

# *"Emptying Out in Order to Be Filled"*

## *St. Paul's Women's Retreat*

*March 11, 2017*

*with Presvytera Donna Pappas, MA*

*Presvytera Donna will address the urban myth of the successful modern woman that we all seem to believe exists (the woman who effortlessly fills the roles of mother, wife, career person, Orthodox Christian, etc., with Mary Poppins' style of perfection without missing a single beat). We need to move away from holding ourselves up to that standard, and allow God to create a standard that is unique to each of us...there is no "one-size-fits-all".*

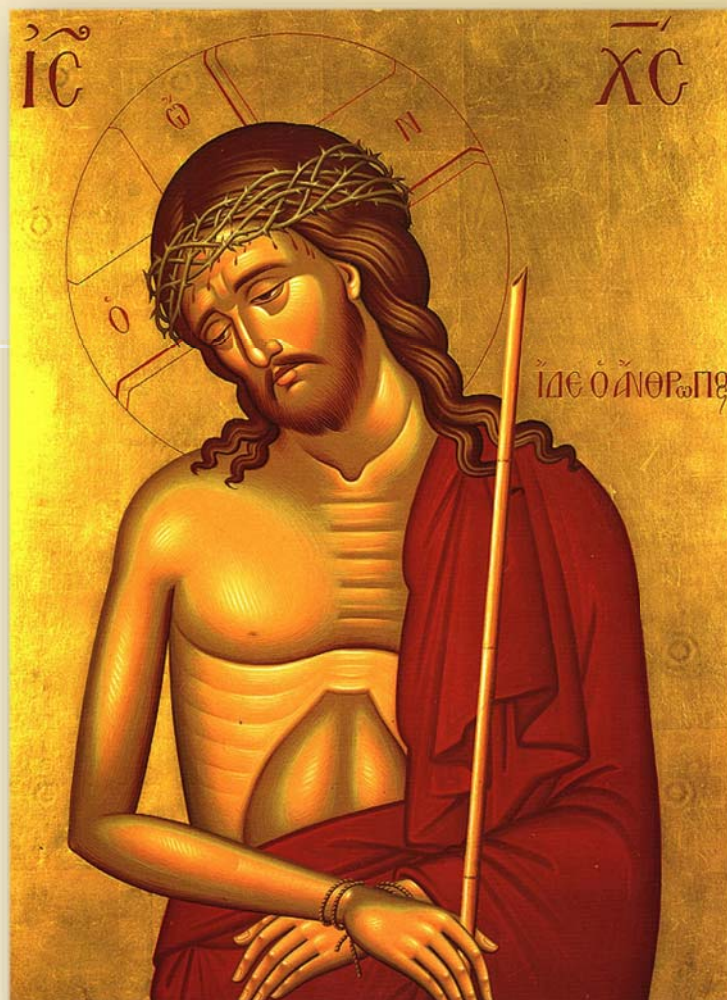
*Saturday, March 11*

*9:30 am - 10:00 am Check in*

*10:00 am - Noon First Presentation*

*Noon - 12:45 pm Lunch and short walk (optional)*

*1:00 pm - 3:00 pm Second Presentation and discussion*



*Following Christ's example of total surrender of self, we will look at those things that fill our hearts, fill our lives, and fill our souls. We will consider purposeful ways of "emptying out" so that we may be filled with the spiritual abundance that God desires for us and the transformation that can result.*

*Hosted by: St. Paul's Greek Orthodox Church  
4949 Alton Parkway • Irvine, CA 92604  
Phone: 949-733-2366*

*Contact Barbara Les for more details: [barbarales@aol.com](mailto:barbarales@aol.com)*

Presvytera Donna Pappas came to Orthodoxy and was chrismated into the faith at St. Paul's. She graduated from California Polytechnic State University, San Luis Obispo with a double major in architecture and in construction, but after several years in the construction industry, returned to school for a teaching credential. In her present professional life, she is a reading intervention teacher for upper elementary students and also works as a Regional Consultant for an educational publisher whereby she trains and coaches teachers in districts throughout central and northern California. In 2014, she completed her masters' degree in reading and language arts and earned a reading specialist credential at California State University Fresno. Pres. Donna also served as the Coordinator for the Family Wellness Committee for the Strategic Planning Commission for the Metropolis. Pres. Donna and her husband, Fr. Jim, have served the parish of St. George in Fresno, California for the past 24 years and have led seminars and workshops dealing with family, teen, relationship and marriage issues both together and separately.



*St. Paul's Women's Retreat with Presvytera Donna Pappas, MA • Saturday, March 11, 2017*

*Registration: \$20.00 per person due by March 7, 2017 to St. Paul's Greek Orthodox Church*

Name \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

**Pre-register by Email to: [denise@stpaulsirvine.org](mailto:denise@stpaulsirvine.org)**

**Mail payment to: St. Paul's Greek Orthodox Church • 4949 Alton Parkway, Irvine, CA 92604-8606**