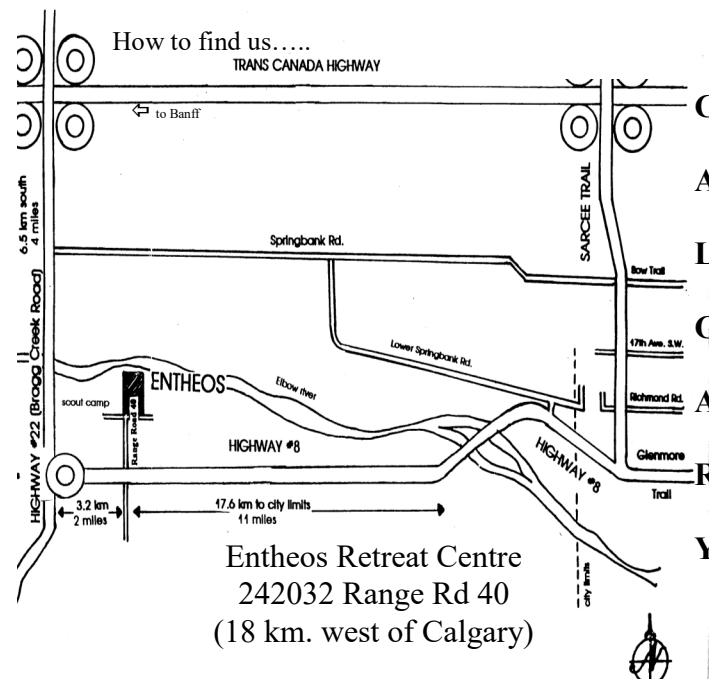


**Christ is in our midst!  
He is and ever shall be!**

To our Beloved Sisters in  
Christ,

God willing, we plan to resume our annual Orthodox Women's Retreat this September 15, 16 and 17th of 2023. 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.

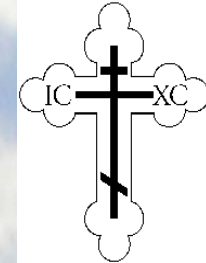
Come and join us!



**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

PRACTICAL LESSONS  
from the LIVES  
OF SAINTS PETER & PAUL

## Mother Melania

September 15th-17th, 2023  
Calgary, Alberta

# PRACTICAL LESSONS

## from the LIVES OF SAINTS PETER & PAUL

**GUEST SPEAKER: Mother Melania** is the abbess 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, and Old Testament Stories for Children* - all in verse - celebrate the high points of God's work of salvation in the Person of Christ.

*Fearless and Friends* and *The Adventures of Kenny and Scooter* teach children the virtues in a fun, non-preachy way. *Fearless and Friends* chronicles the lives of Fearless the Fire duck (think 'fireman,' except that he's a DUCK) and Charity the Church Mouse and their friends, who get in and out of trouble based on the wisdom (or lack thereof) of their actions.

*The Adventures of Kenny and Scooter* is a minimal-word series featuring six-year-old Kenny and his irrepressible Boston Terrier Scooter, who take turns getting into trouble and rescuing each other from their foolish antics.

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

### SCHEDULE

#### FRIDAY

5:00 p.m. Registration, Reception  
6:30 p.m. Opening Prayers for the retreat  
followed by 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, tenderhearted, 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:** \$325.00, double occupancy, includes lodging, meals and sessions (no dinner Friday evening)

#### DEADLINE SEPTEMBER 1st, 2023

**Payment Option:** mail in 2 cheques:  
\$200 dated August 1st  
\$125 dated September 1st

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

And mail to: Orthodox Women's Retreat  
Joan Popowich  
44111 Weedon Trail  
Rocky View County AB T4C 2W2

Registration contact:  
Joan Popowich: jrpopowichdv@xplornet.com

Information Contacts:  
Matushka Barbara Eriksson: ph: 403-686-4270  
barbara@eriksson-home.net  
Ghada Ziadeh: ph: 403-667-8146  
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 check here \_\_\_\_\_ and contact Ghada: ziadehe@telus.net or 403-667-8146