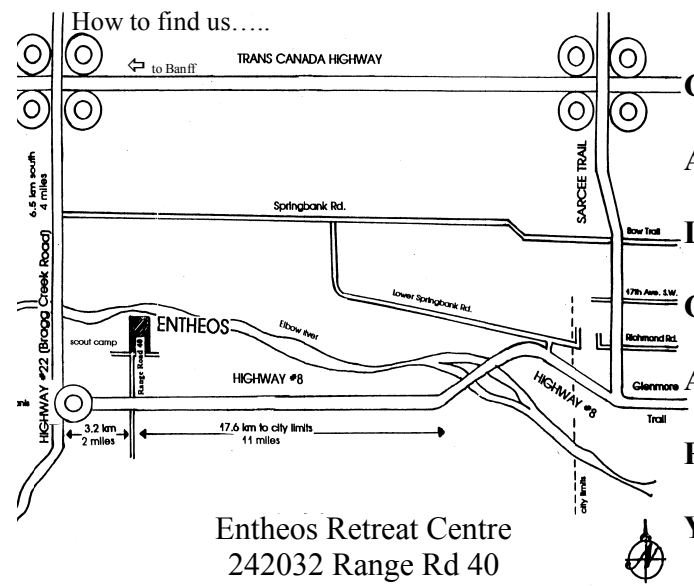


**Christ is in our midst!
He is and ever shall be!**

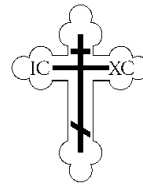
To our Beloved Sisters in
Christ,

Our 10th annual Orthodox Women's Retreat will be held September 17, 18 and 19 of 2010. 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 share in each other's lives.

Come and join us!



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



**"Be Who You Are
in the Body of Christ."**

MOTHER MELANIA

Holy Assumption Monastery - Calistoga, CA

September 17- 19, 2010

☞ Be Who You Are in the Body of Christ ☛

Guest Speaker: Mother Melania

- Grew up in New Kensington , PA. attending St. George Antiochian Orthodox Church.
- In 1999, entered monastic life at St. Barbara Monastery at Goleta, CA.
- In late 2009, she went to the community in Calistoga, California of Holy Assumption Monastery.

- She has authored a series of children's stories and is working on a new series called *The Adventures of Fearless the Fireduck and His Friends* designed to teach children about the virtues and passions in a fun way.
- Recently, Mother Melania has been studying 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

- 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

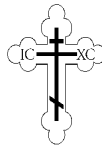
SATURDAY

- 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. SESSIONS CONCLUSION
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

Go With God!



*So we, being many, are one
body in Christ, and every one
members one of another.*

Romans 12:5

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: \$175.00, double occupancy, includes lodging, meals and sessions (no dinner Friday evening)

DEADLINE AUGUST 30th, 2010

Payment Option: 2 cheques:
\$ 90.00 dated July 15
\$ 85.00 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... _____