



Department of Curriculum & Education
Diocese of Philadelphia & Eastern Pennsylvania
144 St Tikhon's Road
Waymart, PA 18472

15 July 2014

Glory Be to Jesus Christ!

Dear Reverend Father:

A Women's Retreat, sponsored by the Department of Religious Education of the Diocese of Philadelphia and Eastern PA, will be held on Saturday, August 16, 2014, in the St. Tikhon's Seminary Gymnasium.

The topics for this year's retreat are: "**Prayer and Confession**" and "**Depression, Anxiety, and Stress.**" The speakers will be Archimandrite Sergius, Abbott of St. Tikhon's Monastery and Daria Virvan, (CRNP-PMH, BC), a Clinical Specialist in Adult Psych/Mental Health, in private practice works in the mental health community of the greater Washington, DC and Baltimore, MD metropolitan areas. She has a particular interest in the interplay of psychological and spiritual issues.

The cost for the retreat is \$10 which includes lunch. It is open to **all** women 13 years and older.

Schedule for the Retreat

9:30 –10:00- Registration and Continental Breakfast – Seminary Gymnasium

10:00 -12:00 - Sessions 1- Seminary Gymnasium

12:00 -1:15 – Lunch

1:30- 2:45 – Session 2- Seminary Gymnasium

3:00 - Closing Remarks

Please make additional copies of the registration form to distribute to the women in your parish. Please place the information in your parish bulletin and the flyer on your parish bulletin board.

Registration must be received by AUGUST 13. For more information, please contact **Maria Proch** at (570)587-3097, (570)466-6554 or smile9561@juno.com.

Thank you for your support of the retreat.

God Bless!

Maria Proch
Department of Curriculum and Education

Diocese of Philadelphia & Eastern Pennsylvania

WOMEN'S RETREAT

**“Prayer and Confession”
&
“Depression, Stress, and Anxiety”**

RETREAT PRESENTERS

**Archimandrite Sergius,
Abbott of the Monastery of St. Tikhon Zadonsk
&
Daria Virvan (CRNP-PMH, BC)
A Clinical Specialist in Adult Psych/Mental Health
SATURDAY, AUGUST 16, 2014
10 am – 3 pm
ST. TIKHON'S SEMINARY AUDITORIUM**

Cost: \$10/person (includes lunch)

Deadline- August 13

WOMEN'S RETREAT REGISTRATION FORM

Name _____ Age _____

Address _____

Phone Number _____

Parish _____

Please return the registration form by August 13 to:

Maria Proch
19 Sunset Drive
Scott Township, PA 18411

If you have any questions, please call (570)587-3097, (570) 466-6554 or email
Maria Proch at smile9561@juno.com

Please make checks payable to: OCA Diocese of Eastern PA