

# FOOD, FAITH, AND FASTING

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

## Friday February 24<sup>th</sup>

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  
Chocolate Eating Lesson included  
Compline - 9:00pm

## Saturday February 25<sup>th</sup>

What to Eat for Fasts & Feasts  
Supplication Service: 9:30am  
Continental Breakfast: 10:45am – 11:30am  
Session 1: 11:30am – 12:30pm “Eating as God Intended”

- Kids: Intro with Rita, then off to the kitchen for baking with Rita’s helpers
- Adults continue the discussion -What should we eat during fasting and non-fasting times?

Lunch: 12:30 – 1:30pm  
Session 1.5: 1:45 – 2:15 “Having Dinner with God”

- Rita continues talking with the kids about working with God to be healthy, and eating to show love and not to tease; practicing ‘gratefulness’.
- Popcorn eating lesson included.

Session 2: 2:30pm – 3:30pm “Eating like the Saints”

- How we approach eating as a way to commune with God
- Chocolate eating lesson included.
- Kids – watch a movie

Session 3: 3:30pm – 4:15pm The Blessing of Fasting

- How to healthfully fast in the correct spirit.

Vespers - 4:30pm  
\*Meals and Snacks included