

FOOD, FAITH, AND FASTING

CARING FOR THE BODY AND THE SOUL
IN THE EASTERN ORTHODOX TRADITION

Friday February 24th

College Student, Young Professional,
or Just One of the rest of Us?

Topic: Eating, and Caring for our
health in a Spiritually Minded Manner.

What and How we should eat; Stress
Management/Body Image

Opening Prayer - 6:30pm

Light meal and Retreat discussion

Compline - 9:00pm

**Chocolate Eating
Lesson**



Rita Madden (MPH, RD) is an Orthodox Christian who enjoys consulting with people who are eager to manage and prevent chronic diseases and lose weight through a faith-based approach to eating and

living. She is a Registered Dietitian who finds inspiration in the great role that the Orthodox Christian faith plays in her modern-day healthcare profession.

ST. GEORGE
ORTHODOX CHURCH

PRE-LENTEN RETREAT

February 24 - 25, 2017

8210 W. Chester Pike
Upper Darby, PA
610-853-1171

Visit

saintgeorgeupperdarby.org

For more information

& to Register

No Fees;

Free Will offering
is appreciated

Saturday February 25th

What to Eat for Fasts & Feasts

Supplication Service - 9:30am

Kids Baking Class with Rita's Helpers

Session 1 - Eating as God intended

Session 2 - Eating like the Saints

Session 3 - The Blessing of Fasting

Vespers - 4:15pm

*Meals and Snacks included

++++++ **PLUS** ++++++

Popcorn & Chocolate Eating Lessons