

Orthodox Spiritual Life: Finding Balance

5th Annual Men's Ministry Retreat – 2019

The Men's Ministry of Holy Trinity invites men of all ages to its annual retreat, led by Fr. Deacon Dr. Euthym Kontaxis

"Glorify Your Son, that your Son also may glorify You"

Date: October 18th – 20st, 2019

Time: 5:00 PM Friday through 11:00 AM on Sunday

Place: Camp Angelos (32149 SE Stevens Road, Corbett, OR 97019)

Suggested Contribution: Bring a Friend, Your Son (/s) and Stories to Share

Fr Deacon Dr Euthym Kontaxis is man of many talents and rich experience. He is an accomplished physician serving as the Medical Director of the Emergency Department at Eisenhower Medical Center in Rancho Mirage, CA & concurrently is a deacon at St George Greek Orthodox in Palm Desert.



He has a special interest in medical ethics and bioethics, producing thoughtful lectures on the topic of Mind, Body and Spirit.

A native son of Oregon, he earned his undergraduate degree in Biochemistry at OSU in Corvallis, and his medical degree from OHSU. Six years into a successful medical practice along with his wife Krisann and two boys (Michael & Nicholas) they packed and headed east to Holy Cross Greek Orthodox School of Theology in Brookline, MA. For three years, Dr. Kontaxis worked as an attending physician at Beth Israel Deaconess Medical Center & Mount Auburn Hospital while completing a Master of Divinity.

During the retreat he will focus on finding balance by recognizing and processing feelings of both joy and sorrow prompted by life events.

Friday	5:00 PM	Arrival
	6:00 PM	Social time, introductions
	7:00 PM	Dinner
	8:00 PM	Evening topic "Finding Balance"
	9:00 PM	Fireside
Saturday	6:15 AM	Time by Bank of Sandy River, <i>Optional</i>
	8:15 AM	Worship/Breakfast
	9:00 AM	Morning Topic
	10:15 AM	Break
	11:00 AM	Activity / Discussion
	Noon	Lunch
	1:00 PM	Overcoming fear and anxiety
	2:00 PM	Discussion
	2:45 PM	Social Break and Outdoor Activity
	3:30 PM	Becoming men who find Balance
4:15 PM	Activity / discussion	
5:00 PM	Vespers	
6:00 PM	Dinner	
7:00 PM	Evening Session, Youth Led	
9:00 PM	Social Break & Fireside Chat	
Sunday	8:00 AM	Liturgy
	9:00 AM	Breakfast and Cleanup
	10:30 AM	Depart



Christ Pantocrator, icon at St. Catherine's Monastery – Sinai, represents the two faces of Christ. On the side holding the Gospel his features are hard & severe, while on the side with the blessing hand he is calm and serene. It presents the various dualities of Christ, including being both happy & sad at the same time.