

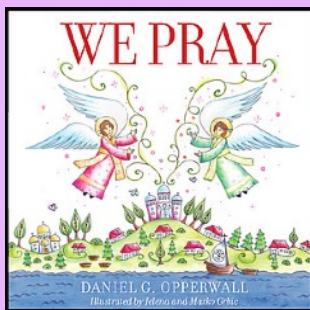
St. John the Baptist Ukrainian Orthodox Church
35 Bloor St. East, Oshawa

*invites you to attend a Lenten Spiritual Talk
by Dr. Daniel Oppewall
on Wednesday, March 28th, entitled*

Everyday Spirituality: Prayer, Work, Rest

As Orthodox Christians, we all want to build and deepen our connection to God each and every day. But for those of us living in the world, busy lives of work, family, and parish responsibilities can make this feel impossible. In this talk, Dr Daniel Oppewall will explore some of the foundations of Orthodox spiritual life as described by the Church Fathers and consider how the lessons and techniques of these great spiritual masters can help us build a life of faith as modern people in the world.

Daniel G. Oppewall is a husband and father of three young children. He teaches Church history and patristics at the Orthodox School of Theology at Trinity College, University of Toronto. He is the author of two books: one on spirituality entitled A Layman in the Desert, and a children's book on prayer entitled We Pray. Copies of his books will be available for purchase after the presentation. Visit him at: www.dgopperwall.com



Dr. Oppewall's presentation will begin at 7 PM.
There is no charge for the event,
but freewill donations will be accepted.

**For more information please contact Fr. Bohdan Hladko at
905-433-5577 or bhladko@sympatico.ca**

Everyone is Welcome!