

# St. Philip's Annual Lenten Retreat

## SAVE THE DATE!

Friday & Saturday, April 5-6, 2024

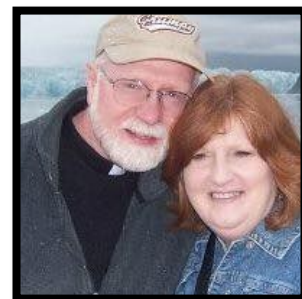
**“BLESSED ARE THOSE WHO MOURN” ...**  
*(AND WE ALL MUST MOURN)*



Presented by

**Fr. James & Kh. Linda Ellison**

Priest at St. Nicholas Orthodox Church, Urbana, IL



Fr. James & Kh. Linda (Nicoletta), married 48 years, with 5 daughters and 11 grandchildren, were received into Orthodox Church, as part of the EOC, by Metropolitan PHILIP in the 1980's.

Along with decades of pastoral experience, Fr. James's education includes the St. Stephen's Program in Orthodox Theology and a Master's from Balamand University, and 4 residential units of CPE (Clinical Pastoral Education)

Kh. Linda holds a bachelor's degree from Lincoln Christian College in Christian Education. She recently retired from a 10 year run at a position she developed as Perinatal Bereavement Coordinator at Carle Foundation Hospital. She is a certified RTS grief instructor and Grief Counselor.

They come to this aspect of ministry, having experienced the death of those dear to them including parents, siblings, parishioners, a daughter, son-in-law, grandchildren and friends. Together with others they have helped establish a Bereaved Parents support group in their community and have led retreats and workshops on the issues surrounding mortality and the death of loved ones.

### Retreat Schedule:

*Friday, April 5:*

6:30 pm Akathist, followed by Men's Bonfire Fellowship & Women's Tea Fellowship

*Saturday, April 6:*

11:45 am Lunch

12:45 pm **Session 1: *How We Learned to Grieve: Our journey through the valley of the shadow of death***

2:15 pm Break

2:45 pm **Session 2: *Dealing with Grief: Your Own & Others: Talking (What to say and not say) and other practical things***

4:15 pm Break w/ Refreshments

4:45 pm **Session 3: *Church Ministries & Practices: How the Church can help us and teach us if we will let it***

6:15 pm Break

6:30 pm Great Vespers

7:30 pm Refreshments



RSVP here!!

**THERE IS NO CHARGE FOR THIS EVENT.**

To assist us in our planning of the event, you can call or email the office, or **you can use the QR code on flyer to RSVP for the event.**

~~ AN OFFERING BASKET WILL BE AVAILABLE TO CONTRIBUTE TO THE COSTS OF THE EVENT ~~

St. Philip Orthodox Christian Church

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