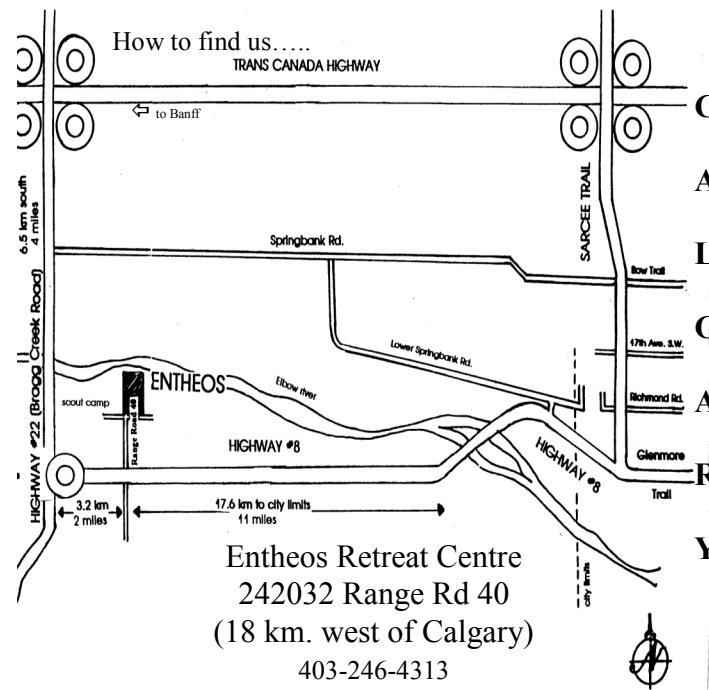


**Christ is in our midst!
He is and ever shall be!**

To our Beloved Sisters in
Christ,

Our 15th annual Orthodox Women's Retreat will be held September 18, 19 and 20th of 2015. 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.

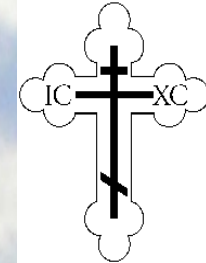
Come and join us!



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. In kindness and respect to others, please ensure showers are not before 6:30 a.m. and concluded before 11:00 p.m.

Orthodox Women's Retreat



Spiritual Refreshment & Growth
in the Foothills

THE POWERS & PASSIONS OF OUR SOULS

How our souls were meant to function,
what went wrong,
and how to heal it....

Mother Melania

September 18th-20th, 2015
Calgary, Alberta

"THE POWERS & PASSIONS OF OUR SOULS"

How our souls were meant to function, what went wrong, and how to heal it...

Guest Speaker: Mother Melania is the superior of the community of Holy Annunciation Monastery in Calistoga, California.

She has written several series of children's books (*The Twelve Great Feasts for Children; The Three-Day Pascha; the Old Testament Stories for Children Series*; and

the *Good Neighbors* series – a series of animal fables designed to teach children Christian virtue in an engaging way).

She has made a particular study of St. John Chrysostom's writings. Because he was writing not to monks but to people living in the world, he has much practical advice to offer for today's Christian.

SCHEDULE

FRIDAY

- 4:30 p.m. Retreat Doors Open**
- 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
 - 11:00 p.m. Quiet Time

SATURDAY

- 8:00 a.m. Morning Prayers
- 8:30 a.m. Breakfast
- 10:00 a.m. SESSION 2
- 12:00 p.m. Lunch
(fellowship, walk)
- 2:00 p.m. SESSION 3
- 3:30 p.m. Silent Hour
- 5:00 p.m. GROUP PHOTO
- 5:30 p.m. Dinner
- 7:00 p.m. Great Vespers
- 8:00 p.m. SESSION 4 & WRAP-UP
Confession available
- Free Time
- 11:00 p.m. Quiet Time

SUNDAY

- 9:00 a.m. Divine Liturgy
- 11:00 a.m. Closing & Brunch
-retreat attendees only
- 1:00 p.m. 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: \$200.00, double occupancy, includes lodging, meals and sessions (no dinner Friday evening)

DEADLINE SEPTEMBER 1st, 2015

Payment Option: 2 cheques:
\$100 dated August 1st
\$100 dated September 1st

Please make cheques 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:
Matushka Barbara Eriksson: ph: 403-686-4270
barbara@eriksson-home.net
Ghada Ziadeh: ph: 403-240-2549
ziadehe@telus.net

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... _____