



## Mini Retreat, **SAT., Sept. 22**

9:30 a.m. - 2:30 p.m.

**Major Themes:** Healing what hurts; Fighting your frustrations;  
Reaching spiritual relaxation; Seeking spiritual transformation.

Continental breakfast and lunch will be provided.  
Snacks include cookie and popcorn bar.

Saints Constantine & Helen Serbian Orthodox Church  
[4109 Avenue L Galveston, Texas 77550 USA](https://www.saintsconstantineandhelen.org/)

Fr. Thomas: 832.205.6959, [thomas@holysilence.org](mailto:thomas@holysilence.org)

*A donation of \$20 per person to Saints Constantine & Helen Serbian Orthodox Church will be appreciated*