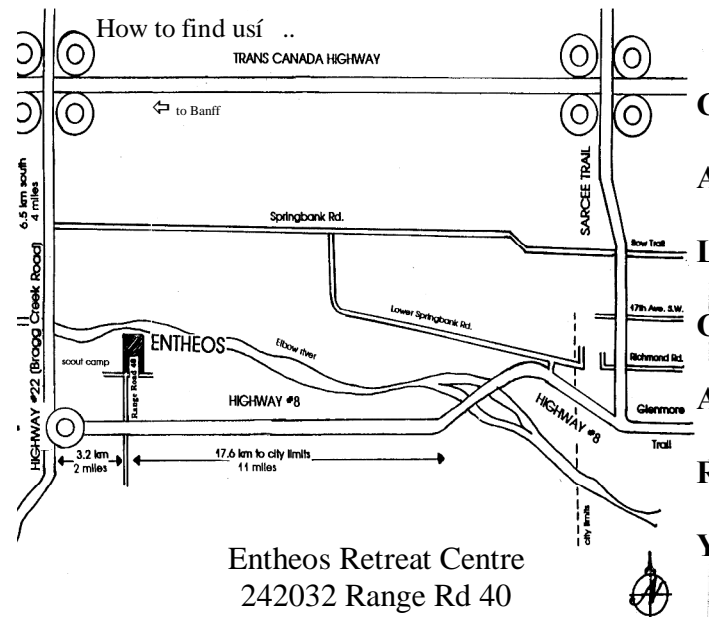
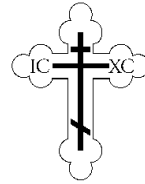


**Christ is in our midst!  
He is and ever shall be!**



Entheos Retreat Centre  
242032 Range Rd 40  
(18 km. west of Calgary)  
403-246-4313



**PLEASE REMEMBER:**

1. Confirmation of registration will be given via email.
2. Bring: Bible, prayer books, notebook, pen, walking shoes, layered warm clothing, jacket, toiletries, alarm clock, camera, flashlight and extra blanket/throw. Standard bedding and towels provided.
3. Icons, books & gifts will be available Friday and Saturday for purchase. (cash or cheque only)
4. Larger map available by email upon request.
5. In kindness and respect to others, please ensure showers are concluded before 11:00 p.m.

# Orthodox Women's Retreat

Spiritual Refreshment & Growth  
in the Foothills



## Healing Wounds, Strengthening Relationships

Mat. Yvonne Lysack  
Christ the Saviour Sobor, Ottawa, Ontario

September 16- 18, 2011

To our Beloved Sisters in  
Christ,

Our 11th annual Orthodox Women's Retreat will be held September 16, 17 and 18 of 2011. We are thankful to once again be able to offer this weekend filled with spiritual nourishment, and to provide an opportunity for the women in our Church community to worship, learn and to share in each other's lives.

Come and join us!

# Healing Wounds, Strengthening Relationships

Guest Speaker: Mat. Yvonne Lysack

An Ottawa native and priest's wife since 1983, she is co-founder together with her husband, Fr. Maxym, of Christ the Saviour Orthodox Mission (now Sobor-Cathedral) in Ottawa .

Mat. Yvonne is an experienced leader of retreats and workshops, catechist and teacher of adult Christian education at her parish.

With a B.A. Honors, Cert. Theol, M.A. (Pastoral Studies-Individual Counseling) and recently retired from a private counseling practice working from an Orthodox Christian approach (involved treating survivors of childhood sexual abuse), Mat Yvonne is

well qualified to speak on the subject of relationships as they apply in:

- The Holy Trinity (a discussion of the intimacy between the Persons of the Trinity)
- What is love? (the theology of love)
- Orthodox Marriage
- Forgiveness (the healing of relationships)
- Spiritual Fatherhood/Motherhood

She currently enjoys doing full-time parish work, her main roles serving as cantor and choir director.

Fr. Maxym and Mat. Yvonne are proud parents of two daughters: Anastasia and Yuliana.

## SCHEDULE

### FRIDAY

- 5:00 p.m. Registration, Reception
- 6:30 p.m. Opening Prayers for the retreat
- 7:00 p.m. Snack, fellowship, Icon/book tables
- 8:00 p.m. SESSION 1
- 10:30 p.m. Quiet Time

### SATURDAY

- 8:00 a.m. Morning Prayers
- 8:30 a.m. Breakfast
- 9:30 a.m. SESSION 2
- 10:30 a.m. Coffee Break
- 10:45 a.m. SESSION 3
- 12:00 p.m. Lunch  
(fellowship, walk)
- 2:00 p.m. SESSION 4
- 3:30 p.m. Quiet Hour
- 5:00 p.m. GROUP PHOTO
- 5:30 p.m. Dinner
- 7:00 p.m. Great Vespers
- 8:00 p.m. SESSION 5  
Confession available
- Free Time
- 10:30 p.m. Quiet Time

### SUNDAY

- 9:00 a.m. Divine Liturgy
- 11:00 a.m. Closing & Brunch  
-retreat attendees only
- 12:30 p.m. Goodbyes & Departure



*'Be kind to one another, tender-hearted, forgiving one another, just as God in Christ also has forgiven you.'*

*Ephesians 4:32*



## REGISTRATION FORM

ONE APPLICANT ONLY PER REGISTRATION FORM  
(please print clearly)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_ Cheque # \_\_\_\_\_

Parish \_\_\_\_\_

Suggested Roommate \_\_\_\_\_

Roommate's Parish \_\_\_\_\_

**Registration fee:** \$195.00, double occupancy, includes lodging, meals and sessions (no dinner Friday evening)

**DEADLINE AUGUST 30th, 2011**

**Payment Option:** 2 cheques:  
\$95.00 dated July 15  
\$100.00 dated August 30

Please make cheque payable to:  
*Orthodox Women's Retreat*

And mail to: Orthodox Women's Retreat  
Joan Popowich  
Box 7 Site 11 RR1  
COCHRANE, AB T4C 1A1

Registration contact:  
Joan Popowich: jrpopowichdv@xplornet.com  
ph: 403-932-7724

Information Contacts:  
Myra Reinheimer: ph: 403-938-4929  
Ghada Ziadeh: ziadehe@telus.net  
ph: 403-240-2549

**SPACE IS LIMITED-PLEASE REGISTER EARLY TO ENSURE PLACEMENT**

Food allergies/Special dietary needs: \_\_\_\_\_

If you require a pick-up from bus or plane, please note here... \_\_\_\_\_