

2025 UOL Essay Contest Topics

Category A: Pre-K and Kindergarten

Please draw a picture of the outside your church.

Category B: Grades 1 and 2

As Orthodox Christians we are all baptized with the Grace of the Holy Spirit. Please draw a picture of the Baptismal Font in your church and write a sentence or two about something that happens when a person is baptized.

Category C: Grades 3 and 4

Please write 50 to 100 words on why it is a good idea to pray to your Guardian Angel.

Category D. Grades 5 and 6:

In 1 Peter 5:8, he writes “be watchful. Your adversary, the devil, prowls around like a roaring lion seeking someone to devour.” Please write 75 to 150 words telling us what this means to you and what you do to prevent being “devoured”?

Category E: Grades 7 and 8:

In the letters of James 3:6, he writes: “And the tongue is a fire. The tongue is an unrighteous world among our members, staining the whole body...” Please write 150 to 200 words on what you think James meant when he said these words especially what did he mean “stains the whole body”?

Category F: Grades 9 and 10

In his letter to the Philippians 2:3-4, Paul writes: “Do nothing from selfishness or conceit, but in humility count others better than yourselves. Let each of you look not only to his own interests, but also to the interests of others.” Think about this passage and relate it to your life as a teenager. Please write 200 to 275 words on your thoughts.

Category G: Grades 11 and 12

In the letter of James 1:2-4, he says “Count it all joy, my brethren, when you meet various trials for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete lacking in nothing.” Please write 250 – 500 words on how these words of Paul will influence you as you move forward into a new chapter of your life, one of more independence in both actions, thoughts and decisions, which will impact the rest of your life.

Category H: Adults

In the letters of James 4:1-3, he says “What causes wars, and what causes fighting among you? Is it not your passions that are at war in your members? You desire and you do not have; so you kill. And you covet and cannot obtain; so you fight and wage war. You do not have, because you do not ask. You ask and do not receive because you ask wrongly...” Can these words be used to describe areas of our own lives and the current situation in the world today? Please write 500 words on you thoughts.