



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 70 NO. 4

FEBRUARY / MARCH 2024

Story of a Convert to the UOL Convention Submitted by Shirley Duffy

Carnegie Sr. UOL Keeps Rolling Along Submitted by Chris Mills

I have been a member of the UOL off and on over the years but had not attended the UOL Convention. I never really understood how my sister Marianne Carmack and friends Pauline Witkowsky and Susan Perankovich would attend every year. I'm on a budget and have limited vacation money and would have rather gone to the lake than spend the money on the Convention.

Then, in 2022 when the Convention was held in my hometown Pittsburgh, PA, hosted by Sts. Peter and Paul, Carnegie Parish, I attended some of the social events with my sister and friends. Christmas in July on Friday night of the Convention was a fun event at Cefalo's Restaurant in Carnegie, PA. There was a cocktail hour to sit and catch up with friends, followed by a delicious dinner with Christmas themed games being played after dinner.

On Saturday evening there was the ball and dance at the Doubletree in Greentree, PA. Then, on Sunday there was a Hierarchical Divine Liturgy celebrated by Metropolitan Antony followed by a brunch. I had such a wonderful time socializing with my sister and friends and making new friends that I was convinced that I was going to attend the Convention in 2023.

The Convention was in Wilkes Barre, PA in 2023. It was hosted by the National UOL and St. Michael Parish in Scranton, PA with Karen Ferraro, Immediate Past-President, Father Philip Harendza and Pani-Matka Beth Anne coordinating the event. This time I was a delegate attending the religious services, business sessions, and social events. It was spiritually uplifting to participate in Vespers, Akathists, Divine Liturgy and venerate the myrrh-flowing icon of the Virgin Mary, the Kardiotissa with Ukrainian Orthodox Christians from around the country. There were also opportunities to greet and talk to Metropolitan Antony and Archbishop Daniel in an informal setting.

The business sessions were interesting, discussing the UOL's history, its current activities and plans for the future. It was very meaningful for me to be able to participate in the discussion. The social events were fun as usual. It was nice socializing with friends and making new friends. The Hospitality Reception on Thursday night provided an opportunity to catch up with UOL members from other parts of Pennsylvania and other states over hors d'oeuvres and cocktails. Friday night there was a fun event, Ukie Bowl, where we all got together at a local bowling alley and bowled. Few of us were very good bowlers but it was fun to get together and get some exercise, share pizza and have a beer.

On Saturday morning, I was tapped to fill a vacancy on the National Executive Board as Recording Secretary. I was daunted by the task, but it is an honor and privilege to serve. On Sunday Hierarchical Divine Liturgy was celebrated by Metropolitan Antony and brunch at St. Michael's followed.

You get a lot of value for your money at the UOL Convention. Registration for the 2023 Convention was \$226.38 which covered the cost of the meals and events. The convention rate at the Holiday Inn in Wilkes-Barre was \$129.00 per night. Even on my budget, I could afford this.

The 2024 Convention will be held in Philadelphia, hosted by St. Vladimir Parish, Philadelphia, PA.

(continued on page 2)

And we are rolling! Carnegie Sr. UOL Chapter keeps rolling along with events, functions, and supporting our parish in numerous ways. The late summer saw us push up our sleeves and help the kitchen workers with perogie making! The perogies were purchased from the parish kitchen workers and used toward our 12th Annual Ukrainian Food Festival in September. The two-day event held Friday and Saturday, highlighted our Ukrainian Kitchen, a bake sale table, and our famous raffle baskets! This event has become popular enough for us to sell out of food on both days! The chapter contributed to helping the parish with our event by donating all the proceeds from the raffle



baskets to help fund the Parish 120th Anniversary Banquet weekend. Out of the box ideas and ways to add to items to this event for 2024 are in the thought process!



Not long after our Ukrainian Food Festival, our chapter rolled into participating in the annual Carnegie Fest, a community day celebration of events for the entire family. Of course, we participated in the annual "best perogie contest" and we were crowned "WINNERS" for the 3rd of 4th time! The booth is on Main Street in Carnegie, and we get to see a lot of people and characters including the Pittsburgh Pirate Perogies!

(continued on page 5)



*St. Vladimir's Senior and Junior UOL
cordially invite you to the
77th Annual UOL Convention
Philadelphia, PA
July 24-28, 2024*



UOL BULLETIN - The official publication of the Ukrainian Orthodox League of the United States of America. Circulated to all UOL Members.
Non-members subscription rate \$30.00 Canada \$40.00

M. Laryssa Charest UOL President 200 Walnut St. Carnegie, PA 15213 president@uolofusa.org	Mia Zetick Jr. UOL President	Natalie Bilynsky UOL Bulletin Editor 703 Pine Ridge Road Media, PA 19063 nsufler@aol.com	Fr. Harry Linsinbigler UOL Bulletin Spiritual Advisor
---	---------------------------------	--	---

UOL Bulletin - Published six times annually - September, October, December/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.

Culture Corner
Good Orthodox Habits
Submitted by Matushka Laryssa Charest

Prayer is an integral part of our faith. It enhances our relationship with God. But prayer shouldn’t be something left for Sunday mornings.

A known practice for Orthodox Christians is having a prayer corner. A lot of faithful are aware of it but don’t actually have a designated place for prayer. I grew up with only a few icons in our house. My parents had their wedding icons resting on their dresser in their room. And my sister and I had a few others in our room. Asking my dad to put a hole in the wall was a criminal offense, so we resolved to having them on our nightstands. We each had our personal icons but we didn’t have a home altar. Only in my adult life, free of the fear of my father’s wrath, did I include an Icon Corner in my home. After marriage, my prayer corner merged with my husband’s prayer corner. There was never any debate of if we should do it his way or my way. And I’m even more grateful that I didn’t have to hide that side of me because my significant other didn’t believe in “that kind of stuff.” (My words of advice to the young and dating: Do not compromise your faith for ANYTHING or ANYONE.)

Your Icon Corner is the heart of your home. Think of it this way. If you invite someone into your house, they should be able to tell that you are a God-loving family based on what they see. Take a second to look around your home. What would a stranger say about you? In my home, God comes first. You can tell by the books on our shelves, the icons around the home, and by the persons living inside. (The scattered piles of church music would be a big giveaway as well.) In second place is family, dogs/cats, and house plants.

In our prayer corner, we have our wedding icons, a hand-made icon of Archangel Michael, the Last Supper, and an Icon of the current Feast (my son Sebastian made those in Sunday School). We also have a candle holder that he made and a vigil candle. Our Icon Corner is in a high traffic area, which some would advise against, but we made the decision to have it very accessible to the kids. For me, personally, having icons visible with children in the house is vital. Having icons visible throughout the living space emphasizes their importance and is a constant reminder of who we are and what we stand for. My hope for the future is that the kids will be so used to seeing them that they will make a point of including them in their houses. My hope for our foster children is for them to learn that God is good and should be included in everything we do. Every time we use this icon corner, whether it be for prayers or as a topic of conversation, we’re building good Orthodox habits.

If you do not have an Icon Corner, make one. First pick a good place. One that preferably faces East and can be quiet for prayers. You will want to create a little nook, like a bookshelf or hanging shelves if you do not have a physical corner available. This nook will hold your icons. The focus of your Icon Corner should be Jesus Christ. That could be a single icon of Christ or Jesus and the Virgin Mary. Another element is a cross. Next you will want to add patron saint icons or favorite festal icons. The point of these icons is to keep prayer on your mind; they also offer a great way to evangelize when people visit. Finally, add a candle and your prayer books.

Making this addition to your homes will have positive change. You will find yourself being reminded of the importance of prayer. It’s hard to avoid it if you’re always reminded of it. For friends unfamiliar with the faith, it could be an opportunity to talk about your faith. With your children it can be an opportunity to share your faith. It is the heart of your home. And if you’re still hesitating making holes in your walls, I can talk you through it.

MESSAGE
FROM THE
SENIOR
UOL

Matushka Laryssa Charest



Glory to Jesus Christ!

I pray this year is greeting you kindly and that peace and happiness stays with you for the remaining months.

We have many wonderful things from the UOL to look forward to. Our Praying Your Way psalter group will start during Great Lent. I encourage you to take part in this. You will find it challenging but uplifting. After which, you’ll be grateful you took part. Sign up with your family, or a group of friends from church. Make that a new tradition.

Also, the UOL also has its Lenten Retreats coming up. Keep an eye out for more information. If you have never been to one of our retreats, make a point of attending. There is great beauty that comes out of these events. Not only are you receiving spiritual food to last you longer than the Great Fast but you are among other Orthodox Christians traveling the same path to the Kingdom. Come hear the speakers, talk with friends, make new friends, and leave renewed.

We also have several webinars for you to participate in and before you know it, you will be making your plans for Convention. Please come! You will be greeted with ‘brotherly love’ (it’s in Philly). There are many changes being made to the format in order to enhance the convention experience. We have plenty of workshops being offered. These workshops are offering ‘best practices’ in different aspects that affect church life; from religious education to developing a sense of community. You are guaranteed to walk away with ideas and tools to take home to your parishes.

So, sign up for Praying Our Way, plan on attending a retreat, and start inviting friends to attend this year’s convention with you. Please! Join me!

I remain,
Yours in faith,
Matushka Laryssa Charest

Did you know?

Sometimes we need to be reminded of our accomplishments. Here’s an example of how the UOL has remained Dedicated to our Church-Devoted to its Youth.

- \$150,000- funds raised by a UOL Committee for the interior of St. Thomas Chapel.
- \$87,000- funds raised for the purchase of All Saints Camp.
- \$50,000- funds raised for the development of an Office of Youth Ministry.
- Over \$100,000- funds for scholarships awarded to Seminarians of St. Sophia Seminary or other Orthodox Seminaries.

Also, the idea of the Seminary was conceived by the UOL.

There is so much that has been done. There is even more that we can do. Join us!

(Convention - continued from page 1)

This year we are trying something new by offering workshops on topics such as: Best Practices in Religious Education; Building bonds between diverse members (discussion of parish diversity based on time of immigration, including converts to Orthodoxy, Ukrainians, non-Ukrainians, etc.) ; How to encourage Young Adult participation in the parish; Tips for Choir directors and members of choirs (including sharing of music); Introducing your spouse to the UOC; and Lessons learned in supporting Ukraine during the war. Come join us for the discussion and information sharing!

You may ask do I miss my vacation to the lake? Not at all. It has been replaced by a wonderful event celebrating communion with God and fellowship with my friends in the Ukrainian Orthodox Church of the USA. I hope to see you at the Convention in Philadelphia, PA in 2024!

“For we walk by faith, not by sight” - Corinthians 5:7

77th Annual UOL Convention Summary - Philadelphia, PA

Wednesday Evening, July 24, 2024 –
Hospitality Welcome for delegates and guests at the Crowne Plaza Hotel.

Thursday Morning, July 25, 2024 –
Following Divine Liturgy, **Brunch** at the Crown Plaza Hotel.

Thursday Evening, July 25, 2024 – Philly Style Game Night w/ Philly Style Fare
St. Vladimir Ukrainian Orthodox Cathedral Hall
6740 N. 5th Street
Philadelphia, PA 19126
school bus transportation will be provided to the church

Friday Evening, July 26, 2024 – UOL Picnic w/ Sports Games & Events
Tryzub Ukrainian American Sport Center
Lower State and County Line Roads or 1 Lower State Road
Horsham, PA 19044
school bus transportation will be provided to Tryzub Sport Center

Saturday Evening, July 27, 2024 – Banquet and Ball
Crowne Plaza Hotel
260 Mall Blvd.
King of Prussia, PA 19406
Entertainment by Soloway Band – Live Ukrainian music

Sunday Morning, July 28, 2024 – Farewell Luncheon
Immediately following Divine Liturgy
St. Vladimir Ukrainian Orthodox Cathedral Hall
6740 N. 5th Street
Philadelphia, PA 19126

Dear UOL Members and Friends,

Glory to Jesus Christ! Glory forever!

Philadelphia may have mastered the cheesesteak, the pretzel, and winning as an underdog; however, the Senior and Junior UOL Chapters have mastered the creativity of the Basket Raffle.

Once again, we invite all chapters, Junior and Senior, to join the UOL Basket Raffle

Competition! Have your Chapter create a basket of goodies (value of \$50.00 or more) to be raffled at the Convention. Some ideas for Basket themes are:

- Wine lover’s basket
- Chocolate dream basket
- School supplies basket
- Scratch off lottery tickets basket
- Bath and body products basket
- Italian meal basket
- Beer lover’s basket
- Writing paper/note cards/greeting cards/postage stamps basket
- Cheese and crackers basket
- Cooking utensils / cook book basket
- Picnic basket and supplies



Please let us know by July 1 of your participation in this event. We are asking for support from **all** of our UOL Chapters, Senior and Junior. Should your Chapter not be able to deliver a basket, please consider sending a \$50 donation – check payable to “77th UOL Convention.” Your participation in the Raffle and your donations will help to make this 77th Convention a financial success for the entire Ukrainian Orthodox League. We sincerely appreciate your generous support!

Daria Danyo
Scarlet_1958@yahoo.com
20 Locust Grove Rd.
Cherry Hill, NJ 08003

MESSAGE FROM THE JUNIOR UOL PRESIDENT Mia Zetick



Glory to Jesus Christ! Слава Ісусу Христу!

I hope everyone had a peaceful and blessed Nativity! I am certain that we were all able to spread our faith during this time. However, it is important to remember that Christmas and other holidays are not the only times that we should be striving to be closer to God and spread His word. This should be a commitment every single day; one that includes attending Divine Liturgy each week, treating our neighbors with kindness, and spreading God’s love.

Speaking of spreading God’s love, each year the Juniors, along with the help of Mrs. Natalie Kapeluck, organize the Great Lent Giveaway. GLG consists of choosing an organization to collectively raise money for during the Lenten season. Although we have not settled on one yet, we are hopeful that our community will assist us in this deed. Stay on the look out for this year’s charity!

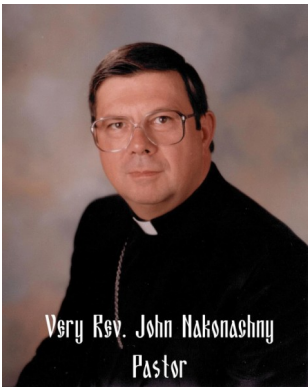
This past November, the Junior board gathered at All Saints Camp to have our fall meeting. We had full attendance and got so much great work accomplished! I am so proud of this board and continue to look forward to working with them.

Additionally, keep an eye out for information regarding this year’s 77th annual convention, held in Philadelphia, PA!

Yours in Christ,
Mia Zetick

Congratulations Fr. John

The UOL congratulates Fr. John Nakonachny on his retirement! We thank Fr. John for his service and dedication to the UOL. Fr. John has served as spiritual advisor to the National Executive Board for many years, in addition to the many years he served as spiritual advisor to the Parma Senior and Junior UOL chapters. His guidance and wisdom served as a beacon for our UOL members. Fr. John, thank you for your years of service and we look forward to many more years of your friendship and spiritual guidance. We wish Mnohaya Mnohaya Lita!



We have attached some excerpts from the letter that Fr. John shared with the St. Vladimir Cathedral in Parma, Ohio.

On December 31, 2023, I will be stepping down as pastor of our St. Vladimir Cathedral – a position I have held for 36 years. As I write on this topic, please keep in mind that a priest never retires. When a doctor retires, he does not continue to see patients, a teacher leaves the classroom, a Ford worker does not continue to go to the factory. But a priest is a priest forever, although his administrative responsibilities and duties to a parish will change.

How does a priest stop caring for the spiritual needs of individuals who were so dear to him throughout his years of ministry? That connection never ends. Sacred Scripture tells us “You are a priest forever after the order of Melchizedek.” Psalm 110:4 & Hebrews 7:17

The Holy Priesthood is not a profession or a job but a vocation – a calling from Almighty God to serve His Holy Church and its people. “You did not choose Me but I chose you and appointed you that you should go and bear fruit.” St. John 15:16 What a joy and blessing it has been to serve so many by administering the Holy Sacraments of Baptism, Chrismation, Marriage, Confession and Communion, bringing the faithful to Christ. A priest also touches the lives of the faithful in sad moments, counselling prior to a divorce and in times of illness and death of a dear family member or friends. I have always strived to be compassionate, caring and knowing how to comfort in those moments of great sadness. I’m sorry if I didn’t live up to your expectations. I only ask that you remember me in prayer after my earthly life comes to an end, that the Lord will forgive my sins and find me worthy to enter into His Heavenly Kingdom.

In the 100 years of its existence, there have been 8 pastors at St. Vladimir’s. Fr. Stephen served the parish as pastor for 27 years and I have served here for 36 years, which account for 63 years of its history. My ministry mainly focused on the youth and ministering to the sick and elderly, as well as serving all Liturgical services with love, devotion and dignity. I have always strived to be a caring pastor / spiritual father, accessible to everyone’s needs.

UOL Virtual Campus
Submitted by Shirley Duffy

His Eminence Metropolitan Antony has approved the formation of the UOL Virtual Campus to be accessible on the UOL Website.

What is a virtual campus?

A virtual campus is a computer-generated location accessible on a website, but it can offer more opportunities for interaction for its members than a website. It’s like online universities that offer courses online. It is a platform for clergy and members of the UOL to meet, host podcasts and webinars, have self-directed study, and share resources and interact.

What would be featured on the virtual campus?

- An online pastor who would offer regular programming on theological and spiritual matters.
- Seminars on matters of interest to members such as choir, religious education, and parish administration.
- Discussion groups for young parents, adults caring for elderly, senior citizens, empty nesters.
- And other programming of interest to the members.

What do we need to get this project off the ground and onto the web?

We need your help! Metropolitan Antony would like us to work on this project during the weeks leading up to Great Lent with a kick-off of the campus during Great Lent. We are forming a focus group to determine how the campus will be administered, what programming to offer on the campus and when, and recruit facilitators for the offerings on the campus. Please consider joining the focus group which will meet by Zoom after Theophany. Also, if you would like to be a facilitator, please let us know.

What to do next?

If you are interested in being on the focus group or being a facilitator, please contact Shirley Duffy, NEB Recording Secretary by email at shirleykduffyesq@gmail.com or by calling 412-518-0912.

Thank you for your consideration!

Thank you to the following
Annual Fund Drive donors:

LSSK

Steve and Melanie Unger (in memory of
Dr. Steve Sivulich)
Alice Sivulich (in memory of Steve Sivulich)
Stephen and Karen Sheptak (in memory of
Andrew David Kalinik)
Thomas Planiczki

MJSF

Pam & Bill Scannell
Tracy Galla (in memory of
Protopresbyter William Diakiw)
Stephen and Karen Sheptak (in memory of
Protopresbyter William Diakiw)
Thomas Planiczki

UOL

Catherine Schaffer (in honor of St. Demetrius (Carteret, NJ)
Sr. UOL members)
Alice Sivulich (in memory of Steve Sivulich)
Pam & Bill Scannell
Rev. John Nakonachny
Tracy Galla (in memory of Bernard Galla (Dad))
Stephen and Karen Sheptak
(in memory of Raymond & Anna Kalinik)
Thomas Planiczki

The UOL thanks all of our donors. There is still time to
support all of these very important fund drives. You can

send your donation to:
UOL Financial Secretary Oleh Bilynsky
703 Pine Ridge Road
Media, PA 19063

Please make check payable to “UOL” and indicate if your
donation is to UOL, MJSF and/or LSSK.

Donation envelope will be in the next issue of the
UOL Bulletin.

2024 UOL Essay Contest Topics

Pre-K and Kindergarten: (Category A)

Draw a picture of your favorite plant or animal that God created.

Grades 1 and 2: (Category B)

Draw a picture of Moses with the Ten Commandments. Then, please, write two to three sentences on why we need to follow the Ten Commandments.

Grades 3 and 4: (Category C)

How does God show His Love to man? Please write a paragraph (5 to 7 sentences) on your thoughts about this question.

Grades 5 and 6: (Category D)

What must we do to please God and save our souls? Please write 75 to 100 words on your thoughts.

Grades 7 and 8: (Category E)

Please write 150 to 200 words on the following. Define “faith” in your own words. How do you know you are faithful? Give examples from your life that showed people your faithfulness.

Grades 9 and 10: (Category F)

During the UOL convention this past summer, Metropolitan Antony told us that once we have received the body and blood of Christ, we are perfect. He said our challenge is to stay that way as we go out in our current society past our church doors. Please write 175 to 250 words on what you think the Metropolitan meant by these words.

Grades 11 and 12: (Category G)

In an article written by Rev. Nicholas Fedorovich in 1971 for the Golden Anniversary of the Ukrainian Orthodox Church in the USA and later published in 1973 he talks about the future of the Ukrainian Orthodox Church in the USA; “Our forefathers were forced to leave their native land we inherited neither silver, gold nor millions. ...they brought with them into new settlements a deep love for their church, their native tongue and their national traditions.” How has this love of church, language and traditions shaped your life and prepared you for your future? Please write 200 to 300 words on your thoughts.

Adult: (Category H)

Over 2,000 years ago “normal” people condemned Christ to death by shouting crucify Him. On Good Friday we erect tombs in our Churches to symbolize the burial of Christ. But Good Friday does not deal with the past alone. It is a day of sin, a day of evil, a day in which our Church invites us to realize the reality of the power sin and evil has over our lives. It invites us to ask ourselves, what side would we have been on had we lived in Jerusalem under Pilate. Please write 300 or more words explaining why and how you came to this decision.

CONTEST GUIDELINES AND RULES

1. **Entries must be postmarked by April 8, 2024.**
2. **NO NAMES ON THE FRONT OF ANY ENTRY.**
3. All entries must include the following information: **(PLEASE USE THE COVER PAGE SUPPLIED)**
 - a. Participant’s first and last name
 - b. Age and grade in school
 - c. The name and address of participant’s parish, including city and state
4. Drawings must be no larger than 12 x 18 and **NO** names on the front of drawing. Please attach a **COVER PAGE** or use the **BACK** of the drawing for the information listed above. **All drawings MUST be mailed.**
5. Written entries must be on 8 ½” x 11” paper. Include a cover page with the identifying information listed above. Entries for 9th grade and above must be typed or printed.
6. **Emailed entries must be scanned in and emailed, DO NOT TAKE PHOTOS OF ENTRIES AND EMAIL THEM, THEY ARE DIFFICULT TO READ AND WILL NOT BE JUDGED. Emailed entries must be time stamped no later than 7:00 PM of the deadline date. All entries must be submitted in English or Ukrainian.**

ALL ENTRIES WILL BE JUDGED FOR CONTENT, CREATIVITY AND NEATNESS.

No entries will be accepted after the previously mentioned deadlines.

Please send entries to

Teresa Linck: 413 Juniper Lane, Cheshire, CT 06410

Teresa Linck at: tlinck.essays@gmail.com

2024 UOL Pan-Orthodox Lenten Retreat
(Ohio/Western Pennsylvania)
Saturday, April 20, 2024 — 10:00 AM TO 3:30 PM

Embracing a Call to Individual Spiritual Leadership
“Trust in the Lord with all your heart and lean not on your own understanding.”
(Continuing our Search for God)

Last year’s Lenten Retreat introduced the topics of discernment and judgment—essential for cultivating spiritual growth. This foundation empowers individuals to make wise decisions aligned with the Church's teachings, fostering ethical behavior and inspiring others. They are at the core of personal growth, instilling virtues such as humility and empathy. Overall, this foundation contributes to the flourishing of individual spiritual leaders. This is the topic of our 2024 WPA/Ohio Lenten Retreat. It is a natural outgrowth of the inspiring experience of our work last year. It is an opportunity to review and expand our knowledge and understanding of our roles as Orthodox Christians. We have the recordings of last year's talks and the transcripts after editing and author approval will be distributed prior to and at the retreat.

Exploring individual spiritual leadership can offer us useful insights into our faith and personal growth: embracing the teachings of the Church Fathers, exploring the rich traditions of prayer and worship, and cultivating virtues such as humility and compassion. These teachings provide a roadmap for navigating life's challenges with a steadfast commitment to one's faith, fostering a deeper connection to the divine, and contributing positively to the community. It becomes transformative and enhances our spiritual journey equipping us to serve with love and wisdom. Thus, creating positive change and demonstrating that true influence extends beyond titles or positions in social, organizational, and governing hierarchies.

The 2024 Lenten Retreat will demonstrate how applying and practicing the teachings of Christ transforms our relationships, contributes to sustaining and building fulfilling careers, family life, and our psychological and physical well-being—essential to our spiritual growth. The retreat will focus on modeling what we can accomplish by modifying our actions and reactions in everyday situations at work, at home and in the Church.

With an upright heart he shepherded them and guided them with his skillful hand. Psalm 78:72


(Carnegie - Continued from page 1)



Something unusual happened in the fall, we made pysanky! Our chapter had several Ukrainian Pysanky writing sessions for our annual sale in the spring. It was a pleasant change of pace to have fellowship at this time of year, introduce the art to new parishioners, as well as get a head start for the sale. As a result of our successful events the chapter has been able to make donations or contribute funds to have new wire shelving installed in the choir loft, an icon for the moving UOL Iconostas, funds to purchase items for the local outdoor community fridge and books for an Orthodox lending library to name a few. Our biggest contribution was towards the new lighting system in the upstairs social hall area where the Annual Pysanky Sale and Kyiv Dance Group practice. The pictures from this year’s sale should be fabulous to share with everyone!

Our Chapter members participate in various other Parish organizations and events from the St. Matrona’s Annual Cookie Walk, Thanksgiving & Christmas Day Community Dinners, participating in the parish choir and the Men’s group. Our diverse members use their talents to their best abilities and where they feel comfortable! We appreciate all their time and effort they give to not only UOL events but also to the parish! The Carnegie Sr. UOL is looking forward to introducing our chapter and the UOL to new parish members and visitors in 2024 as we keep rolling along! See you soon!

Lenten Retreat
April 6, 2024
“His Mercy Endures Forever”
Retreat will focus on Confession



Speakers:
His Eminence Metropolitan
Antony
Fr. Anthony Perkins

Basilian Spirituality Center
710 Fox Chase Rd,
Jenkintown, PA 19046

Retreat registration:

\$40 for adults (early bird rate) - \$50 after 3/27/24
\$30 for adolescents (aged 13 to 18) - \$40 after 3/27/24
\$20 for children 7 to 12- \$30 after 3/27/24
Registration includes breakfast, lunch and snacks.

For more information contact:
Oleh or Natalie at nsufler@aol.com

Praying our Way Together
Sponsored by UOL Education Commission
Looking for something to heighten your spiritual journey to prepare for Pascha.
During Great Lent we will be reading the Psalms.
If you would like to journey with us, please email your name, phone number, parish name, and parish address to Oleh Bilynsky at nsufler@aol.com and more information will be sent to you.
Please sign up by March 18, 2024

St. Vladimir Senior UOL
Philadelphia, PA

The St. Vladimir Senior UOL Chapter has continued our busy holiday schedule while continuing to plan for the 77th UOL Convention. For over a decade we have sponsored a Thanksgiving Dinner where all of the profits from the dinner are donated. Pani Laura Naumenko has been our chairperson for the event every year. This year, despite fighting off a cold, she prepared a fantastic dinner for the entire parish. Many in the parish community say that the Thanksgiving dinner is one of their favorite parish events.

This year the profits from the event were split between two incredibly worthy causes. We donated \$918 to All Saints Camp and \$918 to our parish Hope Fund that provides relief efforts and supplies to Ukraine.

Our children continue to make art projects and embroider Protection Crosses. Our sale of items created by our children raised \$750 that was donated to the Hope Fund. Our children made keychains, Christmas Ornaments, magnets, earrings – all projects with a Ukrainian Theme and sold at the parish and at our Christmas Bazaar.

Following the Nativity of our Lord, our chapter members gathered to carol on Saturday and Sunday. Part of our caroling was to visit parishioners who are home-bound. The other part of our caroling was to raise funds for All Saints Camp. This year we raised \$2000 for All Saints Camp. In addition, we provided a concert to a local elderly community. Our group had a performance for the community for 45 minutes. We interspersed Ukrainian Carols, American Carols and explanations about our Ukrainian customs. It was a wonderful event and we were invited to come back and perform.



On Theophany eve we hosted a Holodna Kutya supper following Great Vespers and the first blessing of water. Our guests enjoyed mushroom holubtsi, varenyky, borscht, fish, salad and rolls. It is a lovely evening where the group enjoys dinner as a family. This year Fr. Taras and several parishioners performed for the group.



On Sunday following Theophany we had the blessing of our ice cross. For the first time in a few years, the blessing of the cross occurred in the bitter cold with lots of snow around our cross. The Sembrot and Zetick families are the sponsors of the cross and we are very thankful for this beautiful tradition. Following Divine Liturgy and the blessing of the cross we gathered in the parish hall for a wonderful breakfast.



We are incredibly thankful to Mark and Anne Bohen, the chairpeople for this



event. They prepared a fantastic breakfast with egg and French toast casserole, sausage, and fruit salad.

In between all of our projects we have been busy preparing for the 77th UOL Convention. We can not wait to see you here in the City of Brotherly Love.

*Just sending another reminder to save the date and remind you about the 77th Annual UOL Convention hosted
By St. Vladimir Senior UOL in Philadelphia, PA. July 24-28, 2024.*





All Saints Summer Camp 2024

- ✓ Beautiful Facilities
- ✓ Wide Range of Activities
- ✓ Theme: *In His Image*
- ✓ Volunteer & Paid Staff Opportunities



MAY 3-5

HOLY FRIDAY & PASCHAL SERVICES

JUNE 19-22

ST. NICHOLAS PROGRAM - FAMILIES WITH SPECIAL NEEDS

JUNE 23-29

DIOCESAN CHURCH SCHOOL CAMP

JUNE 30-JULY 13

TEENAGE CONFERENCE

JULY 21-25

MOMMY & ME/DADDY & ME

AUGUST

SACRED ARTS CAMP
CLERGY FAMILY RETREAT
ASC FOR ADULTS

AUGUST 30 -
SEPTEMBER 2

FAMILY FEST



SCAN ME

FOR MORE INFORMATION, CONTACT US : 412-977-2010 OR
WWW.UOCYOUTH.ORG/CAMPINGMINISTRY OR WWW.ALLSAINTSCAMP.ORG
UKRAINIAN ORTHODOX CHURCH OF THE USA

UOL Bulletin Pictures

Hrysha Katolik from Philadelphia reads the UOL Bulletin.

Join in the fun! Take a picture reading your UOL Bulletin! Submit pictures by sending to nsufler@aol.com

Friends of all ages and skill-sets are invited to participate in light labor and beautification projects around campus - no experience is necessary. Volunteers will stay on campus and meals will be provided. Here is the schedule of projects we will accomplish this spring...

☐ **March 8-10:** Cutting logs with wood splitter, campus clean-up

☐ **April 19-21:** Cutting logs with wood splitter, campus clean-up

☐ **May 17-19:** Campus set-up (preparing facilities for campers, assembling sports equipment, etc.)

We kindly ask that all interested volunteers register ahead of time - [email](#) or call (724) 867-5811

UOL Christian Caregiving and Missions Commission

“Souper Bowl”

Sunday

February 11, 2024

Sponsor a “Souper Bowl Sunday” Fundraising event at your parish or just make a donation!



Proceeds benefit St. Andrew Ukrainian Orthodox Society for soup kitchens in Ukraine serving the most needy. Please send fundraiser proceeds and donations payable to:

Ukrainian Orthodox League

c/o Oleh Bilynsky, UOL Financial Secretary;

703 Pine Ridge Road

Media, PA 19063

HOLODOMOR

FOOD DRIVE

Sponsored by the UOL



90th Anniversary of Holodomor

Members-at-Large Answer the Call

of the Holodomor Food Drive

Submitted by Shirley Duffy

Many thanks to Anatol and Kathy Bilyk and Irene Pashesnik, members-at-large, for participating in the UOL Holodomor Food Drive. Anatol and Kathy donated to the Wheeling Food Pantry in Arlington Heights, IL not only during the drive, but on a weekly basis.

Irene Pashesnik’s church Holy Ghost Ukrainian Orthodox Church in Coatesville, PA donated 68 items to the Salvation Army-Coatesville, PA.

St. Vladimir Parish, Pittsburgh, PA donated items to the Neighborhood Resilience Project in the Hill District, which is a low-income area in Pittsburgh, PA. Thanks again to all who participated!

UOL TRIBUTES

UOL Tribute

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

Donor

In Honor of

Alice Sivulich

In Honor of Michael Kapeluck being named Ukrainian of the Year 2023 by the Ukrainian Technological Society.

John Lehotsky

Happy 7th Birthday to Karina Anna Strashinsky. Happy Birthday from Uncle John.

Alice Sivulich

In honor of Natalie Bilynsky for her 16 years (and counting) as UOL Bulletin Editor.

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 acknowledgment 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!

NONPROFIT ORGANIZATION
US POSTAGE PAID
NEW BRUNSWICK NJ
PERMIT NO 1186

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

77th Annual Ukrainian Orthodox League Convention
St. Vladimir Jr. / Sr. UOL Chapters
Philadelphia, PA
July 24-28, 2024
"For we walk by faith, not by sight"- Corinthians 5:7

COMMEMORATIVE YEARBOOK ADVERTISING FORM

Outside back cover \$250 ()

Inside Cover front \$200 () Inside Cover back \$200 ()

Full Page \$175 ()

Half Page \$90 ()

Quarter Page \$45 () Eighth Page \$30 ()

Business Card \$30 () Patrons List \$20 ()

Those purchasing a full-page ad will receive a complimentary ad book. Additional copies can be purchased for \$20 each. Please list all your information as you would like it to appear, using a separate sheet. If your ad is not camera ready, please add \$10 for a set-up fee. Photos will not be returned. The yearbook is printed in black and white. Reproduction quality cannot be guaranteed, but black & white material prints best. Pages are 8.5x11 and divided accordingly.

Please email your ad to: 77thuolconvention@gmail.com
We will also accept ads submitted via US Mail.
Mail all money and/or forms by June 1, 2024 to:
77th UOL Convention
c/o Edward Zetick
P.O. Box 414
Jenkintown, PA 19046
Please make checks payable to "77th UOL Convention"

Name: _____

E-mail: _____

Address: _____

Phone: (_____) _____

❖ 77thuolconvention@gmail.com ❖ uolofusa.org

CONVENTION SPONSORSHIP PROGRAM

By participating in the sponsorship program you will help to make this 77th UOL Convention a financial success for the entire Ukrainian Orthodox League. By doing so, you enable the UOL to accomplish so much more as a national organization in the coming year.

You have the choice of sponsoring the registration for a seminarian and/or by selecting any event/events listed below indicating the amount that you would like to contribute. Any donation amount will be extremely appreciated!!!

I would like to "Sponsor a Seminarian" at the cost of \$300.00

Below is my sponsorship for a portion of the cost for:

Sponsor Jr. UOL activity (suggested \$100)

\$ _____

Sponsor Pre-Junior activity (suggested \$50)

\$ _____

Sponsor a Seminarian (suggested \$300)

\$ _____

Undesignated sponsorship (good will)

\$ _____

Total

\$ _____

If you would like your sponsorship in honor or in memory of someone, please indicate below.

Sponsorship - In Honor/In Memory of:

All sponsorships will be listed in the 77th UOL Convention Yearbook.

Thank you in advance for your contribution!!!!

Deadline for Sponsorships June 1, 2024

Checks for Sponsorships should be made out to:
77th UOL Convention

Please mail to: Stephen Nemeth
2103 Grace Lane
Flourtown, PA 19031

Questions for sponsorships can be directed to Stephen - 77thuolconvention@gmail.com