

Holy Apostles Greek Orthodox Church October Retreat



The Ultimate Building Project: The Human Person

featuring guest speakers Paul and Cindy Karos

Join us as we explore St. Paul's teaching on our life as a temple of the Holy Spirit. What is our foundation? What can we do to strengthen it? We will explore how the activities and responsibilities of our daily lives help our structure either by reinforced or weakened. And, as part of our time together, we will do our own personal "home inspection".

When: Saturday, October 26, 2024

10:00am	Registration and Coffee
10:30am	Session I
12:00pm	Lunch
1:00pm	Session II
3:00pm	Vespers

Where: Holy Apostles Greek Orthodox Church
21580 Atlantic Blvd Ste 160 Dulles, VA 20166

Who: All ages welcome!
(programming provided for children 12 and under)

\$15 per person (includes lunch)
(17 and under are free)
Proceeds benefit the IOCC

**PLEASE REGISTER USING QR CODE BY
OCTOBER 14TH
CONTACT NELLIE LOUH WITH QUESTIONS
NELLIEB2018@GMAIL.COM**



Paul Karos is a retired Wall Street executive who has a Master's of Applied Orthodox Theology from the University of Balamand. He is an Orthodox lay ministry leader who offers parish retreats, coaching and counseling, as well as premarital counseling. Paul is married to Cindy, who has actively led family and youth ministry efforts throughout her life. Cindy is currently the Vice Chair of the Antiochian Midwest Diocesan Council and is the Board Chair of Faithtree Resources, a non-profit Orthodox ministry specializing in Orthodox group studies. She ran St. Mary's Greek Orthodox Family Camp in Minnesota for 20 years. Together they travel around the country doing Orthodox retreats and workshops. Paul and Cindy live in Minnesota and have three adult children.