

**“Redeeming the Time”
as an
Antidote to Despondency**

10:30 am Check In/Coffee

11:00 am Lecture 1
*Redeeming the Present:
Time, Despondency, and
Communion with Christ*

12:00 PM Lunch (provided)

1:15 PM Lecture 2
*Redeeming the Future:
Despondency and the Fear of
Death*

2:15 PM Coffee Break

2:45 PM Lecture 3
*Redeeming the Past:
Remembering ‘Wasted Time’ with
Repentance and Thanksgiving*

3:45 PM Q & A

4:30 PM Great Vespers

Please bring Bibles, pens, and notepaper

*Parish bookstore will be open
during lunch hour*

**St. Herman
Orthodox Church
welcomes**



Dr. Nicole Roccas

**Register Online at
sthermans.ca/retreat**

Registration Fee: \$45

Or Mail To:

**St. Herman of Alaska Orthodox Church
9930-167 Street, Edmonton, Alberta
T5P 4W7 Canada**

***Please make cheques payable to:
St. Herman Orthodox Church***

Information Contact:

**Fr. Vincent Lehr
Phone: (780) 288-5347
priestvincent@gmail.com**

**“Redeeming
the Time”
as an
Antidote to
Despondency**

**Lenten Retreat
with
Dr. Nicole Roccas**

**Saturday
March 16, 2019**

Registration Form

Mail in this form with cheque

OR

**Register Online at
sthermans.ca/retreat**

Registration Fee: \$45 per person

On Saturday, March 16, 2019, our parish will be having Dr. Nicole Roccas as our guest speaker for our Annual Lenten Retreat.

Nicole has been researching and writing about time from both a historical and theological perspective for nearly ten years. She is most well-known for her Ancient Faith blog and podcast, Time Eternal, the only online media forum devoted to the interface between Christian faith and the lived experience of time. Her book, "Time and Despondency: Regaining the Present in Faith and Life", explores the connection between time and the spiritual sickness of despondency (akedia), first identified by Evagrius of Ponticus in the fourth century.

In addition to writing and podcasting, Nicole is an adjunct faculty member at the Orthodox School of Theology at Trinity College (Toronto). She received her PhD in European History, with a subspecialty in Church History, from the University of Cincinnati in 2015.

A native of Wisconsin, she lives in Toronto and attends Holy Myrrhbearers' Mission Parish (OCA) with her husband Basilios, whose efforts to indoctrinate her into the ways of maple syrup and Canadian spelling have yet to take effect.

You can find out more about her work as a writer and writing coach at www.nicoleroccas.com.

DIRECTIONS

From Whitemud Freeway: Travel West to 170 St. exit and turn right (North). Proceed for about 2 kilometers to 100 Ave. Turn right and travel East for 3 blocks to 167 St. Turn right at the lights. The Church is on your right (behind the condos).

From Yellowhead Freeway: Travel East or West to 170 St. exit and proceed South for 4 kilometers to 100 Ave. Turn left and travel three blocks to 167 St. The Church is on your right (behind the condos).



St. Herman of Alaska Orthodox Church

Names

Address

City

Postal Code

Email

Phone

Cheque #
