



UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

Dedicated to our Church -- Devoted to its Youth

VOL. 61 NO. 3

NOVEMBER 2014



Family Fest 2014 - Submitted by Christine Mills

Wonderful! Labor Day Weekend at All Saints Camp brought family and friends from near and far for a weekend full of fellowship and relaxation for Family Fest!

Friday evening everyone arrived and was welcomed with dinner and conversation. After Evening Prayers, the kids enjoyed watching a movie in the Pavilion. Saturday brought Morning Prayers, breakfast, and the annual "Kickball Game" with various levels of "rough and tumble" for ALL ages. The kids had a great time running the bases and the Seminarians enjoyed their first Family Fest Kickball game! Even though there was a winning team (maybe) everyone enjoyed playing and cheering. The afternoon allowed



for free time, swimming or sports. After Vespers, the first round of the "Name Game" was conducted. The Name Game is a battle of "how many people do you know with these

initials?!" A robust game of B-I-N-G-O! was held at the Pavilion for everyone to enjoy. A surprise ending to Saturday evening was a fireworks display provided by Fr. Deacon Jim Cairns and Eric Chubenko. The fireworks were AWESOME!

Family Fest was extremely pleased that Metropolitan Antony and the Seminarians were able to join us for part of the weekend! Metropolitan



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Hear Ye! Hear Ye! You are cordially invited to...

**68th Annual U.O.L. Convention
July 23-26, 2015**

**Hosted by
Assumption of the Virgin Mary UOL Chapter
Northampton, PA**

*"Put off the old, put on the new man. Be children of God.
Walk in Christ the Light"*



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

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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 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). If submitting photos please be sure to obtain consents for photos to be includes in the UOL Bulletin.

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

MESSAGE FROM THE SENIOR UOL PRESIDENT



Michael J. Komichak

Giving Thanks

Glory to Jesus Christ! Slava Isusu Khrystu!

As the calendar year comes to a close, we once again look forward to a joyous holiday season. As in years past, the National Executive Board's Christian Caregiving and Missions Commission is sponsoring a Thanksgiving Tithing project. Previously, we have asked Chapters to collect donations and forward them to the NEB to support one of our parishes in need. Last year's donations were earmarked to help Pokrova Parish in Philadelphia defray their expenses resulting from a disastrous fire.

This year's Thanksgiving Tithing project is somewhat different. This Thanksgiving, we ask you to direct your efforts to support charities in your local communities. Jesus reminds us that "whatever you did for one of the least of these brothers and sisters of mine, you did for me." If we wish to thank the Lord for our many blessings, what better way than to help those around us in need? You can find more information on the Thanksgiving Tithing project elsewhere in this issue of the UOL Bulletin.

The end of the calendar year is traditionally when most people make their largest charitable donations of the year. At this time of the year, the UOL asks for your help during our Annual Fund Drive. The Fund Drive provides the resources for the UOL's LSSK and MJSF Scholarship Funds, as well as the UOL Projects Fund which allows us to support many other worthy causes in the coming year. Thank you for remembering to include the UOL in your year-end giving so that we can continue to support our youth, our seminarians, and the Ukrainian Orthodox Church in general. For more information on the Annual Fund Drive, please see the companion notice in this issue of the Bulletin.

On September 27, which was the feast day of the Elevation of the Cross, the UOL National Executive Board held its Fall meeting in Coatesville, PA. It was certainly a special event for the Executive Board to begin our day with such a holy celebration. Since Fr. Anthony Ugolnik was not able to be there with us, the Senior NEB Spiritual Advisor Fr. John Haluszczyk served the Divine Liturgy at Holy Ghost Ukrainian Orthodox Church. All of us on the Senior Board sincerely thank the Holy Ghost Senior Chapter for hosting the all-day NEB meeting, and especially for serving us a delicious lunch. We appreciate their hospitality and pray that God richly blesses their parish so that they can continue to do His work.

Finally, as winter approaches and we look beyond the end of this calendar year toward next summer, please remember to mark your calendar to attend the 68th Annual UOL Convention hosted by the Assumption of the Virgin Mary Senior UOL Chapter in Northampton, PA. The theme of next year's Convention is "Put off the old, put on the new man. Be children of God. Walk in Christ the Light." The UOL Convention is a wonderful opportunity to connect with others from across the Ukrainian Orthodox Church of the USA. It is an opportunity for you to have input on how the UOL will operate in the coming year and beyond. It is also a time for spiritual renewal as we gather to celebrate our faith and rededicate ourselves to work for our Holy Ukrainian Orthodox Church.

I look forward to hearing about your parish's participation in this year's Thanksgiving Tithing project. I look forward to another year of helping our young people, our seminarians, and our Church through your generous donations to the Annual Fund Drive. And I look forward to seeing you all at next year's Convention in Northampton, PA.

Yours in Christ,
Michael J. Komichak



ASK FR. HARVEY

Questions answered by Fr. John W. Harvey

When Baba comes to church with us she always purchases quite a lot of candles, which she sets ablaze before this or that icon. What is this all about?

One must remember that until modern times, churches could be dark places and services at night would be in total darkness. Purchase of candles helps to give light in general. As one prays before the iconostas or before the icon of Christ or some saint, the lighting of a candle, besides providing light in general, is a token of your prayers. A candle left burning before the healing saint Panteleimon may signify your prayers that certain sick relatives and friends be granted healing relief. Even after you have returned home the burning candle bespeaks of your continued prayer and the intentions for which it was lit. One does not have to light candles, but they become a physical manifestation of what we are doing in a spiritual way.

When your Baba lights a number of candles she probably is lighting one for each of the intentions she has or the individuals needing her spiritual attention. God is praised and His holy temple is brightly lit. Candle light has a soothing prayerful effect or ambience. If one has ever been in a church that has little flickering electric votive lights, you will see how irksome they can be. Candles provide a soft and soothing natural light that is both warm and comforting. The artificial light, although some use it for seeming fire safety, is harsh and can be aesthetically and spiritually unsettling. Many years ago, I served vespers in a small church on the Canadian prairie. As "O Gladsome Light" was about to be sung the chandelier was let down and some 35 candles were lit. As the hymn came to its conclusion, the chandelier was hauled up into place and the warm, soft glow of the candles seemed to make for a very prayerful place and time. The intensity of your Baba's interior prayers are married to an external act, that of lighting candles, which makes for a satisfying experience.



My pastor has gotten so excited telling us about the relics of some saint which is in the altar of our church. What really is the relevance of such things in the 21st century? I know that in the Middle Ages there was a lot of traffic in relics and I believe even wars were fought over possessing them. Presently some Roman Catholic churches are divesting themselves of relics, so what is their great importance to us?

From the days of the earliest Christian martyrs, their bones were collected from the place of their martyrdom and given due reverence. All Christians are buried with due honour as well, for this human flesh had been baptized into Christ and fed on Him in the Mystery of Communion. The martyrs and those who have been acclaimed as saints are quite special to us. Not only were they especially close friends of Christ, many dying for His sake, but often their relics have been a source of miracles and healings. In this past century, to cite one instance alone, the oil streaming from the body of St. Nektarios of Aegina has wrought the healing from cancer of innumerable people throughout the world.

Let us reflect for the moment on a purely secular consideration. We value antiques or things with specific historical associations. One only has to look at the popularity of the Antiques Road Show to understand the value of mementos. A woman has correspondence to a relative from Ulysses S. Grant as well as his ceremonial sword. The meaningful historical associations that tie a known event with a memento and having a traceable documentation over a period of time is called provenance. Such associations increase the value of the item from just something of a certain verifiable age to something with specific meaning, tied to places, persons and events.

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UOL Convention 2015
Submitted by Martha Misko

Have you heard? The 68th Annual Ukrainian Orthodox League Convention will be rolling down the Interstate from South Bound Brook, NJ to Eastern Pennsylvania! The Lehigh Valley to be exact! The Assumption of the Virgin Mary UOL Chapter of Northampton, PA, this year's host, is planning the 2015 Convention for July 23-26! And those dates are NOT a misprint! The 2015 Convention will be one day shorter than prior Conventions. As per the recommendation by recent Convention Bodies, the 2015 event will begin Thursday, July 23 in the evening and conclude Sunday, July 26.

The modified format will begin Thursday evening with opening business sessions and the ever-popular Hospitality Evening. Friday's schedule will include Divine Liturgy, brunch, business sessions, and a very special social evening. Saturday will include business sessions and the traditional Grand UOL Banquet and Ball. The 68th UOL Convention will conclude on Sunday with Hierarchal Divine Liturgy and the Farewell Luncheon at the Assumption of the Virgin Mary Parish in Northampton.

Lodging accommodations and our Convention site will be at the Best Western Plus, Lehigh Valley Hotel in Bethlehem, PA. And, once again, we are delighted to announce that the nightly UOL rate at the Hotel is only \$89!

This year's Convention theme,

PUT OFF THE OLD, PUT ON THE NEW MAN; BE CHILDREN OF GOD;
WALK IN CHRIST THE LIGHT,

challenges us not only to continue the good works of the UOL, but to look forward to creating new paths to strengthen our Church, our organization and the communities around us. Come join us in July as we gather together with love for our Lord and with pride for our Faith.

Thanksgiving Tithing
Submitted by PM Olenka Sendeha



"We always thank God for all of you, remembering you constantly in our prayers, always bearing in mind your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ." 1 Thessalonians 1:2-3.

Thanksgiving is a time to reflect on our life and to count our numerous blessings which God has bestowed upon us. It is a perfect opportunity to express our thanks to the Lord through sharing those blessings with the others.

The Ukrainian Orthodox League is announcing its National Thanksgiving Project. This year, the Christian Caregiving and Missions Committee at the Convention proposed changes to this project compared to previous years. Instead of seeking tithing donations for a common charity, local UOL chapters are encouraged to find a charity in their local community to support. It could be local food banks, soup kitchens, homeless shelters or just a family in need.

We encourage UOL Chapters and their members not only to donate money, but also, if possible, to consider volunteering at those centers. What better way to give thanks for all of the divine gifts we receive than to share our gifts, talent and time with those in need.

We encourage all chapters to submit an article and, if possible, pictures of their project to be featured in the March issue of the UOL Bulletin so that we can share our ideas for helping the needy, initiated by our chapters across the country. Please direct any questions about this year's project to PM Olenka Sendeha, Senior NEB Chair of the Christian Caregiving and Missions Commission at Olenkas5@yahoo.com. We look forward to sharing everyone's successful stories.

**NEWS FROM THE
JUNIOR UOL
PRESIDENT**

Kateryna Kocelko



Glory to Jesus Christ!

I hope everyone is having a safe year so far. The Junior National Executive Board had their first meeting of the year on November 1st in Palos Park, Illinois. We would like to thank the Chapter and Parish of Palos Park for all of their warmth and hospitality. The junior board really enjoyed their time in Palos Park.

During the meeting we discussed many topics for the upcoming year and looked over the goals for the year, which were established at the 2014 Convention in South Bound Brook, New Jersey. Each chapter will be receiving information about some of the upcoming events in the UOL such as: *Thanksgiving Tithing*, *"Souper" Bowl Sunday*, and *Bring a Friend to Church Day*. The board also talked about the upcoming 2014 Great Lent Giveaway, which at convention the delegates decided would benefit the Ukraine Relief Fund.

This year we want to focus on getting the chapters more active and gaining new chapters. We are trying to create more projects in which chapters can work together to continue to be more active on a local and the national level of the UOL. We were happy to hear that the chapter of Palos Park has reactivated and we wish them the best of luck as they work together to do God's work. Also we are working on making turning in forms easier and more convenient by putting them on the website. Lastly we are continuing to work on our prayer book app for the specific needs of teenagers in everyday life.

If you haven't already, please make sure you turn in your dues and roster forms to the Financial Secretary, Sarah Hershey. They were due September 30th, so please turn them in as soon as possible. Also please make sure your election report forms are turned in.

If there are ever any questions or concerns the board is always here if help is needed. Feel free to contact any one of us. I hope everyone has a blessed holiday season. Remember to take time to be thankful for everything that God has given you throughout this holiday season and try to do something good for those who are not as fortunate. I pray that everyone has a safe holiday and please do the same for the rest of the board and me.

In Christ's Love,
Kateryna Kocelko

St. Vladimir's Philadelphia, PA
Submitted by Natalie Bilynsky

The Philadelphia Senior UOL Chapter has had a full summer of activities. For the last five years we have used the summer to gather as a group on Wednesday evenings. This tradition started after a UOL retreat, where we discussed the importance of having activities around the church because it keeps you focused on your life around the church. Our chapter decided that we would schedule Wednesday evenings to gather for a light pot-luck supper. Following dinner we would schedule a task to complete as a group. This year those tasks varied. One Wednesday we had a brief chapter meeting. Another Wednesday we simply sat and talked. Several weeks were used to help with planning for parish events. One Wednesday we helped with the preparation for our parish picnic. Several weeks were used to plan for the parish basket raffle. The most important aspect of the night is the community and the camaraderie. I have to say that I look forward to the summer when we get a chance to be together.

Philadelphia is a unique parish in that the majority of our faithful do not live close to our church. Many travel 45 minutes to an hour to get to church. It is nice to have a time to get together and to share our lives with each other. That is what Wednesday evenings at St. Vladimir's have become. The number of people varies each week. Some weeks we have around 15 people, other times the number is much smaller, but it is always wonderful to join as a family in Christ. We are very excited that this year our chapter had very strong representation at the UOL Convention in South Bound Brook. For the first time in many years we sent seven senior delegates, and this does not include the members of our chapter that are on the National Executive Board. Our chapter always pays the registration for all of our delegates and we are excited

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Thank You for your continued support towards the
L.S.S.K. Scholarship Fund!

Your generosity & love is greatly appreciated!

**Most recently, we received
donations from the following:**

Mrs. Olga & Mr. Jim Sawchuk * Eugenia Arson * Peter & Karen Konchak * Victor Melnychenko * Irene Pashesnik * Richard Jendras * The Schwerdt Family * Tamera Chebiniak * St. Vladimir - Philadelphia, PA * St. Vladimir - Parma, OH * St. Demetrius - Carteret, NJ * St. John the Baptist - Sharon, PA * Assumption of the Virgin Mary - Northampton, PA * St. John the Baptist - Johnson City, NY - Jr. UOL

Would YOU like to donate to this scholarship?

Please send your donations to....

Lauren Bentley
UOL Financial Secretary
818 Barley Sheaf Road
Coatesville, PA 19320-2216

Questions? contact Alexis Schumacher
amoryhon@gmail.com
607.341.3748

(Philadelphia - continued from page 3)

that in the last few years we have been able to encourage members to attend the Convention for the first time, while still having our regular delegates attend. We also had two junior delegates attend the Convention. Our goal is to get more chapter members, both senior and junior, to the next few Conventions.

Another fun event we planned this year was a bowling night. We invited all members of our parish to attend a bowling night at a local bowling alley. The event was particularly fun for the children. There were special games that had a red colored bowling pin at the central spot. When this occurred the children



went to spin the wheel to win a prize. We have already planned our next bowling night because it was such fun.

Our chapter also supported the Junior UOL collection of socks. We were able to collect over 250 pairs of socks that we brought to the UOL Convention. Our chapter has our fall and winter schedule set. For the first time we are planning a Country Zabava with country line dancing and it should be lots of fun. Also, we have a Thanksgiving Dinner planned where all of the proceeds will go to a charity fund. The fall is also our time to recruit new chapter members. As we have a parish that is changing with the members of the Pokrova parish joining our parish, we have actively recruited members to our chapter. We had a pot-luck dinner and meeting and invited everyone to attend. Also at our parish dinner we had invitations in both English and Ukrainian for all members to join our chapter.

We also want to invite you to our Malanka, Saturday January 31st!

Annual Fund Drive

PLEASE SUPPORT THE UKRAINIAN ORTHODOX LEAGUE'S
ANNUAL DRIVE FOR THE:
PROJECTS, LYNN SAWCHUK-SHARON KUZBYT SCHOLARSHIP,
AND
METROPOLITAN JOHN SCHOLARSHIP FUNDS

INVEST IN THE FUTURE OF OUR CHURCH AND FOSTER THE
UOL'S MISSIONS

MISSION STATEMENT:

THE UKRAINIAN ORTHODOX LEAGUE IS A NATIONAL VOLUNTEER ORGANIZATION OF MEMBERS IN THE UKRAINIAN ORTHODOX CHURCH OF THE U.S.A. WHO ARE COMMITTED TO:

- ◇ PROMOTING THE ORTHODOX FAITH
- ◇ SUPPORTING THE GOALS AND MISSIONS OF THE CHURCH
- ◇ DEVELOPING THE POTENTIAL AND ACTIVE PARTICIPATION OF OUR YOUTH
- ◇ PRESERVING OUR UKRAINIAN HERITAGE AND CULTURE

"DEDICATED TO OUR CHURCH - DEVOTED TO ITS YOUTH"

DONATIONS TO UOL PROJECTS WILL BE USED FOR:

- ◇ PUBLICATION OF THE **UOL BULLETIN**
- ◇ SUPPORTING THE YOUTH COMMISSION'S ACTIVITIES WITH PRETEEN, JUNIORS AND YOUNG ADULTS.
- ◇ OUTREACH THROUGH THE CHRISTIAN CARE-GIVING AND MISSIONS COMMISSION TO THE NEEDY IN OUR PARISH FAMILIES, COMMUNITIES, AND SISTER EPARCHIES IN SOUTH AMERICA AND UKRAINE.
- ◇ CONTINUATION OF THE EDUCATION COMMISSION PROJECTS AND SERVICES
- ◇ UKRAINIAN CULTURAL PROJECTS
- ◇ 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.
- ◇ ENCOURAGE YOUTH TO STRIVE TO THEIR ULTIMATE POTENTIAL AS IT BENEFITS THEIR MOTHER CHURCH AND HER LEAGUE.
- ◇ 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.
- ◇ UPHOLD THE UOL'S MOTTO: "DEDICATED TO ITS CHURCH"

Please take a moment and use the enclosed envelope to make your donation today!!

Thank you for your continued support!!



MALANKA 2015!

January 31, 2015

Come celebrate the New Year!

St. Vladimir Senior UOL

Philadelphia PA

Dancing! Dinner!

Fun! Fun! Fun!

for more information

contact Natalie at nsufler@aol.com



In preparation for our UOL Retreat that will focus on prayer, I have asked Fr. Anthony Perkins, one of our speakers, to write on topics related to prayer in each issue of our UOL Bulletin.

This corner of the UOL Bulletin will be dedicated to articles that will help us prepare for the retreat.

Please start making your plans to attend the UOL Retreat.

13th Annual UOL Lenten Retreat

Saturday March 28, 2015

Retreat will focus on prayer

Finding Peace and Objectivity in Times of War
Submitted by Father Anthony Perkins

[Then Jesus said;] "You have heard people say; "love your neighbor and hate your enemy." But I tell you; "Love your enemies, bless the people that curse you, do good to people who hate you, and pray for people who abuse and mistreat you." (St. Matthew 5:43-44; also see St. Matthew 5:21-23)

Introduction: the temptation of demonization in times of war. I have seen what war does to the souls of good people. Far too often, the temptations of demonization and despondency overwhelm them. Regardless of their professional training, they lose their intellectual objectivity and the ability to see their enemy as themselves (St. Matthew 5:44). Instead of being charitable about the motives of their adversary and working hard to discern the incentive structure that drives his actions, they take the cognitive shortcut of judging him according to their own prejudices and worldview (St. Matthew 7:1-5). Instead of asking "what would lead a man to do this thing that offends me so," they move straight into "this action is evil ... only a demon (or one deluded by demons) would do such a thing." If they are secular, they will use secular placeholders for "evil," "demon" and "deluded," but the impulse is the same; and if they are well-educated they will use big words and the aura of authority to make their analysis inevitable to both themselves and those who share their prejudices and worldview (this is one of many insightful observations from Taleb's book, *The Black Swan*).

This is true of every situation involving discernment, but it is much worse in times of stress because the emotions are so powerful. Through the resulting process of demonization, communion is sundered and hearts, poisoned... and the devil rejoices.

So what is the answer? In a previous career, I helped develop and implement a curriculum for my little corner of the Intelligence Community (IC) that would help the IC avoid the kinds of analytic errors that allowed for 9/11 and the WMD fiasco. The basic idea is to apply the individual and communal norms of scientific investigation (e.g. hypothesis testing, peer review) to intelligence analysis. While this would go far to help us understand the actions of our enemies - **and it certainly must be done** - it's not enough.

Intellectual objectivity of the kind the scientific method encourages helps to tame the worst excesses of our minds. But what of our emotions? What of our hearts?



Much of Orthodox spirituality describes what we commonly refer to as "the mind" as having three parts: the gut, the intellect, and the heart. Each of these must be trained in order for us to obtain true objectivity and understanding.

Training the Gut. The "gut" is what Daniel Khaneman refers to as "System One" (e.g. in *Thinking Fast, Thinking Slow*); it is pre-cognitive, automatic, emotional, and operates on the basis of stereotypes. For a large domain of human decision-

making, the gut is sovereign. It makes decisions that the intellect and heart then endorse, even claiming that their "choice" was the result of active deliberation and discernment rather than the automatic rubber stamp it really was. But, as in so much of lives, "that's just marketing." We train the gut by fasting, following a prayer rule, sacrificial giving, charitable works, and all the other ascetic disciplines. Until it is trained and made subject to reason (more on that below), we simply cannot trust our instincts and emotions. We cannot even trust our "considered judgment," no matter what kind of words we fluff it up with. This is a very practical application of the warning that Satan can appear as an angel of light (2 Corinthians 11:14). In times of war and love, man gives himself over completely to the rule of his gut. This is as true of intellectuals (and even clerics) as it is for hairy soup eaters (Genesis 25:25-34).

The Takeaway: until a man has trained his gut, his feelings are irrelevant to moral and intellectual judgment. He should be heard and loved, but the content of his words is slander. (Proverbs 10:18)

Training the Intellect. The scientific method is excellent training for the intellect, but the foundation for objectivity is laid elsewhere. The written Scripture, psalmody (prayers) and hymns of the Church help move the mind to think in the patterns and rhythms of the Church. Regular repetition then creates categories and paths that make rational thinking more natural. Good literature does the same. So do the physical acts of Orthopraxis like prostrations, venerating icons, navigating sacred space, and blessing with the sign of the Cross. The wonderful thing here is that the patterns and paths that these routines create within the intellect work their way down into the sub-routines of the mind, becoming the new (and sanctified) worldview and prejudices that inform the gut. The discipline of silence (*hesychasm*) is also useful: it allows the mind to ignore distractive stimuli (to include thoughts/*logismoi*) and focus on the "One Thing Needful."

The Takeaway: until a man has trained his intellect, his opinions are undisciplined advocates with honeyed voices and fancy suits. Again, such a man should be heard and loved, but the content of his words is the seduction of stolen water and secret bread (Proverbs 13:9-18).

Training the Heart. Training the heart is at once more challenging and simpler than training the intellect and the gut. This is because the heart is a sacred place where the infinite and timeless Kingdom of God enters into creation, creating a temple where God can join Himself to us most directly (e.g. St. Luke 17: 20-21). Our Lord wants to rule from our hearts, but the heart of man is broken, full of idols, and incapable of offering Him a "place to lay His head" (St. Matthew 8:10). Like the Temple before the Passion (St. Matthew 21:12), our hearts must be cleansed and rededicated. Confession of all sins, both voluntary and involuntary, is a good first step, but it is far from the complete solution. What is required is *kenosis*: the complete renunciation of everything we own. Our riches (St. Mark 10:21), our families (St. Matthew 19:29), even our opinions (St. Matthew 6:22-24), must lose their hold over us (scared? don't be: relax and trust God – He will restore true riches with interest; Job 42:10). We must work at this until we get to the point that we can go into the temple naked, simple, and unencumbered (i.e. descend into our hearts in complete peace and quiet). **It is in this silence that we will obtain true objectivity and hear the still small voice (1 Kings 19:12) of True Rationality (God the Logos; St. John 1:1-4).** The resulting gnosis is the work of a lifetime lived in union with Christ, the inheritance of the Sons of God, and a fruit of perfection.

Until a man has gained this quiet and heard that still small voice – that is, until he has become united with Christ in holy sainthood – all of his opinions are so much vanity and striving after wind. (Ecclesiastes 1)

No offense, but I have yet to meet such a man. So while I will hear and love you when you rage and spread your words, don't get upset if I respond by loving you rather than engaging in debate. For my words are sure to be vanity, as well. God is not heard in the storm, but in the quiet whisper; if we want to hear Him and know His Truth we have to quiet our minds and emotions and meet Him in the silence of the temple of our hearts (1 Kings 19:12, 1 Corinthians 6:19, 1 Corinthians 3:16, Ephesians 3:17, Numbers 7:89).

Why Should You Attend the UOL Retreat on March 28, 2015?
By Natalie Bilynsky

If you have never attended a UOL Retreat, we would like to provide you with a brief overview of the day. Our morning starts with morning prayers and breakfast. For the last 10 years we have had 50 to 60 people join us for the Retreat. In the last few years not only have we had members from local chapters, but also from other Orthodox churches. The fellowship between retreat participants is why the retreat is a highlight of the UOL for me. In the last few years we have had a group of inspirational speakers including His Eminence Metropolitan Antony, His Grace Bishop Daniel, Mother Raphaela, Fr. Bazyl Zawierucha and Fr. Anthony Perkins. In the morning we have several speakers. The entire group then gathers for a lenten lunch.

The afternoon includes speakers but also has an inspirational activity. Over the past ten years these activities have varied. One year we had a presentation about the Pilgrimage to the Holy Land. One year we had instruction on the tones. Last year we presented a video and our group has requested that we incorporate videos into our retreats.

So, what can you expect this year? Well, Fr. Perkins has agreed to be a key presenter. Fr. Perkins is a wonderful and inspirational speaker and we are blessed that he has agreed to speak this year. As an introduction I, a licensed psychologist, will present a brief overview of the psychological benefits of prayer. We are finalizing our other speakers. The afternoon will have a video presentation. Later in the afternoon we will have our traditional games for the retreat. The games test the knowledge of our retreat participants and have become a fun and community building activity. The entire group then gathers for vespers and dinner. We hope to see you this year!

(Family Fest - continued from page 1)

Antony, along with Fr. John Haluszczak, Fr. Deacon Jim Cairns and Fr. Deacon Ihor Mahlay celebrated Divine Liturgy at St. Thomas Chapel on Sunday morning. Fr. John Nakonachny conducted the wonderful choir singing responses. A large and delicious brunch was served in the Dining Hall prepared by ASC kitchen staff. Swimming, volleyball, relaxation and a Memorial Church service filled Sunday afternoon. After the Memorial Service, Family



Fest guests were greeted to candles and music for the "Pig Roast" and Under the Sea/Beach Party. A FANSTASTIC meal was prepared by Deacon Jim Cairns and our kitchen staff headed up by Genya Walters. Various music and dancing requests played throughout the evening, which also included round two of the Name Game. Michael Bodnar also provided face painting for the kids and the young at heart! It was a wonderful evening under the stars!



The weekend concluded Monday morning with prayers, breakfast, clean-up and everyone saying their good-byes. We were glad to see so many participants for the weekend, whether for the whole weekend or a day or so! Plans are already under way for next year, so if you have any suggestions, please let Chris Mills know!

Thank you to EVERYONE who helped out with Family Fest in any way, from setting up tables and chairs, cooking, fireworks, decorations and clean-up! Your assistance is truly appreciated! Looking forward to seeing everyone again next year and bringing a friend! See YOU Labor Day Weekend 2015!



Be social! Be active!

Live Our Faith!

How are you giving your time and talents
to your parish and community?

Share your activities and
information on chapter/parish events

Contact us!! UOLofUSA@gmail.com

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**Vacation Bible School - July 16 – 19, 2014
St. John the Baptist Ukrainian Church Sharon, PA
Submitted by Adriane Hassler**

St. John's was able, once again, to conduct a Vacation Bible School during the summer months. Our U.O.L. Chapter sponsored this event, and eight of our children were able to attend. This year's theme was water in the Bible.

The focus of the first day was the Old Testament and New Testament. The story of Noah and the great flood is one that most are familiar with. The children were very interested in other miracles having to do with, or around, water, such as the parting of the Red Sea by Moses, the water coming from a rock in the wilderness, and Elijah's issue with the priest of Baal and how Elijah's prayer stopped the rain for three and a half years until he prayed again and the rain fell down. The children also studied Elisa's message to the Great General with leprosy who was cured when he was dipped in water seven times.

The class also reviewed stories from the New Testament in the afternoon. The Holy Gospel readings of Jesus and St. Peter walking on the Sea of Galilee, the Baptism of Jesus in the Jordan River, the story of the Paralytic, the woman at the well, and the blind man healed by the washing of his eyes. We also discussed St. Paul's conversion. The afternoons were dedicated to having each child construct an Ark, as did Noah.

On the second day, we talked of how water is used in our church. The Sacrament of Holy Baptism is what we are most familiar with, but we also discussed the Greater Blessing of Water and the Lesser Blessing of Water and the meaning of this. We went through the Book of Needs and discovered all the objects that could be blessed with Holy Water. This sparked some comments from the children as to the unlimited possibilities, such as a bee hive, an ambulance, and a barn.

On Friday a review quiz was given and the group scored an impressive 94%. Great Vespers were on Saturday at 6PM with a cookout that followed. All of the VBS students attended this Vesper service, and this is evidence of their love and devotion to their church. Vespers were held on the night of a local secular event, but these families chose to increase their knowledge about the things of God.

*Note from the Editor
In the October 2014 issue for the "Meet the Junior Board" article the incorrect picture was linked to Katherine Anderson.
Here is the correct biography and picture.
I apologize for this error.*

Hello, my name is Katherine Anderson and I am the Recording Secretary of the 2014-2015 Junior Ukrainian Orthodox League National Executive Board. I am very grateful to have been elected for the second time. I live in Salem, Ohio and attend church at Sts. Peter and Paul in Youngstown, Ohio. At our Church in Youngstown I sing in the choir, attend church school, help at different church activities and I am the President of our Jr. chapter. I have also danced in the Youngstown Area Ukrainian Dancers group for 4 years now.



I am a senior at Salem High School this school year. I am in the marching band and concert band. I have played flute for eight years and piccolo for three as well as being section leader and first chair for three, and I was in the "County Honors Band" this past year. I sing in the choir, participate in school musicals and am also in our show choir called "Encore." This year I have been chosen to be an editor on our school's year book staff. This year I went for part of the High School Mission Trip and found that it was a wonderful experience. In my free time I like to play music, dance, sing, and I enjoy being with my friends and family. I have gone to All Saints Camp every year since I was eight and have worked at Diocesan Church School Camp every year that I have been eligible. I have also been a "Big Sister" at the Mommy and Me /Daddy and Me encampment for 5 years. I love spending my summers at camp!

I am very excited to be representing the Jr. UOL and hope that it is a productive year. Please contact me at kitty2882@gmail.com if you have any questions. I pray that the Lord will help us to do our jobs at the best of our abilities this year.

All Saints Camp
www.allsaintscamp.org

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