peter & Paul Church in Carnegie, Pennsylvania.



Michele serves her chapter and parish tirelessly. During the past several years Michele has served as her chapter's Treasurer, and organized and managed her parish's Sunday

School program as its Assistant Director. Michele has also been a long time member of the local Ukrainian Dance Ensemble, and has organized annual Christmas and Masquerade parties for the youth of her parish. In addition, Michele actively participates in activities at other Orthodox Churches in her local area, and is a regular representative of her parish at such events.

The chapter's spiritual advisor says of Michele that she "participates in a big way in our Church and liturgical activities, Sr. and Jr. UOL projects – both religious and cultural. She reaches out to comfort, assist, and direct our parishioners in a very special and personal way, and because of her character and faith has gained the love, trust, and appreciation of our parish and community."

Michele's chapter president states that this individual "is at everything and volunteers to assist with every church and chapter project or activity." Michele "is a prime example of an individual who has but a few offices, however, she is a constant presence serving the church, the Sr. UOL Chapter, and working with the Jr. UOL Chapter." She "runs her own business and has two teenage children, yet makes time to be one of the most involved and dedicated members in church and UOL activities." As stated by her Chapter President, Michele truly exemplifies the UOL motto of being dedicated to our Church and devoted to its youth.

News from St. John the Baptist Sr. UOL Johnson City, NY

submitted by Pam Scannell

Our Sr. chapter recently received a certificate of appreciation from the soup kitchen we volunteer at on a monthly basis. They thanked us for the work we have done and wish that we continue to receive God's blessing, and be a blessing for God to others. Our Jr. chapter also helps us serve food to the people in need.

Both our Jr. and Sr. chapters gave gardening gloves to all Mothers, Grandmothers and Godmothers for Mother's Day and treated the Fathers to a pancake breakfast on Father's Day.

On our patron Saint day of St. John the Baptist, His Eminence Archbishop Antony came to bless our icons in the altar. At our special coffee hour the Sr. UOL presented an Ukrainian/American veterans hat



to each of our veterans. We wanted to thank the following people for their service to our country, making the world a safer place and preserving our freedom: John Cenesky, Paul Chebiniak, Michael Dobransky Jr., Peter Michael Dobransky, Robert Dobransky, Charles Ellsworth, Joseph Gelinger, Walter Gulachok, Peter Hatala Sr., Wolodymyr Kit, William Klish, John Klodowski, Michael Klodowski, Eugene Klym, John Klym Jr., William Kreczko, John Maliwacki Sr., Michael Onysko, John Pufky, Bohdan Rucky, Charles Sarnoski, Myron Shlatz, John Tyloko, Stephan Wasylko, and John Whitney.

Finally to all the UOL members that made the 62nd UOL Convention in Youngstown, Ohio such a success – CONGRATULATIONS!!! We all had a spiritually and educationally uplifting experience.

Smachnoho! Ukrainian Cultural Corner

Ukrainian traditions are closely tied to our Orthodox faith. In Ukraine many customs grew from patterns of observing religious feast days or religious fasts. One specific way that Holy Days and Fasts were commemorated was through food. To explore these traditions, in each issue of the UOL Bulletin a specific food item traditionally prepared for that time of the year will be described. A recipe for the food will also be included.



September is the beginning of the Orthodox Church Calendar. The calendar for the new year starts in September. The first major Feast Day we celebrate in the new year is the Feast of the Nativity of the Birthgiver of God, celebrated on September 8th / 21st. Following Divine Liturgy faithful would gather for a meal to celebrate the feast day. This holiday, a great celebration in the church, prepares us for the coming of Our Lord. Therefore, the menu is not a fast but a feast menu. Traditionally, borscht with pork or poultry, holubtsy (with meat), and potatoes stewed with meat would be served. Additionally, as this was the fall harvest time there would be a variety of vegetables and fruits.

To help you celebrate this feast day, here is a recipe for Kapusniak (sauerkraut soup).

Ingredients:

1 pound pork	oil
2 quarts (1/2 gallon) of water	pepper
3/4 pounds of sauerkraut	salt
1 carrot	dill
1 celery	sugar
2 onions	parsley
2-3 potatoes	
1/2 cup of millet	



Cook broth of pork, adding chopped carrot, celery, potatoes and one onion. When the potatoes are fully cooked add rinsed millet and finely sliced sauerkraut.

Braise until the millet is cooked. Chop the other onion and fry in oil. Add to soup five minutes before it is done. Season to taste with salt, pepper, sugar, dill and parsley.

(Information and recipes compiled from *Traditional Ukrainian Cuisine* by Lidia Artiukh, 2006, Baltia Druk)

(UOL Convention - continued from page 5)

Saturday morning started with morning prayers and featured two workshops. The first was led by Hieromonk Andonis (Colozzo) and focused on iconography. The second workshop was coordinated by Pani Matka Linda Oryhon. Similar to the recent UOL Retreat in Bethlehem, clergy present spoke about their calling to the priesthood. Similar to the first time, this discussion was truly inspirational.

Fr. Andrew Gall, Fr. Oleh Hucul, Fr. Anthony Perkins, Fr. Myron Oryhon, Fr. John Harvey, His Grace Bishop Daniel and His Eminence Archbishop Antony all spoke to the well-attended workshop. Despite the fact that one hour was designated for the session, two hours later the group was inspired and thankful to the clergy who shared their personal journeys.



Saturday was a free day with a variety of activities planned. Some visited local museums, others went to All Saints Camp for a volunteer work day, others lounged by the pool while others remained in the lobby, enjoying the chance to catch up with old friends.

Saturday evening, chaired by Diane Senedak, was elegant and inspiring. Dr. Dinah Fedyna served as the Mistress of Ceremony. President Oleh Bilynsky spoke and presented Senior Awards, including Chapter of the Year to Ambridge, PA and the Father Hallick-Holutiak Award to Michele Corba Kapeluck (her son Zachary accepted the award on her behalf). As part of the banquet Junior Awards (Bukata Award to Joshua Bourgerly and Chapter of the Year to Southfield, Michigan) and LSSK scholarships (to Zachary Kapeluck, Arianna Rock and Michael Nemeth) were also presented and these will be highlighted in the next issue of the UOL Bulletin.

(continued on page 7)

(UOL Convention - continued from page 6)



banquet and ball highlights



Once the banquet was complete everyone enjoyed a night of dancing. A highlight of the evening was a performance by Lydia Diakiw Rudolph, who sang and was amazing.



On Sunday morning everyone gathered at Sts. Peter and Paul to greet our Hierarchs, His Eminence Archbishop Antony and His Grace Bishop Daniel.

UOL Executive Board Officers and Parish representatives also greeted the Hierarchs with the traditional bread and salt.

UOL Member, Joseph Gnat, was tonsured a subdeacon at the liturgy. At the conclusion of the Hierarchal Divine Liturgy the officers of the National Executive Senior and Junior Boards took their oath of office.



Following Divine Liturgy, everyone was invited to a delicious banquet at the parish hall. The Sunday lunch, organized by Howard Ulbricht and Mike Woloschak, featured delicious

ribs and pies. Inspired and strengthened by the Convention, UOL'ers said their goodbyes.



The Youngstown Chapter and Parish are to be commended for a fantastic Convention. Special thanks to Robert Mark, Convention Chairperson, and Spiritual Advisor Fr.

John Harvey for all of their hard work.

If you missed this year's Convention, it is not too early to start making plans for 2010. We look forward to seeing you at the Convention in Maplewood!

SENIOR CHAPTER ACHIEVEMENT AWARD

AMBRIDGE, PA – CHAPTER OF THE YEAR

The 2009 Senior Chapter Achievement Award was presented to the Senior Chapter of St. Vladimir, Ambridge, Pennsylvania. Just a few of the chapter's many projects included: holding coffee hours on Sundays after Liturgy, participating in a Christmas Basket Raffle and a Spring Basket Raffle, running a UOL Gift Shop and card ministry, and organizing numerous after-Liturgy dinners.

The chapter also took the lead in fundraising for the renovation and replacement of their Church's carpeting and flooring, thereby raising the majority of the over \$8,000.00 that has been collected over the past few years. Chapter members also actively participated in all aspects of Church life, and served as, among other things, parish board officers, church school

teachers, Church Bulletin assistants and choir members.



Spiritual advisor Very Rev. Michael Kochis, in listing the chapter's accomplishments, stated that he wished

to "highlight how much a small core of dedicated people can accomplish," and went on say that he greatly appreciated "the dedication of the Chapter members, and their willingness to work for the good of the Parish."

Congratulations to the Ambridge Senior UOL Chapter!

Would You Like to be / have a Prayer Pal?

At the U.O.L. Convention, one of the recommendations of the Youth Committee was to establish a cross-generational Prayer Pal Program.

Once your name is submitted, it will be assigned to another participating individual, who will pray for you - for your health and wellbeing, your family and any special requests that you may have. In turn, you will be assigned a prayer pal for whom you will do likewise. You may, or may not, let the individual know that you have been selected to pray for them - that is your choice.



The Prayer Pal Program got off to a great start at the Youngstown convention and the members of the Youth Committee would love to see this program grow. If you are interested in having and becoming a prayer pal, please send the following information to Pani Matka Mary Anne Nakonachny, who is coordinating the program.

Her address is: 3201 Marioncliff Drive, Parma, Ohio 44134
Phone: (440) 885-1509 Email: nackos3201@aol.com

Name:

Address:

Phone #:

Email:

Special request:

The Junior UOL is turning 50!

We will be celebrating the Golden Anniversary of the Junior UOL Convention at the UOL Convention in Philadelphia in 2011!



Save the date July 27 to July 31, 2011

To begin our preparations we are looking for the addresses of all Junior Executive Board Members and former Junior UOL Members.

Please e-mail addresses and phone numbers to nsufler@aol.com or send to Natalie Bilynsky 703 Pine Ridge Road Wallingford, PA 19086

The UOL chapter of Holy Ghost Ukrainian Orthodox Church, Coatesville, PA cordially invites you to



Holy Ghost Ukrainian Orthodox Church Coatesville, PA

100th Anniversary Celebration

Saturday, October 3rd, 2009

Hierarchical Vesper Service 3 p.m.
Holy Ghost Orthodox Church

Banquet and Ball
Downington Country Club
Reception 5 p.m.
Dinner 6 p.m.



Sunday, October 4th, 2009

Hierarchical Divine Liturgy 9:00 a.m.
Celebratory Luncheon at Union Hall

As part of the celebration the following sports items will be raffled:
Authentic/Retro Eagles Football Jersey (blue and yellow) autographed by Donovan McNabb
Authentic Eagles Jersey - Brian Westbrook

Many items will be available for purchase including:
Commemorative tee shirts
Historical DVD
Wooden replica of the Church and Iconostas
Centennial Commemorative Cookbooks

For information contact
Lauren Bentley Parish President at 484-678-3673
or by e-mail at lebentley@gmail.com



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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.

Contributor	Occasion
Pauline Witkowsky	Congratulations Stacy Marie Witkowsky on graduating and obtaining your Master's Degree!
Coatesville Senior UOL	In Honor of Holy Ghost Ukrainian Orthodox Church's 100th Anniversary Celebration.

UOL Tributes should be submitted to:
Natalie Bilynsky 703 Pine Ridge Road Wallingford, PA 19086

Please make check payable to Ukrainian Orthodox League

(continued from page 3)

And question #3: **Will the Convention Hotel Rate be available early or later than the actual Convention?"**

The answer: YES!!! Come early and stay late at \$109 + tax per night. Whether it's to visit the Revolutionary War Headquarters of General George Washington, or the historic homes and churches available to tour right within the Morristown area, or to take advantage of an easy New Jersey Transit train trip of only 34 miles to Midtown Manhattan and the bright lights of Broadway – by all means, begin making plans now to attend!

The 63rd UOL Convention Committee would love to visit your chapter to share our plans and enthusiasm in person! Email us at info_2010@uolnj.org to schedule your date as soon as possible.

Start making plans now for the 63rd Annual Ukrainian Orthodox League Convention July 28-August 1, 2010 Hosted by the Senior and Junior UOL Chapters of Maplewood, New Jersey

Encourage UOL Membership - Share your UOL Bulletin with a Friend!

UOL Bulletin
c/o Natalie Bilynsky
703 Pine Ridge Road
Wallingford, PA 19086

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