

12th Annual Myrrhbearer's Fall Retreat:



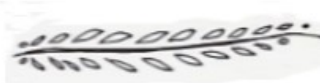
FOOD, FAITH and FASTING



Learning from Eastern Christianity

With Speaker **Rita Madden**

November 7th and 8th



St. John the Baptist
Greek Orthodox Church
14485 SW Walker Rd.
Beaverton, OR 97006

Holy Orthodox tradition provides tools and guidelines for a sacred relationship with food and caring for our health. Explore how caring for our health can be an edifying spiritual discipline and an intricate part of our life in Christ.

SCHEDULE

Friday Night

Registration: 6:30-6:50 PM
Retreat: 7:00- 8:30 PM

Saturday

9:00 AM: Pre-Communion Prayers
9:30 AM: Liturgy
10:30 Registration and Coffee
11:00 Brunch
12:00- 4:30 Retreat
5:00 Vespers



COST

Friday Only: \$10
Friday and Saturday:
\$35 in advance up to 11/2
\$40 after 11/2

RSVP to Diane Cherry
dcwlor@gmail.com

or register through PayPal

<http://www.stjohnnoc.org/ministries/myrrhbearers>



Rita holds a Master of Public Health-Nutrition and works as a dietician in the city of Honolulu. She is the host of the podcast Food, Faith and Fasting on Ancient Faith Radio. Rita is passionate about returning people to traditional ways of eating as a way to care for health.

