

# Lenten Retreat

*Having a Healthy and Peaceful Dialog about the Diaconal Ministry in the Orthodox Church*

*St Jacob of Alaska Orthodox Church, Rt 12 Northfield Falls, VT*

*Saturday April 6, 2024*

## Presenter: Dr Ioana Popa



By background Dr Ioana is a physician-psychiatrist offering Spiritual Care life coaching to Christian professionals in ministry. She is also an educator, workshop presenter, speaker and program developer. With dedication, skill, professionalism and warmth, she brings a calm, safe compassionate and grounded presence. Ioana is a member of St Mary Orthodox Antiochian Church in Cambridge, Mass.

## Schedule

**9:30** – Divine Liturgy - Memorial Saturday for the departed. (You may bring a list of your commemorations)

**10:40** – Continental breakfast

**11:15** – **1<sup>st</sup> Session** – **Theological and Psychological Foundations for Healthy and Peaceful Conversations in the Parish**

**12:30** – Lunch – Provided by St Jacob Parish

**1:30** – **2<sup>nd</sup> Session** – **A Brief History of the Diaconate, Including the Female Diaconate**

**2:30** – Break

**3:00** – **3<sup>rd</sup> Session** – **Practicing Healthy and Peaceful Conversations in the Parish: Could the Renewal of the Female Diaconate Benefit the Church?**

**4:30** – Break

**5:00** - Great Vespers of the Holy Cross with veneration of the Cross.

