



THE ABC'S OF HEALTHY, HOLY SELF-CARE: ABIDE, BREATHE, CONNECT

A Philoptochos Lenten Retreat facilitated by
Presbytera Kerry Pappas, MA, MA, LLFT
Coordinator for Clergy and Seminarian Couple Care
The Center for Family Care, Greek Orthodox Archdiocese of America



JOIN US FOR THIS SPECIAL EVENT

SATURDAY

4.13.2024

9AM-3PM

In the world in which we live, we hear a lot about diet, exercise, supplements, time management, boundaries, and a host of other strategies for practicing self-care. But why and for whom? As baptized Orthodox Christian women, we are part of the "royal priesthood," called to a life in Christ, which naturally means a life of service. We can only authentically fulfill that calling if we live from a place of fullness, which is only possible by the grace of God and attending to our mind, body, and soul.

LENTEN BREAKFAST AND LUNCH WILL BE SERVED.

\$45/PERSON - RESERVATIONS REQUIRED.

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