



Pre-Lenten Women's Retreat

Saturday, February 15, 2020

8:30am—4:00pm

Starting with the Hours in the Nave.

\$20, Lunch Included

Holy Resurrection Orthodox Church
8710 28th Ave E, Tacoma, WA 98445

My Cup Runneth Over: Finding Balance and Peace

When we answer our Lord's call to be fruitful and multiply, we volunteer for martyrdom. Through sacrificial love for others (whether our children, spouses, aging parents or strangers), we learn to die to ourselves and to find true life in Christ. We'll explore thought patterns that impact our ability to grow in Christ, and how taking on Christ's yoke lightens the burden of the crosses we carry. Further, we'll ask how we need to take care of the caregivers, and what Orthodox Self-Care might mean.

About the Speaker: Elissa Bjeletich is raising five daughters just outside of Austin, Texas. She directs and teaches Sunday school at Transfiguration Greek Orthodox Church, writes books and hosts podcasts, contributes to curriculum projects, and works at an Orthodox summer camp.

Registration is due by January 31st. Paypal payments: OrthodoxTacoma.com

Questions:

Michelle: mmewhinneyangel@Hotmail.com, Susan: susansophia.f@gmail.com
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Name _____ Phone _____

Email _____ Dietary Restrictions _____

Please send completed registration and payment to Holy Resurrections: PO BOX 1332, Puyallup, WA 98371 by January 31st. Or register online at OrthodoxTacoma.com