Saint Barbara Greek Orthodox Church

Advent Retreat

Renewing My Heart, Mind, & Soul

With Guest Speaker Rev. Dr. Nicholas G. Louh



Father Nicholas Louh is the parish priest of Saint John the Divine Greek Orthodox Church in Jacksonville, Florida, where he is known for his dynamic preaching and pastoral heart. Father Nicholas co-hosts the podcast Live with the Louhs and is the author of two books, *Renewing You: A Priest, a Psychologist, and a Plan* and *6 Hours, 7 Lessons: How Christ's Light Transcends Our Darkness*. His ministry focuses on making Orthodox Christianity accessible and practical for everyday life.

Through retreats, conferences, and media, Father Nicholas encourages people to deepen their relationship with Christ while navigating the challenges of modern life with hope and purpose.

Saturday, November 21, 2026

Saint Barbara Greek Orthodox Church
2200 Church Road, Toms River, NJ 08753

8:00am - 10:00am	Orthros & Divine Liturgy
10:00am - 10:15am	Continental Breakfast
10:15am - 11:00am	Session 1
11:00am - 11:45am	Session 2
11:45am - 12:15pm	Session 3
12:15pm - 12:30pm	Q&A Session
12:30pm - 1:00pm	Lunch

Sponsored by The Saint Barbara Religious Education Ministry &
The Saint Barbara Ladies Philoptochos Society

Please use the link or QR code to register
https://forms.gle/bbVnngKR8pN6hfWE8
You may also register by emailing *saintbarbara@stbarbaranj.org* or calling 732-255-5525.