

Mother Melania will present a series of talks based on the three Great Lenten disciplines: fasting, almsgiving, and prayer, in which she will look at these in the broader context of the three basic temptations in Eden (the fruit was good to eat, pleasant to the eyes, and desired to make one wise) and how Christ conquered those temptations in the wilderness when tempted by the devil, and how we must do as He did.



The Three Great Lenten Disciplines: Fasting, Almsgiving, and Prayer

Pre Lenten Women's Retreat

with

MOTHER MELANIA

About the Speaker: Mother Melania is the abbess of the community of Holy Assumption Monastery in Calistoga, California. She has written several series of children's books (The Twelve Great Feasts for Children; The Three-Day Pascha; the Old Testament Stories for Children series; and the Good Neighbors series – a series of animal fables designed to teach children Christian virtue in an engaging way). Mother Melania has made a particular study of St. John Chrysostom's writings. Because he was writing not only to monks but to people living in the world, he has much practical advice to offer for today's Christian.

Saturday, February 23, 9:00 AM - 5:00 PM

Holy Resurrection Orthodox Church

8710 28th Ave. E. Tacoma, WA 98445

\$20.00, Luncheon Provided

Registration due Jan. 31. PayPal payment: OrthodoxTacoma.com

Questions? Michelle: mmewhinneyangel@hotmail.com ♦ Susan: susansophia.f@gmail.com

Women's Retreat
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OrthodoxTacoma.com

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Name

Phone

Email

Please send completed registration form and payment by **January 31** to:

Holy Resurrection Church ♦ P.O. Box 1332 ♦ Puyallup, WA 98371

(or go to **OrthodoxTacoma.com** for online registration & payment)