

SAINT BARBARA GREEK ORTHODOX CHURCH  
TOMS RIVER, NJ

# WHERE MASTERCLASS MEETS SPIRITUAL RETREAT

You'll explore the interconnection between mind, body, and soul to cultivate God's presence within. Discover and practice practical methods to connect to God amidst your super busy life through prayer, stillness, and contemplation—following in the footsteps of the Saints.



## Saturday, February 1, 2025 11am - 1pm

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

*Free Admission and Refreshments*



### Meet Your Guide

The ever-smiling Bishop Athenagoras of Nazianzos draws upon spiritual insights gained during his time as a monk on Mount Athos, under the guidance of spiritual masters like Saint Ephraim of Katounakia and Saint Paisios the Athonite.

Armed with four distinguished degrees from Aristotle University of Thessaloniki, Greece, and a knack for languages, he strives to spread the Word of God to people of all ages.

Please use the link or QR code to register

<https://forms.gle/9C2NETxxinoGqCpeA>

You may also register by emailing [saintbarbara@stbarbaranj.org](mailto:saintbarbara@stbarbaranj.org) or calling 732-255-5525.

