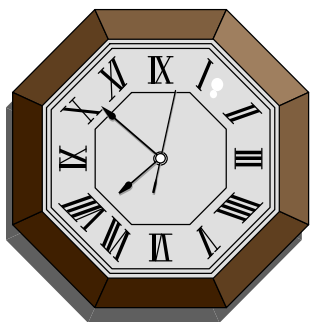


A peaceful weekend of prayer, instruction, fellowship, sharing, and quiet in the retreat setting of the Capuchin Center for Spiritual Life.

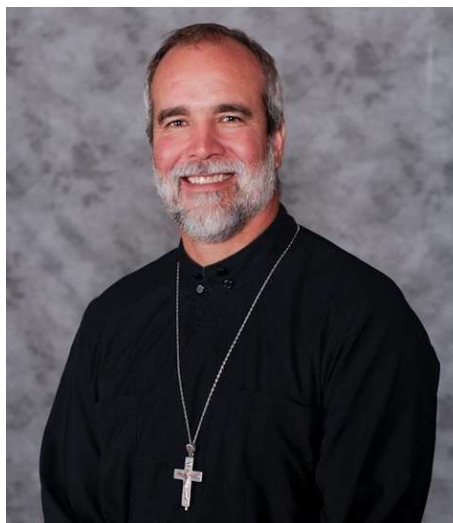
We are greatly blessed to have Father Theodore lead the sessions at this annual Lenten retreat.

The time will be spent in worship services, communal meals, instructional sessions, and time for quiet reflection and prayer.

The fee of \$135 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!***



Fr. Theodore was ordained in 1991, served as a parish priest in California for several years and then spent twenty years as pastor of St. John the Baptist in Portland, OR, before being transferred in 2017 to direct the Office of Parish Health and Church Growth in Denver. He and Presvytera Stacey are blessed with three girls and a boy— plus five born grandchildren and one on the way. When he gets the chance, he enjoys the beautiful outdoors, fly fishing, hiking in the mountains, and taking long walks with his beautiful wife.

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

**Men's Lenten  
Retreat 2019**  
as  
**Father Theodore  
Dorrance**  
presents:

**Leading a  
Disciplined  
Life**

**March 22-24,  
2019**

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

Name: \_\_\_\_\_

## REGISTRATION FORM

Address (incl. City, State, ZIP): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

I have space available in my vehicle for those needing transportation: ☐ (for last minute changes, only)

I need transportation: ☐

- Registration Fee: \$135
- Make checks payable to: St. George Cathedral
- Meals & Lodging included

- Space is limited; first-come, first-served

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

## RETREAT SCHEDULE

### Friday, March 22

- 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 23

- 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 24

- 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

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

#### From Topeka

I-70 West to SR255 (180 mi.)  
SR255 South to Victoria (2 mi.)

For more information (or to coordinate  
ride-sharing), contact:

Jon de Jong  
dejongbiz at sbcglobal dot net

St. George Cathedral  
7515 East 13th Street  
Wichita, Kansas 67206-1223  
316-636-4676  
[www.stgeorgecathedral.net](http://www.stgeorgecathedral.net)