

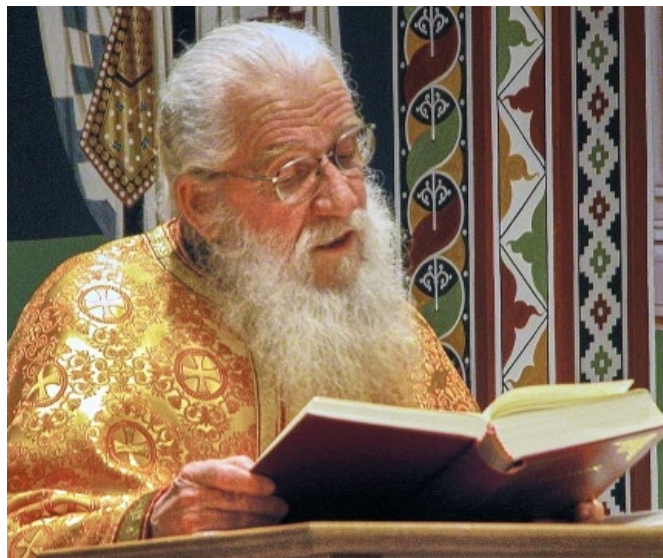
A peaceful weekend of prayer, instruction, fellowship, sharing, and quiet in the retreat setting of the Capuchin Center for Spiritual Life.

We are greatly blessed to have Father James Coles lead the sessions at this annual Lenten retreat. Fr James is the Pastor of St Ignatius Church in Mesa, Arizona. Fr James was blessed to encounter the practical and life-changing teachings of Elder Symeon (Kragiopoulos), the abbot of Holy Trinity Monastery (in Panorama near Thessaloniki) who reposed in 2015.

In this 20th Anniversary of the Men's Lenten Retreat, we will return to the format first used by His Grace Bishop Basil, exploring the life and teachings of a contemporary elder and spending time in prayer and quiet.

The fee of \$200 covers all costs, including lodging and meals. Contact Father Paul at the Cathedral for more info on available financial assistance.

*Don't Let the
Time Slip By!
Sign Up Now!*



“Let’s say you have some difficulties... you have some pressures from within yourself, generally from the bad that exists around you and within you, you have assaults from the devil, you’re melancholic, you have various other pressures.... The soul is then embittered.... At such moments, then, you should say in the presence of God: “May it be blessed, my God. May it be blessed” This has in it obedience towards God, love, trust and hope in God; it has patience, humility, sacrifice, prayer.”

~ Elder Symeon (Kragiopoulos)

St. George Cathedral cordially invites you to join the men of St. George for the Twentieth Annual

Men’s Lenten Retreat 2023

as
Fr. James Coles
presents:

**MAY IT BE
BLESSED!
The Life and
Teachings of
Elder Symeon**

**March 10-12,
2023**

Capuchin Center for Spiritual Life
900 Cathedral Avenue, Victoria, KS

Name: _____

REGISTRATION FORM

Address (incl. City, State, ZIP): _____

Phone (in event of emergency): _____ E-mail: _____

- Registration Fee: \$200
- Make checks payable to: St. George Cathedral
- Meals & Lodging included
- Space is limited; first-come, first-served

Please return this form with payment to St. George Cathedral, 7515 E. 13th Street North, Wichita, KS 67206-1223
or call 316-636-4676 (or email gina@stgeorgecathedral.net) and ask to register for the Men's Lenten Retreat

RETREAT SCHEDULE

Friday, March 10

- 3-7:30p Arrival, Registration & Light Refreshments
7:30-8:30p Little Compline with the Akathist to the Most Holy Theotokos
8:30-9p Session One
10:30p Lights Out

Saturday, March 11

- 7:30a First & Third Hours
8a Breakfast
8:30-11:30a Morning Session
12p Trisagion for Departed Retreat Attendees
12:30p Lunch
1:30-4:00p Afternoon Session
4:30p Great Vespers
5:30p Dinner
6:30-8:30p Sharing/Fellowship
8:30p- Canon of Preparation for Holy Communion
10:30p Lights Out

Sunday, March 12

- 7:15-7:45a Kairon & Prothesis
7:45-8:30a Orthros
8:30-10a Divine Liturgy
10a Brunch, Blessing & Departure

RETREAT LOCATION

Capuchin Center for Spiritual Life

St. Fidelis Friary
900 Cathedral Ave.
Victoria, KS 67671

DIRECTIONS

From Wichita

I-135 North to I-70 (90 mi.)
I-70 West to SR255 (82 mi.)
SR255 South to Victoria (2 mi.)

From Salina or Topeka

I-70 West to SR255
SR255 South to Victoria (2 mi.)

From Denver

I-70 East to SR255
SR255 South to Victoria (2 mi.)

For more information (or to coordinate ride-sharing), contact:
Jon de Jong
dejongbiz at sbcglobal dot net

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