



November 1st & 2nd

*Antiochian Women of St. George Cathedral
Host*

Midwest Orthodox Women's Retreat

Featuring

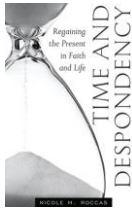
Nicole Roccas

Presenting on her book

Time & Despondency: Regaining the Present in Faith and Life

Idleness. Apathy. Restlessness. Procrastination. These are symptoms of what early Christian theologians called despondency (*acedia*), a spiritual sickness rooted in a lack of care or effort. A condition as old as the ancients, despondency thrives in today's culture of leisure, anxiety, and digital distraction. *Time and Despondency* is a penetrating synthesis of ancient theology, spiritual memoir, and self-help practicality. It envisions despondency as the extension of a broken relationship with the experience of time. Driven by the fear of death and the anxiety of living, despondency drives us to abandon the present moment, forsaking the only temporal realm in which we have true fellowship with Christ.

The remedies offered by time-honored Christian thinkers for this predicament constitute not only an antidote to despondency but also stepping stones back to the present moment. In regaining the sacredness of time, we re-encounter the Resurrection of Christ in the dark and restless moments of our lives.



Lodging:

Ramada Hotel & Convention Center Downtown Topeka
420 SE 6th Ave, Topeka, KS 66607
(785) 234-5400 or (800) 432-2424

Please call Ramada Hotel as soon as possible to reserve your room. The room price is \$79 plus tax for either one king bed or two queen beds and includes the continental breakfast buffet. You can split a room to lower costs. Please let them know you are with the "Women's Retreat" to get this negotiated rate. After October 18th, rooms cannot be guaranteed available so please book early.

Retreat begins with dinner at 6 pm. Saturday's sessions will end by 4 pm.

Registration fee: \$90/person includes conference, Friday dinner and Saturday lunch and snacks.

Registration form

Name: _____ Phone number: _____
Address: _____ Email: _____
Home Parish: _____ Amount Paid: _____

Please send registration form and \$90 payment to:
St. George Orthodox Christian Cathedral
7515 E. 13th St N
Wichita, KS 67206
(316) 636-4676