### "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

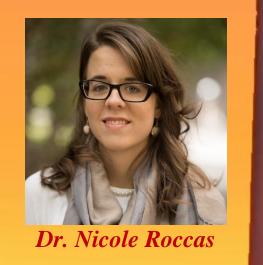
**3:45 PM Q & A** 

4:30 PM Great Vespers

Please bring Bibles, pens, and notepaper

Parish bookstore will be open during lunch hour

# St. Herman Orthodox Church welcomes



Register Online at sthermans.ca/retreat

#### **Registration Fee: \$45**

*Or Mail To:* St. Herman of Alaska Orthodox Churc 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"

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Despondency

Lenten Retreat with Dr. Nicole Roccas

Saturday March 16, 2019 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 <u>www.nicoleroccas.com</u>.

#### **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

### **Registration Form**

Mail in this form with cheque

OR

## Register Online at sthermans.ca/retreat

### Registration Fee: \$45 per person

| Names       |      |      |
|-------------|------|------|
| Address     |      |      |
| City        |      |      |
| Postal Code |      |      |
| Email       |      |      |
| Phone       |      |      |
| Cheque #    | <br> | <br> |