

**2<sup>nd</sup> Annual Women's Retreat**  
*Hosted by Annunciation Greek Orthodox Cathedral*  
*Norfolk, VA*  
**“The Gift of Compassionate Presence”**  
**Imitate Christ – Let His Compassion Flow through You!**

Annunciation Greek Orthodox Cathedral in Norfolk, Virginia, is blessed and delighted to offer its 2<sup>nd</sup> Annual Women's Retreat the weekend of March 8-10, 2019, at the Sheraton Virginia Beach Oceanfront Hotel in Va. Beach, Virginia. We hope that you will join us to begin our Lenten Journey together as we learn to identify and imitate the compassion of Christ in our every day lives.

The weekend begins Friday evening with “HOLY SMOKE! Let My Prayer Rise as Incense.” This activity will provide instruction on using charcoal and incense in our homes and the importance of this biblical yet timely tradition that forms wonderful family bonding traditions in your own families. The workshop will be followed by dinner, a Trisagion and the opening session. The remaining weekend will include educational sessions, personal reflection, crafts, and, of course, time for fun, food and fellowship!

Presvytera Kerry Pappas will be our retreat leader. She holds a master's degree from the Holy Cross Greek Orthodox School of Theology and the Adler Graduate School. She is a licensed marriage and family therapist and is currently the Coordinator for Seminarian and Clergy Couple Care with the Greek Orthodox Archdiocese of America. She is also a trainer and facilitator for Prepare Enrich, a pre-marital and marriage enrichment program. Presvytera Kerry and Fr. Harry Pappas have three adult children.

Presvytera Kerry will be exploring the retreat theme “The Gift of Compassionate Presence” by addressing the following topics:

- **Session 1: The Common Elements of Compassion**  
Easy, Natural and Difficult
- **Session 2: The Many Faces of the Compassion of God Revealed in Scripture**  
Understanding the “Compassion of God” as revealed in the Old and New Testaments, what compassion is and is not and establishing the firm foundation that compassion flows from the love of God for His people. Explore the differences between compassion, sympathy, empathy and mercy.
- **Session 3: The Many Faces of Compassion in our Everyday Lives**  
A look at some real-life scenarios that may present situations in which compassion is difficult with discussion of the appropriate face of compassion in each.

- **Session 4: Closing and Veneration of Holy Relics**

To be fully immersed in the retreat experience, bond with your spiritual sisters and remove yourself from your daily routine to find sustained renewal and restoration for your body, mind and spirit, you are encouraged to stay at the hotel during the retreat (details on registration form below). If you are planning to stay at the hotel, be sure to reserve your room as soon as possible to take advantage of the retreat rate and to ensure room availability.

Also included is a request for you to identify which meals you will be partaking and any food allergies you may have. All meals will be meatless in accordance with the Lenten fast. If you are not registering on-line, please mail or deliver this form with your registration form.

If you have questions regarding the retreat, you can contact either of the following individuals:

Presvytera Chrysanthie Bessinas 847-894-2678  
[papathoula@yahoo.com](mailto:papathoula@yahoo.com)

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In Christ,

Debbie Woodell  
Registration Chair